

IR 1247662



# CHILDREN'S SERVICES DIRECTORY

For any information required that is not found in this directory please contact the **Commonwealth Carelink Centre** on **1800 052 222**

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## **DEFINITIONS OF CHILD CARE SERVICES**

**Before and After School Care** - provides activities and care for school aged children before or after school hours. Offering a program of structured and unstructured activities that are interesting, creative and child centred with a balance of centre based activities and excursions.

Centres are usually attached to a school or provided in a community venue. A fee for care is charged and childcare assistance may be available according to proven level of income.

**Family Day Care** - is a licensed child care service that is conducted in a care giver's home and operates with a maximum of seven children (five under school age and two school age, including the licensee's own children).

Family Day Care provides a home style environment which offers a stimulating program of activities and a daily routine, flexible enough to cater for the needs of the individual child.

Care givers are recruited by Family Day Care and parents are offered a choice of carers who are considered to be appropriate to meet the family's needs.

Fees are charged, however, childcare assistance may be available according to your proven level of income.

Emergency care including overnight care may also be available.

**Home Based Care** - is a licensed child care service provided in a private home with a care giver licensed by the NSW Department of Community Services . Care is provided for up to five children ranging from six weeks to six years of age and two school age children (including the care givers own children).

School aged children may also be cared for before or after school and during school holidays. Fees are charged, with fee subsidies available through the Medicare Cash Rebate Scheme.

**Long Day Care** - Long Day Care Centres should offer a developmentally appropriate program which provides a planned curriculum including a range of activities and experiences which will enhance the social, emotional, cognitive and physical well-being of individual children.

Care may be provided in a centre for children aged from six weeks to six years with some before and after school care for older children. Some occasional or part-time care may also be available.

Long Day Care Centres usually operate longer hours to suit studying or working parents and care is provided in a licensed and regularly inspected centre.

Childcare assistance may also be available according to proven level of income.

**Occasional Care** - offer a developmentally appropriate program which provides a planned curriculum.

It allows parents to attend appointments, shop, give themselves a break, avert family stress, engage in casual work and study commitments and provides parents with support, resources, information and referral.

It also allows parents the opportunity for social interaction to be provided for their children.

Short periods of care may be provided irregularly and regularly dependent on local community needs and in consideration of the needs of children. There may also be provision for emergency situations during daytime hours.

Care is provided for children aged from six weeks to six years of age and centres are licensed by the NSW Department of Community Services.

**Preschools** - should also offer a developmentally appropriate program which provides a planned curriculum.

Centres are licensed by the Department of Community Services and parents in financial need may be eligible for subsidy according to their proven level of income.

**Vacation Care** - should provide quality programs where children are afforded the opportunity for recreation, play and social interaction in a safe environment. Vacation Care is aimed at school aged children during school holidays and childcare assistance may be available according to proven level of income.

Programs should include structured and unstructured activities that are interesting, creative and child centred, with a balance of centre based activities and excursions. Programs should encourage children's social, emotional, creative and physical development.

## **ASSISTANCE WITH CHILD CARE COSTS**

### **Family Assistance Office**

**136 150**

Centrelink

21-25 Duke Street, Coffs Harbour NSW 2450

PO Box 1231, Coffs Harbour NSW 2450

Child Care Benefit assists families with their child care costs. Your income will be taken into account for Child Care Benefit but high income families are still able to receive some payment.

Child Care Benefit is a payment to help families who use:

- Approved child care, and
- Registered child care.

Approved child care is care provided in a service which has been approved to receive Commonwealth child care payments on your behalf. Most long day care, family day care, before and after school care, vacation care and some in-home and occasional care providers are approved child care services. Your service can tell you if they are approved to receive Commonwealth payments.

Registered child care is care provided by nannies, grandparents, relatives or friends who are registered with the Family Assistance Office. It can also include care provided by private pre-schools, kindergartens, some occasional care centres and some outside school hours care services. Your carer can contact the Family Assistance Office on 136 150 for information on how to become registered.

The way you receive your Child Care Benefit will depend on whether you are using approved child care or registered child care or a combination of both.

## **BEFORE AND AFTER SCHOOL CARE & VACATION CARE**

### **Coffs Harbour & District Family Day Care Home Based Child Care**

**6652 7819**

The Cottage, 2 Peterson Road, BOAMBEE 2450

Email: [admin@coffsfdc.org.au](mailto:admin@coffsfdc.org.au)

The scheme provides subsidised childcare for small groups of children from 5-12 years of age in a nurturing family environment. Care provided for before and after school and during school vacations. Weekend and overnight care can be arranged for parents who are working, studying or have special needs. A special holiday activity program is also offered for the school children registered with the scheme.

### **Community OOSH Services**

**Fax: 6658 2555**

Email: [admin@communityoosh.com.au](mailto:admin@communityoosh.com.au)

[www.communityoosh.com.au](http://www.communityoosh.com.au)

### **Fun Factory**

**0435 123 485**

5 Craft Close, Hi-tech Estate, Toormina NSW 2452

### **Woolgoolga**

**0435 347 989**

8 Hawke Drive, Woolgoolga NSW 2456

### **PCYC**

**0435 568 209**

Bray Street, Coffs Harbour NSW 2450

### **Korora Public School**

**0435 123 489**

3 Korora School Road, Korora NSW 2450

Free Bus pickup available to all services from all schools



**Bishop Druitt College** 6651 7400  
1111 North Boambee Road, Coffs Harbour NSW 2450

After school care during school term for children 5-12 years old, 3pm to 6pm.  
Vacation care during school holidays for 5 -12 year olds.  
Activities supervised by Coordinator and assistants.

