



www.malleefamilycare.com.au

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 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/
Health 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. See https://hcc.vic.gov.au/ , 1300 582 113 (9-5, Mon to Fri).
Members of Parliament – State and Federal Government	Member for Mallee (Federal Government issues, eg Medicare, Centrelink), Dr Anne Webster 5032 1436 or 1300 131 620; State Members, Ali Cupper, Member for Mildura, 5021 2828 or Ali.cupper@parliament.vic.gov.au ; Louise Staley, Member for Ripon (includes Charlton & Donald) 5461 1255, 1300 782 539 or louise.staley@parliament.vic.gov.au
Ombudsman – helping to resolve disputes between People and their Service Providers	Telecommunications Ombudsman, https://www.tio.com.au/ 1800 062 058; Water & Energy Ombudsman: Resolving disputes between Victorians and their Energy or Water Supplier, https://www.ewov.com.au/ , 1800 500 509; Victorian Ombudsman: Dealing with complaints about Government, 131 450, https://www.ombudsman.vic.gov.au
Stronger Families, Stronger Children	Through North Central Local Learning & Employment Network, 5491 1144
Your Local Government representatives at Buloke Shire Council	Buloke Shire Council website: https://www.buloke.vic.gov.au/councillors1
Audiology	
Ballarat & Donald	Donald Hearing Clinic (at Donald Hospital for school aged children & adults) by appointment through Ballarat Hearing Clinic, 5333 2999, reception@ballarathearingclinic.com.au Younger children seen at Ballarat. Doctor's referral required.
Bendigo	Bendigo Health 5454 8783 (Doctor, Maternal Child Health Nurse or Allied Health referral required), https://www.bendigohealth.org.au/AudiologyClinic/#patientinformation ; Acoustic Health, 03 4418 2820, enquiries@acoustichealth.com.au

Horsham	Wimmera Health Care Group 5381 9333 (Doctor's referral required). Service for children aged 0-6 and people aged 18+, Hearing Australia 13 44 32.
Swan Hill	Acoustic Health, 5032 4646, enquiries@acoustichealth.com.au; Country Hearing Care, including Telehealth consults 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 www.amaze.org.au
Autism assessments	Private: Child Health Invest, Bendigo Community Health (Bendigo Central) 5406 1200 (GP Referral needed), paste into browser: https://www.bchs.com.au/child-health-investment-program Public: Bendigo Health Psychiatric Triage: 1300 363 788.
Clinical Psychologists working with children on the autism spectrum/Child Psychology	Bendigo: Bendigo Psychology 5443 2281, https://bendigopsychology.com.au ; Clinical Psychology Victoria 5443 1090, reception@cpvic.com.au ; AWG Psychology, Aaron 0434 821 545, https://www.awgpsychology.com.au or mail@awgpsychology.com.au Warracknabeal: Melanie Wallis 0417 781 530, https://www.melaniewallis.com.au ; Wimmera Psychology 0488 488 088, https://www.wimmerapsychology.com.au Therapy Connect: 1300 757 806, 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.
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, https://www.breastfeeding.asn.au/
Cancer – McGrath Nurses	https://www.mcgrathfoundation.com.au
Bendigo	Rosemary Gillies, rosemary.gillies@sjog.org.au ; 0412 487 086.
Horsham	Carmel O'Kane, carmel.okane@whcg.org.au ; 0427 811 269.
Swan Hill & Buloke Shire	Leanne Bibby, lbibby@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 Palliative Care	
Carer's Support	
Carer Support Services (including Buloke Shire)	Bendigo Health Carer Support Services, Intake, carer support for non NDIS clients; respite and emergency respite service 1800 068 978, info@bendigohhealth.org.au
Carer Support – East Wimmera Health Service	East Wimmera Health Service, 5477 2173.
Carer Support – Mallee Track Health and Community Service	Sea Lake, 5070 2155.
Carer Advisory Line	Need assistance or a break, 1800 514 845, 8.30-5, www.carersvictoria.org.au , reception@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, 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)	132 318
Carer Payments/Allowance, People with Disability	132 717
Families: Child Care Subsidy, Parenting Payment, Dad & Partner Pay, Family Tax Benefit, Parental Leave Pay.	136 150
Emergency Assistance – Crisis payment & Special Benefit.	132 850
Employment Services, including Job Seeker	132 850
Farm Assistance & Farm Household Allowance	132 316
Income Management/Basics Card	1800 132 594
Scams and Identity Theft	1800 941 126
Social Worker/Help in an Emergency	132 850
Youth Allowance; Austudy; Health Care Card; pensioner education supplement	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 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</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; Birchip Early Learning Centre through YMCA 5329 2800, 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 Early Learning: 5495 2666, staccp@ngshire.vic.gov.au
Wycheproof	Long Day Care (03) 4311 1591, yeym.enrolments@ymca.org.au
Child Care Access Hotline	Information and contacts for approved childcare providers, 1800 670 305, 8:00am – 6:00pm Monday to Friday.
Childcare Subsidy Helpdesk	1300 667 276, 9:00am – 5:00pm (Monday to Friday), ccshelpdesk@dese.gov.au
Child First	For Families who need assistance with care and wellbeing of children and to access services they need to be safe and supported, 1800 290 943 (through the Orange Door service), https://orangedoor.vic.gov.au
Child Support	Enquiry line: 131 272, https://www.servicesaustralia.gov.au/individuals/child-support

