

Resources for Buloke Shire families with children aged 0–12

Enabling our families to find a service or
facility when and where they want.

Advocacy

Council of Single Mothers and Their Children	Links for help in meeting education costs; negotiating with agencies, advocacy, information and referral. Ph: 1300 552 511 (9:30am - 3:00pm). http://www.csmc.org.au/ Facebook: www.facebook.com/councilofsinglemothers
Heath Commissioner	In order to improve the health and safety provided by health services, the Health Commissioner investigates complaints that have been unable to be resolved. Ph: 1300 582 113 (9-5, Mon to Fri). See https://hcc.vic.gov.au/
Members of Parliament – State and Federal Government	Dr Anne Webster Member for Mallee (Federal Government issues, e.g. Medicare/ Centrelink), Ph: 5021 5987 (Mildura office) or 1300 131 620 Email: anne.webster.mp@aph.gov.au Ms Jade Benham, Member for Mildura (State member) Ph: 5021 2828 Email: jade.benham@parliament.vic.gov.au Ms Martha Haylett, Member for Ripon (includes Charlton & Donald) Ph: 5461 1255 or 1300 782 539 Email: martha.haylett@parliament.vic.gov.au
Ombudsman – helping to resolve disputes between People and their Service Providers	Telecommunications Ombudsman, Ph: 1800 062 058 https://www.tio.com.au Water & Energy Ombudsman: Resolving disputes between Victorians and their Energy or Water Supplier, Ph: 1800 500 509 https://www.ewov.com.au Victorian Ombudsman: Dealing with complaints about Government Ph: 131 450 or 1800 806 314 https://www.ombudsman.vic.gov.au
Stronge families, Strong communities	North Central LLEN Ph: 5491 1144 Email: ncllen@ncllen.org.au https://www.ncllen.org.au
Your Local Government representatives at Buloke Shire Council	Buloke Shire Council website: https://www.buloke.vic.gov.au/councillors1

Audiology (continued on)

Bendigo	Bendigo Health (Doctor, Maternal Child Health Nurse or Allied Health referral required), Ph: 5454 8783 https://www.bendigohealth.org.au/AudiologyClinic/#patientinformation Acoustic Health 450 Hargreaves St, Bendigo Ph: 4418 2820 Email: admin@acoustichealth.com.au https://www.acoustichealth.com.au/contact
Horsham	Wimmera Health Care Group (Doctor's referral required). 83 Ballie St, Horsham Ph: 5381 9333 http://www.whcg.org.au/index.php/about-us/services/audiology Hearing Australia Ph: 13 44 32. https://www.hearing.com.au/
Swan Hill	Acoustic Health 40 McCallum St, Swan Hill Ph: 5032 4646 Email: admin@acoustichealth.com.au https://www.acoustichealth.com.au/ Country Hearing Care 21 High St, Swan hill including Telehealth consults Ph: 1800 4352 748 or 5032 5970 Email: admin@chcare.com.au https://chcare.com.au/
Your Local Government representatives at Buloke Shire Council	Buloke Shire Council website: https://www.buloke.vic.gov.au/councillors1

Autism

AMAZE (Autism Victoria): Information, Training & Resources	Autism Information Advisor Service Line (funding for children 0-6 with Autism) Ph: 1300 308 699 Email: info@amaze.org.au www.amaze.org.au
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Autism (continued on)

Clinical Psychologists working with children on the autism spectrum/Child Psychology

Bendigo: Bendigo Psychology
37 Wills St, Bendigo

Ph: 5443 2284
<https://bendigopsychology.com.au>

Clinical Psychology Victoria
413 Napier St, White Hills

Ph: 5443 1090
Email: reception@cpvic.com.au
Clinical Psychology Victoria – Leading Care, Learning and Research.
cpvic.com.au

AWG Psychology,
Emu Creek Health Professionals
955 Wellington Way, Strathfieldsaye

Ph: Aaron 0434 821 545
Email: mail@awgpsychology.com.au
<https://www.awgpsychology.com.au>

Therapy Connect
Ph: 1300 488 532
<https://therapyconnect.com.au/about/>

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 Occupational Therapists listings.

Breast Feeding Support

Australian Breastfeeding Association

Breast feeding helpline/counselling

Ph: 1800 686 268
<https://www.breastfeeding.asn.au/>

Cancer Support

Cancer – McGrath Nurses	https://www.mcgrathfoundation.com.au Bendigo Rosemary Gillies Email: rosemary.gillies@sjog.org.au Ph: 0412 487 086 Horsham Allison Hicks Email: alison.hicks@whcg.org.au Ph: 0427 811 269 Swan Hill & Buloke Shire Leanne Bibby Email: lbibby@shdh.org.au Ph: 5033 9202 / 0408 013 386.
Cancer – Canteen	Support for young people affected by cancer – self, parent, sibling, friend Ph: 1800 226 833 www.canteen.org.au

Cancer Support - Palliative Care

Carer Support Services (including Buloke Shire)	Bendigo Health Carer Support Services, Intake, carer support for non-NDIS clients; respite and emergency respite service 100 Barnard St, Bendigo Ph: 1800 068 978 or (03) 5454 7719 Email: carersupportservices@bendigohealth.org.au https://www.bendigohealth.org.au/CarerSupportService/
Carer Support – Mallee Track Health and Community Service	Sea Lake 33-43 McClelland St, Sea Lake Ph: 5092 1111 https://www.mthcs.com.au/services/community-services/carers-support-groups
Carer Advisory Line	Need assistance or a break, Ph: 1800 514 845 (8.30am-5pm) Email: reception@carersvictoria.org.au www.carersvictoria.org.au
Foster Child Health Care Card	Foster carers or those caring for someone else's child can apply for the card (not income tested). See https://www.servicesaustralia.gov.au/individuals/services/centrelink/foster-child-health-care-card
Grandparent & Non-Parent Carers Advisory Line	Assistance with Medicare, registering for Child Care Subsidy, Centrelink Ph: 1800 245 965. Ask to speak with a social worker on 132 850 if there are ongoing difficulties with service registration.

Centrelink – Services Australia

Assistance for Isolated Children (rural/remote) Ph: 132 318

Carer Payments/Allowance, People with Disability Ph: 132 717

Families: Child Care Subsidy, Parenting Payment, Dad & Partner Pay, Family Tax Benefit, Parental Leave Pay. Ph: 136 150

Emergency Assistance – Crisis payment & Special Benefit. Ph: 132 850

Employment Services, including Job Seeker Ph: 132 850

Farm Assistance & Farm Household Allowance Ph: 132 316

Income Management/Basics Card Ph: 1800 132 594

Scams and Identity Theft Ph: 1800 941 126

Social Worker/Help in an Emergency Ph: 132 850

Youth Allowance; Austudy; Health Care Card; pensioner education supplement Ph: 132 490

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 or Donald 5497 1707 (8:30am – 5:00pm). Access Point at Wycheproof Community Resource Centre, 5493 7455. Centrelink contacts: <https://www.servicesaustralia.gov.au/individuals/contact-us/phone-us#centrelink>

Chemist

Birchip
Pharmacy Excellence
51 Cumming Ave, Birchip
Ph: 5492 2420
Email: birchip@pharmacyexcellence.com.au
<https://www.pharmacyexcellence.com.au/>

Charlton
Charlton Pharmacy
23 High St, Charlton
Ph: 5491 1521
Email: charltonpharmacy@gmail.com
<https://www.facebook.com/people/Charlton-Pharmacy/100057508237646/>

Donald
Donald Pharmacy
62 Woods St, Donald
Ph: 5497 1240
Email: donald@caremorepharmacy.com.au

Sea Lake
Sea Lake Pharmacy
100 Best St, Sea Lake
Ph: 5070 1003
Email: sealakepharmacy@gmail.com
<https://www.facebook.com/SeaLakePharmacy3533>

Wycheproof
Wycheproof Pharmacy Depot
314 Broadway, Wycheproof
Ph: 5493 7413
Email: wycheproofpharmacydepot@outlook.com
<https://www.facebook.com/boortcommunitypharmacy/>

Wycheproof Pharmacy
332 Broadway, Wycheproof
Ph: 5493 7030.

Child Care

Birchip	Birchip Early Learning Centre 43-47 Campbell St, Birchip Ph: 4311 1505 Email: birchip@ykinders.org.au https://ykinders.org.au/centres/birchip/ Little Tikes Family Daycare 20 Campbell St, Birchip Ph: 0437 846 988
Donald	Donald Long Daycare 10 Houston St, Donald Ph: 4311 1567 Email: BirchipLDC@yballarat.org.au https://yballarat.org.au/long-day-care-centres/
Sea Lake	Sea Lake Early Learning Centre 11 Complex Dr, Sea Lake, 3533 Ph: 5070 1387 https://www.mthcs.com.au/community/sea-lake/sea-lake-early-learning-centre
St Arnaud	St Arnaud Early Learning Centre 3 Walker St, St Arnaud, 3478 Ph: 5495 2655 Email: staccp@ngshire.vic.gov.au https://www.ngshire.vic.gov.au/Community/Early-Years-Services/Long-Day-Care/St-Arnaud-Early-Learning-Centre
Wycheproof	Wycheproof Long Daycare 36 High St, Wycheproof, 3527 Ph: 4311 1531 Email: WycheproofLDC@ballarat.org.au https://yballarat.org.au/long-day-care-centres/

Child Care Access Hotline

	Information and contacts for approved childcare providers, 8:00am – 6:00pm Monday to Friday. Ph: 1800 670 305
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Childcare Subsidy Helpdesk

	9:00am – 5:00pm (Monday to Friday), Ph: 1300 667 276 Email: ccshelpdesk@dese.gov.au https://www.education.gov.au/about-department/contact-us
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Children and Families wellbeing

The Orange Door	For Families who need assistance with care and wellbeing of children and to access services they need to be safe and supported Ph: 1800 290 943 https://orangedoor.vic.gov.au
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Child Support

Services Australia

Enquiry line: 131 272
<https://www.servicesaustralia.gov.au/individuals/child-support>

Chiropractor

Charlton

Charlton Massage Clinic
 3 High St, Charlton
 Ph: 5491 1177
<https://charltonmc.com/>

Horsham

Back for Life Wellness Centre
 119 Firebrace St, Horsham
 Ph: 5381 1892
<https://back4life.com.au/>

Wimmera Chiropractic Centre (Horsham and Warracknebeal)
 82 Ballie St, Horsham
 Ph: 5382 2528
 Or 33 Woolcock Rd, Warracknabeal
 Ph: 5398 1899
 Email: admin@wimmerachiro.com.au
<https://www.wimmerachiro.com.au/>

Swan Hill

Mid-Murray Chiropractic
 43 Beveridge St, Swan Hill
 Ph: 5032 9366.
<https://mmchiro.com.au/>

Clubs & Groups for Leisure Time

Enquire at your local Neighbourhood House or see
<https://www.buloke.vic.gov.au/recreation-reserves> for all Club/Recreation Reserve information. See <https://www.buloke.vic.gov.au/community> or all community groups/opportunities.

