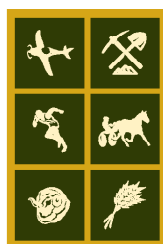


# DirectMe

A guide to services in Temora Shire



TEMORA  
*The Friendly Shire*

March 2022

# Welcome to DirectMe

This booklet offers easy access to the wide range of activities and services available in Temora Shire. We hope you find it useful.

The guide offers you information about available services and facilities in our Shire, as well as listing community groups and clubs that cater for many interests. Our goal was to bring together, under one cover, the material available on several websites, fliers and noticeboards, to make it easier for you to access the details.

This information is accurate at the time of production and through the services of Temora Shire Council and Temora Local Health Advisory Committee, the on-line version will be regularly maintained.

The DirectMe Resource Guide was initiated through the Healthy Temora Committee, a group of community volunteers supported by Murrumbidgee Primary Health Network (MPHN) to promote, encourage and communicate ways we can all improve our lifestyle.



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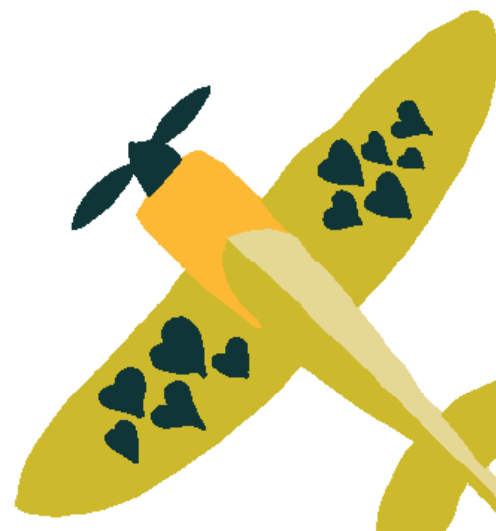
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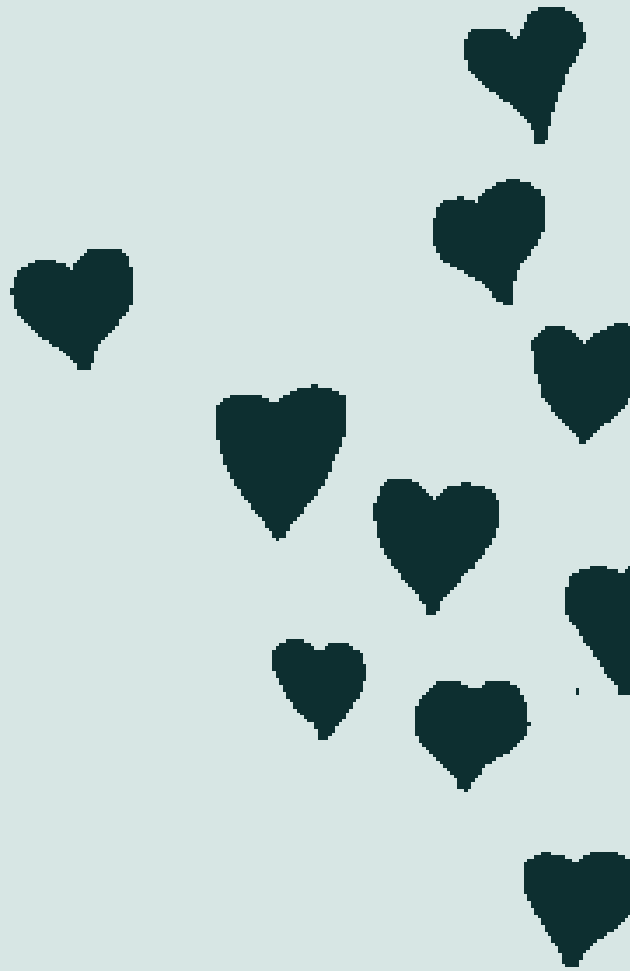
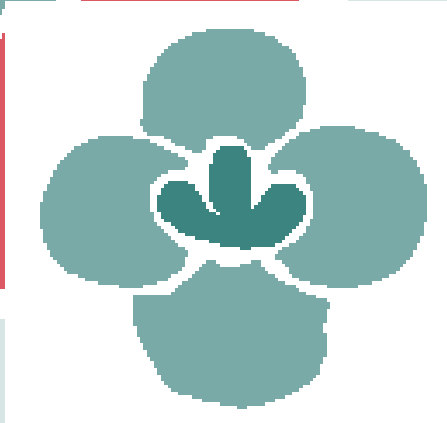
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# Council Services



# Council Services

## Temora Shire Council

---

02 6980 1100
102 Loftus St, Temora NSW 2666
PO Box 262, Temora NSW 2666
temshire@temora.nsw.gov.au
www.temora.nsw.gov.au
8am to 4.30pm, Monday to Friday

---

Temora Shire Council seeks to offer services to the people of our Shire by providing leadership and support where needed in the development of valuable facilities. These services cover a range of activities, and they are easily accessed through the Shire Offices.

## Elected Members

Rick Firman   Mayor	0429 204 060
Graham Sinclair   Deputy Mayor	0429 448 218
Belinda Bushell	0438 772 598
Jason Goode	0408 771 155
Anthony Irvine	0428 774 658
Lindy Reinhold	0411 114 732
Nigel Judd	0428 741 026
Claire McLaren	0428 762 045
Lindy Reinhold	0411 114 732

## Senior Staff

General Manager   Gary Lavelle	02 6980 1100
Director of Administration & Finance   Elizabeth Smith	02 6980 1100
Director of Environmental Services   Kris Dunstan	02 6980 1100
Engineering Works Manager   Alex Dahlenburg	02 6980 1101
Engineering Manager   Rob Fisher	02 6980 1101
Economic Development Manager   Craig Sinclair	02 6980 1100
Youth Officer   Sheree Elwin	02 6980 1100
Community & Cultural Services   Amanda Gay	02 6980 1100
Ranger   Ross Gillard	02 6980 1109
Library   Wendy Manning	02 6977 1781



## Service NSW

---

13 22 13

102 Loftus St, Temora NSW 2066

9am to 4pm, Monday to Friday, inclusive.

Closed for lunch from 12:30pm to 1:30pm

---

Council provides agency operations on behalf of Service NSW, which includes Roads and Maritime Services. Most matters relating to licenses and vehicle registrations are carried out at the Council Chambers. Other services include matters relating to Births, Deaths and Marriages, Fair Trading, and Senior's Cards.

## Temora Local Court

---

02 6977 1781

154 DeBoos St, Temora NSW, 2666

9am to 1pm and 2pm to 4pm Monday, Tuesday, Wednesday and Friday

---

## Library

---

02 6977 1781

NRCC House, 294-296 Hoskins St, Temora NSW 2666

Monday to Friday, 10am—5.30pm, Saturday 10am—12pm.

---

The Temora Library is part of the Riverina Regional Library network.

## Ariah Park Mobile Library

---

Corner of Pitt and Coolamon Streets, Ariah Park NSW 2666

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

Fortnightly on Fridays from 1.45pm—3.15pm

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The mobile library visits Ariah Park fortnightly on Fridays at the corner of Pitt and Coolamon Streets from 1.45pm—3.15pm For further details on the collections available, as well as a timetable for the Mobile Library, and information on other services available, see [www.rrl.nsw.gov.au](http://www.rrl.nsw.gov.au)

## Ariah Park Cemetery

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Cemetery Rd, Ariah Park, NSW 2665

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## Temora Cemetery

---

Thom St, Temora NSW 2666

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## Lake Centenary

---

02 6977 1086

420 Goldfields Way, Temora NSW 2666

Every day 6am - 8pm

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Lake Centenary is a man-made 55 hectare lake that caters for all water sports and for those seeking a pleasant barbeque or picnic by the water's edge. Gas barbecues are available. The lake also provides the waterway for jet boat racing. The lake loop is a purpose built walking track that allows you to fully circle the lake and take in all its beauty.

## Narraburra News

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Editor: Kate Slapp [kslapp@temora.nsw.gov.au](mailto:kslapp@temora.nsw.gov.au)

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Narraburra News is a monthly newsletter about the Shire, printed in the Temora Independent on the last Friday of each month and available via email to subscribers. Past copies are available online at [www.temora.nsw.gov.au/Community/Narraburra-News](http://www.temora.nsw.gov.au/Community/Narraburra-News). To subscribe to receive an email copy email your name and email address to [communications@temora.nsw.gov.au](mailto:communications@temora.nsw.gov.au)

## Sports Facilities

---

The Shire Council supports a number of sporting facilities, including ovals, swimming pools and the Recreation Centre. See pages 52-54 for further details.

## Temora Airpark Estate

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Residents enjoy access from home to hangar to runway in a modern estate layout with all necessary facilities and services. Detailed brochure available on website

## Temora Airport

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02 7455 9525

Airport St, Temora NSW 2666

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Visiting and resident aviation enthusiasts find that the facilities and the weather conditions at Temora Airport make this rural setting an ideal spot. While no scheduled passenger flights land in Temora, general aviation services are extensive.

## Temora Business Enterprise Group (TBEG)

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Executive Officer: [oe@tbeg.org.au](mailto:oe@tbeg.org.au)

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

---

The Temora Business Enterprise Group (TBEG) is a Section 355 committee of Temora Shire Council that aims to develop, grow and enhance the local business environment.

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## Temora Family Day Care

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02 6977 2213

Baker St, Temora NSW 2666

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Temora Family Day Care cares for children in the carer's own home.

## Temora's Own Arts & Crafts

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0439 600 963

182 Hoskins St, Temora NSW 2666

Monday to Friday 9am to 5pm

Saturday 9am to 1pm

Sunday 10am to 2pm

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The store displays and sells local arts and crafts and local food products.