Chiropractor	Charlton: 5491 1177; Horsham: Back for Life Wellness Centre, 5381 1892, Kiro Kids 5382 6942, Wimmera Chiropractic Centre 5382 2528; 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.
Community Health Nurse	East Wimmera Health Service Intake 5477 2173, intake@ewhs.org.au ; Mallee Track Health & Community Service: 5070 2155.
Community Grants	Bendigo Bank: Charlton & Wycheproof through Charlton branch 5491 2322, https://www.bendigobank.com.au/siteassets/branchassets/communitycompanies/northcentralfinancialserviceslimited/sponsorships/grants/sponsorship-form---ncfs-2019.pdf ; Donald & District Community Bank (Application forms in store); Government Grants: www.vic.gov.au/grants
Computers, refurbished	Refurbished and affordable Information Technology from B2B Recyclers, 03 9005 0101: www.b2crecyclers.com.au
Continence Nurse <i>Help with bedwetting & bowel issues</i>	Bendigo Health, Bendigo 5454 8500, press 1 for Rehabilitation, then 3 for continence, https://www.bendigohealth.org.au/Continenceserviceclinic/ ; Swan Hill District Health 5033 9321; Kerang District Health 5450 9200; Wimmera Health Care Group Horsham 5381 9111, http://www.whcg.org.au/index.php/about-us/services/continence-service National Continence Helpline: The National Continence Helpline, continence nurse specialist provides literature, information & Services: 1800 330 066, Mon to Fri 8-8.
Coronavirus Assistance	Coronavirus Hotline: 24 hrs/7 days a week, advice if you have symptoms, information about restrictions, avenues for extra support if without support networks, etc., 1800 675 398; also see Victorian Government's Department of Health and Human Services updates at: https://www.vic.gov.au/coronavirus Coronavirus Mental Wellbeing Support Services (Beyond Blue): support options, managing stress, struggling to cope in isolation, 1800 512 348 (24 hrs). Also see C ounselling. Victoria Together: Music, entertainment nature and the Arts, www.together.vic.gov.au
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	Also see categories – D rug, Alcohol or Gambling Counselling; M ental Health and Counselling (more psychology options) or R elationship Counselling.
Social Worker/Emotional Wellbeing Counsellor/Counsellor:	
Birchip, Charlton, Donald Wycheproof	East Wimmera Health Service Intake 5477 2173, intake@ewhs.org.au
Bendigo Community Health Counselling	5448 1600, link in browser: https://www.bchs.com.au/counselling
Boort, Quambatook, Kerang	Northern District Community Health (includes generalist and youth counselling), 5451 0200.