Community Health Nurse

East Wimmera Health Service Intake

Ph: 5477 2222
 Email: intake@ewhs.org.au

Sea Lake

Mallee Track Health & Community Service:
 33-43 McClelland Ave, Sea lake VIC, 3533
 Ph: 5070 2155
 Email: mail@mthcs.vic.gov.au
<https://www.mthcs.com.au/>

Community Grants

Charlton & Wycheproof through Charlton branch	Bendigo Bank: Charlton & Wycheproof through Charlton branch 39-41 High St, Charlton Ph: 5491 2322 https://www.bendigobank.com.au/siteassets/branchassets/communitycompanies/northcentralfinancialserviceslimited/sponsorshipgrants/sponsorship-form---ncfs-2019.pdf
Sea Lake	Mallee Track Health & Community Service: 33-43 McClelland Ave, Sea lake VIC, 3533 Ph: 5070 2155 Email: mail@methcs.vic.gov.au https://www.methcs.com.au/

Community Grants (continued on)

Donald	Donald & District Community Bank 61-63 Woods St, Donald (Application forms in store) Ph: 5497 1194
Government Grants	www.vic.gov.au/grants

Computers, refurbished

	Refurbished and affordable Information Technology from B2B Recyclers. Ph: 0468 890 565 Email: info@b2crecyclers.com.au www.b2crecyclers.com.au
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Continence Nurse

Help with bedwetting & bowel issues

Bendigo	Bendigo Health Ph: 5454 8500, press 1 for Rehabilitation, then 3 for continence. 100 Barnard St, Bendigo https://www.bendigohealth.org.au/Continenceserviceclinic/
Swan Hill	Swan Hill District Health Community Rehabilitation centre 58 McCrae St, Swan Hill VIC 3585 Ph: 5033 9321 https://www.shdh.org.au/our-services/community-rehabilitation-centre/
Kerang	Kerang District Health 13-15 Burgoyne St, Kerang Ph: 5450 9200 Email: contact@kdh.org.au https://www.kdh.org.au/
Horsham	Wimmera Regional Continence Service 83 Ballie St, Horsham Ph: 5381 9321 http://www.wimmerapcp.org.au/hacc-and-community-aged-care/grampians-region/continence-strategy/
National Continence Helpline	The National Continence Helpline, continence nurse specialist provides literature, information & Services Ph: 1800 330 066 Mon to Fri 8-8.

Council Services

Buloke Shire Council

Buloke Shire Council services that families may like to access include: Maternal Child Health; Library Service; Playgroups (listed under Education); Pet registration; rubbish collection, landfill hours and recycling schedules.

Ph: 1300 520 520

<https://www.buloke.vic.gov.au/>

Counselling

Also see categories – Drug, Alcohol or Gambling Counselling; Mental Health and Counselling (more psychology options) or Relationship Counselling.

Birchip, Charlton, Donald Wycheproof

East Wimmera Health Service Intake

Ph: 5477 2222

Email: intake@ewhs.org.au

<https://ewhs.org.au/services/community-health>

Or enquire in person at local EWHS campus

Birchip

26 Duncan St, Birchip

Charlton

4 Learmonth St, Charlton

Donald

Aitken Ave, Donald

Wycheproof

19 Grandview St, Wycheproof

Bendigo Community Health Counselling

165-171 Hargreaves St, Bendigo

Ph: 5406 1200

Email: bchs@bchs.com.au

<https://www.bchs.com.au/counselling>

Boort, Quambatook, Kerang

Northern District Community Health (includes generalist and youth counselling)

Ph: 5451 0200

Locations.

119-121 Godfrey St, Boort

33 Mildred St, Quambatook

24 Fitzroy St, Kerang

Northern District Community Health

Counselling (continued on)

Also see categories – *Drug, Alcohol or Gambling Counselling; Mental Health and Counselling (more psychology options) or Relationship Counselling.*

Horsham	Headspace Horsham 77 Hamilton St, Horsham Ph: 5381 1543 info.headspacehorsham@vt.uniting.org headspace Horsham Youth Mental Health Centre & Services Grampians Community Health 70-72 Hamilton St, Horsham Ph: 5358 7400 https://gch.org.au/service/psychological-therapy-service-pts/ Wimmera Health Care Group Ph: 5381 9333 (social work); 83 Ballie St, Horsham http://www.whcg.org.au/about-us/services/social-work Wimmera Uniting Care 185 Ballie St, Horsham Ph: 5362 4000. https://www.unitingvictas.org.au/services/mental-health/ Wimmera Psychology 143-145 Ballie St, Horsham Ph: 0488 488 088 https://www.wimmerapsychology.com.au/
Inglewood	Inglewood & Districts Community Health Service 3 Hospital St, Inglewood Ph: 5431 7000 Email: gch@gch.org.au https://www.idhs.vic.gov.au/chronic-disease
Swan Hill	Swan Hill District Health Counselling Department, 13 Prichard St, Swan Hill Ph: 5033 9880 Email: CReception2@shdh.org.au https://www.shdh.org.au/our-services/counselling-services/ Baudinet Psychological Practice 44 Rutherford St, Swan Hill Ph: 5032 1199 Email: baudinet@thebaudinetcentre.com The Swan Hill Therapy Hub- Liz McDonald Counselling 450 Campbell St, Swan Hill Ph: 0438 835 273 Email: reception.lizmcdonald@gmail.com

Dental	
Bendigo	Bendigo Smiles 78 Arnold St, Bendigo Ph: 5441 6447 Email: enquiries@bendigosmilesdentist.com.au https://www.bendigosmilesdentist.com.au/ Community Dental Service (Bendigo Health) Level 7, East Building 100 Barnard St, Bendigo Ph: 5454 7994 Email: dental@bendigohealth.org.au https://www.bendigohealth.org.au/dentalservices/
Boort	Boort Dental Clinic 31 Kiniry St, Boort, VIC, 3537 Ph: 5451 5230 http://bdh.vic.gov.au/dental-services/dental-care.html
East Wimmera Health Service	Central Intake- (Health Care Card Holders), Ph: 5477 2173 Email: intake@ewhs.org.au https://ewhs.org.au/services/community-health
Horsham	Wimmera Family Dental 81 Hamilton St, Horsham, VIC, 3400 Ph: 5382 4438 https://www.wimmerafamilydental.com/contact
Royal Flying Doctors	Makes periodic visits Ph: 8412 0444 Email: dental@rfdsvic.com.au https://www.flyingdoctor.org.au/vic/what-we-do/mobile-dental-care/
Sea Lake & District	Mallee Track Health & Community Service Ouyen Ph: 5092 11121 33-43 McClelland Ave, Sea Lake https://www.mthcs.com.au/services/primary-health-services/dental
St Arnaud	St Arnaud Family Dental 104 Napier St, St Arnaud Ph: 5495 2559 Email: reception@starnauddental.com.au http://starnauddental.com.au/
Swan Hill	Swan Hill Dental Group 75A McCallum St, Swan Hill Ph: 5032 1408 https://www.swanhilldentalgroup.com.au/ Swan Hill District Health 30 High St, Swan Hill Ph: 5033 9336 https://www.shdh.org.au/our-services/dental-services/ Swan Hill Smiles 259 Beveridge St, Swan hill Ph: 5033 1115 Email: enquiries@swanhillsmiles.com.au https://www.swanhillsmiles.com.au/
Warracknabeal	Warracknabeal Dental Clinic 47 Lyle Street, Warracknabeal Ph: 5398 1553 https://www.warrackdental.com.au/

Dietician

Boort, Kerang, Quambatook, Cohuna, Pyramid Hill	Northern District Community Health 24 Fitzroy St, Kerang 119-121 Godfrey St, Boort 33 King Edward St, Cohuna 12 Victoria St, Pyramid Hill 33 Mildred St, Quambatook Ph: 5451 0200 https://ndch.org.au/allied-health/dietitian/
East Wimmera Health Service	Central intake service Ph: 5477 2222 Email: intake@ewhs.org.au https://ewhs.org.au/services/primary-care#Allied-health
Sea Lake & Swan Hill	Swan Hill District Health 125 Campbell St, Swan Hill Ph: 5033 9337 Email: chreception@shdh.org.au https://www.shdh.org.au/our-services/dietetic-services/
Minyip	West Wimmera Health Service Ph: 5391 4222 Email: intake@wwhs.net.au https://www.wwhs.net.au/dietetics-and-nutrition-1
Warracknabeal	Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1285 Email: intake@rnw.net.au https://rnw.net.au/services/community-health/dietitian/

Disability

Advocacy & Support Line for parents of children with a disability	Association for Children with a Disability Ph: 1800 654 013 https://www.acd.org.au/support-line
Carer Support	Bendigo Health Care Group – Swan Hill. Access through Carer Gateway Ph: 1800 422 737 www.carergateway.gov.au or; Bendigo Health carer Support Services Ph: 1800 068 978 Email: carersupportservices@bendigohealth.org.au https://www.bendigohealth.org.au/CarerSupportService/
Early Childhood Early Intervention Partner (NDIS).	Intake: Intereach 426 Hargreaves Street, Bendigo, Mon to Fri, 9:00 - 5:00, Ph: 1300 488 226 Email: iac@intereach.com.au https://www.intereach.com.au/ Swan Hill 215 Campbell Street, Swan Hill Ph: 1300 488 226 Horsham 142 Firebrace Street, Horsham Ph: 1800 242 696.

