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RESOURCES FOR BULOKE SHIRE FAMILIES WITH CHILDREN AGED 0-12



Advocacy	
Council of the Single Mothers and Their Children	Links for help in meeting education costs; negotiating with agencies, 1300 552 511 (9:30am - 3:00pm). http://www.csmc.org.au/
Your local Buloke Shire Councillor and contacts	Buloke Shire Council website: http://www.buloke.vic.gov.au/councillors
Audiology	
Ballarat	Ballarat Hearing Clinic 5333 2999 (school aged children by appointment at Donald). Younger children seen at Ballarat. Doctor's referral required).
Bendigo	Bendigo Health Care Group 5454 8783 (Doctor's referral required).
Horsham	Wimmera Health Care Group 5381 9333 (Doctor's referral required). Service for children aged 0-6 and people aged 18+. For hearing aids, refers to Australian Hearing Service.
Sea Lake & Swan Hill	Acoustic Health, 5032 4646.
Swan Hill	Country Hearing Care 1800 432 748.
Autism	
AMAZE (Autism Victoria): Information, Training & Resources	Autism Information Advisor Service Line (funding for children 0-6 with Autism) 1300 308 699 or info@amaze.org.au ; www.amaze.org.au
Autism assessments	Private: BEARS Clinic, Bendigo Community Health 5430 0500 (GP Referral needed), https://www.bchs.com.au/child-health-investment-program Public: Bendigo Health Care Group Psychiatric Triage: 1300 363 788.
Clinical Psychologists working with children on the autism spectrum/Child Psychology	Bendigo: Bendigo Psychology 5443 2284; Clinical Psychology Victoria 5443 1090, reception@cpvic.com.au ; AWG Psychology, Aaron 0434 821 545 or mail@awgpsychology.com.au Warracknabeal: Melanie Wallis 0417 781 530. Wimmera Psychology 0488 488 088, Dr Kate Alessia 0400 444 040, (Horsham).

Occupational Therapy link for dealing with common sensory issues – biting; children having hair brushed; not sitting still; not tolerating noise or textures; fussy eating; bath time; poor sleeping; not listening; brushing teeth; avoiding movement or touch; changes to routines without notice; tips for coping with school.	For tips & plans on managing these issues, please download the guide at https://www.gov.gg/CHttpHandler.ashx?id=107388&p=0 Also see O ccupational Therapists listings.
Berriwillock – General Information	http://berriwillock.vic.au/
Birchip – General Information	http://birchip.vic.au/
Breast Feeding Support	
Australian Breastfeeding Association	Breast feeding helpline/counselling – 1800 686 268.
Breast Feeding Counsellor (ABA)	Deborah Watson, 0423 922 388 (9am-8pm), debjwatson86@gmail.com
Lactation Consultant	Meredith Rowney, Sea Lake MCHN Centre, 9am-4pm Mondays, 0428 615 732.
Cancer – McGrath Nurses	
Bendigo	Rosie Gillies, rosemary.gillies@sjog.org.au ; 0412 487 086 / 5434 3160.
Horsham	Alison Hicks, alison.hicks@whcg.org.au ; 0428 210 105.
Swan Hill	Leanne Bibby, bibby@shdh.org.au ; 5033 9202 / 0408 013 386.
Cancer – Canteen	Support for young people affected by cancer – self, parent, sibling, friend, 1800 835 932 or www.canteen.org.au
Cancer – see <u>P</u>alliative Care	
Carer's Support	
Carer Support Services (Loddon Mallee)	Commonwealth Respite and Information Centre, 9:00 - 5:00, Swan Hill Office. Intake, carer support for non NDIS clients; respite and emergency respite service 1800 068 978.
Carer Support – East Wimmera Health Service	East Wimmera Health Service, 5477 2222.
Carer Support – Mallee Track Health and Community Service	Sea Lake, 5070 2155.
Carer's Victoria	1800 242 636; www.carersvictoria.org.au
Centrelink	
Assistance for Isolated Children	132 318.
Carer Payments; People with Disability	132 717.
Families: Parenting Payment, Family Tax Benefit, Child Care Subsidy, Parental Leave/Payment	136 150.
Emergency Assistance	132 850.
Farmers & Partners Assistance	132 316.
Income Management	1800 057 111.
Scams and Identity Theft	1800 941 126.
Social Worker/Employment Service	132 850.
Students & Trainees; Youth Allowance; Austudy; Health Care Card	132 490.
<i>If you need assistance with programs, payments, counselling or referral, please ask for telephone contact or an appointment with the social worker on 132 850. Alternatively, consider chatting or visiting with one of Buloke's Centrelink Advocate - Agents at either Charlton 5491 2204 (9:00am - 10:30am) or Donald 5497 1707 (8:30am – 5:00pm). Centrelink contacts: https://www.humanservices.gov.au/individuals/contact-us/phone-us#centrelink</i>	
Chances for Children	Financial assistance and mentoring for young people in the Mallee, 5023 5966, chances4children@malleefamilycare.com.au www.chancesforchildren.com.au
Charlton – General Information	http://charlton.vic.au/