Horsham	Ballarat Centacare at Horsham, Mon to Fri 8.30-5, 1300 033 818; Droylsden House 0407 454 343; Goolum Goolum Aboriginal Cooperative 5381 6306, reception@goolumgoolum.org.au ; Grampians Community Health 5358 7400; 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, kate.alessia@bigpond.com
Inglewood	Inglewood & Districts Community Health Service 5431 7000, gch@gch.org.au
Swan Hill	Swan Hill District Health Counselling Department, 5033 9880; https://www.shdh.org.au/our-services/counselling-services/ Baudinet Psychological Practice 5032 1199; Liz McDonald Counselling 0438 835 273.
Warracknabeal	Social Work, counselling, health/wellbeing coordinator, Rural North West Health, 5396 1238.
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 2173, intake@ewhs.org.au
Culgoa – General Information	http://www.victorianplaces.com.au/culgoa
Dental	
Bendigo	Bendigo Smiles 5441 6447, enquiries@bendigosmilesdentist.com.au ; Community Dental Service (Bendigo Health) 5454 7994, dental@bendigohealth.org.au
Boort	Boort Dental Clinic 5451 5230.
East Wimmera Health Service	Central Intake 5477 2173 (Health Care Card Holders), intake@ewhs.org.au
Horsham	Wimmera Health Care Group, (Health Care Card Holders with children up to 17 free) 5381 9248, http://www.whcg.org.au/index.php/about-us/services/dental-and-prosthetic-clinic
Royal Flying Doctors	Makes periodic visits, 03 8412 0444; dental@rfdsvic.com.au
Sea Lake & District	Mallee Track Health & Community Service Ouyen 5092 1121. (health care card holders are issued with a voucher to attend a private service).
St Arnaud	St Arnaud Family Dental, 5495 2559, reception@starnaudental.com.au
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, Cohuna, Pyramid Hill	Northern District Community Health 5451 0200.
East Wimmera Health Service	Intake 5477 2173, intake@ewhs.org.au
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, reception@rnw.net.au
Disability	
Advocacy & Support Line for parents of children with a disability	Association for Children with a Disability, 1800 654 013, https://www.acd.org.au/support-line
Carer Support	1300 624 246, 9-5, Bendigo Health Care Group – Swan Hill.

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, 1300 488 226; Horsham, 142 Fibrace Street. 1800 242 696.
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, hello@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	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; referrals@riac.org.au ; 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, 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	5477 7105, daniel@larowa.com.au
Boort District Medical Centre	5451 5220.
Charlton Medical	Including a rural women's GP Service through Royal Flying Doctors Service, 5477 6888, admin@charltonmedical.com.au
Donald Family Clinic	5497 1100, pracmanager@donaldfamilyclinic.com.au
Mallee Track Medical Clinic Sea Lake	5070 2118, surgery@nthcs.vic.gov.au
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	5072 6100, http://www.wbnc.org.au/
Wycheproof Medical Centre	5493 7672, drkmulligan@wychemedical.com.au
After Hours GP Helpline	1800 022 222.

Domestic Violence & Related Services

1800 Respect, call 1800 737 732 is a National sexual assault, domestic and family violence counselling and information referral service (24 Hour Assistance).
24 Hour Assistance – **Mallee Domestic Violence Service** 5033 1899 (Swan Hill).
Djirra Aboriginal Family Violence Legal Service, 1800 105 303, Mon to Fri, 9-5 for legal/non-legal support to Aboriginal people experiencing/having experienced family violence, <https://djirra.org.au>. Alternatively Yarning SafeNStrong 1800 959 563 24hrs, every day.
In Touch, Multicultural Centre Against Family Violence, 1800 755 988 (9am-5pm), for women & children from culturally & linguistically diverse backgrounds, <https://intouch.org.au>
Lookout Service Directory for the Mallee:
<https://www.thelookout.org.au/service-directory>
The Orange Door – 1800 290 943 orangedoor.vic.gov.au
Safe Steps Family Violence Response Centre, support information & referral to safe crisis accommodation 1800 015 188;
With Respect LGBTIQ+ Family Violence Service, 1800 542 847 or <https://www.withrespect.org.au>
Men's Referral Service, counselling/support about behaviour, Mon to Fri 9-9, 1300 766 491.

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, 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 5448 1699; bchs@bchs.com.au
Direct Line	Alcohol and drug counselling and referrals for Victorians, 1800 888 236, 24hrs/7 days, https://www.directline.org.au/
EACH Counselling/Services	1300 003224, https://www.each.com.au/
East Wimmera Health Service	For counselling, phone 5477 2173, intake@ewhs.org.au
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), Gamblers Help	Intake 1800 195 114 (BH) or ACSO. 1800 858 858.
Gambling Assistance: Anglicare Victoria Gambler's Helpline	(9:00am-5:00pm): 1800 244 323.
Drug Screening Locations	Donald Campus of East Wimmera Health Service 5478 6200, donald@ewhs.org.au St Arnaud Campus of East Wimmera Health Service, 5477 2100, starnaud@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.
Education – Birchip & Watchem	
Birchip Playgroup	Enquiries to Connely Ryan 0437 667 412.
Shake, Rattle and Read	Enquiries to Birchip P-12 School 5492 2287.
Birchip Early Learning Centre	0490 529 213; Birchip.kin@kindergarten.vic.gov.au yeym.enrolments@ymca.org.au
Birchip P-12 School	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: playgroupcharlton@gmail.com ; Lauren 0409 195 462.
Charlton Pre-School	0428 333 902; charlton.kin@kindergarten.vic.gov.au
St Joseph's Primary School	5491 1343, http://www.sjcharlton.catholic.edu.au/ admin@sjcharlton.catholic.edu.au
Charlton College	5491 1280, charlton.p12@education.vic.gov.au http://www.charlton.vic.edu.au/
Education – Donald	
Dynamic Butterflies Playgroup	Playgroup Mondays from 10:00am during school terms at the East Laen Building, Donald Primary School. For bookings, please contact Julie 0499 113 775, jgrimshaw@malleefamilycare.com.au

