

2020-2021



PORT MACQUARIE-HASTINGS
COUNCIL

Community Directory

A free directory of community organisations providing services in the Port Macquarie-Hastings area.



pmhc.nsw.gov.au/community-directory

MESSAGE FROM THE MAYOR

We're lucky to live in one of the best places in Australia, with a vibrant community, wonderful year-round climate, relaxed lifestyle and pristine natural environment.

You'll find that our community is built on a great sense of pride, passion and camaraderie. I encourage you to get involved and contribute, perhaps join one of our local libraries, help out by volunteering, and really embrace what it means to be part of the Port Macquarie-Hastings community.

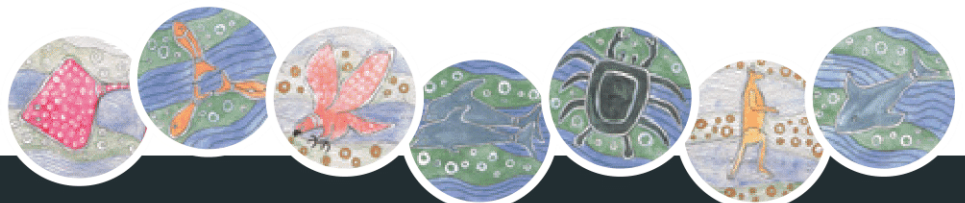
This free community directory is a valuable resource and will provide you with information on how to access a range of local services, volunteer and community groups, clubs, events, festivals, markets and much more.

If you are a local service provider, community group or individual providing low cost or free services in the Port Macquarie-Hastings region we would love to add your information and event listings to our directory. Contact us on 1300 762 515 or go online **pmhc.nsw.gov.au/community-directory**



Peta Pinson

Mayor



ACKNOWLEDGEMENT OF COUNTRY

Port Macquarie-Hastings Council acknowledges the Birpai people as the traditional custodians of the lands within its local government boundaries. We would like to acknowledge Elders both past and present, and extend that respect to all Aboriginal and Torres Strait Islander people.

OUR COUNCIL

Port Macquarie-Hastings Council has a popular elected Mayor, 8 Councillors including one deputy Mayor voted for by the Councillors. Information about our Mayor, Deputy Mayor and Councillors, including their portfolios and biographies, can be found on our website. Each week, the Mayor prepares a message for residents that focuses on current Council and community issues which can also be found on our website.

Visit pmhc.nsw.gov.au/councillors for Councillor contact details or phone Council on 6581 8111.

COUNCIL MEETINGS

Council meetings are held on the third Wednesday of each month from 5.30pm in Council Chambers, corner of Lord & Burrawan Streets and in Wauchope and Laurieton once a year.

Members of the public are welcome to attend meetings and address the Council on agenda items or in the public forum.

For more information and to download the 'Request to speak at a Council meeting' form please visit pmhc.nsw.gov.au/council-meetings.



Have your say

HAVE YOUR SAY

There are many opportunities to contribute and provide feedback on Council projects and initiatives. Please visit haveyoursay.pmhc.nsw.gov.au to get involved.

The Port Macquarie-Hastings Council area is located on the Mid North Coast of New South Wales, about 420 kilometres north of the Sydney CBD, and 510 kilometres south of the Brisbane CBD. Bisected north to south by the Pacific Highway, the main road link between Sydney and Brisbane, a large proportion of the area is taken up by State Forest and National Parks.

Our local area Community Profile provides demographic analysis for the City and its suburbs based on results from recent Censuses of Population and Housing. The profile is updated with population estimates when the Australian Bureau of Statistics (ABS) releases new figures.

For more information about current and forecast population figures, demographics, land area, ethnicity, education, disability, employment, income, households and dwellings etc. visit:
pmhc.nsw.gov.au/community-profile.

FACTS

POPULATION

81,404

ABS ERP 2017

LAND AREA

368,610

hectares (3,686 km²)

POPULATION
DENSITY

0.22

persons per hectare



OUR REGION

Our region is bound to the north and south by the majestic Hastings and Camden Haven Rivers, extends west to the Great Dividing Range, and spans a coastline of 84kms.

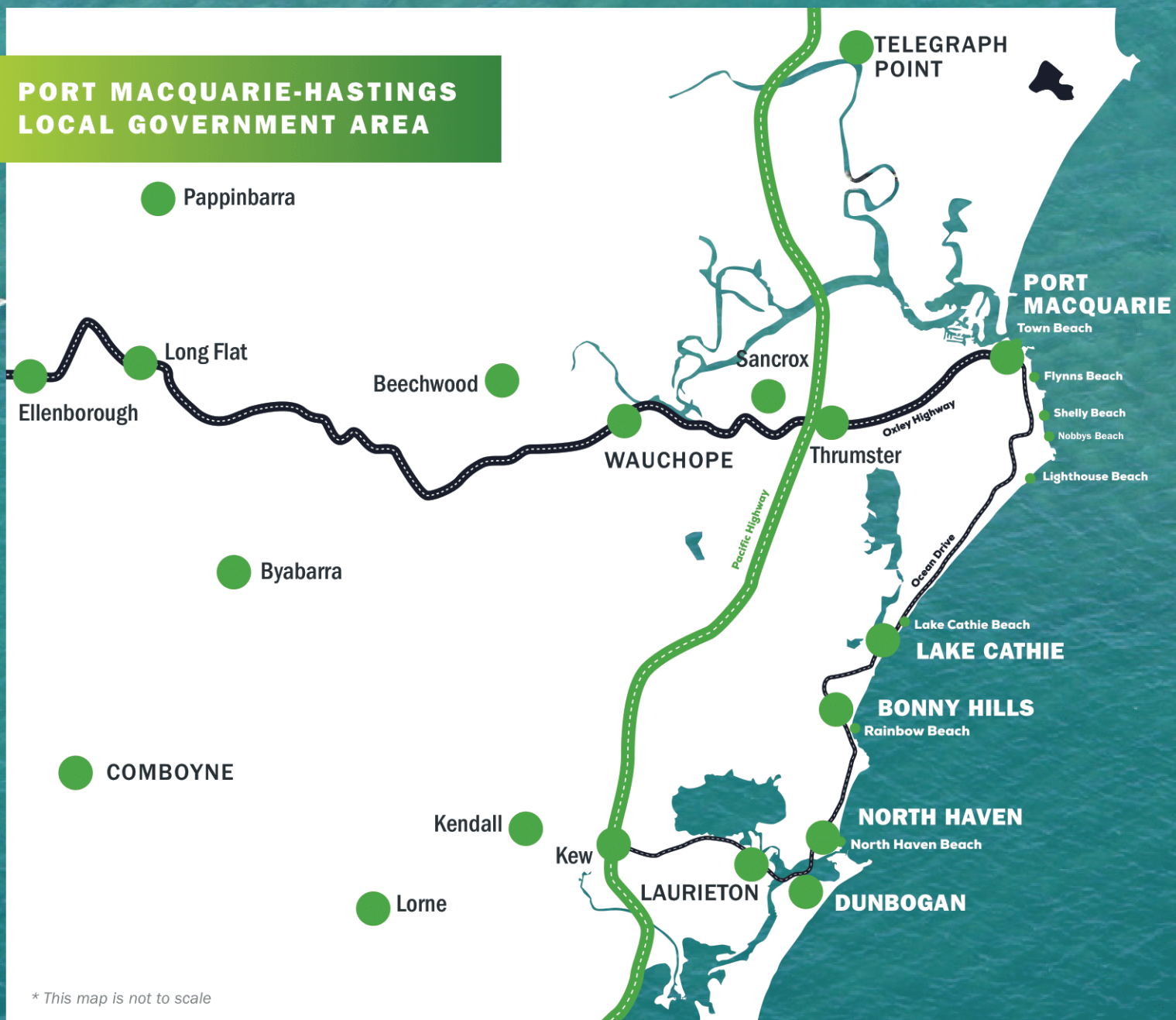
Port Macquarie is the largest town and is located at the northern end of the region where the Hastings River meets the sea.

Wauchope is the inland centre and a picturesque gateway to hinterland villages.

Not far from here is the lifestyle village of Lake Cathie.

And further south is the Camden Haven with a main service centre, Laurieton. This area includes the villages of Bonny Hills, North Haven, Dunbogan, Kew and Kendall.

PORT MACQUARIE-HASTINGS LOCAL GOVERNMENT AREA



* This map is not to scale

PORT MACQUARIE AIRPORT

The airport serves the Greater Port Macquarie and wider Mid North Coast region, and caters for approximately 230,000 passengers per year.

For more information regarding indicative flight schedules, airlines, how to get to and from the airport, parking and terminal information visit portmacquarieairport.com.au

For specific flight information, please contact the relevant airline carrier.



LIBRARIES

The library service is part of the Mid North Coast Library Co-operative, a partnership with Kempsey Shire. Library members have access to resources of both library services, a shared online catalogue, free WiFi and access to the latest technology.

Visit mnclibrary.org.au for locations, services and operating hours.

THE GLASSHOUSE

The Glasshouse is a vibrant cultural centre that offers a wide variety of theatre shows, exhibitions and public programs throughout the year to entertain, inspire and educate. Located in the CBD of Port Macquarie, the Glasshouse is home to an impressive theatre and regional gallery, Ross Family Studio, Visitor Information Centre, gift shop, conference and meeting rooms, heritage displays and bar.

For more information about this facility, visit glasshouse.org.au.



COMMUNITY HALLS

There are a number of community halls throughout the region available for use by the public. Volunteer management committees manage most of the facilities on Council's behalf. Please visit pmhc.nsw.gov.au/community-halls for further information or contact Council on 6581 8111.

PARKS & RECREATION

Did you know we manage over 300 open park spaces and reserves in our region?

Visit pmhc.nsw.gov.au/parks to find a park, playground or reserve near you.

WALKING TRAILS

There are many walking trails where you can interact and enjoy the local environment. A walking trail interactive map is available online at

pmhc.nsw.gov.au/walking-trails. Brochures are also available to download online and include Port Macquarie Coastal Walk, Kooloonbung Creek Nature Park, Rocks Ferry Riverwalk Wauchope, Queens Lake Laurieton and Grants Beach Walk North Haven.



PUBLIC POOLS

There are 4 public pools available in the region. These include Port Macquarie Olympic Pool, Wauchope Memorial Olympic Pool, Kendall Swimming Pool and Laurieton Swimming Pool.

Location details, entry prices and operating times can be found at pmhc.nsw.gov.au/pools.

DID YOU KNOW WE ARE RESPONSIBLE FOR:

- Servicing over 83,000 residents
- 342 Parks and Reserves & 67 Playgrounds
- 21 Sporting Complexes and 2 Indoor Stadiums
- 3 Libraries and 1 Arts, Conference and Entertainment Centre
- 17 Community Halls
- 1 Airport and 1 Environmental Laboratory
- 11 Cemeteries
- 46 Public Toilets
- 2 Ferries and 17 Boat Ramps
- 20 RFS Facilities and 3 SES Facilities
- 918km Sealed Roads and 458km Unsealed Roads
- 215km Footpaths
- 141 Bridges
- 335km of Stormwater Pipes and 13,770 Stormwater Pits
- 5 Waste Transfer Stations, 1 Recycled Waste Facility, 1 Organic Waste Facility, 1 Landfill

WASTE FACILITIES**Port Macquarie Domestic Waste Facility**

70 Kingfisher Road (Off John Oxley Drive)
6581 4817

pmhc.nsw.gov.au/port-macquarie-waste

Wauchope Domestic Waste Facility

31 Commerce Street (Off King Creek Road)
6585 3542

pmhc.nsw.gov.au/wauchope-waste

Kew Domestic Waste Facility

95 Herons Creek Road
6559 4983

pmhc.nsw.gov.au/kew-waste

Comboyne Domestic Waste Facility

Wingham Road

pmhc.nsw.gov.au/comboyne-waste

Cairncross Waste Management Facility

351 Telegraph Point Road, Pembroke
6585 0738

pmhc.nsw.gov.au/cairncross-waste

Please refer to the website links for opening hours
and payment options

Which bin?

GREEN BIN

- ✓ All food scraps including meat bones, seafood and dairy
- ✓ Serviettes, paper towel and shredded paper
- ✓ Garden waste: clippings, leaves and grass

YELLOW BIN

- ✓ Paper and cardboard
- ✓ Steel, tin and aluminium cans
- ✓ Glass bottles and jars (rinsed, no lids)
- ✓ Milk and juice cartons
- ✓ Plastic containers numbered 1 – 7 (rinsed, no lids)

RED BIN

- ✓ General waste
- ✓ Plastic bags, wrappers, cling wrap
- ✓ Pet waste and kitty litter
- ✓ Ceramics, drinking glasses
- ✓ Polystyrene and foam
- ✓ Nappies

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Aboriginal Services

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.

Aboriginal Health Services

Vital Living

2/187 Lake Road, PORT MACQUARIE
NSW 2444

E info@vital.net.au

W vital.net.au

P (02) 6581 2400

Vital Living has a wide range of Mobility & Disability Equipment is available for purchase or hire in NSW. Leading supplier of independent living products.

Werin Aboriginal Corporation Medical Clinic

14 Lake Road, PORT MACQUARIE
NSW 2444

E admin.werin@werin.org.au

P (02) 6589 4000

Werin is an Aboriginal Medical clinic committed to providing culturally appropriate, holistic health and well being services for Aboriginal people.

General Aboriginal Services

Birpai Local Aboriginal Land Council

14 Aston Street, PORT MACQUARIE
NSW 2444

E birpailalc@midcoast.com.au

P (02) 6584 9066

The Birpai LALC's primary purpose is to provide long term, positive support, information and responsible governance for our aboriginal community

Bunyah Aboriginal Land Council

208 High Street, WAUHOPE NSW
2446

E admin@bunyah.com.au

P (02) 6585 3882

Local Aboriginal Land Councils are autonomous bodies which are governed by Boards elected by local Aboriginal community members every two years.

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.

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.

A c c o m m o d a t i o n S e r v i c e s

**Aged Care
Accommodation Services****Bethany Aged Care Centre**

2 Gray Street, PORT MACQUARIE
NSW 2444

E agedcare.enquiries@salvationarmy.org.au**W** agedcare.salvos.org.au**P** 1300 111 227

Bethany Aged Care Centre offers a caring and supportive lifestyle and community in a homely setting, offering all levels of care including including short term respite care and palliative care. The Centre is located just minutes away from public transport, the town centre, beach and local services.

**Crisis & Emergency
Accommodation****Department of Communities and
Justice Housing Contact Centre****E** feedback@facsw.nsw.gov.au**W** 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.

**Liberty Domestic and Family
Violence Specialist Services**

Liberty Cottage, 22 Table Street,
PORT MACQUARIE NSW 2444

E info@libertyservices.org.au**W** libertyservices.org.au**P** (02) 6583 2155

Liberty provides a range of domestic and family violence specialist services including crisis accommodation, transitional housing and support services for women and children. We also offer men's behaviour change programs, prevention and education, and run workshops for families and the community.

General Accommodation Services

Brightside Support Services

37 Willandra Avenue, PORT
MACQUARIE NSW 2444

E admin@brightsidesupportservices.com.au

W brightsidesupportservices.com.au

P 0412 239 585

Provides the following services:
Accommodation/Tenancy, Assist
Access/Maintain Employ, Assist
Personal Activities, Assist-Life Stage,
Transition, Assist-Travel/Transport,
Development-Life Skills,
Group/Centre Activities, Household
Tasks, Innov Community
Participation, Participate Community,
Therapeutic Supports

Community Housing

Clarence House, Level 1, 16 Clarence
Street, PORT MACQUARIE NSW 2444

E nswinfo@chl.org.au

W chl.org.au

P 1300 245 468

Not for profit housing organisation
that delivers affordable housing to
those in need. Rental housing at
subsidised market rent to the most
vulnerable in the community

Housing (FACS)

9 Short Street, PORT MACQUARIE
NSW 2444

W 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

New Horizons Supporting and Securing Tenancies (SST)

133-137 Gordon Street, PORT
MACQUARIE NSW 2444

W facs.nsw.gov.au

P 1800 188 890

Assistance for those at imminent risk
of becoming homeless. Support to
access or sustain tenancy and prevent
eviction from private or social
housing.

Northcott Disability Services - Port Macquarie

17 Short Street, PORT MACQUARIE
NSW 2444

E ecei@northcott.com.au

W northcott.com.au

P 1800 818 286

As a NDIS Partner in the Community
to deliver Early Childhood Early
Intervention (ECEI) Services in NSW,
Northcott works closely with families
and carers of children aged 0-6 years
to develop the skills children need to
take part in daily activities and achieve
the best possible outcomes
throughout their lives.

Specialist Homelessness Services

RSPCA NSW - Community Homelessness Program

E mail@rspcansw.org.au

W 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.

Youth Accommodation Services

YP Space Port Macquarie

W yps.org.au

P (02) 6584 0066

Specialist youth homelessness service. Support and accommodation to children & young people aged 12 to 25 years

Advocacy Services

General Advocacy Services

Disability Advocacy NSW - Mid North Coast - Port Macquarie

The Port Building - Level 1/Suite 7, 68 Clarence Street Access via 8 Short St opposite Centrelink, PORT MACQUARIE NSW 2444

E midnorthcoast@da.org.au

W da.org.au

P (02) 5542 2006

DA was established in 2006 with the amalgamation of Disability Advocacy Service Hunter (DASH) and Advocacy Northwest (ANW). After a number of years working together, both services believed that they could provide a better service to more people with a disability by joining forces. Combined the services had 35 years experience of advocating for people with a disability.

Kempsey Families Inc

E e2c@kempseyfamilies.org.au

W kempseyfamilies.org.au

P (02) 6563 1588

We deliver high-quality, responsive family support and specialist domestic and family violence services. We work in partnership with the community to enhance the safety, health and wellbeing of children, young people and their families. We deliver services and programs across the continuum of interventions that are trauma-informed, strengths-based and that promote self-determination.

Seniors Rights Service**E** info@SeniorsRightsService.org.au**W** 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**Business Port Macquarie****E** info@businesspmq.com.au**W** businesspmq.com.au**P** 0422 562 300

The Port Macquarie Chamber of Commerce works to grow local business by creating opportunities to benefit the region's business & professional community.

Justice Advocacy Service - Port Macquarie / Kempsey / Taree**E** kirsty.callander@idsr.org.au**W** idsr.org.au**P** 0492 164 294

Our Justice Advocacy Service provides a free service for people with cognitive impairment who have been involved in any type of criminal matter (including AVOs); as a victim, witness, suspect or defendant. We attract, recruit, train, and guide an extensive group of volunteers across New South Wales to provide our clients with support at Court, Police Stations and at legal appointments.

Veterans Wellbeing Network Mid North Coast**E** contact@vwmnc.org.au**W** vwmnc.org.au**P** (02) 5621 8108

Our volunteers provide free of charge wellbeing and compensation advocacy services to Veterans and their Families.

National & International Advocacy Services**Australian Sickle Cell Advocacy Inc****E** mail@aussicklecelladvocacy.org**W** 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**W** 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 LGBTIQ+ Community Justice and Social Services Charity / Not-For-Profit and Charity Community Consultants (NFPCCC) Indigenous DGR PBI Charities - Sydney

E Services@dcssaustralia.org

W 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 LGBTIQ+, ATSI, CALD, Diversity & Inclusion focused organisation which delivers a dual-accredited NFP Community Justice Organisation. Website: www.dcssaustralia.org

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

Ageing Accommodation

Bellevue Gardens

1 Parker Street, PORT MACQUARIE
NSW 2444

W levande.com.au

P 1800 727 170

Set in lush Port Macquarie parkland, Bellevue Gardens is a coastal oasis with a friendly community. It's conveniently located 1.3km from the centre of Port Macquarie and next to the hospital and medical centre.

Broadwater Gardens Port Macquarie

160 Park Street, PORT MACQUARIE
NSW 2444

E social@boltonclarke.com.au

W boltonclarke.com.au

P 1300 221 122

Bolton Clarke is one of the nation's largest and most experienced not-for-profit providers of independent living services for older Australians and for anyone whose health, wellness and autonomy are compromised.

Dahlsford Grove Lifestyle Village

1-5 Greenmeadows Drive, PORT
MACQUARIE NSW 2444

E enquiries@dahlsford.com.au

W dahlsford.info

P (02) 6584 4480

Multi award-winning Dahlsford Grove is Australia's premier Lifestyle Village. Located in the heart of Port Macquarie on the Mid North Coast of NSW. A region famous for its congenial climate, natural beauty and relaxed coastal living.

Garden Village Port Macquarie

7 Garden Cres, PORT MACQUARIE
NSW 2444

W gardenvillage.com.au

P (02) 6582 8923

Centrally located in Port Macquarie on the NSW Mid North Coast, Garden Village is a leading Retirement Living and Aged Care Community.

Ingenia Gardens

12 Sheriff Way, PORT MACQUARIE
NSW 2444

W ingeniagardens.com.au

P (02) 6581 5223

Oxley Gardens is the perfect place for independent seniors to enjoy a quality lifestyle in caring and safe surrounds. Enjoy the relaxed, social atmosphere of the Dining room, curl up with your favourite book from the Village Library or simply catch up with friends in the social room.

Lincoln Gardens Retirement Village

23 Marian Drive, PORT MACQUARIE
NSW 2444

W levande.com.au

P 1800 727 170

Situated on five acres of landscaped gardens in a quiet suburban enclave, only minutes from Port Macquarie and its gorgeous surrounds, Lincoln Gardens Retirement Village is the perfect haven for a relaxed and secure retirement and a place to call home.

Maryknoll House

St Agnes Village Independent Living
Units, Lochinvar Place, PORT
MACQUARIE NSW 2444

E enquiries@cca.stagneparish.org.au

W sacal.org.au

P (02) 6584 1996

Surrounded by beautiful gardens, Maryknoll has a spacious feel with the dining and living areas promoting socialisation.

Parklands Retirement Village

Corner Central Road &, Hindman Street, PORT MACQUARIE NSW 2444

W levande.com.au

P 1800 727 170

Parklands is the ideal place to relax in style with friends. There's a community centre, fantastic gardens and walkway trails to stay active, plus lush bordering parklands to explore. Nearby Port Macquarie also offers plenty of shopping and entertainment.

RSL LifeCare

Le Hamel village, Corner of Boundary Street & Hastings River Drive, PORT MACQUARIE NSW 2444

E homecare@rsllifecare.org.au

W rsllifecare.org.au

P (02) 6584 1258

RSL LifeCare is a charitable organisation caring for over 7,500 residents in our 25 retirement villages and 26 Aged Care Homes across NSW and the ACT.

St Agnes' Care and Lifestyle

150-152 Horton Street, PORT MACQUARIE NSW 2444

E enquiries@cca.stagnesparish.org.au

W sacal.org.au

P (02) 5525 3600

As the largest provider of independent living on the Mid North Coast of NSW, CCA has delivered quality, nationally-recognised, aged care services across its mental health, pastoral care, lifestyle and volunteering programs.

The Governor's Retirement Community

166 River Park Road, PORT MACQUARIE NSW 2444

W australianunity.com.au

P 1300 149 290

Set amongst tropical landscaped gardens with a lagoon as its centrepiece, The Governor's provides the ideal location and surrounds for an enjoyable retirement lifestyle.

Uniting Mingaletta

7 Sherwood Road, PORT MACQUARIE NSW 2444

E ask@uniting.org

W uniting.org

P 1800 864 846

Based in beautiful Port Macquarie on the NSW mid-north coast, Uniting Mingaletta is a newly built aged care home that offers superior comfort and care.

Ageing Information & Counselling**Acat Aged Care Assessment Team**

W mnclhd.health.nsw.gov.au

P 1800 200 422

Are you wondering if you can get some help with day-to-day tasks around the house? Maybe you need some respite care while your family or carer is away? Or perhaps it's time to look into aged care homes. There are many services that can help you maintain a good quality of life as you get older.

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.

Ageing Respite & Activity Centres**Hastings District Respite Care**

41-47 Morton Street, PORT
MACQUARIE NSW 2444

E mylife@omnicare.org.au**W** omnicare.org.au**P** 1300 336 488

Hastings District Respite Care was founded as a not-for-profit organisation in 1986. It's a daytime provider of social programs, respite care and support services, based at the Morton Centre in Port Macquarie.

