

# CENTRAL COAST TAS

# Community Directory

## Central Coast Community Directory

Connecting Care  
...it's in our nature



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# Aboriginal Services

### Relationships Australia

Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277  
Email: [admin@reltas.com.au](mailto:admin@reltas.com.au)  
Website: <https://www.tas.relationships.org.au>

### Engender Equality

Engender Equality is a confidentially located service. For over 30 years, Engender Equality has worked with and on behalf of individuals, families and communities affected by family and domestic violence in Tasmania. Engender Equality's philosophies, practice and resources are based around lived experience and grounded in cutting-edge research.

Phone.....03 6278 9090  
Email: [admin@engenderequality.org.au](mailto:admin@engenderequality.org.au)  
Website: <http://www.engenderequality.org.au>

### Headspace

Level 1, 35 Oldaker Street, Devonport, Tasmania 7310  
headspace Devonport offers free support for young people aged 12 to 25, their families and friends.

Phone.....6424 2144  
Email: [headspacedevonport@csys.com.au](mailto:headspacedevonport@csys.com.au)  
Website: <https://headspace.org.au/headspace-centres/devonport/>

### Asthma Australia (need to know opening hours)

1-7 Liverpool Street Hobart TAS 7001 7001  
Asthma is a respiratory condition that affects more than 2.7 million Australians and is responsible for at least one Australian death every day, making it a serious health concern. Our purpose – To help people breathe better so they can live freely.

Phone.....1800 278 462  
Email: [info@asthma.org.au](mailto:info@asthma.org.au)  
Website: <http://www.asthma.org.au>

### Rural Alive and Well INC

73 High Street, Oatlands TAS 7120  
Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.

Phone.....0362541092  
Email: [admin@rawtas.com.au](mailto:admin@rawtas.com.au)  
Website: <http://www.rawtas.com.au>

### Lifeline

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14  
Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

### The Way Back Support Service

The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis

Phone.....1800 243 232  
Email: [wayback@anglicare-tas.org.au](mailto:wayback@anglicare-tas.org.au)  
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

### Anglicare Drug and Alcohol Treatment Service (ADATS)

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping

Phone.....1800161266

### Hearing Australia Ulverstone

2/27 Victoria St, Ulverstone 7315  
Your hearing is our passion. Since 1947, Hearing Australia has provided expert hearing care to Australians of all ages and from all walks of life. And today, we are committed to helping even more people across the nation stay connected to the people and life they love.

Phone.....13 44 32  
Website: <https://hearing.com.au>

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### **Patrick Street Clinic Penguin**

19 Ironcliff Road Penguin 7316

Our goal is to provide well informed best practice medical care for the North West Community whilst providing a positive working environment for doctors, staff, students and allied health through mutual respect and awareness of individual, personal and social requirements.

Phone.....6437 0955

Website: <http://www.patst.com.au>

### **Patrick Street Clinic**

6 Patrick St Ulverstone 7315

Our goal is to provide well informed best practice medical care for the North West Community whilst providing a positive working environment for doctors, staff, students and allied health through mutual respect and awareness of individual, personal and social requirements.

Phone.....64251611

Website: <http://www.patst.com.au>

### **Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café provides a space to laugh, smile and share in conversation. These local get-togethers have been shown to provide a major and positive impact on the quality of life of people living with dementia and their carers.

Phone.....6429 8900

Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)

Website: <http://www.centralcoast.tas.gov.au>,

### **No 34. Aboriginal Health Service Rural Health Tasmania**

34 Alexandra Road Ulverstone 7315

No 34 Aboriginal Health Service is Located at 34 Alexandra Road Ulverstone. Rural Health Tasmania is committed to working in partnership with the Aboriginal community, organisations and health care providers to improve the health and well-being of Aboriginal and Torres Strait Islander peoples.