Disability (continued on)

Early Childhood Intervention Service (covering Buloke Shire)	Noah's Ark Swan Hill (Provides home-based interventions for children, including speech pathology, occupational therapy and physiotherapy) 64 Pye St, Swan Hill Ph: 1800 819 140 Email: hello@noahsarkinc.org.au https://www.noahsarkinc.org.au/
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	Buloke Shire Home & Community Care Coordinator 367 Boardway St, Wycheproof Ph: 1300 520 520 Email: buloke@buloke.vic.gov.au http://www.buloke.vic.gov.au/how-to-access-aged-and-disability-services-
Information and Advocacy	RIAC (Rights, information and Advocacy Centre) Ph: 5222 5499 Email (referrals): referrals@riac.org.au www.riac.org.au
Mallee Sports Assembly	Access to sports activities regardless of abilities 280 Broadway St, Wycheproof, VIC, 3527 Ph: 0427 780 109 or 5493 7796 Email: wycheproof@malleesportsassembly.org.au https://www.malleesportsassembly.org.au/
Registered NDIS Provider	Northern District Community health Services 16-30 Fitzroy St, Kerang Ph: 5451 0200 Email: ndis@ndch.org.au www.ndch.org.au
Respite – Flexible respite for carers caring for family member with autism, mental illness and disability	Through Carer Gateway Ph: 1800 422 737 https://www.carergateway.gov.au/

Doctor (including referral to paediatrician).

Families who speak English as a Second Language may ask clinics to link you to the Translating and Interpreter Service phone: 131 450.

Birchip Medical Clinic	26-28 Duncan St, Birchip Ph: 5477 7105 Email: reception@birchipmedical.com.au
Boort District Medical Centre	2 Coutts St, Boort Ph: 5451 5220 Email: medicalreception@bdh.vic.gov.au
Charlton Medical	Including a rural women's GP Service through Royal Flying Doctors Service. 2 Learmonth St, Charlton Ph: 5477 6888 https://charltonmedical.com.au/
Donald Family Clinic	7 McCracken Ave, Donald Ph: 5497 1100 Email: pracmanager@donaldfamilyclinic.com.au

Doctor (including referral to paediatrician). (continued on)

Families who speak English as a Second Language may ask clinics to link you to the Translating and Interpreter Service phone: 131 450.

Mallee Track Medical Clinic Sea Lake	33-43 McClelland St, Sea Lake, VIC, 3533 Ph: 5070 2118 Email: surgery@mthcs.vic.gov.au https://www.mthcs.com.au/community/sea-lake/sea-lake-medical-clinic
Swan Hill Clinics	Primary Health Medical Clinic 54-56 McCrae St, Swan Hill, VIC, 3585 Ph: 5033 9900 https://www.shdh.org.au/medical-centre/
Kerang	Northern District Community Health Medical Clinic 16-30 Fitzroy St, Kerang, VIC, 3579 Ph: 5452 1366 https://ndch.org.au/gp-clinic/
Woomelang Bush Nursing Centre	16 Proctor St, Woomelang, VIC 3485 Ph: 5072 6100 http://www.wbnc.org.au/
Wycheproof Medical Centre	23 Grandveiw St, Wycheproof Ph: 5493 7672 Email: drkmulligan@wychemedical.com.au
Medical and Health advice 24 hours	
After Hours GP Helpline	Ph: 1800 022 222.
Nurse On Call	Ph: 1300 606 024

Domestic Violence & Related Services

1800 Respect	1800 Respect, National sexual assault, domestic and family violence counselling and information referral service (24 Hour Assistance) Ph: 1800 737 732 https://www.1800respect.org.au/
Mallee Domestic Violence Service	14-18 McCallum St, Swan Hill, VIC, 3585 Ph: 5033 1899 https://msau-mdvs.org.au/
Djirra Aboriginal Family Violence Legal Service	Mon to Fri, 9-5 for legal/non-legal support to Aboriginal people experiencing/having experienced family violence. Ph: 1800 105 303 https://djirra.org.au
Yarning SafeNStrong	Ph: 1800 959 563 24hrs, every day. https://www.vahs.org.au/yarning-safenstrong/
In Touch, Multicultural Centre Against Family Violence	(9am-5pm), for women & children from culturally & linguistically diverse backgrounds Ph: 1800 755 988 https://intouch.org.au
The Orange Door	Ph: 1800 290 943 https://www.orangedoor.vic.gov.au

Domestic Violence & Related Services (continued on)

Safe Steps Family Violence Response Centre	Support information & referral to safe crisis accommodation. Ph: 1800 015 188 https://www.safesteps.org.au/
With Respect LGBTIQ+ Family Violence Service	Ph: 1800 542 847 https://www.withrespect.org.au
Men's Referral Service	Counselling/support about behaviour, (Mon to Fri 9-9) Ph: 1300 766 491 Email: info@mrs.org.au

Drug, Alcohol or Gambling Counselling

ACSO Assessment Line for Alcohol and Drug issues	ACSO (Australian Community Support Organisation) for intake into local providers. Ph:1300 022 760 Email: asco@asco.org.au https://www.acso.org.au/
Alcohol & Drug Information/telephone counselling Service	1800 888 236 (24 hours) www.directline.org.au
Bendigo Community Health	Adult and youth counselling Ph: 5448 1699 Email: bchs@bchs.com.au https://www.bchs.com.au/mental-health
Direct Line	Alcohol and drug counselling and referrals for Victorians Ph: 1800 888 236, 24hrs/7 days https://www.directline.org.au/
EACH Counselling/Services	Ph: 1300 003224 https://www.each.com.au/
East Wimmera Health Service	Ph: 5477 2173 Email: intake@ewhs.org.au
Northern District Community Health (visits Buloke Shire for Drug & Alcohol Counselling/Withdrawal service)	Please call ACSO for intake Ph: 1300 022 760 https://www.acso.org.au/referrals/aod/ Northern District Community Health Kerang office Ph: 5451 0200
SalvoCare Northern	Via ACSO 1300 022 760 or; walk into Swan Hill office 190-192 Beveridge St, Swan Hill, VIC, 3585 Ph: 5033 1718 https://www.acso.org.au/referrals/aod/
Swan Hill Counselling Service	Swan Hill District Health Counselling Service (for drug 1-1 counselling and or withdrawal programs) 13 Pritchard St, Swan Hill, VIC, 3585 Ph: 5033 9880 https://www.shdh.org.au/our-services/counselling-services/ Please call ACSO for intake Ph: 1300 022 760 https://www.acso.org.au/referrals/aod/

Drug, Alcohol or Gambling Counselling (continued on)

Wimmera Uniting Care (Alcohol and Other Drugs Counselling),	Ph: 1800 195 114 (BH) for intake https://www.unitingvictas.org.au/services/alcohol-other-drugs/ Or; ACSO Ph: 1300 022 760 https://www.acso.org.au/referrals/aod/
Gamblers Help	Ph: 1800 244 323 https://gamblershelp.com.au/

Drug Screening Locations

	Donald Campus of East Wimmera Health Service Aitken Ave, Donald Ph: 5478 6200 Email: donald@ewhs.org.au
	St Arnaud Campus of East Wimmera Health Service 52 North Western Rd, St Arnaud Ph: 5477 2100 Email: starnaud@ewhs.org.au https://ewhs.org.au/

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.
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Education – Birchip & Watchem

Birchip Playgroup	Meets Friday's 10am-12am at Birchip IHOM Room, 2 Corack Road, Birchip. https://www.facebook.com/BirchipPlaygroup/
Birchip Tiny Bulls Playgroup	Playgroup Monday's 10:30am-12:00pm during school terms at the Birchip IHOM Room, 2 Corack Road. Families just attend or for enquiries, please contact Mallee Family Care and ask for a Supported Playgroup Facilitator on 03 5032 4479 or ctepper@malleefamilycare.com.au
Shake, Rattle and Read	Enquiries to Birchip P-12 School 5492 2287.
Birchip Early Learning Centre	43-47 Campbell St, Birchip, VIC, 3483. Email: birchip@ykinders.org.au Ph: (03) 4311 1505
Birchip P-12 School	Ph: 5492 2287 http://www.birchip.vic.edu.au/
Watchem Supported Playgroup – Small Talk	Watchem Hub, enquiries to 0437 951 948.