**Country Cubs Preschool** 6654 4122  
Coramba Public School  
Cnr Eastbank and Coramba RoadS, Coramba NSW 2450

Before & after school care for children aged from 5-12 years of age.  
Vacation care servicing the Upper Orara area for 5 – 12 year olds. Children to bring their own lunch and drink. Registered care provided.

**Open Arms Care** 1300 656 203  
6655 2323

**During school holidays:**

**Bayldon Primary School** 6658 4899  
Cnr Lyons and Toormina Roads, Bayldon NSW 2452

**Coffs Harbour Public School** 6652 5401  
Salamander Street, Coffs Harbour NSW 2450

**Woolgoolga Public School** 0418 678877  
Scarborough Street, Woolgoolga NSW 2456

For 5-12 year olds. Activities supervised by Coordinator and assistants. Children to bring own lunch and drink. Childcare assistance and Medicare Rebate may be available according to level of income.

## **CARE AND CHILD PROTECTION**

### **Care and Child Protection Agency**

**Department of Community Services**

**6659 1555**

28 Gordon Street, Coffs Harbour NSW 2450

Helpline: 132 111

Services for children at risk of abuse and neglect; temporary, short-term, long-term and foster care; adoption of children; child care licensing and referral; families in crisis.

### **Child and Adolescents Sexual Assault Service**

**6656 7200**

#### **Primary Health Care**

Coffs Harbour Health Campus, Pacific Highway

PO Box 812, COFFS HARBOUR 2450

Provides a long term therapeutic counselling service to victims of sexual assault and non-offending family members.

This is a community based non-government service funded by the Department of Community Services.

Services include individual and family counselling, court support and preparation for victims and family members, support groups and community education.

Referrals are essential and can be made through the Department of Community Services or the NSW Police Child Protection Investigation Team.

## **CARER INFORMATION**

### **Carers Support Group**

**6651 8504**

**0421 441 133**

Support group for carers and liaison assistance with service providers. Meetings held on the second Thursday of each month at the Coffs Harbour Ex-Services Club from 2.00 pm to 4.00 pm.

## **CHILD CARE CENTRES AND PRESCHOOLS**

### **ABC Developmental Learning Centres**

Monday to Friday, 6.30 am to 6.30 pm for children 0-6 years.

#### **Moonee Beach**

2a Moonee Beach Road, Moonee Beach NSW 2450

**6656 4277**

1800 222 543

#### **Coffs Harbour**

96 Thompsons Road, Coffs Harbour NSW 2450

**6652 1699**

#### **Toormina**

613B Hogbin Drive, Toormina NSW 2452

**6658 6220**

#### **Bangalee Preschool**

84 Diamond Head Drive, Sandy Beach NSW 2456

Monday to Friday, 8.00 am to 5.30 pm for children 3-6 years. Fee relief.

Open 48 weeks (closed over Christmas).

**6656 1560**

#### **Banksia Preschool and Long Day Care Centre**

2 Tucker Close, Bayldon NSW 2452

Monday to Friday from 8.00 am to 6.00 pm for children 2-6 years (limited 2 year old places). Preschool program between 9.00 am and 3.00 pm.

**6658 1281**

#### **Bower Bird Child Care Centre**

5 North Street, Coffs Harbour NSW 2450

Monday to Friday, 7.30 am to 5.30 pm for children 2-6 years. Caters for up to 36 children. Open 51 weeks of the year.

**6652 7300**

#### **Brayside Community Preschool Inc.**

38-40 Coriedale Drive, COFFS HARBOUR 2450

Monday to Friday, 8.00 am to 4.00 pm for children 3-6 years.

**6652 8846**

**Caterpillar House****6651 2377**

205 Harbour Drive, Coffs Harbour NSW 2450

Tuesday, 8.30 am to 4.00 pm, Monday, Wednesday to Friday 8.30 am to 5.00 pm. Children aged 0-6 years.

**Coffs Christian Outreach Family Link Centre****6652 8641**

101 Stadium Drive, Coffs Harbour NSW 2450

Monday to Friday, 7.45 am to 6.00 pm for children 6 weeks to school age. Open 52 weeks.

**Coffs Harbour Community Preschool****6652 1064**

11 Brodie Drive, Coffs Harbour NSW 2450

Monday to Friday, 9.00 am to 3.00 pm for children 3-6 years.

Extended care is available to working parents between 8.00 am and 4.00 pm.

**Coffs Harbour Montessori Preschool****6653 7122**

27 James Small Drive, Korora NSW 2450

Monday to Friday, 8.30 am to 3.30 pm for children 3-6 years.

**Country Cubs Preschool****6654 4122**

Cnr Eastbank Road and Coramba Road, Coramba NSW 2450

Monday to Friday, 7.30 am to 5.30 pm for children 2-6 years. Caters for up to 36 children. Open 51 weeks of the year. Transport service available to families in the Coffs Harbour area.

**Cow & Koala Child Care Centre****6658 0900**

15 William Sharp Drive, Coffs Harbour NSW 2450

Hours from 7.30 am to 6.00 pm Monday to Friday for children 0-6 years. Open 51 weeks of the year.