Donald Active Playgroup	Meets Tuesday mornings at the 'Big Shed', Donald Primary School.
MOPS (as part of support group for Mothers)	Fridays fortnightly during school terms at 9:30am. Enquiries to Teghan on 0411 890 123.
Donald Kindergarten	5497 1465 or donald.kin@kindergarten.vic.gov.au mailto:myeym.enrolments@ymca.org
Donald Primary School	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	5497 1116, principal@smdonald.catholic.edu.au http://www.smdonald.catholic.edu.au/
Donald High School	5497 1205, donald.hs@education.vic.gov.au http://www.donaldhs.vic.edu.au/

Education – Nullawil

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

Education – Sea Lake

Tiny Tigers Community Playgroup	Wednesday mornings during term from 10:00am 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 Kindergarten	5070 1387; 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 , tyrrell.co@edumail.vic.gov.au

Education – Wycheproof

Buloke Bubs Online Playful Potoroos Playgroup	Buloke Bubs Online, for any families of Buloke Shire with children aged 0-5; online Fridays, please contact Julie 0499 113 775 to enrol. Playful Potoroos 10:00am, Fridays (during school terms); at Wycheproof Early Years Centre, Cnr High & Mount Sts, please contact Julie 0499 113 775, jgrimshaw@malleefamilycare.com.au
Wycheproof Kindergarten	(03) 4311 1591; Wycheproof.kin@kindergarten.vic.gov.au
Wycheproof P-12 College	5493 7409; http://www.wychep12.vic.edu.au/ wycheproof.p12@education.vic.gov.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 – 77 Cumming Ave	Job Active clients, CVGT visits, 132 848.
Charlton – 66 High St	Job Active & Disability Employment Services through CVGT, 132 848; Axis Employment visits, 5032 5224.
Donald – 31 Woods St	Job Active clients, CVGT 132 848; Axis Employment 5032 5224.
Sea Lake – 200 Best St	Job Active clients, CVGT visits, 132 848;

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 ; Swan Hill: Axis Employment 5032 5224; CVGT (Active & Disability Employment Services) 132 848; -MADEC Australia 5033 0025, swanhill@madec.edu.au ;
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	<p>-Murray Mallee Training Co. Ltd., 5033 1216, grouptraining@mmtc.com.au</p> <p>-Wdea Works, helping people with disabilities into the workforce: 03 4026 0010, swanhill@wdeaworks.org.au</p>
Wycheproof – 280 Broadway	Job Active clients, CVGT visits, 132 848.
Exercise Opportunities	<p>Berri Fitness (Berriwillock) 0428 792 394; exercise classes/Exercise Physiologist visits, Mallee Track Health & Community Service, Sea Lake 5070 2155.</p> <p>Exercise Physiology through East Wimmera Health Service Intake 5477 2173, intake@ewhs.org.au</p>
Family Support – see <u>C</u>hild First	
Family Violence – see <u>D</u>omestic Violence Service or <u>R</u>elationship Counselling	
Friendly Visiting Program	Social Support & Companionship for isolated people; East Wimmera Health Service Central Intake, 5477 2173 or intake@ewhs.org.au
Hospitals	
Birchip	Birchip Campus of the East Wimmera Health Service 5477 7100, birchip@ewhs.org.au
Charlton	Charlton Campus of East Wimmera Health Service 5477 6800, charlton@ewhs.org.au
Donald	Donald Campus of East Wimmera Health Service 5478 6200, donald@ewhs.org.au
Sea Lake	Sea Lake Campus of Mallee Track Health & Community Service 5070 2155, https://www.mthcs.com.au/
Wycheproof	Wycheproof Campus of the East Wimmera Health Service 5478 0700, wycheproof@ewhs.org.au
District Health Services/facilities	<p>Bendigo Health (hospital), 5454 6000</p> <p>Boort District Health (hospital), 5451 5200, admin@bdh.vic.gov.au</p> <p>Cohuna District Hospital, 5456 5300;</p> <p>East Wimmera Health Service, St Arnaud Campus, 5477 2100, starnaud@ewhs.org.au</p> <p>Kerang Hospital, 5450 9200; Northern District Community Health 5451 0200, info@ndch.org.au (includes Pyramid Hill 5455 7065 & Quambatook 5457 1300);</p> <p>Swan Hill District Health (Swan Hill Hospital), 5033 9300, info@shdh.org.au/ Services https://www.shdh.org.au/ourservices/</p> <p>Mildura Base Public Hospital, 5022 3333;</p> <p>Woomelang Bush Nursing Centre, 5072 6100.</p> <p>Wimmera Health Care Group, Wimmera Hospital - Horsham, 5381 9111;</p> <p>West Wimmera Health Care Group - Nhill Hospital 5391 4222, corporate@wwhs.net.au; Minyip Community Health, 5363 1200.</p>
Housing & Homelessness Support	
Homeless as a result of domestic violence	Mallee Domestic Violence Service; 5033 1899 (24 hrs).
Mallee Family Care Specialist Homelessness Service Swan Hill	For the Buloke Shire, 5032 4479 (BH) or 5:00pm to 9:00am 1800 825 955 (AH).
Northern District Community Health Specialist Homelessness Service Kerang	5451 0200 or 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, 1300 428 364, https://www.havenhomesafe.org.au
Haven Homesafe	1300 428 364. Housing Support, financial assistance, private rental assistance.
Rental Agency	North West Real Estate, 5398 2219; https://www.northwestrealestate.net.au/contact