Education – Charlton

Charlton Playgroup	Enquiries to Kelly: 0487 459 772 Email: playgroupcharlton@gmail.com Meets at St Joseph's Primary School Multipurpose room (25 Watson St, Charlton)
Charlton Early years centre	1 Armstrong St, Charlton, VIC, 3525. Email: charlton@shinebright.org.au Ph: 0422 808 015
St Joseph's Primary School	Ph: 5491 1343, Email: admin@sjcharlton.catholic.edu.au http://www.sjcharlton.catholic.edu.au/
Charlton College	Ph: 5491 1280, Email: charlton.p12@education.vic.gov.au http://www.charlton.vic.edu.au/

Education – Donald

Dynamic Butterflies Playgroup	Playgroup Thursday's 10:30am-12:00pm during school terms at the East Laen Building, Donald Primary School. Families just attend or for enquiries, please contact Mallee Family Care and ask for a Supported Playgroup Facilitator on 03 5032 4479 or ctepper@malleefamilycare.com.au
Donald Active Playgroup	Meets Tuesday mornings at the 'Big Shed', Donald Primary School 9:30am-11am. Enquiries to Julia: 0417 126 069, joolz@hotmail.com
Donald Kindergarten	10 Houston St, Donald, VIC, 3480 Ph: 5497 1465 Email: donald@ykinders.org.au
Donald Primary School	Ph: 5497 1581; school counsellors available. *Serviced by buses from surrounding rural areas, donald.ps@edumail.vic.gov.au http://www.donaldps.vic.edu.au/
Donald St Mary's Primary School	Ph: 5497 1116, Email: principal@smdonald.catholic.edu.au http://www.smdonald.catholic.edu.au/
Donald High School	Ph: 5497 1205 Email: donald.hs@education.vic.gov.au http://www.donaldhs.vic.edu.au/

Education – Nullawil

Nullawil Primary School	Ph: 5493 5260, Email: nullawil.ps@education.vic.gov.au
Playgroup enquiries	Bree-Anna Poyner: 0423 737 251/Lauren Poyner: 0437 249 528.

Education – Sea Lake

Tiny Cubs Community Playgroup	Wednesday mornings during term from 9:30am-11am at St Mary of the Cross Community Centre, 47 Hannon St, adjacent to St Mary's School. For bookings, please contact Susie on 0429 771 750 sbryan@malleefamilycare.com.au
Sea Lake Early Learning Centre	Ph: 5070 1387 Email: earlyyears@mthcs.vic.gov.au
St Mary's Primary School	Ph: 5070 1272 www.smsealake.catholic.edu.au
Tyrrell College	Ph: 5070 2106; Email: tyrrell.co@edumail.vic.gov.au www.tyrrell.vic.edu.au

Education – Wycheproof

Books and Fun playgroup	Enquiries to Kelly 0487 459 772 Meets at Old Wycheproof Kindergarten
Playful Potoroos Playgroup	Playful Potoroos 10:30am to 12:00pm, Fridays (during school terms); at Wycheproof Early Years Centre, Cnr High & Mount Sts; Families just attend or for enquiries, please contact Mallee Family Care and ask for a Supported Playgroup Facilitator on 03 5032 4479 or ctepper@malleefamilycare.com.au
Wycheproof Kindergarten	Ph: (03) 4311 1591 Email: wycheproof@ykinders.org.au
Wycheproof P-12 College	Ph: 5493 7409 Email: wycheproof.p12@education.vic.gov.au http://www.wychep12.vic.edu.au/

Emergency

	000 (Ambulance, Fire, Police). Emergency + App: if in phone range, allows you to access your GPS coordinates so you can tell emergency services exactly where to find you.
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Employment

Birchip	Workforce Australia Ph: 132 848
Charlton – 66 High St	CVGT Employment Ph: 132 848
Charlton – 3 High St	Axis Employment Ph: 5032 5224
Donald – Woods St	Axis Employment Ph: 5032 5224
Sea Lake – 200 Best St	Job Active clients, Workforce Australia visits Ph: 132 848

Employment

St Arnaud & Swan Hill	Axis Employment, assists parents on parenting payment with children turning 6 into employment, appointments through Horsham (visits St Arnaud) 5381 1622, Swan Hill 5032 5224 or 1800 054 718 (Mon –Fri, 8:30 – 5:00 pm), swanhill@caei.com.au Axis Employment Ph: 5032 5224 CVGT (Active & Disability Employment Services) Ph: 132 848 MADEC Australia Ph: 5033 0025 Email: swanhill@madec.edu.au Murray Mallee Training Co. Ltd Ph: 5033 1216 Email: grouptraining@mmtc.com.au Wdea Works, helping people with disabilities into the workforce Ph: 03 4026 0010 Email: swanhill@wdeaworks.org.au
Wycheproof – 280 Broadway	MADEC Australia. Ph: 5033 0025

Exercise Opportunities

Donald	Elite Contender 24 – 7 Gym Ph: 0418 579 143
Warracknabeal	Elite Contender 24 – 7 Gym Ph: 0418 579 143
Birchip	Healthy life fitness and wellness centre Ph: 5361 7756

Family Support

Family Violence – see Domestic Violence Service or Relationship Counselling

Friendly Visiting Program

	Social Support & Companionship for isolated people; East Wimmera Health Service Central Intake, 5477 2173 or intake@ewhs.org.au
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General Information	
Berriwilllock	http://berriwilllock.vic.au/
Birchip	http://birchip.vic.au/
Charlton	http://charlton.vic.au/
Culgoa	http://www.victorianplaces.com.au/culgoa
Donald	https://www.wimmeramalleetourism.com.au/donald/
Nandaly	http://www.victorianplaces.com.au/nandaly
Sea Lake	https://sealake.vic.au/
Watchem	https://www.wimmeramalleetourism.com.au/our-towns/watchem-victoria

Hospitals	
Birchip	Birchip Campus of the East Wimmera Health Service Ph: 5477 7100 Email: birchip@ewhs.org.au
Charlton	Charlton Campus of East Wimmera Health Service Ph: 5477 6800 Email: charlton@ewhs.org.au
Donald	Donald Campus of East Wimmera Health Service Ph: 5478 6200 Email: donald@ewhs.org.au
Sea Lake	Sea Lake Campus of Mallee Track Health & Community Service Ph: 5070 2118 https://www.mthcs.com.au/
Wycheproof	Wycheproof Campus of the East Wimmera Health Service Ph: 5478 0700 Email: wycheproof@ewhs.org.au

Hospitals - District Health Services/facilities	
Bendigo	Bendigo Health (hospital) Ph: 5454 6000
Boort	Boort District Health (hospital) Ph: 5451 5200 Email: admin@bdh.vic.gov.au
Cohuna	Cohuna District Hospital Ph: 5456 5300
East Wimmera	East Wimmera Health Service, St Arnaud Campus Ph: 5477 2100 Email: starnaud@ewhs.org.au

Hospitals - District Health Services/facilities (continued on)

Kerang	Kerang Hospital Ph: 5450 9200 Northern District Community Health Ph: 5451 0200, Email: info@ndch.org.au (Includes Pyramid Hill Ph: 5455 7065 & Quambatook Ph: 5457 1300)
Swan Hill	Swan Hill District Health (Swan Hill Hospital) Ph: 5033 9300 Email: info@shdh.org.au Services https://www.shdh.org.au/ourservices/
Mildura	Mildura Base Public Hospital Ph: 5022 3333
Woomelang	Woomelang Bush Nursing Centre Ph: 5072 6100
Wimmera	Wimmera Health Care Group, Wimmera Hospital - Horsham Ph: 5381 9111
West Wimmera	West Wimmera Health Care Group - Nhill Hospital Ph: 5391 4222
Minyip	Minyip Community Health Ph: 5363 1200 Email: corporate@wwhs.net.au

Housing & Homelessness Support

Homeless because of domestic violence	Mallee Domestic Violence Service Ph: 5033 1899 (24 hrs). https://msau-mdvs.org.au/
Mallee Family Care Specialist Homelessness Service Swan Hill	Mallee Family Care 229 Beveridge St Swan Hill For the Buloke Shire, Ph: 5032 4479 (BH) or 1800 825 955 (AH). https://www.malleefamilycare.org.au/Our-Services/Homelessness.aspx
Northern District Community Health Specialist Homelessness Service Kerang	Northern District Community Health 16-30 Fitzroy St, Kerang Ph: 5451 0200 (BH) or 1800 825 955 (AH) https://ndch.org.au/specialist-homelessness-service-shs/
Office of Housing (public housing) Swan Hill	Department of Families, Fairness and Housing 210 Beveridge St, Swan Hill Ph: 5032 0100 https://www.dffh.vic.gov.au/
Outreach for homeless/insecurely housed people who receive Centrelink benefits	Haven Homesafe, 141/143 Lime Ave, Mildura VIC 3500 1300 428 364, https://havenhomesafe.org.au/get-help/outreach
Haven Homesafe	Housing Support, financial assistance, private rental assistance. 141/143 Lime Ave, Mildura VIC 3500 1300 428 364 https://www.havenhomesafe.org.au
Private rental properties online	Realestate.com.au https://www.realestate.com.au/

Housing & Homelessness Support (continued on)

Rental Agency	Northwest Real Estate, 53-55 Scott St, Warracknabeal Ph: 5398 2219 https://www.northwestrealestate.net.au/contact
Safe Steps	Emergency Crisis Accommodation for women and children Ph: 1800 015 188 (24 hrs). Email: safesteps@safesteps.org.au https://www.safesteps.org.au/
Salvation Army – St Kilda Crisis Centre	1800 627 727 (9:00am – 5:00pm).
Young Mother Baby Program	For Mothers 16-22, 12+ weeks pregnant who are homeless or at risk of homelessness. St John of God Health Care Cnr Lily and Chum St's, Bendigo Ph: 5446 9501 Email: HHmumsandbabies.bendigo@sjog.org.au https://www.sjog.org.au/our-services/community-and-youth-services/young-mother-and-baby-program
Victorian Statewide Homelessness Line	For connection to your nearest homelessness service: 1800 825 955 (24 hrs).