Phone.....6417 6080

Email: [contactno34@ruralhealthtas.com.au](mailto:contactno34@ruralhealthtas.com.au)

Website: <http://www.ruralhealthtas.com.au/programs-services/no-34-aboriginal-health-services/>

### **Richmond Fellowship**

Ulverstone 7315

Comfortable, fully furnished, self-contained units. Assistance through our dedicated recovery model. Trained and compassionate staff. Access to other Richmond Futures programs including our dedicated recreation and social activities program TasRec

Phone.....(03) 6228 3344

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

### **Mindfulness Programs Australasia**

Mindfulness Programs Australasia strives to create environments where people learn how to activate their innate capacity to reduce stress in their lives. We support people to live more aligned with their values; to live mindfully.

Phone.....0488 064 228

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

Website: <http://www.mindfulnessaus.com.au>

### **Suicide Call Back Service**

People at risk of Suicide, concerned about someone at risk or bereaved by Suicide

Phone.....1300 659 467

Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### **13YARN**

If you, or someone you know are feeling worried or no good

Phone.....13 92 76

Email: [enquiries@13yarn.org.au](mailto:enquiries@13yarn.org.au)

Website: [www.13yarn.org.au](http://www.13yarn.org.au)

### **Sexual Assault Support Service**

People affected by any form of sexual violence

Phone.....1800 697 877

Website: [www.sass.org.au](http://www.sass.org.au)

### **1800 Respect**

People affected by family or domestic violence

Phone.....1800 737 732

Website: [www.1800respect.org.au](http://www.1800respect.org.au)

### **Health Direct**

People seeking quality health information or advice

Phone.....1800 022 222

### **Gambling Help Online**

Free Support for anyone affected by gambling

Phone.....1800 858 858

Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

### **Alcohol and other drug hotline**

Available 24/7, the National Alcohol and Other Drug Hotline is a free and confidential counselling, information, and referral service for anyone struggling with their use of alcohol and/or other substances.

Phone.....1800 250 015

### **Elder Abuse Hotline**

Whether you're concerned for yourself, for someone else, or you're concerned that your behaviour or actions might be abusive, the Elder Abuse Helpline is a safe place to ask questions.

Phone.....1800 441 169

Email: [helpline@yoursaytas.org](mailto:helpline@yoursaytas.org)

Website: [www.elderabuse.tas.gov.au](http://www.elderabuse.tas.gov.au)

### **QLife**

The QLife family includes hundreds of highly experienced staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to chat and to take your call from 3pm-midnight each day.

Phone.....1800 184 527

Website: [qlife.org.au](http://qlife.org.au)

### **National Debt Hotline**

Dealing with debt can be very stressful. The good news is that there are extensive laws in Australia which protect you as a consumer and can help you if you are in financial hardship.

Phone.....1800 007 007

Website: [ndh.org.au](http://ndh.org.au)

### **My Aged Care**

If you need some help around the house or think it's time to look into aged care homes, My Aged Care is here to help.

Phone.....1800 200 422

Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### **Blue Gum Child and Family Centre**

34 Maud St Ulverstone 7315

CFLCs are places for parents, families, and caregivers with children from birth to 5 years of age and expectant parents to attend in their local community.

Phone.....6447 9352

Email: [bluegum.cflc@decyp.tas.gov.au](mailto:bluegum.cflc@decyp.tas.gov.au)

### **Cup of Kindness**

6-8 Kings Parade, Ulverstone 7315

Community Meal each Tuesday evening 5pm-6pm at Ulverstone Anglican Church

### **LEAP Occupational Therapy**

11 Alexander Rd Ulverstone, Bottom floor 7315

LEAP Occupational Therapy provides a variety of services for people living on the North West Coast of Tasmania. We operate from central locations to ensure accessibility for participants across the North West Coast.

Phone.....03 6425 1545

Email: [enquiries@leapocc.com.au](mailto:enquiries@leapocc.com.au)

Website: <https://leapocc.com.au>

### **Due South**

49-51 Eastland Drive Ulverstone Tas 7315

Australia's leading self-funded organisation for Veterans and First Responders in wellness initiatives and reconnection.

Phone.....0407 709 973

Email: [info@duesouthaus.com.au](mailto:info@duesouthaus.com.au)

Website: <https://www.duesouthaus.com.au>

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## Children & Youth Services

### Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone 7315

UNH, works in collaboration with a variety of service providers to offer a range of community development programs and events based on the key social issues.