- Footprints Early Learning Centre** **6658 3966**  
 21 Lamberts Road, Boambee NSW 2452  
 Hours from 7.45 am to 6.00 pm Monday to Friday for children 2-6 years.
- Ganumbi Early Childhood Education Centre Inc.** **6653 2767**  
 1 Lourne Avenue, Toormina NSW 2452  
 Monday to Friday, 7.30 am to 5.30 pm for children 6 weeks to 6 years. Priority given to working parents. Sliding scale of fees depending on income (Government subsidised).
- Gardiner Avenue Children’s Centre** **6652 2121**  
 9 Gardiner Avenue, Coffs Harbour NSW 2450  
 Hours from 8.00 am to 6.00 pm for children 8 weeks to 6 years.
- Glenreagh Preschool Inc.** **6649 2155**  
 Cnr Bridge and Dorrigo Streets, Glenreagh 2450  
 Tuesday to Thursday, 9.10 am to 3.00 pm for children 3-6 years.
- Gumnut Cottage Inc.** **6651 3077**  
 65 Perry Drive, Coffs Harbour 2450  
 Monday to Friday, 7.45 am to 5.45 pm for children 6 weeks to 6 years.
- Happy Days Preschool & Long Day Care Centre** **6652 6620**  
 207 Harbour Drive, Coffs Harbour 2450  
 Monday to Friday, 8.00 am to 6.00 pm for children 2-5 years.  
 Open 50 weeks (not open public holidays).
- Hopscotch Too** **6653 1100**  
 1 Wagtail Close, Boambee NSW 2450  
 Monday to Friday, 7.45 am to 6.00 pm for children 0-6 years.

**Kulai Preschool Aboriginal Corporation** **6652 4337**  
14 Myuna Place, Coffs Harbour NSW 2450  
Monday to Thursday, 9.00am to 3.00pm and Friday, 9.00 am to 12 noon for  
children 3-6 years (80% Aboriginal children). Morning tea, lunch and afternoon  
tea provided. Transport available.

**Lilly Pilly Early Learning Centre** **6651 1992**  
69 Gundagai Street, Coffs Harbour NSW 2450  
Monday to Friday, 8.15 am to 5.30 pm for children 3-6 years.

**Lilly Pilly South Early Learning Centre** **6653 1038**  
42 Amaroo Crescent, Toormina NSW 2452  
Monday to Friday, 8.00 am to 6.00 pm for children 3-6 years.

**Little Hands Preschool & Long Day Care Centre** **6658 2852**  
4 Bronzewing Place, Boambee NSW 2450  
Hours from 8.00 am to 6.00 pm for children 2-6 years.  
Open 49 weeks of the year.

**Little Wallabies Preschool & Long Day Care Centre** **6654 0533**  
2 Sunset Avenue, Woolgoolga NSW 2456  
Monday to Friday, 6.30 am to 6.30 pm for children 0-6 years.  
Open 52 weeks.

**Lower Bucca Community Preschool Inc.** **6654 3231**  
871 Bucca Road, Lower Bucca NSW 2450  
Monday to Wednesday, 9.30 am to 3.00 pm for children 2½ -6 years.

**Mountain Preschool Lowanna Inc.** 6654 5400  
Lowanna Community Hall 0438 456 862  
Grafton Street, Lowanna NSW 2450  
Wednesday and Thursday, 9.15 am to 2.45 pm for children aged 3-6 years.

**Mullaway Pied Piper Children's Education Centre** 6654 0333  
22 Mullaway Drive, Mullaway NSW 2456  
Hours from 6.30 am to 6.30 pm for children 2-6 years. Open 52 weeks.

**Nana Glen Preschool Inc.** 6654 3339  
960 Orara Way, Nana Glen NSW 2450  
Tuesday to Friday, 9.00 am to 3.00 pm for children 2-6 years.

**Park Beach Child Care Centre** 6650 0280  
45 Park Beach Road, Coffs Harbour 2450  
Monday to Friday, 6.30 am to 6.30 pm for children 2-6 years.  
Open 52 weeks, closed Public Holidays.

**Possums' Den Inc.** 6652 5066  
8 Earl Street, Coffs Harbour NSW 2450  
Monday to Friday, 9.00 am to 3.00 pm for children 3-6 years.  
Preschool Program and occasional care service available also.

**Sandy Beach Child Care Centre** 6656 1866  
35 Saye Close, Sandy Beach NSW 2456  
Monday to Friday, 7.30 am to 5.30 pm for children 2-6 years. Open 48 weeks.

**Three Bears Cottage** 6652 5656  
11 Scarba Street, Coffs Harbour NSW 2450  
Monday to Friday, 8.00 am to 6.00 pm for children 8 weeks to 6 years.

- Tiny Treasures Preschool** **6649 1211**  
43 Coral Street, Corindi Beach NSW 2456  
For children 2-6 years. Free bus service between Woolgoolga and Range Road.
- Toormina Community Preschool Inc.** **6653 1791**  
50 Minorie Drive or PO Box 103, Toormina NSW 2452  
Monday to Friday, 8.30 am to 4.00 pm for children 2½ -6 years.
- Treehouse Early Years Learning Centre** **6653 3261**  
5 McCrae Close, Boambee West NSW 2450  
Monday to Friday, 7.00 am to 6.00 pm for children 2-6 years.  
Open all school holidays.
- Valley Preschool Inc.** **6653 8600**  
Upper Orara Hall,  
Cnr Dairyville and Upper Orara Roads, Upper Orara NSW 2450  
Wednesday and Thursday, 9.00 am to 3.00 pm for children 3-6 years.
- Woolgoolga Child Care Centre – Rainbow Cottage** **6654 2277**  
71 Turon Parade, Woolgoolga NSW 2456  
Hours from 7.45 am to 5.45 pm for children 2-6 years. Open 50 weeks.