Immunisation

Buloke Shire Council	For pre-school children/secondary school immunisation program: to book an appointment please call: 1300 520 520 or book online at http://www.buloke.vic.gov.au/immunisation-services Wycheproof: 367 Broadway (Shire Hall supper room) Donald: 12 Houston Street, Donald Charlton: 25 Watson St, (St Joseph's primary school, Multipurpose room) Sea Lake: Complex Drive, Sea Lake Birchip: 39 Fraser Street, Birchip
Swan Hill Council	https://www.swanhill.vic.gov.au/Services/Health-and-wellbeing/Immunisations
Immunisation Register (check your child's records)	Register enquiries 1800 653 809

Justice of the Peace

	https://www.charlton.vic.au/resource/justices-of-the-peace/
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Kid's Helpline

Ph: 1800 551 800; for those aged 5-25
 Email: counsellor@kidshelpline.com.au
<https://kidshelpline.com.au>

Kinship Support

Horsham	Uniting Vic.Tas 185 Baillie Street, Horsham Ph: 5362 4000 https://www.unitingvictas.org.au/locations/horsham-youth-residential-services/
Mildura	CatholicCare 136 Lime Avenue, Mildura Ph: 5051 0000
Swan Hill	CatholicCare 226 Beveridge Street, Swan Hill Ph: 5051 0000

Koori Support Services

Bendigo	Bendigo and District Aboriginal Co-operative (family support, housing), 119 Prouses Road, North Bendigo Ph: 5442 4947 Email: reception@bdac.com.au
Horsham	Goolum Goolum Aboriginal Cooperative 43 Hamilton Street, Horsham - Ph: 5381 6333 Email: reception@goolumgoolum.org.au (Provides health & wellbeing services, including a doctor at the Hamilton Street Medical Clinic, women's health Ph: (5381 6330), allied health services, counselling Ph: (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), 70 Nyah Road, Swan hill Ph: 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, Charlton, Sea Lake, Donald, Wycheproof, St Arnaud: Jim's Mowing and Gardening Services – 131 546

<https://www.jimsmowing.com.au/local/gardening-services/vic/warracknabeal/>

Learn to Drive

TAC L2P Program

<https://transport.vic.gov.au/registration-and-licensing/licences/learner-permit/tac-l2p-learner-driver-mentor-program>

Legal Assistance – Public options

Legal Aid Victoria

Bendigo office: 424 Hargreaves Street
Ph: 03 5448 2333

Horsham office: 29 Darlot Street
Ph: 03 5381 6000

Mildura: 125 Ninth St
Ph: 03 5055 4001

Melbourne: 570 Bourke Street
Ph: 1300 792 387

Mallee Family Care Community Legal Centre

Phone intake worker on 1800 243 002 for an appointment.
Outreach to Birchip, Swan Hill & Kerang

Ph: 1800 243 002
Email: clc@malleefamilycare.com.au
<https://mfclegalcentre.com.au>

Legal Assistance – Private options

Horsham

Power & Bennett Lawyers: 12 Pynsent Street, Horsham (family law)
Ph: (03) 5382 0061
Email: mail@powerandbennett.com.au

St Arnaud

MCL Legal: 78 Napier Street (including property settlement/divorce; not child work)
Ph: (03) 5495 1033
Email: reception@mclegal.com.au
<http://mclegal.com.au>

Karen Lee Probst (Solicitor - not family law)
116 Napier Street, St Arnaud
Ph: (03) 5495 2595
Email: karen@klp.net.au

Swan Hill

Beck Legal: 226 Beveridge Street
Ph: 5032 4809
<https://becklegal.com.au/>

Swan Hill, Boort, Kerang, Cohuna

Joliman Lawyers: 42-44 McCallum Street (family law, mediation)
Ph: 5032 2121
<https://www.jolimanlawyers.com.au/>

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> 1300 520 520

Swan Hill Regional Library
53-67 Campbell St
Ph: 5036 2480

Loans & Grants – also see Money, Debt & Emergency Relief

No Interest Loans Scheme (NILS)

A no interest loan for low-income earners to pay for essential goods and services, e.g. 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 <https://services.dhhs.vic.gov.au/concessions-and-benefits>

Contact concessions information line – 1800 658 521
Email: urgis.applications@health.vic.gov.au

Massage Therapists

Birchip

Tim Ward Remedial Massage Therapist: 32 Duncan Street, Birchip
Ph: 0438 214 171
Email: mitdraw44@gmail.com

Central mallee health
14 Cumming Ave
Ph: 5032 2914
Email: admin@centralmalleehealth.com.au

Charlton

Charlton Massage Clinic: 3 High Street, Charlton. Open 8:30am-6pm
Weekdays - Ph: (03) 5491 1177.

Maternal Child Health Nurses

Key ages and stages by appointment; parenting advice
<https://www.buloke.vic.gov.au/maternal-child-health>

Monday Birchip – 39 Fraser St.
Tuesday Donald – 8-12 Houston St
Wednesday Wycheproof – 36 High St
Thursday Sealake – Complex Drive
Friday Charlton – 1 Armstrong St

Ph 5478 0185 to make an appointment.

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) 13 22 29.

Mental Health & Counselling Assistance

Australian Community Support Organisation (ACSO)	Assessment Line for Mental Health Ph: 1800 595 212 Email: acso@acso.org.au https://www.acso.org.au/
Beyond Blue	Short term counselling and referrals, 1300 224 636 https://www.beyondblue.org.au/
Child & Adolescent Mental Health (CAMHS)	Ph: 03 5440 6506 https://www.bendigohealth.org.au/MentalHealthRegionalTriage/
Continuity of Support Program (COS)	Northern District Community Health – finds services to assist with recovery from mental illness: 5451 0200. http://www.ndch.org.au/
Grief Line	8am to 8pm: 7 days a week; 1300 845 745. Free hotline https://griefline.org.au/
Headspace (12- 25 years)	https://headspace.org.au/ Swan Hill Ph: 4010 7100 https://headspace.org.au/headspace-centres/swan-hill/ Email: headspace@shdh.org.au Bendigo Ph: 5406 1400 https://headspace.org.au/headspace-centres/bendigo/ Horsham Ph: 5381 1543 https://headspace.org.au/headspace-centres/horsham/
ID Care	Counselling for victims of cybercrime and identity fraud Mon – Fri 8:00am-5:00pm Ph: 1800 595 160 https://www.idcare.org/contact/contact-us
Lifeline	For when you're in crisis or need someone to talk to. Ph: 13 11 14 SMS: 0477 131 114 All available 24 hrs https://www.lifeline.org.au/
Mental Health Carer's Support	Northern District Community Health: 16-30 Fitzroy Street, Kerang Ph: 5451 0200 http://www.ndch.org.au/
Mental Health Community Support Services	ACSO: Support for people 16-65 years living with mental illness Ph: (03) 9413 7000 Email: acso@acso.org.au https://www.acso.org.au Mind Australia Ph: 1300 286 463 or (03) 9455 7000 https://www.mindaustralia.org.au/

Mental Health & Counselling Assistance (continued on)

Online Mental Health Links	Smiling Mind phone and web based app; Self Care for Adults Pack & a Kids Packs for children aged 5+: https://www.smilingmind.com.au/kcp-getting-started This Way Up: free courses, such as Coping with Stress and Managing Insomnia. https://thiswayup.org.au/ Mindspot Clinic is a free online and phone service for people who are feeling anxious or depressed (there is a screening tool if you are wondering about the typical symptoms), https://mindspot.org.au/ or phone 1800 61 44 34. My Compass can help enable lasting improvements to mood, anxiety and stress level. https://www.mycompass.org.au/
Partners in Wellbeing	ACSO: Improving wellbeing, developing coping strategies and providing emotional support https://www.acso.org.au Partners in Wellbeing Ph: 1300 375 330 Email: partnersinwellbeing@acso.org.au https://partnersinwellbeing.org.au/
Psychosocial Recovery Services	Individualised support service for people aged 18+ living with mental illness that is impacting on everyday functioning. Mallee Family Care Ph: 5032 4479 Email: mentalhealth@malleefamilycare.com.au
Perinatal Mental Health Assistance	Referrals through Bendigo Health Regional Triage Ph: 1800 363 788 https://www.bendigohealth.org.au/PIU/
Perinatal Anxiety & Depression Australia Helpline (PANDA), including post & ante-natal depression.	9am – 5pm, Monday to Friday Ph: 1300 726 306 Email: support@panda.org.au https://panda.org.au/
Pregnancy and Infant loss support	Red Nose https://rednose.org.au/ Bears of Hope – Ph: 1300 114 673 Email: support@bearsofhope.org.au https://www.bearsofhope.org.au/
Psychologist	Bendigo: Bendigo Psychology 37 Willis St. Ph: 5443 2284. https://bendigopsychology.com.au AWG Psychology, Ph: Aaron 0434 821 545, Email: mail@awgpsychology.com.au https://www.awgpsychology.com.au Swan Hill Baudinet Centre Psychological Practice 44 Rutherford St Ph: 5032 1199

Mental Health & Counselling Assistance (continued on)

Psychology via Telehealth	To find a psychologist suited to your situation, please see Rural Health Connect www.ruralhealthconnect.com.au Private Options: Psychology Today https://www.psychologytoday.com/au/counselling Therapy Ph: 1300 757 806 https://therapyconnect.com.au/about/
Q Life	Free LGBTI Peer Support & Referral 1800 184 527, 3pm -12am daily, https://qlife.org.au
Rainbow Door	Phone: 1800 729 367 Text: 0480 017 246 Information, support, referral for all LGBTIQ+ Victorians, 10am-5pm support@rainbowdoor.org.au https://www.rainbowdoor.org.au/
SANE Australia Mental Health Helpline	10:00am - 10:00pm Monday to Friday Ph: 1800 187 263 Email: info@sane.org https://www.sane.org/
Standby Support	For those impacted by suicide, 24 hour line Ph: 1300 727 247 http://standbysupport.com.au/
Suicide Call-back Service	Ph: 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 2m-5 years: https://www.cdc.gov/ncbddd/actearly/milestones-app.html
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Mindfulness

	Free mindfulness audio at https://www.actmindfully.com.au/free-stuff/
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Money, Debt & Emergency Relief