Phone.....6425 4186

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

### Kids Helpline

Kids Helpline is here for children and young people whenever they need us, anytime for any reason 24/7, through tailored mental health counselling services in line with their changing preferences for help-seeking.

Phone.....1800 55 1800

Website: <https://kidshelpline.com.au/>

### Anglicare's Taz Kids Program

31 King Street Devonport 7310

Anglicare's Taz Kids Program

Phone.....1800 243 232

Email: [tazkids@anglicare-tas.org.au](mailto:tazkids@anglicare-tas.org.au)

Website: [tazkids@anglicare-tas.org.au](http://tazkids@anglicare-tas.org.au)

### Wellways Australia

2/40 Mount Street Burnie 7320

Providing a professional and confidential service to children, young people and their families. Focusing on the strengths of the family, we build resilience, with the children and young people remaining the primary focus. This outreach program offers individual and group programs.

Phone.....03 6419 7010

Email: [tasmania@wellways.org](mailto:tasmania@wellways.org)

Website: <http://www.wellways.org>

### North Motton Rural Youth Club

153 Preston Road, Gawler 7315

This is a social club which also does community work. Membership is open to anyone 15-30 years of age, rural background not necessary. Official organisers of AGFEST field day.

Phone.....0473 452 445

Email: [northmottonry@hotmail.com](mailto:northmottonry@hotmail.com)

Website: [http://www.ruralyouth.com.au/north-motton?fbclid=IwZXh0bgNhZW0CMATAAR3pfh7yMf3v0quQsUPCeiIT1PLlobBqnnn1WYJX7BS2ihwy3Tn7Zp2N7w8\\_aem\\_Wnkhhx5JbjjTvJjtNt5VOg](http://www.ruralyouth.com.au/north-motton?fbclid=IwZXh0bgNhZW0CMATAAR3pfh7yMf3v0quQsUPCeiIT1PLlobBqnnn1WYJX7BS2ihwy3Tn7Zp2N7w8_aem_Wnkhhx5JbjjTvJjtNt5VOg)

### Turners Beach Playgroup

The Scout Hall, The Esplanade, Turners Beach 7315

A parent run playgroup for 0-5 year olds and their families. Sessions run on Friday 10.00am-11.30am. Parents should provide a morning tea for their children to bring to our Play Centre. Indoor and outdoor play areas. Our playgroup operates during the school term only. All welcome.

Email: [turnersbeachplaygrouptas@gmail.com](mailto:turnersbeachplaygrouptas@gmail.com)

### Playgroup Tasmania

PO Box 799 Launceston Tas 7320

Toy hire, library, resource centre for playgroups and play centres. Operates Tuesday, Wednesday and Thursday 10.00am-2.00pm school terms only.

Phone.....1300035350

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

Website: [playgrouptas.org.au](http://playgrouptas.org.au)

### Discovery Early Learning Centre

24 Buttons Avenue Ulverstone 7315

State-of-the-art centre catering for children from birth to 12 years. We provide child centred programs based around children's interests in conjunction with the National Early Years Framework, "Being, Belonging, Becoming".

Phone.....1300 663 125

Email: [ulverstone@discoveryelc.com.au](mailto:ulverstone@discoveryelc.com.au)

Website: <http://www.discoveryelc.com.au>

### Stepping Stones Children's Centre

11 Moore Street Ulverstone 7315

Stepping Stones provides child care for children aged birth to 5 years. After School Care – K-6 and Vacation Care K-6 – held at Ulverstone Primary School.

Phone.....03 6425 3499

Email: [courtney@sharingthecare.com.au](mailto:courtney@sharingthecare.com.au)

Website: [steppingstonesaustralia.com.au](http://steppingstonesaustralia.com.au)

### Progress Ahead Life Coaching

Mobile based business based in Devonport but as the sole qualified Wisdom Coach in Tasmania, we serve all of the state.