## CHILD CARE

### Child Support Scheme

131 272

[www.csa.gov.au](http://www.csa.gov.au)

The Child Support Scheme aims to make sure that parents meet their fair share of the cost of supporting their children. The scheme is administered by the Child Support Agency which is part of the Department of Family and Community Services. The way it works depends on when the parents separated or when the youngest child was born.

## **DISABILITY SERVICES**

### **Autism Spectrum Disorder**

**0481 013 024**

PO Box 1444, Coffs Harbour NSW 2450

Aspect's Building Blocks is recognised through the Australian Government's Helping Children with Autism (HCWA) package as an evidenced based comprehensive program. The Individualised Building Blocks program is specifically designed for children up to seven years of age and is delivered by mobile Early Intervention Specialists in an environment of your choice (including home based, pre-school, kindergarten or a school setting).

### **Camp Quality**

**6651 4486**

Camp Quality is a unique camping program founded in Sydney, Australia in 1983, and already an international program spanning seven countries.

Its purpose is to bring a week of fun and joy into the lives of children with cancer.

The Camp participants are:

- Allocated a companion for the week (one on one);

- Attend cost free

- Offered a variety of activities determined by the camp's location and their availability e.g., abseiling, canoeing, fishing, horse riding etc.

Camp Quality is not Government funded but many organisations, churches and individuals sponsor children to the camps; volunteers provide companionship; and some companies donate or give generous discounts for food, clothing, sporting equipment etc.

Further information may be gained by telephoning the above number and talking with Tom or Nancy Strickland.

**Coffs Harbour City Council****6648 4041**

Community Development Officer

Will provide information regarding services available in the Coffs Harbour local government area for children with a disability.

**Coffs Harbour MyTime****9684 5273**

13 Kane Crescent, Coffs Harbour NSW 2450

1800 171 882

Provides local support for mums, dads, grandparents and anyone caring for a young child under school age with a disability or chronic medical condition.

Fridays from 12.30 pm to 2.00 pm

**Coffs Harbour Play Connect****9684 5273**

Boambee Memorial Hall

1800 171 882

579 Pacific Highway, Boambee NSW 2450

For children aged 0-6 years with Autism Spectrum Disorder (ASD) or ASD like symptoms. Your child does not need an ASD diagnosis to attend.

Mondays from 12.30 pm.

**Coffs Harbour Public School – Special Support Unit****6652 3355**

Salamander Street, Coffs Harbour NSW 2450

The Special Support Unit is within Coffs Harbour Public School which is run by the Department of Education and Training.

The Unit caters specifically for students with disabilities (students with intellectual and physical disabilities) and has specially trained personnel to teach the students.

Each student has an Individual learning Program specific to their individual needs. These individual needs (i.e., communication, social, self-care, fine and gross motor skills) are addressed within the curriculum.

A team approach with parents/caregivers, therapy staff and teaching staff all involved in the planning and on-going evaluation of student programs. A strong integration program exists between the Special Support Unit and mainstream classes.

## **Commonwealth Carelink & Respite Centre**

Email: [sid@nvi.net.au](mailto:sid@nvi.net.au)

**6568 4164**

Fax: 6568 3728

The Commonwealth Carelink & Respite Centre (CRCC) is available to carers who look after children who have a disability, a chronic, terminal or mental illness. The CRCC can assist carers with information and advice about respite options, help with organising respite and financial assistance for respite when needed.

Carers can contact the Commonwealth Carelink & Respite Centre from 8.30 am to 4.30 pm, Monday to Friday.

The Commonwealth Carelink & Respite Centre also has an **Emergency On Call Service** which operates from 4.30 pm to 8.30 am Monday to Friday, as well as weekends and public holidays. Carers who are experiencing a crisis such as hospitalisation, illness or need to attend to other urgent family business can contact the CRCC on 1800 059 059 for assistance.

## **Department of Ageing, Disability, and Home Care**

Development Disability Service  
Services for Children with a Disability

[www.dadhc.nsw.gov.au/dadhc/](http://www.dadhc.nsw.gov.au/dadhc/)

72 Grafton Street, Coffs Harbour NSW 2450

Monday to Friday, 9.00 am to 5.00 pm.

**6659 1300**

Fax: 6659 1333

We provide a service for children and adults with an intellectual disability or developmental delay with moderate to high support needs.

Services available: Community Worker, Behavioural Intervention Consultant, Clinical Psychologist, Physiotherapist, Occupational Therapist, Speech Pathologist.

Provide support including both direct intervention and the planning and coordination of services provided to a client and his/her family or carer. Services include assessment, case planning and management, counselling, referral, therapy, family support, early intervention and behaviour management to families, child care services, early intervention, schools and adult support services.

**Early Childhood Intervention Program****6652 8080**

13 Kane Crescent, Coffs Harbour NSW 2450

Provides individual teaching programs in developmental skills for any child (0-6 years) with learning difficulties, physical, intellectual or sensory disability and aims to teach parents appropriate methods of home training that will assist each child achieve his/her full potential.

Individual occupational therapy or parent/child therapy is provided, weekly or fortnightly and liaison with Doctors, Specialists, Speech Therapists, Physiotherapists and the Department of Education is also provided.

**Home Care Service of NSW****6659 1360**

(Ageing, Disability &amp; Home Care)

72 Grafton Street, Coffs Harbour NSW 2450

The Home Care Service of NSW provides people with practical assistance in order to promote independent living in their own home. Home Care mainly assists older people who are frail and younger people who have disabilities, and their carers.

Home Care provides services including assistance in the home and with normal daily living tasks, personal care, respite care, assistance with therapy programs.