Donald Friends & Neighbourhood Society	Donald: Food, fuel, school clothing vouchers; welcoming new citizens to Donald; drop-in centre at The Hub' on Woods Street/The Mall Ph: 5497 2037 (11:00am – 3:00pm, Fridays).
Rural Financial Counselling	Donald: Rural Financial Counselling Ph: 1300 769 489 Donald Community Centre 31 Woods St Donald https://wswrccs.com.au/farm
Energy Assistance Program – utility hardship support package	Access through Anglicare Victoria Ph: 1800 531 741 https://www.energy.vic.gov.au/for-households/energy-assistance-program

Money, Debt & Emergency Relief (continued on)

Salvation Army	Central Intake Victoria wide (food & financial help, Mon to Fri 9-5) Ph: 8873 5288 https://www.salvationarmy.org.au/ https://www.salvationarmy.org.au/bendigo/ Horsham: 12 Kalkee Road, Horsham Ph: (03) 5382 177 https://www.salvationarmy.org.au/locations/victoria/aus1362/horsham-corps/ Swan Hill: 190-192 Beveridge Street, Swan Hill Ph: (03) 5033 171 Open 9am-12pm Monday-Friday https://www.salvationarmy.org.au/locations/victoria/v186/swan-hill-corps/
Queen's Fund	Applications for small grants (e.g. after school activities) are made through a welfare worker on behalf of single women and children experiencing financial hardship https://www.queensfund.org.au/
Sea Lake Welfare Group	Sea Lake: 65 Horrace St.. Ph: 1300 520 520. Emergency food, fuel vouchers, community support. Email: buloke@buloke.vic.gov.au
St Vincent de Paul	Birchip Josh Richmond: Ph: 0417 106 033 Charlton Ph: 0499 302 517 (If no answer, please leave your phone number on message bank) St Arnaud 35 Napier Street, St Arnaud Ph: 5495 3100 Horsham 7-9 Daivs Street, Horsham Ph: (03) 5382 4003
Uniting Care Outreach	Bendigo: 49 Forest Street, Bendigo. Ph: 5443 4972. Email: Manager@unitingcarebendigo.org.au
Farm Debt Mediation Officer (Agriculture Victoria):	Ph: 136 186 and ask for the Farm Debt Mediation Officer Email: farm.debt@ecodev.vic.gov.au https://agriculture.vic.gov.au/farm-management/business-management/farm-debt-mediation
Generalist Financial Counselling: Anglicare Victoria	Outreach support with financial counselling Ph: 1800 244 323 https://www.anglicarevic.org.au/our-services/financial-counselling/financial-counselling/
Mallee Family Care Financial Counselling	Ph: 1800 632 263 https://www.malleefamilycare.org.au/Our-Services/Legal-and-Financial.aspx
National Debt Helpline	Monday to Friday 9:30am – 4:30pm (Sydney Time): Ph: 1800 007 007 https://financialrights.org.au/about-us/national-debt-helpline/
North West Rural Financial Counselling Service	Ph: 1300 769 489 Email: admin@sunrcs.com.au National Free call Number: 1800 686 175. https://www.agriculture.gov.au/agriculture-land/farm-food-drought/drought/assistance/rural-financial-counselling-service

Neighbourhood House – Learning Centres

Birchip	Birchip Business and Learning Centre, 77 Cumming Ave Ph: 5492 2735. Email: manager@birchipnh.org.au Classes; computer & Internet access; general information, support and referrals https://www.birchip.vic.au/about-neighbourhood-house
Charlton	Charlton: 30 High Street, Charlton - Open 10am-4pm Weekdays. Ph: 0473 759 456 Email: coord@charltonnh.org.au https://www.charltonnh.org.au/
Donald	Donald Neighbourhood House/Learning Group. 31 Woods Street Ph: (03) 5497 1707. Open 8:30-am-5pm Weekdays for a cuppa, chat, courses, Centrelink or ATO access, volunteering, volunteer transport and much more. To see what's on, you can subscribe to Charmaine Delaney's (Coordinator) Facebook pagedonaldlearninggroupinc@iinet.net.au https://donaldlearninggroup.com.au/
Sea Lake	Sea Lake Neighbourhood House. 200 Best Street Ph: (03) 5070 1448. Email: nhh@sldhs.com.au For a cuppa, chat, craft, courses, toy library, volunteer transport, school holiday activities and much more.
Wycheproof	Wycheproof Community Resource Centre, 280 Broadway, General enquiries Ph: (03) 5493 7455. Email: info@wycheproofcrc.org.au 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, mwcrc@bigpond.net.au

Nurse on Call

	24 hrs, professional health advice from a registered nurse, 1300 606 024. Victorian Virtual Emergency Department (VVED) triages and treats patients with non-life-threatening conditions virtually. VVED is available 24 hours a day, seven days a week. There is no referral required, and all patients can connect directly with a camera. https://www.vved.org.au/
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Occupational Therapists

Birchip, Charlton, Donald & Wycheproof,	East Wimmera Health Service Ph: 5477 2222 Email: intake@ewhs.org.au https://www.ewhs.org.au/
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Occupational Therapists (continued on)

Horsham	Little Steps Occupational Therapy, Ph: 0438 079 342 Email: kristen@littlestepstherapy.com.au facebook.com/LittlestepstherapyHorsham Wimmera Health Care Group 83 Ballie St, Horsham Ph: 5381 9333 Occupational Therapy (whcg.org.au) Wimmera Occupational Therapy Ph: 0400 445 293 Email: info@wimmeraot.com.au https://www.wimmeraot.com.au/
Kerang, Boort & Quambatook	Northern District Community Health (Kerang, Boort and Quambatook) 24 Fitzroy St, Kerang Ph: 5451 0200. 119-121 Godfrey St, Boort Ph: 5451 0260 33 Mildred St, Quambatook Ph: 5457 1300 http://www.ndch.org.au/
Minyip	West Wimmera Health Service 23-25 Church St, Minyip Ph: 5391 4292 Email: intake@wwhs.net.au https://www.wwhs.net.au/
Swan Hill	Swan Hill District Health Cnr Splatt & McCrae St, Swan Hill Ph: 5033 9321 Email: crcreception@shdh.org.au https://www.shdh.org.au/our-services/occupational-therapy/ (children's services for developmental delay and sensory processing issues); Seed Ability 236 Beveridge St Ph: 5032 4768 Email: info@seedability.com.au
Teletherapy – not place based. Need access to internet and a computer with camera and microphone.	Occupational Therapy (NDIS provider) Ph: 1300 488 532 Email: clientservices@therapyconnect.com.au https://therapyconnect.com.au/about/
Warracknabeal	Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1285 Email: intake@rnw.net.au https://rnw.net.au/services/community-health/occupational-therapist/

Opportunity Shops

Birchip	Friends of EWHS Birchip. Cumming Ave
Charlton	Charlton Neighbourhood house Opportunity Shop, 80 High Street Charlton Ph: 0400 368 768

Opportunity Shops (continued on)	
Culgoa	6 Main Street Culgoa
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. Horsham Ph: 5382 1770 Red Cross 120 Firebrace St, Horsham Ph: 5382 2544 St Vincent De Paul 9 David St Horsham Ph: 5382 4003
Sea Lake	Sea Lake and District Health Service Op Shop, 68 Best Street Sea Lake
St Arnaud	St Vincent de Paul 35 Napier Street St Arnaud Ph: 5495 3100
Swan Hill	Salvation Army Thrift Shop 247-249 Campbell St Swan Hill Ph: 5033 1710
Wycheproof	Wycheproof Op Shop – 271 Broadway, Wycheproof Ph: 5493 7455

Optometrists	
Bendigo	Bill Wilkinson Optical, Shop 2 Abbot Arcade Queen St Bendigo. Ph: 5443 8388 http://www.bwoptical.com.au/ Cartwright & Associates 18 Killians Walk Bendigo Ph: 5443 5137 http://www.cartwrighteyecare.com.au/ Eyecare Plus, 440 Hargreaves St Bendigo Ph: 5443 9738 Email: bendigo@eyecareplus.com.au OPSM, 1/23 Queen Street Bendigo Ph: 5441 6086 https://www.opsm.com.au/stores/vic/bendigo/opsm-queen-st-bendigo/7008 Specsavers Bendigo Marketplace, 116/120 Mitchell St Bendigo Ph: 5441 4235 https://www.specsavers.com.au/stores/bendigo Wills St Eyecare, 82 Willis St Bendigo Ph: 5443 1815 http://www.willsstreeteyecare.com.au/
Horsham	Quinn & Co Eye Care, 149 Baillie St Horsham Ph: 5382 1429 https://quinnandcoeyecare.com.au/ Specsavers Horsham, 53-53 Firebrace St horsham Ph: 5382 4433 https://www.specsavers.com.au/stores/horsham

Optometrists (continued on)

Sea Lake	Royal Flying Doctor Service periodic visits, At Mallee Track Health and Community services, 33/43 McClelland Ave Sea Lake Ph: 5070 2155. https://www.flyingdoctor.org.au/vic/what-we-do/mobile-eye-care/ Ph: 8412 0444 (RFDS direct)
Swan Hill	Swan Hill Optical, 220 Campbell St Swan Hill Ph: 5033 1424 https://www.swanhilloptical.com.au/ Quinn & Co Eyecare Swan Hill, 278 Campbell St Swan Hill Ph: 5032 2764 https://quinnandcoeyecare.com.au/ Specsavers Swan Hill, 147 – 149 Campbell St. Ph: 4040 3022. https://www.specsavers.com.au/stores/swan-hill?srsId=AfmBOor_8Bx_yjsbJrB_kZWqYazNW7aZKgCeka1mAmUutcnUgN4PciqW
Warracknabeal	Quinn & Co Eye Care, 33-35 Woolcock St Warracknabeal Ph: 5394 1411. https://quinnandcoeyecare.com.au/

Palliative Care

	Swan Hill District Health 48 Splatt St Swan Hill Ph: 5033 9236 or, 0429 951 877 Email: palliative.care@shdh.org.au Covers Buloke https://www.shdh.org.au/our-services/palliative-care-services-2/
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Parenting

