# Deniliquin and District

# COMMUNITY SERVICES DIRECTORY



BROUGHT TO YOU BY INTEREACH and the Deniliquin Community Network



www.intereach.com.au

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The Deniliquin Community Services Directory is also available online at <u>www.intereach.com.au/find-a-service.html</u>

If you would like to add or amend an entry, please contact us at <u>denihub@intereach.com.au</u>

This service directory has been created and is maintained by Intereach Ltd with the support of the Deniliquin Community Network.

# IN AN EMERGENCY DIAL 000 or 112 from mobiles for AMBULANCE, FIRE, POLICE

LOCAL EMERGENCY NU	M B E R S
AMBULANCE	(03) 5881 5625
FIRE	(03) 5881 7401
HOSPITAL	(03) 5882 2800
POLICE	(03) 5881 2244
SEARCH & RESCUE SQUAD	(03) 5881 2244

ESSENTIAL ENERGY	
General Enquiries	13 23 91
Supply Interruptions	13 20 80

SUPPORT & HELP LINES	
Abortion GriefCounselling	1300 363 550
Access Line	1800 800 944
Aged Care Information Line	1800 200 422
AIDS Line	1800 133 392
Asthma Information Line	1800 278 462
Autism Information Line	1800 277 328
Breastfeeding Helpline	1800 686 268
Cancer Helpline	13 11 20
Care Ring 24hr Crisis Line	13 61 69
Child Protection Crisis Line	13 12 78
Council of Single Mothers and their Children Support Line	1300 552 511
Credit& Debt Hotline	1800 007007
Crime Stoppers	1800 333 000
Dementia Helpline	1800 100 500
DirectLine Drug & Alcohol Support	1800 888 236
Domestic Violence Line	1800 656 463
Family Drug Help	1300 660 068
Family Drug Support Aust	1300 368 186
Family Planning NSW Talkline	1300 658 886
Family Relationship Advice Line	1800 050 321
Gamblers Help	1800 858 858
Gay & Lesbian Counselling Service	02 8594 9596
GP Helpline	1800 022 222

GriefLine	1300 845 745
Hepatitis Line	1800 803 990
Homeless Persons Info Centre	1800 234 566
Kids Helpline	1800 551 800
Lifeline	13 11 14
Maternal & Child Health Line	13 22 29
Medicines Line	1300 633 424
MensLine Australia	1300 789 978
Men's Referral Service (Anger & Violence)	1800 065 973
MyLine Youth Advice Line	1800 695 463
National Continence Helpline	1800 330 066
Needle Clean-Up Hotline (Nsw)	1800 633 353
PANDA (Post & Antenatal Depression)	1300 726 306
Parentline	1300 130 052
Poisons Information Centre	13 11 26
Pregnancy Counselling Aust	1300 737 732
Rape Crisis Centre NSW	1800 424 017
Reading & Writing Hotline	1300 655 506
Riverina Murray Respite Carers Centre – Emergency Respite	1800 059 059
Road Trauma Support Team	1300 367 797
Sane Mental Illness Helpline	1800 187 263
Sexual Assault & Domestic Violence	1800 737 732
SIDS Bereavement Support	1300 308 307
Spina Bifida Information Line	1300 655 447
Stroke Line	1800 787 653
Suicide Line	1300 651 251
State Emergency Service (Storm & Flood)	132 500
Syringe Disposal Helpline (vic)	1800 552 355
Veterans Counselling Line	1800 011 046
Vision Information Line	1800 331 000
Wildlife Rescue Victoria	1300 094 535
Wires NSW Wildlife Info & Rescue	1300 094 737
WIRE Women's Support Service	1300 134 130
Women's Health Info Centre	1800 442 007

# AGEING & DISABILITY

# AGED ACCOMMODATION

# Deniliquin Nursing Home Foundation

5-9 Macauley Street Deniliquin NSW 2710 Phone: 03 5881 3944 Fax: 03 5881 3590

# Home Maintenance & Modifications

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Providing maintenance & modification work to homes of the frail aged, people with a disability and their carers.

# Inala & Mirradong Housing Corporation

74 Wellington Street PO Box 95 Deniliquin NSW 2710 Phone: 03 5881 4182 Fax: 03 5881 8361 Assisting with affordable housing units for the elderly.

# Mathoura Retirement Village PO Box 117 Mathoura NSW 2710 Phone: 03 5884 3258 Self-care housing units for the elderly.

# Navorina Nursing Home

5-9 Macauley Street PO Box 177 Deniliquin NSW 2710 Phone: 03 5881 3944 Fax: 03 5881 3590 Email: office@navorina.com.au Web:www.navorina.com.au Quality high dependency aged care.

# Southern Cross Care – Orana Hostel

59 Napier Street PO Box 355 Deniliquin NSW 2710 Phone: 03 5881 2766 Fax: 03 5881 2752 Assisted residential living for the elderly.

# AGED CARE INFORMATION

# Alzheimer's Association NSW

Phone: 02 9805 0100 Phone: 1800 100 500 Help line Web:www.fightdementia.org.au Information, support & advocacy for people living with dementia & Alzheimer's as well as their families and carers.

# Arthritis NSW

Free call: 1800 011 041 Web:www.arthritisnsw.org.au Support advice and information for people with arthritis and other musculoskeletal conditions and their families.

# **Carers NSW**

Helpline: 1800 242 636 Web:www.carersnsw.asn.au Information, advice, support & advocacy for carers.

# COTA – Council of the Ageing NSW

Phone: 02 9286 3860 Free call: 1800 449 102 Fax: 02 6285 3422 Web:www.cotansw.com.au Provides leadership, support, information and education for all older persons in NSW

# Dementia Hotline

**Free call:** 1800 100 500 Telephone information and support service for people with dementia, their families & carers.

# **Department of Health**

Phone: 02 6989 1555 Free call: 1800 020 103 Web:www.health.gov.au Information on health care topics.

# **Department of Social Services – Ageing Phone:** 1300 653 227 **Web:** www.dss.gov.au/our-responsibilities/ageingand-aged-care *Information on Age-related topics.*

# DPS Guide To Aged Care

**Web:**www.agedcareguide.com.au Aged Care Guide to facilities for the elderly, featuring home care, nursing homes, bed vacancies, retirement living, products & services in Australia.

### Heart Foundation Phone: 1300 362 787

**Web:**www.heartfoundation.org.au Provides information and facts as well as funding research and providing guidelines for professionals to assist people with cardiovascular disease.

# IDEAS – Information on Disability & Education Awareness Services

Phone: 1800 029 904

**Web:**www.ideas.org.au Providing information for people with a disability, their families & carers to enable them to make informed decisions about their daily lives.

# My Aged Care

Free call: 1800 200 422 Web: www.myagedcare.gov.au Reliable, clear & confidential information on aged care assistance and support.

# Parkinson's Support Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226

Web:www.intereach.com.au

Support group for people affected by Parkinson's disease, their carers, family & friends. The group meets on the 4th Wed of the month at the Moama Bowling Club. Transport from Deniliquin is available.

# **Planning Ahead Tool**

**Web:**www.planningaheadtools.com.au Information to assist planning for future legal, health and financial decisions.

# Riverina Murray Commonwealth Respite & Carelink Centre

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Freecall: 1800 052 222 24hr Emergency Respite: 1800 059 059

Information about support services for the elderly, people with a disability and their carers. They also assist with short-term and emergency respite services and can coordinate access to respite services in a carer's local area.

# **Stroke Foundation**

**Phone:** 1800 787 653 **Web:**www.strokefoundation.com.au *Information about stroke, stroke resources, life after stroke, stroke prevention, events, stroke research.* 

# The Aged-Care Rights Service (TARS)

Phone: 02 9281 3600 Phone: 1800 424 079 Web:www.tars.com.au Provides legal advice and advocacy for older Australians.

# **Veterans Affairs**

Phone: 133 254 24hr Counselling Line: 1800 011 046 Web:www.dva.gov.au Supporting those who have served or are serving in defence of our nation and commemorate their service and sacrifice.

# AGED SERVICES

# ADHC Dept. Ageing, Disability & HomeCare

371 Cressy StDeniliquin NSW 2710
Phone: 03 5898 3450
Fax: 03 5898 3461
Web: www.adhc.nsw.gov.au
Providing services and support to older people, people with a disability, and their families and carers in NSW.

### **Books on Wheels**

Deniliquin Library 55 Napier Street Phone: 5898 3100 Fax: 03 5881 3100 Web:www.cmrpl.com.au Free home library service for the elderly or house bound.

# **Broadband for Seniors**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Fax: 03 5881 5440 Web:www.intereach.com.au Free basic computer tutoring for people aged 50 and over.

# **Community Options**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Complex case management program providing appropriate assistance and support to frail aged people and people with a disability and their carers.

Community Transport Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200

**Web:**www.intereach.com.au Personalised door to door transport within Deniliquin, Mathoura & Conargo for the frail aged, people with a disability, isolated clients & their carers. A charter bus service also runs to Bendigo & Shepparton as well as out of town transport to medical appointments.

# **Connecting Cultures Group**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Web:www.intereach.com.au Social group for people that have moved to Australia and want to meet new people.

### **Continence Advisory Service**

The forest Centre Lewisham Ave Wagga Wagga NSW 2650 Phone: 02 6932 3009 Email:fcs@forrestcentre.com.au Web:www.forestcentre.com.au Facilitating access to a continence advisor to offer advice and management of continence issues.

# **Continence Helpline**

**Helpline:** 1800 330 066 Free telephone advisory service staffed by continence nurse advisors

# Deni Dodgers Lifeball

**Phone:** 03 5881 4774 **Web:** users.tpg.com.au/fenolan/ *Fun team ball game for older people that incorporates activities such as walking, thinking, passing & throwing.* 

# **Deniliquin Community Health Centre**

2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Community Health services including Aboriginal Health,

Aged Care Co-ordinator, Community Nurses, Dental Health, Diabetic Educator, Health One Officer, Immunisation clinics, Occupational Therapy, Palliative Care, Sexual Assault Counsellor, Social Worker, Speech Pathologists, Women's Health Nurse.

# Deniliquin Men's Shed

Shed 3 Barham Road (behind Agspares) Open Tuesday and Wednesday 9am to 4pm Phone: 0427 811 707

Email: jhtonkin@bigpond.com

Assisting and supporting men of all ages to stay focused and active with wood work, metal work and computing or simply a cuppa and socialisation.

# Friendship Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 Social support group for the elderly and people with a disability. Groups run in Deniliquin, Mathoura, Finley, Barham, Wakool & Barooga

# Home Maintenance & Modifications

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Fax: 03 5881 5440 Web:www.intereach.com.au Providing subsidised maintenance and modification work to homes of people who are frail aged, people with disabilities and their carers

# Italian Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 Social respite group for people of any age with an Italian heritage.

# Ladies Day Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 Ladies respite day group for women who have a disability, are frail aged or socially isolated.

# Large Print, Talking Books & E-Books

Deniliquin Library 55 Napier Street Deniliquin NSW 2710 Phone: 5898 3100 Web:www.cmrpl.com.au Reading material with large print, audio books and downloadable e-books available for borrowing.

# Low Vision Support Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Phone: 1300 488 226 Support for people with impaired vision, offering information, socialisation, advocacy, promotes and introduces vision aids with direct support and linkage with Vision Australia.

# Mathoura Community Day Care

19 Lawrence Street PO Box 98Mathoura NSW 2710 Phone: 5884 3301 Mobile: 0428 107 897

Day Care for the elderly, people with disabilities and those who are socially isolated. Activities include craft, social contact, social cards, outings and light exercise.

# Mathoura Community Health Centre

19 Lawrence Street PO Box 98Mathoura NSW 2710 Phone: 5884 3301 Fax: 03 5884 3604 Community Health including Immunisation, Early Childhood Health, Aged Care, Home Visits and Palliative Care.

# Meals on Wheels - Deniliquin

Yallambee **Phone:** 03 5881 7310 Supply and delivery of meals to the frail aged and people with a disability within Deniliquin.

# Meals on Wheels – Mathoura

Murray Shire Council **Phone:** 03 5884 3395 Supply and delivery of meals to the frail aged and people with a disability within Mathoura.

# Men's Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *Men's respite day group for men who have a disability, are frail aged or socially isolated.* 

# Men's Lunch Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *Luncheongroup for men who have a disability, are frail aged or socially isolated.* 

# Murray Shire Multi Service Outlet

6 Meninya Street Moama NSW 2731 Phone: 03 5482 1400 Phone: 0427 806 398 Fax: 03 5482 4882 Web: www.murray.nsw.gov.au Servicing the Shire of Murray. Offering Community Transport, Home Maintenance, Social Support, Meals on Wheels, Centre Based Day Care and Aged Care Services.

# Personal Medical Alert System – Vital Calls

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web: www.intereach.com.au Information and installation of 'Vitalcall' pendant personal medical alert alarm systems.

# **Respite Care**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226

**Web:** www.intereach.com.au Providing carers of elderly or people with a disability with the opportunity to take a break from their caring role.

# Riverina Murray Commonwealth Respite & Carelink Centre

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Freecall: 1800 052 222

**24hr Emergency Respite:** 1800 059 059

Information about support services for the elderly, people with a disability and their carers. They also assist with short-term and emergency respite services and can coordinate access to respite services in a carer's local area

# Talking Newspaper

Echuca Library 524 – 528 High Street Echuca VIC 3564 **Phone:** 03 5482 1997 *Talking newspaper for people who are visually impaired. Covering the Echuca and Deniliquin news.* 

# **DISABILITY SERVICES**

# **Ability Links**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Phone: 1300 488 226 Supporting people with a disability, their families & carers to set & achieve goals, build confidence, develop support networks and participate in the community.

# ADHC Dept. Ageing, Disability & Home Care

371 Cressy St Deniliquin NSW 2710 Phone: 03 5898 3450 Fax: 03 5898 3461 Web: www.adhc.nsw.gov.au Providing services and support to older people, people with a disability, and their families and carers in NSW.

# **Australian Hearing**

**Phone:** 131 797 **Web:** www.hearing.com.au *Providing treatment and information for hearing related problems.* 

# **Therapeutic Exercise Group**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Phone: 1300 488 226 Gentle exercise group to improve fitness, mobility and social interaction

# University of the Third Age - U3A

Meeting at the Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5882 3536 Mobile: 0419 536 738

Friendly and supportive community dedicated to ensuring lifelong learning. Informal classes are held on a variety of topics and interests.

### Autism Spectrum Australia Phone: 1800 277 328

**Web:** www.autismspectrum.org.au Providing comprehensive information, intervention & services for people of all ages with Autism and other disabilities and their families.

# **Autism Support Group**

Intereach Family Centre Trickett Street Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *First Saturday of the month 10.30am until 11.30am.* 

# **Community Options**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Community Options is a complex case management program which provides appropriate assistance and support to frail aged people and people with a disability and their carers.

### CP Australia (Cerebral Palsy) Phone:02 8259 7725

**Web:** www.cpaustralia.com.au Promoting the interests, rights, roles and wellbeing of people with cerebral palsy & similar conditions.

# **CRS** Australia

DHS Service Centre 322 – 328 Cressy StreetDeniliquin NSW 2710 Phone: 02 6961 8961 Web: www.crsaustralia.gov.au Assisting people with disabilities to get and keep jobs.

# DAIS - Disability Advocacy & Info Service

20 Stanley Street PO Box 982 Wodonga VIC 3690 Phone: 02 60562420 or 1300 886 388 Web: www.dais.org.au Free advocacy and information service for people with a disability.

# **Deaf Society of NSW**

**Phone:** 02 8833 3600 **Web:** deafsocietynsw.org.au *Providing services to and for the deaf community to ensure deaf people achieve their full potential.* 

# Deniliquin Community Health Centre

2 Macauley St Deniliquin NSW 2710 Phone: 03 5882 2900

Community Health Services including Aboriginal Health, Aged Care Co-ordinator, Child & Family Health Worker, Child Protection Counsellor, Community Nurses, Dental Health, Diabetic Educator, Health One Officer, Immunisation clinics, Occupational Therapy, Palliative Care, Sexual Assault Counsellor, Social Worker, Speech Pathologists, Women's Health Nurse

# Early Childhood Intervention Service Intereach Family Centre

Trickett Street Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226

### Web: www.intereach.com.au

Assisting families with children 0-8 years of age who have a disability or who may be delayed in reaching their developmental milestones. Early childhood intervention involves assisting families to help their children reach their full potential.