The Coffs Harbour Branch of Home Care Service provides service to households in the Coffs Harbour and Bellingen Shires plus Red Rock, Corindi and Glenreagh in the Ulmarra Shire.

Where the need exists, service is available 7 days a week and out of normal working hours.

Referral may be made by ringing 6659 1360 in Coffs Harbour. Home Care receives referrals from individuals or their carers, and from health and welfare agencies in the community.

A fee is agreed upon at time of assessment. No person is denied service because of inability to pay.

**Northcott Disability Services**

31 Bonville Street, Coffs Harbour NSW 2450

6651 2366  
1800 506 071

Not for profit organisation that provides support and free services to people with a broad range of disabilities and their families and carers.

Services include individual and family support for children or adults with a physical disability and their families.

Leaving Care - Mentoring service for young people aged 16 and over transitioning from the care of the Minister for Community Services to live as independently as possible.

Early Start Diagnosis Support Service - For families who have any concerns about their child's development or who have a child with a recently diagnosed disability aged 0-8 years.

Family Support Group - Held the first Wednesday of each month from 9.30 am to 11.30 am for parents/carers of children with a physical disability.

**R & R Disability Services Inc.****5622 8400**

Coffs Harbour Community Village,  
Earl Street, Coffs Harbour NSW 2450  
Monday to Friday, 8:30am to 4:30pm.

R&R Disability Services is a locally grown not-for-profit community based organisation that provides recreational focused respite support, day programs and a range of other individualised supports to individuals with disabilities, their families and their carers. R&R has been in operation since 1986 and its service footprint covers the local government area of Coffs Harbour. Service is available to people living in this area who care for a person with a disability who is aged between birth and 65 years of age.

We believe that all individuals have a right to receive support that is client focused, responsive, flexible, reliable and at times that suit them. Our focus is on individuals with disabilities and their carers having full community citizenship and participation.

**Vision Australia**

126 West High Street, Coffs Harbour NSW 2450

**1300 847 466**

6651 1863

A range of programs and strategies offered to children (from birth to 18 years) and their families to assist each child's development, education and independence. Local services include physiotherapy, occupational therapy, counselling and transition to work programs.

**EARLY CHILDHOOD CENTRES  
(Child and Family Health Nursing Service)**

Provides support and assistance to families with children 0-5 years.

**COFFS HARBOUR** **6652 3503**

29 Park Avenue, Coffs Harbour NSW 2450

Monday to Friday. By appointment only.

Settling Classes - information about sleep and settling given by a Child & Family Health Nurse. 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month at 2.00 pm

Lactation Clinic - information and advice on breastfeeding provided by a qualified Lactation Consultant. Wednesday by appointment

**BOAMBEE EAST COMMUNITY CENTRE** **0428 101 359**

Bruce King Drive, Boambee East NSW 2450

Mondays – 9.00 am to 12 noon drop in. Afternoons by appointment.

**NORTHSIDE SHOPPING CENTRE** **0437 975 018**

Headspace Under 25 years Clinic

81 Park Beach Road, Coffs Harbour NSW 2450

Thursdays – Appointments all day

**SAWTELL** **6652 3503**

CWA Rooms, Elizabeth Street, SAWTELL 2450

Thursdays – 9.00 am to 12 noon drop in. Afternoons by appointment.

**WOOLGOOLGA** **6654 1111**

29 Beach Street, Woolgoolga NSW 2456

Mondays – Appointments all day

Wednesdays – Appointments all day

Thursdays – 9.30 am to 12 noon drop in. Afternoons by appointment.

**Please bring your child's Personal Health Record to all appointments.**



## **EQUIPMENT HIRE**

### **Baby Bella**

**6651 8484**

Cnr Industrial and Isles Drives, Coffs Harbour NSW 2450

Baby equipment hire: baby capsules, car seats, cots, prams etc

### **Beach Wheelchairs**

Park Beach Surf Club

0408 285 073

Sawtell Surf Club

6653 2164

Coffs Harbour Yacht Club

6652 4390

Northcott Disability Services

6651 2366

Woolgoolga

Vicky - 6654 8118

**Wheelchairs to be returned free of sand and salt water.**

### **Coffs Baby Hire**

**0417 779 695**

9 Thompsons Road, COFFS HARBOUR 2450

Baby equipment hire: baby capsules, car seats, cots, prams etc

## **FAMILY DAY CARE**

### **Coffs Harbour & District Family Day Care Scheme**

**6652 7819**

10 North Boambee Road, COFFS HARBOUR 2450

Email: [manager@coffsfdc.org.au](mailto:manager@coffsfdc.org.au)

[www.coffsfdc.org.au](http://www.coffsfdc.org.au)

### **Newtrain Family Day Care**

**1800 701 292**

1/8 Marcia Street, Coffs Harbour NSW 2450

**6651 5677**

Email: [maryanne@newtrain.com.au](mailto:maryanne@newtrain.com.au)

Email: [tay@newtrain.com.au](mailto:tay@newtrain.com.au)

## **FAMILY ALLOWANCE**

Family Allowance is money to help you raise your children. The amount you receive depends on your income, how many children you have and their ages, whether you pay rent privately or whether you are a sole parent.

If you need to know more about your entitlement the number to call is 136 150. You can also call 131 202 for information in different languages.