Chemist	
Birchip	Pharmacy Excellence, 5492 2420.
Charlton	Charlton Pharmacy 5491 1521.
Donald	Donald Pharmacy 5497 1240.
Sea Lake	Sea Lake Pharmacy 5070 1003.
Wycheproof	Depot 5493 7413; Pharmacy 5493 7030.
Child Care	
Birchip	Long Day Care through Wimmera Uniting Care 5362 4000 or YMCA 5329 2800 or yeym.enrolments@ymca.org.au
Donald	Long Day Care at the Donald Family Centre through YMCA 5329 2800 or yeym.enrolments@ymca.org.au
Sea Lake	Al's Family Daycare 0409 884 156 (Al); Mallee Minors Child Care Centre, 55 Mudge St, Sea Lake, 5091 0292.
St Arnaud	St Arnaud Children's Precinct Long Day Care: 5495 2666.
Wycheproof	Long Day Care at the Wycheproof Child Care Centre 5493 7253 or yeym.enrolments@ymca.org.au ;
Child Care Access Hotline	1800 670 305, 8:00am – 6:00pm Monday to Friday.
Childcare Subsidy Helpdesk	1300 667 276, 9:00am – 5:00pm (Monday to Friday), ccshelpdesk@education.gov.au
Child First	Family Services assistance. Practical <i>help, advice and advocacy to help keep kids, the family and the household safe and happy.</i> 1300 625 53 or childfirst@masp.org.au
Child Support	Enquiry line: 131 272, https://www.humanservices.gov.au/individuals/child-support
Chiropractor	Charlton: 5443 0555; Horsham: 5382 6942; Swan Hill 5032 9366.
Clubs & Groups for Leisure Time	Enquire at your local Neighbourhood House or see www.buloke.vic.gov.au/community-directory
Community Connections Worker	Service information and connections for Buloke Shire families with children aged 0-12, 0488 110 989 (Wendy; Monday to Wed).
Community Health Nurse	East Wimmera Health Service Intake 5477 2222; Mallee Track Health & Community Service: 5070 2155.
Community Grants	Bendigo Bank: Charlton & Wycheproof through Charlton branch 5491 2249; Donald & District Community Bank (Application forms in store); Government Grants: www.vic.gov.au/grants
Continence Nurse <i>Help with bedwetting & bowel issues</i>	Bendigo Health Care Group, Bendigo 5454 6960 or Swan Hill 5033 9452 (Specialist equipment); Swan Hill District Health 5033 9321; Kerang – Northern District Community Health 5451 0200; Wimmera Health Care Group Horsham 5381 9333.
Council Services	Buloke Shire Council 1300 520 520; services that families may like to access include: M aternal Child Health; L ibrary Service; Playgroups (listed under E ducation); Pet registration; rubbish collection, landfill hours and recycling schedules; see https://www.buloke.vic.gov.au/
Counselling	See categories – D rug, Alcohol or Gambling Counselling; M ental Health and Counselling or R elationship Counselling.
Cubs & Scouts	Donald – Cubs 0410 452 284 (Shane); Scouts 0427 972 006 (Damon).
Culgoa – General Information	http://www.victorianplaces.com.au/culgoa
Dental	
Bendigo	Bendigo Smiles 5441 6447; Community Dental Service (Bendigo Health) 5454 7994.
Boort	Boort Dental Clinic 5451 5200.
East Wimmera Health Service	Central Intake 5477 2222 (Health Care Card Holders).

Horsham	Wimmera Health Care Group, (Health Care Card Holders with children up to 17 free) 5381 9248.
Royal Flying Doctors	Makes periodic visits, 03 8412 0400; mailto:info@rfdsvic.com.au
Sea Lake & District	Mallee Track Health & Community Service Ouyen 5022 2933 (health care card holders are issued with a voucher to attend a private service).
St Arnaud	St Arnaud Family Dental, 5495 2559.
Swan Hill	Swan Hill Dental Group 5032 1408; Swan Hill District Health (health care card holders) 5033 9336.
Warracknabeal	Warracknabeal Dental Clinic, 47 Lyle Street, 5398 1553.
Dietician	
Boort, Kerang & Quambatook	Northern District Community Health 5451 0200.
East Wimmera Health Service	Intake 5477 2222.
Sea Lake & Swan Hill	Swan Hill District Health 5033 9337.
Minyip	West Wimmera Health Service 5391 4292, intake@wwhs.net.au
Warracknabeal	Rural Northwest Health 5396 1238.
Disability	
Advocacy (Child Disability)	Association for Children with a Disability, 1800 654 013, email mail@acd.org.au ; https://www.acd.org.au
Carer Support	Emotional and crisis support for carer's with children under 6 with a diagnosis, Bendigo Health Care Group Swan Hill, 5036 1900.
Early Childhood Early Intervention Partner (NDIS).	Intake: Intereach, 384 Hargreaves Street, Bendigo, Mon to Fri, 9:00 - 5:00, 1300 488 226; email lac@intereach.com.au or for general enquiries 1300 968 140; Swan Hill, 215 Campbell Street, Swan Hill; Horsham, 142 Fibrace Street. 1800 242 696; Wimmera.south.westLAC@ndis.gov.au
Early Childhood Intervention Service (covering Buloke Shire)	Noah's Ark, 1800 819 140. Provides home-based interventions for children, including speech pathology, occupational therapy and physiotherapy.
Family Relationship Support for Carers of people with disability (mediation, counselling and skills development /planning).	1300 303 346 (EACH), http://www.each.com.au/service/family-relationship-support-for-carers/
Home and Community Care	1300 520 520 (Buloke Shire Home & Community Care Coordinator) or for further information http://www.buloke.vic.gov.au/how-to-access-aged-and-disability-services-
Information and Advocacy	RIAC (Rights, information and Advocacy Centre), 5443 0550; www.riac.org.au
Mallee Sports Assembly	Access to sports activities regardless of abilities, 0427 780 109 / 5493 7796; wycheproof@malleesportsassembly.org.au
Registered NDIS Provider	Mallee Family Care Swan Hill offers local support to people with an NDIS Plan, 5032 4479.
Respite – Flexible respite for carers caring for family member with autism, mental illness and disability	Through Carer Gateway 1800 422 737.
Doctor (including referral to paediatrician)	
Birchip Medical Clinic	5477 7105.
Boort Medical Centre	5451 5200.
Charlton Medical	5477 6888.
Donald Family Clinic	5497 1100.
Mallee Track Medical Clinic Sea Lake	5070 2118.
Swan Hill Clinics	Primary Health Medical Clinic, 5033 9900; Swan Hill Medical Group, 5033 1711; Tristar Medical Group 5032 2133.
Kerang	Northern District Community Health Medical Clinic, 5452 1366.