## Temora Railway Station

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Parkes St, Temora NSW 2666

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Temora Railway Station is a heritage listed building and has recently undergone extensive renovations. While there are no scheduled passenger stops, the buildings have been converted into Platform Y—a meeting place for the Temora Youth Groups, a commercial kitchen and dining area, and the Railway Museum. Temora Recreation Centre Precinct

## Temora Recreation Centre Precinct

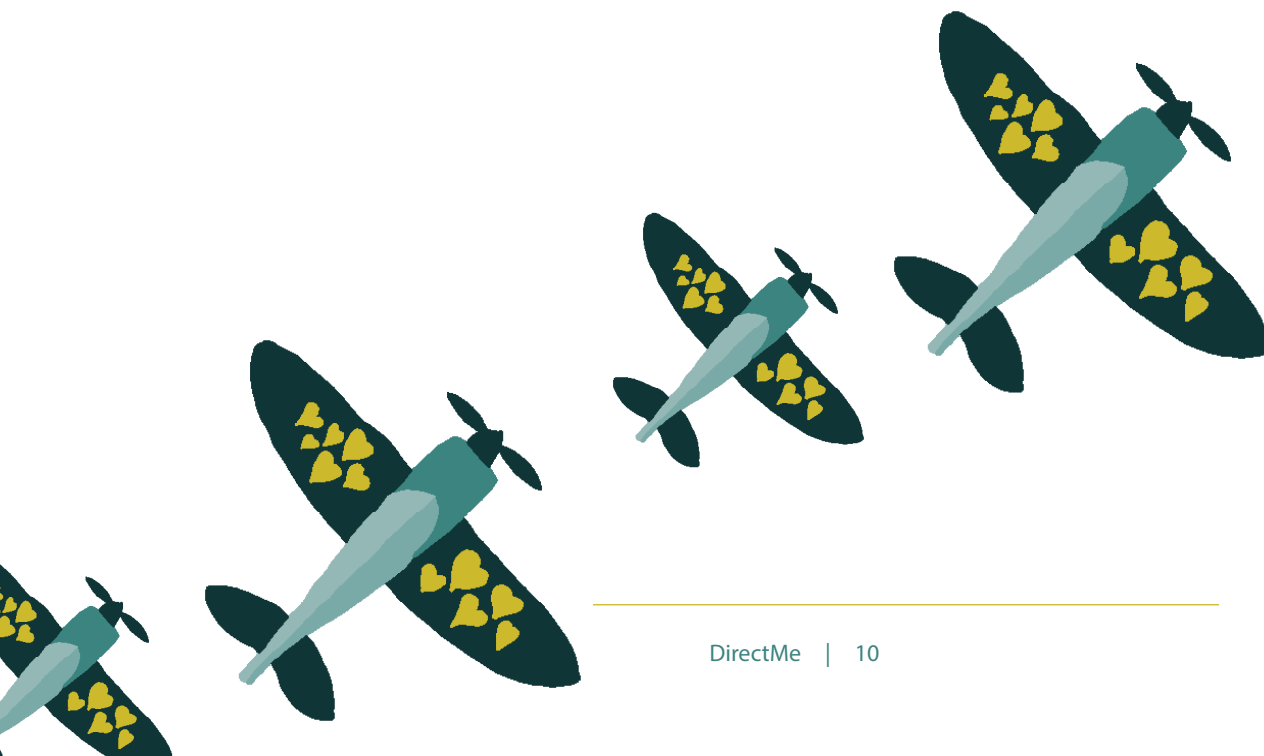
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02 6978 0238

Anzac St, Temora NSW 2666

---

The Precinct incorporates an Olympic swimming pool, heated indoor pool and stadium, as well as meeting facilities.



## Council venues for hire

A number of tourist attractions are funded or supported by the Temora Shire Council. These include museums, a theatre and various parks.

### Mobile Stage

---

Secretary 02 6980 1100

c/- Temora Shire Council 105 Loftus St, Temora NSW 2666

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### Town Hall Theatre

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Guy Piltz 0497 808 867 [guy savage@gmail.com](mailto:guy savage@gmail.com)

Cnr DeBoos & Loftus St, Temora

---

### Bundawarra Centre

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Bill Speirs 02 6977 5921

Junee Rd, Temora

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### Recreation Centre Precinct

---

Secretary 02 6980 1100

Anzac St, Temora

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### Town Hall

---

Council Office 02 6980 1100

Cnr DeBoos & Loftus St, Temora NSW 2666

---

### Council Chambers – Meeting rooms

---

Council Office 02 6980 1100

105 Loftus St, Temora

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### Library Training Room

---

Temora Library 02 6977 1781

294-296 Hoskins St, Temora NSW 2666

---

### Street Stall Van

---

Council Office 02 6980 1100

c/- Temora Shire Council 105 Loftus St, Temora NSW 2666

---

### Temora Arts Centre

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0428 029 184

119 Aurora St, Temora, NSW 2666

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## Visitor Information Centre

---

02 6977 5921

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29 Junee Rd, Temora, NSW 2666

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9:30 to 5:00 Monday to Friday,  
9:30 to 4:00 weekends and public holidays.

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Closed Christmas Day and Good Friday.

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The Temora Information Centre, in the Bundawarra Centre, provides guidance and assistance to the Shire's visitors. Souvenirs and online booking services are available.

## Tourist attractions

Name	Address	Contact
Temora Aviation Museum	1 Tom Moon Ave, Temora	02 6977 1088
Bundawarra Centre	29 Junee Rd, Temora	02 6977 5921
Echoes of Aria Park	Coolamon St, Aria Park	02 6974 1375
Temora Town Hall Theatre	Cnr DeBoos & Loftus St, Temora	02 6980 1177
Temora Visual Arts Centre	119 Aurora At, Temora	0400 688 171
Temora V8 Jetboats	Lake Centenary, Temora <a href="http://www.v8superboats.com.au">www.v8superboats.com.au</a>	0425 762 258
Temora Railway Museum	Parke St, Temora	02 6977 1086

# Health



# Health Services

The residents of Temora Shire are fortunate to have available to them a number of medical and allied health services. The following chart lists the facilities available, either on a permanent basis (marked\*) or through visiting practitioners (marked +) and telemedicine.

Please contact the relevant organisations for further information. Contact details are provided on the following pages.

Service	Temora Health Service (Temora Hospital)	Temora Medical Complex	Victoria Street Surgery	Private Practice	Murrumbidgee Primary Health Network
Aboriginal Services	*				+
Aged Care	*			*	
Audiometrist	* +	+			
Chiropractic				*	
Chronic Disease Care	*	*	*		*
Community Health	*				
Counsellor	*	+			
Dentist	*			*	
Diabetes Educator	*	+	+		+
Dietician	*	+	+		+
Emergency	*				
General Practice		*	*		
Mental Health Services	*	*	*	*	+
Minor Procedures	*	*	*		
Obstetrics	*	*	*		
Occupational Therapy	*				
Optimist				*	
Parkinson's Support					+
Pathologist	*			*	
Pharmacies				*	
Physiotherapist	* +			*	
Podiatrist		+	+	* +	+
Radiography (x-ray)	*				
Rheumatologist		+			
Speech Pathologist	*			*	
Surgeon		+			
Telemedicine		*			
Urologist		+			
Women's Health	*	*			

# General Health

## Temora Medical Centre

---

02 6977 3600

296-298 Hoskins St, Temora, NSW 2666

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The Temora Medical Complex provides general practice, women's health and obstetrics and minor procedures, as well as offering telemedicine and visiting specialists catering for surgery, urology, rheumatology and orthopaedics. Allied Health Services also visit regularly, including a diabetes educator, dietitian, podiatrist, physiotherapists, audiometrist and counsellor. A doctor also visits Arah Park fortnightly. Please phone for further details.

## Victoria Street Surgery

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02 6978 0063

Cnr Victoria and Aurora St, Temora, NSW 2666

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Victoria Street Surgery provides general practice, obstetrics and minor procedures. Visiting services include a diabetes educator, dietitian and podiatrist.

Urgent medical problems such as ears, eyes, acute pain and unwell small children will always be dealt with promptly. Please speak to the receptionist if you have an urgent medical need.

## Blood Bank

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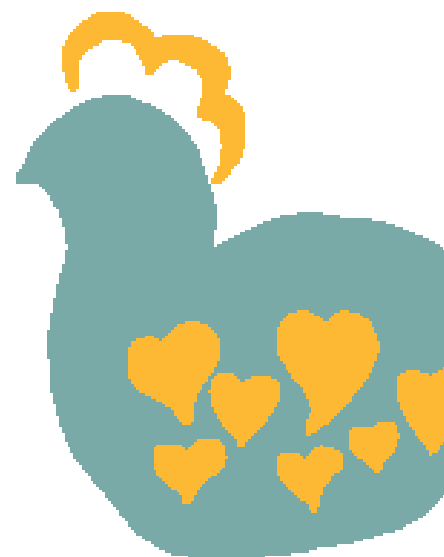
13 14 95

Loftus St, Temora NSW 2666

[www.donateblood](http://www.donateblood)

---

There is a mobile Blood Bank service that comes to Temora seven times a year, parking on Loftus St. For details of when the next visit is, please phone or check the website.



# Pharmacies

## Capital Chemist

---

02 6977 2026

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204 Hoskins St, Temora, NSW 2666

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## Ariah Park Pharmacy

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02 6974 1079

---

71 Coolamon St, Ariah Park

---

## Harvest Pharmacy

---

02 6977 4826

---

112 Hoskins St, Temora

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# Hospital

## Temora Health Service

---

02 6980 0200

168-182 Loftus St, Temora NSW 2666

Open 24 hours

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**In case of emergency always phone 000.**

**From digital phones use 112**

Temora Health Service, popularly known by its older title, Temora District Hospital, provides emergency, general medicine and obstetrics, as well as X-ray and pathology services.

### Other services include:

**ComPacks:** The ComPacks program assists people who are patients in hospital to transition back to home and return to functionality in a timely manner. It is a 6 week program with the view that the patient will self-manage on completion of the program. The ComPacks program works collaboratively with patients, their carers, hospital based staff and community service providers. Information regarding this program is available on request at the hospital.

**Transitional Aged Care Program:** TRACs is a 12 week program offered to people over the age of 65 who have recently been discharged from hospital. Eligibility is dependent on an ACAT assessment and occupational therapy and physiotherapy goals. The program offers assistance for clients in their homes, such as personal care and domestic assistance, shopping, Meals on Wheels, exercise programs, VitalCall and transport to and from their family doctor in town. Please contact the hospital for further enquiries.

**Physiotherapy:** The Physiotherapist provides assessment and treatment for inpatients and outpatients to assist transition to home. Assessments are also provided for the TRACs program, Stepping On program and the Rebound Group. Contact the hospital for further information.

**Local Health Advisory Committee:** Members of the Temora Local Health Advisory Committee (LHAC) represent the health communication needs of our Shire, acting as a link between the residents and the medical providers.

**Temora Hospital Auxiliary:** The Temora Health Service (Temora Hospital) is strongly supported by members of the Hospital Auxiliary, a group of volunteers whose efforts increase the facilities available to improve patient comfort whilst in hospital.

**Occupational Therapy:** The OT provides assessment and assistance to inpatients and outpatients to help get patients back to everyday activities after injury or illness. This includes prescribing equipment aids, therapy tools and home modifications and providing education.

**Outreach Rehabilitation Services:** Our Rehabilitation team from Wagga work with local hospital staff to provide rehabilitation therapy to inpatients and outpatients.

# Health

## Temora Specialist Community Mental Health Drug & Alcohol Service

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24hrs Accessline 1800 800 944.