# Home Maintenance & Modifications

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Fax: 03 5881 5440 Web:www.intereach.com.au Providing subsidised maintenance and modification work to homes of people who are frail aged, people with disabilities and their carers.

# IntereachDenilquin Community Hub

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Fax: 03 5881 5440 Web:www.intereach.com.au Facebook:Intereach Community or Intereach Ltd Linking people to information and services.

### LARA (Leisure & Recreational Activities) Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *Leisure and recreational activities group for people with a disability to connect socially.* 

### Live Wire – Starlight Foundation Phone: (02) 8425 5971

**Web:** www.livewire.org.au A safe online community for young people living with a serious illness, chronic health condition or disability, and their families, where they can connect and share experiences with others who understand what they are going through.

# Low Vision Support Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Phone: 1300 488 226 Support for people with impaired vision, offering information, socialisation, advocacy, promotes a

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# Mathoura Community Day Care

19 Lawrence Street PO Box 98Mathoura NSW 2710 Phone: 5884 3301 Mobile: 0428 107 897 Fax: 03 5884 3604 Day Care for the elderly, people with disabilities and th

Day Care for the elderly, people with disabilities and those who are socially isolated. Activities include craft, social contact, social cards, outings and light exercise.

# Mathoura Community Health Centre

19 Lawrence Street PO Box 98Mathoura NSW 2710 Phone: 5884 3301 Fax: 03 5884 3604 Community Health includingImmunisation, Early Childhood Health, Aged Care, Home Visits and Palliative Care.

# Meals on Wheels - Deniliquin

Yallambee **Phone:** 03 5881 7310 Supply and delivery of meals to the frail aged and people with a disability within Deniliquin.

# Meals on Wheels – Mathoura

Murray Shire Council **Phone:** 03 5884 3395 Supply and delivery of meals to the frail aged and people with a disability within Mathoura.

# Mens Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *Mens respite day group for men who have a disability, are frail aged or socially isolated.* 

# Motor Neurone Disease Association

**Phone:** 1800 777 175 **Web:** www.mndaust.asn.au A national voice and information service for people with Motor Neurone Disease.

# Multicultural Disability Advocacy Association of NSW - MDAA

Freecall: 1800 629 072

**Web:**www.mdaa.org.au Aiming to improve, protect and secure the rights and interests of people from non-English speaking backgrounds with a disability, their families and carers in NSW.

# Murray Shire Multi Service Outlet

6 Meninya Street Moama NSW 2731 Phone: 03 5482 1400 Phone: 0427 806 398 Fax: 03 5482 4882 Web: www.murray.nsw.gov.au Servicing the Shire of Murray. Offering Community Transport, Home Maintenance, Social Support, Meals on Wheels, Centre Based Day Care and Aged Care Services.

# **MS Australia**

Phone: 02 8484 1315

**Web:**www.msaustralia.org.au Providing advocacy, communications, and information to benefit people living with MS, improve treatments and accelerate research to ultimately find a cure for MS.

# National Relay Service

Phone: 133 677 TTY/voice calls Phone: 1300 555 727 Speak & Listen

Web: www.relayservice.gov.au

Australia-wide telephone access service providing phone solutions for people who are deaf or have a hearing or speech impairment

# Parkinson's Support Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226

Web:www.intereach.com.au

Support group for people affected by Parkinson's disease, their carers, family & friends. The group meets on the 4th Wed of the month at the Moama Bowling Club. Transport from Deniliquin is available.

# Parkinson's NSW

Phone: 02 8875 8900 Info Line: 1800 644 89 Fax: 02 8875 8999 Web:www.parkinsonsnsw.org.au Providing knowledge, care and hope to people living with Parkinson's disease and their families & carers.

# ParaQuad

**Phone:** 02 8741 5600 **Web:** www.paraguad.org.au Supporting people with spinal cord injury to achieve their choices in life

### Physical Disability Council of NSW Phone: 1800 688 831

**Web:**www.pdcnsw.org.au Information, education and support for people with physical disabilities.

# **Talking Newspaper**

Echuca Library 524 – 528 High StreetEchuca VIC 3564 **Phone:** 03 5482 1997 *Talking newspaper for people who are visually impaired. Covering the Echuca and Deniliquin news.* 

### Telescreen Hearing Test Phone: 1800 826 500

National telephone service that allows you to take a free hearing screening over the phone, anytime, anywhere in Australia.

# TAGS (Thursday Afternoon Group Session)

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *Social respite activities group for young people.* 

# The Personnel Group

373 Cressy St Deniliquin NSW 2710 Phone: 03 5881 5788 Fax: 03 5881 5758 Web:www.personnelgroup.com.au Disability employment & recruitment service.

# Therapeutic Exercise Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Phone: 1300 488 226 Gentle exercise group to improve fitness, mobility and social interaction

# Vision Australia

Phone: 1300 847 466 Web:www.visionaust.org Providing services, facilities and information to visually impaired people.

# Yallambee

142-144 Napier Street Deniliquin NSW 2710 **Phone:** 03 5881 2624 *Providing day programs, residential accommodation and supported employment to people with a disability.* 

# Yallambee Accommodation Services 437 George Street Deniliquin

**Phone:** 5881 2624 Supported accommodation for people with a disability.

# CHILDREN, FAMILIES AND YOUTH

# **CHILDREN & FAMILY SERVICES**

# **Aboriginal Family Support**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Supporting and strengtheningAboriginal families to deal with various individual and family issues such as parenting, living skills, family violence, child protection and sexual

# Australian Breastfeeding Association

Phone: 03 5881 7317
Email: andrewandkellie@active8.net.au
24 hr Helpline: 1800 686 686
Web: www.breastfeeding.asn.au
Support and information for breastfeeding mothers.

# **Baby Bounce**

assault etc.

Deniliquin Library 55 Napier Street Deniliquin NSW 2710 Phone: 5898 3100 Web:www.cmrpl.com.au Wednesdays at 11am. A fun session of stories, songs and rhymes.

# CareSouth

Suite 2, 78 – 80 Napier St Deniliquin NSW 2710 **Phone:** 03 5881 8360 Supporting and caring for children in foster care as well as foster care families.

# **Chat First**

**Web:**www.chatfirst.com.au A child-centred website for children, teens and their parents to help cope with and understand family separation.

Child and Family Health

Community Health Centre 2 Macauley St Deniliquin Phone: 03 5882 2900 Fax: 03 5882 2905

Community Health Services including Child & Family Health Worker, Child Protection Counsellor, Community Nurses, Dental Health, Diabetic Educator, Health One Officer, Immunisation clinics, Occupational Therapy, Women's Health Nurse

# Deniliquin Children's Centre

362 Whitelock Street Deniliquin NSW 2710 Phone: 03 5881 2394 Fax: 03 5881 7319 Email:denichildren@bigpond.com.au Facebook: DeniliquinChildrensCentre Preschool, Long Daycare, Mobile Children's Service and Toy Library

# **Child Protection Helpline**

Phone: 132 111 (24hrs/7days) Phone: 1800 212 936 TTY Report suspected child abuse or neglect

# **Children & Family Services**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Facebook: IntereachChildrenandFamilies Providing services such as Family Support, Aboriginal Family Support, Parenting Program, Early Childhood Intervention, Family Links, Family Day Care, OOSH & NILS

# **CyberSmart**

**Web:**www.cybersmart.gov.au Designed to help children and families find out how to use the internet safely.

# **Deniliquin Child Care Centre**

Deniliquin Children's Centre 362 Whitelock Street Deniliquin NSW 2710 **Phone:** 03 5881 2394 *Long day-care service for babies and children up to primary school age.* 

# Deniliquin Community Health Centre

2 Macauley St Deniliquin NSW 2710

Phone: 03 5882 2900

Community Health Services including Aboriginal Health, Aged Care Co-ordinator, Child & Family Health Worker, Child Protection Counsellor, Community Nurses, Dental Health, Diabetic Educator, Health One Officer, Immunisation clinics, Occupational Therapy, Palliative Care, Sexual Assault Counsellor, Social Worker, Speech Pathologists, Women's Health Nurse

# Deniliquin Mobile Children's Centre

Deniliquin Children's Centre 362 Whitelock Street Deniliquin NSW 2710

**Phone:** 03 5881 7662 Mobile preschool program offered to rural and remote children in Deniliquin, Conargo, Jerilderie, Wakool, Bunnaloo, Pretty Pine, Blighty.

# **Deniliquin Playgroup Association**

Deniliquin Guide Hall Whitelock St Deniliquin NSW 2710 Phone: 03 5881 1658 or 0419 595 375 Email: deniplaygroup@live.com.au Facebook: Deniliquin Playgroup Association Informal social play sessions for parents, carers, babies & children up to school age get together in a relaxed & friendly environment.

# Deniliquin Toy Library

Deniliquin Children's Centre 360 Whitelock Street Deniliquin NSW 2710 **Phone:** 03 5881 4886 **Email:**denitoylibrary@bigpond.com *A huge range of toys available for borrowing. This service is for children from birth to school age.* 

# Dept. of Education & Communities NSW

Harfleur St Deniliquin NSW 2710 **Phone:** 03 5898 3700 **Web:**www.dec.nsw.gov.au Information for parents and students on all aspects of education and training.

# DTS – Deniliquin Tutoring Service

Intereach Neighbourhood Centre Cnr Napier & Trickett Streets Deniliquin NSW 2710 **Contact:** 0432 872 387 Spencer **Web:www.tinyurl.com/denitutoring** *Attentive, one-on-oneacademic tutoring K-12. Helping you to equip your children with the skills to thrive.* 

# Early Childhood Intervention Service

Intereach Family Centre Trickett Street Deniliquin NSW 2710

Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au

Assisting families with children 0-8 years of age who have a disability or who may be delayed in reaching their developmental milestones, to reach their full potential.

# Family Day Care

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Flexible, home based childcare.

Families NSW Phone: 02 6937 9428 Web:www.families.nsw.gov.au Information and resources for parents.

# Family Support

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Supporting and strengthening families to deal with various individual and family issues such as parenting, living skills, family violence, child protection and sexual assault etc.

# Family Referral Service

Suite 1, 78-80 Napier St Deniliquin NSW 2710 **Phone:** 1300 307 897 **Phone:** 03 5881 1480 *Linking families in need to relevant support services.* 

# Family Relationship Centre

68 Wyndham St Shepparton VIC 3630 Phone: 03 5820 0444 Advice Line: 1800 050 321 Web:www.familyrelationships.gov.au Confidential information & support for families experiencing relationship issues. Centres have a focus on providing family dispute resolution (mediation) to enable separating families to achieve workable parenting arrangements outside the Courts.

# **Goodstart Early Learning**

81 Hardinge St Deniliquin NSW 2710 Phone: 03 5881 5594 Email: den@goodstart.org.au Web: www.goodstart.org.au Long day care facility for children aged 6 weeks to 5 years.

# Grandparents Raising Grandchildren

Phone: 02 9286 3860 Free Call: 1800 449 102

**Web:** www.raisinggrandchildren.com.au Information and resources for grandparents, relatives and kinship carers, who have full-time care & responsibility of their grandchildren or underage relatives.

# Immunisation Clinic – Deniliquin

Deniliquin Community Health Centre 2 Macauley St Deniliquin Phone: 03 5882 2900 Fax: 03 5882 2905 Free immunisation/vaccination program for children.

# Immunisation Clinic - Mathoura

Mathoura Community Health Centre 19 Lawrence Street PO Box 98 Mathoura NSW 2710 **Phone:**03 5884 3301 *Free immunisation/vaccination program for children.* 

# Intereach Deniliquin Community Hub

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Fax: 03 5881 5440 Web:www.intereach.com.au Facebook: Intereach Community or Intereach Ltd Linking people to information and services.

# Intereach Family Centre

Trickett Street Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 **Web:**www.intereach.com.au *Incorporating Out of School Hours Care (OOSH)& Early Childhood Intervention.* 

# Jyldamenk Group & Koori Playtime

Intereach Family Centre Trickett Street Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 **Web:**www.intereach.com.au Informal gathering of Aboriginal people that is a chance to catch up with friends and family as well as gain new information and participate in activities. Jyldamenk also incorporates Koori Playtime.

# Karitane

Karitane Careline: 1300 227 464 Web: www.karitane.com.au Web: www.mybabyandme.org.au Parenting support & advice, antenatal support and education, services to alleviate parental depression and anxiety, managing toddler behaviour and other family related issues. For children aged up to 5 yrs.

# Kids Choice Childcare

74 Hardinge Street Deniliquin NSW 2710 Phone: 03 5881 4558 Fax: 03 5881 5061 Long daycare for children aged 3 months to 6 years.

Kids Helpline Helpline: 1800 551 800 Web: www.kidshelp.com.au Free, private and confidential telephone and online counselling service for young people aged between 5 and 25 years.

# KidsZone

Deniliquin Baptist Church 33 Edwardes Street Deniliquin NSW 2710 Phone: 03 5881 5580 Web:www.denibaptistchurch.com After school kids club for primary school aged kids. Wednesday's 4pm – 5.30pm during the school term.

# Kooyong Solutions – Counselling & Mediation

13 Hare Street Echuca Vic 3564 **Phone:** 03 5482 2139 **Web:** www.kooyongsolutions.com.au *Mediation & counselling service including relationship counselling and family mediation. Proportion of fees can be claimed on Medicare.* 

### Maternal & Child Health line Phone: 13 22 29 (24 hours)

24/7 support &information service. A qualified maternal & child health nurse provides guidance regarding child health, nutrition, breast feeding, parenting and maternal & family health.

# Mathoura Community Health Centre

19 Lawrence Street PO Box 98 Mathoura NSW 2710 Phone: 5884 3301 Mobile: 0428 107 897 Fax: 03 5884 3604 Community Health including Immunisation, Early Childhood Health, Aged Care, Home Visits and Palliative Care.

# Mathoura Early Childhood

19 Lawrence Street PO Box 98 Mathoura NSW 2710 **Phone:**03 5884 3301 *Community Health Service. Appointments or home visits available with Child & Family Health Worker.* 

# NSW Family & Community Services

DHS Service Centre 376-378 Charlotte St PO Box 437Deniliquin NSW 2710 Phone: 03 5882 2500 Fax: 03 5882 2599 Web: www.community.nsw.gov.au Promoting the safety and wellbeing of children and young people and working towards building stronger families.

# OOSH (Out of School Hours Care)

Intereach Family Centre Trickett Street Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web: www.intereach.com.au Centre-based childcare both after school & during school holidays for primary school aged children.

# Parent Hub

**Web:** www.parenthub.com.au Free online resource for parents with information from pregnancy to teen years.

# Parent Line NSW

**Phone:** 1300 130052 **Web:** www.parentline.com.au *Free professional guidance and for families with concerns about a child development or disability.* 

# **Parenting Program**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 **Web:** www.intereach.com.au *Supports and strengthens families with information and advice through parenting groups, one-on-one sessions and workshops.* 

Playtime Playgroup Deniliquin Baptist Church 33 Edwardes Street Deniliquin NSW 2710 Phone: 03 5881 5580 Web:www.denibaptistchurch.com Playtime for 0-5 year olds and includes games, crafts, stories, and morning tea. It is also a place for parents & carers to get together for a cuppa and a chat.

# Pregnancy, Birth & Baby Helpline

Helpline: 1800 882 436 Web: www.pregnancybirthbaby.org.au Advice, support and information about pregnancy, childbirth and babies first year.

# **Raising Children Network**

**Web:** www.raisingchildren.net.au Comprehensive, practical, expert child health and parenting information and activities covering children aged 0-15 years.

# **Relationships Australia**

634 Wyndham St Shepparton Vic 3632 **Phone:** 03 5820 7444 **Web:** www.relationshipsvictoria.com.au *Relationships Australia is a leading provider of relationship support services for individuals, families and communities.* 

# **Resourcing Parents**

**Web:** www.resourcingparents.nsw.gov.au *Resources for parents and carers.* 

# Salvation Army After School Group

Salvation Army Hall, Edwardes St Deniliquin NSW 2710 Phone:03 5881 3868 Web: www.salvos.net After school activities group on a Tuesday.