Residential Respite Booking Service**P** 1800 052 222

Commonwealth Respite and Carelink Centre Mid North Coast operates a booking service for people requiring respite in an aged care facility.

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)

Feros Care Community Services

E marketing@feroscare.com.au

W feroscare.com.au

P 1300 090 256

We're Feros Care. And what we care most about is helping people live bolder lives. Healthier. Better connected. More active. More fulfilling.

FoodSt

E hello@foodst.com.au

W 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.

Hand In Hand Home and Community Care

E handinhandhomeandcommunitycare@gmail.com

P 0415 948 586

As disability and aged care specialists at Hand In Hand Home and Community Care, we believe that individuals of all ages should be comfortable in their home environment for as long as they'd like to.

Home Instead Mid North Coast - Port Macquarie

143A Horton Street, PORT
MACQUARIE NSW 2444

E scott@hiscmnc.com.au

W homeinstead.com.au

P (02) 6583 9944

We provide in home services for Seniors who are in receipt of an Australian Government Home Care Package as well as those that wish to pay privately, to remain independent in their own homes. Services are; light housekeeping, meal preparation, shopping, transport to appointments, medication reminders and companionship. We assist with information and navigating Home Care pathways.

Inclusee Ltd**E** connect@inclusee.org.au**W** 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.

Integrated Living**E** marketing@integratedliving.org.au**W** integratedliving.org.au**P** 1300 782 896

We focus on delivering better health outcomes for Australians in regional, rural and remote communities, through offering a range of aged-care and disability support.

Kincare

4 Hayward Sreet, PORT MACQUARIE
NSW 2444

E enquiries@kincare.com.au**W** kincare.com.au**P** (02) 5504 5446

Whether you're new to Aged Care and are looking for help for you or a loved one or have received a letter from My Aged Care and are unsure what to do next, we can help.

MSS Port Macquarie

60 Home Street, PORT MACQUARIE
NSW 2444

E reception@mssinc.org.au**W** mssinc.org.au**P** (02) 6551 1810

MSS forms a network of support services for families, older people and their carers, those experiencing dementia and their carers, people with a disability and their carers, those in residential care facilities and financially disadvantaged households. Our mission is to enhance the quality of people's lives by providing services which enable people to live with dignity and respect.

NSW Elder Abuse Helpline and Resource Unit**W** facs.nsw.gov.au**P** 1800 628 221

The NSW Elder Abuse Helpline and Resource Unit is available for anyone to call for information, support and referral about an older person being abused or at risk of abuse: psychological, financial, physical, neglect and sexual (includes social isolation).

SALT Directory - Senior and Aged care Living Transition Directory**E** info@saltdirectory.com.au**W** 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**W** 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**W** 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.

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.

Just Better Care Mid North Coast - Port Macquarie

30 Murray Street, PORT MACQUARIE NSW 2444

E mailmnc@justbettercare.com**W** justbettercare.com**P** (02) 6590 1060

Just Better Care Mid North Coast provides in-home aged care and disability support services, supporting people to live independently at home and within their community.

Lower Mid North Coast Home Care

2/28 Gore Street, PORT MACQUARIE NSW 2444

P 1300 160 170

Ageing Services - Home Care & Safety Services - Home Care & Safety Services.

Sawyer, Kelvin John

6, 2 Endeavour Place, PORT MACQUARIE NSW 2444

E firststopbiomed@gmail.com**P** (02) 6582 2410

Provides the following services: Home Modification, Personal Mobility Equipment

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.

Hastings Manning and Macleay Vietnam Veterans Association

Unit 30, 35 Merrigal Road, PORT MACQUARIE NSW 2444

E hmmvvpaa@bigpond.com**W** veteranssupport.org.au**P** (02) 6581 5230

We are an independant, volunteer Ex-Service Organisation and Registered Charity providing pension, welfare, support & information assistance to men & women Veterans, Peacekeepers & Peacemakers from all branches of the services and all wars, conflicts & peace operations, and to serving and ex-serving members of the Australian Defence Forces.

Mid North Coast Gay Women's Connect Group**E** leeburch70@gmail.com**P** 0425 152 814

We are a Facebook based social group for gay women. We have get togethers, camping weekends, beach days, movie and game nights . We are a supportive and welcoming group.

Mid North Coast Local Health District - Port Macquarie
Morton Street, PORT MACQUARIE NSW 2444

E carol.watson1@health.nsw.gov.au

W mnclhd.health.nsw.gov.au

P (02) 6589 2100

Social Seniors is a social activities program funded and staffed by the NSW Health, Mid North Coast LHD for older persons seeking company and social stimulation.

National Seniors Australia - Port Macquarie - Hastings Branch
Port City Bowling Club, 4 Owen Street, PORT MACQUARIE NSW 2444

E general@nationalseniors.com.au

W nationalseniors.com.au

P 1300 765 050

National Seniors is a membership based, not for profit organisation, representing all older Australians. It has members and branch meetings Australia wide, and is a powerful lobby force at all levels of government on issues affecting older Australians.

Port Macquarie Seniors Facility
43 Munster Street, PORT MACQUARIE NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6583 7149

A volunteer run club that provides a range of activities at minimal cost to members incl. Linedancing, New Vogue dancing, carpet bowls, darts, table tennis, cards ie whist, May I, board games, embroidery, tapestry, lacemaking, mixed craft sessions, subsidised social events and day trips, as well as an extensive library. Membership is \$10 first year then \$5 annually, each activity costs only \$2.

Social Seniors - Port Macquarie
17 Burrawan Street, PORT MACQUARIE NSW 2444

E carol.watson1@health.nsw.gov.au

W pmhc.nsw.gov.au

P 0400 088 761

A social activity program for people aged 65 years and older and who are socially isolated from activities within the community. This includes people at risk of early admittance to a residential aged care facility. It enables older people to socialise and take part in centre based activities, also providing respite for carers.

Animal Services

Animal Clubs & Hobbies

Port Macquarie Pony Club
Hibbard Drive, PORT MACQUARIE NSW 2444

P 0439 013 133

We're a not-for-profit organisation that encourages horsemanship and horsemastership among our members. We're open to all levels of riders, of all ages, from beginners to advanced. We provide access to coaching and competition, and regularly host guest trainers across a range of equestrian skills and animal care.

General Animal Services

FAWNA

86 Capital Drive, PORT MACQUARIE
NSW 2444

E fawna.nsw.inc@gmail.com

W fawna.org.au

P (02) 6581 4141

FAWNA, NSW Inc (which stands for: For Australian Wildlife Needing Aid) is the only group licensed for all species in its 18,000 sq km area which ranges south from Bulahdelah to the northern part of the Kempsey Shire and west to Stroud and Gloucester.

Koala Conservation Australia

Cnr Roto Place & Lord Street, PORT
MACQUARIE NSW 2444

E Membership.Coord@koalahospital.org.au

W koalahospital.org.au

P (02) 6584 1522

The Koala Hospital is a licenced Wildlife Rehabilitation Facility carrying out on-site procedures. All procedures and treatments are done at the Koala Hospital except for major surgeries and X rays which are undertaken at the Port Macquarie Veterinary Hospital.

Koala Conservation Australia

Cnr Roto Place & Lord Street, PORT
MACQUARIE NSW 2444

E Membership.Coord@koalahospital.org.au

W koalahospital.org.au

P (02) 6584 1522

The Port Macquarie Koala Hospital was established in 1973 and is a licensed wildlife rehabilitation facility. The Hospital is a popular tourist attraction which welcomes thousands of national and international visitors every year. Admission is free. The Hospital is also a scientific research, training and education centre. The work of the Koala Hospital is supervised and carried out by a small nu

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>

Port Macquarie Animal Welfare Service

E pmaws@hotmail.com

W petrescue.com.au

P (02) 6581 4776

PetRescue is a national animal welfare charity like no other. We help save thousands of lives every month by looking at the big picture, disrupting the status quo and finding innovative tech solutions to the biggest challenges facing rescue pets in Australia.

Port Macquarie RSPCA Op Shop

128 William Street, PORT
MACQUARIE NSW 2444

E portmacquariebranch@rspcansw.org.au

W rspcansw.org.au

P (02) 6584 6329

Port Macquarie Volunteer Branch is the backbone of our work in the Port Macquarie community. Run exclusively by volunteers, the branch plays a vital role in fundraising with the support of the Op Shop to run programs and offer assistance to those who need it to care for their pets. This prevents animals going to a shelter and promotes responsible pet care.

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

Crafts

Kendall Craft Co-Operative

Railway Street, KENDALL NSW 2439

E mango_yes@hotmail.com

P (02) 6559 4644

A working craft collective. incorporating a wide variety of handicrafts with the quality of a bygone era. Open daily 10am - 3pm.

Port Macquarie Art and Craft Centre

75 Gordon Street, PORT MACQUARIE
NSW 2444

E pmaccinc74@gmail.com

P 0490 073 295

Art, Lapidary, Leatherwork, Pottery, Spinning, Weaving, Woodwork, are all our groups.

Tactile Arts Group Kendall

Kendall Showground, 45 Batar Creek
Road, KENDALL NSW 2444

P (02) 6559 7534

We are particularly interested in the messier arts/crafts such as pottery, clay work, mosaics, hypertufa, Hebel sculpture, wax sculpture. Our motto is "Come along and get your hands dirty!" We hold monthly meetings and have been conducting various workshops for both members and others in the community at our studio.

Wauchope Patchwork Quilters

The Rotary Youth Hall, 1/10 Oxley Lane, WAUCHOPE NSW 2446

E wauchopepatchworkquilters@gmail.com

W wauchope-patchwork-quilters.blogspot.com

P 0418 218 784

Over the years the group has grown and we now have a membership of just over 60 strong. A typical meeting would be full of chatter, the sharing of projects, techniques, ideas and help. We support many charities by donating quilts for use, or to raffle for fund raising. The group meets on Tuesday from 5.30pm to 9pm, and Thursday from 9am to 1pm

Cultural Arts**Cooeee Sistas Art Workshops**

Sea Scouts Hall, 9 Buller Street, PORT MACQUARIE NSW 2444

E montage9@bigpond.net.au

W cooeesistasart.wordpress.com

P 0434 464 646

I'm an Aboriginal artist creating & teaching traditional & contemporary design & sharing culture. I create safe spaces to relax in & let creative juices flow. If you need to experience laughter, fun, the occasional adrenalin rush, community spirit, easy art techniques, painting and drawing, weaving techniques or learning the ancient skill of painting on silk, then this is the place for you!

Douglas Vale Historic Homestead and Vineyard

235 Oxley Highway, PORT MACQUARIE NSW 2444

E Secretary@douglasvale.com.au

W douglasvale.com.au

P (02) 6584 3792

We are a not for profit organisation run totally by volunteers. The homestead was built in 1862 and is the oldest in the region; it is now a museum for items from the original families. The first grapes were planted in 1863 and we offer six limited release wines, including a Portobella made from the original plantings. Open from 10am to 3pm every Wednesday & Saturday. New volunteers welcome.

Hastings Valley Fine Art Association

2 William Street, PORT MACQUARIE NSW 2444

E hvfagallery@gmail.com

W hastingsvalleyart.net.au

P (02) 6583 6693

An eclectic mix of original artworks in all media including framed and unframed paintings and gift cards by very talented local artists. The current exhibition also features a collection of paintings of local scenes in sizes perfect for gifts or a memento of your holiday in the beautiful Hastings/Camden Haven area.

Mid North Coast Maritime Museum

6 William Street,, PORT MACQUARIE NSW 2444

E mncmminc@exemail.com.au

P (02) 6583 1866

Greater Port Macquarie is steeped in maritime history, and at the Maritime Museum's three venues you have the opportunity to relive over 100 years of heritage as each provide a variety of exhibits.

Port Macquarie and District Family History Society Inc.

Studies/Family History Room, Port Macquarie Library, Grant Street, PORT MACQUARIE NSW 2444

E secretary@pmdfhs.org.au

W pmdfhs.org.au

P 0475 132 804

Family historians and genealogists who promote the study and recording of family history. The society meets at 1:30 pm - 4:00 pm on the 2nd Saturday of every month (except January) in the Meeting Room of MacAdams Music Centre, Grant Street, Port Macquarie. (opposite Players Theatre and next to Swimming Pool)

Port Macquarie Historical Society and Museum

22 Clarence Street, PORT MACQUARIE NSW 2444

E pmmuseum@bigpond.com

W port-macquarie-historical-museum.org.au

P (02) 6583 1108

Our award winning Museum tells the stories of those who have come before us and what makes our town special, from our beginnings as a British penal settlement through to the popular tourist and sea-change destination we are today. We have been sharing Port Macquarie's stories since 1957.

Port Macquarie Surfing Museum

Port Central Food Court - 3rd Floor, 40 Horton Street, PORT MACQUARIE NSW 2444

E ajeffrey@bigpond.net.au

W portmacquariesurfingmuseum.com.au

P 0427 390 049

Port Macquarie Surfing History Association Inc. is a not-for-profit organisation and was registered on 14 April 2018. The trading name Port Macquarie Surfing Museum was reWe aim to preserve and explore our rich surfing past and beach culture and bring together all various surfing disciplines from surfboard riders to body boarders and promote their ongoing cultural, social and economic significance.

Wauchope District Historical Society

2325 Oxley Highway, WAUCHOPE
NSW 2446

E jeanmay@activ8.net.au

W wauchopehistoricalsociety.wordpress.com

P (02) 6585 2692

The Wauchope District Historical Society has been operating for over 50 years to preserve and share the stories of the Hastings Hinterland.

Literary Arts

Jen Robe Writes

E jenrobewrites@gmail.com

W organizablelife.com

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

Port Writers

E portwritersinc@gmail.com

W portwriters.com.au

P 0419 988 303

Port Writers offers you the chance to connect, network, socialise and hone your writing craft. A friendly and supportive group, we aim to help you be a better writer and give you opportunities to learn and explore your writing. It doesn't matter if you're just starting out or have been writing for years, PWI gives you a place to learn and belong.

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.

Belle Property Port Macquarie

Suite 1, 98 William Street, PORT
MACQUARIE NSW 2444

E sue.jogever@belleproperty.com

W belleproperty.com

P (02) 6583 1300

At Belle Property Port Macquarie we love to share the importance of community spirit at Christmas time. This year we are proud to be supporting our local Hastings Port Macquarie Pipe Band group, Salvations Army Band and local busker Cameron Alford (Student from St Columba Anglican School) by providing free entertainment on the verandah of our Heritage listed home at 98 William St, Port Macquarie

Choirs4Kids

E sing@choirs4kids.com

W choirs4kids.com

P 0414 205 919

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

Club Muso Mid North Coast**E** clubmusomnc@gmail.com**W** barreldawg.com.au**P** 0427 032 345

Club Muso is a Registered Incorporated Association (NSW) based in Port Macquarie. The club is a collective of musicians and industry professionals collaborating to help live music to thrive in the our Region. Our objective is to nurture an infrastructure to support a thriving & diverse music culture through creative partnerships, running events, workshops and sharing resources.

Imaginarium

Port Macquarie Library, 32 Grant St,
PORT MACQUARIE NSW 2444

E portlib@mnclibrary.org.au**W** mnclibrary.org.au**P** (02) 6581 8755

Whether you want to record a song, make a video or tell a story, the studio features a wide range of recording equipment and software ideal for creative minds keen to experiment or groups wanting to preserve important events.

Lovoco Community Choir

Kendall Community Hall, 19
Comboyne Street, KENDALL NSW
2439

E rose@outlook.com.au**P** 0403 918 404

Our culture tells us many of us we 'can't sing'. Yet singing is as natural to our bodies as breathing and speaking. By creating a safe, fail-proof environment, we can explore our voices and reclaim the joy that comes from singing with other people. I also gently weave through some handy technique tips to help you create freedom in your voice.

Music for Change**E** damonwinter@email.com**P** 0460 007 139

Music empowers, creates connection, and strengthens empathy. We work to inspire and support new and established musicians everywhere to use the power of music to create positive change in their communities. Music for Change provides free music lessons and awareness raising live performances to support people and places affected by war, armed conflict, and displacement.

Sing Australia - Port Macquarie

St Thomas Church Hall, Murray
Street, PORT MACQUARIE NSW 2444

E info@singaustralia.com.au**W** singaustralia.com.au**P** 0408 665 077

Sing Australia accepts that everyone can sing and it makes no judgement on how well that happens. It is inclusive and welcoming of everyone. It is about making happy connections with people from all walks of life and demographics within groups and through performances, gatherings, tours and impromptu opportunities to sing.

Su casa entertainment

33 Home Street, PORT MACQUARIE
NSW 2444

E jamiegreen384@gmail.com**P** 0473 831 977

Su casa entertainment is devoted to organising and running our own unique electronic music festival here in beautiful Port Macquarie, NSW. Named "Mi Casa Su Casa" our festival is positioned right near town beach, offering beautiful scenery, fresh air, the water and a magical festival experience!

Visual Arts

HER.ART

34 Clarence Street, PORT
MACQUARIE NSW 2444

E her.art@outlook.com

P 0427 375 186

Kids school holiday workshops are back with HER.ART at a new location: the ArtLab at the Glasshouse, Port Macquarie. Each day the ArtLab will be filled with a range of exciting materials for your child to freely explore. Throughout the day they will learn basic skills relating to their workshop to complete a masterpiece all of their own.

MakerSpace

4 Albert Circuit, PORT MACQUARIE
NSW 2444

E admin@mncce.edu.au

W mncce.makerspace.org.au

P (02) 6583 7288

MakerSpace is almost 600m² of creative spaces equipped for any and all creative activities for community use through a membership model. Our vision is to build a vibrant community of belonging providing opportunities for engagement for everyone. Learners, Teachers, Artists, Craftsmen and women and Mentors, to build capacity, re-engage with life and learning and re-imagine their futures.

Prussing Art

24, 126 Hindman Street, PORT
MACQUARIE NSW 2444

E leanne.prussing@gmail.com

W prussingart.com

Prussingart : Art Exhibitions, Art Festivals, Murals, Commissions, HelloKoala sculptures, Paint and Sip classes

Sunset Framing and Gallery

2, 25 Central Road, PORT
MACQUARIE NSW 2444

E admin@sunsetgallery.com.au

W sunsetgallery.com.au

P 0403 681 669

Sunset Framing & Gallery has been established since 1975 it is a family run art and framing gallery. Showcasing Mid North Coast Artists and photographers every day, also home to one of the largest original vintage movie poster collections on the east Coast of Australia. Home to three creative community groups and the Drawn From Here Art Journal Project. Open Tues to Fri 9am- 4pm & Sat 9am - 12pm.

The Seed Art School

Unit 3, 1 Blackbutt Road, PORT
MACQUARIE NSW 2444

E aimee@paintyourtown.com.au

W theseedartschool.com

P (02) 6581 1532

We offer art classes, pottery, private pARTies, & online classes. We also sell art supplies and art kits. Our Team work together providing fun, relaxed and educational creative experiences to our local area. Come along and get to know us! We thrive on using our skills and experiences to give you the perfect combination of technique based learning and a fun creative atmosphere.

Child Services

Child (and Parent) Information & Counselling

Pregnancy Birth and Baby

E info@nhccn.com.au

W 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.

Magic Coat for Kids Pty Ltd

E admin@themagiccoat.com

W 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.

Reachout Australia

E info@reachout.com

W about.au.reachout.com

P (02) 8029 7777

ReachOut Parents Coaching is for any Australian parent with teenagers aged between 12–18 years, with access to a computer. If you're worried or want to build on your relationship with your teenager, we provide a free one-on-one online coaching program.

ReachOut Parents Coaching is a free service with sessions that are personalised to suit your individual needs and concerns. With coaches from

The Aussie Hands Foundation Inc

E info@aussiehands.org

W aussiehands.org

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

Child Protection Services

Dept Communities and Justice - NSW

- E** media.unit@facsw.nsw.gov.au
W 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
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.

Wilderness Activity Centre, OOSHC and Cafe

4 Albert Circuit, PORT MACQUARIE NSW 2444

- E** admin@mnccc.edu.au
W wildernessplay.org.au
P (02) 6584 0260
 Wilderness Activity Centre & Cafe, along with the Kids Crazy Maze OOSHC is one of the Mid North Coast Community Colleges (MNCCC Ltd) family of Services & provides children's care and entertainment services to families in Port Macquarie – Hastings region; Before and after school care service, Vacation Care service and an Activity Centre 7 days per week. The Centre accommodates up to 70 children.

Raising Connected Kids

- E** karen@connectededucation.com.au
W raisingconnectedkids.com.au
P 0430 306 111
 Teaching school-aged children skills and strategies to build self-confidence and emotional resilience. Online courses and ongoing weekly coaching for children to support emotional development facilitated by Children's Emotional Well-being coaches qualified and experienced in Education and Psychology. Specialising in support for highly sensitive children.

Play Groups & Childcare

Early Connections

41 Munster Street, PORT
MACQUARIE NSW 2440

E admin@earlyconnections-
coffscoast.org.au

P (02) 6562 6491

Life changing Early Childhood
Intervention through education,
therapy and support

Fernhill Road Preschool and Long Day Care Centre

8 Fernhill Road, PORT MACQUARIE
NSW 2444

E director.fernhill@littlebeginningslc.co
m.au

W littlebeginningsfernhillroad.com.au

P (02) 6581 2424

We are a privately owned group of
fully accredited child care centres
across Port Macquarie. Bangalay Child
Care Centre is a long day care centre
located in Lighthouse Beach area.
Fernhill Road Pre School is a long day
care centre located in near the
industrial area.

Goodstart Early Learning - Port Macquarie

10 Emerald Drive, PORT MACQUARIE
NSW 2444

E pmc@goodstart.org.au

W goodstart.org.au

P (02) 6582 3688

Goodstart was founded on a vision of
giving children the best possible start
in life through access to quality early
learning.

Hastings Family Day Care

Warlters Street, PORT MACQUARIE
NSW 2444

E info@sjfs.stagnesparish.org.au

P (02) 6583 6464

St Joseph's Family Services is part of
St Agnes' Parish and provides high
quality Early Childhood services.
Established in 1973, it was the first
service of its kind established in Port
Macquarie.

Hastings Preschool and Long Day Care Centre

12 Muston Street, PORT MACQUARIE
NSW 2444

P (02) 6584 9211

Our focus is to continue the holistic
approach to education and
relationships that past management
and educators have valued. To value
the connectedness of mind, body and
spirit as learning pathways in a
peaceful caring environment. An
environment with many opportunities
for each child to use one hundred
different ways to make meaning of
their world.

Kendall Community Preschool

19 Railway Street, KENDALL NSW
2439

E kendallpreschool@bigpond.com

P (02) 6559 4555

Providing community-based, not-for-
profit, quality early childhood
education

Little Beginnings At Bangalay

1-3 Cathie Road, PORT MACQUARIE
NSW 2444

E admin.bangalay@littlebeginningssl.com.au

W littlebeginningsbangalay.com.au

P (02) 6582 5400

We are a privately owned group of fully accredited child care centres across Port Macquarie. Bangalay Child Care Centre is a long day care centre located in Lighthouse Beach area. Fernhill Road Pre School is a long day care centre located in near the industrial area.

Portside Pre School and Long Day Care Centre

67B Owen Street, PORT MACQUARIE
NSW 2444

W portmacquariechildcare.com

P (02) 6584 2422

Portside Pre School & Long Day Care Centre, Port Macquarie, is boutique service owned and operated by local family with 20 years early childhood experience

Communication & Information**Community Information & Referral Services****Booroongen Djugun Limited - Port Macquarie**

4 Dodds Street, PORT MACQUARIE
NSW 2444

E ndis@booroongendjugun.com.au

W booroongendjugun.com.au

P 0437 102 552

Aboriginal Ability Links Coordinators are located in three key areas on the Mid North Coast servicing the LGA's of Kempsey, Port Macquarie and Taree. Coordinators also provide outreach support to local rural and remote communities who are isolated due to transport disadvantage, disability and/or lack of connection to support services. Coordinators will link you to formal and informal supports.