02 6980 0200

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Temora Health Service, (Temora Hospital)

168-182 Loftus St, Temora NSW 2666

---

Open 24 hours

---

Provides case management for those with mental illness at risk of harm. Referral through self, others or GP. Free service. Help is available at all hours through Temora Health Service (Temora Hospital) by calling ACCESSLINE 1800 800 944.

**The Mental Health Service:** Provides liaison with Mental Health Emergency Care, Inpatient Units, Family and Carer Support, Consumer Advocacy, General Practice and a number of non-government recovery- based services.

**Adult Mental Health:** Provides assessment, management, psychiatric consultation and support for people with mental health problems and disorders and for their carers.

**Alcohol & Other Drugs:** Focuses on reducing the harm associated with the use of alcohol and other drugs; this includes needle exchange and methadone maintenance program as well as counselling for anyone who is experiencing difficulties with substance misuse.

**Child and Adolescent Mental Health Service (CAMHS):** Provides assessment, management, psychiatric consultation and support for children and adolescents to 18 years and their families. Assistance is provided with behavioural and emotional problems including parenting support.

**Specialist Mental Health Services for Older Persons:** Includes assessment, management, psychogeriatric consultation and support for persons 65 years and over who are experiencing mental health related problems and illnesses.

**In case of an emergency always phone 000.**

**From a mobile phone dial 112**



# Health

## Community Care Intake Service

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1800 654 324

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The Community Care Intake Service is a telephone based service which provides support and clinical advice regarding community health services.

You can access the following services via the Community Care Intake service:

- Child and Family Health
- Chronic Disease Care and information
- Community Care Nursing
- Diabetes Education
- Dietitian
- Generalist Counselling
- Specialist Nurse and Nurse Practitioners who provide support in Heart and Breathing Care, Diabetes and Renal Care
- Occupational Therapist
- Palliative Care
- Physiotherapy
- Speech Pathology
- Women's Health

You can call the service and make a self-referral or your local GP, doctor or any service-provider can refer you. All referrals are via one number 1800 654 324.

## Temora Community Health

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02 6980 0200 | 1800 654 324

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Based at Temora Hospital, Loftus St, Temora NSW 2666

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Temora Community Health delivers a comprehensive range of health care services to residents in the Temora Shire. Community Health Services promote healthy living within the community, thereby helping to reduce the need for more acute health-care treatments and enabling people to remain at home. These services are FREE of charge. Referral can be made by self, parents, health professionals, friends and relatives of at-risk people. Services are staffed by qualified professionals. Confidentiality, when not bound by legislative requirement, is guaranteed. Most services are accessed by calling the Community Care Intake Service on 1800 654 324

### Services include:

**Aged Care Assessment:** Provides specialised medical, clinical assessment and support services for older people, frail aged and young people with an age related disability. Other components of the service include: ACAT assessment for residential care or community aged care packages.

**Audio Clinic for children:** Provides hearing assessments for children aged 0 - 18 years.

---

**Visiting Audio Practitioner (private):** The Australian Government Hearing Services Program provides eligible people with access to hearing services: assessments, information, hearing devices and fittings. Ph: 02 6921 8362 (This is not a free service)

**Child & Family Health:** Provides information, support and development assessments for children aged 0 – 5 years and their families either in the Community Health Centre or at a clinic at Arian Park. Home visits are available for newborns

**Community Nursing:** Delivers home based nursing care to the frail, aged and disabled and includes home-based palliative care and support services.

**Day Centre:** Provides diversional therapy, respite for families and socialisation through local and regional activities. Day Care is held on Mondays and Wednesdays. For details call the hospital on 02 6980 0200.

**Dental Clinic:** Provides a FREE dental service to children up to 18 years. The clinic is open Wednesdays by appointment.  
Ph: 1800 450 046

**Diabetes Educator:** Provides education and support for adults and children who have diabetes.

**Dietitian:** Offers personalised nutrition advice for people, carers and families with a range of conditions such as weight loss, diabetes, coeliac disease, cancer, renal disease and heart disease.

**Counselling:** Support for those dealing with experiences of domestic violence, psychological difficulties due to complex, ongoing health issues and people experiencing difficulties due to interpersonal trauma

**Women's Health Service:** Provides a service for women of all ages including breast examinations, pap smears, contraceptive service, pregnancy testing and counselling, as well as sexual health education for women.

**Wagga Wagga Sexual Assault Service:** Provides counselling for adult and child victims of sexual assault and non-offending family members. Therapeutic and support groups, support with medical and legal systems and a 24 hour crisis service via the hospital are also offered. For further information call 02 6938 6411.

**Speech Pathology:** Provides assessment and treatment of children and adults with communication and swallowing difficulties.

**Respiratory Care Coordinator:** Supporting people with respiratory disease in self-management, prevention of relapse and supporting wellness. For further information contact the Hospital or obtain a referral from your GP.

**Chronic Disease Management Program:** Providing exercise, education and support for people with heart and lung disease through cardiopulmonary rehabilitation, falls prevention with the Stepping On Program, and home-based support to maintain independence and avoid hospitalisation.



## Murrumbidgee Primary Health Network

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

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Murrumbidgee Primary Health Network (MPHN) is a not-for-profit organisation servicing more than 242,000 people living across 514 communities on a land mass of 124,413 square kilometres. It is one of 31 local and independent PHNs established nationally to support the primary healthcare sector and improve health outcomes, particularly for those at-risk populations.

MPHN achieves this by

- Funding services to meet population health needs;
- Integrating local services and systems and improve coordination of care; and
- Supporting the development of a local sustainable health care workforce through quality improvement and professional development.

PHNs have seven key priority areas guiding their work including:

- Mental health;
- Aboriginal and Torres Strait Islander health;
- Population health;
- Health workforce;
- Digital health;
- Aged care; and
- Alcohol and other drugs.

For further information regarding MPHN activities and services commissioned by MPHN go to [www.mphn.org.au](http://www.mphn.org.au) or phone 02 6923 3100

## Murrumbidgee Local Health District Covid Hotline

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### CALL THE HOTLINE

Members of the community can call the MURRUMBIDGEE COVID-19 Hotline (open every day from 7am - 9pm) on 1800 831 099 to arrange an appointment at their nearest testing centre, whether that be a clinic or a GP practice. Tests undertaken at any of the MLHD's testing clinics are FREE and completely confidential.

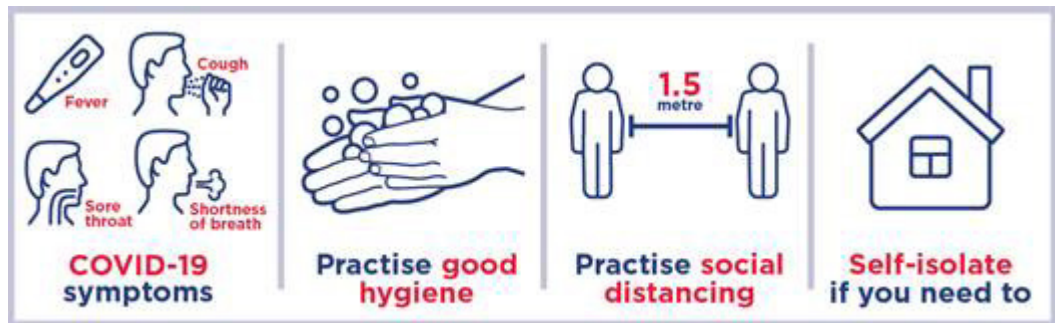
### GP TESTING

The community can also access COVID-19 testing through local General Practitioners (GP) or at the Commonwealth funded GP-Led Respiratory Clinic in Gundagai, Young, Griffith, Wagga Wagga or Deniliquin.

### DROP INTO A MOBILE CLINIC

The Murrumbidgee Mobile Testing Clinic is travelling across the district.

MLHD urges people not to wait for a mobile visit, but to call the COVID hotline on 1800 831 099 to book an appointment if they feel the slightest bit unwell.



# Allied Health

Name	Address	Contact
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## Bowen Therapy

Leanne Mengerson	262 Hoskins St, Temora	02 6977 1712 0428 351 250
Black Diamond	22 Hoskins St, Temora	02 6977 2106

## Chiropractic

Riverina Family Chiropractic	164 Hoskins St, Temora	02 6962 4264
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## Dentist

Dental Clinic	Temora Health Service, Temora Hospital	1800 450 046
Temora Dental Surgery	187 Hoskins St, Temora	02 6977 2106
Star Smile Family Dental Clinic	2&3/112 Hoskins St, Temora	02 6977 2002

## Hearing Specialist

Audio Clinic for Adults (Private)	Temora Health Service Temora Hospital	02 6921 8362
Audio Clinic for Children	Temora Health Service, Temora Hospital	1800 654 324

## Kinesiology

Inspired Health and Prosperity	Office 5, 244 Hoskins St, Temora	0439 901 125
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## Massage Therapy

On the Move Fitness	250 Hoskins St, Temora	02 6977 2244
Trudy Sherwood	14 Wellman St, Aria Park	02 6974 1055
Christine Winkley	Mobile Service	0400 388 640
Gillian Turner	Mobile Service	0421 107 291
Skin Deep	248 Hoskins St, Temora	02 6978 1986
Elevate Soft Tissue	244 Hoskins St, Temora	0484 060 311
O'Shea Massage Therapy	Aria Park	0488 680 989
Float Centre Weightless Float Centre	113 Hoskins St, Temora	0428 487 955

## Occupational Therapy

Lee-Anne Kupke		0402 291 544
Temora Hospital OT		1800 654 324
OT with Lisa	15 & 16/244 Hoskins St, Temora	0438 871 682

Name	Address	Contact
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### Optometry

Lord & Wells Optometrist	224 Hoskins St, Temora	02 6977 1348
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### Pathology

Douglass Hanly Moir	Temora Medical Complex	02 6978 0580
Pathology West	Temora Health Service, Temora Hospital	02 6980 0200

### Physiotherapy

Active Physiotherapy	c/- Temora Medical Complex	02 6977 3600
Temora District Hospital Physiotherapy	Temora Hospital	02 6980 0200
Temora Physiotherapy Centre	16 Baker St, Temora	02 6978 0793

### Podiatry

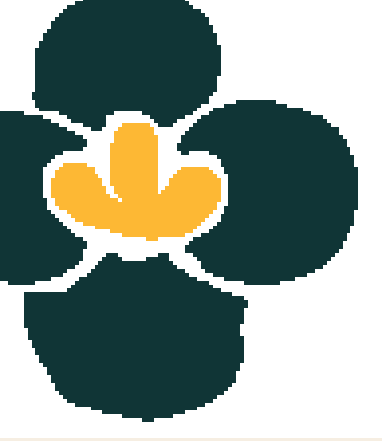
Temora Podiatry	3/116 Hoskins St, Temora	02 6973 1367
Temora Hospital Podiatry	Temora Health Service, Temora Hospital	02 6980 0200
Diana Pettit Podiatry	225 Hoskins St, Temora	02 6978 0500
Temora Medical Complex	296-298 Hoskins St, Temora	02 6977 3600

### Speech Pathology

Tracey Chalmers Speech Pathology	124 DeBoos St, Temora	0419 357 982
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# Aged and Disability Services



# Aged Care

Temora is proud of its citizens and, as a community, we try to provide for the needs of all who live here. The facilities offered to senior residents are of a high standard and are constantly reviewed and improved to enable all to enjoy their life to the full.