# Storytime

Deniliquin Library 55 Napier Street Deniliquin NSW 2710 Phone: 5898 3100 Web: www.cmrpl.com.au Stories, songs and craft for children 5 and under. Wednesdays @ 11am.

# **YOUTH SERVICES**

# Department of Juvenile Justice

Suite 1 520 Swift Street PO Box 214 Albury NSW 2640 **Web:**www.djj.nsw.gov.au **Phone:**02 6051 0600 Juvenile Justice NSW provides information& advice as well assupervising& caring for young offenders in the community and in detention centres

# DTS – Deniliquin Tutoring Service

Intereach Neighbourhood Centre Cnr Napier & Trickett Streets Deniliguin NSW 2710

Contact: 0432 872 387 Spencer

**Web:**www.tinyurl.com/denitutoring Attentive, one-on-oneacademic tutoring K-12. Helping you to equip your children with the skills to thrive.

# **Head Space**

129 High Street Shepparton VIC 3630 Phone: 03 5823 8800 **Web:**www.headspace.org.au Youth mental health service to assist young people going through a hard time.

# **Kids Helpline**

Helpline: 1800 551 800 Web: www.kidshelp.com.au Free, private and confidential telephone and online counselling service for young people aged between 5 and 25 years.

# **My Future**

**Web:** www.myfuture.edu.au Information, resources and support with career planning, education and training.

# Reachout

**Web:** www.reachout.com.au Providing young people with information, advice, connections & support to manage mental health difficulties.

# Schoolies

**Web:** www.schoolies.youthcentral.vic.gov.au *Information about schoolies week organisation and safety.* 

# **Vinnies Reconnect**

74 Wellington Street PO Box 458 Deniliquin NSW 2710 Phone: 035881 7411 Fax: 03 5881 8361 Web: www.vinnies.org.au Opportunities, choices and support for young people and their families to prevent homelessness

# Vinnies Youth Connections

74 Wellington Street PO Box 458 Deniliquin NSW 2710 Phone: 035881 7411

Web: www.vinnies.org.au

Working with young people, their family, school, training provider and/or employer to sustain their education and training and prevent them from disengaging and falling into the homelessness cycle

# **Your Tutor**

**Web:** www.yourtutor.com.au/libraries/yourtutor Access help with homework or assignments using your library card.

# Youth Central

**Web:** www.youthcentral.vic.gov.au Website for young people aged 12-25 to access information about important life skills.

# youth.gov.au

**Web:** youth.gov.au Communication channel between the Australian government and young people aged 15-24

# Yes Youth & Family Services

562 Macauley Street Albury NSW 2640 Phone: 02 6058 6200

**Web:**www.yesalbury.wordpress.com Working with young people to deal with home, school, legal, Centrelink, career and accommodation issues.

# COMMUNITY SERVICES

# **BUSINESS GROUPS**

# **Business Enterprise Centre - Riverina**

66-70 Coleman St Wagga Wagga 2650 **Phone:** 02 6925 6588 **Email:**business@waggabec.com.au **Web:**www.riverinabec.com.au Assisting people to start and run a small business smoothly and efficiently.

### Business.gov.au

**Web:** www.business.gov.au Online government resource for Australian businesses.

# Mathoura Chamber of Commerce & Citizens

PO Box 125 Mathoura NSW 2710 **Phone:** 03 5884 3364 **Mobile:** 0400 609 828 *Assists to promote and progresses the business and tourist potential of Mathoura* 

# Mathoura Visitor & Business Centre

23 Moama Street PO Box 21 Deniliquin NSW 2710 Phone: 03 5884 3730 Fax:03 5884 3720 Email: info@mathoura.com.au Web: www.mathoura.com.au Business and secretarial support.

217 Cressy Street Deniliquin NSW 2710 Phone: 03 5881 3010 Fax: 03 5881 3205 Web:www.rdamurray.org.au Regional body linking government services and business to promote regional sustainability.

# **Small Business Assist**

RDA – Murray

**Web:** www.sba.ato.gov.au Easy access to information for small businesses on topics such as registering for an ABN, understanding & registering for GST, employer obligations & lodging activity statements.

# Deniliquin Business Chamber

28 Napier Street PO Box 513 Deniliquin NSW 2710 Phone: 03 5881 2621 Mobile: 0427 278 719 Email: info@deniliquinchamber.com.au Web: www.Deniliquinchamber.com.au A representative body for the business community in Deniliquin.

# Department of Fair Trading

490 David Street Albury NSW 2640 Phone: 02 6043 9300 Fax: 02 6043 9333

**Web:** www.fairtrading.nsw.gov.au Providing information and assistance for consumer issues, motor vehicles, home building and renovations, property and tenancy issues.

# **CIVIL MARRIAGE CELEBRANTS**

# **Cassandra Biggs**

1 Riverview Drive Deniliquin NSW 2710 Phone: 03 5881 4256 Mobile: 0448 005 260 Fax: 03 5881 4256

# Joy Allan

PO Box 1156 Deniliquin NSW 2710 Phone: 0428 816 456 Melanie Wilson Phone: 0457 825 646 Email:melaniekwilson@yahoo.com.au

# Sally-Ann Dillon

506 Poictiers St Deniliquin NSW 2710 Phone: 03 5881 3809 Mobile: 0427 813 809

# **EMPLOYMENT**

# AusNAC

Murray Mallee Training Company 292 George St Deniliquin NSW 2710 Phone: 03 5881 8503 Web: www.ausnac.com Australian Apprenticeships Centre

# Career One

**Web:** www.careerone.com.au Job search and career information website.

# **CRS** Australia

DHS Service Centre 322 – 328 Cressy Street Deniliquin NSW 2710 Phone: 02 6961 8961 Web: www.crsaustralia.gov.au Assisting people with disabilities to get and keep jobs.

# Eworks Employment Solutions

46 Hardinge St Deniliquin NSW 2710 Phone: 03 5839 8010 Toll Free: 1300 306 311 Fax: 03 5033 1850 Email: deniliquin@eworks.org.au Web: eworks.org.au Providing Disability Employment Services and Professional Recruitment Services to Deniliquin and surrounding areas.

# Job Access

**Web:** www.jobaccess.gov.au **Phone:** 1800 464 800 Information & advice service for people with a disability who are job seeking or in the workforce & their employers.

# Job Search

**Web**: www.jobsearch.gov.au Free website to help job seekers find jobs and employers to find staff.

# **Murray Mallee Training Company**

292 George St Deniliquin NSW 2710 Phone: 03 5881 5558 Fax: 03 5881 8047 Web: www.mmtc.com.au Employment and training services.

# **My Future**

**Web:** www.myfuture.edu.au Information, resources and support with career planning, education and training.

# Summit Employment & Training

360 Cressy St Deniliquin NSW 2710 Phone: 03 5881 8815 Fax: 03 5881 8854 Email: deniliquin@summit-et.com.au Web: www.summit-et.com.au Employment & recruitment service

# seek.com.au

Web: www.seek.com.au Job search website.

# Sureway Employment & Training

316 Cressy St Deniliquin NSW Phone: 03 5881 6941 Fax:03 5881 8781 Mobile:0408 216 837 Email: deniliquin@sureway.com.au Web: www.sureway.com.au Employment & recruitment service

# The Personnel Group

373 Cressy St Deniliquin NSW 2710
Phone: 03 5881 5788
Fax: 03 5881 5758
Web: www.personnelgroup.com.au
Disability employment & recruitment service.

# **FUNERALS**

# **Cassandra Biggs**

1 Riverview Drive Deniliquin NSW 2710 Phone: 03 5881 4256 Mobile: 0448 005 260 Fax: 03 5881 4256 Civil celebrant for funeral services.

Friends of the Cemetery Phone:03 5881 3192 Help with setting up for funeral services.

# **Riverina Funerals**

453 Harfleur Street Deniliquin NSW 2710 **Phone:** 03 5881 5111 **Web:**www.riverinafunerals.com *Funeral home with chapel, celebrant, arranging room & refreshment room facilities.* 

# Sally-Ann Dillon

506 Poictiers St Deniliquin NSW 2710 Phone: 03 5881 3809 Mobile: 0427 813 809 Civil celebrant for funeral services.

Mathoura Funerals Riverina Funerals Phone: 03 5881 5111

# HOUSING ASSISTANCE

# Cummeragunja Local Aboriginal Land Council

4 Tongala Rd Cummeragunja VIC 3639 PO Box 99 Moama NSW 2710 **Phone:** 03 5869 3372 Assistance for Aboriginal people with housing, legal, employment and other issues. Advice to general community regarding important Aboriginal sites in the area.

# **Homes Out West**

74 Wellington St PO Box 922 Deniliquin NSW 2710 Phone: 03 5881 4182

Maintenance Assistance: 1800 038 233

# Fax: 03 5881 8361

**Web:**www.homesoutwest.com.au Community housing provider and assistance with finding affordable rental accommodation for low to moderate income earners.

Home Maintenance & Modifications Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au

Providing subsidised maintenance and modification work to homes of people who are frail aged, people with disabilities and their carers

# Housing NSW

**Phone:** 1300 468746 **Web:** www.housing.nsw.gov.au Information on affordable housing options available to low income earners.

# **Housing Pathways**

**Web:** www.housingpathways.nsw.gov.au Information on available housing assistance including community housing and private rental Rentstart assistance.

Inala and Mirradong Housing Corporation 74 Wellington St Deniliquin NSW 2710 Phone: 03 5881 4182 Assisting with affordable housing units for the elderly.

# South West Tenants Advice & Advocacy Service

Phone: 1800 642 609 Email: tenancy@verto.org.au

**Web:** www.verto.org.au/tenantsadvice Free advice & support on residential tenancy issues to tenants in public housing or vulnerable members of the community.

# Tenant Participation Resource Service (TPRS)

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Providing access to information, advice & opportunities to social housing tenants to more actively participate in processes related to their housing.

# Vinnies Homelessness Service

74 Wellington Street PO Box 458 Deniliquin NSW 2710 Phone: 035881 7411 Web: www.vinniesdeni.com.au Early intervention, crisis accommodation, and long term support to assist people find safe and stable housing.

# **MEDIA**

Bunnaloo Ballyhoo Community Newsletter Bunnaloo Public School Bunaloo NSW 2731 Phone: 03 5489 7275 Email:bunnaloo-p.school@det.nsw.edu.au Bunnaloo school and community newsletter

# Classic Rock 102.5

368 George Street Deniliquin NSW 2710 **Phone:** 03 5881 1811 **Web:**www.classicrock.com.au *Local FM radio station for Deniliquin & Echuca.* 

# **Pastoral Times**

230 Cressy St Deniliquin NSW 2710 **Phone:** 03 5881 2322 **Fax:** 03 5881 4455 *Local newspaper published Tuesdays & Fridays.* 

# Viney Morgan Aboriginal Medical Service

10 Tongala Rd Cummeragunja VIC 3639 PO Box 421 Moama NSW 2731

Phone: 03 5869 3343

### Fax: 03 5869 3492

Services for Aboriginal people including medical & health services, parent & family support, aged services, housing assistance, financial information, emergency services & social support

# **Vinnies Reconnect**

74 Wellington Street PO Box 458 Deniliquin NSW 2710 Phone: 035881 7411 Web: www.vinnies.org.au Opportunities, choices and support for young people and their families to prevent homelessness

# FarmTalk Magazine

230 Cressy St Deniliquin NSW 2710 Phone: 03 5881 2322 Fax: 03 5881 4455 Email:leesa.muir@denipt.com.au Southern Riverina &mid Murray monthly rural magazine.

# Mathoura Matters Newsletter

Phone: 03 5884 3554 Fax: 03 5884 3162 Email:mathmatt@bigpond.com Fortnightly Mathoura community newsletter

# Radio 2QN (1521)

368 George Street Deniliquin NSW 2710 Phone: 03 5881 1811 Local AM radio station.

# RELIGION

# **Baptist Church**

33 Edwardes Street Deniliquin NSW 2710 Phone: 03 5881 5580 Email:denibaptistchurch@bigpond.com Web: www.denibaptistchurch.com

# Jehovah's Witness

Kingdom Hall Finley Rd Deniliquin NSW 2710 Phone: 03 5881 8182 Fax:03 5881 3442

**Riverside Community Church Phone:** 03 5881 7617 **Web:** 0488 065 562

# St Paul's Anglican Church

340 Harrison St Deniliquin NSW 2710 Deniliquin NSW 2710 **Phone:** 03 5881 2092

St Michael's Catholic Church 366 Harrison Street PO Box 182 Deniliquin NSW 2710 Phone: 03 5881 1482 Presbytery: 03 5881 5648 St Vincent De Paul Store 64-66 Napier St PO Box 832 Deniliquin NSW 2710 Phone: 03 5881 2735

The Salvation Army 60-64 Wellington St Deniliquin NSW 2710 Phone: 03 5881 3868

The Salvation Army Family Store Shop 1-2Wellington Place Deniliquin NSW 2710 Phone: 03 5881 8677

Uniting Church of Australia 346 Poictiers St PO Box 6 Deniliquin NSW 2710 Phone: 03 5881 2148

# **RURAL AND FARMING ASSOCIATIONS**

Deniliquin Stock & Station Agents Association PO Box 960 Deniliquin NSW 2710 Phone: 03 5881 5226 Mobile: 042 577 8558

### Murray Irrigation

443 Charlotte Street, PO Box 528 Deniliquin NSW Phone:03 5898 3300 or 1300 138 265 Fax: 03 5881 3464 After Hours Emergency: 1300 657 313 Providing irrigation services and water trading to farmers.

# **NSW Office of Water**

8-20 Edwardes St PO Box 205 Deniliquin NSW 2710 Phone: 03 5998 3900 Fax: 03 5881 3465 Responsible for the supply and management of the State's surface water and groundwater resources.

### NSW Department of Primary Industries 449 Charlotte Street

PO Box 736 Deniliquin NSW 2710 Phone: 03 5881 9999 Web:www.dpi.nsw.gov.au Agriculture research & advisory service, accommodating research officers, Agronomists & Fisheries, Livestock, Forestry & Regulatory officers.

### Pastoral & Agricultural Society

PO Box 128 Deniliquin NSW 2710 **Phone:** 03 5881 1694 Showground Office **Mobile:**0437 878 630 Secretary *Organising and promoting the Deniliquin P&A Show.* 

# Ricegrowers Association of Australia Phone: 02 6953 0433 Phone:03 5882 3531 Deniliquin Contact Supporting and representing the rice growers of Australia.

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# **Riverina Local Land Services**

394 Hay Road
PO Box 61 Deniliquin NSW 2710
Phone: 03 5881 1055
Fax: 03 5881 1375
Customer focused agricultural production advice, biosecurity, natural resource management and emergency management.

# **Rural Financial Counselling Service**

177a Cressy Street Deniliquin NSW 2710 Phone: 03 5881 5766

Mobile: 0428 815 766

**Web:**www.rfcsnsw-sr.com.au/counsellors/deniliquin/ Confidential, free financial counselling service for primary producers, fishers & small rural businesses

# CULTURE AND RECREATION

# ANIMALS

# Australian Stockhorse Society

**Phone:** 0428 846 678 Secretary Promotingthe working stockhorse in Australia with events and shows.

# Deniliquin Council Ranger

Phone: 03 5890 3000 Mobile: 0408 819 797 After Hours Web:www.deniliquin.nsw.gov.au Animal control and local laws officer.

# Deniliquin Pony Club

Smart Street Deniliquin NSW 2710 Phone:03 5882 1187 Mobile:0409 038 323 Web: www.deniliquin.ponyclubvic.org.au Horse riding and mastership activities, catering for all ages & experience.

# **Deniliquin Poultry Club**

**Phone:**03 5881 2993 Meets every month at the showgrounds. New members welcome.

# Deniliquin Racing Club Inc PO Box 438 Deniliquin NSW 2710 Phone:0418 115 868 Email: jadoug1@bigpond.net.au Local horse racing club.

# **Deniliquin Sheep Dog Association Phone:** 03 5884 7548 *Promoting the working sheep dog.*

# **Lost Animal Register**

Deniliquin Council **Web:**www.deniliquin.nsw.gov.au List of current lost or abandoned animals located in Deniliquin.