Woomelang Bush Nursing Centre	5081 2165.
Wycheproof Medical Centre	5493 7672.
After Hours GP Helpline	1800 022 222.
Domestic Violence Service	24 Hour Assistance – Mallee Domestic Violence and Sexual Assault Unit, 5033 1899. The Orange Door – 1800 290 943 orangedoor.vic.gov.au
Donald – General Information	https://www.donald.org.au/
Drug, Alcohol or Gambling Counselling	
ACSO Assessment Line for Alcohol and Drug issues	1300 022 760 ACSO (Australian Community Support Organisation) for intake into local providers.
Alcohol & Drug Information/telephone counselling Service	1800 888 236 (24 hours), www.directline.org.au
Bendigo Community Health	Adult and youth counselling 5448 1699; bchs@bchs.com.au
East Wimmera Health Service	For counselling, phone 5477 2222.
Northern District Community Health (visits Buloke Shire for Drug & Alcohol Counselling/Withdrawal service)	5451 0200. Please call ACSO for intake 1300 022 760.
SalvoCare Northern	Via ACSO 1300 022 760 or walk into Swan Hill office, 5033 1718.
Swan Hill Counselling Service	5033 9880 for drug 1-1 counselling and or withdrawal programs – Please call ACSO 1300 022 760 for intake.
Wimmera Uniting Care (Alcohol and Other Drugs Counselling),	Intake 1800 195 114 (BH) or ACSO.
Gamblers Help	1800 858 858.
Gambling Assistance: Anglicare Victoria Gambler's Helpline	(9:00am-5:00pm): 1800 244 323.
Education – General Information	
Primary & Secondary School	Accept enrolments throughout the year. General information (birth to 18 years): www.education.vic.gov.au Families in need can ask their school for information about accessing the State Schools Relief Program and the Camps, Sports and Excursions Fund. A School Costs Guide can be found at https://www.ardoch.org.au/publications/school-costs-guide-2019
Education – Birchip & Watchem	
Birchip Playgroup	Meets Tuesday fortnightly at St Mary's, contact Connely Ryan 0437 667 412.
Shake, Rattle and Read	Further information, contact Birchip P-12 School 5492 2287.
Birchip Kindergarten	5492 2248; Birchip.kin@kindergarten.vic.gov.au
Birchip P-12 School	5492 2287.
Watchem Supported Playgroup – Small Talk	Watchem Hub, Thursdays during school terms, 10:00am – 11:30am; Mary Bysouth 0437 951 948, mbysouth@buloke.vic.gov.au
Education – Charlton	
Charlton Playgroup	1 Armstrong St, Monday 9:30am – 11:00am: Abby 0438 072 385 or Lauren 0409 195 462.
Charlton Pre-School	0428 333 902; charlton.kin@kindergarten.vic.gov.au
St Joseph's Primary School	5491 1343.
Charlton College	5491 1280.
Education – Donald	
Dynamic Butterflies Playgroup	Playgroup Monday 10:00am -11:30am during school terms at the East Laen Classroom, Donald Primary School. Transport may be available by arrangement, contact Julie 0499 113 775.

Donald Active Playgroup	Donald Primary School gymnasium Tuesday morning, 9:30am – 11:00am, 0417 126 069 (Julia).
MOPS (as part of support group for Mothers)	Donald Family Centre, Friday fortnightly, 9:30am – 11:30am; 0411 890 123 (Teghan).
Donald Kindergarten	5497 1465 or donald.kin@kindergarten.vic.gov.au
Donald Primary School	5497 1581; school counsellors available. *Serviced by buses from surrounding rural area.
Donald St Mary's Primary School	5497 1116.
Donald High School	5497 1205.
Education – Nullawil	
Nullawil Primary School & Playgroup enquiries	5493 5260.
Education – Sea Lake	
Tiny Tigers Community Playgroup	Wednesday mornings during term from 10:15am – 12:15, January to June at Tyrrell College; July to Dec at St Mary's School; contact 0418 157 923 (Courtney).
Sea Lake Kindergarten	5070 1387; email sea.lake.kin@kindergarten.vic.gov.au
St Mary's Primary School	5070 1272; www.smsealake.catholic.edu.au
Tyrrell College	5070 2106; www.tyrrell.vic.edu.au
Education – Wycheproof	
Playful Potoroos Playgroup & Buloke Bubs (Carers with babies 0-12m)	Playful Potoroos, Fridays 10:00am – 11:30am during school terms; Buloke Bubs 1:00 -2:30pm, both sessions at Wycheproof Kindergarten, 65 High St, contact Julie 0499 113 775.
Wycheproof Kindergarten	5493 7253; Wycheproof.kin@kindergarten.vic.gov.au
Wycheproof P-12 College	5493 7409; http://www.wychep12.vic.edu.au/
Emergency	000 (Ambulance, Fire, Police).
Employment	
Birchip	Visits 77 Cumming Avenue – E Works 5033 1135.
Charlton	E Works Agency at 66 High St., 5491 1033.
Donald	Visits 31 Woods Street – E Works 5450 3211.
Sea Lake	Visits 200 Best Street – E Works 5033 1135.
Swan Hill	Altus Employment 5032 2933; MADEC Australia 5033 0025; Murray Mallee Training Co. Ltd., 5033 1216. Axis Employment (assists parents on parenting payment with children turning 6 into employment). 5032 5224.
Wycheproof	Visits 280 Broadway – E Works 5450 3211; MADEC, 5033 0025.
Exercise Opportunities	Berri Fitness (Berriwillock) 0428 792 394; Mallee Track Health & Community Service, Sea Lake (Wednesday mornings) 5070 2155. Exercise Physiology through East Wimmera Health Service Intake 5477 2222.
Family Support – see <u>Child First</u> Family Violence – see <u>Domestic Violence Service</u> or <u>Relationship Counselling</u>	
Hospitals	
Birchip	Birchip Campus of the East Wimmera Health Service 5477 7100.
Charlton	Charlton Campus of East Wimmera Health Service 5477 6800.
Donald	Donald Campus of East Wimmera Health Service 5478 6200.
Sea Lake	Sea Lake Campus of Mallee Track Health & Community Service 5070 2155.
Wycheproof	Wycheproof Campus of the East Wimmera Health Service 5478 0700.