	Pinnacle Community Services	The Forrest Centre – HACC Home Care Services	Temora & District Hospital & Community Health	Australian Unity	Mercy Health, Home & Community Care	Baptist Care	Calvary Community Care
Case Management	*	*			*	*	*
Centre-based day care	*		*				
Digital skills (support with technology)	*				*		
Exercise programs			*			*	
Food services (Meals on Wheels)	*	*					
General housework		*	*	*	*	*	*
Home care packages – consumer directed care	*				*	*	*
Home maintenance and modifications	*		*	*			
Home monitoring (emergency response system)			*		*	*	*
Hospital to home service	*			*		*	*
Laundry service	*	*		*			
Meal preparation		*	*	*	*	*	*
Overnight care	*				*	*	*
Personal care - showering		*	*	*	*		*
Pet care				*	*		*
Respite	*		*	*	*	*	
Shopping	*	*	*	*	*		*
Social support	*	*	*	*	*	*	*
Transport (medical appointments etc)	*	*	*	*	*	*	*

## Pinnacle Community Services

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02 6977 1326

NRCC House, (above the library) 294 Hoskins St, Temora, NSW 2666

temorareception@pinnaclecommunityservices.com.au

www.pinnaclecommunityservices.com.au

Monday - Friday 9am - 5pm

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Pinnacle Community Services provides a range of services and support for older people, and younger people with a disability and their families and carers to help them to live with dignity and independence in their own homes in the community. Pinnacle Community Services are reliant on volunteers to assist with the delivery of services.

### Services include:

- Community Transport
- Food services
- Home modifications and maintenance
- Respite care
- Social support
- Laundry service
- Centre-based day programs
  - Dementia specific
  - Men's Group
- People with a disability

## My Aged Care Portal

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1800 400 422

www.myagedcare.gov.au

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My Aged Care is the first port of call when finding out about aged care services for people over 65. This group acts as a referral group, not a direct service provider.

## Australian Unity

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02 6977 2400

NRCC House, (above the library) 294 Hoskins St, Temora, NSW 2666

www.australianunity.com.au

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Australian Unity assists people with practical tasks so they can live independently in their own home. Services can include general housework, personal care (with showering, eating, dressing), respite care and essential shopping.

## Baptist Care

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02 6937 6101

Outreach from Wagga

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

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Baptist Care provides home services to assist people to live full and independent lives in their own home. Services provided include personal care, domestic assistance and social support. Baptist Care is a Wagga Wagga based organisation that outreaches to Temora.

## Intereach

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1300 488 226

Outreach from Wagga

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

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Intereach provides information and respite to carers. Short term emergency respite is available for frail, aged, disability, palliative and mental health at home or community day care.

## Mercy Health, Home & Community

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02 6382 8322

Lewisham Ave, Wagga Wagga NSW 2650

[www.forrestcentre.com](http://www.forrestcentre.com)

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Mercy Health, Home & Community Care offers support needed by people over 65 years, with support that matches a person's unique needs. They also offer Level 2, 3 and 4 home care packages and private services.

## Forrest Community Services

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02 6932 3011

Lewisham Ave, Wagga Wagga NSW 2650

[www.forrestcentre.com](http://www.forrestcentre.com)

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The Commonwealth Home Care Support Program within the Forrest Community Services is committed to providing compassionate care in meeting the spiritual, psychological, physical and social needs of older people and those with a disability. Services provided can include assistance with activities of daily living such as personal care and assistance with domestic tasks.

## Calvary Community Care

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1300 660 022 | 02 6938 5700

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50 Brookong Ave, Wagga Wagga NSW 2650

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

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Calvary Community Care provides an extensive range of services to support people to live independently in their own home and connect with their community. Services can be delivered as part of an aged care package, through the National Disability Insurance Scheme, on a Consumer Directed Care (CDC) basis or privately as a package addition or self-funded client.

## National Dementia Helpline

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1800 100 500

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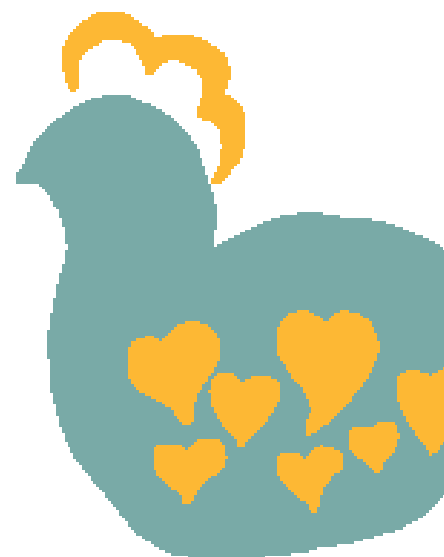
2-10 Captain Cook Crescent, Griffith, ACT 2603

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[dementia.org.au](http://dementia.org.au)

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The National Dementia Helpline is a free, federally funded service that provides information and advice to people living with dementia; people concerned about changes to memory and thinking; people living with mild cognitive impairment (MCI); family, friends and carers of people living with dementia; and people who work in health and aged care.



# Residential Care

## The Whiddon Group

### Greenstone and Narraburra Lodge

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02 6980 2800 (Bookings 02 6977 1022)

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180 Kitchener Rd, Temora, NSW 2666

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www.whiddon.com.au

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The Whiddon Group is a residential service. They provide for elderly people who can no longer live independently at home. They offer general lifestyle and nursing care, as well as specialist and palliative care services.

# Residential Independent Living

## Southern Cross Villas

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02 9790 9400

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129 Victoria St, Temora NSW 2666

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Southern Cross Temora Villas offer an enhanced lifestyle for older persons in a relaxed community environment. The Village includes 24 self-contained villa units and a recreation room, all located in an attractive courtyard-setting with a 24 hour emergency call system in place.

## Dr Parry Homes

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02 6977 2166

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Haig St, Temora NSW 2666

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Aged Care accommodation offering 24 one bedroom units for self-care clients. Application required— there is a waiting list but applicants are selected on a needs basis with priority given to RSL veterans or widows.

## The Peppers, Aria Park

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0428 745 206 (Chairman Nigel Judd)

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41-43 Coolamon St, Aria Park NSW 2665

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The Peppers Senior Housing Units offer six senior self-care residences to pensioners able to look after themselves. Both single and double bedroom units are available.



# Disability Services

## Regional Disability Advocacy Service RDAS

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1800 250 292

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

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The Regional Disability Advocacy Service provides free and independent advocacy and information to anyone with a disability, of any age to ensure equality of rights and increased integration into the community.

## Pinnacle Community Services

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02 6977 1326

NRCC House, 294 Hoskins St, Temora, NSW 2666

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

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For further details on what Pinnacle Community Services offers, please see page 27.

## Kurrajong Disability Services

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1300 764 620

Shop 7, Paleface Arcade, Temora NSW 2666

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

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Kurrajong is a registered NDIS provider offering a range of supports and services over a broad age group. They engage with communities so lives can be changed for the better.

## Motion as Medicine

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02 5301 6585

Temora Health Service, Temora Hospital

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

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Motion as Medicine provides clinical exercise physiology services to treat, manage and prevent chronic health conditions and injury.

## NDIS

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1800 800 110

Online or phone service

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

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The NDIS can provide all people with disability with information and connections to services in their communities such as doctors, sporting clubs, support groups, libraries and schools, as well as information about what support is provided by each state and territory government.



# Mental Health & Support Groups





# Mental Health

## Headspace

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02 6923 3170

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2/185 Morgan St, Wagga 2650

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

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Headspace is the National Youth Mental Health Foundation. It helps young people 12-25 years who are going through a tough time by providing health advice, support and information on general health, mental health and alcohol and other drugs.

## Flourish Australia

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1300 779 270

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

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Flourish Australia works in local communities to help people on their mental health recovery journey. Their services are designed to support people in the way that suits them best, whether that's through help finding a place to live, a job that's fair and rewarding, or more structured health services to assist their day-to-day living.

## Centre for Rural Mental Health Service

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Referral via GP

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c/- Temora Community Centre, 225 Hoskins St, Temora

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FREE service via a GP referral. Provides support for severe and enduring mental illness including anxiety, depression, psychosis, drug and alcohol issues, crisis management, CBT and ACT Therapy and medication education.

## Schizophrenia Fellowship of NSW

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02 6921 1047

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c/- Temora Community Centre, 225 Hoskins St, Temora, NSW 2666

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

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Not-for-profit organisation that places people disadvantaged through mental health disability into sustainable employment. Services may include skill development, goal setting, specialist services in mental health and ongoing support.

## Temora Specialist Community Mental Health Drug & Alcohol Service

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02 6980 0200 | 1800 800 944

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[www.mlhd.health.nsw.gov.au/healthservices](http://www.mlhd.health.nsw.gov.au/healthservices) Temora Hospita

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Case management for those with mental illness at risk of harm. Referral through self, others or GP. Free service. Help is available at all hours through Temora Hospital and by calling ACCESSLINE 1800 800 944.

## LFE Community Supports (Towards Recovery)

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02 6380 1677

c/- Temora Community Centre, 225 Hoskins St, Temora, NSW 2666

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

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Towards Recovery provides increased opportunities for recovery for people aged 16 years and over whose lives are affected by mental illness. Programs delivered may include: Personal Helpers and Mentors (PHaMs) Program, social support groups and other group programs.