## HEALTH

**Community Nursing** **6656 7820**

Coffs Harbour Health Campus  
345 Pacific Highway, Coffs Harbour NSW 2450

**Dental Clinic** **1300 651 625**

Coffs Harbour Health Campus (Oral Health Customer Service Line)  
345 Pacific Highway, Coffs Harbour NSW 2450

**Palliative Care** **6656 7683**

Coffs Harbour Health Campus  
345 Pacific Highway, Coffs Harbour NSW 2450

**Primary Health & Extended Care** **6656 7200**

Coffs Harbour Health Campus  
345 Pacific Highway, Coffs Harbour NSW 2450

Early Childhood Nursing  
Before School Screening  
Speech Pathology  
Child and Family Counselling

## **IMMUNISATION**

An immunisation program is organised by the Mid North Coast Area Health Service who provide this free service on a monthly basis to Coffs Harbour and Woolgoolga for children 0-5 years. Immunisation can be organised at the venues and during the times stated below:

### **Immunisation Clinics**

#### **Coffs Harbour**

**6652 3503**

Child and Family Health Nursing Centre,  
29 Park Avenue, Coffs Harbour NSW 2450  
2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month

#### **Woolgoolga**

**6654 1111**

Woolgoolga Health Campus,  
29 Beach Street, Woolgoolga NSW 2456  
3<sup>rd</sup> Wednesday of the month

If you have any questions, suggestions or problems please contact Child and Family Health Nursing on 6652 3503.

## **J E T PROGRAM**

Jobs, Education, and Training

### **Centrelink JET Advisers and Personal Advisers**

Centrelink Jet Advisers and Personal Advisers can help you by giving you support and advice. They will provide you with assistance and referrals to help you get a job, or get more involved in your community.

Centrelink Advisers assist customers who are:

- Getting Parenting Payment
- Mature aged (aged 50 to Age Pension age) and getting Newstart Allowance or Mature Age Allowance
- Getting Widow Allowance, Partner Allowance, Carer Payment, Widow B Pension and some Special Benefit customers
- Job seekers receiving Newstart or Youth Allowance who are temporarily incapacitated
- Job seekers claiming Newstart or Youth Allowance who
  - are Aboriginal and /or Torres Strait Islander, or
  - have been granted certain exemptions from the Activity Test, or
  - have been recently released from prison.

Depending on which payment you get, you will see either a Centrelink JET Adviser or Personal Adviser.

Centrelink JET Advisers and Personal Advisers can provide:

- Encouragement and help to work out a plan for your return to work that takes into account your needs and circumstances, your skills and experience, and local opportunities.
- Information about the benefits of preparing for a return to work or study and the assistance available to help you do this.
- Help to get you the services you need, such as education and training services, employment services, child care and services to help with any personal difficulties.
- Details of financial incentives available that you may be able to get to help you study, train or enter the workforce, and

- Assistance to help you understand your obligations, ensuring that your individual circumstances are taken into account.

Giving people the support they need to return to work, learn new skills or get involved in their community in some way is an important part of the Australian Government's Welfare Reform package.

If you are required to see a JET Adviser or Personal Adviser you do not need to do anything. Centrelink will contact you when you need to come in for an interview. If you are not required to see a JET Adviser or Personal Adviser but would like to see one, or if you need additional support on a more regular basis, contact Centrelink for more information.

For more information contact Centrelink on:

Coffs Harbour's Centrelink Office	6648 6783
Employment Services	132 850
Youth and Students	132 490
Family Assistance Office and Centrelink Parenting Payment	136 150
Disabilities, Sickness and Carers	132 717
Retirements	132 300
Appointments (Call to make an appointment to visit your closest Centrelink office)	131 021
Centrelink Multilingual Call Centre	131 202
Website	<a href="http://www.centrelink.gov.au">www.centrelink.gov.au</a>

## **OCCASIONAL CARE**

### **Caterpillar House**

6651 2377

205 Harbour Drive, Coffs Harbour NSW 2450

Open 8.30 am to 5.00 pm, Monday, Wednesday, Thursday, Friday and Tuesday  
8.30 am to 4.00 pm for children aged 0-6 years. Bookings essential. Children  
with special needs welcome e.g., Non-English speaking background, Aboriginal  
families and children with disabilities.

### **Possums' Den**

6652 5066

8 Earl Street, Coffs Harbour NSW 2450

Open 8 am to 6 pm, Monday to Friday for children 3-5 years. Provides  
occasional care places for four children per day and bookings are essential.

## **PLAYGROUPS**

If you wish to contact Playgroup NSW Inc please telephone Head office, Sydney on Toll Free 1800 171 882 or (02) 9684 9500 or you can log onto their website at [www.playgroupnsw.com.au](http://www.playgroupnsw.com.au) or email [admin@playgroupnsw.com.au](mailto:admin@playgroupnsw.com.au)

The Playgroups are located in various areas and meet on different days (see below).

### **Bayldon Busy Bees**

Bayldon Community Centre, Toormina Road, Bayldon NSW 2452  
Friday - 10.00 am to 12 noon

### **Bellingen Playgroup**

Children's Centre, Elliott Close, Sunset Ridge Dr, Bellingen NSW 2454  
Tuesday - 10.00 am to 12 noon (Steiner Session)  
Wednesday - 10.00 am to 12 noon

### **Boambee Babes**

Boambee East Community Centre  
Bruce King Drive, Bomabee East NSW 2452  
Friday - 9.30 am to 11.30 am

**6658 6586**  
0413 292 447

### **Boambee Playgroup**

Memorial Hall, Pacific Highway, Boambee NSW 2450  
Tuesday - 9.00 am to 11.00 am and Wednesday - 9.30 am to 11.30 am

**6658 7359**

### **Coffs Harbour & District Family Day Care Scheme Playgroup**

PO Box 1636, Coffs Harbour 2450 Phone: 6652 7819  
Tuesday to Thursday from 9.30 am to 11.30 am during school term only.  
Care givers and/or parents are expected to participate in the children's activities and share the responsibility of care throughout the Playgroup session.  
Please note: this playgroup is only for care givers, children and parents who are registered with the Scheme.