Housing & Homelessness Support	
Homeless as a result of domestic violence	Mallee Domestic Violence Service; 5033 1899 (24 hrs).
Homelessness, Central Intake	1800 825 955 (24 hrs).
Mallee Family Care Specialist Homelessness Service Swan Hill	Covering Sea Lake, Nandaly, Berriwillock, Culgoa and Wycheproof– 5032 4479 (BH); After hours, please call Mallee Family Care’s emergency intake worker on 5023 5966.
Northern District Community Health Specialist Homelessness Service Kerang	Covering Charlton and Donald areas – Monday to Friday 5451 0200 or Homelessness Central Intake 1800 825 955.
Office of Housing (public housing) Swan Hill	9:00am – 5:00pm, 5032 0100; www.housing.vic.gov.au
Outreach for homeless/insecurely housed people who receive Centrelink benefits	Haven Homesafe, 0350 184200.
Private Rental Assistance Program (Haven Homesafe)	Mallee Private Rental Coordinator, 0350 184217.
Rental Agency	North West Real Estate, 5398 2201; northwestrealestate.net.au

Immunisation	
Buloke Shire Council	For pre-school children/secondary school immunisation program: (bookings) 1300 520 520 or http://www.buloke.vic.gov.au/immunisation-services Wycheproof: Wycheproof Medical Centre – Free immunisations for pre-school children, 5493 7672.
Immunisation Register (check your child's records)	Register enquiries 1800 653 809.
Justice of the Peace	
	Please call ahead for availability. www.buloke.vic.gov.au/community-directory
Kid’s Helpline	
	1800 551 800; counsellor@kidshelpline.com.au
Kinship Support	
	Centacare Swan Hill – 5051 0000; Wimmera Uniting Care (Horsham) 5362 4000, wimmera.info@vt.uniting.org ; Mirabel Foundation (03) 9527 9422 or mirabel@mirabelfoundation.org.au

Koori Support Services	
Bendigo	Bendigo and District Aboriginal Co-operative (family support, housing), 5442 4947; reception@bdac.com.au
Horsham	Goolum Goolum Aboriginal Cooperative 5381 6333, reception@goolumgoolum.org.au (provides health & wellbeing services, including a doctor at the Hamilton Street Medical Clinic, women’s health (5381 6330), allied health services, counselling (5381 6306) and home and community care services.
Swan Hill	Mallee District Aboriginal Services (family services, breast feeding advice, drug and alcohol counselling, psychiatric rehabilitation, housing support, visiting Ear, Nose and Throat Specialist), 5032 8600 http://www.mdas.org.au
Laundry	
	Birchip: Enquire at Birchip Motel & Caravan Park, Sunraysia Hwy; Charlton: Gordon Park Camping Ground, Mildura Way; Donald: Enquire at Donald Lakeside Caravan Park, 2 Corack Rd; Sea Lake: Sea Lake Recreation Reserve Caravan Park, Calder Hwy; Sea Lake Laundrette, 117 Best St; Wycheproof: Wycheproof Caravan Park, 462 Broadway.
Lawn Mowing	
	Birchip, Donald & Watchem: 0417 305 282 (Woodsy’s Total Property Solutions); Charlton: 0409 957 879 (Wes); Sea Lake: GJ’s Gardening (Gary) 0429 702 071; Wycheproof: 0455 263 560 (Darren).
Learn to Drive	
	L2P Mentor Program for people 16-21 years to help get 120 hrs of driving, 0467 787 328; bulokeloddonl2p@gmail.com

Legal Assistance – Public options	
Legal Aid Victoria	Bendigo office: 03 5448 2333. Visits Mallee Family Care Swan Hill and Kerang; Horsham office: 03 5381 6000.
Murray Mallee Community Legal Service (Mallee Family Care)	Phone intake worker on 1800 243 002 for an appointment. Outreach to Birchip, Swan Hill & Kerang, www.murraymalleelegal.com.au
Legal Assistance – Private options	
Birchip	Joliman Lawyers 5482 4003 (family law); Oakley Thompson 5492 7550 (not family law).
Charlton	Oakley Thompson 5492 7550 (not family law).
Horsham	Power & Bennett 5382 0061 (family law).
Sea Lake	Joliman Lawyers visiting, 5482 4003.
St Arnaud	MCL Legal 5495 1033 (including property settlement/divorce; not child work); Karen Probst (not family law) 5495 2595.
Swan Hill	Garden & Green Lawyers 5032 2711.
Libraries	Buloke Library Service. For further details or a copy of the timetable, please see the link on the Council's website: http://www.buloke.vic.gov.au/libraries 0448 101 262 or 1300 520 520
Little Athletics	St Arnaud, 5495 2097; Swan Hill, Ken Harrison Sporting Complex, http://www.swanhilllac.com.au/
Loans & Grants – also see <u>Money, Debt & Emergency Relief</u>	
No Interest Loans Scheme (NILS)	A no interest loan for low income earners to pay for essential goods and services, eg whitegoods, some medical/dental services, educational texts (see http://nils.com.au/) For help with paperwork, please see your local Neighbourhood House; or call Swan Hill Neighbourhood House, 5032 1549 for an appointment.
Utility Relief Grant (URGS) and other concessions	Subsidies for health care/ pension card holders (or low income earners who are in temporary financial crisis and/or registered for hardship with power, gas or water providers). Phone the Concessions Information Line: 1800 658 521 or visit www.dhs.vic.gov.au/concessions
Massage Therapists	
Birchip	Tanya Hogan 0408 735 009; Tim Ward 0438 214 171.
Charlton	Natalie Bourke, 0408 545 294 (at Charlton & St Arnaud hospitals); Julie Bourke, 0407 842 936; Charlton Massage Clinic, 5491 1177.
Donald	Katy Craven, 0438 627 724; Leonie McConville, 0400 054 346.
Sea Lake	Lacey's Massage Therapy, 0437 884 654; Mallee Masseur (Leigh) 0425 832 534
Wycheproof	Mazzage (Marilyn) 0409 006 507; Nadia 0408 937 259; Nuttheera Thai Massage (Nuttheera) 0411 042 796; 5493 7717 (Louise).
Maternal Child Health Nurses	- <i>Key ages and stages by appointment; parenting advice</i> 0417 506 174; 1300 520 520; email: buloke@buloke.vic.gov.au ; http://www.buloke.vic.gov.au/community-directory SEA LAKE: 0428 615 732 or 1300 520 520. -Book a video call through Pregnancy, Birth & Baby (7:00am to Midnight 7 days, free) on 1800 882 436 or at https://www.pregnancybirthbaby.org.au/video-call
Maternal Child Health Line	(24 hrs) 132 229.