## RivHub

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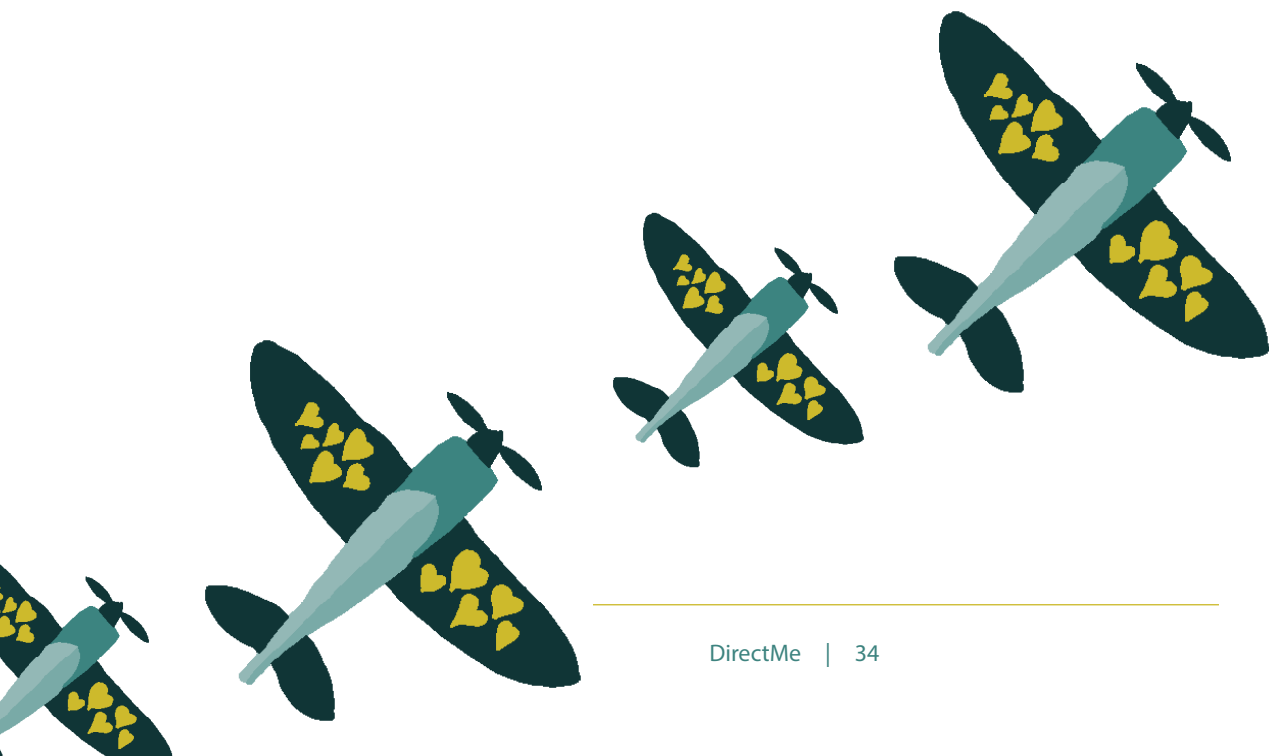
02 5963 2621

c/- Temora Community Centre, 225 Hoskins St, Temora, NSW 2666

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

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Providing psychological assessments in autism, ADHD, functional assessments, cognitive assessments, learning difficulties and mental health, as well as counselling services for a range of conditions and circumstances.



# Community Centre

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02 6978 0500

225 Hoskins St, Temora NSW 2666

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The Temora Community Centre is a friendly, welcoming environment that provides access to a wide range of government and non-government services. It is the place to go to receive information and referrals, and is the location of many of the health and social services listed throughout this guide. Room hire is available, and interagency meetings are held on a regular basis.

Following is a list of some of the services and programs available at the Temora Community Centre.

## Support

- Community Hub (Information, advice & referral)
- Child, Youth and Family Support
- Centrelink/Medicare agent (Mon to Fri 9am – 1.30pm)
- Temora Preschool Supported Playgroup (Tues 10am – 11.30am)
- Emergency Relief (Wed 10.30am – 12pm)
- Can Assist (Tue & Fri 10am – 2pm)
- Flourish Australia
- RivHub

## Outreach Services

- Financial Counsellor
- Relationships Australia
- Headspace
- RADS – Regional Disability Advocacy Service
- Mission Australia
- Pathways
- No Interest Loans (Nils)
- Tax Help
- Housing NSW

## Wellbeing

- Plates of Plenty—free meals on Thursdays
- Adult Craft Group
- Yoga
- Community photography group
- Women’s Social Group

# Support Groups

## CanAssist

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0429 774 966

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PO Box 118, Temora NSW 2666

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Offers support to patients, carers and families of those touched by cancer. Meets on the second Friday of every second month (excluding August, which is the last Friday) at 2pm in the Lloyd Cartwright Room of Temora Ex-Services Memorial Club. Also accommodates the Women's Cancer Support Group (which meets on the second and fourth Tuesday of the month) and the Men's Cancer Support Group (which meets on the fourth Wednesday of the month).

## Open Minds Brighter Futures

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0434 348 856

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Salvation Army Hall, Baker and Victoria St, Temora, NSW 2666

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Open Minds Brighter Futures is a support group for carers and clients. Meetings are held on the first Wednesday of the month at 5:30.

## Vinnies Shop

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02 6977 1532

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143 Hoskins St, Temora NSW 2666

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The St Vincent de Paul Shop (Vinnies) is a contact point for those needing assistance as well as being a great place to find a bargain.

## Salvation Army Store

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02 6977 1755

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Victoria St, Temora NSW 2666

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Shop at the Op Shop for great savings and know your purchases will help others.



# Local Services



# Local Services

## Education

### Preschools and Childcare

Name	Address	Contact
Ariah Park Preschool	Memorial Hall, Pitt St, Ariah Park (moving to 6-8 Harrison St, Ariah Park)	02 6974 1243
A Dragon's Tale	17 Beattie St, Temora	02 6977 2770
Brighter Beginnings Early Years Learning Centre	9-11 Timmins St, Temora	02 6977 1006
Temora Preschool & Out of Hours (OOSH) Centre	Cnr George & Loftus St, Temora	02 6977 1683
Temora Family Day Care	Baker St, Temora	02 6977 2213

### Schools

Grades	Name	Address	Contact
K-12	Ariah Park Central School	Reid St, Ariah Park	02 6974 1105
K-10	St Anne's Central School	DeBoos St, Temora	02 6977 1011
7-12	Temora High School	Anzac St, Temora	02 6977 1988
K-6	Temora Public School	DeBoos St, Temora	02 6977 2877
K-6	Temora West Public School	Truskett St, Temora	02 6977 1889

### Further Education

Name	Address	Contact
TAFE NSW Riverina Institute, Temora Campus	160-180 Kitchener Rd, Temora	02 6977 3700



# Professional Services

Name	Address	Contact
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## Accountants

Auswild & Broad Pty Ltd	111 Gloucester St, Temora	02 6978 0077
Catalyst Accountants & Financial Solutions	90 Loftus St, Temora	02 6977 4333
Granleese McEwen Accountants	169 Hoskins St, Temora	02 6977 1222
MGS Accounting	250 Hoskins St, Temora	02 6977 1194
Paisley Robertson Pty Ltd	140 Hoskins St, Temora	02 6977 2655
Perrot's Accounting Pty Ltd	229 Hoskins St, Temora	02 6978 0937

## Banks and Credit Unions

Commonwealth Bank	165 Hoskins St, Temora	02 6978 0926
National Australia Bank	200 Hoskins St, Temora	02 6977 2277
South West Slopes Credit Union	171 Hoskins St, Temora	02 6978 1014
Westpac Banking Corporation	190 Hoskins St, Temora	02 6977 3000

## Funeral Services

Temora & District Funeral Service	306 Hoskins St, Temora	02 6977 1332
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## Legal Services - FREE - NSW Western Region Gap Program

Macarthur Legal Services	137 Queen St Cambelltown	02 4628 2042
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## Libraries

Mobile Library	Visits Aria Park fortnightly on Fridays: 1.45pm – 3.15pm	
Riverina Regional Library Temora	NRCC House, 294-296 Hoskins St, Temora	02 6977 1781

## Newsagency

Wylies Newpaper	226 Hoskins St, Temora	02 6978 0422
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## Post Office

Australia Post Aria Park LPO	44 Coolamon St, Aria Park	02 6974 1099
Australia Post Temora Post Shop	167 Hoskins St, Temora	13 13 18

## Solicitors

Farrell Goode	180 Hoskins St, Temora	02 6977 1155
Granleese & Co Pty Ltd	169 Hoskins St, Temora	02 6977 1444

## Supermarkets

Aria Park Supermarket	74 Coolamon St, Temora	02 6974 1275
IGA Temora	Cnr Victoria & Baker St, Temora	02 6977 2788
Woolworths Temora	104-110 Hoskins St, Temora	6978 1181

## Veterinarian

Temora Vet Clinic	4 Melaleuca St, Temora	02 6977 1251
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# Trades & Services





# Trades & Services

## Backhoe

Craig Egan	0497 205 496
D&G Excavations	0428 965 492
Fisher's Loader and Tipper	0407 931 550
Fuller's Earthmoving	0427 300 457
Glen Hart	0407 896 762
New's Earthmoving	0409 692 707
O'Connor Earthmoving	0438 737 535
Stacey's Skidsteer Services	0428 508 509

## Builders

AJB Construction	0417 556 484
Brett Krause Building	0418 955 566
Cartwright Construction	0428 771 679
Chris Aurick	0418 680 115
Craftsman Homes	0418 694 814
Durhams Building	02 6978 0692
George Bishop	0410 225 678
GF & LA Pattison	0427 772 280
GJR Building	0408 306 860
Geff Moye Building Contractors	0427 771 921
Grant Reid	0408 306 860
Greg Reardon	0427 772 017
Hinchcliffe Homes	0428 547 566
Hotondo Homes	02 6978 0692
Killer Construction	0408 864 167
Krause Building	0439 432 954
Matt Harpley Construction	0448 913 734
Michael Crawford	0409 677 971
Mick Reardon	0412 692 185
Nathan Stimson	0408 288 709
Paul Harmon and Paddy Harmon	02 6977 4047
Phillip Reardon	0438 458 080
Phil Smith	0417 250 990
Rick Potter	0448 868 949
Wallace Carpentry & Concrete	0401 406 716

## Bricklayers

Chris Bush	0439 022 615
GJ & EJ Barrett	0429 771 860
Temora Bricklaying	0428 520 690

## Building and Hardware Supplies

Cornfords Hardware	02 6977 1800
Matthews' Building Supplies	02 6977 1455

## Carpet Cleaning

Gary Clements	0428 696 460
Riverina Professional Cleaning	0402 813 442
Southwest Slopes Carpet Cleaning	0437 250 854

## Cement Layers

Choppa's Concrete	0427 772 591
Hanson	02 6977 1430
Pike's Concrete Mix & Landscaping Supplies	02 6978 0560

## Drafting & Designs

Elementree Drafting	0411 849 322
Katie Keith Design	0439 463 530

## Electricians

Alan Rands	0427 298 291
Chris Macauley	0427 480 769
Dallas McKelvie	0428 771 816
Fritsch Bros	02 6977 1391
Mekah Electrical	02 6978 1781
Peter Clements	0419 768 709
Total Mechanical & Electrical	02 6978 1472

## Engineering

ANKN Engineering Consultants Pty Ltd	0432 519 495
Eden's Engineering Temora	02 6978 0221