Community Media**Great Lakes Area Fm Community Radio**

E info@greatlakesfm.org.au

W greatlakesfm.org.au

P (02) 6555 8433

101.5 Great Lakes FM (est. 1986) broadcasts 24/7 across the Mid Coast and covers national and local news, sport, weather, beach and bar conditions plus general interest segments. Our weekly programs cover all genres of music from the 50 to current hits. We support the needs of local community and non-profit organisations by offering free daily Community Updates and Community Access programs.

Radio 2Rph**E** info@2rph.org.au**W** 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 Herald at 11.00am weekdays and 2.00pm Saturdays. Lend us your ears, and we'll read you the world. 100.5FM

General Communication & Information**Camden Haven Neighbourhood Centre**

School of Arts Building, 58 Bold Street, LAURIETON NSW 2439

E chnc@optusnet.com.au**P** (02) 6559 5676

Provide assistance and support to residents and visitors - verbally and by way of brochures - on local services, maps and information. Direct clients to government agencies for assistance. Provide Tax Help to low-income earners. Provide distribution point for weekly and monthly publications.

Camden Haven Schools to Schools Shared Pathway

1 Mountain View Road, KEW NSW 2439

E schoolstoschools@hotmail.com**W** pmhc.nsw.gov.au**P** (02) 6581 8111

This is a Campaign to reduce risk of someone getting hit walking along Ocean drive to get to school or the shops by getting Council to put a path in.

Fair Trading - Port Macquarie

Corner of Central Road and Barton Crescent, PORT MACQUARIE NSW

2444

W fairtrading.nsw.gov.au**P** 13 32 20

NSW Fair Trading is part of the Department of Customer Service whose role is to make doing business in NSW simple, accessible and fair for employees, consumers and industry while providing the best value for government.

GIVIT**E** info@givit.org.au**W** givit.org.au

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

Glasshouse Port Macquarie

Cnr of Clarence St & Hay St, PORT MACQUARIE NSW 2444

E info@glasshouse.org.au**W** glasshouse.org.au**P** (02) 6581 8888

Located in the heart of Port Macquarie, the Glasshouse is home to a theatre, regional gallery, Ross Family Studio, Visitor Information Centre, gift shop, conference and meeting facilities and heritage displays.

Greater Port Macquarie Tourism Association**E** info@gpmtourism.com.au**W** gpmtourism.com.au**P** 0418 837 683

Greater Port Macquarie Tourism Association (GPMTA) represents over 180 tourism related businesses and is your local peak industry tourism organisation.

Hasting Youth Advisory Council

E hastingsyouthadvisorycouncil@gmail.com

W hastingsyouth.wordpress.com

Hastings YAC, or the Youth Advisory Council, is made up of an enthusiastic group of high school students and young adults, that meet at the Hastings Council on a Wednesday afternoon at 5 - let us know if you would like to get involved!

iKew Visitor Information Centre

133 Nancy Bird Walton Drive, KEW NSW 2439

E tourism@pmhc.nsw.gov.au

W visitcamdenhaven.com.au

P (02) 6559 4400

Located just off the Pacific Highway, iKew Visitor Information Centre is the southern gateway to the Camden Haven and the Greater Port Macquarie region. iKew is a central hub showcasing local businesses, attractions, produce, art and crafts to locals, visitors and those in transit.

Laurieton Library

9 Laurie Street, LAURIETON NSW 2443

E portlib@mnclibrary.org.au

W mnclibrary.org.au

P (02) 6581 8177

Library members have access to the resources of both library services and a shared catalogue. We offer an extensive range of services and resources throughout the region. Come and visit any of our branches to access the Internet, read a magazine or newspaper, research your family history, enjoy children's activities, borrow DVDs, music, MP3s, or even a book or two!

Mid Coast Tenants Advice and Advocacy Service

E midcoast.taas@gmail.com

W tenants.org.au

P (02) 6583 9866

We aim to make a positive difference to the lives of residential tenants in NSW, and particularly tenants who are economically and socially disadvantaged.

Port Macquarie Hastings Council

17 Burrawan Street, PORT MACQUARIE NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

The Port Macquarie-Hastings Council area is located on the Mid North Coast of New South Wales, about 420 kilometres north of Sydney, and 510 kilometres south of Brisbane.

Port Macquarie Hastings Council - Laurieton

9 Laurie Street, LAURIETON NSW 2443

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

The Port Macquarie-Hastings Council area is located on the Mid North Coast of New South Wales, about 420 kilometres north of Sydney, and 510 kilometres south of Brisbane.

Port Macquarie Hastings Council - Wauchope

49 High Street, WAUCHOPE NSW
2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

The Port Macquarie-Hastings Council area is located on the Mid North Coast of New South Wales, about 420 kilometres north of Sydney, and 510 kilometres south of Brisbane.

Imaginarium

32 Grant Street, PORT MACQURIE
NSW 2444

E portlib@mnclibrary.org.au

W mnclibrary.org.au

P (02) 6581 8755

Library members have access to the resources of both library services and a shared catalogue. We offer an extensive range of services and resources throughout the region.

Come and visit any of our branches to access the Internet, read a magazine or newspaper, research your family history, enjoy children's activities, borrow DVDs, music, MP3s, or even a book or two!

Sea Acres Rainforest Centre

E seaacres@environment.nsw.gov.au

W nationalparks.nsw.gov.au

P (02) 6582 3355

Sea Acres Rainforest Centre is the ideal place to begin your fascinating journey through Sea Acres National Park, near Port Macquarie. Eco-displays provide a wealth of information about local Aboriginal culture and the surrounding rainforest environment.

Wauchope Library

51 High Street, WAUCHOPE NSW
2446

E portlib@mnclibrary.org.au

W mnclibrary.org.au

P (02) 6581 8162

Library members have access to the resources of both library services and a shared catalogue. We offer an extensive range of services and resources throughout the region.

Come and visit any of our branches to access the Internet, read a magazine or newspaper, research your family history, enjoy children's activities, borrow DVDs, music, MP3s, or even a book or two!

Community Centres, Halls & Facilities

Community & Neighbourhood Centres

Kendall Community Centre

19 Comboyne Street, KENDALL NSW
2439

W kendall.org.au

P (02) 6559 0055

Strengthening the Kendall Community and welcoming visitors to sample the great range of activities on offer in our region.

Lake Cathie Community Centre

LOT 3 Mullaway Road, LAKE CATHIE
NSW 2445

W hastingsneighbourhoodservices.org.au

P (02) 6583 8044

Community and information centre

Manning Valley Neighbourhood Services

E mvns@mvns.org.au

W mvns.org.au

P (02) 6553 5121

MVNS pursues its charitable purpose through a range of services providing support, assistance, advocacy information & referral services to over 6000 people p.a. We provide various services including Migrant support, Emergency Relief and a range of volunteer run services eg community garden, community kitchen. We identify appropriate community development projects to meet community needs.

Port Macquarie Neighbourhood Centre

2-4 Dodds Street, PORT MACQUARIE NSW 2444

E enquiry.portmacquarie@hns.org.au

W hastingsneighbourhoodservices.org.au

P (02) 6583 8044

The Neighbourhood Centre conducts many other funded programs during the year, as well as workshops, celebrations and events.

Wauchope Neighbourhood Centre

3 Waugh Street, WAUCHOPE NSW 2446

E enquiry.wauchope@hns.org.au

W hastingsneighbourhoodservices.org.au

P (02) 6586 4055

Our mission is to provide a variety of community services that assist families, adolescents and older people to achieve their own wellbeing and enhance the quality of life for disadvantaged groups in the community.

Community Halls

Beechwood School of Arts Hall

725 beechwood Road, BEECHWOOD NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6589 6500

The Beechwood School of Arts hall is available for hire to the community for private or commercial functions. It is located at 725 beechwood Road, Beechwood.

Bonny Hills Community Hall

Graham Street, BONNY HILLS NSW 2443

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6585 5014

The Bonny Hills Community Hall is available for hire to the community for private or commercial functions. Access is via Graham Street, Bonny Hills and adjacent to the Bonny Hills Skate Park.

CC Mac Adams Music Centre

33B Lord Street, PORT MACQUARIE NSW 2444

E secretary@pmhmb.com.au

W pmhc.nsw.gov.au

P (02) 6583 3997

The CC Mac Adams Music centre is the perfect hall to undertake music and drama activities. The acoustics of the centre are superb, complementing your musical activities nicely.

Collombatti Reserve Hall

- P** 0407 289 104
The hall is available for hire to the public. Hall hire is \$120 per event, with \$300 refundable bond. Special conditions for 18th birthday parties apply. Regular weekly/monthly community events \$5 per hour.

Dunbogan Jubilee Hall

The Boulevard, DUNBOGAN NSW 2443

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6559 9958

The Dunbogan Jubilee Hall can accommodate up to 65 people and is available to hire for private or commercial functions.

Emerald Downs Community Centre

lower level, Lighthouse Beach/Emerald Downs Shopping Centre, 100 Ocean Drive, PORT MACQUARIE NSW 2444

E admin@tpcc.org.au

W pmhc.nsw.gov.au

P (02) 6582 4395

The Emerald Downs Community Centre can accommodate up to 100 people and is available to hire for private or commercial functions. The hall hire is managed through a volunteer group and a bond is required in addition to the hire cost to ensure the hall is used appropriately.

Lake Cathie Community Centre

Mullaway Avenue, LAKE CATHIE NSW 2445

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Professional dance tuition, craft, speech and drama tuition, children's playground, friendship group, future school committee meetings, Progress Association meetings, Rhee Tae Kwon Do.

Laurieton School of Arts Hall

58 Bold Street, LAURIETON NSW 2443

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6559 9958

The Laurieton School of Arts Hall is available to the community for hire. The hall can be hired for many activities and some popular uses for the hall hire include physical culture, quilting, aerobics, dancing, music tuition, Camden Haven Choristers and singing groups.

Lorne Community Hall

Stewarts River Road, LORNE NSW 2439

E nicola@lornegrange.com.au

W pmhc.nsw.gov.au

P 0417 688 554

A Community Hall built by the locals, for the locals. A centre for local volunteer and community groups to meet, function/recreation/leisure facility.

Lorne Recreation Centre

Stewarts River Road, LORNE NSW
2439

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6556 9773

The Lorne Recreation Centre can easily accommodate up to 100 people and is available to hire for private or commercial functions. The venue hire is managed through a volunteer group and a bond is required in addition to the hire cost to ensure the venue is used appropriately.

North Haven Community Hall

Ocean Drive, NORTH HAVEN NSW
2443

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6559 9958

The North Haven Community Hall can easily accommodate up to 150 people and is available to hire for private or commercial functions. The hall is commonly used for dancing (clog, socials, professional tuition), aerobics, craft group and children's activities.

Hollisdale Hall Hire

1493 Pappinbarra Road, HOLLISDALE
NSW 2446

E ppa.president2021@gmail.com

P 0418 220 138

The Pappinbarra Progress Association manages Hollisdale Hall, 15km from Beechwood on the Mid North Coast of New South Wales. The hall is available for hire, and also hosts markets and other community events.

Pappinbarra Recreation Reserve Hall

Pappinbarra Road, PAPPINBARRA
NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6587 6129

The Pappinbarra Recreation Reserve Hall is a small building with a kitchenette and undercover patio. The building can only fit approximately 20-30 people. There is a tennis court and playground adjacent to the building.

Port Macquarie Historic Courthouse

Cnr of Hay St & Clarence St, PORT
MACQUARIE NSW 2444

E historiccourt@bigpond.com

W pmhc.nsw.gov.au

P (02) 6584 1818

The Port Macquarie Historic Courthouse can accommodate up to 60 people and is available to hire for private functions. The hall is wheelchair accessible with wheelchair accessible toilets. The hall features two small rooms and the hire is managed through a volunteer group.

Port Macquarie Seniors Facility

43 Munster Street, PORT
MACQUARIE NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6583 7149

The Port Macquarie Seniors Facility has three rooms that are available to hire for private or commercial functions. It can accommodate up to 285 people in total. Rooms can be hired altogether or separately. The hall hire is managed through a volunteer group and a bond is required in addition to the hire cost to ensure the venue is used appropriately.

Wauchope Community (Arts) Hall

Oxley Lane, WAUCHOPE NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6585 8178

The Wauchope Community Arts Hall can easily accommodate up to 115 people and is available to hire for private or commercial functions.

Wauchope Rotary Youth Hall

1/10 Oxley Lane, WAUCHOPE NSW
2446

E mariewin@bigpond.com

W rotaryzone8.org

P 0409 156 333

The Wauchope Rotary Youth Hall is the home of the Rotary Club of Wauchope and the Girl Guides. It is also used by crafts groups including Wauchope Patchwork Quilters, mothers and pre-school play groups, social dances, dance and music tuition, community meetings and family reunions.

Wauchope Senior Citizens Centre

47 - 51 High Street, WAUCHOPE NSW
2446

W pmhc.nsw.gov.au

P (02) 6585 3360

The Wauchope Senior Citizens Hall is located adjacent to the Council office next to the Library in High Street, Wauchope. It can accommodate up to 200 people and is available for the community to hire.

General Community Facilities**Camden Haven Show Society**

23 Batar Creek Road, KENDALL NSW
2439

E kendallshowground@bigpond.com

W camdenhavenshow.org.au

P (02) 6559 4463

Kendall Showground is home to the annual Camden Haven Show as well as regular equestrian events, Camden Haven Pony Club, Kendall Men's Shed, Camden Haven Boxing Team, Kendall Blues Football Club, Kendall Creative Workshop for young people, Kendall RDA, Kendall Markets and many, many other functions and events that happen within this magnificent community.

Hannam Vale Recreation Reserve Land Manager

E hvreservetrust@gmail.com

P 0414 989 776

We are a Crown Land recreation reserve catering to communities along the Stewarts River and welcoming visitors to our area on the mid north coast of NSW.

Kendall Community Pool

Orara St, Kendall, KENDALL NSW
2439

E kendall@bluefit.com.au

W pmhc.nsw.gov.au

P (02) 6559 0151
Swimming Pool, Bluefit Learn to swim
classes.

Laurieton Swimming Pool

1 Laurie Street, LAURIETON NSW
2443

E laurieton@bluefit.com.au

W pmhc.nsw.gov.au

P (02) 6559 9072
Swimming Pool, Bluefit Learn to swim
classes.

Port Macquarie Olympic Pool

28 Gordon Street, PORT MACQUARIE
NSW 2444

E portmacquarie@bluefit.com.au

W pmhc.nsw.gov.au

P (02) 6583 1635
Swimming Pool, Bluefit Learn to swim
classes.

Wauchope Memorial Swimming Pool

3 Cameron Street, WAUCHOPE NSW
2446

E wauchope@bluefit.com.au

W pmhc.nsw.gov.au

P (02) 6585 2001
Swimming Pool, Bluefit Learn to swim
classes.

Community Clubs & Interest Groups

Community Service Clubs**Apex Club of Wauchope**

E wauchope@apex.org.au

W apex.org.au

Apex is a not for profit community organization, with membership open to anyone between the age of 18 and 45. Apex Club of Wauchope meets every 2nd and 4th Monday of the month, contact club for details

Australia Nova Romana

E australia.novaroma@outlook.com

W austnovaroma.wixsite.com

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

Bonny Hills Progress Association

E bhpa@bonnyhills.org.au

W bonnyhills.org.au

P (02) 6585 4436

The Bonny Hills Progress Association Inc. (BHPA) is a voluntary organisation with a primary charter to safeguard the Vision that the Bonny Hills community has agreed for the village and surrounds.

Braille House**E** coordinator@qbwa.org.au**W** braillehouse.org.au**P** (07) 3848 5257

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

Country Women's Association, Port Macquarie Evening Branch

Hamilton Green, 176 Hastings River Drive, PORT MACQUARIE NSW 2444

E julieadams3@iinet.net.au**W** cwaofnsw.org.au**P** (02) 6583 1452

The Port Macquarie Evening Branch is part of the largest women's organisation in Australia and aims to improve conditions for women and children. The branch meets the third Wednesday of each month.

Creative Wauchope**E** creativewauchope@gmail.com

This vibrant and active group of retailers, artists and designers is banding together to promote the many creative industries that Wauchope has to offer.

CWA Port Macquarie Branch

11 Horton Street, PORT MACQUARIE NSW 2444

E cwaportmacquariesec@gmail.com**W** cwaofnsw.org.au

Friendship and fun while supporting local communities and assisting women and families here and overseas. We hold regular meetings and fundraising events.

Hastings Rotaract**E** hastingsrotaract@gmail.com

Hastings Rotaract is a group young people making a difference in our community. We meet every Tuesday night at 6pm at Panthers, Port Macquarie.

Lake Cathie Bonny Hills Lions Club

Lake Cathie Bowls Club, Cnr of Ocean Drive and Evans Street, LAKE CATHIE NSW 2445

E [lakecathie-](mailto:lakecathie-bonnyhills@lionsdistrict201n1.org.au)bonnyhills@lionsdistrict201n1.org.au**W** lionsclubs.org.au**P** (02) 6582 3248

To fund and otherwise serve the civic, cultural, social and moral welfare of the community.

Lions Club of Port Macquarie Tacking Point

700 Ocean Drive, PORT MACQUARIE NSW 2444

E tackingpoint@lionsdistrict201n1.org.au**W** lionsclubs.org.au**P** 0418 264 455

Tacking Point Lions Club is a part of the larger Lions Australia and Lions International organisations. The club is made up of ordinary people doing extraordinary things - supporting people with a disability, community greening, fundraising for worthwhile causes, just to name a few.

MNCIA- Mid North Coast Indian Association - Port Macquarie

18b Stables Way, PORT MACQUARIE NSW 2444

E saran_mims@yahoo.com.au**P** 0401 185 022

Mid North coast Indian Association

Port Macquarie Lions Club

Hastings River Drive, PORT
MACQUARIE NSW 2444

E ialac1996@yahoo.com.au

P 0418 688 207

Port Macquarie Lions Club is a service club that belongs to the worldwide Lions Organisation who assist people in need across every country in the world

Rotary Club of Laurieton

Laurieton United Services Club -
Anzac Room, Cnr Seymour Street and
Lake Road, LAURIETON NSW 2443

E phillip.hafey@bigpond.com

W portal.clubrunner.ca

P 0411 240 211

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts.

Rotary Club of Port Macquarie

Panthers Port Macquarie, 1 Bay
Street, PORT MACQUARIE NSW 2444

E valkim2@bigpond.com

W rotaryclubportmacquarie.com.au

P 0438 761 978

We volunteer in the community and internationally to make a difference in peoples lives. We also raises funds through the sale of second hand books to achieve our objectives. We meets weekly at Panthers Port Macquarie.

**Rotary Club of Port Macquarie
Sunrise**

1 Buller Street, PORT MACQUARIE
NSW 2444

E secretary@sunrise-rotary.org.au

W sunrise-rotary.org.au

P 0400 332 763

Rotarians supporting the community both locally and internationally.

**Rotary Club of Port Macquarie
West**

25 Buller Street, PORT MACQUARIE
NSW 2444

E rotarypmqwest@gmail.com

W rotarypmwest.org.au

P 0429 439 232

The Club is very active in supporting various programs including those for our youth, people with disabilities and many other projects that help to make our community a better place in which to live.

Rotary Club of Wauchope

Wauchope Rotary Youth Hall, 1/10
Oxley Lane, WAUCHOPE NSW 2446

E wauchoperotary@gmail.com

W rotaryzone8.org

P 0418 653 945

The Rotary Club of Wauchope will through the efforts of its members and indeed supporters of the Club make our community a better place to live, work & play as well as supporting the work of Rotary International in communities around the world.

Telegraph Point Community Association

7 Cooperabung Drive, TELEGRAPH POINT NSW 2441

E tpcamail@gmail.com

Community group working for improvement of Telegraph Point area. Liaises with Council and Government on behalf of community. Publishes monthly newsletter and manages the local hall.

Wauchope Community Arts Council

Wauchope Community Arts Hall, Oxley Lane, WAUCHOPE NSW 2446

E info@wauchopearts.org.au

W wauchopearts.org.au

P (02) 6581 8111

The Wauchope Community Arts Hall is just that - community. It's one of the most intimate venues in the region, attracts performers of extraordinary quality, and it feels as if they're playing in your lounge room with a bunch of your best friends.

General Community Clubs

RSL sub-Branch

Level 1 - Panthers Port Macquarie, 1 Bay Street, PORT MACQUARIE NSW 2444

E secretary@rslport.org.au

W rslport.org.au

P (02) 6583 2748

To ensure that programs are in place for the well being, care, compensation and commemoration of serving and ex-service Defence Force members and their dependants; and promote government and community awareness of the need for a stable and progressive Australia

Camden Haven PAHandl Soc Inc

23 Batar Creek Road, KENDALL NSW 2439

W camdenhavenshow.org.au

P (02) 6559 4463

Fourth Thursday 7.00pm at Kendall Show Society

CC Mac Adams Music Centre

33B Lord Street, PORT MACQUARIE NSW 2444

E secretary@pmhmb.com.au

W pmhc.nsw.gov.au

P (02) 6583 3997

The Fellowship is unique in that established writers are committed to nurture and develop new writing talent – and everyone is welcome to join. There are now Fellowships in many states, with nearly thirty Branches in New South Wales, both in Regional NSW and in the Sydney metropolitan area

CC Mac Adams Music Centre

33B Lord Street, PORT MACQUARIE NSW 2444

E secretary@pmhmb.com.au

W pmhc.nsw.gov.au

P (02) 6583 3997

We are the community Town Band and from its inception PMHMB has put community service at the top of its list of priorities. With uncompromising dedication to high standards, professional instruction and community service, the Port Macquarie Hastings Band looks forward to the future as an opportunity to further expand the benefits music brings to the community that embraces it.

Comboyne Community Association

36 Main Street, COMBOYNE NSW 2429

E comboynecc@bigpond.com

P (02) 6550 4346
Comboyne Community Association

Country Women's Association Bonny Hills

Bonny Hills Community Hall, Graham Street, BONNY HILLS NSW 2445

E judyahardy47@gmail.com

W cwaofnsw.org.au

P (02) 6585 5769
The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities.

Country Women's Association Kendall

E whalewatchers23@gmail.com

W cwaofnsw.org.au

P 0448 383 732
The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities.

Creek to Creek Queens Lake Trail

E creektocreek@iprimus.com.au

P 0418 251 569

Creek to Creek is a community group banding together to restore and renovate the existing Queens Lake Trail and to extend it

Dyslexia Support Nsw Mid North Coast

E dyslexiamnc@gmail.com

W dyslexia-support-mid-north-coast-2023.raisely.com

Dyslexia Mid North Coast consists of pro-active parents who are advocates for children with dyslexia and specific learning difficulties. Our focus is to increase awareness, share information and provide support to parents, teachers and students.

Hastings Businesswomen's Network

E info@hbwn.com.au

W hbwn.com.au

P 0431 510 071

Hastings Business Women's Network is a vibrant, active organisation of local women who come together to exchange ideas, information and inspiration as they strive for business success. HBWN activities include networking events, professional development opportunities, as well as a sense of belonging to a warm and welcoming business community.

Hastings District Flying Club

Port Macquarie Airport, Oliver Drive,
PORT MACQUARIE NSW 2444

E enquiries@hdfc.com.au

W hdfc.com.au

P (02) 6583 1695

The Hastings District Flying Club (HDFC) Port Macquarie brings aviators, their family and friends together to share their flying dreams since 1958. It operates a flying club and recreational aviation flying school with a hangar and club house at the airport.

Hastings Mens Shed

5/25 Central Road, PORT
MACQUARIE NSW 2444

E hastingsmensshed@gmail.com

W mensshed.org

P (02) 6581 4421

Supporting retired men and state health support disability units, in providing seniors and young men to participate in wood / metal working activities in a mens shed.

Kendall Mens Shed

23 Batar Creek Road, KENDALL NSW
2439

E carlseckold@gmail.com

W mensshed.org

P 0434 677 336

Community Clubs & Interest Groups -
General Community Clubs - General
Community Clubs. Mens Shed

Kew Country Club

Kew Country Club, 185 Kendall Road,
KEW NSW 2439

E nkerr@laurietonclub.com.au

W laurietonclub.com.au

P (02) 6559 4203

The picturesque Kew Country Club is located 500m west of the Pacific Highway at Kew on the mid-north coast in NSW. It has two bowling greens (synthetic) as well as an 18-hole golf course of gently undulating Kikuyu fairways with maintained Penn cross Bent grass greens.