Mental Health & Counselling Assistance	
Australian Community Support Organisation (ACSO)	Assessment Line for Mental Health 1300 022 760.
Bendigo Health Care Group Psychiatric Triage - <i>Includes the Child & Adolescent Mental Health Service (CAMHS). Covers Buloke Shire.</i>	<i>Are you Depressed, Anxious or suicidal? Need help with a child's complex behaviours?</i> Call 1300 363 788 for Mental Health Advice. Phone anytime – 24 hrs a day, 7 days a week.
Beyond Blue	1300 224 636; https://www.beyondblue.org.au/
Child & Adolescent Mental Health (CAMHS)	See Bendigo Health Care Group (above).
Children's Counselling	Bendigo: AWG Psychology 0434 821 545; Horsham: Wimmera Psychology 0488 488 088; Dr Kate Alessia 0400 444 040; Swan Hill: Baudinet Psychological Practice 5032 1199; Liz McDonald Counselling 0438 835 273; East Wimmera Health Service: 5477 2222.
Continuity of Support Program (COS)	Northern District Community Health – finds services to assist with recovery from mental illness: 5451 0200.
Grief Line	12 noon – 3:00am; 1300 845 745.
Headspace (12- 25 years)	Swan Hill 4010 7100 (headspace@shdh.org.au), Bendigo 5434 5345 or Horsham 5381 1543.
ID Care	1300 432 273; Counselling for victims of cybercrime and identity fraud, Mon – Fri 8:00-5:00, https://www.idcare.org/contact/contact-us
Lifeline	131 114. <i>For when you're in crisis or need someone to talk to.</i>
Mental Health Carer's Support	Northern District Community Health 5451 0200.
Mental Health Community Support Services	Support for people 16-65 years living with mental illness. ACSO 1300 022 760; acso@acso.org.au ; https://www.acso.org.au ; Also Mind: 1300 286 463 or central office 03 9455 7000.
Psychosocial Recovery Services	Individualised support service for people aged 18+ living with mental illness that is impacting on everyday functioning. Mallee Family Care 5032 4479 or mentalhealth@malleefamilycare.com.au
Perinatal Anxiety & Depression Australia Helpline (PANDA), including post & ante-natal depression.	1300 726 306, 9:00am - 7:30pm, Monday to Friday.
Psychologist	Swan Hill: Baudinet Psychological Practice 5032 1199; Warracknabeal Melanie Wallis 0417 781 530.
SANE Australia Mental Health Helpline	1800 187 263, 9:00am - 5:00pm Monday to Friday.
Social Worker/Emotional Wellbeing Counsellor/Counsellor:	
Birchip, Charlton, Donald Wycheproof	East Wimmera Health Service Intake 5477 2222.
Boort, Quambatook, Kerang	Northern District Community Health (includes generalist and youth counselling), 5451 0200.
Horsham	Droylsden House 0425 742 994; Goolum Goolum Aboriginal Cooperative 5381 6306; Grampians Community Health 5362 1200; Wimmera Health Care Group 5381 9333 (social work); Wimmera Uniting Care 5362 4000. Children's counselling: Wimmera Psychology 0488 488 088; Dr Kate Alessia 0400 444 040.
Inglewood	Inglewood & Districts Community Health Service 5431 7000.
Swan Hill	Swan Hill District Health Counselling Department, 5033 9880; Swan Hill District Health Social Worker, 5033 9478; Baudinet Psychological Practice 5032 1199; Liz McDonald Counselling 0438 835 273.
Warracknabeal	Rural North West Health, 5396 1238.
Standby Support	For those impacted by suicide, 24 hour line, 0439 173 310; http://standbysupport.com.au/
Suicide Call-back Service	1300 659 467 (24 hrs); www.suicidecallbackservice.org.au