## Flooring

Jamie-Byrnes Floor Specialist	0404 240 814
Temora Floor Coverings	02 6977 1211

## Garden Supplies

Cornfords Hardware	02 6977 1800
Gardens on Gallipoli	02 6977 4181
Pike's Concrete & Landscape	0429 488 831

## Handyman

Andrew Sproule	0414 571 835
Ken Langford	0427 780 277
Mick's Maintenance	0400 611 046
The Handy Tradie	0418 683 196

## Heating and Cooling

Bill Cross	02 6977 2812
Macauley Electricals	0427 011 336
Tim Maguire	02 6978 1472

## Kitchens

BFC	02 6382 6360
Chris Schmidt	0402 062 766
Temora Kitchen Centre	02 6977 2961

## Locksmith

Temora Locksmith	0413 571 739
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## Metalwork

Cleverdon's Steel Constructions	02 6977 2811
Daryl Kemp	0427 780 454

## Mower Repair

Rex Perrot	02 6977 2677
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## Painters

Diamond Spray Roof Painting & Restorations	1300 732 203
Graham Pellow	0429 771 226
John Pike	0407 120 503
L Waterson	02 6977 2516
MB & JA Callaghan Painters	02 6977 2356
Scott Stacey	0455 499 032

## Pest Control

C&D Pest Control	0419 483 825
Dusted Pest Control	0458 626 671
Flick Pest Control	02 5942 5394
Fly Co	0417 478 307

## Plasterers

Corey Sing	0402 840 663
Gavin Meacham	0408 772 044
Matthew Haisell	0419 141 489
Ron Bickham	0429 842 144

## Plumbers and Gas

CSR Plumbing	0410 464 589
Dean Guymer	0418 224 301
Hubbard Plumbing	0476 379 371
Mark Wells	0427 931 441
Ryan Pike	0448 845 464
Scooters Plumbing	0434 041 183

## Scrap Metal

Access Recycling	02 6976 2000
McShane's Scrap Metal	0417 291 453

## Sheds

Cleverdon's Steel Constructions	02 6977 2811
Sheds Across Australia – Fair Dinkum Sheds	0401 406 716
Widespan Sheds	0427 772 591

## Signage

Irvine Signs	0428 774 658
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## Skip Bins

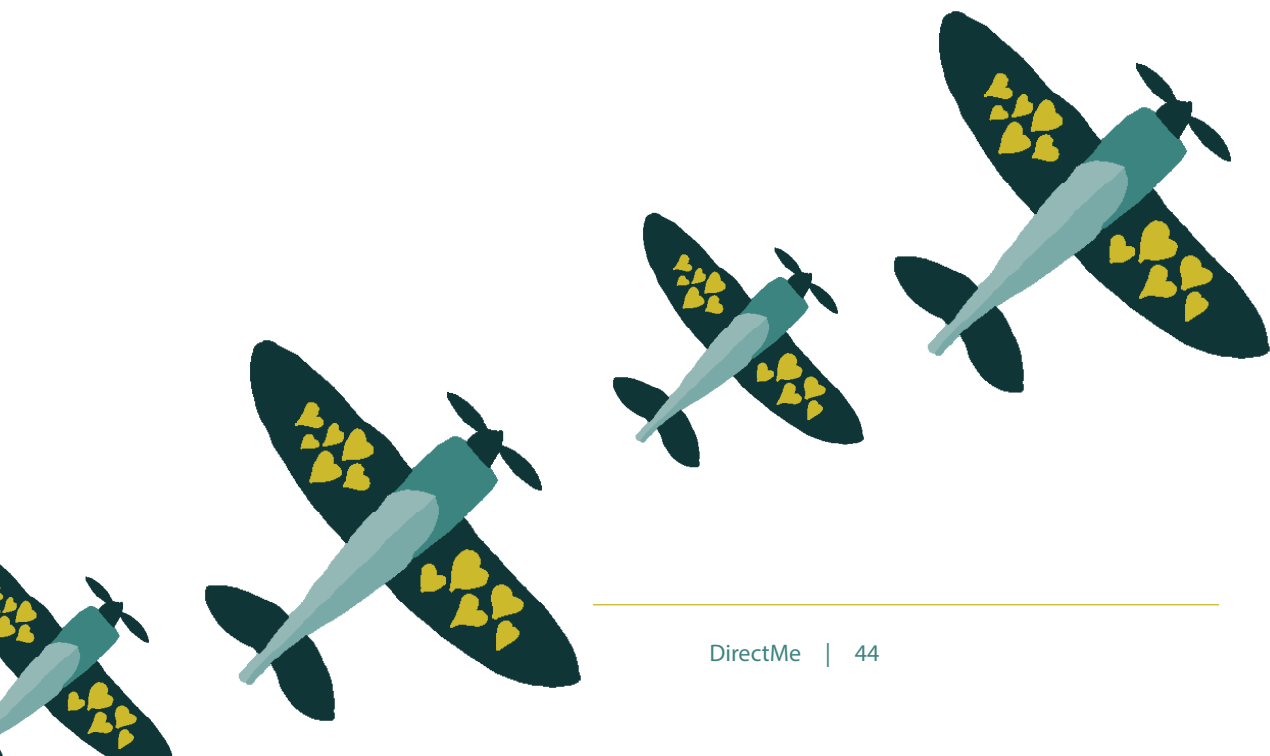
Temora Skip Bins	0497 205 496
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## Tilers

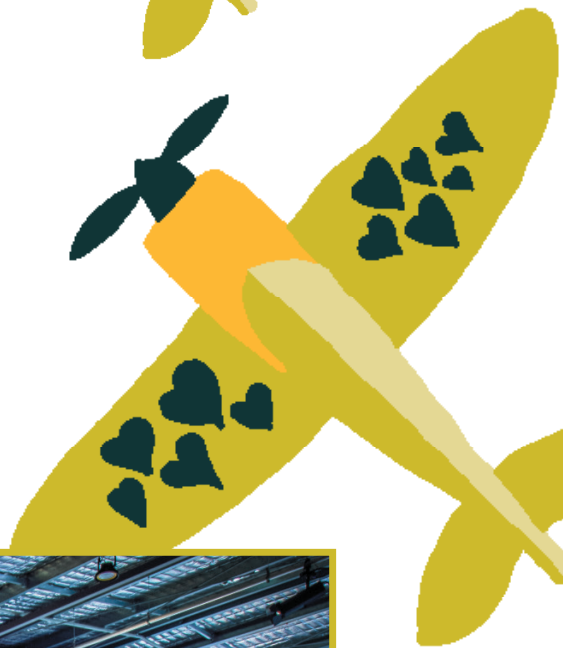
Glen Macauley	0438 455 367
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## Windows

Reardo's Windscreens	02 6978 1118
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# Visitor Services



# Visitor Services

## Times and Distances

Albury	2hrs 30min	210km
Ardlethan	45min	68km
Ariah Park	30min	37km
Canberra	2hrs 30min	208km
Coolamon	50 min	60km
Cootamundra	45min	57km
Goulburn	2hr 30min	227km
Griffith	1hr 45min	151km
Harden/Murrumburrah	1hr 5min	82km
Junee	45min	55km
Melbourne	5hrs 30min	535km
Sydney	4hrs 30min	423km
Wagga Wagga	1hr	86km
West Wyalong	50min	69km
Yass	1hr 45min	148km
Young	1hr	92km

## Service Stations

Name	Address	Contact
Ariah Park Sales & Service	42 Coolamon St, Ariah Park	02 6974 1035
Caltex Woolworths	Cnr Polaris & Hoskins St, Temora	02 6978 0738
Caltex Temora	109 Hoskins St, Temora	02 6977 1265
Metro Petroleum	90 Victoria St, Temora	02 6977 2339
Shell Temora	145-147 Hoskins St, Temora	02 6977 1876
Temora Fuel Distributers	9 Ironbark St, Temora	02 6977 2999



## Eating Out

Name	Address	Contact
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### Restaurants

Temora Bowling Club Bistro	Temora Bowling Club, Loftus St, Temora	02 6977 1236
Hong Kong Chinese Restaurant	133 Hoskins St, Temora	02 6977 2351
Temora Hotel	208 Hoskins St, Temora	02 6978 1865
Tehzeeb Indian & Australian Restaurant	3/149 Hoskins St, Temora	02 6977 4442

### Bakeries

Roundabout Bakery	252 Hoskins St, Temora	02 6978 0020
Temora French Hot Bread Bakery	158 Hoskins St, Temora	02 6977 1960

### Cafes & Fast Food

Ariah Park Café	65 Coolamon St, Ariah Park	02 6974 1041
Coffee Bar on Hoskins	210 Hoskins St, Temora	0477 505 263
Combaning Larder	166 Hoskins St, Temora	0421 181 487
Gazzanne's Pizza	197 Hoskins St, Temora	02 6977 1557
Diamonds & Dust	266 Hoskins St, Temora	02 6977 4122
Das Melzer	116 Hoskins St, Temora	
Kayshe Espresso	210 Hoskins St, Temora	0481 944 152
McDonald's & McCafe	74 Hoskins St, Temora	02 6978 1792
Temora Deli & Takeaway	258 Hoskins St, Temora	02 6977 2603
Tiger Moth Café	215 Hoskins St, Temora	02 6977 2529
Waratah Café	222 Hoskins St, Temora	02 6977 2054
White Rose Café	186 Hoskins St, Temora	02 6977 2131
Red Hen Hospitality	173 Hoskins St, Temora	0429 568 375
Sugar & Spice	Lake Centenary Wed & Sun	0438 697 803

### Caterers

Celebrate by Dimi	@celebratebydimi on Facebook
Combaning Larder	0421 181 487
Michelle Seymour Catering	0427 267 383
Red Hen Hospitality	0428 781 133
Sugar & Spice	0438 697 803

## Accommodation

Name	Address	Contact
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### Bed & Breakfasts

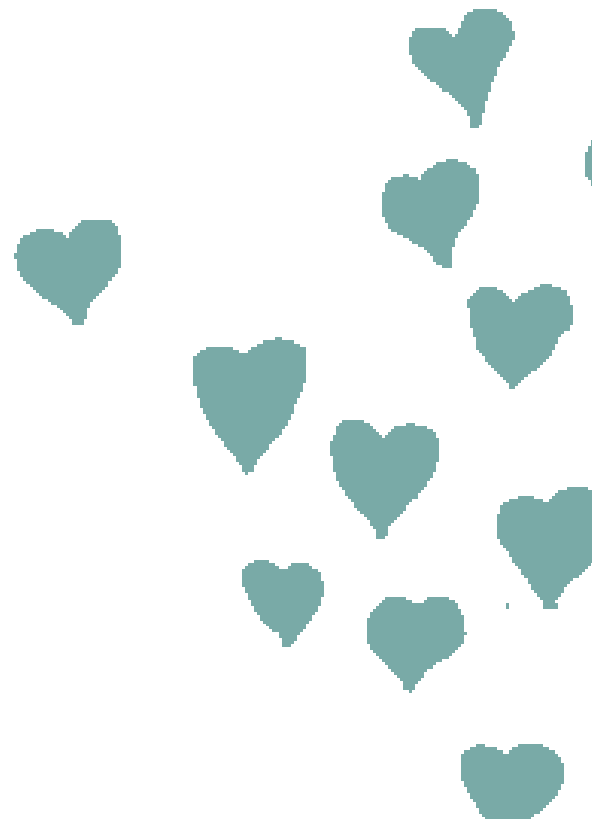
Country Carriage B&B	809 Quandary Rd, Aria Park	02 6973 1221
The Fed and Bed	173 Hoskins St, Temora	0428 781 133
Rose Cottage	2 Junee Rd, Temora	02 6977 2630