# Southern Riverina Vets - Deniliquin

389 Poictiers Street PO Box 289 Deniliquin NSW 2710 Phone: 03 5881 5488 Web:www.sr-vet.com.au Local vet clinic open 6 days a week, plus 24/7 emergency assistance.

# **Tent Pegging Club**

Memorial Park Deniliquin NSW 2710 **Phone:** 03 5882 3387 **Mobile:** 0400 310 202 *Tent pegging equestrian club participating in championships, demonstrations & shows.* 

# WIRES - NSW Wildlife Information, Rescue and Education Inc Phone: 1300 094 737 Email:info@wires.org.au

Advice and assistance to care for distressed or injured wildlife.

# ARTS

# Bush Poets Deniliquin

**Phone:** 03 5882 3566 Alex Allitt *Social group to relax and share poetry.* 

### Boobook – Country Womens Association

CWA Hall,Harrison St Deniliquin NSW 2710 **Phone:** 03 5881 3192 – Lyn **Phone:** 03 5881 2025 – Prue **Facebook:**CWA Boobook Deniliquin *Social group getting together to support one another and participate in craft activities. Children welcome.* 

# Deniliquin Dramatic Club

**Phone:** 03 5881 2119 Community theatre group with regular productions and performances.

# **Deniliquin Film Society**

PO Box 317 Deniliquin NSW 2710 **Phone:** 03 5884 6688 **Web:**www.denifilms.org.au *Monthly film screenings of interesting, thought provoking and enjoyable films.* 

### **Deniliquin Municipal Band**

Band Hall, Poictiers St Deniliquin **Phone:** 03 5881 4167 *Community concert band for players of woodwind, brass,guitar, keyboard, and percussion instruments.* 

DeniUke Muster Phone:0400288171 Email:deniukemuster@bigpond.com Web:www.deniukemuster.org Ukulele group for players of all skill levels.

# Deniliquilters and Friends

Multi Arts Centre, Cressy Street PO Box 1003 Deniliquin NSW 2710 Phone: 03 5882 5933 Social, informal patchwork quilters get together.

### **Deniliquin Creative Writers**

PO Box 1316 Deniliquin NSW 2710 **Phone:** 03 5881 3237 - Edith **Phone:** 03 5881 3018 – Patty **Email:** pattyclines@optusnet.com.au *Creative writing group providing opportunities and support for local writers.* 

### **Edward River Arts Society**

PO Box 1357 Deniliquin NSW 2710 **Phone:** 03 5881 6634 *Artists group for painters with painting days, art exhibitions and workshops.* 

# **ERAS In Focus Photography Group**

PO Box 1357 Deniliquin NSW 2710 **Phone:** 03 5881 4969 *Community photography group. Monthlymeeting for people of all skill levels* 

# Multi Arts Centre

Waring Gardens, Cressy St PO Box 765Deniliquin NSW 2710 **Phone:** 03 5881 2811 *Function hire venue*.

### **Outback Theatre for Young People**

190-196 Cressy Street PO Box 1359 Deniliquin NSW 2710 Phone: 03 5881 6260 Mobile: 0417 164 641 Email: admin@outbacktheatre.com Web:www.outbacktheatre.com Working with young people to create contemporary theatre productions in regional and remote communities.

### Peppin Heritage Centre

George St Deniliquin NSW 2710 **Phone:** 1800 650 712 **Email:** info@deniliquin.nsw.gov.au **Web:**www.denitourism.com.au Deniliquin Visitor Information Centre& museum with a gallery that regularly hosts exhibitions.

# Sing Australia

Community Health Centre Macauley Street Deniliquin NSW 2710 Phone: 0427 272 398 Social choir group. Meets Tuesdays 7pm.

# South West Arts

208 Cressy Street PO Box 378 Deniliquin NSW 2710 Phone: 03 5881 7749 Email: eo@southwestarts.com.au Web:www.southwestarts.com.au Regional body for arts and cultural development in southwest NSW.

# South West Music

365 George Street PO Box 887 Deniliquin NSW 2710 Phone: 03 5881 4736 Email: admin@swmusic.org.au Web:www.swmusic.org.au Instrumental and singing tuition, concerts & workshops.

# RECREATION

### Blighty Hall & Recreation Reserve Riverina Highway Blighty NSW 2710

**Phone:** 03 5882 6251 Community Hall, sporting oval, playground, football, tennis/netball courts, cricket, meeting and hall facilities available for hire.

Book Group – Between the Sheets Deniliquin Library 55 Napier Street Deniliquin NSW 2710 Phone: 5898 3100 Web:www.cmrpl.com.au Come along for a cuppa, a chat and recommend a book or two.

Bingo – Lions Club Multi Arts Centre, Cressy St Deniliquin Phone: 03 5881 2811 Every Thursday. Eyes down at 7.30pm

Bingo – RSL Club Deniliquin RSL Club, Dunlop Room 72 End Street Deniliquin NSW 2710 Phone: 03 5881 1455 Web:www.deniliquinrsl.com Every Monday. Eyes down at 1.30pm

# Central Murray Regional Library

55 Napier Street Deniliquin NSW 2710 Phone: 5898 3100 Fax: 03 5881 3100 Web: www.cmrpl.com.au Library services for information & recreation including

books, audio books, DVD's, CD's, computers, internet, photocopying, faxing, meeting room, games room, local history & genealogy.

# Conargo Hall & Recreation Reserve

Conargo Road, Conargo NSW 2710 **Phone:** 03 5884 6650 *Meeting & Hall facilities for hire with shade covered playground, public amenities, sheep yards* 

# Deni Blues & Roots Festival

Office: 62-64 Hardinge Street Site: Conargo Rd Deniliquin NSW 2710 Phone: 03 5881 3388 (office) Fax: 03 5881 4366 (office) Web:www.denibluesfestival.com Festival featuring local and international artists. Two days of non-stop music. Easter Saturday & Sunday. Camping available

# Deni Ute Muster

Office: 62-64 Hardinge St Site: Conargo Rd Deniliquin NSW 2710 Phone: 03 5881 3388 (office) Fax: 03 5881 4366 (office) Web: www.deniutemuster.com.au Entertainment & music festival celebrating the Australian country & ute culture

# Deniliquin Antique Vehicle Club Inc. PO Box 786 Deniliquin NSW 2710

Phone: 03 5881 2315 Antique vehicle enthusiasts club.

# Deniliquin Army Cadets

**Phone:** 0427 102 172 Basic army training & skills including map reading, drill, bushcraft, first aid, signals & weapons training, military history and leadership. For people aged 12 to 18.

# Deniliquin Collectors Club

Memorial Park PO Box 1324 Deniliquin NSW 2710 Phone: 03 5881 2461 Web:www.denicollectors.org.au A club for those that collect any type of memorabilia with organised social outings and rallies.

# Deniliquin Garden Club

Intereach Neighbourhood Centre 78 Napier Street Deniliquin NSW 2710 **Phone:** 03 5881 4069 *Club for gardening enthusiasts. Held 1st Monday of the Month @ 2pm* 

# Deniliquin Genealogy Society

Deniliquin Library, 55 Napier Street PO Box 144 Deniliquin NSW 2710 Phone:03 5898 3100 Email: denifhg@bordernet.com.au Web: members.bordernet.com.au/~denifhg/ A group dedicated to tracing family history and heritage. Open Day Fridays 10am-4pm

# **Deniliquin Lions Community Markets**

Waring Gardens, Cressy St Deniliquin **Phone:** 0408 563 909 *Community markets with life music, children's activities and stalls of all types. Held on 4th Saturday of the month.* 

# Deniliquin Men's Shed

Shed 3 Barham Road (behind Agspares) Open Tuesday and Wednesday 9am to 4pm **Mobile:** 0427 811 707 **Email:** jjhtonkin@bigpond.com Assisting & supporting men of all ages to stay focused & active with wood work, metal work, computing or a cuppa & a chat.

# Deniliquin Rock 'n' Roll Club

Deniliquin RSL Club 72 End Street Deniliquin NSW 2710 **Phone:** 0418 817 744 Social Rock 'n' roll dancing. All ages & abilities welcome.

# Deniliquin RSL Club

72 End Street Deniliquin NSW 2710 Phone: 03 5881 1455 **Web:**www.deniliquinrsl.com

# **Edward River Society of Model Engineers**

Deniliquin Bowling club Crispe St Deniliquin NSW 2710 **Phone:** 03 5881 5587 Building a 7.25 gauge ride on railway in Deniliquin. Last Tuesday of the month @7.30pm

# Four Post Youth Camp

567 Greaves Road PO Box 1084 Deniliquin NSW 2710 Phone: 03 5881 5518 Email: ymcacampfourpost@ymca.org.au Web: www.campfourpost.ymca.org.au Recreation camp facilities

# **Girl Guides**

Guide Hall, Whitelock St Deniliquin **Phone:** 03 5881 3607 *Providing leadership and personal development skills for girls. Tuesday @* 4.15pm

# Historical Society

PO Box 678 Deniliquin NSW 2710 **Phone:** 03 5881 1830 **Email:**bilmul@bigpond.com *Researching, recording, displaying and promoting the history of Deniliquin.* 

# Holiday Fun @ Your Library

Deniliquin Library 55 Napier Street Deniliquin NSW 2710 Phone: 5898 3100 Web:www.cmrpl.com.au Holiday activities for children.

# Intereach Neighbourhood Centre

78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Fax: 03 5881 5440 Web:www.intereach.com.au

# Library Chess Club

Deniliquin Library, Thursdays at 3.30pm 55 Napier Street Deniliquin NSW 2710 Phone:03 5898 3100 Web:www.cmrpl.com.au

# Monday Meeting Knitting & Craft Group

Deniliquin Library, Mondays at 2pm 55 Napier Street Deniliquin NSW 2710 Phone:03 5898 3100 Web: www.cmrl.deniliquin.nsw.gov.au Social knitting & craft group

# Naponda Farmers Market

George St Deniliquin NSW 2710 Held on 2<sup>nd</sup> Saturday of the month **Phone:** 0427 812 761 **Facebook:** DeniliquinNapondaFarmersMarket *Community markets to purchase & experience food directly from our local producers.* 

# Old Time Dance Group

Masonic Hall 80 Edwardes St PO Box 472 Deniliquin NSW 2710 Phone: 03 5884 2507 Dancing lessons for lovers of old time dancing. Thursday nights @ 7.30pm March – October

# Pretty Pine Hall & Recreation Reserve

Cobb Highway, Pretty Pine NSW 2710 Phone: 03 5882 3554 Shade covered playground, tennis courts, sporting oval, public amenities, meeting and hall facilities available for hire.

# Probus Club

Deniliquin RSL Club, 72 End St PO Box 315 Deniliquin NSW 2710 **Phone:** 03 5881 2625 Social club for retired and semi-retired people. Meetings held 4th Tuesday of the month @ 11.30am

### United Deniliquin Aero Modellers Phone: 0437 744 377

Model aircraft enthusiasts club.

# University of the Third Age – U3A

Meeting at the Intereach Neighbourhood Centre Community Rooms 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5882 3536 **Mobile:** 0419 536 738 *Friendly and supportive community dedicated to ensuring lifelong learning. Informal classes are held on a variety of* 

# Wanganella Community Hall

topics and interests.

Cobb Highway, Wanganella NSW 2710 Phone: 03 5884 7522 Shade covered playground, public amenities and hall facilities.

# SPORT

### All Stars Health, Fitness & Martial Arts Academy

Deniliquin RSL Sports Complex Duncan Street Deniliquin NSW 2710 Phone:0499 991 155 Web:www.allstarsdefence.com.au Facebook: All Stars Martial Arts Academy Karate, women's boxing, Muay Thai Boran, women's self defence and Boot camp classes available.

# Auskick

**Web:** www.aflauskick.com.au **Phone:**0412 933 324 *Teaching children fitness & football skills. Programs run in Deniliquin, Mathoura, Blighty& Mayrung.* 

# Basketball

Deniliquin Stadium Cnr Ochtertyre St & Wirraway Dr Deniliquin Phone:03 5881 4100 Facebook:Deniliquin Stadium Completion Basketball & home of the Deniliquin Giants.

# **Basketball - Junior**

Deniliquin Stadium Cnr Ochtertyre St &Wirraway Dr Deniliquin Phone:03 5881 4100 Facebook:Deniliquin Stadium Competition basketball forchildren and home of the Deniliquin Junior Giants.

# **Blighty Football Netball Club**

Blighty Recreation Reserve PO Box 1320 Deniliquin NSW 2710 Email:blightyfc@gmail.com Phone: 0421 762 824 (football) Phone:0413 198 108 (netball)

# Bob Jones Martial Arts – DeniMuay Thai

Deniliquin Stadium Cnr Ochtertyre St & Wirraway Dr Deniliquin Phone: 0459 340 715 Phone: 0448 439 359 Kickboxing and kids Thai Boxing club.

Bunnaloo Tennis Club Phone: 03 5489 7258 Email:karoolapark@harboursat.com.au Friday night tennis, Tuesday's Ladies social tennis, Junior

# **Circuitt Training & Group Fitness**

Deniliquin RSL Sports Complex 2 Duncan Street Deniliquin NSW 2710 Phone: 0419 500 877 Group fitness classes offering Les Mills Body Pump, Body Step, Body Balance, RPM as well as CX WORX and All Fit classes.

# Dance Studio One

tennis & coaching.

Deniliquin Stadium Cnr Ochtertyre St &Wirraway Dr Deniliquin Phone:0420 907 503 Facebook: Dance Studio One Offering Fairy Ballet, Zumba, Jazz and Tap classes. For all ages. Open Monday & Thursday

# Deni Dodgers Lifeball

Deniliquin Stadium Cnr Ochtertyre St &Wirraway Dr Deniliquin **Phone:** 03 5881 4774 **Web:** users.tpg.com.au/fenolan/ *Fun team ball game for older people that incorporates activities such as walking, thinking, passing & throwing.* 

# Deni Hoops

Deniliquin Stadium CnrOchtertyre St &Wirraway Dr Deniliquin Phone:03 5881 4100 Facebook: Deni Hoops Basketball skills for primary aged children

# Deniliquin Amateur Swimming & Lifesaving

Club PO Box 497 Deniliquin NSW 2710 Phone: 03 5881 3795 Learn-to-swim, competitive swimming & lifesaving.

# **Deniliquin Badminton Club**

Deniliquin Stadium Cnr Ochtertyre St & Wirraway Dr Deniliquin Phone:03 5884 6666 Email: denibadminton@gmail.com Facebook:Deniliquin Badminton Club Competition badminton for juniors, men's, ladies & seniors Monday's @ 7pm.

# **Deniliquin Boat Club**

Riverview Drive PO Box 348 Deniliquin NSW 2710 Phone: 0407 815 641 Facebook: Deniliquin Boat Club Boating & clubroom facilities, clubroom hire, ski school, private boat ramp & beach access.

# Deniliquin Bowling Club

Cnr Crispe & Wick Streets PO Box 841 Deniliquin NSW 2710 Phone: 03 5881 1348 Web:www.denibowlingclub.com.au Lawn bowls club with fully licensedclub amenities & restaurant.

# **Deniliquin Clay Target Club**

Racecourse Reserve PO Box 115 Deniliquin NSW 2710 Phone: 0428 813 922 Web:www.claytarget.com.au Registered ACTA clay target shooting sport club with 3 trap layout.

# **Deniliquin Croquet Club**

Deniliquin Lawn Tennis Club PO Box 451 Deniliquin NSW 2710 Phone: 03 5881 2805 Web:www.croquetvic.asn.au Registered croquet club. Playing Wednesday's @ 9am & Sunday's @1pm

# **Deniliquin & District Cricket Association**

PO Box 426 Deniliquin NSW 2710 Phone: 03 5881 7113 Local cricket association.

# Deniliquin District Soccer Club

Rotary Park, Wirraway Drive PO Box 646 Deniliquin NSW 2710 Phone:0477 294 240 Facebook: Deniliquin District Soccer Club Soccer club for junior and senior graded players.

# Deniliquin Field & Game Inc.

PO Box 941 Deniliquin NSW 2710 Phone: 03 5881 2935 Registered shooting and wetland preservation enthusiasts club.