Milestones for Children	Google Ages and Stages Questionnaire (ASQ) ; Read about CDCs Milestones Matter! App for children 0-5 years: https://www.cdc.gov/ncbddd/actearly/milestones-app.html or downloadable versions at: https://www.cdc.gov/ncbddd/actearly/pdf/checklists/Checklists-with-Tips_Reader-2019_508.pdf
Mindfulness	Free mindfulness audio at https://www.actmindfully.com.au/free-stuff/
Money, Debt & Emergency Relief	
Donald Friends & Neighbourhood Society	Donald: Food, fuel, emergency accommodation, 5497 2037 (11:00am – 3:00pm, Monday, Tuesday, Wednesday & Friday at 'The Hub' on Woods Street/The Mall).
Salvation Army	Bendigo: 5440 8450; Horsham: 5382 1770 Tuesday lunch, Lifeskills program, court support chaplain, Christmas Cheer. Food from Christian Emergency Food Centre, 28 Fibrace St 5381 2311; Swan Hill 5033 1718.
Sea Lake Welfare Group	Sea Lake: Emergency food, fuel vouchers, community support: 5070 1453 (Faye) or 5078 1224 (Bev).
St Vincent de Paul	Birchip: 0407 058 193; Charlton: 0407 356 073 (If no answer, please leave your phone number on message bank); St Arnaud: 0438 371 215 - Thursdays please call assistance centre 5495 2507.
Uniting Care Outreach	Bendigo: 25 Forest St, 5443 4972; Kangaroo Flat: Cnr Camp & Church Sts, 5443 5458.
Farm Debt Mediation Officer (Agriculture Victoria):	136 186 and ask for the Farm Debt Mediation Officer; http://agriculture.vic.gov.au/agriculture/farm-management/business-management/farm-debt-mediation
Generalist Financial Counselling: Anglicare Victoria	1800 244 323, outreach support with financial counselling.
Mallee Family Care Financial Counselling	1800 632 263. Visiting Birchip by appointment.
National Debt Helpline	(9:30am – 4:30pm): 1800 007 007.
Rural Financial Counselling Service for North West Victoria	1300 769 489.
Nandaly – General Information	http://www.victorianplaces.com.au/nandaly
Neighbourhood House – Learning Centres	
Birchip	Birchip Business and Learning Centre , 77 Cumming Ave., 5492 2735. Classes; computer & Internet access; general information, support and referrals; http://birchip.vic.au/
Charlton	Charlton: 30-34 High St. (Rex Theatre), 5491 2333.
Donald	Donald Neighbourhood House/Learning Group , 31 Woods Street, 5497 1707. For a cuppa, chat, courses, Centrelink or ATO access, volunteering, volunteer transport and much more. To see what's on, subscribe to Charmaine Delaney's (Coordinator) Facebook page.
Sea Lake	Sea Lake Neighbourhood House . 200 Best St., 5070 1448. <i>For a cuppa, chat, craft, courses, toy library, volunteer transport, school holiday activities and much more.</i> nhh@nthcs.gov.au
Wycheproof	Wycheproof Community Resource Centre , 280 Broadway, 5493 7455. For a cuppa, chat, volunteering, courses, Centrelink access, VicRoads & Australian Tax Office agency, visiting employment service, public internet/computer access, Men's Shed; craft shop; books to browse; volunteer transport and much more.

Nurse on Call	1300 606 024.
Occupational Therapists	
Buloke Shire: Private Practitioner	0409 031 282 (Rebecca Cossar); rebecca@flyingstartot.com.au
East Wimmera Health Service	5477 2222 (adults).
Horsham	Little Steps Occupational Therapy, 0438 079 342; Wimmera Health Care Group, 5381 9333; Wimmera Occupational Therapy, 0400 445 293.
Kerang, Boort & Quambatook	Northern District Community Health 5451 0200.
Minyip	West Wimmera Health Service 5391 4292, intake@wwhs.net.au
Swan Hill	Swan Hill District Health 5033 9322 (children's services for developmental delay and sensory processing issues); Swan Hill Kids Therapy 0438 365 067 (Rebecca).
Teletherapy – not place based. Need access to internet and a computer with camera and microphone.	Occupational Therapy, Simone on 0438 816 747. https://therapyconnect.com.au/about/ reception@therapyconnect.com.au
Opportunity Shops	
Birchip	Seek and See, Cumming Avenue.
Charlton	Charlton Opportunity Shop, High Street.
Culgoa	Main Street.
Donald	Look First Opportunity Shop (Old National Bank, Woods St.); The Teal Collective, Women's Cancer Foundation Op Shop, Cnr Woods & Hammill Streets.
Horsham	Salvation Army Thrift Shops – 33 Lynott St. & 81 Fibrace St.
Sea Lake	Sea Lake Op Shop, Best Street.
Swan Hill	Salvation Army Thrift Shop, 247-249 Campbell St.; Red Cross Shop, 258 Campbell Street.
Warracknabeal	118 Scott Street, 0419 313 450.
Wycheproof	Wycheproof Op Shop – 271 Broadway.
Optometrists	
Bendigo	Cartwright & Associates 5443 5137; Eyecare Plus 5443 9738; OPSM 5441 6086; Specsavers 5441 4235; Wills St Eyecare, 5443 1815.
Horsham	Wimmera Eye Care, 5382 1429, Specsavers, 5382 4433.
Sea Lake	Royal Flying Doctor Service periodic visits, 5070 2155.
Swan Hill	Swan Hill Optical, 5033 1424; Warburton Optical, 5032 2764.
Warracknabeal	Wimmera Eye Care, 5382 1429.
Wycheproof	Visiting Service by appointment to Wycheproof Medical Centre. Bill Wilkinson Optical, 5493 7672.
Osteopathy	Central Mallee Osteopathy, Sea Lake, Swan Hill & Kerang 5032 2914.
Palliative Care	Covering the Buloke Shire. Swan Hill District Health 5033 9236, 0429 951 877 palliative.care@shdh.org.au