Safe Steps	Emergency Crisis Accommodation for women and children, 1800 015 188 (24 hrs).
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, 5446 9501 (Bendigo).
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: (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; for those aged 5-25; counsellor@kidshelpline.com.au , https://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); Sea Lake: GJ's Gardening (Gary) 0429 702 071; Wycheproof: 0455 263 560 (Samson's Handyman Service).
Learn to Drive	L2P Mentor Program for people 16-21 years to help get 120 hrs of driving, 0467 787 328; bulokeloddon12p@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; Mildura 03 5055 4001, Melbourne: 1300 792 387, Mon to Fri, 8-5.
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 clc@malleefamilycare.com.au

Legal Assistance – Private options	
Horsham	Power & Bennett 5382 0061 (family law).
St Arnaud	MCL Legal 5495 1033, reception@mclegal.com.au (including property settlement/divorce; not child work); Karen Lee Probst (not family law) 5495 2595.
Swan Hill	Garden & Green Lawyers, Family Law/divorce, 5032 2711, https://gardenandgreen.com.au/ ; Beck Legal 5032 4809, https://becklegal.com.au/
Swan Hill, Boort, Kerang, Cohuna	Jolimian Lawyers 5482 4003 (family law, mediation), 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 0448 101 262 or 1300 520 520
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 https://services.dhhs.vic.gov.au/concessions-and-benefits
Massage Therapists	
Birchip	Tanya Hogan 0408 735 009; Tim Ward 0438 214 171.
Charlton	Charlton Massage Clinic, 5491 1177.
Sea Lake	Mallee Masseur (Leigh) 0425 832 534.
Wycheproof	Massage, Naturopath & Mindful Coaching (Marilyn) 0409 006 507; Nadia 0408 937 259; Nuttheera Thai Massage (Nuttheera) 0411 042 796.
Maternal Child Health Nurses	- <i>Key ages and stages by appointment; parenting advice</i> 0417 506 174; 1300 520 520. https://www.buloke.vic.gov.au/maternal-child-health 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, acso@acso.org.au
Bendigo Health Psychiatric Triage – <i>Includes the Child & Adolescent Mental Health Service (CAMHS), adults and perinatal mental health referrals. 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, https://www.bendigohealth.org.au/MentalHealthRegionalTriage/
Beyond Blue	Short term counselling and referrals, 1300 224 636; https://www.beyondblue.org.au/
Child & Adolescent Mental Health (CAMHS)	See Bendigo Health Care Group (above).
Continuity of Support Program (COS)	Northern District Community Health – finds services to assist with recovery from mental illness: 5451 0200.
Grief Line	6:00am to 12 midnight, 7 days; 1300 845 745.