**Coffs Harbour Kids Playgroup**

Wesleyan Methodist Church  
76B Bray Street, Coffs Harbour NSW 2450  
Monday - 9.30 am to 11.30 am

**6652 3493**  
0439 620 909

**Dorrigo Playgroup**

Girl Guide Hall, Vine Street, Dorrigo NSW 2453  
Wednesday - 10.00 am to 12 noon

**Lower Bucca Community Playgroup**

872 Bucca Road, Lower Bucca NSW 2450  
Every Thursday, 10.0p am to 12 noon for children 0-5 years.

**6654 3231**  
6656 2503

**Kalang Playgroup**

Kalang Preschool  
Kalang Road, Kalang NSW 2454  
Wednesday - 10.00 am to 12 noon

**King Street Playgroup**

11 King Street, Coffs Harbour NSW 2450  
Monday, Wednesday and Friday - 10.00 am to 12 noon

**6652 5577**

**MAINLY MUSIC - Music based Playgroups**

Mainly Music is a community service run by volunteers in conjunction with churches. A nominal fee is paid. It is not a commercial venture.

**Mainly Music Coffs Harbour**

Lifehouse Church  
Alison Street, Coffs Harbour  
Mondays from 10.00 am to 11.30 am

**0402 211 458**

**Mainly Music Korora** **6652 9776**

Blue Cross Church  
Cnr Pacific Highway and Bruxner Park Road, Korora  
Tuesdays from 10.00 am to 11.30 am

**Mainly Music Sawtell** **6658 3830**

St Nicholas Anglican Church  
Elizabeth Street, Sawtell  
Fridays from 9.30 am to 11.00 am

**Moonee Mites** **6653 6513**

Moonee Beach Reserve Hall **0421 256 753**  
Moonee Beach Road, Moonee Beach NSW 2450  
Tuesday - 10.00 am to 12 noon

**Mountain Preschool Outreach Playgroup** **6654 5400**

Ulong Hall **0438 456 862**  
Pine Avenue, Ulong NSW 2450  
Third Monday each month, 10.00 am to 12 noon for children 0-6 years  
accompanied by parent(s).

**Nana Glen Playgroup** **0421 563 285**

Nana Glen Preschool  
Orara Way, Nana Glen NSW 2450  
Monday - 10.00 am to 12 noon

**North Beach Playgroup** **6655 6810**

Mylestom Hall, **6655 4202**  
River Street, Mylestom NSW 2454  
Wednesday - 10.00 am to 12 noon

**Orara Valley Playgroup**

The Recreation Ground  
Dairyville Road, Upper Orara NSW 2450  
Monday - 10.00 am to 12 noon

6653 9115  
0428 120 772

**Peach Blossum Playgroup**

Casuarina Steiner School  
Gentle Street, Coffs Harbour NSW 2450  
Every Thursday and Friday, 9.30 am to 12.30 pm for children 0-6 years  
accompanied by parent(s).

**6651 2770**

**St Augustine's Playgroup**

School Hall, St Augustine's Primary School  
Albany Street, Coffs Harbour NSW 2450  
Wednesday - 9.00 am to 11.00 am

**0417 666 494**  
6652 1204

**St Francis Xavier Playgroup**

Youth Centre  
Queen Street, Woolgoolga NSW 2456  
Wednesday - 9.30 am to 12 noon

**Sawtell Playgroup**

St Nicholas Anglican Church  
Elizabeth Street, Sawtell NSW 2452  
Tuesday - 10.00 am to 12 noon

0407 776 104  
6658 1626

**Sawtell Playgroup**

Uniting Church Hall  
Elizabeth Street, Sawtell NSW 2452  
Wednesday - 10.00 am to 12 noon

**6653 3078**  
0411 290 305

**Tallowood Teddies**

**0447 545 228**

Community Hall  
Pine Avenue, Ulong NSW 2450  
Monday - 9.30 am to 11.30 am

**Toormina Playgroup**

Christian Fellowship Church Hall  
Nariah Crescent, Toormina NSW 2452  
Monday - 9.30 am to 12 noon

**Urunga Playgroup**

Community Centre  
Bonville Street, Urunga NSW 2455  
Tuesday - 10.00 am to 12 noon

**Woolgoolga Family Playgroup**

**6654 8526**

Community Centre  
Boundary Street, Woolgoolga NSW 2456  
Monday - 9.30 am to 11.30 am  
Tuesday, Wednesday and Thursday - 10.00 am to 12 noon

## SPECIFIC SUPPORT GROUPS

### **Australian Breastfeeding Association Coffs Coast Group**

[www.coffsaba.com.au](http://www.coffsaba.com.au)

Aims to provide encouragement, moral support and information to mothers wishing to breast feed. This group also provides mothers with a chance to meet with other mothers of young babies and children. ABA has a library service with books on childbirth and breastfeeding. Also provides telephone counselling, group meetings, group bulletins, hospital and school visits and community talks. The group meets once times a month for social days, coffee morning or breastfeeding for beginners.

### **Coffs Coast Autism Parent Support Group Inc**

2/34 Park Avenue, Coffs Harbour NSW 2450

[www.coffscoastautism.org.au](http://www.coffscoastautism.org.au)

**6658 8330**

Lexi Duffy

Supporting people with autism spectrum disorders and their families.