# Deniliquin Fishing Classic

**Web:**www.denifishingclassic.com.au Annual 2 day fishing event held in February with entertainment, prizes and raffles on offer.

# Deniliquin Golf Club

Golf Club Road PO Box 217 Deniliquin NSW 2710 Phone: 03 5881 1325 Phone: 03 5881 3333 Golf Shop Web:www.deniliquingolfclub.com 18 hole golf course withmanicured fairways & a bushland backdrop.

# Deniliquin Junior Lawn Tennis

439 Charlotte St Deniliquin NSW 2710 **Phone:** 03 5881 1870 **Web:**www.denitennis.com.au **Facebook:** Deniliquin Lawn Tennis Club Junior tennis competition and coaching clinics on manicured lawn courts.

# Deniliquin Lawn Tennis Club

439 Charlotte St Deniliquin NSW 2710 Phone: 03 5881 1870 Web:www.denitennis.com.au Facebook: Deniliquin Lawn Tennis Club Lawn tennis club with 18 manicured courts, with senior, ladies & junior tennis competitions and tennis coaching clinics.

# Deniliquin Netball Association Memorial Drive PO Box 606 Deniliquin NSW 2710 Phone: 0409 076 205 Graded competition winter netball, Funnet, Netta & Spring evening competition.

# Deniliquin Pony Club

Smart Street PO Box 557 Deniliquin NSW 2710 Phone: 0409 038 323 Web:www.deniliquin.ponyclubvic.org.au Horse riding and mastership activities, catering for all ages & experience

# **Deniliquin Rams Football & Netball Club**

Hardinge Street PO Box 141 Deniliquin NSW 2710 Phone: 03 5881 6106 Clubrooms Phone: 0448 282 436 President Web: ww.deniliquinfnc.sportingpulse.net Local Murray League football & netball club. Family orientated, catering for under 14's and upwards.

# **Deniliquin Rovers Football & Netball Club**

Memorial Drive PO Box 25 Deniliquin NSW 2710 Phone: 03 5881 3403 Email:secretary.deni.rovers@gmail.com Facebook:Deniliquin Rovers Football & Netball Club Local Picola League football & netball club. Family orientated, catering for under 14's and upwards.

# **Deniliquin RSL Carpet Bowls**

72 End Street Deniliquin NSW 2710 Phone: 03 5881 1455 Web:www.deniliquinrsl.com Social or competition carpet bowls.

# Deniliquin RSL Fishing Club

PO Box 374 Deniliquin NSW 2710 **Phone:** 03 5881 1284 **Web:**www.denifishingclassic.com.au Fishing enthusiasts club that hosts of the Deniliquin Fishing Classic and continually works to improve the quality of fishing and facilities along the Edward river.

### Deniliquin RSL Indoor Bias Bowls Phone: 03 5881 1945 Phone: 03 5881 3378 Women's and mixed competition carpet bowls. Summer & Winter comps.

Deniliquin RSL Lawn Bowls Deniliquin RSL Sports Complex Duncan Street Deniliquin NSW 2710 Phone:03 5881 1455 Social and competition lawn bowls on manicured greens.

# Deniliquin RSL Squash Courts

Deniliquin RSL Sports Complex Duncan Street Deniliquin NSW 2710 **Phone:**03 5881 1455 *Indoor squash courts with shower and change facilities available.* 

# **Deniliquin RSL Tennis Courts**

Deniliquin RSL Sports Complex Duncan Street Deniliquin NSW 2710 **Phone:**03 5881 1455 *Tennis courts open from 9am 7 days a week. Under lights for night tennis.* 

# **Deniliquin Sporting Car Club**

Racecourse Road PO Box 66 Deniliquin NSW 2710 Phone: 03 5881 2175

Web:www.sportingcarclub.com Motorsport club offering Automotive, Motorkhanas, Khanacross& Autocross. For ages 14 and up. Meetings held last Thursday of the month at 7pm.

# Deniliquin Stadium

Deniliquin Sports Park Cnr Ochtertyre St &Wirraway Dr PO Box 1000 Deniliquin NSW 2710 Phone: 03 5881 4100 Mobile: 0427 814 100 Facebook: Deniliquin Stadium Sports & recreation stadium offering basketball, indoor

netball, volleyball, badminton, indoor hockey, dodgeball& gymnastics. Also hosting boxing, Lifeball & muaythai. Kids birthday party hire and party coordination available.

# Deniliquin Swim Centre

Poictiers Street Deniliquin NSW 2710 **Phone:** 03 5881 8586 *Swimming complex with outdoor 50m, 18m and toddler's pool. Small heated hydrotherapy pool is open year round* 

# Deniliquin Tent Pegging Club

Memorial Park Deniliquin NSW 2710 **Phone:** 03 5882 3387 **Mobile:** 0400 310 202 *Tent pegging equestrian club participating in championships, demonstrations & shows.* 

# Dodgeball

Deniliquin Stadium Cnr Ochtertyre St & Wirraway Dr Deniliquin Phone:03 5881 4100 Facebook:Deniliquin Stadium Great for fun, fitness & flexibility.Played with soft balls. Adult & age appropriate children's teams.

# Drovers Rugby Union Football Club

Phone: 0429 819 315 Facebook: Deniliquin Drovers Rugby Union Football Club Local rugby union football club.

# Funnet & Netta

Deniliquin Netball Association Memorial Drive PO Box 606 Deniliquin NSW 2710 **Phone:** 0409 076 205 *Netball skills & fitness for younger children.* 

# **Gymnastics**

Deniliquin Stadium Cnr Ochtertyre St &Wirraway Dr PO Box 1000 Deniliquin NSW 2710 Phone: 03 5881 4100 Mobile: 0427 814 100 Gymnastics program for children.

# Indoor Netball

Deniliquin Stadium Cnr Ochtertyre St &Wirraway Dr PO Box 1000 Deniliquin NSW 2710 Phone: 03 5881 4100 Facebook:Deniliquin Stadium Ladies, mixed and Fast 5's Netball competition.

# Mathoura Bowling Club

Cobb Highway Mathoura NSW 2710 **Phone:** 03 5880 3200 **Web:**www.mathourabowlingclub.com.au Social and competition lawn bowls on manicured greens attached to licensed club.

# **Mathoura Carpet Bowls**

Cobb Highway Mathoura NSW 2710 Phone: 03 5880 3200 Web:www.mathourabowlingclub.com.au Pennant carpet bowls.

# Mathoura Fishing Classic

Mathoura Visitor & Info Centre **Phone:** 03 5884 3730 **Email:** info@mathoura.com.au *Annual fishing event held in March at Taragon Lodge.* 

# Mathoura Football & Netball Club

Morris Street Mathoura NSW 2710 **Phone:**03 5884 3486 **Web:**www.mathourafc.vcfl.com.au **Facebook:**Mathoura Football Netball Club *Mathoura Picola League football & netball club. Family orientated, catering for under 11's and upwards.* 

# Mathoura Golf Club

Lot 15 Golf Club Rd Mathoura NSW 2710 **Phone:** 03 5884 3331 **Phone:** 0499 176 749 *A seasonal sand scrape source operates from April -Oct* 

Mathoura Gun Club Golf Course Lane Mathoura NSW 2710 Phone: 03 5884 3331 Target shooting club. Shoots held 4th Friday of the Month @ 7.30pm. Meetings held 2nd Monday of the month at 8pm.

Mathoura Tennis Club Burnes St Mathoura NSW 2710 Phone: 03 5884 3587 Country tennis club. Social competitions run in Feb & Sept for 12 weeks. Tennis coaching also available.

# Motiv8 Health & Fitness

98 End Street Deniliquin NSW 2710 **Phone:** 0401 256 233 **Web:** motiv8healthandfitness.com *Gym with weight room, boxing facilities & cardio stations. Personal training, Bootcamp & Children's program.* 

# North Tennis Club

Davidson Street PO Box 308 Deniliquin NSW 2710 **Phone:** 03 5881 3343 *Outdoor clay courts under lights.* 

# Yoga with Kat Rochford

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 0428 861 819 Email:katroch@hotmail.com Yoga, Yoga Core Express, Wellness, Massage & Meditation courses available.

# Yoga – Tuesday Evenings @ Intereach

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 0416 121 812 Hatha yoga program aimed at reducing stress, toning, increasing flexibility, relaxation, improved nervous & autoimmune system responses. Tuesday 5.15pm until 6.45pm.

# EDUCATION

# **ADULT EDUCATION**

# Adult Learning Australia

**Web:**www.ala.asn.au National peak body for adult & community education. Find courses, training organisations & much more.

### **Broadband for Seniors**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web:www.intereach.com.au Web:www.necseniors.net.au Providing free access to computers, internet and basic tutoring to people aged 50 and over. Dept. of Education & Communities NSW Harfleur Street PO Box 41 Deniliquin NSW 2710 Phone: 03 5898 3700 Web:www.dec.nsw.gov.au Providing support, training & advice to public schools, staff, teachers & students.

### Murray Malley Training Company

292 George St Deniliquin NSW 2710 Phone: 03 5881 5558 Fax: 03 5881 8047 Web: mmtc.com.au Employment and training services.

# OTEN

**Web:**www.oten.tafensw.edu.au Online education centre offering 200 accredited TAFE courses via distance education.

# TAFE NSW – Riverina Institute Deniliquin

Campus

Cnr Poictiers & Macauley Streets PO Box 739 Deniliquin NSW 2710 Phone: 03 5882 2000 Fax: 03 5881 1975 Web:www.rit.tafensw.edu.au/campuses/Deniliquin Vocational education and training provider offering a wide range of long and short term courses.

# University of the Third Age – U3A

Meeting at the Intereach Neighbourhood Centre Community Rooms 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5882 3536 **Mobile:** 0419 536 738 *Friendly and supportive community dedicated to ensuring lifelong learning. Informal classes are held on a variety of topics and interests.* 

# HIGH SCHOOL EDUCATION

Web:www.readingwritinghotline.edu.au

National adult literacy referral service to assist people with

# **Deniliquin Christian School**

**Reading Writing Hotline** 

Phone: 1300 655 506

learning needs.

535 – 549 Henry Street PO Box 1041 Deniliquin NSW 2710 Phone: 03 5881 5736 Email:admin@dcs.nsw.edu.au Web:www.cen.edu.au/Deniliquin-Christian-School Christ-centred Kinder – Year 10 community school where families & school work together nurturing, educating and equipping children for life through a Christian worldview.

# **Deniliquin High School**

Harfleur Street PO Box 517 Deniliquin NSW 2710 Phone: 03 5881 1211 Web:www.deniliquin-h.schools.nsw.edu.au Local high school offering a broad academic education in a supportive and positive environment.

### Dept. of Education & Communities NSW Harfleur Street

PO Box 41 Deniliquin NSW 2710 **Phone:** 03 5898 3700 **Web:**www.dec.nsw.gov.au *Providing support, training & advice to public schools, staff, teachers & students.* 

### TAFE NSW – Riverina Institute Deniliquin Campus

Cnr Poictiers & Macauley Streets PO Box 739 Deniliquin NSW 2710 Phone: 03 5882 2000 Fax: 03 5881 1975 Web:www.rit.tafensw.edu.au/campuses/Deniliquin Training & further education to assist you to build your skills, qualification & employability.

# PRESCHOOL EDUCATION

# Deniliquin Children's Centre

362 Whitelock Street Deniliquin NSW 2710 Phone: 03 5881 2394 Fax: 03 5881 7319 Email: denichildren@bigpond.com.au Facebook: Deniliquin Childrens Centre Preschool, Long Daycare, Mobile Children's Service and Toy Library

### Deniliquin Mobile Children's Centre 362 Whitelock Street Deniliquin NSW 2710 Phone: 03 5881 7662

# **Gulpa Preschool**

73 Wellington St Deniliquin NSW 2710 **Phone:** 03 5881 4859 **Fax:** 03 5881 4859 **Email:**gulpaps@bigpond.com *Pre-school service catering for children from 3 to 6 years in a small scale setting.* 

# Mathoura Pre-School

15 Lawrence St Mathoura NSW 2710 Phone: 03 5884 3362 Email:mathourapreschool@bigpond.com Pre-school education service for children aged 3 & 4 years.

# Deniliquin Pre-School

362 Whitelock Street Deniliquin NSW 2710 Phone: 03 5881 2394 Email:denichildren@bigpond.com.au Facebook: Deniliquin Childrens Centre Pre-school education service catering for children from 3 to 6 years.

# PRIMARY SCHOOL EDUCATION

# **Blighty School**

Blighty School Rd Blighty NSW 2710 Phone: 03 5882 6238 Fax: 03 5882 6248 Email:blighty-p.school@det.nsw.edu.au Web:www.blighty-p.schools.nsw.edu.au Welcoming K-6 primary school based in a small community offering academic, cultural & sporting opportunities.

# Bunnaloo Public School

Fitzroy St Bunnaloo NSW 2731 Phone: 03 54897275 Fax: 03 5887 7228 Email:bunnaloo-p.school@det.nsw.edu.au Web: www.bunnaloo-p.schools.nsw.edu.au Small rural K-6 primary school, assisting students to strive for excellence in a caring rural community.

# Conargo Public School

Conargo Road Conargo NSW 2710 Phone: 03 5884 6624 Fax: 03 5884 6736 Email: conargo-p.school@det.nsw.edu.au Small rural K-6 primary schoolthat prides itself on building confidence & self esteem in a support learning environment.

# Dept. of Education & Communities NSW

Harfleur Street PO Box 41 Deniliquin NSW 2710 Phone: 03 5898 3700 Web: www.dec.nsw.gov.au Providing support, training & advice to public schools, staff, teachers & students.

# **Deniliquin Christian School**

535 – 549 Henry Street PO Box 1041 Deniliquin NSW 2710 Phone: 03 5881 5736 Email: admin@dcs.nsw.edu.au Web: www.cen.edu.au/Deniliquin-Christian-School Christ-centred Kinder – Year 10 community school where families & school work together nurturing, educating and equipping children for life through a Christian worldview.

# **Deniliquin South Public School**

Sloane Street PO Box 833 Deniliquin NSW 2710 Phone: 03 5881 2045 Fax: 03 5881 5079 Email: deniliqsth-p.school@det.nsw.edu.au Web: www.deniliqsth-p.schools.nsw.edu.au K -6 primary school delivering students with an excellent education in a warm & nurturing environment.

# Deniliquin North Public School

Victoria Street PO Box 449 Deniliquin NSW 2710 Phone: 03 5881 1042 Fax: 03 5881 5086 Email: deniliquin-p.school@det.nsw.edu.au Web: www.deniliquin-p.schools.nsw.edu.au/ K -6 Primary school providing quality education & developing responsible students.

# Edward Public School

Butler Street PO Box 455 Deniliquin NSW 2710 Phone: 03 5881 2612 Fax: 03 5881 5090 Email: edward-p.school@det.nsw.edu.au Web: www.edward-p.schools.nsw.edu.au K-6 Primary school delivering quality education with state of the art technology.

# Mathoura Public School

Frome Street Mathoura NSW 2710 Phone: 03 5884 3314 Fax: 03 5884 3504 Email: mathoura-p.school@det.nsw.edu.au Web: www.mathoura-p.schools.nsw.edu.au *K-6 primary school in a small rural community, with a strongcommitment to helping students reach their full potential.* 

# Mayrung Public School

Mayrung Road Deniliquin NSW 2710 Phone: 03 5882 4243 Fax: 03 5882 4243 Email: mayrung-p.school@det.nsw.edu.au *K-6 Primary school providing quality education to maximise the learning potential for all students* 

# St Michael's Primary School

356 – 372 Harrison Street PO Box 26Deniliquin NSW 2710 Phone: 03 5881 1787 Fax: 03 5881 5153 Email: admin@deniliquin.catholic.edu.au Web: www.deniliquin.catholic.edu.au K- 6 primary school fostering both Catholic & educational ideals.