	• See Maternal Child Health Nurse • Parent support and sleep settling through counselling service at East Wimmera Health Service, Ph: 5477 2173. • Pregnancy, Birth and Baby (0- 5yrs), Ph: 1800 882 436, 24 hrs, 7 days; www.pregnancybirthbaby.org.au • What were we thinking: information, blog and app (for new parents): https://www.whatwerewethinking.org.au/ • Parentline Victoria: information, counselling and support for parents and carers of children 0-18 years, Ph: 13 22 89, 8:00am to 12 midnight, 7 days per week https://services.dffh.vic.gov.au/parentline • Play, Learn, Grow: Practical advice/texts for families with children aged 2-3 years, SMS 'PLAY' to Ph: 0428 606 027. Play-Learn-Grow-A5-flyer.pdf • See the 'About Raising Children Network': www.raisingchildren.net.au • Step by step parenting guides (Parenting SA): https://parenting.sa.gov.au/easy-guides • Parenting Victoria (children 0-5yrs): https://service.vic.gov.au/find-services/family-and-child/parenting
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Parks, BBQs, Picnic Areas, Playgrounds

Berriwilllock	• Tynan Park 53 Taverner Street Berriwilllock • Berriwilllock Recreation Reserve Playground 37 Morris Street Berriwilllock
Birchip	• Birchip Memorial Park, 36 Cumming Ave Birchip • Taylor Sunset Park, Birchip-Watchem Rd • Birchip Skate Park 27 Sherwood Street Birchip
Charlton	• Skate Park – at Gordon Park, Mildura Way • Traveller's Rest (playground and picnic area) • John Curtain Way, Charlton • Rotary Park (BBQ, picnic area and playground), Avoca River West End & High Streets • Gordon Park • Mildura Way, Charlton
Culgoa	• Memorial Park & Children's Playground • Cnr Church and Main Streets, Culgoa • Culgoa Recreation Reserve Playground • Calder Highway, Culgoa
Donald	• Apex Park • Sunraysia Highway • Memorial Park & Playground • Cnr Houston & Campbell Streets • Steam Train Park • Cnr Walker & Hammill Streets
Nullawil	• O'Brien Park • 20 Calder Hwy, Nullawil • Hall Corner Park • 4 Calder Highway, Nullawil • Pioneer Park Playground • 2 North Rd, Nullawil
Sea Lake	• 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
Watchem	• Corner of Waddell and Hoban Streets • Watchem Lake • Watchem-Warracknabeal Road, Watchem VIC 3482
Wycheproof	• Centenary Park, Calder Highway • Mt Wycheproof: BBQs

Pathology

Bendigo	Bendigo Health 100 Barnard St Bendigo Ph: 5454 6000 https://www.bendigohealth.org.au/Pathology/ Dorevitch Pathology 123 Arnold St Bendigo Ph: 5445 5616; or 0486 031 273 https://www.dorevitch.com.au/ Melbourne Pathology 63-67 Bridge St, Bendigo Ph: 5441 8480 https://www.mps.com.au/ St John of God Hospital 133-145 Lily St, Bendigo Ph: 5434 3215. Email: info.pathvic@sjog.org.au https://www.sjog.org.au/pathology
Donald	Donald Family Clinic 7 McCracken Ave, Donald Ph: 5497 1100. Email: pracmanager@donaldfamilyclinic.com.au
Horsham	Wimmera Health Care Group 83 Baillie St, Horsham Ph: 5381 9231 http://www.whcg.org.au/index.php/about-us/services/pathology
Sea Lake	Mallee Track Medical Clinic 33-43 McClelland Ave, Sea Lake Ph: 5070 2118 or 0477 147 081 Email: sealake@austin.org.au https://www.mthcs.com.au/services/primary-health-services/pathology
St Arnaud	East Wimmera Health Service (Australian Clinical Labs) 52 North Western Rd, St Arnaud Ph: 5477 2115 or 048 650 718 https://www.clinicallabs.com.au/location/
Swan Hill	Australian Clinical Labs 52 McCrae St, Swan Hill Ph: 0474 846 580 https://www.clinicallabs.com.au/ Austin Pathology 45 McCrae St, Swan Hill Ph: 0437 058 334 https://www.austinpathology.org.au/

Physiotherapists

Swan Hill	Mallee Physio 360 Beveridge St, Swan Hill Ph: 5032 5888 Email: info@malleephysio.com.au https://www.malleephysio.com.au/
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Physiotherapists (continued on)

Swan Hill	Swan Hill District Health 48 Splatt St, Swan hill Ph: 5033 9390 Email: AReception@shdh.org.au https://www.shdh.org.au/our-services/physiotherapy/ Swan Hill Physiotherapy and Sports Clinic 226 Beveridge St, Swan Hill Ph: 5032 9504 Email: shphysio@yahoo.com.au https://www.swanhillphysio.com.au/
Boort	Mallee Physio 2 Coutts St, Boort Ph: 5451 5230
Birchip, Charlton, Donald & Wycheproof	East Wimmera Health Service Intake Ph: 5477 2222 Email: intake@ewhs.org.au
Kerang	Northern District Community Health Ph: 5451 0200
Warracknabeal	Rural Northwest Health Service 18 Dimboola Rd, Warracknabeal Ph: 5396 1200 Email: reception@rnw.net.au https://rnw.net.au/services/community-health/physiotherapy/

Podiatrists

Bendigo	Bendigo Foot Clinic 80 Rowan St, Bendigo Ph: 5441 4243 Email: reception@bendigofootclinic.com.au https://www.bendigopodiatrist.com.au/ Active Podiatry 18 Eaglehawk Rd, Ironbark Ph: 5442 2289 Email: contact@activepod.com.au http://www.activepod.com.au/ O'Dwyer Podiatry Group 489 Hargreaves St, Bendigo Ph: 5443 7467 https://www.odwyerpodiatry.com.au/ MiPod (Podiatry on Williamson) 138 Williamson St, Bendigo Ph: 5441 8990 Email: admin@podiatryonwilliamson.com.au http://podiatryonwilliamson.com.au/
Birchip	East Wimmera Health Service- Birchip 26 Duncan St, Birchip Ph: 5477 7100 Primary Care – East Wimmera Health Service
Birchip, Charlton, Donald, Wycheproof & St Arnaud	East Wimmera Health Service Intake, Ph: 5477 2222 Email: intake@ewhs.org.au

Podiatrists (continued on)

Boort, Kerang, Cohuna, Pyramid Hill, Quambatook	Northern District Community Health 31 Kiniry St, Boort 16-30 Fitzroy St, Kerang 33 King Edward St, Cohuna 12 Victoria St, Pyramid Hill 33 Mildred St, Quambatook Ph: 5451 0200. Podiatry - Northern District Community Health
Charlton	Stewart Podiatry Charlton Medical Centre, 94 High Street CHARLTON VIC 3525. Ph: 5443 7851 Email: contact@stewartpodiatry.com.au
Kerang	Taylormade Podiatry 54 Wellington St, Kerang Ph: 0419 999 549 https://www.facebook.com/taylormadepodiatry
Sea Lake	Mallee Track Health and Community Service 33-43 McClelland St, Sea Lake Ph: 5092 1111 Podiatry Mallee Track Health and Community Service
Swan Hill	Swan Hill District Health 48 Splatt St, Swan hill Ph: 5033 9390 Email: AReception@shdh.org.au https://www.shdh.org.au/our-services/podiatry/ We fix feet – Swan Hill 217 Campbell St, Swan Hill Ph: 0499 500 729 Email: wefixfeetswanhill@iCloud.com
Warracknabeal	Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1225 Email: intake@rnw.net.au Podiatry - Rural Northwest Health

Poisoning

	National Poisons Information Centre Ph: 131 126, 24 hrs, 7 days
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Relationship Counselling

Centre for Non-Violence	Assistance regarding family Violence and Homelessness: 1800 884 292, Email: reception@cnv.org.au Monday to Friday, 9:00am – 5:00pm, https://www.cnv.org.au/
Family Dispute Resolution	Relationships Australia, Ballarat 1025 Sturt Street Victoria Ph: 5337 9222

Relationship Counselling (continued on)

Family Relationship Advice Line	Ph: 1800 050 321 8:00am – 8:00pm Monday to Friday; 10:00am – 4:00pm Saturday. https://www.familyrelationships.gov.au/talk-someone/advice-line
Family Relationship Centre	Mallee Family Care, Swan Hill Ph: 1300 667 382 Ph: 5032 4479. https://www.malleefamilycare.org.au/Our-Services/Family-Support/Relationship-Services.aspx
Mallee Domestic Violence Service	Ph: 5033 1899 (24 hrs, Swan Hill) https://msau-mdvs.org.au/
Men's Line	Counselling service for men with relationship or family concerns. Ph: 1300 789 978 https://mensline.org.au/
Victims of Crime Counselling- Victims Assistance Program	Anglicare Victoria 62 McCallum St Swan hill Ph: 5036 3200 or 1800 809 722 Email: info@anglicarevic.org.au https://www.anglicarevic.org.au/our-services/community-support-programs/victims-assistance-program/
Victims of Crime	Ph: 1800 819 817 SMS 0427 767 891 https://www.victimsofcrime.vic.gov.au/
WIRE (Women's Information and Referral Services)	Ph: 1300 134 130 Email: support@wire.org.au Mon to Fri, 9am-5pm https://www.wire.org.au/
1800 Respect	National sexual assault, domestic violence counselling service (24 hrs 7 days). Ph: 1800 737 732 https://www.1800respect.org.au/

Respite

	See Disability Respite.
	Loddon Mallee Carer Respite and Carelink Centre Servicing Buloke Shire 37 Havlin St, Bendigo Ph: 5454 7719 Ph: 1800 068 978 (Carer Support Services) https://www.lmrpcc.org.au/find-a-service/respite/