<p>Parenting</p>	<ul style="list-style-type: none"> – see Maternal Child Health Nurse – Parent support and sleep settling through counselling service at East Wimmera Health Service, 5477 2222. – Pregnancy, Birth and Baby (0- 5yrs), 1800 882 436, 24 hrs, 7 days; www.pregnancybirthbaby.org.au – Parentline Victoria: information, counselling and support for parents and carers of children 0-18 yrs, 8:00am to 12 midnight, 7 days, 132 289. – See the 'About Raising Children Network': www.raisingchildren.net.au – Step by step parenting guides (Parenting SA): https://www.decd.sa.gov.au/parenting-and-child-care/parenting/parenting-sa/parent-easy-guides – Parenting Victoria (children 0-5yrs): https://www.education.vic.gov.au/parents/Pages/default.aspx
<p>Parks, BBQs, Picnic Areas, Playgrounds</p>	
<p>Berriwillock</p>	<p>Tynan Park, Taverner Street.</p>
<p>Birchip</p>	<p>Memorial Park, Cumming Ave.; Sunset Park, Birchip-Watchem Rd.</p>
<p>Charlton</p>	<p>Skate Park – at Gordon Park, Mildura Way; Traveller's Rest (playground and picnic area); Rotary Park (BBQ, picnic area and playground), Avoca River West End & High Streets.</p>
<p>Culgoa</p>	<p>Memorial Park & Children's Playground – Cnr Church and Main Streets; Recreation Reserve – Calder Highway.</p>
<p>Donald</p>	<p>Apex Park, Sunraysia Highway; Memorial Park & Playground, Cnr Houston & Campbell Streets; Steam Train Park, Cnr Walker & Hammill Streets.</p>
<p>Nullawil</p>	<p>O'Brien Park, 20 Calder Hwy; Hall Corner Park, 2 North Rd.</p>
<p>Sea Lake</p>	<p>Apex Park – Best Street; Lions Park – Cox Street; Traveller's Rest – Calder Highway; Green Lake Regional Park – 10 kms from Sea Lake on the Sea Lake-Birchip Road.</p>
<p>Watchem</p>	<p>Corner of Waddell and Hoban Streets.</p>
<p>Wycheproof</p>	<p>Centenary Park, Calder Highway; Mt Wycheproof: BBQs.</p>
<p>Pathology</p>	
<p>Bendigo</p>	<p>79 Lucan St, 5441 2156; Dorevitch 5430 0900; Melbourne Pathology 5444 2382.</p>
<p>Donald</p>	<p>Donald Family Clinic, 5497 1100.</p>
<p>Horsham</p>	<p>Wimmera Health Care Group, 5381 9231.</p>
<p>Sea Lake</p>	<p>Mallee Track Medical Clinic Sea Lake, 5070 2118.</p>
<p>St Arnaud</p>	<p>52 North Western Rd, 5477 2115.</p>
<p>Swan Hill</p>	<p>Cnr Campbell & McCallum Streets, 5033 2680; 52 McCrae, 5033 2479.</p>
<p>Physiotherapists</p>	
<p>Bendigo, Boort & Swan Hill</p>	<p>Mallee Physio, 5032 5888.</p>
<p>Birchip, Charlton, Donald & Wycheproof</p>	<p>East Wimmera Health Service Intake, 5477 2222.</p>
<p>Kerang</p>	<p>Northern District Community Health, 5451 0200.</p>
<p>Swan Hill</p>	<p>Swan Hill District Health, 5033 9390; Swan Hill Physiotherapy & Sports Clinic, 5032 9504.</p>
<p>Warracknabeal</p>	<p>Rural North West Health, 5396 1238.</p>

Podiatrists	
Bendigo	Active Podiatry, 5442 2289; O'Dwyer Podiatry, 5443 7467; Podiatry on Williamson, 5441 8990.
Birchip	Wimmera Foot Clinic (Mondays) 5382 6406.
Birchip, Charlton, Donald & Wycheproof	East Wimmera Health Service Intake, 5477 2222.
Boort, Kerang & Quambatook	Northern District Community Health, 5451 0200.
Charlton	Stewart Podiatry, 5443 7851.
Sea Lake	Mallee Track Health and Community Service, 5070 2155.
Swan Hill	Country Feet Podiatry, 0448 812 850; Swan Hill District Health, 5033 9390; Swan Hill & Kerang – Tip Toe Podiatry, 5452 2606.
Warracknabeal	Rural North West Health, 5396 1238.
Poisoning	National Poisons Information Centre – 131 126 , 24 hrs, 7 days.
Relationship Counselling	
Centre for Non-Violence	Assistance regarding family Violence and Homelessness: 1800 884 038, Monday to Friday, 9:00am – 5:00pm.
Family Dispute Resolution	Swan Hill Centacare, 5051 0000; Ballarat Centacare, 5337 8999 – visiting Horsham, 5327 7900; 1300 303 988. www.centacareballarat.org.au
Family Relationship Advice Line	1800 050 321, 8:00am – 8:00pm Monday to Friday; 10:00am – 4:00pm Saturday.
Family Relationship Centre	Visiting Mallee Family Care, Swan Hill, 1300 667 382 / 5032 4479.
Mallee Domestic Violence & Sexual Assault Unit	5033 1899 (24 hrs, Swan Hill).
Men's Line Relationship Counselling	1300 789 978, https://mensline.org.au/
Victims of Crime Counselling (Anglicare Victoria)	1800 244 323; AH 1800 819 817.
WIRE (Women's Information and Referral Services)	1300 134 130, https://www.wire.org.au/
1800 Respect	1800 737 732, national sexual assault, domestic violence counselling service (24 hrs 7 days).
Rubbish & Recycling Days	http://www.buloke.vic.gov.au/collection-schedule
Sea Lake – General Information	Information about Sea Lake: http://sealake.vic.au
Sleep School – Referral by GP or Maternal Nurse required	Public Options: Tweddle (0-4 yrs), Footscray, 03 9689 1577, www.tweddle.org.au Mercy Health O'Connell Family Centre, Canterbury (0-4 yrs), 03 8416 7600; https://www.mercyhealth.com.au/ Queen Elizabeth Centre Noble Park, (0-4 yrs), 03 9549 2777, www.qec.org.au Private Options: Masada Private Hospital Mother Baby Unit (0-1 yr), St Kilda, 03 9038 1413, www.masadaprivate.com.au Mitcham Private Hospital Mother Baby Unit (0-1 yr), 03 9210 3134; www.mitchamprivate.com.au
Sleep Settling Advice	Royal Society for the Welfare of Mothers and Babies Tresillian Nurse; 1300 272 736, free information. https://www.tresillian.org.au/ User pays service also available: phone consults on early years issues.