# LOCAL EMERGENCY SERVICES

# Ambulance Service of NSW

Cnr Lawson Syphon Rd & Dick St Deniliquin NSW 2710 Phone: 131 233 Emergency: 000 or 112 from mobiles

# Deniliquin Fire Station

264 George St Deniliquin NSW 2710 Phone: 03 5881 7401 Emergency: 000 or 112 from mobiles

# **Deniliquin Police Station**

7 Hardinge Street Deniliquin NSW 2710 Phone: 03 5881 2244 Fax: 03 5881 9411 Emergency: 000 or 112 from mobiles Crime Stoppers:1800 333 000 Police Assistance Line:131 444

# Mathoura Police Station

Mathoura Street Mathoura NSW 2710 Phone: 03 5884 3244 Fax: 03 5884 3264 Emergency: 000 or 112 from mobiles Crime Stoppers:1800 333 000 Police Assistance Line:131 444

### Mathoura Rural Fire Service Morris St Mathoura NSW 2710 Phone: 03 5884 3658

# **NSW Rural Fire Service**

PO Box 109 Deniliquin NSW 2710 Phone: 03 5881 5351 Phone: 03 5881 6297 Duty Officer Phone: 0417 466 600 After Hours Web: www.rfs.nsw.gov.au

Essential Energy - Electricity Phone: 13 23 56 General Enquiries Phone: 13 20 80 Supply Interruptions

# State Emergency Service Flood & Storm Assistance Phone: 132 500 Web: www.ses.nsw.gov.au

# **GOVERNMENT SERVICES**

# **GOVERNMENT DEPARTMENTS**

Australian Taxation Department - Albury Centrelink Service Centre 430 Wilson Street Albury NSW 2640 Phone: 13 28 61 Tax information for individuals, Companies and organisations, from the Tax Department of the Australian Federal Government.

**Centrelink – Deniliquin** 322 – 328 Cressy St Deniliquin NSW 2710 **Web:**www.humanservices.gov.au *Centrelink service centre. Open 8.30am – 4.30pm weekdays. (Closed between 12.30 – 1.30pm)* 

**Centrelink - National** Web: www.humanservices.gov.au Apprentices: 133 633 Assistance for Isolated Children: 132 318 Bereavement: 132 300 Carers: 132 717 Crisis: 132 850 Centrelink Multilingual Call: 131 202 Complaints & Feedback: 1800 132 468 Disability, Sickness & Carers: 132 717 Drought Assistance: 132 316 Families: 136 150 Financial Information Service: 132 300 Indigenous Australians: 1800 132 317 Job Seekers: 132 850 or 132 490 Migrants, Refugees & Visitors: 132 850 Older Australians: 132 300 Phone Self Service: 136 240 Report Income: 133 276 TTY (teletypewriter service): 1800 810 586 Student & Trainees: 132 490 Government agency responsible for delivering a wide range of services and payments to Australians who find themselves on a low income or without an income

# Deniliquin Court House

Cnr Poictiers & Wellington St PO Box 42 Deniliquin NSW 2710 Phone: 03 5881 2095 Fax: 03 5881 4885

Fair Work Ombudsman Phone: 13 13 94 Web: www.fairwork.gov.au Information about your rights and obligations at work.

# Medicare

Phone: 132 011 Web:www.humanservices.gov.au Public health care scheme.

# **NSW Electoral Commission**

Level 25, 201 Kent Street GPO Box 832, Sydney NSW 2001 Phone: 02 9290 5999 Phone: 1300 135 736 Electoral Enquiries Web: www.elections.gov.au Elections, electoral enrolments and education

### **NSW Fair Trading**

**Phone:** 13 32 20 **Web:** www.fairtrading.nsw.gov.au *Providing information and assistance for consumer issues, motor vehicles, home building and renovation, credit, property and tenancy issues.* 

### Road & Maritime Services NSW

346 Harrison St Deniliquin NSW 2710 **Phone:** 13 2213 **Web:** www.rms.nsw.gov.au *Vehicle & Boating licences, registration and road traffic information.* 

# LIBRARIES

### Central Murray Regional Library 55 Napier Street Deniliquin NSW 2710

Phone: 5898 3100 Fax: 03 5881 3100

**Web:** www.cmrpl.com.au Library services for information & recreation including books, audio books, DVD's, CD's, computers, internet, photocopying, faxing, meeting room, games room, local history & genealogy.

# Mathoura Visitor & Business Centre

23 Moama Street PO Box 21 Mathoura NSW 2710 Phone: 03 5884 3730 Fax:03 5884 3720 Email:info@mathoura.com.au Web:www.mathoura.com.au Mathoura branch of the Central Murray Regional Library offering books, talking/audio books, magazines, DVDs, children's activities, house bound service, computer & internet, Govt information, reference service, Your tutor & inter-library loans.

Deniliquin Toy Library 360 Whitelock Street Deniliquin NSW 2710 Phone: 03 5881 4886 Email:denitoylibrary@bigpond.com A huge range of toy available for loan for birth to school aged children.

# LOCAL GOVERNMENT

# **Conargo Shire**

122 End Street (Office) 221 Wanderer St (Depot) PO Box 56 Deniliquin NSW 2710 Phone: 03 5880 1200 (Office) Phone: 03 5880 1300 (Depot) Fax: 03 5881 2568 Email: info@conargo.nsw.gov.au Web: www.conargo.nsw.gov.au Encompassing the towns of Conargo, Blighty, Mayrung, Pretty Pine, Wanganella&Booroorban.

# **Deniliquin Council**

1 Civic Place PO Box 270 Deniliquin NSW 2710 Phone: 03 5890 3000 Fax: 03 5898 3029 Web: www.deniliquin.nsw.gov.au

# Deni Works Depot – Deniliquin Council

Hardinge Street Deniliquin NSW 2710 Phone: 03 5898 3142 Fax: 03 5881 3149 Waste Disposal Depot: 03 5898 3155 Water Treatment Plant: 03 5898 3132 Water & Sewer Breaks: 0409 570 457 Ranger: 0408 819 798 Deniliquin Visitor Information & Peppin Heritage Centre George St Deniliquin NSW 2710 Phone: 1800 650 712 Email: info@deniliquin.nsw.gov.au Web: www.denitourism.com.au Deniliquin Visitor Information Centre& museum with a gallery that regularly hosts exhibitions.

# Mathoura Visitor & Business Centre

23 Moama StreetPO Box 21 Mathoura NSW 2710 Phone: 03 5884 3730 Fax:03 5884 3720 Email:info@mathoura.com.au Web: www.mathoura.com.au Visitor information & local history, Bendigo bank agency, local gallery, meeting rooms, business/secretarial support,

local gallery, meeting rooms, business/secretarial support Centrelink Access point, Medicare claim booth, ATO information, Murray Shire Council sub-branch.

# **Murray Shire Council**

21-25 Conargo Street PO Box 21 Mathoura NSW 2710 Phone: 03 5884 3302 Fax: 03 5884 3417 Web:www.murray.nsw.gov.au Encompassing the towns of Moama & Mathoura.
## **POLITICAL PARTIES**

Deniliquin Country Labor Branch PO Box 1266 Deniliquin NSW 2710 Phone: 03 5881 3120 Robert Apedaile Local branch of the Australian Labor party.

Liberal Party – Sussan Ley MP 520 Swift Street PO Box 672 Albury NSW 2640 Phone: 02 6021 3264 Fax: 02 6021 6620 Email:sussan.ley.mp@aph.gov.au Member for Farrer, Albury electorate office. The Nationals – John Williams MP 228 Cressy St Deniliquin NSW 2710 Phone: 03 5881 7034 Fax: 03 5881 7839 Email:john.williams@parliament.nsw.gov.au Member for Murray-Darling, Deniliquin electorate office.

## **NSW Electoral Commission**

Head Office, Level 25/201 Kent St GPO Box 832 Sydney NSW 2001 Election Enquiry Line: 1300 135 736 Phone: 02 9290 5999 Fax: 02 9290 5991 Web:www.election.nsw.gov.au Election and electoral roll information.

# HEALTH

## ALLIED HEALTH

Brenda Norman Remedial & Relaxation Massage Therapy 117 Hardinge St Deniliquin NSW 2710 Phone: 0401 607 874 Massage therapist.

## Child & Maternal Health Nurse

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Supporting your child's health & development from birth until school age.

## **Community Nurses**

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Providing chronic, post-hospital & post-surgery nursing care & support at home. Complete Massage Care – Peter Doyle 341 Wood St Deniliquin NSW 2710 Phone: 03 5881 8056 Massage therapist.

## Dietician

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Nutritional information, assessment & education service.

## **Deniliquin Community Health Centre**

2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905

Community Health services including Aboriginal Health, Aged Care Co-ordinator, Community Nurses, Dental Health, Diabetic Educator, Health One Officer, Immunisation clinics, Occupational Therapy, Palliative Care, Sexual Assault Counsellor, Social Worker, Speech Pathologists, Women's Health Nurse.

## **Deniliquin Eyecare**

Wellington Plaza, End Street PO Box 1285 Deniliquin NSW 2710 Phone: 03 5881 1525 Fax: 03 5881 3466 Optometrist services.

## Deniliquin Occupational Therapy Service

Sue Martin George Street Deniliquin NSW 2710 Phone: 0427 876 841

Deniliquin Physiotherapy & Sports Injury Clinic Lynda Barclay George Street Deniliquin NSW 2710 Phone: 0417 204 668 Treatment of musculoskeletal & spinal problems as well as sports, work and children's injuries. Workplace assessment also available.

## **Deniliquin Podiatry Clinic**

Deniliquin Hospital Consulting Rooms Macauley Street Deniliquin NSW 2710 Phone: 03 5882 2800 Mobile: 0428 872 256 Diagnosis & treatment of foot conditions.

Diabetes Educator Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Providing preventative & self-management education for people with diabetes or at risk of developing diabetes.

## Gemma Braybon Myotherapy

98 End St Deniliquin NSW 2710 (Deni Clinic) 178 Murray St Finely NSW 2713 (Finley Clinic) Phone: 0418 403 768 Facebook: Gemma Braybon Myotherapy Holistic musculoskeletal therapist. Assessment, treatment and prevention of muscular pain and dysfunction

Helen Dawson Remedial Massage Therapy 446 George St Deniliquin NSW 2710 Phone: 03 5881 4211 Massage therapist.

## Kat Rochford Health & Wellbeing

**Phone:** 0428861819 **Facebook:** Kat Rochford Health and Wellbeing Expert *Yoga, meditation and nutrition classes* 

## Mathoura Community Health Centre

19 Lawrence Street PO Box 98Mathoura NSW 2710 Phone: 5884 3301 Fax: 03 5884 3604 Community Health including Immunisation, Early Childhood Health, Aged Care, Home Visits and Palliative Care

## Natural Balance Health & Massage

282 George Street Deniliquin NSW 2710 **Phone:** 0409 814 344 **Web:**www.naturalbalancehealthandmassage.com.au *Relaxation massage, Osteopathy, Myotherapy, Exercise Physiology, Reflexology, Yoga* 

## **Occupational Therapist**

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 **Phone:** 03 5882 2900 **Fax:** 03 5882 2905 Assessing and assisting clients to maintain independence and stay at home or continue to work when they have an injury, disability or are frail aged.

## Palliative Care

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Specialised nursing care for patients with an incurable disease or illness in order to achieve the best quality of life possible.

Pathology Department – Deniliquin Hospital 411 Charlotte St PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2800 Onsite pathology collection and laboratory service.

### Radiography Department – Deniliquin Hospital 411 Charlotte St PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2800 Onsite medical imaging including X-ray, CT and ultrasound services

## **Robert Ryan Optometrist**

Shop 3 Mulwala Plaza 342 George St Deniliquin NSW 2710 Phone: 03 5881 3444 Fax: 03 5883 4051 Eye testing, contact lenses, large range of glasses available.

## Speech Pathologist

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Working with children & their families who are having trouble with their speech.

## TLC Chiropractic

90 Crispe Street Deniliquin NSW 2710 Phone: 03 5881 1873 Fax: 03 5881 5481 Chiropractic care for everyone, from infants to the elderly.

### Total Bliss Massage & Beauty

3/344 Cressy St Deniliquin NSW 2710 **Phone:** 03 5881 3727 *Relaxation, pregnancy, hot stone massage & beauty treatments available.* 

## Tracey Ho Chiropractor & Acupuncturist 272 George Street Deniliquin NSW 2710 Phone: 03 5881 8199 Mobile: 0409 836 723 Fax: 03 5881 8433 Combining Chiropractic, Acupuncture & massage techniques to maximise your healing potential.

# PHARMACIES

Deniliquin Pharmacy 289 Cressy Street Deniliquin NSW 2710 Phone: 03 5881 2230 Phone: 03 5881 3537

## Eric Sim Pharmacy 17-23 Napier Street Deniliquin NSW 2710 Phone: 03 5881 2081 Fax: 03 5881 2780

# **DENTISTS**

## Charlotte Street Dental Clinic

Jimmy Patel & Kritika Mehra 404 Charlotte St Deniliquin NSW 2710 Phone: 03 5881 3468 Fax: 03 5881 4636

Deniliquin Oral Health Service Dental Clinic Macauley Street PO Box 291 Deniliquin NSW 2710 Appointments: 1800 450 046 Fax: 03 5882 2995 Free dental health assessment & treatment for people under the age or 18 or Health Care Care/Pension/DVA card holders Denture Clinic 405 Cressy St Deniliquin NSW 2710 Phone: 03 5881 5456

# **HEALTH SUPPORT & INFORMATION SERVICES**

### **AIDS Line**

Phone: 1800 133 392 Telephone counselling, information & referrals on HIV, STD's & sexual health. Mon to Fri 9am - 10pm, Sat & Sun 9am – 11am & 6pm – 8pm

### Ambulance Service of NSW

Cnr Lawson Syphon Rd & Dick St Deniliquin NSW 2710 Phone: 131 233 Emergency: 000 or 112 from mobiles

## Bladder & Bowel Website

Helpline: 1800 330 066 Continence Helpline Web:www.bladderbowel.gov.au Information to assist with the prevention & management of bladder & bowel problems

## Breast Cancer Network Australia

293 Camberwell Rd Camberwell Vic 3124 **Phone:**1800 500 258 **Web:** www.bcna.org.au **Email:** beacon@bcna.org.au Working to ensure that people affected by breast cancer receive the best support, information, treatment & care appropriate to their individual needs.

## Breast Cancer Support Group

Deniliquin Community Health Centre 2 Macauley Street Deniliquin NSW 2710 **Phone:** 02 5882 2900 Support group for people affected by breast cancer. Meets the third Thursday of the month at 11am.

### Can Assist – Cancer Assistance Network

Suite 1 Ground Floor 35-39 Mountain St Ultimo NSW 2007 Phone: 02 8217 3400 Fax: 02 8217 3410 Email:admin@canassist.com.au Web:www.canassist.com.au Providing accommodation, financial assistance and practical support to people in country NSW affected by Cancer.

### Cancer Council NSW Helpline: 13 11 20 Web: www.cancercouncil.com.au Information & support service for people affected by cancer

## **Department of Health**

Phone: 1800 020 103

**Web:** www.health.gov.au *Promoting, developing & funding health & aged care services for Australia.* 

## **Eating Disorders Association**

Phone: 1300 550 236

**Web:** www.eatingdisorders.org.au Providing information, support and referral for sufferers and families of people with an eating disorder.

## **Family Planning NSW**

Talkline: 1300 658 886

Web: www.fpnsw.org.au

Confidential telephone & email information & referral service regarding reproductive and sexual health, including contraception, pregnancy options, STIs, sexuality and sexual function, menstruation, menopause, common gynaecological and vaginal problems, cervical screening, breast awareness and men's health.

## Fertility Control Clinic

586 Englehardt St Albury NSW
Phone: 02 6021 0077
118 Wellington Parade East Melbourne Vic
Helpline: 03 9419 2922 24hrs 7 day
Web: www.fcc.com.au
Pregnancy termination, Miscarriage treatment, Vasectomy, Contraception & Pap Smear, STD Testing.

## Get Healthy NSW

**Phone:** 1300 806 258 **Web:** www.gethealthynsw.com.au Information & coaching service to help people make healthy lifestyle changes.

## **Health Insite**

Helpline:1800 022 222 Web:www.healthinsite.gov.au Health information for all Australians.

## **Heart Foundation**

Info line: 1300 362 787 Web: www.heartfoundation.org.au Information and support for people with or at risk of cardiovascular disease.