Lake Cathie Progress Association

E secretary@lakecathiepa.com

W lakecathiepa.com

The LCPA is a dynamic and enthusiastic non-political, not for profit organisation with a mission to act in the best interests of the Lake Cathie Community.

Laurieton Mens shed

164 Diamond Head Road,
DUNBOGAN NSW 2443

E laurietonmensshed@gmail.com

W laurietonmensshed.com

P 0417 277 231

Laurieton Men's Shed is all about "caring about men's health" by keeping retired men busy in our workshops and by assisting members by way of visiting medical organisations such as Mental Health, Australian Hearing and different Specialists.

Laurieton United Services Club

Laurieton United Services Club, 2 Seymour Street, LAURIETON NSW 2443

E contact@laurietonclub.com.au

W laurietonclub.com.au

P (02) 6559 9110

Situated in the centre of Laurieton, on the mid-north coast of NSW, 400kms north of Sydney and 30kms south of Port Macquarie, the Laurieton United Services Club was originally built in 1953 and licensed in 1955.

MidCoast Community Theatre

E midcomtheatre@gmail.com

P 0434 041 985

We are a small, local theatre company from the beautiful MidCoast region of NSW Australia.

MNCIA- Mid North Coast Indian Association

2 Thrumster Street, THRUMSTER NSW 2444

E saran_mims@yahoo.com.au

P 0401 185 022

A non-profit Indian Association for the Mid North Coast of NSW stretching from Taree to Coffs Harbour including all the nearby small towns, celebrating the Indian culture & traditions and giving an Indian treat to the locals.

North Coast Speedboat Classics

Casuarina Dr, 5 Casuarina Drive, LAKEWOOD NSW 2443

E rellejeff@bigpond.com

P 0417 464 917

North Coast Speedboat Classics is about bringing like minded people together who enjoy the older classic boats, to share river fun runs and social meetings!

Northside Progress Association

E northside@c2a.com.au

P 0423 024 809

The North Side Progress Association exists to represent the communities on the north shore of the Hastings River in Port Macquarie.

Oxley Bridge Club

Hastings Bridge Club is at Hamilton Green, 176 Hastings River Drive, PORT MACQUARIE NSW 2444

E bobby.kohut@bigpond.com

W bridgewebs.com

P 0438 024 115

We play every Wednesday at 12:30 pm. Players must be seated by 12.15 pm allowing the Director to organise the tables. We will finish around 4.00 pm. Club caters to all playing skill levels in a friendly environment. Computerised. Our Club is committed to using the latest technology to enhance the enjoyment of bridge.

Port Macquarie Bridge Club

Westport Club. Upstairs in lounge adjacent to Jimmy's Bar, 25 Buller Street, PORT MACQUARIE NSW 2444

E ruthherdegen@bigpond.com

W bridgewebs.com

P (02) 6583 9034

We play Bridge in a friendly environment for all levels of bridge players.

Port Macquarie Hastings Bridge Association

Duplicate House, 176 Hastings River Drive, PORT MACQUARIE NSW 2444

E carnarhug@gmail.com

W bridgewebs.com

P 0404 989 895

Our Club exists to promote and enhance the game of Bridge for our members, their guests and visitors. In so doing we provide a safe, welcoming, convenient and well-appointed clubhouse for the comfort and enjoyment of players. We play 5 days per week from 1.00 - 5.00pm and cater to players of all skill levels from highly experienced to novices. We use computerised dealing and scoring systems.

Port Macquarie Heart, Mind and Soul

E judithlouise27@gmail.com

P 0424 010 506

We meet the last Sunday of the month to discuss life affirming spiritual topics. We focus on ways to grow our awareness in a relaxed way. The book "Dying to be Me" by Anita Moorjani, is recommended as it contains much helpful guidance. Newcomer's welcome. Please contact for venue details.

Port Macquarie Orchid And Bromeliad Society Incorporated

1 Bay Street, PORT MACQUARIE NSW 2444

E ken.mcnaught@kasala.com.au

P 0418 249 812

The Port Macquarie Orchid and Bromeliad Society meets on a monthly basis where people who like to grow these plants can meet and discuss the various issues on growing them. The group meets at 7:30 PM on the fourth Monday of each month at Port Panthers in Port Macquarie. Visitors are welcome.

Port Macquarie Sailing Club

9 Mcinherney Close, PORT MACQUARIE NSW 2444

W revolutionise.com.au

P 0401 737 486

Provision of Dinghy Sailing Facilities to the people of Port Macquarie and surrounding areas.

Port Macquarie Womens Shed

176 Hastings River Drive, PORT MACQUARIE NSW 2444

E portmacquariewomensshed@gmail.com

W womensshed.wixsite.com

P 0429 184 093

Our Mission to provide a place where women learn together as friends; where support, guidance, help and encouragement is given and received.

Rollands Plains Community Group

E rollandsplainsreview@gmail.com.au

Rollands Plains Community Group aims to represent the Rollands Plains Community.

The Hastings Bonsai Group Inc
Rotary Community Hall, 198 Hastings
River Drive, PORT MACQUARIE NSW

2444

E hbgjohnc@gmail.com

W visitnsw.com

P 0419 991 946

Bonsai Group promotes bonsai as a hobby in the Port Macquarie area.

Upper Hastings Sporting and Community Group

E janiceoliver@bigpond.com

P (02) 6587 4305

Affiliated Clubs: Long Flat Football Club, Pre School, Long Flat P & C, Long Flat Campdraft and Long Flat Tennis Club.

Wauchope Mens Shed

High Street, WAUCHOPE NSW 2446

W wauchopeomensshed.weebly.com

P 0407 924 256

The Wauchope Mens Shed has been operating as a place for the men to come in and work on projects which bring back meaning and purpose into their lives, at the same time it raises community awareness promoting positive contributions, participation and awareness of concerns such as Dementia or invasive species and what to do about it.

Wauchope Progress Association Incorporated

E wauchopeprogress@gmail.com

P 0438 002 414

Wauchope Progress Association

SES, Rural Fire, Lifesavers, Search & Rescue

Camden Haven Marine Rescue

Corner of Tunis and Short Streets, LAURIE TON NSW 2443

E camdenhaven@mrnsw.com.au

P (02) 6559 7356

Marine Rescue NSW is our State's official volunteer marine rescue service, committed to saving lives on the water. Safety on the water is our highest priority – for both our volunteers and the boating public.

Camden Haven Rural Fire Brigade

179 Kendall Road, KENDALL NSW 2439

E camdenhavenfire@gmail.com

W rfs.nsw.gov.au

P (02) 6559 0097

The NSW Rural Fire Service (NSW RFS) is the lead combat agency for bush fires in NSW. For over 100 years we have been a significant part of the history and landscape of NSW. Working closely with other agencies we respond to a range of emergencies including structure fires, motor vehicle accidents and storms that occur within rural fire districts.

Camden Haven SLSC

128 The Parade, NORTH HAVEN NSW 2443

W surflifesaving.com.au

P 0420 450 550

The Camden Haven SLSC is a dedicated group of qualified Surf Life Savers who patrol the beach during the summer months, and a growing contingent of Nippers - better known as - Junior Surf Life Savers in training!

Fire And Rescue NSW Wauchope Fire Station

Cnr Young & Campbell Street,
WAUCHOPE NSW 2446

W fire.nsw.gov.au

P (02) 6585 2161

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.

Lorne NSW Rural Fire Brigade

943 Stewarts River Road, KENDALL
NSW 2439

W rfs.nsw.gov.au

P (02) 6556 9677

The NSW Rural Fire Service (NSW RFS) is the world's largest volunteer fire service. Our members provide fire and emergency services to approximately 95 percent of NSW.

Marine Rescue Port Macquarie

Marine Rescue Port Macquarie Boat Shed, 11A Buller Street, PORT
MACQUARIE NSW 2444

E Portmacquarie@marinerescuensw.com.au

P (02) 6583 8111

Marine Rescue NSW is our State's official volunteer marine rescue service, committed to saving lives on the water. Safety on the water is our highest priority – for both our volunteers and the boating public.

NSW Rural Fire Service Wauchope

108 Cameron street, WAUCHOPE
NSW 2446

W rfs.nsw.gov.au

P (02) 6586 1257

The NSW Rural Fire Service (NSW RFS) is the world's largest volunteer fire service. Our members provide fire and emergency services to approximately 95 percent of NSW.

Port Macquarie Fire Station

5 Central Road, PORT MACQUARIE
NSW 2444

W fire.nsw.gov.au

P (02) 6581 0520

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.

Port Macquarie SLSC

35 Tuppenny Road, PORT
MACQUARIE NSW 2444

E info@pmslsc.com.au

W pmslsc.com.au

P (02) 6583 1555

Volunteer lifesavers from Port Macquarie Surf Life savings club patrol Flynn's Beach on Saturdays, Sundays and public Holidays over summer.

Tacking Point SLSC

Lighthouse Beach, 40 Matthew Flinders Drive, PORT MACQUARIE NSW 2444

E admin@tpslsc.com.au

W tpslsc.com.au

P (02) 6582 0064

Located at Lighthouse Beach in Port Macquarie, Tacking Point Surf Life Saving Club (SLSC) provides lifesaving services, nipper activities and social functions for members, visitors and the wider community.

Wauchope Bonny Hills SLSC

6 Beach Street, BONNY HILLS NSW 2445

E wbhslsc.registrar@gmail.com

W wbhslsc.org.au

P 0413 596 903

Located at Bonny Hills, Wauchope Bonny Hills Surf Life Saving Club (SLSC) provides lifesaving services, nipper activities and social functions for members, visitors and the wider community.

C r i s i s & E m e r g e n c y S e r v i c e s

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.

Port Macquarie Sexual Assault Service (MNCLHD)

Port Macquarie Community Health Campus, 19-31 Morton Street, PORT MACQUARIE NSW 2444

W mnclhd.health.nsw.gov.au

P (02) 6588 2882

The Sexual Assault Service provides support to children, teenagers, and adults who have experienced sexual assault.

Child Protection Services**Kempsey Macleay Home-Start**

W homestartaustralia.org

P 0417 185 875

Home-start is a home visiting service. Providing Parenting Programs Trained volunteers are linked to families with supervision from co -coordinator . Home-Start organises picnics and many other outings for families involved

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.

Lifeline Mid Coast

E marketing@lifelinemidcoast.org.au

P (02) 6581 2800

Lifeline Mid Coast is built on a commitment to reach out to those in crisis, whenever they need it and wherever they are, offering real support when difficulties seem overwhelming.

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.

Mental Health Line

W 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

W 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

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

Affinity Disaster Relief

Clarence Street, PORT MACQUARIE NSW 2444

E admin@affinityaviation.com.au

P 0423 548 938

The Affinity Disaster Relief foundation aims to provide additional support to disaster affected areas, ancillary to first response emergency services for natural disasters.

Australian Red Cross - Kempsey**E** contactus@redcross.org.au**W** redcross.org.au**P** (02) 6561 4000

Red Cross provide a wide range of services, based on building a better society through people helping people. Red Cross also works with communities impacted by disaster to prepare and recover from emergencies.

Port Macquarie Police Station

2 Hay Street, PORT MACQUARIE
NSW 2444

W police.nsw.gov.au**P** (02) 6583 0199

The mission of the NSW Police Force, as set out in the Police Act 1990, is to work with the community to reduce violence, crime and fear.

Team Rubicon Australia**E** info@disasterreliefaus.org**W** 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.

Uniting Burnside Intensive Family Based Services

7 Sherwood Road, PORT MACQUARIE
NSW 2444

E ask@uniting.org**W** pioneervalleyunitingchurch.org.au**P** (02) 6581 6600

Intensive Family Support and Family Preservation programs of support services for families in crisis where their children or young people are at risk of being removed from their parents or caregivers. This includes home visits, parenting programs, support for children and referrals to health and other community services.

Welfare Assistance & Support Services**Lake Macquarie Suicide Prevention and Support Network**

129 Lake Road, PORT MACQUARIE
NSW 2444

E support@lmnspn.org.au**W** connectedtocare.com.au**P** 0447 816 149

Connected to Care is a program for young people aged 12-18 that need help with their mental health and/or overall well-being. From this program, young people will be provided one-on-one care coordination for all aspects of life including mental health, social health, and career guidance. Young people can also attend a number of activities for free under this program receiving psychosocial support.

Manning Valley Neighbourhood Services

E mvns@mvns.org.au

W mvns.org.au

P (02) 6553 5121

Financial assistance and case work for individuals & families in financial crisis.

Cultural and Migrant Services

Migrant Services

Migrant Employment Legal Service

E 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.

Migrant Settlement Project Worker

E rmw@mvns.org.au

W mvns.org.au

P (02) 6553 5121

Help with things such as finding English classes, driving in Australia, visa help, interpreting services, health services, childcare, schools, women's refuge, jobs, skills and qualifications recognition and lots more.

National Resource Centre For Migrant Empowerment

E enquiries@nationalresourcecentre.org.au

W nationalresourcecentre.org.au

P 0478 054 020

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

Disability Services

Carer Information

Carer Gateway

E contact@carersnsw.org.au

W 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**W** kindship.com.au

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

People With Disability Australia - Qantas Carer Concession Card**E** qccc@pwd.org.au**W** pwd.org.au**P** 1800 806 769

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

Disability Accommodation Services**Vera Living****E** jade.hayward@veraliving.com.au**W** veraliving.com.au**P** 0480 546 642

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

Disability Employment & Training Services**Trainer Group**

5 Compass Close, PORT MACQUARIE
NSW 2444

E admin@trainergroup.com.au**W** trainergroupfoundation.org**P** 0422 698 092

Trainer Group is a disability service provider dedicated to educating and supporting NDIS participants in conjunction with professional sporting organisations and governing bodies. We work closely with families, care coordinators, support workers and individual participants to ensure outcomes are positive and meaningful in our participants' lives.

Disability Information & Counselling**NDIS Plan Management****E** info@completemoney.com.au**W** 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.

Interrelate - Port Macquarie

Unit 5, 1-5 Merrymen Way, PORT
MACQUARIE NSW 2444

E portmacquarie@interrelate.org.au

W interrelate.org.au

P 1300 473 528

Interrelate provides a free, independent counselling service, funded by the Australian Government, for people affected by the Disability Royal Commission (DRC). The service is for people with disability who have experienced violence, abuse, neglect and exploitation; their parents, guardians, carers and family members; and anyone else affected by the DRC

Interrelate - Taree

E tareefrc@interrelate.org.au

W interrelate.org.au

P (02) 6551 1200

Interrelate provides a free, independent counselling service, funded by the Australian Government, for people affected by the Disability Royal Commission (DRC). The service is for people with disability who have experienced violence, abuse, neglect and exploitation; their parents, guardians, carers and family members; and anyone else affected by the DRC

Limbs 4 Life

E info@limbs4life.org.au

W 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

W 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

W 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@legaid.qld.gov.au

W 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

New IDAFE Inc

Unit 4, 198 Hastings River Drive,
PORT MACQUARIE NSW 2444

E newidafe@newidafe.com.au

W newidafe.com.au

P (02) 6583 5545

NewIDAFE is a not-for-profit organisation who provides programs and respite to adults (18+) with a disability in the Port Macquarie Hastings area.

Yadah Care Services

W yadahcareservices.com.au

P 0466 986 761

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

General Disability Services

Ability Consultants

E info@abilityconsultants.com.au

W 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.

All Disability Plan Management

Unit 5b, 116 Gordon Street, PORT
MACQUARIE NSW 2444

E members@alldisability.com.au

W alldisability.com.au

P 1300 399 913

NDIS plan management is one of the three ways to manage your NDIS funding. Plan management is when a provider takes care of the financial side of things for you. The plan manager looks after managing and monitoring your budget, paying provider's invoices quickly and generating monthly reports to keep track of things. Your plan manager is essentially your personal NDIS bookkeeper.

Aruma

55 Lord Street, PORT MACQUARIE
NSW 2444

E enquiries@aruma.com.au

W aruma.com.au

P 1300 538 746

Welcome to Aruma! Once House with No Steps and The Tipping Foundation – Aruma is the disability service provider who puts You. First.

Assistive Technology Australia

E 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.

Blacksheep Care Services - Lismore**E** lismore@blacksheepservices.com.au**W** blacksheepservices.com.au**P** 1300 252 257

"We are a private NDIS Service provider. As a family-owned provider, we pride ourselves on providing support that is different. Our supports span across NSW"

Blue Sky Community Services - Port Macquarie

53 Lord Street, PORT MACQUARIE NSW 2444

E LAC@bluesky.org.au**W** bluesky.org.au**P** (02) 5632 4029

Blue Sky Community Services is an NDIS Partner in the Community, delivering Local Area Coordination (LAC) services across the Mid North Coast of NSW.

Boomaroo Plan Management**E** admin@boomarooplans.com.au**W** 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 !

breakthru - Port Macquarie

Shop 5 & 6, 146-150 Gordon Street, PORT MACQUARIE NSW 2444

E portmacquarie@breakthru.org.au**W** breakthru.org.au**P** 1800 767 212

NDIS supports including Support Coordination, School Leaver Employment Supports, Finding and Keeping a Job, Social & Community, Core supports, Improved Daily Living (Counselling) and Assistance with Self Care. Office open from 9.00am to 5.00pm Monday to Friday.

Capital Gaurdians Plan Management**W** capitalguardians.com**P** (03) 9008 9992

Capital Guardians is a Plan Manager throughout Australia.

Care and Mobility

31 Jiundalee Road, PORT MACQUARIE NSW 2444

W mobilityhq.com.au**P** (02) 6581 0018

Care and Mobility is a local, family-owned company that is fast becoming the market leaders in supply to the Aged Care and Disability markets on the Mid-North coast. A Rental Scheme is also available for Mobility equipment.

Care Squared**E** info@caresquared.com.au**W** caresquared.com.au**P** 1300 632 639

Allied Health Supports, Employment Supports and Group Therapies

Cerebral Palsy Alliance: Disability Support and NDIS Service Providers

77 Lake Road, PORT MACQUARIE
NSW 2444

E ask@cerebralpalsy.org.au

W cerebralpalsy.org.au

P (02) 5526 3800

The Cerebral Palsy Alliance Port Macquarie Centre provides a comprehensive range of services, programs, events and general support for people and their families living with cerebral palsy and other neurological and physical disabilities.

Complex Support Coordination

E sam@complexsupport.com.au

W 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

W 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

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.

D.J O'malley and R.N O'Malley T/A Horses Inspiring Humans

3648 Oxley Hwy, , 3648 Oxley
Highway, HYNDMANS CREEK NSW
2446

E Deb@horsesinspiringhumans.com.au

W learnfromhorses.com.au

P 0439 863 370

The organisation provides disabled people and those from disadvantaged backgrounds with exceptional equine assisted life coaching programs using evidence-based approaches. The unique program promotes the development of life skills, independence, communication and social skills and helps them work towards their goals.

DCW Care**E** admin@dcwcare.com.au**W** dcwcare.com.au**P** 0467 303 705

We provide personalised support services. Our staff are experienced Assistants in Nursing and hold Certified level 3 disability qualifications. We are skilled providers of person-centred, goal-focused support for people living with a range of needs. We provide services privately or to those with NDIS and Aged Care packages.

Dineamic**E** team@dineamic.com.au**W** 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.

Disability Enquiry Hotline**E** disability@online.telstra.com.au**W** 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**W** disabilityhealthsupport.com.au

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

National Disability Health Support Australia**E** dorothy@disabilityhealthsupport.com.au**W** 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**W** dtccare.com.au**P** 0426 803 524

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

Epilepsy Action Australia**E** epilepsy@epilepsy.org.au**W** 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**W** 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.

Hastings Health and Support

14 Teraglin Road, PORT MACQUARIE
NSW 2444

E info@hastingshealthandsupport.com.au**W** hastingshealthandsupport.com.au**P** 0488 333 772

Hastings Health and Support provides In Home Care, Community Access, Skills Development and Pick-up/Drop-off laundry services in the Port Macquarie - Hastings area. We are a proud and established disability support service that have been operating since 2021.

Hastings Recreational and Sporting Club For The Disabled

Hastings River Drive, PORT
MACQUARIE NSW 2444

P (02) 6583 4500

Sporting club for the disabled

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.

Just Better Care Mid North Coast

Shop 2, 41 Short Street, PORT MACQUARIE NSW 2444
E info@justbettercare.com
W justbettercare.com
P (02) 6590 1060

Just Better Care Mid North Coast provides in-home disability support and aged care services, supporting people to live independently at home and within their community.

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.

MBC Nursing

54 Horton Street, PORT MACQUARIE NSW 2444
E frontdesk@mbcrecruitment.com.au
W mbcrecruitment.com.au
P 0419 655 211

mbc Nursing is a registered NDIS service provider that provides in-home support and residential care. Please contact us to assist you in staying in your own home safely and comfortably. mbc provide: Personal care, domestic assistance, meal preparation, transport, social support, medication assistance, capacity building, respite, clinical care, wound and palliative care.

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@meplussmore.com.au**W** meplussmore.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.

My Mobile Plan Manager**E** mymobileplanmanager@gmail.com**P** 1800 519 716

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

My Plan Assist**E** info@myplanassist.com.au**W** myplanassist.com.au**P** (07) 5641 2277

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

My Plan Manager**E** enquiry@myplanmanager.com.au**W** 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.

My Support Choices**E** a.tebbutt@bigpond.com**P** 0407 184 461

My Support Choices provides ndis support to people with a disability in the Port Macquarie, Wauchope and Mid-North Coast Area, NSW. We specialise in support coordination, psychosocial recovery coaching and personal and community supports.

MyCareSpace**W** 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**W** 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**W** 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**W** 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**W** 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.

New Horizons - Kempsey**W** newhorizons.org.au**P** 1300 726 372

New Horizons provides a range of services and supports for people looking to enhance their wellbeing. As a registered NDIS provider, it specialises in supporting people with disability, mental health concerns, those who are aged, people at risk of homelessness, humanitarian entrants, youth, and Indigenous Australians.

New Horizons Enterprises - Port Macquarie

133-137 Gordon Street, PORT
MACQUARIE NSW 2444

W newhorizons.org.au

P (02) 6588 8100

New Horizons provides a range of services and supports for people looking to enhance their wellbeing. As a registered NDIS provider, it specialises in supporting people with disability, mental health concerns, those who are aged, people at risk of homelessness, humanitarian entrants, youth, and Indigenous Australians.

Nextt Group

P 1300 369 568

Disability Support Services - NDIS and ICare

Noble Enterprises

E admin@noblesafecare.com.au

W 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

W 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

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

W 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

W 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**W** 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.

RandR Care Limited**E** admin@rrcare.org.au**W** abilityoptions.org.au**P** (02) 5622 8400

R&R Care provide services for people with a disability. i

Recovery Plus Support**E** referral@recoveryplussupport.com.au**W** 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**W** 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 !!!

Riding for the Disabled - The Kendall Centre

29B The Old Coach Road, BATAR CREEK NSW 2439

E kendall@rdansw.org.au**W** rdansw.org.au**P** 0450 798 874

RDA (NSW) is a volunteer organisation providing equine assisted activities for people with disabilities to develop and enhance abilities.

Riding for the Disabled - Wauchope

Wauchope Showground, High Street, WAUCHOPE NSW 2446

E RDAWPMQ@GMAIL.COM**W** rdansw.org.au**P** 0417 468 518

RDA (NSW) is a volunteer organisation providing equine assisted activities for people with disabilities to develop and enhance abilities.

Sailability Port Macquarie

8 McInherney Close, PORT MACQUARIE NSW 2444

E sailabilitypm@gmail.com**W** sailabilitypm.com.au**P** 0411 152 598

Sailability Port Macquarie is an all volunteer organisation dedicated to providing "Freedom on the Water" for people with various disabilities, regardless of age, gender or disability. Our group of 70+ local volunteers operates Sailing for 50+ clients every Wednesday 9am-12pm at McInherney Park, Port Macquarie during sailing months. See [Facebook.com/sailabilitypm](https://www.facebook.com/sailabilitypm) or www.sailabilitypm.com.au

Shine Home Support**E** admin@shinehomesupport.com.au**W** 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

Sky Plan Management**E** info@skyplanmanagement.com.au**W** 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.