### **The Mid North Coast Home Birth Group**

1157 Darkwood Road, Thora NSW 2454

**6655 8538**

Joey Van Ryan

Provides contact with homebirth midwives and associated Doctors for support, information on ante-natal classes and help at home after birth. Focus is on natural child birth and support.

### **Multiple Birth Club**

PO Box J12, Coffs Harbour Jetty 2450

**6651 8854**

A social and supportive club, offering coffee mornings in members' homes, expectant parents' nights, school age multiple evenings, and family barbeques. They also have a small library of books and a video relating to multiple birth available. A joining fee is applicable.

## **SPECIFIC SUPPORT SERVICES**

### **Coffs Harbour Carers Support Group**

**6653 2785**

6651 8504

0421 441 133

Support group for carers and liaison assistance with service providers.

Meetings held every second Thursday each month at the Coffs Ex-Services Club from 1.00 pm to 4.00 pm.

### **Coffs Harbour Children's Services Adviser**

**6651 1422**

#### **Department of Community Services**

24 Gordon Street, Coffs Harbour NSW 2450

Aiming to increase the provision of child care services and maintaining networks of support amongst all services.

### **Interrelate – Family Centre**

**6659 4100**

24 Park Avenue, Coffs Harbour NSW 2450

Monday, Wednesday, Friday 9.00 am to 5.00 pm

Tuesday and Thursday 9.00 am to 6.30 pm

Approved Counselling Agency under the Family Law Act. Pre-marital, marital, de-facto, separation and divorce counselling. Family and workplace mediation. Personal development and relationship education courses. Day and evening groups are available. Bookings are essential and fees apply.

### **Interrelate Children's Contact Centre**

**6659 4150**

24 Park Avenue, Coffs Harbour NSW 2450

Interrelate's Children Contact Centre ensures the safe "changeover" of children between separated parents as well as appropriate and safe contact visits between children and their non-residential parents/guardians.

These programs are for families who are unable to resolve conflict around contact arrangements. Qualified and trained staff will ensure contact and changeover is free of conflict.

**Legacy****6652 7583**

55 Victoria Street, Coffs Harbour NSW 2450  
Monday to Friday, 9.00 am to 2.00 pm

A voluntary organisation of returned servicemen caring for the widows and children of comrades killed in action or who have subsequently died, and offering assistance and advice. Legacy meets monthly.

**Royal Far West****6651 6747**

Royal Far West Opportunity Shop 1800 500 061  
142 West High Streets, Coffs Harbour NSW 2450  
Monday to Friday, 9.00 am to 4.00 pm and  
Saturday - 9.00 am to 12 noon

The Centre accepts patients who are referred by Doctors for Specialist, medical or diagnostic services and associated treatment which is not available to patients at home. Also covers dental treatment if referred by a Dentist. For further information or enquiries please telephone the above numbers.

**UNITING CARE BURNSIDE (SUPPORT SERVICE)****6659 2800**

Level 2, Gateway House  
Mastracolas Road, Coffs Harbour NSW 2450

Assist families in a supportive and development way in times of family distress. Offer family worker support groups, information, resources and referrals. Supported playgroups are operating in Coffs Harbour, Woolgoolga and Sawtell as well as a team mum group in Coffs Harbour.

**Warrina Women & Children's Refuge****6652 4000**

Crisis accommodation for women and children escaping domestic violence. Offers child support referrals, information and advocacy for children witnessing domestic violence. 24 hour crisis telephone counselling. Confidential service.

## **STATE GROUPS**

### **Child & Family Information Line**

**9557 0900**  
**1800 803 820**

Provides free information and resources to individuals, community groups or anyone interested in the field of children's services.

### **Contact Inc.**

**9212 5588**

66 Albion Street, Surry Hills NSW 2010

Contact Inc. helps to address the impacts of isolation for children, families and communities. Contact Inc. serves the community by working across all child, family and children's sectors, providing service delivery in ways that best fit local child and family need.

### **Network of Community Activities**

**9212 3244**

66 Albion Street, Surry Hills NSW 2010

Network is a resource and advisory organisation offering help for before and after school hours centres, vacation programs, community arts programs and programs for people with disabilities. It runs workshops, prints a regular newsletter and publishes other materials.



**COFFS COAST TOY LIBRARY****6652 7986**

Shop 12, Bray Street Shopping Centre  
Bray Street, Coffs Harbour NSW 2450  
Email: [coffstoylibrary@bigpond.com](mailto:coffstoylibrary@bigpond.com)  
Friday and Saturday, 9.00 am to 1.00 pm

Coffs Coast Toy Library operates as any library, but provides toys, play equipment and other stimulating play materials.

Over 900 toys are available in an extensive range of recreational and educational types. The Coffs Coast Toy Library is a community non-profit organisation and the membership fees are used to purchase new toys and cover librarian's wages.

**Women's Directorate****NSW Department of Industrial Relations and Employment**

[www.dir.nsw.gov.au](http://www.dir.nsw.gov.au)

Women employees need not give up their jobs because they are having a baby. There is a law in New South Wales which enables women to keep their jobs in the workforce. The law is called the Industrial Arbitration (Amendment) Act. The parts of this law which deal with maternity leave are called the maternity leave provisions. The law was passed on 28 April 1980.

Further information on maternity leave provisions may be gained by telephoning the Awards Enquiry Service on 131 628 or postal enquiries to the Coffs Harbour Local Office of the Department of Industrial Relations at PO Box 710, Coffs Harbour NSW 2450.

Updated March 2016

For additional information or any future changes to information contained in this directory please email [coffsconnect@chcc.nsw.gov.au](mailto:coffsconnect@chcc.nsw.gov.au)

Thank You



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