Speech Pathology	
Bendigo	Bendigo Speech Works, 5443 9912; Sue Begg & Alison Hogan Speech Pathology 0418 375 518; Talk it Up Speech Pathology 0438 006 445.
Boort, Kerang & Quambatook	Northern District Community Health 5451 0200.
Horsham	Speech Kids, Droylsden House 0409 044 966; Wimmera Health Care Group 5381 9333.
Minyip	West Wimmera Health Service 5391 4292, intake@wwhs.net.au
Sea Lake	For children of families serviced by Mallee Track Health and Community Service, Sea Lake Campus. Referral forms from Sea Lake Preschool or Sea Lake Playgroup, fax to Briony Munro at MTHCS on 5092 1177 or email bmunro@mthcs.vic.gov.au
Swan Hill	Eloquent Speech Pathology 5032 3591 / 0458 044 476; Swan Hill District Health 5033 9390.
Teletherapy – not place based. Need access to internet and a computer with camera and microphone.	Speech Therapy, Sue on 0427 465 820. https://therapyconnect.com.au/about/reception@therapyconnect.com.au
Warracknabeal	Rural North West Health 5396 1200.
Sports & Recreation Opportunities	
Enquire at your local Neighbourhood House or see www.buloke.vic.gov.au/community-directory	
Swimming Pools & Lakes	
Pools open summer months, mid Nov to March, www.buloke.vic.gov.au/swimming-pools	
Berriwillock Pool	Entrance to the rear of Tynan Park, 53 Taverner Street.
Birchip Pool	Entrance through Memorial Park, Cumming Avenue.
Charlton Pool	Mildura Way.
Donald Pool	150 Woods Street.
Sea Lake Pool	98 Horace Street.
Watchem Pool	42 Camp Street.
Wycheproof Pool	21 Charles Street.
Green Lake Regional Park	10 kms from Sea Lake on Birchip Road (playground, barbecues).
Tchum Lake	8 kms from Birchip on the Wycheproof Road (includes playground).
Watchem Lake	On the Warracknabeal Road (includes playground).
Wooroonook Lakes	14.2 kms from Charlton on Borung Highway.
Taxi	
St Arnaud: 0419 764 978; Swan Hill: 5032 2288.	
Transport – Learn to Drive	
See L – L2P Program.	
Transport – Birchip	
Birchip Cares (volunteer drivers take clients without other means of transport to medical appointments only) 5492 2287; Birchip Forum Bus (hire/drive) 5492 2287; See Public Transport Victoria (PTV) Website for travel options and click on timetables tab; Birchip to Horsham (via Warracknabeal) https://ptv.vic.gov.au/route/view/1538 ; Birchip to Bendigo https://www.ptv.vic.gov.au/timetables/linemain/5055/ or call 1800 800 007.	
Transport – Charlton	
Charlton to Bendigo to Melbourne: Further information and travel options: 1800 800 007 or https://www.ptv.vic.gov.au/timetables Volunteer Transport Charlton – bookings 5491 2333.	
Transport – Donald	
V/Line Bus to Horsham https://www.ptv.vic.gov.au/timetables or call 1800 800 007; PTV Bus to Melbourne, Ballarat, Bendigo and Mildura, check PTV website. Tickets at Donald Newsagency. Volunteer Transport – Donald Neighbourhood House/Learning Group 5497 1707.	

Transport – Sea Lake	Sea Lake to Swan Hill Bus Service (Departs Thurs. 9:00am, Cnr Best St & Calder Hwy); Sea Lake to Melbourne (via Charlton & Bendigo), See: https://www.ptv.vic.gov.au/timetables/linemain/1533/7 or call 1800 800 007. Volunteer Transport – Sea Lake Neighbourhood House, 5070 1448.
Transport – Wycheproof	PTV website: https://www.ptv.vic.gov.au/timetables or call 1800 800 00; Wycheproof to Swan Hill Bus (PTV). https://www.ptv.vic.gov.au/timetables ; Wycheproof Special Purpose Taxi 0408 308 517. Volunteer Transport – Wycheproof Community Resource Centre 5493 7455.
VicRoads Agencies	In Buloke Shire at Donald & District Community Bank, 61 Woods St., 5497 1194 or Wycheproof Community Resource Centre, 280 Broadway, 5493 7455; https://vicroads.vic.gov.au/i-want-to
Victorian Patient Transport Assistance Scheme (VPTAS)	Travel and accommodation subsidy for rural people needing to travel 100kms+ one way to the nearest specialist. A VPTAS form may be available at your specialist or GP rooms; go to https://www2.health.vic.gov.au/hospitals-and-health-services/rural-health/vptas-how-to-apply ; email vptas@dhhs.vic.gov.au or call 1300 737 073.
Volunteering	Volunteering is a great way to connect with your community. Enquire at your local Neighbourhood House, Op Shop, Health Service, School or at the Buloke Shire Council.
Watchem – General Information	https://www.wimmeramalleetourism.com.au/our-towns/watchem-victoria
Welfare	See M – Money, Debt & Emergency Relief
Women’s Health	Northern District Community Health (Boort, Kerang & Quambatook) 5451 0200; Swan Hill District Health Well Women’s Clinics, 5033 9337
Wycheproof – General Information	http://www.aussietowns.com.au/town/wycheproof ; https://www.wimmeramalleetourism.com.au/our-towns/wycheproof-including-nullawil
Youth Programs	www.buloke.vic.gov.au/youth-programs

QUICK REFERENCE LIST:

*Service Guide funded by the Australian Government Department of Social Services.
For further information go to www.dss.gov.au*

Resources for Buloke Shire families with children 0-12 years
Mallee Family Care Education, Training and Research Unit, Birchip – Published November 2019

For amendments or additions to future versions of this guide please email:

whersey@malleefamilycare.com.au