Social Connect**E** sophie.socialconnect@outlook.com**W** sophiek2440.wixsite.com**P** 0448 231 919

Social Connect offers social and domestic support to plan-managed and self-managed NDIS participants in the Port Macquarie region.

St Agnes' Care and Lifestyle

150-152 Horton Street, PORT
MACQUARIE NSW 2444

W sacal.org.au**P** (02) 5525 3600

Centacare offers person-centred, tailored support to NDIS participants and is an approved NDIS participant

The Aussie Hands Foundation Inc - Melbourne**E** info@aussiehands.org**W** 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 Benevolent Society - Kempsey**E** customercare@benevolent.org.au**W** benevolent.org.au**P** 1800 236 762

Our child and family services support parents and families to raise children in safe and loving environments. Our disability services include: psychology, physiotherapy, dietetics, Positive Behaviour Support, occupational therapy, speech pathology.

The Good Meal Co**E** agedcare@goodmeal.com.au**W** 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**W** 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**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.

XYX Syndrome Association of Australia Inc.**E** xyyaustralia@gmail.com**W** 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**W** youfirstservices.com.au**P** 1300 525 656

Standard & High Intensity Level Support Worker Services - In Home

Your Plan Manager**E** plan@ypm.com.au**W** yourplanmanager.com.au**P** 1800 968 775

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

Special Education Programs

Disability And Diversity Services

E info@mindsatplay.com.au

W 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.

Star Club Equestrian Program Inc - Port Macquarie

10 Winery Drive, PORT MACQUARIE
NSW 2444

E sharonkbassett@gmail.com

W starclubequstrian.wixsite.com

P 0414 527 020

Star Club Equestrian Program provides equestrian opportunities to people with an Intellectual Disability, Autism, Mental Health, Acquired Brain Injury and Cognitive/Behavioural Impairments. All Ages. All Abilities - from beginner to competitive riders.

Education

Adult Education

Australian Training Institute

E admin@atiaustralia.edu.au

W atiaustralia.edu.au

P (07) 3269 5005

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

SkillsLink Training - Port Macquarie

4 Albert Circuit, PORT MACQUARIE
NSW 2444

E admin@mnccc.edu.au

W mnccc.edu.au

P (02) 6583 7288

Serving the community since 1984 Mid North Coast Community College has specialised in respecting and partnering with individuals and businesses wanting personal engagement and support. Now the time has come to celebrate serving the wider mid north coast; Taree, Port Macquarie, Wauchope, Kempsey, Nambucca and Coffs.

North Coast Institute of TAFE - Port Macquarie Campus

Widderson Street, PORT
MACQUARIE NSW 2440

E ncicounsellingadmin@tafensw.edu.au

P 13 16 01

TAFE NSW Port Macquarie works closely with the community and industry to ensure you have access to the latest technologies, work with the newest equipment and train in the highest industry-standard facilities

Parentshop

E info@parentshop.com.au

W 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.

Port Macquarie Hastings U3A

2 Lochinvar Place, PORT MACQUARIE
NSW 2444

W pmhu3a.org.au

P (02) 6585 4192

The University of the Third Age is a world-wide organisation in which retired people from all walks of life come together to learn from each other. Those who wish to do so provide courses and activities and the committee organises special events such as guest speakers and social celebrations.

Suicide Programs Calm Conversations Can Save Lives

E admin@suicideprograms.com.au

W 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

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

W 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.

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.

Mid North Coast Community College - Port Macquarie

4-5 Albert Circuit, PORT MACQUARIE
NSW 2444

E admin@mnhccc.edu.au**W** mnccc.edu.au**P** (02) 6583 7288

A Provider of Community Education for all with services for all ages and stages right across the Mid North Coast from Taree in the South to Kempsey in the North. We aim to lead community development by providing socially inclusive learning programs and opportunities that enable enriched and enterprising lives.

Go4Fun Program**E** tyan.king@health.nsw.gov.au**W** go4fun.com.au**P** 1800 780 900

Go4Fun is a FREE 10 week healthy lifestyle program for children aged 7 to 13 years, and their families, who are above a healthy weight.

Stroke Foundation: StrokeSafe Volunteer Speaker Program

E strokesafe@strokefoundation.com.au

W strokefoundation.org.au

P (03) 9670 1000

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

Substance Abuse and Mental Health (Dual Diagnosis) Training

E george@dualdiagnosistraining.com.au

W dualdiagnosistraining.com.au

P 0408 332 765

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

TAFE NSW North Coast Institute

70 Widderson Street, PORT

MACQURIE NSW 2444

W tafensw.edu.au

P 13 16 01

North Coast TAFE enrolls over 47,000 students each year across the North Coast of NSW and beyond. Our TAFE programs are delivered through campuses and via online, distance, workplace and in community settings.

Anger Management and Conflict Resolution Program

E transformationministries@gmail.com

W anger.org.au

P 0408 332 765

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

Walya Productions

W walya.com.au

P 0401 203 654

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

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)

Hastings Secondary College Port Macquarie Campus

- 20 Owen Street, PORT MACQUARIE NSW 2444
E hsc-portmac-school@det.nsw.edu.au
W hastingssecondarycollege-h.schools.nsw.gov.au
P (02) 6583 1844
 Students at Hastings Secondary College have the confidence and qualities to inspire, achieve and succeed in an environment where they know they belong. With a focus on academic excellence, community involvement and student wellbeing, our College enables your child to reach their full potential and graduate as a young adult whose future in the world is full of promise.

Heritage Christian School

- 33 Mumford Street, PORT MACQUARIE NSW 2444
E admin@heritage.nsw.edu.au
W heritage.nsw.edu.au
P (02) 6583 8277
 Heritage Christian School is a K-12 co-educational school founded on Biblical principles for the purpose of enabling children and young people to grow in wisdom and in stature.

Nautilus College

4 Albert Circuit, PORT MACQUARIE
NSW 2444

E admin@mnccc.edu.au

W nsc.edu.au

P (02) 6516 2251

Our School is a registered and accredited non-government school. It is an independent school that offers all eligible young people the chance to complete their school education. Providing education over 2 campuses in Port Macquarie (Yr7-10) and Taree (Yr9 -10), we especially aim to include those whose lives may be complicated, challenging or require particular understanding in order to succeed.

Newman Senior Technical College

Boundary Street, PORT MACQUARIE
NSW 2444

E newman@lism.catholic.edu.au

W newman.nsw.edu.au

P (02) 6580 3800

The opportunities that students at Newman Senior Technical College are offered are truly unique. Students study their HSC in combination with specialised 'on' and 'off the job' training in 'state of the art' facilities with industry standard equipment. This takes place in a caring and disciplined environment where the holistic development and care for each individual is of the highest importance.

Port Macquarie Adventist School

500 Ocean Drive, PORT MACQUARIE
NSW 2444

E admin@pmas.nsw.edu.au

W pmas.nsw.edu.au

P (02) 6582 2271

Our aim at Port Macquarie Adventist School is not only to provide quality, individualised education but to equip students for the rest of their lives. For many, school is about classes, homework and academic standards.

St Columba Anglican School

3 Iona Avenue, PORT MACQUARIE
NSW 2444

W scas.nsw.edu.au

P (02) 6581 4188

St Columba Anglican School, an independent school situated in Port Macquarie on the Mid North Coast of New South Wales, is an Anglican co-educational school for students from Kindergarten to Year 12.

St Joseph's Regional College

1 College Drive, THRUMSTER NSW
2444

E sjrhport@lism.catholic.edu.au

W pmreglism.catholic.edu.au

P (02) 5525 4100

As educators in a Catholic school environment, we aim to nurture young people to do 'the best they possibly can' in all their endeavours.

St Peter's Primary School
Ocean Drive, PORT MACQUARIE
NSW 2444

E pmacp@lism.catholic.edu.au

W pmacplism.catholic.edu.au

P (02) 6584 1962

St Peter's staff are focused on building a school culture and climate that supports each student educationally, spiritually, socially and emotionally. This is promoted through our core values of Being Safe, Being Respectful, Being a Learner, and Being like Jesus.

Special Education Programs

Keen To Drive Driving School

E info@keentodrive.com.au

W keentodrive.com.au

P 0422 388 574

Professional driving lessons in Automatic and Manual cars, Learning to drive from start to finish and preparing students to undertake their driving test. Older driver assessor and great competitive rates. Keen To Drive is a proud partner of the ADTASDC Safer Drivers Course www.adtasdc.com.au

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)

Hastings Public School

85 Yarranabee Road, PORT
MACQUARIE NSW 2444

E hastings-p.school@det.nsw.edu.au

W hastings-p.schools.nsw.gov.au

P (02) 6582 2566

The school motto ~ Learning, Growing, Caring ~ provides the direction for the staff, students and parents to work in partnership, in an attractive environment, towards the goal of quality education for all. This is facilitated by effective leadership, a committed staff, positive student attitudes, and cooperative parent and community support.

Port Macquarie Public School

William Street and Grant Street,
PORT MACQUARIE NSW 2444

E portmac-p.school@det.nsw.edu.au

W portmac-p.schools.nsw.gov.au

P (02) 6583 2977

Our school provides opportunities for students to participate in quality learning and educational programs delivered by highly qualified, dedicated teachers, whilst building meaningful relationships that meet individual needs.

Tacking Point Public School

address77-105 Bangalay Drive, PORT
MACQUARIE NSW 2444

E tackingpt-p.school@det.nsw.edu.au

W tackingpt-p.schools.nsw.gov.au

P (02) 6582 3478

Tacking Point Public School is a dynamic well equipped modern school with a highly trained professional staff, located in the lighthouse beach area of Port Macquarie with an enrolment of 750 students.

Employment & Training

Disability Employment & Training Services

APM Disability Employment Services

9 Laurie Street, LAURIETON NSW 2443

W apm.net.au

P 1800 276 276

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

APM Disability Employment Services

147 Gordon Street, PORT MACQUARIE NSW 2444

W apm.net.au

P 1800 276 276

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

APM Disability Employment Services

3 Waugh Street, WAUCHOPE NSW 2446

W apm.net.au

P 1800 276 276

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

Employment Information & Assistance

Eather Recruitment and Labour Hire

Palm Court Centre, 14 Short Street,
PORT MACQUARIE NSW 2444

E port@eatherrecruitment.com.au

W eatherrecruitment.com.au

P (02) 6583 8222

We treat every job seeker as a potential employer. Focused on relationship building, we are clear on the demands of the employer and all our jobs are fully researched.

Candidates are provided with the necessary information regarding the job description and the organisational culture. We can facilitate and provide a pathway for many to accelerate careers, or to move in a new direction.

Jenny Gleeson Coaching and Consulting

E jenny@jennygleeson.com.au

W 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.

Workforce International

Unit 2, 6 Bolwarra Road, PORT
MACQUARIE NSW 2444

W workforce.com.au

P (02) 6581 7750

Australia's Leading Supplier of Recruitment, Labour Hire, Training, Traffic Management and Road Line Marking Services

General Employment & Training Services

Approach Services

E info@approach-services.com

W 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

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

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/>

Dress for Success Sydney, Newcastle-Hunter Team**E** newcastle@dfsnswnact.org**W** nswact.dressforsuccess.org**P** 0468 444 376

Dress for Success Sydney is a registered charity that improves the employability of women in NSW. This is achieved by providing, free of charge, professional clothing, a network of support, coaching and career development tools to help women achieve self-sufficiency. We welcome transgender women and non-binary people comfortable in women's spaces.

Electrician Jobs**P** (02) 8005 8225

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.?

ETC - Enterprise and Training Company Port Macquarie

Suite 3-4 Oxley House, 133-137 Gordon Street, PORT MACQUARIE NSW 2444

E etc.info@etcltd.com.au**W** etcltd.com.au**P** 1800 007 400

Enterprise & Training Company Ltd (ETC) is a leading not-for-profit provider of employment, training and business services.

ETC - Enterprise and Training Company Wauchope

Suites 1 & 2, 80 High Street, WAUCHOPE NSW 2446

E etc.info@etcltd.com.au**W** etcltd.com.au**P** 1800 007 400

Enterprise & Training Company Ltd (ETC) is a leading not-for-profit provider of employment, training and business services

Fair Work Infoline**W** 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**W** 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.

Neami National Mid North Coast

4/17 Short Street, PORT MACQUARIE
NSW 2444

E midnorthcoast@neaminational.org.au

W 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;

Nortec - Port Macquarie

1, 8 Short Street, PORT MACQUARIE
NSW 2444

W nortec.org.au

P 1800 667 832

NORTEC delivers a range of recruitment services, including commercial and funded, as well as a host of supporting programs, services and initiatives:

Octec Port Macquarie

155 Gordon Street, PORT
MACQUARIE NSW 2444

E mail@octec.org.au

W octec.org.au

P (02) 6584 5040

OCTEC is a leader in assisting people and their communities to provide early pathways to employment, and to help individuals adjust to changing employment conditions.

Ostara Australia

17 Short Street, PORT MACQUARIE
NSW 2444

E info@ostara.org.au

W ostara.org.au

P (02) 9055 1620

Ostara Australia is a national not-for-profit Disability Employment Service Provider that works closely with the Australian Government, local communities and employers to provide services for job seekers with a diagnosed mental health condition.

Simply Careers

W 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.

Skills Link Training

77 Hastings River Drive, PORT
MACQUARIE NSW 2444

W mnccc.edu.au

P (02) 6583 7288

Quality education and training for local individuals, community groups and businesses

Tursa Port Macquarie

Shop 1, Palm Court, 14 Short Street,
PORT MACQUARIE NSW 2444

E portmacquarie@tursa.com.au

W tursa.com.au

P (02) 6583 5799

Tursa Employment & Training is a not-for-profit, independent organisation founded in 1994 out of personal experience of long-term unemployment, for the express purpose of addressing unemployment and alleviating disadvantage suffered by people of the region.

Verto

40 Gordon Street, PORT MACQUARIE
NSW 2444

E info@verto.org.au

W verto.org.au

P 1300 483 786

We are committed to assisting individuals in need through the provision of apprenticeship, community support, employment and training services.

Environment & Conservation

Environment & Conservation Local History

Camden Haven Historical Society Museum

58 Bold Street, LAURIETON NSW
2443

E camdenhavenmuseum@yahoo.com.au

P 0493 401 551

The Camden Haven Historical Society Museum is situated in the beautiful School of Arts building at Laurieton. The museum, which is run by local volunteers, features displays on timber-getting, fishing, marine activities, farming and more.

Elands

E info@oxygenfarm.org

W oxygenfarm.org.au

P (02) 6550 4402

The Oxygen Farm Association Inc. is a non-profit, community organisation committed to the acquisition, conservation and preservation of biodiversity

Tuggeranong Homestead

E info@tuggeranonghomestead.com.au

W 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

Camden Haven Landcare

E camdenhavenlandcare@hotmail.com

W landcare.nsw.gov.au

P 0402 201 945

Landcare is a grassroots movement dedicated to restoring and managing our environment and improving the sustainability of our agricultural practices.

Camden Haven Landcare

E camdenhavenlandcare@hotmail.com

W landcare.nsw.gov.au

P 0439 191 945

Landcare is a community-based approach to managing and protecting our natural resources – creating more productive and sustainable farms, conserving our environment and building more cohesive and resilient communities.

Coastal Warriors

E coastalwarriorsmnc@gmail.com

W coastalwarriorsmnc.org.au

P 0476 062 567

Coastal Warriors are a group of community members based on the Mid North Coast preventing harmful plastics and other harmful products entering our waterways by cleaning local beaches, parks and gardens.

Dunbogan Bushcare

E suebaker15@bigpond.com

P (02) 6559 7134

A volunteer bush regeneration group to protect and enhance the area's natural environment and biodiversity. Weekly working bees and special events in and around Dunbogan, Gogley's Lagoon, Pilot Beach and Crowdy Bay NP to treat weeds, plant trees, install erosion control and clean up rubbish.

Friends of Kattang

10 Bergalia Crescent, CAMDEN HEAD NSW 2443

E sueproust@bigpond.com

P (02) 6559 7506

We work to restore the native habitats of Kattang Nature reserve, by removing exotic weeds.

Friends of Kooloonbung Creek Nature Park

Gordon Street, PORT MACQUARIE NSW 2444

E jandrmoir@gmail.com

P 0429 680 131

The Friends Of Kooloonbung Creek Nature Park are a group of volunteers who help Port Macquarie Hastings Council (who manage the park) to look after over 55 hectares of important bushland close to the CBD. Our voluntary work involves weeding non native species of plants "migrating" to this area. We also collect rubbish, remove graffiti, tidy pathways, revegetate plants where needed.

Hastings Farm Gate Tour

45 Lake Road, PORT MACQUARIE
NSW 2444

E PMHSNfarmgatetour@gmail.com
W hastingsfarmgate.au

A showcase of regenerative and sustainable farming techniques. The tour allows locals and visitors alike to tailor a self-drive tour of host properties across the greater Hastings, Port Macquarie & Camden Haven region. The tour supports the long term viability of the farm hosts to supply food locally.

Hastings Landcare

44a Cameron Street, WAUCHOPE
NSW 2446

E office@hastingslandcare.org.au
W landcare.home.blog

P (02) 6586 4465
Hastings Landcare Inc. was formed in 1995 and is a community owned and driven volunteer organisation that supports people caring for the environment, farmland and natural resources of our local region.

Head, Heart and Hands

19 Central Road, PORT MACQUARIE
NSW 2444

E headheartandhandsportmac@gmail.com

W events.humanitix.com

P 0402 620 432
The HHH project is focused on building climate change resilience and adaptive capacity in the community.

Lake Cathie Landcare

Kywong Street, LAKE CATHIE NSW
2445

E peterfitzroy@gmail.com
W landcare.home.blog

P 0413 319 343
Members of the Lake Cathie Landcare Group are concentrating on dune restoration at Jonathon Dickson Reserve, Lake Cathie.

NSW Environment Protection Authority

E info@epa.nsw.gov.au

W 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.

Port Macquarie Landcare

E info@landcareportmac.com.au

W landcareportmac.com.au

P (02) 6583 6508
Port Macquarie Landcare (Incorporated) is a rapidly growing organisation of volunteers dedicated to improving the land and related environments within our area of responsibility. We are based in Port Macquarie, New South Wales, Australia.

Revive Lake Cathie

E committeemember1@revivelakecathie.com.au

W revivelakecathie.com.au

P 0466 939 963

Our Vision " Achieve the sustainable health and amenity of the Lake Cathie/Lake Innes Estuarine System"
Our Mission is to achieve Revive Lake Cathie's vision by:- – Conservation of the Lake Cathie/Lake Innes Estuarine System; – Advocating for best practice in estuarine management; – Collaboration and partnerships with stakeholders; – Inspiring our future eco warriors

The Friends of Mrs York's Garden

Town Beach Park, Clarence Street,
PORT MACQUARIE NSW 2444

E roddi194@yahoo.com.au

P 0439 853 835

Friends of Mrs.York's Garden is a Community group who are working on restoring an area of the headland of Port Macquarie, New South Wales Australia.

Health Services

Allied Health**Active Nutrition**

E viviennesalu@ozemail.com.au

W 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.

Allsorts Therapy

3 The Stockyard, PORT MACQUARIE
NSW 2444

E allsortstherapy@gmail.com

W allsortstherapy.org

P 0438 237 224

Elissa Hodge - Certified Practicing Speech Pathologist. As a therapist my goal is to provide thorough assessment of a persons abilities and identify areas of difficulty. I aim to work in partnership with parents and caregivers to provide and implement effective support and therapy programs.

Avicenna Health and Wellness

E health@avicenna-hw.com

W 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

W 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.

Chrysalis Wellbeing**E** chrissy.ortner@zohomail.com.au**W** 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**W** 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**W** 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**W** connect2care.com.au**P** 1800 950 288

Connect2Care was founded by health professionals with a shared passion for helping people with a disability reach their highest potential. We offer predominantly mobile services throughout Australia, and our therapists have extensive experience working in homes, schools, and other community-based settings.

Continence Aids Payment Scheme**W** health.gov.au**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**W** 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.

Hope and Heal Psychology

E hopehealpsychology@outlook.com.au

W 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.

JKHealthcare Pty Ltd

1 Begonia Place, PORT MACQUARIE
NSW 2444

E admin@jkhealthcare.com.au

W jkhealthcare.com.au

P (02) 6583 7717

Whether you are interested in a new diet, technology to help with Diabetes or are investigating Weight Loss Surgery, we will design a plan to suit your individual needs.

Julie Pratt - IBS and FODMAP Dietitian

E julie@naturalbalancenutrition.com.au

W 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

W 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

W nutritionwithmari.com

P 0478 599 770

Online nutrition counselling services for adults: Eating disorders & disordered eating; Eating well after Bariatric Surgery; and Diabetes

No Limits Physiotherapy And Sports Train

2 Jasmine Street, PORT MACQUARIE
NSW 2444

P (02) 5504 5463

Provides the following services:
Therapeutic Supports

North Haven Musculoskeletal Physiotherapy

1, 621 Ocean Drive, NORTH HAVEN
NSW 2443

E physiohaven@outlook.com

W northhavenphysio.com

P (02) 6559 7000

Provides the following services:
Therapeutic Supports

On The Line Australia**E** enquiries@ontheline.org.au**W** 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.

ORS Port Macquarie

2/34 Jindalee Rd, PORT MACQUARIE
NSW 2444

E ors@orsgroup.com.au**W** orsgroup.com.au**P** 1800 000 677

ORS have been in the business of making a difference to people with disability, injury and health conditions for more than 30 years! We are one of the fastest growing allied health providers nationally with over 25 locations across Australia servicing a wide range of regions. We have locations in NSW, VIC, WA, QLD and the ACT, however we also provide our services via Telehealth nationally!

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.

Phyx You Physiotherapy and Rehabilitation - Gore Street

Port Macquarie Sports Medicine
Centre, 21 Gore Street, PORT
MACQUARIE NSW 2444

E admin@phyxyou.com.au**W** phyxyou.com.au**P** (02) 6584 5005

We are a leading team of qualified physiotherapists, exercise physiologists and clinical pilates practitioners who provide quality services with a truly patient-centric approach focused on injury pain, prevention, and performance. Our purpose-built new facility, Port Macquarie Sports Medicine Centre, enhances our ability to provide one-on-one private consultations that assess, diagnose and treat.

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 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@clinicaexperts.com.au
W clinicaexperts.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.

Camden Haven Community Health

- 66 Norman Street, LAURIETON NSW 2443
W mnclhd.health.nsw.gov.au
P (02) 5525 4760
 The service aims to promote the health and well being of clients through education, assessment, implementation of care, and referral to appropriate services as required.

Mid North Coast Local Health District - Port Macquarie

Morton Street, PORT MACQUARIE NSW 2444

- E** carol.watson1@health.nsw.gov.au
W mnclhd.health.nsw.gov.au
P (02) 6589 2100

The Mid North Coast Local Health District provides an extensive range of Community Health Services to our community. We cover all ages from children to older people, and work along different stages from prevention and early intervention, through to treatment and the long-term management of complex or chronic conditions.

Wauchope Community Health Centre

69 High Street, WAUCHOPE NSW 2446

- W** mnclhd.health.nsw.gov.au
P (02) 6580 8060

The service aims to promote the health and well being of clients through education, assessment, implementation of care, and referral to appropriate services as required.

Dental & Oral Health

Port Macquarie Dental Centre

38 Buller Street, PORT MACQUARIE NSW 2444

- E** info@portdental.com.au
W portdental.com.au
P (02) 6583 1711

Port Macquarie Dental Centre is our modern with the latest dental techniques, procedures and equipment such as digital x-ray, intra-oral camera and Zoom bleaching. Our focus is on prevention of dental issues and creating a healthy mouth that supports dental and general health.

Star Dental Care

61 Lord St, PORT MACQUARIE NSW
2444

P (02) 6583 6111

Health Services - Dental & Oral Health

TL Dental

83 Savoy Street, PORT MACQUARIE
NSW 2444

E info@tldental.com.au

W tldental.com.au

P (02) 6583 4055

Modern dentistry, gentle care

Drug & Alcohol Services**Lived Experience education and support**

E admin@australianantiicecampaign.org.au

W australiantiicecampaign.org.au

P (07) 5665 6063

Prevention Education Advocacy
Intervention Peer support Relapse
prevention Group therapy

Family Drug Support

E general@fds.ngo.org.au

W fds.org.au

P 1300 368 186

FDS provides up to date information on all aspects of alcohol and drug use relative to the families and friends of people who use substances. FDS also operates a National 24 hr, 7 day a week telephone support service for families and friends affected by alcohol and other drug issues.