We coach children using fun, story based programs/activities to help kids develop a growth mindset. Giving them the tools to deal with challenges, develop strong self-esteem, overcoming challenges such as fear, self-doubt, making mistakes, handling peer pressure and coping with anxiety.

Phone.....0403081089

Email: [team@progressaheadlifecoaching.com](mailto:team@progressaheadlifecoaching.com)

Website: <https://www.progressaheadlifecoaching.com/>

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### **Wetaway Program**

11 Jones Street, Burnie 7320

Wetaway is a program offered by the Child Health and Parenting Service (CHaPS) to provide help for bedwetting children/ young people when they see the wetting as a problem.

Phone.....1300 064 544

Email: [chapsadminnorthwest@ths.tas.gov.au](mailto:chapsadminnorthwest@ths.tas.gov.au)

Website: [http://www.health.tas.gov.au/service\\_informat ion/services\\_files/wetaway\\_program](http://www.health.tas.gov.au/service_informat ion/services_files/wetaway_program),

### **Parent Line**

The Parent Line offers twenty-four hours information and support for parents throughout Tasmania

Phone.....1300 808 178

### **Relationships Australia**

Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277

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

Website: <https://www.tas.relationships.org.au>

### **Asthma Australia (need to know opening hours)**

1-7 Liverpool Street Hobart TAS 7001 7001

Asthma is a respiratory condition that affects more than 2.7 million Australians and is responsible for at least one Australian death every day, making it a serious health concern. Our purpose – To help people breathe better so they can live freely.

Phone.....1800 278 462

Email: [info@asthma.org.au](mailto:info@asthma.org.au)

Website: <http://www.asthma.org.au>

### **Rural Alive and Well INC**

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.

Phone.....0362541092

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

Website: <http://www.rawtas.com.au>

### **Family Based Care Tasmania**

73-75 Mount Street, Burnie 70 Oldaker St Devonport 7320 7310

Family Based Care Tasmania offer services based on wellness and reablement, supporting you at home to do the things you can and helping you with the things you can't manage on your own.

Phone.....1800 684 098

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

Website: [www.familybasedcare.org.au](http://www.familybasedcare.org.au)

### **Ulverstone Dental Clinic**

James Street, Ulverstone 7315

Oral Health Services Tasmania provides dental services for eligible Tasmanian children

Phone.....1300 011 013

### **Nurture Clinical Psychology**

1 B Reibey Street Ulverstone 7315

I have over 7 years' experience in providing diagnostic assessments for all ages. My priority is that you feel comfortable, heard, and understood. I use a range of assessment methods, performed in such a way that you or your child can feel at ease.

Phone.....0438 360 617

Email: [adelle@nurtureclinicalpsychology.com.au](mailto:adelle@nurtureclinicalpsychology.com.au)

Website: <http://www.nurtureclinicalpsychology.com.au>

### **Lifeline**

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14

Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

### **Ulverstone Child Care Centre**

7 Alexandra Road Ulverstone 7315

We aim to provide a warm, stimulating environment in which each child feels secure and is motivated to learn and develop through play at their own level, and build a trusting and secure environment for both children and families.

Phone.....6429 8166

Website: [centralcoast.tas.gov.au](http://centralcoast.tas.gov.au)

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### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

Ulverstone Library is part of Libraries Tasmania.

Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

Website: <http://www.libraries.tas.gov.au>

### **Youth, Family and Community Connections**

62 Stewart Street, Devonport 7310

Youth, Family & Community Connections Inc. (YFCC) is a not for profit, community organisation that provides a range of services and envisions a community where individuals and families have the opportunity to achieve their goals and to seek positive change.

Phone.....(03) 6423 6635

Email: [yfcc@yfcc.com.au](mailto:yfcc@yfcc.com.au)

Website: <http://www.yfcc.com.au>

### **Laurel House Sexual Assault support**

North West Tasmania 7310

Laurel House is a not-for-profit, community-based sexual assault support service that operates across the North, North-East and North-West Tasmania. We provide a 24/7 support hotline, free counselling, training and education. Helping Victim-Survivors Recover

Phone.....036431 9711

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

Website: <https://laurelhouse.org.au>

### **CHAT Centre Speech Pathology**

36 Main St Ulverstone 7315

Speech Pathology Services for Pre-School and School Aged Children Speech Pathologists are trained to assess, diagnose and treat communication disorders. Speech Pathologists help children who have difficulties with speaking, listening, understanding and using language, stuttering and voice.