Headspace (12- 25 years)	Swan Hill 4010 7100 (headspace@shdh.org.au), Bendigo 5406 1400 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.
Online Mental Health Links	Smiling Mind phone and web based app; Self Care for Adults Pack & a Kids Packs for children aged 5+: See https://www.smilingmind.com.au/kcp-getting-started This Way Up: free courses, such as Coping with Stress and Managing Insomnia. See 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. See https://www.mycompass.org.au/
Partners in Wellbeing	Improving wellbeing, developing coping strategies and providing emotional support, ACSO 1300 375 330, partnersinwellbeing@acso.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 5032 4479 or mentalhealth@malleefamilycare.com.au
Perinatal Mental Health Assistance	Referrals through Bendigo Health Regional Triage 1800 363 788 https://www.bendigohealth.org.au/PIU/
Perinatal Anxiety & Depression Australia Helpline (PANDA), including post & ante-natal depression.	1300 726 306, 9:00am - 7:30pm, Monday to Friday, support@panda.org.au
Pregnancy Loss Support	SANDS – National Support Service for miscarriage, stillborn & newborn deaths, 1300 072 436 (24hrs). Facebook support group, join via email request, https://www.sands.org.au/ Bears of Hope – 1300 114 673, https://www.bearsofhope.org.au/support@bearsofhope.org.au
Psychologist	Bendigo: Bendigo Psychology 5443 2281, https://bendigopsychology.com.au ; Clinical Psychology Victoria 5443 1090, reception@cpvic.com.au ; AWG Psychology, Aaron 0434 821 545, https://www.awgpsychology.com.au or mail@awgpsychology.com.au Swan Hill: Baudinet Psychological Practice 5032 1199, baudinet@hotkey.net.au Warracknabeal: Melanie Wallis 0417 781 530, https://www.melaniewallis.com.au/ ; Wimmera Psychology 0488 488 088, https://www.wimmerapsychology.com.au/
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 Connect: 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	1800 729 367, information, support, referral for all LGBTIQ+ Victorians, 10-5pm, support@rainbowdoor.org.au
SANE Australia Mental Health Helpline	1800 187 263, 10:00am - 10:00pm Monday to Friday, info@sane.org
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 2m-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, school clothing vouchers; welcoming new citizens to Donald; drop in centre at The Hub' on Woods Street/The Mall, 5497 2037 (11:00am – 3:00pm, Fridays).
Energy Assistance Program – utility hardship support package	Until 30/6//21, 1800 830 029 or phone National Debt Helpline 1800 077 077.
Salvation Army	Bendigo: 5440 8410 (food & financial help, Mon to Fri 9-3), https://www.salvationarmy.org.au/bendigo/ ; Horsham: 5382 1770. Food from Christian Emergency Food Centre, 28 Fibrace St 5381 2311 (open from 1pm Mon to Fri); Swan Hill 5033 171, https://www.salvationarmy.org.au/locations/victoria/v186/swan-hill-corps/
Queen's Fund	Applications for small grants (eg 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: Emergency food, fuel vouchers, community support: 5070 1453 (Faye).
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: 0422 083 216.
Uniting Care Outreach	Bendigo: 25 Forest St, 5443 4972.
Farm Debt Mediation Officer (Agriculture Victoria):	136 186 and ask for the Farm Debt Mediation Officer, farm.debt@ecodev.vic.gov.au 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, https://www.anglicarevic.org.au/our-services/financial-counselling/financial-counselling/ with links to Money Smart tips.
Mallee Family Care Financial Counselling	Mildura and Swan Hill, 1800 632 263 or let them call you, see: https://www.malleefamilycare.org.au/Our-Services/Legal-and-Financial/Financial-Counselling.aspx
National Debt Helpline	(9:30am – 4:30pm): 1800 007 007
North West Rural Financial Counselling Service	1300 769 489, admin@sunrcs.com.au National Free call Number: 1800 686 175.
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/birchipblc@bigpond.com.au
Charlton	Charlton : 30-34 High St. (Rex Theatre), 5491 2333, coord@charltonnh.org.au
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, donaldlearninggroupinc@inet.net.au
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@mthcs.vic.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, mwcrc@bigpond.net.au
Nurse on Call	24 hrs, professional health advice from a registered nurse, 1300 606 024.
Occupational Therapists	
Buloke Shire: Private Practitioner	0409 031 282 (Rebecca Cossar); rebecca@flyingstartot.com.au
East Wimmera Health Service	Birchip, Charlton, Donald & Wycheproof, 5477 2173 (adults), intake@ewhs.org.au
Horsham	Little Steps Occupational Therapy, 0438 079 342, facebook.com/ LittlestepstherapyHorsham 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, 1300 757 806 or Simone on 0438 816 747. https://therapyconnect.com.au/about/reception@therapyconnect.com.au
Warracknabeal	Rural North West Health, (03) 5396 1238.
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, Red Cross 120 Firebrace St, Vinnies 7-9 David St.
Sea Lake	Sea Lake Op Shop, Best Street.
St Arnaud	Vinnies, 35 Napier Street.
Swan Hill	Salvation Army Thrift Shop, 247-249 Campbell St.
Wycheproof	Wycheproof Op Shop – 271 Broadway.
Optometrists	
Bendigo	Bill Wilkinson Optical, 5443 8388; Cartwright & Associates 5443 5137, http://www.cartwrighteyecare.com.au/ ; Eyecare Plus 5443 9738, bendigo@eyecareplus.com.au OPSM 5441 6086, https://www.opsm.com.au/stores/vic/bendigo/opsm-queen-st-bendigo/7008 ; Specsavers 5441 4235, https://www.specsavers.com.au/stores/bendigo ; Wills St Eyecare, 5443 1815, http://www.willstreeteyecare.com.au/
Horsham	Quinn & Co Eye Care, 5382 1429, https://quinnandcoeyecare.com.au/ , Specsavers, 5382 4433.
Sea Lake	Royal Flying Doctor Service periodic visits, 5070 2155.
Swan Hill	Swan Hill Optical, 5033 1424 https://www.swanhilloptical.com.au/ ; Quinn & Co Eyecare, 5032 2764.
Warracknabeal	Quinn & Co Eye Care, 5382 1429.
Osteopathy	
	Central Mallee Osteopathy, Sea Lake, Swan Hill & Kerang 5032 2914, cmo.osteo@gmail.com
Palliative Care	
	Covering the Buloke Shire. Swan Hill District Health 5033 9236, 0429 951 877, https://www.shdh.org.au/our-services/palliative-care-services-2/ palliative.care@shdh.org.au
Parenting	
	<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 2173. – Pregnancy, Birth and Baby (0- 5yrs), 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 yrs, 8:00am to 12 midnight, 7 days, 132 289. -Play, Learn, Grow: Practical advice/texts for families with children aged 2-3 years, 0428 606 027. – 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://www.education.vic.gov.au/parents/Pages/default.aspx
Parks, BBQs, Picnic Areas, Playgrounds	
Berriwillock	Tynan Park, Taverner Street.
Birchip	Memorial Park, Cumming Ave.; Sunset Park, Birchip-Watchem Rd.