SMART Recovery

E smartrecovery@srau.org.au

W 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

W 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

W healthdirect.gov.au

P 1800 022 222

The healthdirect helpline is a 24-hour telephone health advice line that operates seven days a week. It is staffed by registered nurses who provide expert health advice. You can call for advice if you or a member of your family are feeling ill and are unsure what to do, or for health information on a particular condition.

Herbalife Independent Distributor

E info@herbsforhealth.com.au

W herbsforhealth.goherbalife.com

P 0417 544 349

Community Weight Loss Challenge

HiBar Nutrition and Fitness

W 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.

Lung Foundation**E** kelcieh@lungfoundation.com.au**W** 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.

Omnicare Alliance

41-47 Morton Street, PORT
MACQUARIE NSW 2444

E reception@omnicare.org.au**W** omnicare.org.au**P** 1300 336 488

How can you be sure any aged, dementia or disability service provider will deliver personalised care to meet the wishes of each client? Welcome to Omnicare Alliance - the leading not-for-profit provider to communities in the NSW Mid North Coast region. We work closely with clients and their loved ones to understand the unique qualities, interests and abilities we encounter in our role. By tre...

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.

Sovereign Home Maintenance

Alumni Way, THURMSTER NSW 2444

E jdparker@iinet.net.au**P** 0438 236 824

Provides the following services:
Household Tasks

General Practice/Doctor**Clifton Medical Centre**

5a Clifton Drive, PORT MACQUARIE NSW 2444

P (02) 6584 5000

Provides Health Services - General Practice/Doctor in the Port Macquarie area

Flynns Beach Medical Centre

54 Pacific Drive, PORT MACQUARIE NSW 2444

P (02) 6583 8844

Provides Health Services - General Practice/Doctor in the Port Macquarie area

Grange Family Medical Centre

Suite 1, 82 Lake Road, PORT MACQUARIE NSW 2444

W grangefamilymedicalcentre.com.au**P** (02) 6584 5244

Health Services - General Practice/Doctor

Grange Family Medical Centre

Suite 1, 82 Lake Road, PORT MACQUARIE NSW 2444

W grangefamilymedicalcentre.com.au**P** (02) 6584 5244

The Grange Family Medical Centre is a Port Macquarie General Practice providing whole patient care to patients and their families. Our friendly team of experienced, local Port Macquarie Doctors, nurses and reception staff are dedicated to assisting you in your health care needs.

Hastings Medical Centre**Wauchope NSW**

70 High Street, WAUCHOPE NSW 2446

P (02) 6585 1977

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

Port Macquarie Medical and Dental Centre

Cnr Park Street &, Hastings River Drive, PORT MACQUARIE NSW 2444

W portmacquariemedicalcentre.com.au**P** (02) 5526 9999

General Practitioners, Imaging, Physio and Allied Health, Skin Clinic

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 ...

The Good Shepherd Medical - Dental Centre

10 Jindalee Road, PORT MACQUARIE NSW 2444

P (02) 6581 4494

Provides Health Services - General Practice/Doctor in the Port Macquarie area

The Good Shepherd Medical - Dental Centre

10 Jindalee Road, PORT MACQUARIE NSW 2444

P (02) 6581 4494

Health Services - General Practice/Doctor

The Good Shepherd Medical - Laurieton

98 Bold Street, LAURIETON NSW 2443

P (02) 6559 9618

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

The Good Shepherd Medical - Laurieton

98 Bold Street, LAURIETON NSW 2443

P (02) 6559 9618

Health Services - General Practice/Doctor

The Good Shepherd Medical - Wauchope

153 High Street, WAUCHOPE NSW 2446

P (02) 6586 1113

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

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)

Altius Group - Port Macquarie

JBC Building - Level 3/Suite 3, 41-47 Horton Street, PORT MACQUARIE NSW 2444

E referrals@altius-group.com.au**W** altius-group.com.au**P** (02) 5629 7010

We offer innovative occupational rehabilitation (Occ Rehab) services with a range of comprehensive health, injury management and recovery services. Our workplace rehabilitation solutions address various factors impacting an individual's recovery – including medical, psychological, physical, social and financial.

Hastings Physio and Health

18 John Oxley Drive, PORT
MACQUARIE NSW 2444

E feelbetter@physioandhealth.com.au

W physioandhealth.com.au

P (02) 6516 2222

Our mission at Hastings Physio and Health is to provide the local community with a premium health hub.

Hastings Podiatry Centre

2 Siren Road, PORT MACQUARIE
NSW 2444

E info@podmac.com.au

W podmac.com.au

P (02) 6583 2428

Provides the following services:
Custom Prosthetics, Therapeutic
Supports

Heart Health NSW Inc. - Port Macquarie

E hearthealthnsw@gmail.com

W hearthealthnsw.com

P 0481 721 636

Heart Health NSW Inc Provides support and education in heart healthy lifestyles as well as assisting in Heart Rehabilitation, exercise (walking) programmes and Carer Support Services

Mid North Coast Brain Injury Rehabilitation Service

20 Kemp Street, PORT MACQUARIE
NSW 2444

E [MNCLHD-PMCHC-](mailto:MNCLHD-PMCHC-BIRS@health.nsw.gov.au)

BIRS@health.nsw.gov.au

W mnclhd.health.nsw.gov.au

P (02) 5525 0585

The Mid North Coast Brain Injury Rehabilitation Service provides rehabilitation services and short term case management to people with traumatic brain injury.

One Health - Health Centre

1B Hastings River Drive, PORT
MACQUARIE NSW 2444

E info@one-health.com.au

W one-health.com.au

P (02) 6584 5343

Provides the following services: Ex
Phys Pers Training, Therapeutic
Supports

Health Screening Services**Diversa Health - Richmond**

P 1300 100 560

We are a unique dietitian-led coaching service for NDIS participants. Accessibility is our priority - our services are entirely remote enabling us to work with participants Australia-wide, from the comfort of their own home. Diversa specialises in low carbohydrate nutrition, weight loss & type 2 diabetes, as well as helping NDIS participants to reduce pain and fatigue, improve mood, promote opt

National Bowel Cancer Screening Program (NBCSP)

W health.gov.au

P 1800 627 701

The National Bowel Cancer Screening Program aims to reduce deaths from bowel cancer by detecting the early signs of the disease. Eligible Australians from 50 to 74 years of age are sent a free, simple test that is done at home. Find out how the program works and how to do the test.

Hearing Services

Auslan services

W auslanservices.com

P 1300 287 526

Auslan Services is a nationally recognised, multi-award winning agency and employer of choice that provides a one-stop shop with the most affordable suite of packages of support to Deaf Australians. Auslan Services have been a regular source of contact via many reputable organisations, agencies, businesses and Government departments at local, state and national levels.

Connect Hearing - NSW - Port Macquarie

9 Lake Road, PORT MACQUARIE
NSW 2444

E portmacquarie@connecthearing.com.au

W connecthearing.com.au

P (02) 6584 5899

Connect Hearing is a national network of healthcare hearing centres across Australia backed by an experienced telehealth team. Our mission is to make it easier for you to proactively manage your hearing health, delivering customised care, technological superiority, clinical excellence and trust.

Hearing Australia - Laurieton

16 Laurie Street, LAURIETON NSW
2443

E info@hearing.com.au

W hearing.com.au

P (02) 6556 6000

With over 600 locations across Australia, we'll work with you to deliver on our promise to offer world-leading hearing solutions anyone can access– to make a difference to you, your family as well as the communities we serve.

Hearing Australia - Port Macquarie

180 Lake Road, PORT MACQUARIE
NSW 2444

E info@hearing.com.au

W hearing.com.au

P (02) 5525 3100

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

W 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

Port Macquarie Base Public Hospital

Wrights Road, PORT MACQUARIE
NSW 2444

W mnclhd.health.nsw.gov.au

P (02) 5524 2004

The hospital includes specialist wards/units for general medicine, surgery, day surgery, planned and emergency theatre service, coronary care, intensive care, obstetrics, paediatrics, 24 hour emergency department, oncology, palliative care, rehabilitation, stroke, acute renal dialysis, high dependency and mental health and an extensive range of outpatient clinics.

Port Macquarie Private Hospital

86 - 94 Lake Road, PORT
MACQUARIE NSW 2444

W portmacquarieprivate.com.au

P (02) 6582 9800

Port Macquarie Private Hospital offers a comprehensive range of services including Bariatric, Dental, ENT, General Surgery, Gynaecology, Ophthalmology Orthopaedic, Plastic Surgery, Urology, Vascular, Day surgery and medical services.

Mental Health Services

Ability Advocators

Unit 2, 1 Karungi Crescent, PORT
MACQUARIE NSW 2444

E office@advocators.com.au

W advocators.com.au

P (02) 6582 4946

We match our clients with the right carers to facilitate lasting and beneficial relationships of support. We are committed to treating our staff well; assisting in their ongoing development, enabling great work / life balances.

Beyond Blue Helpline and Online Chat

W 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.

Creative Heart Healing

E difrost@creativehearthealing.com.au

W creativehearthealing.com.au

Di is a registered psychologist who works with survivors of childhood trauma helping them connect with their creativity and inner resources for healing. She also facilitates trauma workshops for health professionals and support workers so they can build more effective healing relationships with their clients.

BluePages Depression Information

E ehub@ehubhealth.com

W bluepages.anu.edu.au

BluePages Depression Information provides evidence-based information about depression - what it feels like, how it is diagnosed, how you can seek help and which treatments work. The website includes reviews of the available scientific evidence for a large number of potential depression treatments, so that individuals can make informed decisions about which treatments might be best for them.

E - Hub Health

E ehub@ehubhealth.com

W 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

W 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

W 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

W 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.

Endeavour Mental Health Recovery Clubhouse

Hamilton Green, 176 Hastings River Drive, PORT MACQUARIE NSW 2444

E rob.moorehead@endeavourclubhouse.com.au

W endeavourclubhouse.com.au

P (02) 6583 4148

Endeavour Mental Health Recovery Clubhouse is a safe caring environment where people recovering from mental illness can gain support as they work to rebuild their self confidence social and vocational skills

Galcom**E** support@sentient.global**W** sentientpsych.com**P** 1300 187 448

Sentient Professional Wellbeing is a mental wellbeing, professional wellbeing and research organisation. Our specialised team of clinical psychologists, counsellors, executive coaches and researchers are highly skilled and experienced in working with stress, anxiety, relationships, depression, life transitions, grief & trauma/ PTSD. We welcome all forms of diversity to our clinic.

GROW Mental Wellbeing Programs - Leeton**E** jo.young@grow.org.au**W** 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**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**W** 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**W** iflowpsychology.com.au**P** (02) 6061 1144

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

Mental Health First Aide Interntional

E mhfainternational@mhfa.com.au
W mhfa.com.au
P (03) 9079 0200
 Mental Health First Aid (MHFA) Australia is a national not-for-profit health promotion charity focused on mental health training and research. MHFA Australia operates under the governance of a Board of Directors and derives funding from government and philanthropic grants, public donations and through its training programs.

Mentoring Men

W mentoringmen.org.au
P 1300 583 925
 Mentoring Men provide free long-term one-to-one life mentoring programs for men Australia-wide. We focus on a proactive approach, engaging with Australian men who need help before they spiral into crisis.

Neami National Mid North Coast 4/17 Short Street, PORT MACQUARIE NSW 2444

E midnorthcoast@neaminational.org.au
W neaminational.org.au
P (02) 6583 3443
 Neami Mid North Coast provides individual recovery support for mental illness and mental health needs in the Port Macquarie and Kempsey Mental Health District. We support people in their recovery while also helping them to strengthen their connections to the community and support networks.

Neami Nationals

E support@nqphn.com.au
W neaminational.org.au
P (07) 4034 0300
 Neami is a values-based, not-for-profit organisation providing mental health, homelessness and suicide prevention services.

Peaceful Mind Counselling

E admin@pmcounselling.com.au
W 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
W 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**W** 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**W** 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**P** 1300 144 357

PsychHelp offers a full range of telehealth based online psychological services across Australia. Our Psychologists are all qualified and registered with a broad range of expertise. We provide a convenient, affordable, and confidential service for all clients with bulk billing also available. Please visit our website for more information and the ability to book an appointment online today.

PsychOrium Forensic and Clinical Psychology Service**E** info@psychorium.com**W** 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**W** reimagine.today**P** (02) 9555 8388

Supporting people living with mental health conditions to navigate the NDIS

Rural Adversity Mental Health Program - Port Macquarie

19-31 Morton Street, PORT
MACQUARIE NSW 2444

E ramhp@gph.org.au

W ramhp.com.au

P 0409 834 501

RAMHP provides consumers linkage to the most appropriate local mental health service's for those in need.

RAMHP also provides training to community, groups, government and non-government services.

Self Seen

E selfseeninfo@gmail.com

W selfseen.com.au

Founded in 2020, with the ambition of creating hope in our community. We want to change the very present mental health stigma and the way community, friends and family support each other.

Talked

E info@talked.com.au

W talked.com.au

P 0466 439 787

Talked provides affordable and Medicare-rebated, NDIS-rebated or private health rebated mental health services.

The ADHD Psychology Clinic

E admin@adhdpsychiatryclinic.com.au

W adhdpsychiatryclinic.com.au

P 1300 517 614

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

Transcultural Mental Health Centre

E tmhc@health.nsw.gov.au

W 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

W unwindpsychology.com.au

P 0493 083 161

Unwind Psychology is a telehealth based online private Psychology practice, providing high-quality psychological treatment and support services to adults across Australia. Offering a range of counselling and psychology treatment options tailored to your needs. You are the expert in your life, and we have the psychology knowledge and training, and together we can help you live your best life.

Anxiety Support Groups**E** info@wayahead.org.au**W** 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**W** 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**W** 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.

Pharmacies**Flynn's Beach Pharmacy**

53 Pacific Drive, PORT MACQUARIE
NSW 2444

E flynns.beach.pharmacy.2444@gmail.com**P** (02) 6583 7466

A local community pharmacy where your pharmacists is always available for advice. We pride ourselves on our friendly and professional service and offer a range of services to help manage your health and medications.

Wauchope Pharmacy Services

26 High Street, WAUCHOPE NSW
2446

E wauchope.pharmacy@gmail.com**P** (02) 6585 2055

Offering expert advice for your families health needs. We provide blood pressure checks, home medication reviews, dose administration aids, return of unwanted medicines, and in-store vaccination services. Wheelchair access and free local delivery.

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 180orespect.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.

Carol Baker Speech Pathology

E cb.speech@outlook.com

P 0405 658 593

I am a paediatric speech pathologist, but I don't work with children any longer. After 40 years of working directly with children with speech, language, hearing, reading and spelling difficulties, I now give workshops and talks to groups of parents, carers and early educators.

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.

Driving Assessment and Rehab Service

80 Hill Street, PORT MACQUARIE
NSW 2444

E info@dars.com.au**W** worklifecentre.com.au**P** (02) 6583 6789

The Driving Assessment & Rehabilitation Service has been established to provide support to clients who may be experiencing difficulties in relation to driving. We offer a range of services that help promote road safety and independence.

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>

Get Fresh Dietitians

107a Cameron Street, WAUCHOPE
NSW 2444

P (02) 6585 3411

For people wanting optimal nutrition, Get Fresh Dietitians provide the best support. We don't just set a plan for you, we help you create your own and help you see it through.

Healthier You Dietetics

59 Lake Road, PORT MACQUARIE
NSW 2444

P (02) 6584 1880

Healthier You started in 2007 by Peter Clark. Peter Clark has a Bachelor's degree in Science and two Masters degrees. He has a Masters Degree in Science with a major in Clinical Biochemistry and a Masters degree in Nutrition and Dietetics. He also has a Post Graduate Certificate in Marketing. He is an Accredited Practising Dietitian and Nutritionist and also a qualified Sport Dietitian.

Kelly Lewis Psychologist

80 Hill Street, PORT MACQUARIE
NSW 2444

E kellylewis@midcoast.com.au**W** kelly-lewis-psychologist.business.site**P** 0427 238 116

Health Services - Specialists -
Specialists. - . Psychologist

Manning Audiology**E** info@maudiology.com.au**W** maudiology.com.au

Manning Audiology is a provider of high-quality hearing aids from the industry's top manufacturers. We have a wide network of audiologists who ensure that you are getting the care and product recommendations that are best for you. Our services include ear wax removal, tinnitus management, CAPD evaluation, at-home hearing test and telehealth.

Wound Specialist Services**E** info@woundservice.com.au**W** woundservice.com.au**P** (07) 3289 3102

Our vision is to create a better life for people with or at risk for wounds and those caring for them. Wound Specialist Services uses digital solutions to give as many people as possible access to wound knowledge anytime and anywhere to improve patient and health service outcomes. We enable the delivery of best practice wound care through our comprehensive range of services.

Information & Counselling

Carer Information**Parent Line NSW****E** info@parentline.org.au**W** 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

XLH Australia is a patient support and advocacy group for people living with, and people caring for others with, X-linked Hypophosphatemia (XLH).

Disability Information & Counselling**Assistive Technology Australia****E** help@at-aust.org**P** 1300 452 679

We provide information and advice to people with disabilities, older people, carers, service providers, allied health professionals and the general community on assistive technology solutions for independent living. We run group tours, community talks and workshops to spread awareness about Assistive Technology and its role in aiding independent living.

Justice Advocacy Service**E** IntakeJAS@idrs.org.au**W** 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**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).

Saver Plus**E** saverplus@bsl.org.au**W** bsl.org.au**P** 1300 610 355

Saver Plus is Australia's largest and longest running financial education and matched savings program. Build financial skills, develop life-long savings habits, and receive up to \$500 to assist with education costs. To participate, you must be 18+ years, be studying or have children at school, have a health care or pensioner concession card, Centrelink payment plus some income from work.

The Salvation Army Moneycare - NSW**E** 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**Alcoholics Anonymous****W** aa.org.au**P** 1300 222 222

Hastings Alcoholics Anonymous Group

Anchoring Your Life Counselling**E** debra@anchoringyourlife.com**W** anchoringyourlife.com**P** 0490 061 761

I provide counselling support to couples, adults and teenagers. These services can be provided both in my private practice or online for those who may have mobility issues or prefer the sanctity of their own home. I am a private healthcare provider and work with NDIS participants who are self or plan managed.

Care To Bloom Counselling**E** caretobloom@gmail.com**W** 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

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

W 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

P 1800 242 636

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

Diverse Communities and Social Services (DCSS Australia Inc.) Indigenous and LGBTIQ+ Community Justice and Social Services Charity / Not-For-Profit and Charity Community Consultants (NFPCCC) Indigenous DGR PBI Charities

E Info@dcssaustralia.org

W 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/service> s or email Justice@dcssaustralia.org

Dr Julie-May Brown

E jmbpsychology@hushmail.com

W 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

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**W** 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**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).

Family Dispute Resolution (Mediation)

Unit 5, 1-5 Merrymen Way, PORT MACQUARIE NSW 2444

E portmacquarie@interrelate.org.au**W** interrelate.org.au**P** 1300 473 528

Family Dispute Resolution is a confidential process where one or two trained mediators help people in conflict come up with solutions everyone can agree with.

Interrelate - Port Macquarie

Unit 5, 1-5 Merrymen Way, PORT MACQUARIE NSW 2444

E portmacquarie@interrelate.org.au**W** interrelate.org.au**P** 1300 473 528

Specialists in supporting parents and children, and strengthening family relationships. Personal & family counselling. Various programs and groups

Family Dispute Resolution (Mediation)**E** tareefrc@interrelate.org.au**W** interrelate.org.au**P** (02) 6551 1200

Family Dispute Resolution is a confidential process where one or two trained mediators help people in conflict come up with solutions everyone can agree with.

Interrelate - Taree**E** tareefrc@interrelate.org.au**W** interrelate.org.au**P** (02) 6551 1200

Specialists in supporting parents and children, and strengthening family relationships. Personal & family counselling. Various programs and groups

Make It Happen Hypnotherapy

E sandy@make-it-happen-hypnotherapy.com

W mihh.com.au

P 0475 159 415

Sandy is a Registered Clinical Hypnotherapist Psychotherapist. She helps people to find and fulfill their magnificent purpose in life, as she believes that everyone has been given the unique gifts and live their life to the fullest. She promotes brain education, helping people to eliminate blockages in their subconscious mind that limit them, and reinvent the life that they want.

MensLine Australia

W mensline.org.au

P 1300 789 978

MensLine Australia is the nationwide telephone and online support, information and referral service. MensLine Australia offers a safe and confidential 24/7 phone and video counselling service. 1300 78 99 78 <http://www.mensline.org.au/>

metaphorically speaking

E lucy@metaphoricallyspeaking.com.au

W metaphoricallyspeaking.com.au

P 0417 927 657

An outreach service providing counselling in the outdoors, ecotherapy, Nature Therapy walks, Art and Narrative Therapy groupwork, Corporate Wellbeing services and Wellness Retreats. If you would prefer to sit in a park under a tree, in the comfort of your own backyard, or do a 'walk and talk' session in your safe nature place, then our approach may be a refreshing and welcome change.

Mission Australia Mental Health

Suite 8 Macquarie Park, 27 Grant Street, PORT MACQUARIE NSW 2444

W missionaustralia.com.au

P 1800 888 868

At Mission Australia we deliver support from a recovery-led view, which our experience has taught us is the most effective approach for people with mental illness.

Nicole Ivens Holistic Counselling

E info@nicoleivens.com

W nicoleivens.com

P 0400 280 475

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

Northern Frontiers Mediation and Counselling Mediation and Counselling

E reception@northernfrontiers.com.au

W northernfrontiers.com.au

P 1300 908 170

Our counsellors, mediators and psychologists assist with issues such as relationship difficulties, family separation parenting, grief and loss, peer pressure, behaviour management thoughts of suicide/self-harm, conflict at work and many more. Based in Cairns, Queensland, we provide professional services across Australia via phone, or in-person at our Cairns city offices.

Not My Closet**E** karen@notmycloset.com**W** notmycloset.com

Counselling and coaching throughout Australia for straight spouses who've discovered their partner is a closeted lesbian, gay, bisexual or transgender person.

Nova Psychology**E** hello@novapsychology.com.au**W** novapsychology.com.au**P** 0418 936 120

We are a diverse team of experienced therapists offering support for a broad range of mental health and life concerns. we are able to book clients an appointment for a telehealth consultation anywhere in Australia within one to two weeks. So we provide convenience, flexibility and accessibility with no long wait times. We welcome you to get in touch. Let's have a chat about how we can help (:

Open Arms**E** OpenArms.SouthQLD@dva.gov.au**W** openarms.gov.au**P** 1800 011 046

Veterans and families phone counselling and support line.

Start from Within**E** admin@startfromwithin.com.au**W** startfromwithin.com.au**P** (02) 8971 7392

Counselling and Grief Peer Support Groups

talklink**E** hey@talklink.com.au**W** 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**W** butterfly.org.au**P** 1800 334 673

The Butterfly Foundation operates a National Helpline that includes support over the phone, via email and online, reaching 20,000 people each year. The Helpline is staffed by trained counsellors experienced in assisting with eating disorders and body image issues. We also provide a wide range of programs for service providers and recovery groups.

Toowoomba Psychology And Counselling**E** james.ising@gmail.com**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** walkinglifepath@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.

Maternity Support Services & Counselling

National Perinatal Anxiety and Depression Helpline

E info@panda.org.au

W 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

W 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

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

W 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

General Legal Assistance & Information

Law Access NSW

W legalaid.nsw.gov.au

P 1300 888 529

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

Legal Aid NSW

107 William Street, PORT

MACQUARIE NSW 2444

E portmacquarieadmin@legalaid.nsw.gov.au

W legalaid.nsw.gov.au

P (02) 5525 1600

Legal Aid NSW provides legal services to disadvantaged clients across NSW in most areas of criminal, family and civil law. We provide outreach services to Port Macquarie, Kempsey, Taree, Forster, and Warhope.