## Hepatitis NSW

Helpline: 1800 803 990 Web:www.hep.org.au Information & assistance to people suffering with Hepatitis

## **IPTAAS**

# Isolated Patients Travel & Accommodation Scheme Phone: 1800 478 227

**Web:** www.enable.health.nsw.gov.au Providing financial assistance to help with travel & accommodation costs for people & their carer/escort needing to travel long distances to specialist appointments and treatments.

## Kidney Health Australia

Info Line: 1800 454 363 Web: www.kidney.org.au Free support & information service for people living with or affected by kidney & urinary disease.

## **Kids Health Info**

Royal Children's Hospital Melbourne Web:www.rch.org.au/kidsinfo Quality health fact sheets on a range of health related topics to help you understand your child's medical condition and treatment.

## Low Vision Support Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 Support group for people with impaired vision, offering information, socialisation, advocacy, promotes and introduces vision aids with direct support and linkage with Vision Australia. Meets 2<sup>nd</sup> Monday of every 2<sup>nd</sup> month.

## Medicare

Phone: 132 011 Web: www.humanservices.gov.au Australian health care service.

## **Medicines Line**

**Phone:** 1300 633 424 **Web:**www.nps.org.au Information of prescription, over the counter and complimentary medicines. Mon-Fri 9am to 5pm.

## MotherSafe

#### **Helpline:** 1800 647 848 Free phone counselling service for women concerned about exposures during pregnancy & breastfeeding.

## Parkinson's NSW

Phone: 02 8875 8900 Info Line: 1800 644 89 Fax: 02 8875 8999 Web: www.parkinsonsnsw.org.au Providing knowledge, care and hope to people living with Parkinson's disease and their supporters.

## Parkinson's Support Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Web: www.intereach.com.au Support group for people affected by Parkinson's disease, their carers, family & friends. Meets on the 4th Wed of the month at the Moama Bowling Club. Transport from Deniliquin available.

### Pregnancy, Birth & Baby

Helpline: 1800 882 436 Web: www.pregnanacybirthbaby.org.au Information, counselling and advice about pregnancy, childbirth & your baby's first year.

### Pregnancy Counselling Australia Helpline: 1300 737 732

Free, safe & confidential counselling service for people to discuss their pregnancy concerns including unexpected or difficult pregnancy & pregnancy loss or termination. Service operates 24/7

### Prostate Cancer Foundation of Australia Phone: 1800 220 099

**Web:** www.prostate.org.au Informing and supporting people affected by prostate cancer.

## **Quit Line**

Helpline: 13 78 48 Web: www.quitnow.gov.au Information & support to help you quit smoking.

## SANDS Stillborn & Neonatal Death Support

Helpline: 1300 072 637 Web: www.sands.org.au Support for families & friends that have experience reproductive loss.

## **STI Health**

**Web:** www.sti.health.gov.au Education & information on sexually transmitted infections.

NSW Health

**Web:** www.health.nsw.gov.au Information on all aspects of health in NSW.

## Stroke Foundation

Helpline: 1800 787 653 Web: www.strokefoundation.com.au Information and advice to assist with prevention and life after a stroke.

# HOSPITALS

# Albury Wodonga Health

<u>Albury Campus</u> - 201 Borella Rd Albury NSW 2640 **Phone:** 02 6058 4444 <u>Wodonga Campus</u>- 69 Vermont St Wodonga VIC 3690 **Phone:** 03 6051 7111

Albury Wodonga Private Hospital 1125 Pemberton Street

PO Box 278 Albury NSW 2640 Phone: 02 6041 1411 Fax: 02 6022 4570 Web:www.alburywodongaprivatehospital.com.au

## Bendigo Health

62 Lucan St Bendigo VIC 3550 Phone: 03 5454 6000 Web: www.bendigohealth.org.au

Deniliquin Hospital 411 Charlotte St PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2800 Fax: 03 5882 2805

## Echuca Regional Health

17 Francis Street PO Box 25 Echuca VIC 3564 Phone: 03 5485 5000 Fax: 03 5841 5478 Web: www.erh.org.au

## **Finley Hospital**

Dawe Avenue PO Box 210 Finley NSW 2713 Phone: 03 5883 1133 Fax: 03 5883 1457

Goulburn Valley Health (Shepparton) Graham St Shepparton VIC 3630 Phone: 03 5832 2322 Fax: 03 5821 1648 Web: www.gvhealth.org.au

## Mercy Hospital (Albury)

550 Poole Street PO Box 364 Albury NSW 2640 Phone: 02 6042 1400 Fax: 02 6021 4378 Web: www.mercyhealth.com.au

## **Shepparton Private Hospital**

20 Fitzgerald St Shepparton VIC 3630 Phone: 03 5832 1200 Fax: 03 5831 2057 Web: www.sheppartonprivate.com.au

### St John of God Private Hospital (Bendigo) Cnr Lily & Chum Street PO Box 478 Bendigo VIC 3550 Phone: 03 5434 3434

Web: www.sjog.org.au

# HOSPITAL ACCOMMODATION (For patients & carers)

Bendigo Health & Peter Mac Unit - Bendigo Phone: 03 5454 9234 Social work Department Information about accommodation options & subsidies for patients receiving treatment at Bendigo Health & Peter Mac, Bendigo site. Open 8.30am until 5pm Weekdays

### Hilltop – Albury/Wodonga 600 Keene St Albury NSW 2640 Phone: 02 6021 4874

**Web:** www.fightcancer.org.au/care-support/hilltop Inexpensive, modern accommodation primarily for people receiving cancer treatment & their carer. However other people attending hospital will be considered if rooms are available.

## Goulburn Valley Health – Shepparton Graham St Deniliquin NSW 2710

**Phone:** 03 5832 2078 Information about carer and parent accommodationat GV Health.

## Lilier Lodge – Wagga Wagga

317-321 Edward St Wagga Wagga NSW 2650 Phone: 02 6925 5240 Web: www.canassist.com.au/lilierlodge

Inexpensive, modern accommodation for patients & their carers undergoing cancer treatments at the Riverina Cancer Care Centre.

### IPTAAS

Isolated Patients Travel & Accommodation Scheme Phone: 1800 478 227

**Web:** www.enable.health.nsw.gov.au Providing financial assistance to help with travel & accommodation costs for people & their carer/escort needing to travel long distances to specialist appointments and treatments.

## Murray Valley Private Hospital – Wodonga

Nordsvan Drive Wodonga VIC 3690 Phone: 02 6055 3100

**Web:**www.mvph.com.au Outpatient & carer accommodation available for people who live to far away to travel to the hospital for daily treatment.

# **MEDICAL PRACTITIONERS**

## **Deniliquin Medical Centre**

8-12 Hardinge St Deniliquin NSW 2710 Phone: 03 5880 1900 Fax: 03 5880 1911 Dr F Akram, Dr Y De Silva, Dr A Liebenberg Dr T Mikulin, Dr P Robinson, Dr B Sodunke

## **Deniliquin Central Clinic**

Dr I Dumbrell Shop 5 Mulwala Plaza 342 George St Deniliquin NSW 2710 Phone: 03 5881 7480 Fax: 03 5881 7482

## Dr R Campbell & Dr M Magee

409 George St Deniliquin NSW 2710 Phone: 03 5881 1677 Phone: 03 5881 5547

## **Shiloh Medical Centre**

Dr S J Paul 120 Edwardes St Deniliquin (Entrance via Wood St) Phone: 03 5881 7597 Fax: 03 5881 6831

## Skintegrity – Cosmetic Medicine

Dr A Liebenberg 410 Charlotte St Deniliquin NSW 2710 Phone: 03 5881 3933 Web: www.skintegrity.com.au

# **COUNSELLING & MENTAL HEALTH SERVICES AND SUPPORT**

## AccessLine

**Helpline:** 1800 800 944 Offering urgent mental health advice and referral to mental health services.

## **Beyond Blue**

Helpline: 1300 224 636 Web: www.beyondblue.org.au Education & support on depression, anxiety and related disorders.

## Cannabis Information & Helpline Helpline: 1800 304 050

Information & support line for cannabis users and their family & friends.

## **Child Protection Counsellor**

Deniliquin Community Health Centre 2 Macauley Street Deniliquin NSW 2710 **Phone:** 03 5882 2900 Therapeutic counselling & case work services to children, young people & their families when physical abuse, emotional abuse, neglect or domestic violence has occurred in their families.

### Blackdog Institute

**Web:** www.blackdoginstitute.org.au *Depression & bipolar information.* 

## Deniliquin Drug & Alcohol Service

Deniliquin Mental Health Service Cressy Street Centre 376 – 382 Cressy St Deniliquin NSW 2710 **Appointments:** 1800 800 944via AccessLine **Phone:** 03 5880 2100 *Counselling services for people with substance abuse issues.* 

## Deniliquin Mental Health Awareness Group

Phone: 0428 281 060 Web:www.denimentalhealth.org.au Mental health public awareness group.

# Drug & Alcohol Information Service NSW (ADIS)

**Helpline:** 1800 422 599 24 hour support, information, advice, crisis counselling & referral phone service

## Ethi-Call

**Phone:** 1800 672 303 **Web:**www.ethic.org.au Information and advice line for people facing ethical dilemmas in their home or work life. Trained counsellors will assist you to make the decision between wrong or right.

## Family Drug Help

Helpline: 1300 660 068 Web:www.familydrughelp.org.au Support, information, education, inspiration & encouragement for families of drug & alcohol users.

Family Drug Support Helpline: 1300 368 186

**Web:**www.fds.org.au Information & support on all areas of drug & alcohol use for families of drug & alcohol users.

## Family Relationship Advice Line

**Phone:** 1800 050 031 Information & advice to assist families facing relationship & separation issues. Operates Mon – Fri 8am to 8pm & Sat 10am to 4pm

# Deniliquin Community Mental Health Service

Cressy Street Centre 376 – 382 Cressy StPO Box 633 Deniliquin NSW 2710 Appointments: 1800 800 944via AccessLine Phone: 03 5880 2100 Fax: 03 5880 2110 The Deniliquin Community Mental Health Service aims to assist and support people with a mental health condition and their families.

## Gay & Lesbian Counselling Service NSW

Phone: 1800 184 527 (5.30pm -9.30pm) Phone: 1800 144 527 Lesbian Line (5.30pm -9.30pm) Phone: 02 8594 9555 Under 26's (10am-5pm)

**Web:**www.glcsnsw.org.au Counselling, information and support services to facilitate healthy well-adjusted lives.

## Head Space

**Web:**www.headspace.org.au National youth mental health foundation website for youth, parents & carers.

## **Kids Helpline**

**Web:**www.kidshelp.com.au **Helpline:** 1800 551 800 *Free, confidential telephone counselling service and information website.* 

## LifeLine

Phone: 13 11 14 Web:www.lifeline.org.au Crisis support and suicide prevention counselling & information service

### Lourene Liebenberg – Occupational Therapist 410 Charlotte Street Deniliquin NSW 2710 Phone: 0428 281 060 General counselling for depression, anxiety, stress & mental health issues. Bulk billing available with GP Medicare referral.

Mental Health Association NSW Infoline: 1300 794 991 Mental Health Infoline:1300 794 992Anxiety Disorders Web:www.mentahealth.asn.au Community education & support.

## Mind Health Connect

**Web:**www.mindhealthconnect.org.au *Mental health information website.* 

## Gambling Help Online

Helpline: 1800 858 858 Web:www.gamblinghelponline.org.au Information, support & counselling services via the helpline or online counselling for people with gambling issues.

## MoodGYM

**Web:**www.moodgym.anu.edu.au A free web-based self-help program to teach cognitive behaviour therapy skills to people vulnerable to depression and anxiety.

# National Sexual Assault, Domestic & Family Violence Line

### Phone: 1800 737 732

24/7 telephone & online crisis counselling for anyone who has experienced or is at risk of sexual assault, domestic & family violence.

### NSW Rape Crisis Centre Phone: 1800 424 017

**Web:** www.nswrapecrisis.com.au 24/7 telephone & online crisis counselling for anyone who has experienced or is at risk of sexual assault.

## Reachout

**Web:**www.reachout.com.au Mental health Information, advice, education & support website for young people.

## Road Trauma Support Services

**Phone:** 1300 367 797 **Web:** www.rtssv.org.au *Counselling & support services and information for people affected by road trauma.* 

### Mind Spot

**Phone:** 1800 614 434 **Web:**www.mindspot.org.au Depression & anxiety education, free online or phone assessment and treatment courses.

## SANE Australia

Helpline: 1800 187 263 Web: www.sane.org Information & support service assisting people with mental health illness to lead a better life.

## **Suicide Line**

Helpline: 1300 651 251 Web:www.suicideline.org.au 24 hour telephone crisis support and information website.

## Sexual Assault Service & Counselling

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Providing counselling, support and advocacy to people who have been sexually assaulted.

## St Lukes Mental Health Recovery Service

Shop 6 Cressy St Arcade, Cressy St Deniliquin NSW 2710 Phone: 03 5881 7086 Fax: 03 5881 2694 Recovery focused mental health support service for diagnosed mental illness.

#### Veterans & Veterans Families Counselling Service

Phone: 1800 044 046 Web:www.dva.gov.au Free, confidential, specialised counselling service for veterans and their families.

# MEN'S SERVICES

## **Deniliquin Men's Shed**

Shed 3 Barham Road (behind Agspares) Open Tuesday and Wednesday 9am to 4pm **Mobile:** 0427 811 707 **Email:** jhtonkin@bigpond.com Assisting and supporting men of all ages to stay focused and active with wood work, metal work and computing or simply a cuppa and socialisation.

## **Health Insite**

Helpline:1800 022 222 Web: www.healthinsite.gov.au Health information for all Australians.

## Men's Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *Mens respite day group for men who have a disability, are frail aged or socially isolated.* 

## Men's Referral Service

**Helpline:** 1300 766 491 **Web:**www.mrs.org.au Anonymous, respectful & confidential counselling and information for men to help them take action to stop their violence behaviours as well as their family and friends.

## Men's Health Australia

**Web:** www.menshealthaustralia.net *Providing information about the social and psychological wellbeing of men and boys.* 

### Mens Line Australia Helpline: 1300 789 978

**Web:** www.mensline.org.au Confidential telephone & online support, information and referral service for men with family and relationship concerns. Telephone, online and video counselling available.

## Men's Lunch Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 *Luncheongroup for men who have a disability, are frail aged or socially isolated.* 

## Vinnies Homelessness Service

74 Wellington Street PO Box 458 Deniliquin NSW 2710 Phone: 035881 7411 Web: www.vinniesdeni.com.au Early intervention, crisis accommodation, and long term support to assist people find safe and stable housing.

# **WOMENS SERVICES**

Health Insite Helpline:1800 022 222 Web:www.healthinsite.gov.au Health information for all Australians.

Jean Hailes for Women's Health Web: www.jeanhailes.org.au Information & education website

Ladies Day Group Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226 Ladies respite day group for women who have a disability, are frail aged or socially isolated.

## Managing Menopause

**Web:**www.managingmenopause.org.au Information to guide you through the stages of menopause.

## Pregnancy, Birth & Baby

Helpline: 1800 882 436 Web:www.pregnanacybirthbaby.org.au Information, counselling and advice about pregnancy, childbirth & your baby's first year.

### Pregnancy Counselling Australia Helpline: 1300 737 732

Free, safe & confidential counselling service forpeople to discuss their pregnancy concerns including unexpected or difficult pregnancy & pregnancy loss or termination. Service operates 24/7

## MotherSafe

**Helpline:** 1800 647 848 Free phone counselling service for women concerned about exposures during pregnancy & breastfeeding.

### Women's Health Clinic

Deniliquin Community Health Centre 2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900 Fax: 03 5882 2905 Free health clinic for women.

Women's Legal Services NSW Phone: 1800 801 501 Free confidential legal information, advice and re

Free confidential legal information, advice and referrals for women in NSW with a focus on family law, domestic violence, sexual assault and discrimination.