### Hotels & Motels

Aria Park Hotel	73 Coolamon St, Aria Park	02 6974 1068
Aromet Motel	132 Victoria St, Temora	02 6977 1877
Goldterra Motel	Cr Loftus & Baker St, Temora	02 6977 2433
Koreela Park Motor Inn	134 Crowley St, Temora	02 6977 4987
Royal Hotel	238 Hoskins St, Temora	02 6978 1254
Temora Motel	21 Goldfields Way, Temora	02 6977 1866
Terminus Hotel	140 Crowley St, Temora	02 6978 0968

### Self-Contained

Firman's Units	230 Hoskins St, Temora	02 6977 2791
Kames Cottage	Research Station Rd, Temora	0429 782 227
Moose & Mimi's	26 Junee Rd, Temora	0405 421 707
Revive Central Apartments	Parkes St, Temora	0458 738 483
Skylodge	1A Tom Moon Ave, Temora	0408 495 915
Starling's Nest	45 Airport St, Temora	0400 082 439
Stay Temora - Little Baker	290A Little Baker St, Temora	0409 520 043
Stay Temora - Hoskins	290A Hoskins St, Temora	0409 520 043
Stay - Kitchener	7 Kitchener Rd, Temora	0409 520 043
Temora Airfield Cabins	45 Airport St, Temora	0418 780 251
Thelma's Cottage	161 Baker St, Temora	0418 204 441





## Parks

Name	Address	Toilets	Playground	BBQ Facilities	Picnic Tables
Apex Park	Cnr Kitchener Rd & Hoskins St, Temora	*			*
Bradley Park	Cnr Chifley, Hyde and Williams St, Temora		*		
Callaghan Park	Loftus & Parkes St, Temora				*
Davey Park	Coolamon St, Aria Park	*		*	*
Edis Park	Wellman St, Aria Park		*		
Father Hannon Oval	Cnr Loftus and Aurora St, Temora				
Federal Park	Crowley St, Temora		*	*	*
Gloucester Park	Gloucester St, Temora	*	*	*	*
Golden Gate Reserve	Cnr Austral & Gardner St, Temora				
Graham Williams Memorial	Tenefts St, Temora				*
Harper Park	Pitt St, Aria Park		*		*
Hillview Park Native Garden	Deutcher St, Temora		*		
Lake Centenary	North on Goldfield's Way, Temora	*	*	*	*
Lions Park	Loftus St, Temora			*	*
Paleface Park	Cnr Hoskins & Loftus St, Temora	*			*
Pinney Park	Cnr Austral & Gardner St, Temora				
Springdale Recreation Reserve	Stockinbingal Rd, Springdale	*	*		*
Temora West Park	Cnr Loftus & Twynam St, Temora	*	*	*	*



## Coach Service

NSW Rail Link (Country Link) runs a number of daily coaches through Temora and Aria Park, providing access to Sydney, Melbourne and out west.

Temora Buses depart from the Coach stop, next to ANZ bank, on the corner of Loftus and Hoskins Sts.

Aria Park buses depart from the bus zone, at the Post Office, Coolamon St.

Please note that all timetable information is correct at time of printing (see date inside front cover) but may be subject to change.

For further details, including other stops and possible connections, see [www.nswtrainlink.info](http://www.nswtrainlink.info). Temora and Aria Park are on the Southern Region timetable.

### Service 725 to Mildura

Departs Temora \_\_\_\_\_ 3:39pm

Departs Aria Park \_\_\_\_\_ 4:07pm

Arrives Mildura \_\_\_\_\_ 11:28pm

### Service 726 to Cootamundra

Departs Aria Park \_\_\_\_\_ 10:59am

Departs Temora \_\_\_\_\_ 11:28am

Arrives Cootamundra \_\_\_\_\_ 12:16pm

### Service 717 to Condobolin

Departs Temora \_\_\_\_\_ 3:45pm

Arrives Condobolin \_\_\_\_\_ 5:50pm

### Service 718 to Cootamundra

Departs Temora \_\_\_\_\_ 11:30am

Arrives Cootamundra \_\_\_\_\_ 12:20pm

## Local Taxi Service

Temora Taxi Services: \_\_\_\_\_ 0407 931 370 or 0409 825 205





# Sports, Cultural & Leisure Services



# Sports, Cultural & Leisure Services

## Sport

Temora and District is famous for its sporting prowess. A wide variety of sports and other activities are available within the Shire. The following is a list of just some of those available to residents.

Aqua Aerobics	Gyms & Fitness Centres	Soccer
AFL	Lawn Bowls	Swimming
Basketball	Life Ball	Tai Chi
Clay Shooting	Little Athletics	Tennis
Cricket	Netball	Touch Football
Dance	Pistol Shooting	Ultimate Frisbee
Dirt Bike Riding	Pony Club	Volleyball
Golf	Rugby League	Water Skiing
Greyhound Racing	Rugby Union	Yoga

A number of these sports are organised by volunteer committees. As the office bearers can change relatively frequently, it is best to contact the Temora and District Sports Council for further information.

President: Cr Rick Firman OAM \_\_\_\_\_ 0429 204 060

Secretary: Mrs Judy Gilchrist \_\_\_\_\_ 0427 772 183

## Swimming Pools

Both Temora and Aria Park have swimming pools, with free electric BBQ facilities, amenities, diving board, kiosk and shaded areas. Outdoor pools are open during the warmer months and Temora's indoor pool is open all year round.

Name	Address	Details	Contact
Aria Park	Pitt St, Aria Park	3 pools, baby, toddler and 25m	02 6974 1090
Temora	Temora Recreation Centre, Anzac St, Temora	3 pools, toddler, 50m outdoor and 25m indoor heated, splash park and waterslide	02 6978 0238

Name	Address	Contact
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## Gyms

Active Farmers	Farmlink, Temora Agricultural Research Station	0427 120 562
Base Cycle Studio	6/129-131 Hoskins St, Temora	basecyclestudio@gmail.com
On the Move Health & Fitness	120 Baker St, Temora	0408 440 778

Name	Address	Contact
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## Sporting Grounds

Temora Showground Paceway	Mimosa St, Temora	
Bob Aldridge Park	Crowley St, Temora	
Father Hannon Oval	Cnr Loftus and Aurora St, Temora	
Nixon Park	Cnr Gallipoli St, & Stockinbingal Rd, Temora	
Temora Recreation Centre Precinct	128-130 Anzac St, Temora	
Temora Town Tennis Centre	Cnr Crowley & Polaris St, Temora	
Temora West Sportsground	Cnr Britannia & Twynam St, Temora	
The Oval	Cnr Aurora & Austral St, Temora	
Federal Park	Crowley St, Temora	
Ariah Park Recreation Ground	Wellman St, Ariah Park	

## Physical Activity Groups

Aqua Aerobics	Temora Rec Centre, Anzac St, Temora	02 6978 0238
Tai Chi (Ariah Park)	Phone for location details	02 6974 1070
Tai Chi (Temora)	Day Care Centre at the Temora District Hospital	02 6973 7252
Christine Wishart Dance Centre	DeBoos St, Temora	0427 782 954
Temora RAMS (Triathlon)	PO Box 258, Temora	0458 771 093
Temora Dance Centre	244 Hoskins St, Temora	0459 032 149
World Shim Jang Taekwondo	Temora High School, Anzac St, Temora	0401 285 079



## Arts & Culture

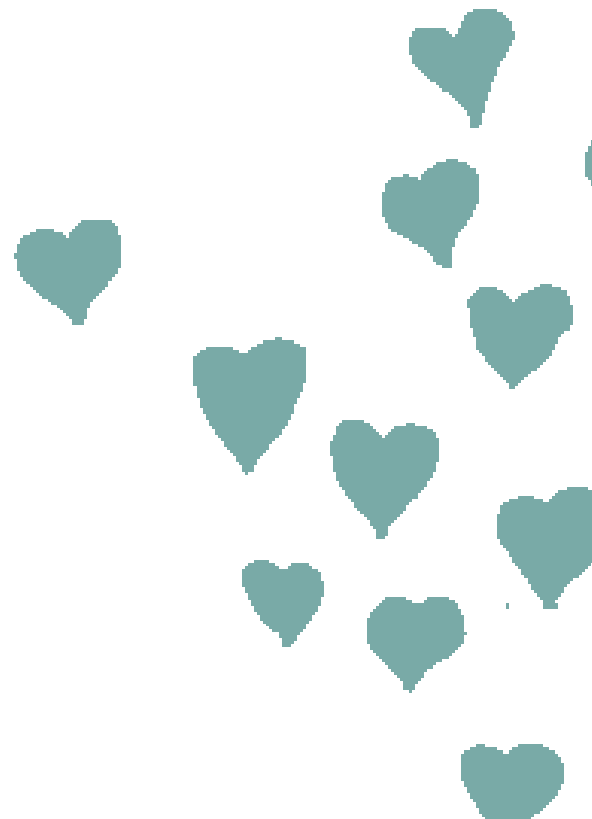
Name	Details	Contact
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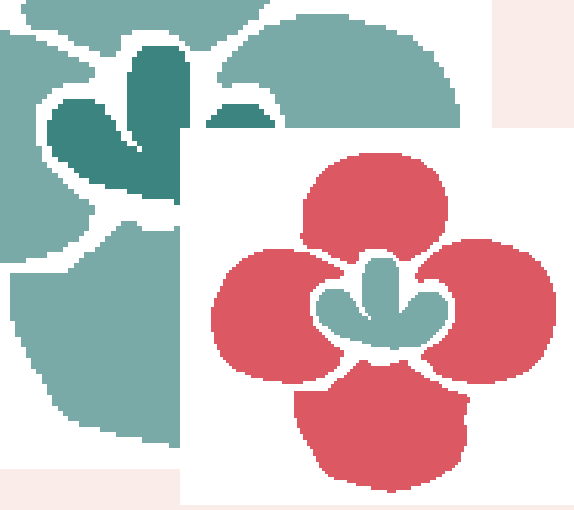
### Children's Activities