Mental Health Court Liaison Service

24/26 Murray Street, PORT

MACQUARIE NSW 2444

W nsw.gov.au

P (02) 9700 3000

The Network's Court Liaison Service provides mental health services in 22 NSW Local Courts. The service includes comprehensive assessments and where appropriate provide recommendations to the magistrate for diversion to appropriate treatment.

Mid North Coast Legal Centre

E info@mnclegal.org.au

W mnclegal.org.au

P (02) 6580 2111

Mid North Coast Legal Centre

provides free legal advice, advocacy, and education to empower individuals with knowledge of their rights and the ability to resolve their disputes.

Mid North Coast Legal Centre - Port Macquarie

The Port Building - Level 1/Suite 7, 68

Clarence Street Access via 8 Short St

opposite Centrelink, PORT

MACQUARIE NSW 2444

E info@mnclegal.org.au

W mnclegal.org.au

P (02) 6580 2111

Level Up is a Specialist program in Coffs Harbour, Nambucca, Kempsey, Port Macquarie and Taree providing free civil legal help to young people as they prepare to, and then do exit from Out of Home Care.

Mid North Coast Legal Centre general civil law program

The Port Building - Level 1/Suite 7, 68

Clarence Street Access via 8 Short St

opposite Centrelink, PORT

MACQUARIE NSW 2444

E info@mnclegal.org.au

W mnclegal.org.au

P (02) 6580 2111

Mid North Coast Legal Centre

provides free legal information, referral, advice and casework to eligible people in our catchment area (between Coffs Harbour and Nambucca) on the Mid North Coast of NSW. We have two offices (Port Macquarie and Coffs Harbour) and provide advice in areas of civil law. We conduct outreaches in Kempsey, Taree, Nambucca and Bellingen.

NSW Trustee And Guardian - Lismore**E** taglismore@tag.nsw.gov.au**W** 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.

NSW Trustee And Guardian - Port Macquarie

Shop 2, Centreport, 114 William Street, PORT MACQUARIE NSW 2444

E tagportmacquarie@tag.nsw.gov.au**W** 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**W** 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**W** 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**W** 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

W 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

W 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

W familymediationdirect.com.au

P 1300 559 459

We provide mediation services to separated people who need to reach agreement on children & property matters. We start the process within 2 business days and guarantee our availability for mediation within 5 business days after individual intake sessions are completed.

Peak , Industry and Funding Bodies

Foundations**Hastings Co-operative**

Level 1, 9-13 High Street, WAUCHOPE
NSW 2446

E timw@hastingscoop.com.au

W hastingscoop.com.au

P (02) 6588 8999

We continue to grow and diversity to benefits members, customers and employees. They are at the heart of everything we do - from rewarding members who are part of the Co-op family and giving back to local groups and charities, to being one of the largest employers of youth and showcasing local producers in our stores.

Industry Bodies**NSW Department of Industry**

W dpie.nsw.gov.au

P (02) 9338 6600

The Department of Planning, Industry and Environment brings together specialists in urban and regional planning, natural resources, industry, environment, heritage, Aboriginal and social housing, and regional New South Wales.

PMHC Economic Development

143-145 Gordon Street, PORT
MACQUARIE NSW 2444

E economic@pmhc.nsw.gov.au

P 0408 168 099

Striving to increase the level of sustainable business activity in the Port Macquarie-Hastings Local Government area.

Peak Bodies**Disability Advocacy Network Australia (DANA)**

E info@dana.org.au

W 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

W 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

W 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

W 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

W awia.org.au

P 0490 346 195

Australia's peak organisation for women across all areas in agriculture since 1994. We are a network of women across Australian agriculture and beyond. Together, we are a stronger voice and a voice that can make a difference.

Recreation & Leisure

Crafts

Port Macquarie Scale Modellers Group

Panthers Club, 1 Bay Street, PORT MACQUARIE NSW 2444

- E** pmqscalemodellers@outlook.com
Attract and encourage scale modelling hobbyists.

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Panthers Club, 1 Bay Street, PORT MACQUARIE NSW 2444

- E** pmqscalemodellers@outlook.com
Attract and encourage scale modelling hobbyists.

Port Macquarie Scale Modellers Group

Panthers Club, 1 Bay Street, PORT MACQUARIE NSW 2444

- E** pmqscalemodellers@outlook.com
Attract and encourage scale modelling hobbyists.

Timeless Quilters Inc

Port Macquarie Sailing Club, McInherney Close, PORT MACQUARIE NSW 2444

- E** timeless.quilters@hotmail.com
W timelessquilters.weebly.com
P 0402 437 604

Our members meet on Wednesday or Thursday from 9.30am to 2.00pm in the Port Macquarie Sailing Club, McInherney Park, Port Macquarie.

Fitness Activities

CardioGroove

- E** info@cardiogroove.com.au
Fun follow-along group classes, easy walking moves to the beat with a registered fitness instructor. Come on your own or with a friend, no booking required.

Chi Energy Yoga

42 Kennedy Drive, PORT MACQUARIE NSW 2444

- E** sarahkearney@chienergyyoga.com.au

W chienergyyoga.com.au

P 0425 262 289

Chi Energy Yoga has evolved over 20 years from my early studies as a Shiatsu Therapist, into Ki Yoga, and then as I practised and studied further to incorporate other methods and styles.

Kendall Yoga Classes

Kendall Community Hall, Comboyne Street, KENDALL NSW 2439

W peacefulplaceyoga.weebly.com

P 0432 633 047

Tuesdays at 8:30 am - 9:45 am & 5:30 pm - 7:00pm and on Thursdays at 5:30 pm - 6:30 pm at Kendall Community Hall. Classes cater for all levels of experience and fitness and include breath control, postures and meditative relaxation.

Live online Yoga and Pilates Classes

E info@kevalahealth.com.au

W kevalahealth.com.au

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

parkrun - Port Macquarie

Sunset Parade, PORT MACQUARIE
NSW 2444

E PortMacquariehelpers@parkrun.com
W parkrun.com.au

Port Macquarie is a fun, free event organised by volunteers for the benefit of everyone. This event starts Saturday morning at 7:00am.

parkrun - Wauchope

Rocks Ferry Reserve, Rocks Ferry
Road, WAUCHOPE NSW 2446

E Wauchopehelpers@parkrun.com
W parkrun.com.au

Wauchope parkrun is a fun, free event organised by volunteers for the benefit of everyone. This event starts Saturday morning at 7:00am.

General Recreation and Leisure**Beach to Beach**

E b2bpathway@hotmail.com
W pmhc.nsw.gov.au
P (02) 6581 8111

Community Project - development of a footpath/cycle path, that links North Haven, Laurieton, Dunbogan and Pilot Beach.

Camden Haven Community Bands Inc

E camdenhavenband@gmail.com

W chcb.org.au

P 0408 699 849

We are a not-for-profit organisation and have provided musical entertainment for a variety of community events since 1995. As well as the Camden Haven Concert Band, our youth and adult training bands have provided music education to those of all ages in our community. We currently have about 50 members, ranging in age from 10 years to late-eighties.

ClassBento

E hi@classbento.com.au

W classbento.com.au

ClassBento is all about the fun and stimulation that comes with learning (or teaching) a skill and being present in the moment. Be inspired by our experienced teachers, and give your brain a chance to stretch those creative wings. Join our mission and let's bring more healthy arty fun into our communities.

Cubbytopia

E cubbytopia@gmail.com

P 0493 242 907

Cubbytopia is a kids party hire company that provides the set up and pack down of soft play equipment for children's parties and other commercial activities such as community markets and festivals.

Long Point Vineyard and Art Gallery

6 Cooina Place, LAKE CATHIE NSW 2445

E lpvevents@gmail.com

W longpointvineyard.com.au

P (02) 6585 4598

A charming take on the traditional vineyard, Long Point offers wine tasting at the cellar door, local art and delicious products from the Hastings region. They regularly hold concerts and special events in the beautiful vineyard grounds. See our FaceBook page for more details:
<https://www.facebook.com/longpointvineyardartgallery>

Port Macquarie Skatepark

Town Beach Reserve, Alban Place, PORT MACQUARIE NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Port Macquarie Skate Park is located within Town Beach Reserve, situated adjacent to the entrance of the Hastings River (break wall). The skate park caters for all user groups including skaters, bikes, scooters and roller blades. It consists of sick bowl with metal coping and plaza style street area with mini-half pipe, fun boxes, quarter pipe and manual/grind boxes.

Indoor Recreation and Leisure

Wavebowl Entertainment Venue

159 Hastings River Drive, PORT MACQUARIE NSW 2444

E wavebowl2444@gmail.com

W wavebowl.com.au

P (02) 6583 2238

A 5-star entertainment venue that caters for all abilities and age groups. We offer leisure options of tenpin bowling, karaoke room, full kitchen and bar. Indoor/outdoor entertainment spaces. Our spaces and entertainment options are compatible with all abilities and ages.

Outdoor Recreation and Leisure

The Lost Plot Community Gardens Port Macquarie

Central Road, PORT MACQUARIE NSW 2444

E info@thelostplot.org.au

W thelostplot.org.au

The Lost Plot is Port Macquarie's Community Garden. It is a constantly evolving community space open to anyone regardless of age and ability. It is a place where people can come together to grow and learn about growing food, to connect to like-minded people, to share knowledge and skills and most importantly, to have fun.

Personal Development Activities

Masters Of Fresh

665 Upper Rollands Plains Road,
UPPER ROLLANDS PLAINS NSW
2441

E desley@mastersoffresh.com.au

W mastersoffresh.com.au

P 0401 145 087

We are a working organic farm in the Hastings Hinterland. We sell organic veggies each week via the Real Food Market and home delivery and also run school holiday programs for both children and adults. Our programs specialise in teaching children about where their food comes from, lessons from the bush, camping under the stars with the family and learning to live off the grid.

Religion & Philosophy

Churches and Places of Worship

Seventh-Day Adventist Church - Port Macquarie

Maranatha Place, PORT MACQUARIE
NSW 2444

E contactus@portadventistchurch.org

W portadventistchurch.org

P 0447 020 456

At Port Macquarie Adventist Church we love to gather together for spiritual and social nourishment on Sabbath (Saturday) each week. Join with us every Saturday morning for Sabbath School (small group Bible study classes) - for all ages at 9:30 am, followed by the main worship service at 11:15 am.

Bonny Hills Community Church

1060 Ocean Drive, BONNY HILLS
NSW 2445

E bonnyhillscommunitychurch@gmail.com

W bonnyhillscommunitychurch.wordpress.com

P (02) 6586 3430

We are a community of believers in God the Father, God the Son and God the Holy Spirit. We meet each Sunday at 10 am to worship, learn and enjoy being you with our community. You are most welcome to join us each Sunday morning at 10 am.

C3 Church Port Macquarie

8-12 Acacia Ave, PORT MACQUARIE
NSW 2444

E info@c3pmq.com

W c3pmq.com

P (02) 6581 5005

C3 Church Port Macquarie is about connecting people to God, people & their purpose. The church is full of people who have discovered an incredible richness of life that comes from having a personal relationship with Jesus Christ.

Camden Haven Anglican Church

2 Mission Terrace, LAKEWOOD NSW
2443

W havenanglican.com

P (02) 6559 5036

The story of Camden Haven Anglican spreads over many years and is incredibly intriguing.

Coastside Church

5, 40 Acacia Avenue, PORT
MACQUARIE NSW 2444

E info.coastsidechurch@gmail.com
W inc.org.au

P 0411 599 769

Coastside Church is a modern and contemporary church that believes in loving God and loving people. Our church is full of every generation and we stand by the belief that everyone is welcome to come as they are.

Hastings River PCEA

41 Campbell Street, WAUCHOPE
NSW 2446

E johnforbes@cantab.net

W hastingspcea.org.au

P 0414 208 533

Welcome to the Hastings Congregation of the Presbyterian Church of Eastern Australia (PCEA). We are a congregation with two worship centres in Wauchope and Kindee.

Kindee service

41 Campbell Street, WAUCHOPE
NSW 2446

E johnforbes@cantab.net

W hastingspcea.org.au

P 0414 208 533

We meet for worship in Kindee once a month. All are welcome to attend.

Herons Creek Heritage Community Chapel

49 Blackbutt Road, HERONS CREEK
NSW 2446

E martin@heronscreek.com.au

P 0411 426 427

St Mary's is the only building in Herons Creek that is heritage listed, so it is of much significance to the history of this small township, our region and state.

Kingdom Hall of Jehovah's Witnesses

49 Burrawan Drive, WAUCHOPE NSW
2446

W jw.org

P (02) 6586 4084

As Jehovah's Witnesses, we strive to adhere to the form of Christianity that Jesus taught and that his apostles practiced.

North Haven Baptist Church

683 Ocean Dr, NORTH HAVEN NSW
2443

E admin@northhavenchurch.org.au

W northhavenchurch.org.au

P (02) 6559 9995

North Haven Baptist Church draws people from many backgrounds and from all over the Port Macquarie/Hastings area including Wauchope, Lake Cathie, Bonny Hills, North Haven, Laurieton, Dunbogan, Kew, Kendall and surrounds.

Our Lady of Lourdes Catholic Church

Cameron Street, WAUCHOPE NSW
2446

E chancery@lismore.catholic.org.au

W lismorediocese.org

P (02) 6585 1464

We are home to 105,000 Catholics in twenty eight Parishes living along the picturesque coastline of New South Wales that extends from the Tweed River in the North to Camden Haven in the South.

Our Lady Star of the Sea Catholic Church

Ocean Drive, LAKE CATHIE NSW

2445

W stagnesparish.org.au

P (02) 6583 1024

Welcome to St Agnes' Parish, a Catholic community located in beautiful Port Macquarie on the mid-north coast of NSW, Australia.

Port Macquarie Baptist Church

18 MCINTYRE CLOSE, PORT
MACQUARIE NSW 2444

P (02) 6582 2844

Welcome to Port Macquarie Baptist Church Our mission is to guide people of all ages and backgrounds into a personal and growing relationship with Jesus Christ.

Port Macquarie Presbyterian Church

93 William Street, PORT MACQUARIE
NSW 2444

E scott@pmppc.org

W pmppc.org

P (02) 6583 1071

At Port Macquarie Presbyterian Church (PMPC) we want to help people to know God, through his Son Jesus. We believe that there is simply nothing more important in life than to enjoy a relationship with our Creator.

Port Macquarie Uniting Church

Cnr Oxley Highway & Sherwood Road,
PORT MACQUARIE NSW 2444

W portmacquarie.uca.org.au

P (02) 6581 2414

We are a fellowship of people who centre their lives on Jesus Christ. Together we worship and work in various ways to give praise and thanks to God, help each other grow in the faith and serve each other and the community in which we live.

Salt Community Church

1240 Ocean Drive, LAKE CATHIE NSW
2445

E admin@saltcommunitychurch.org.au

W saltcommunitychurch.org.au

P 0419 557 775

Salt is a church for our community. We meet every Sunday at 4pm in Lake Cathie Public School, and include a program for children and youth. You are welcome to check us out any and every week.

Seventh-day Adventist Church - Camden Haven

288 Ocean Drive, LAURIETON NSW
2443

W nsw.adventist.org.au

P 1300 967 744

Adventists believe life is more than just the accumulation of "stuff". It's about more than just surviving. It means more than simply maximising pleasure and minimising pain. We believe every life is of infinite value. Why? Because every human is miraculously crafted by God who wants us to live life to the full. What's more, He sent His Son to demonstrate true love, forgiveness and grace.

St Agnes' Parish Port Macquarie
Hay Street, PORT MACQUARIE NSW 2444

W stagneparish.org.au

P (02) 6583 1024

Ours is a loving, supportive and respectful faith community. We are always ready to welcome new faces and hope you'll join us for Mass soon.

St Matthew's Anglican Church
51-53 Cameron Street, WAUCHOPE NSW 2446

E angmatts@bigpond.net.au

W stmatthewswauchope.com.au

P (02) 6585 2019

Our Mission- Loving, living, and connecting with God's help.

St Peter the Fisherman
421 Ocean Drive, LAURIETON NSW 2443

E catholi@bigpond.net.au

W laurieton.org

P (02) 6559 8354

Religion & Philosophy - Churches and Places of Worship - Churches and Places of Worship. Catholic Parish

St Peter's Lutheran Church
13 Kemp Street, PORT MACQUARIE NSW 2444

E stpeters.ptmacquarie.nsw@lca.org.au

W stpetersptmacquarie.com

P (02) 6583 3444

Have you ever come across something bigger than you could ever imagine? The message of Jesus is just that! Bigger than you could ever imagine.

The Church of Jesus Christ of Latter-Day Saints, Port Macquarie

765 Oxley Highway, PORT MACQUARIE NSW 2444

W churchofjesuschrist.org

P (02) 6581 5860

As Christians, we believe in learning all we can about Jesus. The greatest happiness in life comes from following the Savior. You will feel His love for you as you seek to understand His life and teachings.

The Point Community Church

Suite 1, 100 Ocean Drive, PORT MACQUARIE NSW 2444

E contactus@tpcc.org.au

W tpcc.org.au

P (02) 6582 4395

The Point Community Church exists to spread a passion for God's glory by being a growing, church-planting church on the mid-north coast of NSW.

Wauchope Uniting Church

41A Hastings Street, WAUCHOPE NSW 2446

W wauchope.uca.org.au

P (02) 6585 1488

Wauchope is a small Congregation in the township which is situated beside the Hastings River, about 20km inland from Port Macquarie.

Self Help

General Self Help Services

National Continence Helpline

W continence.org.au

P 1800 330 066

The National Continence Helpline is a free telephone advisory service.

Heart-Based Living**W** 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**W** sahajayogaqld.com**P** 0438 781 413

Sahaja Yoga provides free meditation programs for the community all around Australia.

The NAKED Soul**E** admin@thenakedsoul.com.au**W** thenakedsoul.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**W** 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.

S p o r t

Aquatic Sports**Laurieton Swimming Club Inc**

Laurie Street, LAURIETON NSW 2443

E laurietonswimmingclub@gmail.com**P** (02) 6584 8246

A small but friendly club based at Laurieton Memorial Pool. Meet Monday night, races begin at 6pm. Not Learn to Swim - members race against their own times

Port Macquarie Hastings Canoe Club**E** pmhcanoe@gmail.com**W** portcanoeclub.com.au

We welcome inquiries from residents of the area & canoeing visitors. Canoeing / kayaking is an environmentally friendly sporting activity that also allows for constant interaction with Mother Nature.

Port Macquarie Hastings Canoe Club - Port Macquarie

Settlement Point Ferry, PORT
MACQUARIE NSW 2444

E kayakcas@hotmail.com

W portcanoeclub.com.au

P 0418 437 957

We welcome inquiries from residents
of the area & canoeing visitors.

Canoeing / kayaking is an
environmentally friendly sporting
activity which also allows for constant
interaction with Mother Nature.

Port Macquarie Rowing Club

Rowing Reserve, Hibbard Drive, PORT
MACQUARIE NSW 2444

E portrowing@gmail.com

W revolutionise.com.au

P 0419 629 456

Based on the banks of the beautiful
Hastings River in Port Macquarie,
NSW. Port Macquarie Rowing Club
offers members and guest the
opportunity to enjoy the sport of
rowing.

Autism Surfing

46 Pacific Drive, PORT MACQUARIE
NSW 2444

E info@portmacquariesurfschool.com.au

W portmacquariesurfschool.com.au

P (02) 6584 7733

Our Surfing waves for Autism
program is tailor-made to suit the
needs of Autistic children.

Port Macquarie Swimming Club Inc

28 Gordon Street, PORT MACQUARIE
NSW 2444

E ipco@bigpond.com

P 0414 781 565

We encourage swimmers of all
abilities to enjoy both the social and
competitive aspects of swimming and
aim to promote good sportsmanship,
team spirit, commitment and respect.
We are proud of our strong record of
swimming success at local, area, State
and National Championships.

Wauchope Swimming Club

Cameron St, WAUCHOPE NSW 2446

E wauchope@bluefit.com.au

P (02) 6585 2001

Wauchope Amateur Swimming Club
meets every Tuesday night 6pm
during the summer months at the
Wauchope Memorial Olympic Pool on
Cameron St.

Field Team Sports**Camden Haven Auskick Centre**

Lake Cathie Public School, 1240
Ocean Drive, BONNY HILLS NSW
2445

E james.moir@afl.com.au

W play.afl

P 0437 790 604

Camden Haven Auskick is a great way
for kids interested in Australian Rules
football to learn the skills of the game
in a fun and safe environment.

Camden Haven Junior Rugby League Football Club Inc

Castle St, LAURIETON NSW 2443

E peneash@gmail.com

P 0414 663 679

Family friendly rugby league club in
the Camden Haven

Hastings Baseball Association

Blackbutt Oval, Peppermint Cres,
WAUCHOPE NSW 2446

E info@hastingsbaseball.com.au

P 0433 038 938

Hastings Baseball Association a new league and a new direction for Baseball in Hastings with ambitions and goals to move towards positive Baseball in Hastings.

Kendall Blues RLFC

Kendall Sportsground, Railway Street,
KENDALL NSW 2439

P 0401 261 621

Sport - Field Team Sports - Field Team Sports. Football club

Port City Breakers Junior Rlfc Inc.

E Presidentpcbjr@gmail.com

P 0448 984 799

Port City Breakers Junior Rlfc Inc.

Port City Breakers Senior Rugby League Football Club

P (02) 6584 4499

Sport - . Rugby Club

Port Macquarie Football Club

Gorden Street, PORT MACQUARIE
NSW 2444

E secretary@portmacquariefc.com

W portmacquariefc.com

P 0419 478 308

Port Macquarie Football Club was founded in 1974 and welcomes all families to the sporting club in Juniors, Ladies and Mens Competitions.

Port Macquarie Hastings Hockey Association

1 Hockey Place, PORT MACQUARIE
NSW 2444

E simon_thresher@live.com

W portmacquariehockey.com.au

P 0438 152 842

We currently have 5 clubs catering for all ages from 4 years old to over 70 years of age. Our competition is divided in to a Men's and Women's senior competition and a mixed gender junior league.

Port Macquarie Junior Rlfc Inc

2 Woods St, PORT MACQUARIE NSW
2444

E secretary.juniorsharks@outlook.com.au

P (02) 8756 7020

Port Macquarie Junior Rlfc Inc

Port Macquarie Magpies AFL Club

Wayne Richards Park, Koala Street,
PORT MACQUARIE NSW 2444

E portmacaflmagpies@gmail.com

P 0421 705 058

We are a family orientated AFL Club, where everyone is welcome.

Port Macquarie Touch Association

Tuffins Lane Sports Fields, Tuffins
Lane, PORT MACQUARIE NSW 2444

E portmakostouch@gmail.com

P 0413 767 831

Port Macquarie Touch Association

Port Macquarie United Soccer Club

Cnr Hastings River Drive & Aston Street, 19 Aston Street, PORT MACQUARIE NSW 2444

E Portunitedfc@gmail.com

W portunited.com.au

Port Macquarie United (PORT UNITED) is a local family soccer club established in 1976. Our primary aim is to provide a friendly family orientated atmosphere for all players from grassroots football to the local Premier League competition. We also endeavour to promote the game of football at all levels within the Port Macquarie and Mid North Coast region

Wauchope Thunder Junior Rugby Club

E wauchopehunder@outlook.com

P 0419 421 366

Wauchope Thunder Junior Rugby Club

Wauchope Thunder Rugby Club

Andrews Park, Cameron Street, WAUCHOPE NSW 2446

E wauchopehunder@outlook.com

The Wauchope Thunder Rugby Club is a family friendly, community focussed rugby club.

Indoor Sports**Port Macquarie Gymnastics Club Inc**

1 A Hibbard Drive, PORT MACQUARIE NSW 2444

E pmqgc@midcoast.com.au

P (02) 6584 3373

Gymnastics is a sport involving the performance of exercises requiring balance, strength, flexibility, agility, endurance and control.

Port Macquarie Indoor Sports Stadium

Corner of Hastings River Drive & Hibbard Drive, PORT MACQUARIE NSW 2444

E portstad@bigpond.net.au

W portstadium.com.au

P (02) 6583 2501

The stadium caters to both indoor sports and other community based functions and hosts local, state and national events.