Charlton	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.
Culgoa	Memorial Park & Children's Playground – Cnr Church and Main Streets; Recreation Reserve – Calder Highway.
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; Hall Corner Park, 2 North Rd.
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.
Wycheproof	Centenary Park, Calder Highway; Mt Wycheproof: BBQs.

Pathology

Bendigo	Bendigo Health, 5454 8950; Dorevitch 5445 5616; Melbourne Pathology 5441 8480, St John of God Hospital, 5434 3215.
Donald	Donald Family Clinic, 5497 1100.
Horsham	Wimmera Health Care Group, 5381 9231, http://www.whcg.org.au/index.php/about-us/services/pathology
Sea Lake	Mallee Track Medical Clinic Sea Lake, 5070 2118.
St Arnaud	52 North Western Rd, 5477 2115.
Swan Hill	Cnr Campbell & McCallum Streets, 5033 2680; 52 McCrae, 5033 2479.

Physiotherapists

Bendigo, Boort & Swan Hill	Mallee Physio, 5032 5888, info@malleephysio.com.au
Birchip, Charlton, Donald & Wycheproof	East Wimmera Health Service Intake, 5477 2173, intake@ewhs.org.au
Kerang	Northern District Community Health, 5451 0200.
Swan Hill	Mallee Physio, 5032 5888; Swan Hill District Health, 5033 9390; Swan Hill Physiotherapy & Sports Clinic, 5032 9504, https://www.swanhillphysio.com.au/
Warracknabeal	Rural North West Health, 5396 1200, reception@rnh.net.au