## WIRE – Women's Information

**Phone:** 1300 134 130 **Web:** www.wire.org.au *Women's information, support and referral service.* 

## The Women's

**Web:**www.thewomens.org.au/health-information Health information brought to you by The Royal Women's Hospital.

# INDIGENOUS SERVICES

## **Aboriginal Family Support**

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226

Web: www.intereach.com.au

Supporting and strengthening Aboriginal families to deal with various individual and family issues such as parenting, living skills, family violence, child protection and sexual assault etc.

## Cummeragunja Local Aboriginal Land Council

4 Tongala Rd Cummeragunja VIC 3639 PO Box 99 Moama NSW 2710 Phone: 03 5869 3372 Housing, legal, employment and day-to-day assistance and support for Aboriginal people.

## Deniliquin Aboriginal Health – Aunty Jeans Deniliquin Community Health

2 Macauley Street PO Box 291 Deniliquin NSW 2710 Phone: 03 5882 2900

## Fax: 03 5882 2905

The Aunty Jean's Health Program is for Aboriginal people with or at risk of chronic disease. The program includes health checks, exercise, healthy cooking, health education & social interaction.

## Yarkuwa Indigenous Knowledge Centre 125 End Street

PO Box 276 Deniliquin NSW 2710 **Phone:** 03 5881 3312 **Fax:** 03 5881 5494 **Web:** www.yarkuwa.com.au *Local indigenous knowledge centre providing education and preserving local cultural, heritage & environmental knowledge for future generations.* 

## Jyldamenk Playtime& Koori Group

Intereach Family Centre Trickett Street Deniliquin NSW 2710 Phone: 03 5890 5200 or 1300 488 226

**Web:** www.intereach.com.au Informal gathering of Aboriginal people that is a chance to catch up with friends and family as well as gain new information and participate in activities. Jyldamenk also incorporates Koori Playtime.

## Nyerna Reconciliation Group

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 Sharing ideas and supporting reconciliation in the community. Meet 3rd Wednesday of the month 5pm – 6pm.

## Deniliquin Local Aboriginal Land Council

426 Wood Street PO Box 846 Deniliquin NSW 2710 **Phone:** 03 5881 4891

Fax: 03 5881 2852 Land acquisition, advice and referral to community

services/providers - including education, health, employment, legal and general welfare issues.

## Indigenous Women's Legal Contact Line Phone: 1800 639 784

**Web:** www.womenslegalnsw.asn.au Free confidential legal information, advice and referrals for Aboriginal and Torres Strait Islander women in NSW with a focus on domestic violence, sexual assault, parenting issues, family law, discrimination and victim's support.

### Viney Morgan Aboriginal Medical Service 10 Tongala Rd Cummeragunja VIC 3639

PO Box 421 Moama NSW 2731 Phone: 03 5869 3343

Fax: 03 5869 3492

Services for Aboriginal people including medical & health services, parent & family support, aged services, housing assistance, financial information, emergency services & social support

## Werkitya Kalpal Community Working Party

C/- PO Box 276 Deniliquin NSW 2710 **Phone:** 03 5881 3312 **Fax:** 03 5881 5494 *Community working party focusing on issues affecting Aboriginal people & communities in the area.* 

# LEGAL & FINANCIAL SERVICES

# LEGAL SERVICES

### **Community Corrections NSW - Probation &**

Parole Level 1, 558 Kiewa Street PO Box 809 Deniliquin NSW 2710 Phone: 02 6058 8100 Fax: 03 6041 1353

## Crime Stoppers

Phone: 1300 333 000 Web: www.crimestoppers.com.au Report information on crime anonymously

#### Cummeragunja Local Aboriginal Land Council

4 Tongala Rd Cummeragunja VIC 3639 PO Box 99 Moama NSW 2710 **Phone:** 03 5869 3372 Housing, legal, employment and day-to-day assistance and support for Aboriginal people.

Deniliquin Court House – Local Court Cnr Poictier & Wellington Streets

PO Box 42 Deniliquin NSW 2710 Phone: 03 5881 2095 Fax: 03 5881 4885

Local court, agent for Public Trustee of NSW, registrar of the Family Law Court, Registrar of the District Court, performing marriage ceremonies, coroner of NSW, registrar of the Civil Claims Court - issuance of civil summonses (up to \$60,000), information and complaints for hearing before the Local Court, justice of the peace available.

### **Department of Juvenile Justice**

Suite 1 520 Swift Street PO Box 214 Albury NSW 2640 **Web:**www.djj.nsw.gov.au **Phone:**02 6051 0600 Juvenile Justice NSW provides information& advice as well assupervising& caring for young offenders in the community and in detention centres

### **Department of Fair Trading**

490 David Street Albury NSW 2640 Phone: 02 6043 9300 Fax: 02 6043 9333 Web:www.fairtrading.nsw.gov.au Providing information and assistance for consumer issues, motor vehicles, home building and renovations, property and tenancy issues.

### Domestic Violence Legal Advice Line Phone: 1800 810 784

**Web:** www.womenslegalnsw.asn.au Free confidential legal information, advice and referrals for women in NSW with a focus on domestic violence and Apprehended Domestic Violence Orders.

### Energy & Water Ombudsman NSW Phone: 1800 246 545

Web: www.ewon.com.au

A free, fair and independent dispute resolution service for all electricity and gas customers in New South Wales, and some water customers.

## Fair Work Ombudsman

**Phone:** 13 13 94 **Web:** www.fairwork.gov.au Information and advice about Australia's workplace rights and rules, including awards and national employment standards.

Francis Kelly Grant - Solicitors 144 End Street Deniliquin NSW 2710 Phone: 03 5881 2066

### Glowreys – The Riverina Law Firm Riverina Chambers 185 Cressy St Deniliquin NSW 2710 Phone: 03 5881 3766

Hume Riverina Community Legal

Suite 5, 91 Hume Street PO Box 31 Wodonga Vic 3689 **Phone:** 1800 918 377 for appointments *Free legal advice via telephone or outreach clinics* 

### ICAC – Independent Commission Against Corruption Phone: 1800 463 909

**Email:** icac@icac.nsw.gov.au **Web:** www.icac.nsw.gov.au *Report corruption in the NSW public sector.* 

## Law Access NSW

**Phone:** 1300 888 529 **Web:** www.lawaccess.nsw.gov.au *Free telephone and online legal information service* 

## Legal Advice & Advocacy Clinic

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 or 1300 488 226 **Web:** www.intereach.com.au *Free general legal advice available twice a month by appointment only.* 

## Legal Aid, NSW

Ground Floor, 74-76 Fitzmaurice Street Wagga Wagga NSW 2650 Phone: 02 69216588 Fax: 02 69217106 Legal service for financially disadvantaged people (please note an application process and means test applies)

## Mills, Hebbard& Moore - Solicitors

135 End St Deniliquin NSW 2710 Phone: 03 5881 1955 Fax: 03 5881 3457

### Ombudsman - Commonwealth Phone: 1300 362 072

**Email:** ombudsman@ombudsman.gov.au The Commonwealth Ombudsman investigates complaints made about Australian Government agencies, department and employees

## Ombudsman - NSW

**Phone:** 1800 451 524 **Web:** www.ombo.nsw.gov.au *NSW Ombudsman's Office investigates complaints about the conduct of NSW government agencies, departments and employees.* 

# South West Tenants Advice & Advocacy Service

Phone: 1800 642 609 Email: tenancy@verto.org.au Web: www.verto.org.au/tenantsadvice Free advice & support on residential tenancy issues to tenants in public housing or vulnerable members of the community.

## Telecommunications Industry Ombudsman

**Phone:** 1800 062 058 **Web:**www.tio.com.au *A fast, free & fair service that helps you resolve telephone & internet disputes* 

## **Taylor & Whitty Solicitors**

50 Hardinge St PO Box 209 Deniliquin NSW 2710 Phone: 03 5881 7111 Fax: 03 5881 7112 Web:www.taylorandwhitty.com.au

# FINANCIAL SERVICES

## Credit & Debt Hotline

**Phone:**1800 007 007 Free financial counselling information, advice & referral service. Monday – Friday 9am to 4pm

## Deniliquin Community Hub

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Email: denihub@intereach.com.au Web:www.intereach.com.au Information & referral service for the community.

### Financial Counselling – Upper Murray Family Care

Intereach Neighbourhood Centre – Outreach Clinic. 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200 for Information **Phone:** 02 6055 8000 for appointments *Free financial counselling service by appointment for people on low incomes or those who are experiencing financial stress.* 

## Moneycare Murray

1740 Brobenah Street Leeton NSW 2705 **Phone:** 02 6247 1340 **Mobile:** 0418 606 952 *Free, confidential assistance for people experiencing financial difficulty. Servicing Deniliquin, Leeton, Narrandara& Griffith.* 

## Moneysmart

**Web:** www.moneysmart.gov.au Free simple information, tools and calculators for everyone to assist in making smart choices about their money

## **Rural Financial Counselling Service**

177a Cressy Street Deniliquin NSW 2710 Phone: 03 5881 5766

Mobile: 0428 815 766

**Web:**www.rfcsnsw-sr.com.au/counsellors/deniliquin/ Confidential, free financial counselling service for primary producers, fishers & small rural businesses

### Tax Help

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 Phone: 03 5890 5200 Email: denihub@intereach.com.au Web:www.intereach.com.au Assistance to complete a tax return for low income earners. Operates yearly from July to October.

## The Salvation Army

60-64 Edwardes St Deniliquin NSW 2710 **Phone:** 03 5881 3868 *Welfare organisation providing assistance to people experiencing financial hardship on Wednesday's between* 10am – 12pm.

## St Vincent De Paul Centre

62 Napier St Deniliquin NSW 2710 **Phone:** 03 5881 2735 Second-hand clothing store & welfare organisation providing assistance to people experiencing financial hardship.

# SERVICE GROUPS

## AUXILIARIES

Country Women's Association CWA Hall, Cnr Harrison &Edwardes St Deniliquin NSW 2710 Phone:03 5881 3530

Aiming to improve conditions for rural women & children.

## Deniliquin Legacy Group

Phone: 03 5586 1750 Phone: 03 5881 2771 Support for widows and families of returned service people.

Deniliquin Nursing Home Foundation PO Box 177 Deniliquin NSW 2710 Phone: 03 5881 3944 Email: ceo@navorina.com.au

Navorina Nursing Home Auxiliary Phone: 03 5881 1268 (secretary) To join see Mari Drennan at 'Mari's' gift shop in Napier St Deniliquin.

No 1 Red Cross Unit Phone: 03 5881 4270 Shirley Blenkiron Meet on 4th Thursday of the month at 1pm at the RSL Club Mount Batten room. Mathoura Catholic Ladies Auxiliary Phone: 03 5884 3415 Dianne Hulm (secretary)

Mathoura United Hospitals Auxiliary Phone: 03 5884 3304 Marie Crack Meet 2nd Monday of the month at 9am in the Mathoura Community Centre

Naponda - Deniliquin Hospital Auxiliary Phone: 03 5882 1123 (Belinda Whittakers, president) Email: cornalla@bigpond.com Meet 4th Tuesday of the month at 5.30pm in Deniliquin Hospital meeting room.

Pink Ladies Auxiliary Phone: 03 5882 2800 Deniliquin Hospital Selling papers & arranging flowers for patients at Deniliquin Hospital.

# SERVICE CLUBS

Country Women's Association (CWA) CWA Hall, Cnr Harrison &Edwardes St Deniliquin NSW 2710 Phone:03 5881 3530 Supporting rural women and children.

Deniliquin Apex Club Phone: 0428 506 158 John Corker A vibrant service club for people aged 18-45 Meets every 1st & 3rd Wednesday of the month.

**Deniliquin Kiwanis Club** PO Box 1112 Deniliquin NSW 2710 **Phone:**03 5881 4169 Phil Griffiths A youth orientated service club, dedicated to enriching the lives of children. Deniliquin Lions Club

PO Box 81 Deniliquin NSW 2710 Phone: 03 5881 1279 Community orientated services club dedicated to make our community a better place to live, work and grow.

## **Rotary Club**

PO Box 240 Deniliquin NSW 2710 **Phone:** 03 5881 1455 **Web:**www.rotary9790.org.au/deniliquin Service club for business people, professionals and community leaders who want to make a difference.

Soroptimist International PO Box 464 Deniliquin NSW 2710 Phone: 03 5881 8333 Rose Chick Women's service organisation working to improve the lives of women, girls and the local communities.

Tidy Towns Committee PO Box 2811 Deniliquin NSW 2710 Phone: 03 5881 2811 Working with the community to improve the environment we live in.

# LICENSED CLUBS

Deniliquin Bowling Club Cnr Crispe& Wick Streets PO Box 841 Deniliquin NSW 2710 Phone: 03 5881 1348 Web:www.denibowlingclub.com.au

Deniliquin Club Cnr George &Edwardes Streets PO Box 300 Deniliquin NSW 2710 Phone: 03 58812466 Licensed club with function rooms available for hire.

Mathoura Bowling Club Cobb Highway Mathoura NSW 2710 Phone: 03 5880 3200 Web: www.mathourabowlingclub.com.au Deniliquin RSL Club PO Box 525 72 End St Deniliquin NSW 2710 Phone: 03 5881 1455 Fax: 03 5581 4147 Email:denirsl@deniliquinrsl.com Web: www.deniliquinrsl.com

Deniliquin Golf Club Golf Club Road PO Box 217 Deniliquin NSW 2710 Phone: 03 5881 1325 Phone: 03 5881 3333 Golf Shop Web: www.deniliquingolfclub.com

Mathoura Golf Club Golf Club Road Mathoura NSW 2710 Phone: 03 5884 3331 Phone: 0499 176 749 Sandscrape golf course operating from April – Oct.

# TRANSPORT

# **BUS SERVICES**

Purtills Coach Tours & Vehicle Hire 89 McCrabb Road Deniliquin NSW 2710 Phone: 03 5881 9000 Fax: 03 5881 9030 Email: admin@purtills.com.au Web: www.purtills.com.au

Purtills Deniliquin Town Bus Service

89 McCrabb Road Deniliquin NSW 2710 Phone: 03 5881 9000 Fax: 03 5881 9030 Email: admin@purtills.com.au Web: www.purtills.com.au Town bus service that runs via Deniliquin Plaza, Decimus St, Dick St & Pioneer Caravan Park. Mon – Fri 9am – 2pm. See website for bus timetable.

## Vline Passenger Bus Service

**Phone:** 03 5881 7744Travelscene Deniliquin **Web:**www.vline.com.au *Public bus service to destinations in VIC* 

## Transport NSW Bus Service

Phone: 03 5881 7744Travelscene Deniliquin Web: www.nswtrainlink.info Public bus service to destinations in NSW

# **COMMUNITY TRANSPORT**

Deniliquin Community Transport

Intereach Neighbourhood Centre 78 Napier St Deniliquin NSW 2710 **Phone:** 03 5890 5200

**Web:**www.intereach.com.au Personalised door to door transport within Deniliquin, Mathoura & Conargo for the frail aged, people with a disability, isolated clients & their carers. A charter bus service also runs to Bendigo & Shepparton as well as out of town transport to medical appointments. Murray Shire Multi Service Outlet Murray Shire Offices 6 Meninya St Moama NSW 2713 Phone: 03 5482 1400 Email:jwarren@murray.nsw.gov.au Web:www.murray.nsw.gov.au Community transport running from the Moama area. Available for medical appointments & hospital visits for the frail aged, people with a disability or special needs & their carers or the transport disadvantaged.

# COURIERS

Hay Courier 522 Maher Street Deniliquin NSW 2710 Phone: 0428 102 711

Local Freight Service Phone: 0409 306 684 Conargo – Jerilderie – Finley – Blighty – Deniliquin

## TOLL IPEC

90 Napier Street Deniliquin NSW 2710 Phone: 0427 629 749 Albury - Deniliquin

Wayne & Sue Pitts 171 Faulkner Street Deniliquin NSW 2710 Phone: 03 5881 1138 Phone: 0407 429 067 Deniliquin – Jerilderie – Berrigan - Finley

Freight Seek Phone: 1300 797 464 Web: www.freightseek.com.au Online freight quotes from transport providers

# TAXI SERVICES

Bond's Black & White Taxis Phone: 03 5881 2129 Deniliquin taxi service. **Tubbs Taxis Phone:** 03 5881 1373 Deniliquin taxi service. Wheelchair accessible taxi available.