Outdoor Sports**Andrews Park**

Cameron Street, WAUCHOPE NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Cricket (Turf Wicket Prepared by Wauchope Cricket Club), Rugby Union, Touch Football, Netball, Toilets

Blackbutt Park

Peppermint Crescent, WAUCHOPE NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Baseball, Little Athletics, AFL. Toilets, lights and Canteen

Charlie Watt Reserve

Pembroke Road, TELEGRAPH POINT NSW 2441

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Football (soccer) Rugby League. Toilets and lights

Dixie Park

Corner Hastings River Drive and Aston Street, PORT MACQUARIE NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 7080

Sport - . Football, Toilets

Fairmont Gardens

Fairmont Drive, WAUCHOPE NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Football (Soccer), Cricket. Toilets, lights and canteen

Findlay Park

Findlay Avenue, PORT MACQUARIE NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Football, Softball, T-Ball, Toilets

Hastings Orienteering Group

E hastingsorienteers@gmail.com
Organise competitive orienteering events in the Hastings region, catering to all ages. Providing a sport with a difference to challenge the body and mind. Affordable and great for families. Events monthly. Contact us or see our Facebook page for event dates.

Hastings Valley Mountain Bike Riders (HVMBR)

E hvmbclub@gmail.com

W jollynose.com.au

P 0427 022 149

Hastings Valley Mountain Bike Riders build & maintain excellent trails for the entire community, club members & large events.

Kendall Sportsground

Railway Street, KENDALL NSW 2443

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Sport - . Cricket, Toilet

Lake Cathie Sporting Complex

Dirah Street, LAKE CATHIE NSW 2443

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Rugby League, Football (Soccer)
Touch football. Toilet, Change rooms, Canteen, Lights

Landrigan Park

Cameron Street, WAUCHOPE NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Cricket, Touch Football,
Netball, Winter training
allocation, Toilets and lights

Lank Bain Sporting Complex

Beechwood Road, WAUCHOPE NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6585 3155

Rugby League, Cricket, Greyhounds,
Horse Racing.

Macquarie Park

Asscess to the netball courts is via Grant Street, PORT MACQUARIE NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Football and Netball, Toilets

Oxley Oval

Pacific Drive, PORT MACQUARIE
NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P 0407 277 031

Cricket (Turf Wicket) and Rugby
Union, Toilets

Port Macquarie Regional Sports Stadium

Boundary Street, PORT MACQUARIE
NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P 0407 277 031

Touch, Rugby League, Football,
Rugby Union Regional stadium is Port
Macquarie's premier facility. The
stadium is utilised to host local,
regional and national matches.

Riding For The Disabled Association Nsw The Wauchope / Port Macquarie Centre

Wauchope Showground, 93A High
Street, WAUCHOPE NSW 2446

E rdawpmq@gmail.com

W rdansw.org.au

P 0417 468 518

We are a charity that provides horse
related activities to enrich the lives of
people with disabilities. Horse riding is
invigorating and exciting allowing our
riders to be participants as well as
observers. Benefits are many
including memory improvement ,
concentration, communication,
mobility& freedom. We meet at the
covered arena Wauchope
Showground every Tuesday during
school term 8am-1pm

Sancrox Reserve

Colvin Street, SANCROX NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Cricket, Tennis Courts.

Stuart Park Sports Fields

Corner Hastings River Drive and
Hibbard Drive, PORT MACQUARIE
NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Cricket (Synthetic Wicket), Rugby
Union, Rugby League, Oz Tag, Little
Athletics, Relay for Life, Toilets

Tuffins Lane

Boundary Street, PORT MACQUARIE
NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Cricket (Synthetic Wicket), Rugby
Union, Rugby League, Oz Tag, Dog
Agility, Amateur Radio, Toilets

Vince Inmon Sporting Complex

Lake Street, LAURIETON NSW 2443

E camhavedistsportmancom@gmail.co
m

W pmhc.nsw.gov.au

P 0438 603 638

Cricket (Turf and Synthetic Wicket
Turf Wicket prepared by Camden
Haven Cricket club), AFL, Football
(Soccer), Netball, Touch Football.
Managed By Camden Haven Sport
and Recreation Management
Committee.

Wauchope Indoor Stadium

High Street, WAUCHOPE NSW 2446

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Roller Derby, Netball, Dance, Toilets

Wayne Richards Park

Koala Street, PORT MACQUARIE
NSW 2444

E mbourke412@hotmail.com

W pmhc.nsw.gov.au

P 0402 599 637

Turf Wicket preparation is completed by Hastings River District Junior Cricket Association - Note a minimum of 10 days notice is required for turf preparation. There will be charge for pitch preparation, please call Merv Burke (0402599637, mbourke412@hotmail.com)

Woods street Sports Field

Woods Street, PORT MACQUARIE
NSW 2444

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Cricket (Synthetic Wicket), Rugby Union, Rugby League, Toilets

Sports Clubs**Beechwood Hotel Fishing Club**

735 Beechwood Road, BEECHWOOD
NSW 2446

E beechwoodfishingclub@gmail.com

P 0417 665 534

The Beechwood Hotel Fishing Club is a social, family-orientated club for fisherfolk from the Hastings and Port Macquarie area.

Brisbane Sub Aqua Club

E info@brisbane-bsac.com

W brisbane-bsac.com

P 0418 732 133

Not-for-profit scuba diving club affiliated with the international BSAC club based in UK.

Camden Haven Pony Club

Kendall Showgrounds, Batar Creek
Road, KENDALL NSW 2439

E camdenhavenponyclub@gmail.com

P 0427 594 013

Sport - Sports Clubs - Sports Clubs.
Pony Club

Football Mid North Coast

E admin@footballmidnorthcoast.com

P 0423 871 430

Football club located in Mid North Coast.

Hastings Valley Dressage Club

Wauchope Showground, Beechwood
Road, WAUCHOPE NSW 2446

E hastingsdressage@gmail.com

P 0407 604 454

The Hastings Valley Dressage Club is about enjoying and competing with our horses. The club committee is a group of dedicated volunteers, as such all members and competitors are welcome and expected to contribute and support all efforts to have a happy and harmonious club.

KENDALL TENNIS CLUB

3 Orara Street, KENDALL NSW 2439

E darrenwendyudson@bigpond.com

W play.tennis.com.au

P 0419 634 848

The Kendall Tennis Club aims to promote tennis along with providing the community with a facility and programs that promote social inclusion, health and well being.

North Haven Boardriders Club

107 The Parade, NORTH HAVEN NSW 2443

- E** northhavenboardriders@gmail.com
North Haven Surfboard Riding Club. Family based surfing competitions held on the 2nd Sunday of each month.

Port Macquarie Cycling Club

650 Burrawan Forest Drive, LAKE INNES NSW 2446

- E** pmcc.secretary@gmail.com
W portmaccycleclub.com.au
The Port Macquarie Cycle Club provides a welcoming, friendly and safe environment for members and guests of all skill levels to pursue their health and fitness goals through cycling. We provide and pursue learning opportunities for our members to advance their knowledge of cycling. We provide Race opportunities on our Criterium track in summer and road racing through winter.

Port Macquarie Tennis Club

12 Maritime Lane, PORT MACQUARIE NSW 2444

- E** pmtclub@gmail.com
W play.tennis.com.au
P (02) 6584 9940
We are a well established club with six courts, recently resurfaced, and good lighting for evening tennis.

West Port Macquarie Tennis Club

33 Woods Street, PORT MACQUARIE NSW 2444

- E** westportmactc@gmail.com
W play.tennis.com.au
P (02) 6583 3053
Located in Stuart Park (Woods Street Opposite Aldi), with modern clubhouse and BBQ area surrounded by 9 synthetic grass tennis courts and 4 Hot Shot (quarter size) courts. Mixed social tennis groups operate every morning from 7.30am and Wednesday evenings from 6.30pm. Your first social game is free. Coaching, Cardio-tennis, competitions, court hire, Pro Shop and Touch Tennis (anyone can play).

Transport Services

Community Transport

Linked Community Services (Hastings Macleay Community Transport)

26 Lord Street, PORT MACQUARIE NSW 2444

- E** transport@linked.org.au
W linked.org.au
P (02) 6583 8644

We provide individual transport to both local and out of area medical appointments at Medical Centres, Doctors and Specialists rooms, Hospitals etc. ?Out of Area Transport is transport to area's outside your local area, this could include medical trips to Coffs Harbour and Newcastle. For out of area transport please contact the office.?

Macleay Shuttle Service

E bookings@macleayshuttleservice.com.au

P 0477 281 200

Our services include but not limited to transferring you & your party to & from Port Macquarie & Coffs Harbour Airports + Transportation to & from Weddings & Events

General Transport Services**Busways Bus Services**

W busways.com.au

P 1300 692 929

Bus services in Port Macquarie area

Collins Bus Service

14 Chestnut Rd, PORT MACQUARIE NSW 2444

E admin@collinsbusservice.com

W collinsbusservice.com

P (02) 6581 2153

Bus services in Port Macquarie area

Hibbard Ferry

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Port Macquarie-Hastings Council operates two ferries within Port Macquarie that provide vehicle access across the Hastings River to the North Shore. There is no set timetable for ferry crossings, as the time taken to journey across the river varies depending on tidal conditions, however it generally takes no longer than five minutes per crossing.

Port Macquarie Airport

99 Boundary Street, PORT MACQUARIE NSW 2444

E info@portmacquarieairport.com.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Port Macquarie Airport is owned and operated by Port Macquarie-Hastings Council. The Airport serves the Greater Port Macquarie and wider Mid North Coast region, and caters for approximately 230,000 passengers per year, making it the 5th largest regional airport in NSW.

Settlement Point Ferry

E council@pmhc.nsw.gov.au

W pmhc.nsw.gov.au

P (02) 6581 8111

Port Macquarie-Hastings Council operates two ferries within Port Macquarie that provide vehicle access across the Hastings River to the North Shore. There is no set timetable for ferry crossings, as the time taken to journey across the river varies depending on tidal conditions, however it generally takes no longer than five minutes per crossing.

Volunteering**General Volunteering Services****Meeting Place Café**

Comboyne Street, KENDALL NSW 2439

P 0413 506 205

The Meeting Place is run by volunteers who sell coffee and cakes between 9am and noon every Thursday to support the Kendall Community Hall.

RSPCA NSW Port Macquarie Volunteer Branch

128 William Street, PORT
MACQUARIE NSW 2444

E portmacquariebranch@rspcansw.org.au

W rspcansw.org.au

P 0459 129 524

Volunteer and fundraising branch of RSPCA NSW providing: * financial assistance to local low-income pet owners for desexing, microchipping and vaccination of their animals, and * assistance during emergencies such as floods and bushfires to help animals. We are a group of local animal lovers aiming to ensure people can care of their pets. New volunteers always welcome.

Rotary Club Of D9650 Young Leaders, New South Wales, Australia

E youngleaders.rotaryclub@gmail.com

Our Club is a group of Young Leaders aged 19-30 residing throughout NSW. Our projects have a specific focus on nurturing and developing young leaders within our communities.

Volunteer mentor to a child in foster care - NSW

E admin@thepyjamafoundation.com

W 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

W freddymatch.org

P 1300 737 090

At FreddyMatch, we drive social change through technology, using our unique algorithm to match people with great opportunities, increasing volunteer participation rates and building stronger communities.

Welfare Assistance & Services

Food Vans and Kitchens

Port Anglican Soup Kitchen

St Thomas Hall, 50 Hay Street, PORT
MACQUARIE NSW 2444

E office@portanglican.com

W portanglican.com

P (02) 6584 1033

Wednesday 10 am - Morning tea,
Wednesday 11.45 am - 1.00pm - 3
Course meal, Thursday 11.45am - 1pm
- drop-in lunch. Orange Sky Laundry
van also available Wednesday
10.30am - 1pm

St Agnes Soup Kitchen

Masonic Lodge, Grant Street, PORT
MACQUARIE NSW 2444

W stagnesparish.org.au

P (02) 6588 7444

Tuesdays from 9.30 am - 12.30 pm
Masonic Lodge, Grant Street

General Welfare & Support Services

4Life Care Training and Living Skills

Shop 6, 10 Bellbowrie Street, PORT MACQUARIE NSW 2444

E care@4life.org.au

W care.4life.org.au

P (02) 6584 2951

To provide relief from poverty and provide opportunities for the community and church to help others in the Port Macquarie and beyond.

Aussie Battlers - Pay It Forward INC

Cnr of Ocean Dr & Bayside Cct, LAURIETON NSW 2443

E aussiebattlers7@gmail.com

W aussiebattlers.com.au

P (02) 6556 3046

• To relieve poverty by providing food parcels and other essential personal items to homeless and others who cannot afford to buy basic food for themselves, referrals accepted. Providing goods to people who have lost their homes due to bushfires or other disasters, link them to services in their area. Raise public awareness, fundraising to purchase needed items. Christmas and setups & much more

Camden Haven Community at 3 2 Seymour Street, LAURIETON NSW 2443

W communityat3.org.au

P 0419 370 076

Friday 3pm-5pm Meal and shower available behind the LUSC or underneath if it is raining. Showers are in the club. Orange Sky Laundry van also available.

DVA Community Support Service

W dva.gov.au

P 1800 838 372

Assistance for veterans

Heart Health NSW Inc.

E hearthealthnsw@gmail.com

W hearthealthnsw.com

P 0481 721 636

Voluntary Organisation supporting people with Heart issues, their carers and family. Education sessions on Heart Health, Heart Rehabilitation and exercise programmes. Regular walking groups in Port Macquarie, Laurieton, Wauchope and Kempsey.

Mid North Coast Family Referral Service (FRS)

Suite 3, 109 William Street, PORT MACQUARIE NSW 2444

E mncfrs@pathfinders.ngo

W familyconnectsupport.dcj.nsw.gov.au

P 1800 758 589

Bringing together families, support services and community resources so that our children and young people are safe and well. Works with all services to find out what best supports young people and families and their children, and what we can do to improve our community resources.

Orange Sky Laundry

E makeadifferencepmq@gmail.com

W orangesky.org.au

P 0431 519 342

We have a simple formula; we provide a platform for every day Australians to connect through a regular laundry and shower service. The focus is on creating a safe, positive and supportive environment for people who are too often ignored or who feel disconnected from the community.

Port Macquarie Salvos

110 Lord Street, PORT MACQUARIE
NSW 2444

E portmacquarie.corps@aue.salvationa
rmy.org

W salvationarmy.org.au

P (02) 6583 7604

Family Worship focussing on how we
can best live out a life following Jesus
including Kids Time, brass band,
songsters (choir) and music team
(guitars & drums) contributions.

Saver Plus

E saverplus@bsl.org.au

W bsl.org.au

P 1300 610 355

Saver Plus is a 10-month matched
savings program that helps people to
build their financial skills, establish a
savings goal and develop long term
saving habits. When finished,
participants receive up to \$500 in
matched savings which can be used
for education costs such as computers
and tablets, text books and uniforms.

St Vincent De Paul

116 Gordon Street, PORT
MACQUARIE NSW 2444

E vinnies@vinnies.org.au

W vinnies.org.au

P (02) 6584 1168

The St Vincent de Paul Society in
Australia has more than 60,000
members and volunteers, who work
hard to assist people in need and
combat social injustice across
Australia.

**Tender Funerals Mid North Coast
- Kempsey**

E midnorthcoast@tenderfunerals.com.
au

W tenderfunerals.com.au

P (02) 5527 8144

At Tender Funerals, we believe
funerals and funeral care should be
meaningful, authentic, and
affordable. Tender Funerals is a not-
for-profit funeral service that offers
choice and transparency in delivering
personalised, meaningful and
affordable funerals in times that can
create financial or emotional distress,
and community education and
empowerment around after death
care.

**Tender Funerals Mid North Coast
- Laurieton**

E midnorthcoast@tenderfunerals.com.
au

W tenderfunerals.com.au

P (02) 5527 8144

Tender Funerals is a not-for-profit
funeral service that offers choice and
transparency in delivering
personalised, meaningful and
affordable funerals in times that can
create financial or emotional distress.
We also offer community education
and empowerment around after death
care. We encourage practices that
promote healing.

Tender Funerals Mid North Coast - Port Macquarie**E** midnorthcoast@tenderfunerals.com.au**W** tenderfunerals.com.au**P** (02) 5527 8144

Tender Funerals is a not-for-profit funeral service that offers choice and transparency in delivering personalised, meaningful and affordable funerals in times that can create financial or emotional distress. We also offer community education and empowerment around after death care. We encourage practices that promote healing.

Tender Funerals Mid North Coast - Taree**E** midnorthcoast@tenderfunerals.com.au**W** tenderfunerals.com.au**P** (02) 5527 8144

Tender Funerals is a not-for-profit funeral service that offers choice and transparency in delivering personalised, meaningful and affordable funerals in times that can create financial or emotional distress. We also offer community education and empowerment around after death care. We encourage practices that promote healing.

Tender Funerals Mid North Coast - Wauchope**E** midnorthcoast@tenderfunerals.com.au**W** tenderfunerals.com.au**P** (02) 5527 8144

Tender Funerals is a not-for-profit funeral service that offers choice and transparency in delivering personalised, meaningful and affordable funerals in times that can create financial or emotional distress. We also offer community education and empowerment around after death care. We encourage practices that promote healing.

National Perinatal Support Program**E** info@thebabesproject.com**W** thebabesproject.com.au**P** 1300 140 212

The Babes Project works with women who are seeking additional support during pregnancy. We run a National support service providing our Perinatal Support Program via phone and video calls for pregnant and early parenting women across Australia, who cannot access one of the Centres.

The Hope Community Op Shop-Mid Coast Care

3 Milton Close, PORT MACQUARIE
NSW 2444

E roger@hopeshop.org.au**W** thehopecommunity.com**P** (02) 6581 3303

Op shop, furniture, clothing, welfare support. Gift vouchers for Hope shop. Help with moving furniture, etc. Showers available by appt. Monday to Friday 9am - 3.30pm

Uniting NSW.ACT Burnside Hastings Family Support Services

7 Sherwood Road, PORT MACQUARIE
NSW 2444

E ask@uniting.org

W uniting.org

P 1800 864 846

The program provides support to parents with children aged 0-12yrs that aims to strengthen family functioning and enhance life opportunities for children. Prevention and early intervention support for families.

Wauchope Country Club

24 King Street, WAUCHOPE NSW
2444

E admin@wauchopecountryclub.com.au

W wauchopecountryclub.com

P (02) 6585 2500

Monday from 3pm - meal. Shower & clean towels available at rear of club. Orange Sky Laundry van also available 3-5pm

Meals on Wheels

Meals on Wheels Port Macquarie

10, 35 Merrigal Road, PORT
MACQUARIE NSW 2444

E meals.portmacquarie@omnicare.org.au

W omnicare.org.au

P (02) 6584 1463

The dazzling coastal town of Port Macquarie is happy to offer a wide choice of meals to be delivered to your door or for pick-up if preferred.

Second Hand Shops

4 Life Care and Training

Units 11 & 12 / 10 Bellbowrie Street,
Bay 11&12, 10 Bellbowrie Street,
PORT MACQUARIE NSW 2444

E care@4life.org.au

W care.4life.org.au

P (02) 6584 2951

In 2014/15 4Life Care & Training provided food parcels to families living in poverty and struggling with the cost of every day living. During poverty week we ran a free BBQ, we provide bread for the homeless BBQ each week. Living Skills Workshops were held to provide education in cooking, budgeting, menu planning, health and hygiene, self-esteem and stress management.

Kendall Community Op Shop

1 Comboyne Street, KENDALL NSW
2439

W kendallcommunityopshop.com.au

P (02) 6559 0084

One of the first things you see when you cross the railway line and drive into Kendall, is the Kendall Community Op Shop – a light, airy sunny building which has become a hub of activity and the pride and joy of Kendall residents.

Youth Services

General Youth Services

1st Port Macquarie Sea Scouts

9, Buller Street, PORT MACQUARIE
NSW 2444

E groupleader@1stportmacquarieseascouts.com

W nsw.scouts.com.au

P (02) 6582 6842

At Scouts Australia NSW, we put the needs of young people first. Our youth led, adult supported approach ensures our youth members are always at the forefront of our program and gives them the platform to take a constructive place in society as responsible citizens and as members of their local, national and international communities.

2nd Wauchope Scout Group

Tallowood Avenue and Turpentine Close, WAUCHOPE NSW 2446

E andrewredwards1977@gmail.com

W nsw.scouts.com.au

At Scouts Australia NSW, we put the needs of young people first. Our youth led, adult supported approach ensures our youth members are always at the forefront of our program and gives them the platform to take a constructive place in society as responsible citizens and as members of their local, national and international communities.

Brave Foundation

E info@bravefoundation.org.au

W 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.

Camden Haven Girl Guides

Camden Haven Scout Hall, Tunis Street, CAMDEN HAVEN NSW 2443

E camdenhavengirlguides@gmail.com

W girlguides-nswactnt.org.au

Girl Guides offer girls aged 5-17 years a unique experience – a safe, welcoming girl-only space where girls get access to a great variety of activities year round all aimed at helping your daughter become a strong, confident young women.

Camden Haven Sea Scouts

3-5 Tunis Street, LAURIETON NSW 2443

E chsscubs@gmail.com

W nsw.scouts.com.au

P 0423 118 352

At Scouts Australia NSW, we put the needs of young people first. Our youth led, adult supported approach ensures our youth members are always at the forefront of our program and gives them the platform to take a constructive place in society as responsible citizens and as members of their local, national and international communities.

Little Dreamers Australia**E** info@littledreamers.org.au**W** 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.

Port Macquarie Girl Guides

Rakali Lodge, 54 Hollingworth Street,
PORT MACQUARIE NSW 2444

W girlguides-nswactnt.org.au**P** (02) 8396 5200

Girl Guides offer girls aged 5-17 years a unique experience – a safe, welcoming girl-only space where girls get access to a great variety of activities year round all aimed at helping your daughter become a strong, confident young women.

Port Macquarie Youth Hub

140 Horton Street, PORT
MACQUARIE NSW 2444

E info@pmyh.org.au**W** pmyh.org.au**P** (02) 6584 7569

Our vision is to engage support and nurture the youth of the Hastings. We aim to promote self esteem by laying a platform based on friendship, health, education and community support.

Wauchope Girl Guides

Wauchope Rotary Youth Centre Bain
Park, 1/10 Oxley Lane, WAUCHOPE
NSW 2446

E wauchopegirlguides@gmail.com**W** girlguides-nswactnt.org.au**P** 0438 697 089

Girl Guides offer girls aged 5-17 years a unique experience – a safe, welcoming girl-only space where girls get access to a great variety of activities year round all aimed at helping your daughter become a strong, confident young women.

Youth Employment & Training Services**Mid Coast Connect**

59 Lord Street, PORT MACQUARIE
NSW 2444

E coffs.careers@midcoastconnect.com.au**W** midcoastconnect.com.au**P** (02) 6583 5910

Mid Coast Connect is a not-for-profit locally-based organisation with offices at Port Macquarie, Coffs Harbour, Kempsey and Taree. Established in 1997, we strive to assist young people with their transition from school into further education, training or employment.

Youth Information & Counselling

EACH Reconnect

Short Street, PORT MACQUARIE
NSW 2444

W each.com.au

P 1300 003 224

Reconnecting young people to their families and the community through counselling and practical support. Reconnect works closely with other local services to support young people and their families.

eheadspace

W 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.

headspace Port Macquarie

Suite 4, 10 - 12 Short Street, PORT
MACQUARIE NSW 2444

E headspacepm@each.com.au

W headspace.org.au

P (02) 6588 7300

One-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work & study support

Port Child and Adolescent Psychology

38 Clifton Drive, PORT MACQUARIE
NSW 2444

E admin@portpsychology.com.au

P 0402 450 015

At Port Psychology we specialise in child and adolescent mental health. We have extensive experience in working with young people from 4 to 25, utilising a variety of counselling approaches.

Youth In Motion

E caitlin.tanaka@youthinmotion.org.au

W 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

W 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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Customer Service Call Centre

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AFTER HOURS EMERGENCY CALLS

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Port Macquarie-Hastings Council has made every effort to ensure the information contained within this document is correct as at December 2019. Please refer to our website at pmhc.nsw.gov.au for current details.