Rubbish & Recycling Days

	http://www.buloke.vic.gov.au/collection-schedule
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Sexual Assault Crisis

Sexual Assault Crisis Line, 5pm-9am
Ph: 1800 806 292
<https://www.sacl.com.au/>

Mallee Domestic Violence & Sexual Assault Unit
Ph: 5033 1786
<https://msau-mdvs.org.au/>

Emergency 000

Sexual Reproduction Health

1800 My Options
Information for Victorians on contraception, pregnancy options and sexual health,
Ph: 1800 696 784,
<https://www.1800myoptions.org.au>

Sleep School – Referral by GP, Maternal Nurse or Allied Health required

Public Options

Tweddle (0-4 yrs)
70 Sydney St Footscray
Ph: 03 9689 1577
www.tweddle.org.au

Mercy Health O'Connell Family Centre, (0-4 years)
6 Mont Albert Rd, Canterbury
Ph: 03 8416 7600;
<https://www.mercyhealth.com.au/>

Queen Elizabeth Centre Noble Park, (0-4 yrs),
53 Thomas St, Noble Park
Ph: 03 9549 2777
Email: theqec@qec.org.au
www.qec.org.au

Private Option:

Masada Private Hospital Mother Baby Unit (0-2 yrs),
26 Balaklava Rd, St Kilda
Ph: 03 9038 1415
Email EPC.msp@ramsayhealth.com.au
<https://www.masadaprivate.com.au/Early-Parenting-Centre/Residential-Program>

Sleep Settling Advice

Royal Society for the Welfare of Mothers and Babies
Tresillian Nurse – free information and telehealth consults
Ph: 1300 272 736
<https://www.tresillian.org.au/services-locations/services/>

Speech Pathology

Bendigo	Bendigo Speech Works 162 Condon St, Kennington Ph: 5443 9912 Email: admin@bendigosppeechworks.com.au https://bendigosppeechworks.com.au/ Talk it Up Speech Pathology 130 MacKenzie St, West. Golden Square Ph: 0438 006 445 Email: reception@talkitupbendigo.com http://www.talkitupbendigo.com/
Birchip, Charlton, Donald, Wycheproof & districts – Service provided by the Royal Flying Doctor Service & Inglewood Districts Health Service with support by EWHS	For children of families serviced by East Wimmera Health Service Birchip, Charlton, Donald, Wycheproof and districts. Ph: 5431 7000 (Royal Flying Dr) Ph: 5431 7000 (Inglewood & Districts Health Service) Email: admin@IDHS.vic.gov.au https://www.flyingdoctor.org.au/vic/what-we-do/speech-therapy/
Boort, Kerang & Quambatook	Northern District Community Health Kerang 24 Fitzroy St, Kerang Ph: 5451 0200 Boort 119-121 Godfrey St, Boort Ph: 5451 0260 Quambatook 33 Mildred St, Quambatook Ph: 5457 1300 http://www.ndch.org.au/
Horsham	Wimmera Health Care Group 83 Ballie St, Horsham Ph: 5381 9333 http://www.whcg.org.au/about-us/services/speech-pathology
Minyip	West Wimmera Health Service Ph: 5391 4222 Email: intake@wwhs.net.au https://www.wwhs.net.au/minyip
Sea Lake – in conjunction with the Royal Flying Doctor's Service and Robinvale District Health.	For children of families serviced by Mallee Track Health and Community Service, Sea Lake Campus, including playgroup and kindergarten children. Mallee Track Health and Community Service 33-43 McClelland St, Sea Lake Ph: 5070 2118 (Mallee Track Health and Community Service) T: (03) 5092 1111 F: (03) 5091 0272 E: serviceaccess@mthcs.vic.gov.au https://www.flyingdoctor.org.au/vic/what-we-do/speech-therapy/

Speech Pathology (continued on)

Swan Hill	Eloquent Speech Pathology Shop 1/21A Rutherford St, Swan Hill Ph: 5032 3591 Email: info@eloquentspeechpathology.com https://www.facebook.com/eloquentspeechpathology/ Swan Hill District Health 48 Splatt St, Swan Hill Ph: 5033 9390 Email: ARception@shdh.org.au https://www.shdh.org.au/our-services/speech-pathology/
Teletherapy – not place based. Need access to internet and a computer with camera and microphone.	Therapy Connect: Speech Therapy Ph: 1300 757 806 Email: reception@therapyconnect.com.au https://therapyconnect.com.au/about/
Warracknabeal	Rural Northwest Health 18 Dimboola Rd, Warracknabeal Ph: 5396 1200 Email: reception@rnw.net.au https://rnw.net.au/services/community-health/speech-pathology/

Sports & Recreation Opportunities

Swan Hill	Enquire at your local Neighbourhood House or see https://www.buloke.vic.gov.au/recreation-reserves
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Swimming Pools & Lakes

	Pools open summer months, mid Nov to March, www.buloke.vic.gov.au/swimming-pools
Berriwillock Pool	53 Taverner Street, Berriwillock
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 (with playground)
Watchem Lake	On the Warracknabeal Road (includes playground).
Wooroonook Lakes	14.2 kms from Charlton on Borung Highway.

Taxi

St Arnaud Taxi Service
Ph: 0419 764 978;

Swan Hill City Taxi's
Ph: 132 227

Translating & Interpreting Service (TIS)

For culturally and linguistically diverse families who need phone access to an interpreter in your own language. You may also request this service when visiting your GP or specialist.

Ph: 131 450 (24 hours)

<https://www.tisnational.gov.au/>

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). Dr referral required.
Bookings made via Birchip P-12 School
Ph: 5492 2287

Birchip Forum Bus (hire/drive)
Booking made via Birchip P-12 School
Ph: 5492 2287

See Public Transport Victoria (PTV) Website for travel options and click on timetables tab;

Birchip to Horsham (via Warracknabeal) Horsham - Birchip via Warracknabeal - Public Transport Victoria (ptv.vic.gov.au)

Birchip to Bendigo <https://www.ptv.vic.gov.au/timetables/linemain/5055/> or call 1800 800 007.

Charlton

Charlton to Bendigo to Melbourne: Further information and travel options Ph: 1800 800 007 or <https://www.ptv.vic.gov.au/timetables>

Charlton Community Transport- Charlton Neighbourhood House
30-34 High St, Charlton
Ph: 5491 2333
Ph: 0473 759 456
<https://www.charltonnh.org.au/community-transport.html>

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
37 Woods St, Donald
Ph: 5497 1510
<https://www.facebook.com/people/Donald-Newsagency-Emporium/100057336464229/>

Volunteer Transport – Donald Neighbourhood House/Learning Group
31 Woods St, Donald
Ph: 5497 1707
<https://www.donaldlearninggroup.com.au/>

Transport (continued on)

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

Community Transport
Mallee Track Health and Community Service
33-43 McClelland Ave, Sea Lake
Ph: 5070 2155
Ph: 0419 371 445
<https://www.mthcs.com.au/services/community-services/community-transport>

Volunteer Transport – Sea Lake Neighbourhood House
200 Best St, Sea Lake
Ph: 5070 1448
<https://www.mthcs.com.au/community/sea-lake/sea-lake-neighbourhood-house>

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
Ph: 5439 7485
Ph: 0408 308 517

Wycheproof Community Resource Centre
280 Broadway, Wycheproof
Ph: 5493 7455
Email: info@wycheproofcrc.org.au
<https://www.wycheproofcrc.org.au/>

VicRoads Agencies

Donald & District Community Bank
61-63 Woods St., Donald
Ph: 5497 1194
<https://www.vicroads.vic.gov.au/contact-us/officelocations/donald-and-district-community-bank-branch>

Wycheproof Community Resource Centre,
280 Broadway, Wycheproof
Ph: 5493 7455
<https://www.vicroads.vic.gov.au/contact-us/officelocations/wyncheproof-community-resource-centre>

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://www.health.vic.gov.au/rural-health/victorian-patient-transport-assistance-scheme-vptas>
Ph: 1300 737 073 or
Email: vptas@dhhs.vic.gov.au vptas@dhhs.vic.gov.au

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.

Welfare

See **M** – Money, Debt & Emergency Relief

Women's Health

Boort	Northern District Community Health Boort 119-121 Godfrey St, Boort Ph: 5451 0260 (Boort, Kerang & Quambatook)
Kerang	Kerang 24 Fitzroy St, Kerang Ph: 5451 0200
Quambatook	Quambatook 33 Mildred St, Quambatook Ph: 5457 1300
Swan Hill	Swan Hill District Health Women's Clinics 125 Campbell St, Swan Hill Ph: 5033 9337 Email: chreception@shdh.org.au https://www.shdh.org.au/our-services/womens-health/
Northern District Community Health (NDCH)	https://ndch.org.au/

Youth Programs

Buloke	Buloke FReeZA Ph: 0429 922 735 (Simone Christine)
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Youth Programs (continued on)	
Birchip	Birchip- Youth group and Youth room Birchip Neighbourhood House 77 Cumming Ave, Birchip Ph: 0429 922 735 Email: birchipblc@bigpond.com https://www.birchip.vic.au/programs
Charlton	Charlton Youth Group Charlton Neighbourhood house 30-34 High St, Charlton Ph: 5491 2333 Ph: 0473 759 456 https://www.charltonnh.org.au/youth-matters.html
Wycheproof	Wycheproof Youth drop in/support/assistance 367 Boardway, Wycheproof Andrea 0428 935 275 Ph: 1300 520 520 https://www.facebook.com/groups/588384138020312/

**This Service Guide was 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 Team, Buloke & Swan Hill

Disclaimer: All information was correct as of September 2025.
To update or amend details in this Guide please email ctepper@malleefamilycare.com.au or call
Mallee Family Care's Swan Hill office on 03 5032 4479.