Podiatrists

Bendigo	Active Podiatry, 5442 2289, contact@activepod.com.au ; O'Dwyer Podiatry, https://www.odwyerpodiatry.com.au/ 5443 7467; Podiatry on Williamson, 5441 8990, http://podiatryonwilliamson.com.au/
Birchip	Wimmera Foot Clinic (Mondays) 5382 6406.
Birchip, Charlton, Donald & Wycheproof	East Wimmera Health Service Intake, 5477 2173, intake@ewhs.org.au
Boort, Kerang, Cohuna, Pyramid Hill, Quambatook	Northern District Community Health, 5451 0200.
Charlton	Stewart Podiatry, 5443 7851.
Kerang	Country Feet Podiatry, 0448 812 850; Tip Toe Podiatry, 5452 2606.
Sea Lake	Mallee Track Health and Community Service, 5070 2155 or email Briony Munro bmunro@mthcs.vic.gov.au
Swan Hill	Country Feet Podiatry, 0448 812 850; Swan Hill District Health, 5033 9390; Tip Toe Podiatry, 5452 2606.
Warracknabeal	Rural North West Health, 5396 1200, reception@rnh.net.au

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, reception@cnv.org.au
Family Dispute Resolution	Swan Hill Centacare, 5051 0000; Ballarat Centacare, 5337 8999 – visiting Horsham, 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 Service	5033 1899 (24 hrs, Swan Hill).
Men's Line	1300 789 978, counselling service for men with relationship or family concerns, https://mensline.org.au/
Victims of Crime Counselling (Anglicare Victoria)	1800 244 323; AH 1800 819 817, info@anglicarevic.org.au
WIRE (Women's Information and Referral Services)	1300 134 130, Mon to Fri, 9-5; https://www.wire.org.au/ ; support@wire.org.au
1800 Respect	1800 737 732, national sexual assault, domestic violence counselling service (24 hrs 7 days).
Respite	See D isability Respite. Loddon Mallee Planned Respite, 5036 3200, planned respite for carers or clinically supported consumers living with mental health in the Loddon Mallee region.
Rubbish & Recycling Days	http://www.buloke.vic.gov.au/collection-schedule
Sea Lake – General Information	Information about Sea Lake: http://sealake.vic.au
Sexual Assault Crisis	Sexual Assault Crisis Line, 5pm-9am 1800 806 292; Mallee Domestic Violence & Sexual Assault Unit, 5033 1786; Emergency 000.
Sexual Reproduction Health	Information for Victorians on contraception, pregnancy options and sexual health, My Options 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), 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 ; theqec@qec.org.au Private Option: Masada Private Hospital Mother Baby Unit (0-2 yrs), St Kilda, 03 9038 1413, https://www.masadaprivate.com.au/Early-Parenting-Centre/Residential-Program
Sleep Settling Advice	Royal Society for the Welfare of Mothers and Babies Tresillian Nurse; 1300 272 736, free information and telehealth consults https://www.tresillian.org.au/ or https://www.tresillian.org.au/about-us/what-we-do/telehealth-consultations/
Speech Pathology	
Bendigo	Bendigo Speech Works, 5443 9912; Sue Begg & Alison Hogan Speech Pathology 0458 994 004; Talk it Up Speech Pathology 0438 006 445.

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. Referral forms from and to: gbartels@idhs.vic.gov.au Phone 54317 000, 54317 048 or 0429 018 846.
Boort, Kerang & Quambatook	Northern District Community Health 5451 0200.
Horsham	Speech Kids, Droylsden House 0409 044 966, https://droylsden.com.au/practitioner/speech-kids/ ; Wimmera Health Care Group 5381 9333, http://www.whcg.org.au/about-us/services/speech-pathology
Minyip	West Wimmera Health Service 5391 4292, intake@wwhs.net.au
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. Referrals fax to 5092 1177 or or email Briony Munro 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, 1300 757 806, https://therapyconnect.com.au/about/reception@therapyconnect.com.au
Warracknabeal	Rural North West Health (03) 5396 1238.
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 (with 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.
Translating & Interpreting Service (TIS)	131 450, 24 hours. 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.
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 or enquiries to 1300 737 073 or 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.
Watchem – General Information	https://www.wimmeramalleetourism.com.au/our-towns/watchem-victoria or https://www.watchem.org
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, hpreception@shdh.org.au and https://www.shdh.org.au/our-services/womens-health/
Wycheproof – General Information	http://www.aussietowns.com.au/town/wycheproof ; https://www.wimmeramalleetourism.com.au/our-towns/wycheproof-including-nullawil and https://www.wycheproof.vic.au
Youth Programs	www.buloke.vic.gov.au/youth-programs

QUICK REFERENCE LIST:

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For further information go to www.dss.gov.au**

Resources for Buloke Shire families with children 0-12 years
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For amendments or additions to future versions of this guide please email: reception@malleefamilycare.com.au