Mainly Music Anglican Church	St Paul's Anglican Church, Friday 10am	
Mainly Music Salvation Army	Salvation Army Hall, Wednesday 10am	
Temora Tadpoles Playgroup	Cnr Polaris & Aurora St, Temora	
Children's activities at the library	Contact the library for details	02 6977 1781
Puttyfish & Treasure Mini Golf	Hakea St, Temora	0487 354 497
Ariah Park Mobile Playgroup	Ariah Park Hall	02 6972 2795

### Service Clubs & Community Groups

Dirnaseer CWA	02 6978 1929
Rotary Club of Temora	0428 786 353
Ariah Park CWA	02 6974 1026
Temora CWA	02 6977 2320
Temora Girl Guides	02 6977 1671
Temora Legacy	02 6977 1727
Temora Masonic Lodge	0419 991 998
Temora Red Cross	02 6973 1262
Temora Senior Citizen Group	02 6977 2810
Temora View Club	02 6977 2135
Temora Probus Club	02 6978 0030





# Community Groups



# Community Groups

Name	Contact
Ariah Park B&S Committee	0427 809 365
Ariah Park Community Caterers	0427 741 122
Ariah Park Community Projects Committee	0427 741 055
Ariah Park CWA	02 6974 1026
Ariah Park Garden Club	02 6974 1181
Ariah Park Girl's Shed	02 6974 1026
Ariah Park Men's Shed	02 6974 1020
Ariah Park Show Society	0429 400 313
Men's Movie Night	0408 639 688
Temora Arts & Crafts Group	02 6977 2929
Temora Brewers' Club	02 6980 1111
Temora Ceramics Group	0429 656 391
Temora CWA	
Temora Garden Club	02 6977 1947
Temora Potters' Group	0429 656 163
Temora Show Society	0493 418 122
Temora Visual Arts Group	02 6978 0198
The Peppercorn Singers	0459 272 454
Tin Shed Art & Craft Group, Trungley Hall	02 6977 1185

## Churches

Denomination	Address	Contact
Anglican	Cnr DeBoos & Loftus St, Temora	02 6978 0790
	19 Pitt St, Ariah Park	02 6968 1453
Catholic	Cnr DeBoos & Loftus St, Temora	02 6977 2104
	20 Wellman St, Ariah Park	02 6977 2104
Generocity Church		0402 527 629
Jehovah's Witness	96 Hoskins St, Temora	02 6978 0530
King's Christian Church ACC/ AOG	114 Hoskins St, Temora	02 6978 1251
Lutheran	133 Asquith St, Temora	02 6977 4757
	Main Rd, Trungley Hall	02 6977 4757
Presbyterian	DeBoos St, Temora	02 6978 1113
Salvation Army	Cnr Victoria & Baker St, Temora	02 6977 2756
Seventh Day Adventists	Cnr Polaris St, Temora	02 6973 8656



# Helplines & Emergency Services



# Helplines & Emergency Services

Emergency - In case of emergency always phone 000 or from digital phones call 112

Name	Address	Contact
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## Local Service Numbers

Temora Ambulance Station	119 Hoskins St, Temora	Bookings only 13 12 33
Temora NSW Fire Brigade	145 DeBoos St, Temora	Business only 02 6978 0844
Temora Police Station	148 DeBoos St, Temora	02 6977 2044
Ariah Park Police Station	22 Reid St, Ariah Park	02 6974 1032
State Emergency Services (S.E.S) Temora	Vesper St, Temora	02 6980 2020
S.E.S Flood & Storm Assistance		13 25 00
Temora Shire Council Emergency Number		02 6980 1100

## Goldenfields Water

84 Parkes St, Temora	
Temora Office	02 6977 3200
All hours Number	1800 800 917
Sewer Emergencies	02 6980 1100

## Origin Energy

Electricity Emergencies	13 24 61
Gas Connections	1800 650 835
Gas Emergencies	13 19 09

## Telstra

Directory Assistance	13 24 56
Telephone Service Faults	12 22 00

## Australia Post

167 Hoskins St, Temora	General enquiries	13 13 18
Ariah Park Post Office	44 Coolamon St, Ariah Park	02 6974 1099

## Medicare

General enquiries		13 20 11
Centrelink Access Point Temora	Temora Community Centre, 221 Hoskins St, Temora	
Centrelink Access Point, Ariah Park	Ariah Park Rural Transaction Centre 44-46 Coolamon St, Ariah Park 13 24 68	

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## Medical Services

Temora & District Hospital	02 6980 0200
Temora Medical Complex	02 6977 3600
Victoria Street Surgery	02 6978 0063



# Helplines

## 1800 Respect

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1800 737 732

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1800 RESPECT provides counselling by qualified, experienced professionals regarding sexual assault and family and domestic violence. The service is available at all hours, to anyone who has experienced or is at risk of physical or sexual violence.

## AccessLine

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1800 800 944

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AccessLine is a telephone triage, information, advice and counselling service. This service supports people with depression, thoughts of suicide, anxiety, psychosis, alcohol and drugs or sexual assault. Available at all hours for support, advice and referral to mental health and drug and alcohol services.

## Alcohol & Other Drugs Information Service (ADIS)

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1800 422 599

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The ADIS is a confidential and anonymous information, counselling, advice and referral service. Available at all hours, the service provides information such as safer injecting advice, parental advice and information on detoxification.

## Beyondblue Support Service

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1300 224 636

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The Beyondblue Support Service offers confidential telephone support, counselling and referrals from trained mental health professionals at all hours. All calls and chats are one-on-one and are completely confidential.

## Carer Line

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1800 242 636

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This telephone support, information, counselling and referral service is available from 8:30 to 4:30 weekdays. The service is staffed by experienced carer support officers and is available to carers, service providers and community members.

## Carers NSW

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1800 242 636

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[www.carersnsw.asn.au](http://www.carersnsw.asn.au)

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Carers NSW is a not-for-profit organisation for relatives and friends caring for people with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who are frail.

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## Comcare

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1800 052 222

[www.comcare.health.gov.au](http://www.comcare.health.gov.au)

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Comcare contributes to a secure, safer, fairer, more productive and socially inclusive Australia. Comcare partners with workers, their employers and unions to keep workers healthy and safe, and reduce the incidence and cost of workplace injury and disease.

## Kids Helpline

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1800 551 800

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

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The Kids Helpline is a confidential support and counselling service available at all hours specifically for kids aged 5 to 25 years. Kids can contact the service about a wide range of issues, from everyday issues such as family, friends or school, to more serious issues such as abuse, mental illness, drug and alcohol use, homelessness and suicide. Counselling can be provided online or over the telephone.

## Lifeline

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13 11 14

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Anyone across Australia experiencing a personal crisis or thinking about suicide can contact Lifeline's confidential crisis support service. Trained volunteers are available at all hours to listen and provide support and referrals.

## Mensline

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1300 789 978

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

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Mensline Australia is an all hours telephone and online support, information and referral service for men with family and relationship concerns. The service is staffed by professional counsellors, experienced in men's issues.

## Mental Health Line

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1800 011 511

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The Health Line is an all hours telephone triage assessment and referral service, staffed by mental health clinicians. This service can provide advice about clinical symptoms, the urgency of the need for care and information about local service providers.



## Parentline

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1300 130 052

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Parentline is an all hours confidential telephone counselling and support service for parents and carers of children. Parentline aims to nurture and support positive, caring relationships between parents, children, teenagers and other people important to the wellbeing of families.

## Relationship Australia

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1300 364 277

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Relationships Australia NSW provides relationship support services for individuals, couples, families and communities. Its goal is to promote relationships that are safe, healthy and resilient. These services are available to all people regardless of religious beliefs, cultural background, family structure, economic situation, gender or sexual orientation.

## Suicide Call Back Service

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1300 659 467

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This all hours service provides counselling, information and referrals to people at risk of suicide, carers of suicidal people and those bereaved by suicide. Staffed by professional counsellors with specialist skills in working with suicide-related issues, the organisation can provide ongoing counselling or referrals to appropriate services.

## TeleCHAT (Provided by Australian Red Cross)

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02 6234 7634

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Red Cross provides regular telephone calls to people who have little or no social connection with other people. Friendly volunteers call participants at an agreed time, generally once a week, for an open ended chat. Participants are matched with volunteers based on their interests, hobbies and availability.

TeleCHAT offers a connection to the community providing regular contact with the same volunteer. People receiving calls speak of the companionship and friendship they feel from having a person to talk with.

## Telecross (Provided by Australian Red Cross)

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1300 885 698

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Telecross is a service that provides the elderly and housebound with a reassuring daily phone call to ensure that they are safe and well. If this call goes unanswered an agreed emergency procedure will be activated and help arranged if necessary. Telecross calls are made by trained volunteers daily at an agreed time that suits the recipient of the call.

## The Butterfly National Support Line

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The Butterfly Foundation National Support Line offers personalised support, coping strategies, guidance, information and referrals, from professionally trained counsellors. The service is available to people suffering from eating disorders or body image issues, and their carers, partners, family members, friends, teachers, counsellors, employers and health professionals.

## Help Websites

### Australian Drug Foundation

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

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The Australian Drug Foundation is one of Australia's leading bodies dedicated to preventing alcohol and other drug problems in communities across the nation. The foundation develops and distributes free and quality-assured information on alcohol, other drugs and harm prevention through a range of programs, websites and services.

### Black Dog Institute

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

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The Black Dog Institute website aims to lead people through the logistical steps in seeking help for mood disorders, such as depression and bipolar disorder, and to provide them with information and explanations of different steps along the way. The website has a range of fact sheets and handouts available for download.

### Counselling Online

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

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Counselling Online is a service where you can communicate with a professional counsellor about an alcohol or drug related concern, using text-interaction. The service is free for anyone seeking help with their own alcohol and drug use, or if you are concerned about a family member, relative or friend.

Counselling Online is available 24 hours a day, 7 days a week, across Australia. The website also provides an online tool for self-assessment, should you feel you have a problem and don't know where to start.

### Mindhealthconnect

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

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The mindhealthconnect website aims to provide unbiased, trusted and up to date information, online programs and resources, to empower and enable people to make informed choices regarding their mental health concerns.

## Reach Out Australia

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[www.reachout.com](http://www.reachout.com)

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Reachout.com is a youth focused website providing help, information and support. The website has been created in collaboration with young people and experts, to ensure that the information is evidence- based and relevant.

## SANE Australia

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

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SANE Australia is a national charity working for a better life for people affected by mental illness - through campaigning, education and research. SANE's website provides fact sheets, publications and videos regarding mental illness, treatment and support, for people living with mental illness, carers, professionals and students. The organisation also provides an online helpline for more specific information and referral to support agencies.