Phone.....6425 6353 0417 371 991

Email: [office@chatcentre.com.au](mailto:office@chatcentre.com.au)

### **Anglicare's Supported Youth Program**

The Supported Youth Program (SYP) provides support to vulnerable young people aged 10 to 18 who have been identified by community or welfare professionals as having significant or multiple risk issues.

Phone.....1800 000 123

### **Anglicare's Reconnect Program**

An early intervention service for young people aged 12-18 who are homeless or at risk of becoming homeless. It aims to help stabilise their living situation, develop more positive relationships with their family, and support connections with education, work, training and the community.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>,

### **NESTS - North-West Early Start Therapeutic Support**

NESTS is a free, voluntary program for 0-5 year olds (including unborn children) and their family. It focuses on building a strong emotional connection, sometimes called an attachment, between child and primary caregiver

Phone.....1800 000 123

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

### **Kids in Focus Program**

The Kids in Focus Program is a voluntary program that can assist families with children up to 18 years of age who are impacted by parental use of alcohol or other drugs.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

### **Penguin ELC**

33 Dial Rd Penguin 7316

We provide vacation care for school age children during school holidays except for public holidays 7:30am-6pm. The Penguin ELC is the only childcare centre in Penguin. The Penguin ELC currently meets the National Standards in rating. The Penguin ELC does not currently supply afternoon tea.

Phone.....6437 1077

Website: <https://gumnuttas.com.au/>

### **Child and Youth Mental Health Service**

Our Child and Youth Mental Health Service (CYMHS) provides free outreach support for families with children and young people (0-18) who are showing early signs of developing mental health concerns.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

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### **Hearing Australia Ulverstone**

2/27 Victoria St, Ulverstone 7315

Your hearing is our passion. Since 1947, Hearing Australia has provided expert hearing care to Australians of all ages and from all walks of life. And today, we are committed to helping even more people across the nation stay connected to the people and life they love.

Phone.....13 44 32

Website: <https://hearing.com.au>

### **Warrawee Women's Shelter**

Warrawee offers a twenty four hour, seven day a week crisis accomodation service. We provide a safe, secure environment for women and women with children who are escaping violence, sexual abuse and homelessness.

Phone.....6425 1382

Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)

Website: <https://warraweewomensshelter.com.au/>

### **Anglicare's KIDS – Kind Individuals Delivering Support**

We know that children thrive when families have access to the support they need. If you live in the East Devonport, Kentish or Latrobe regions and want to build your confidence and skills as a parent, KIDS can support you.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

### **Rotaract Club of Central Coast**

We are a youth organisation that provide community services locally and internationally, whilst strengthening friendships and networks.

Website:

<https://www.rotaryulverstonewest.org.au/rotaract.html>

### **New Mornings**

14 Amherst Street West Ulverstone 7315

New Mornings is a Not-For-Profit organisation based on the Northwest Coast of Tasmania. Mental health support programs to adults and children to increase wellbeing, resilience, and self-esteem, including a focus on individuals and those who are isolated, marginalised or vulnerable.

Phone.....6411 6212 or 0419 572 913

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

Website: <https://newmornings.org.au>

### **Australian Breastfeeding Association – Tas Central Coast Group**

34 Alexandra Road ULVERSTONE 7315

We provide free, welcoming breastfeeding support, information and advocacy through regular face-to-face catch-ups, informal discussions and access to trained breastfeeding counsellors and educators.

Phone.....0428 204 076

Email: [tana.mcmullen@breastfeeding.asn.au](mailto:tana.mcmullen@breastfeeding.asn.au)

Website: <https://www.breastfeeding.asn.au>

### **Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

### **Child Health Centre - Ulverstone**

56 Victoria Street, Ulverstone 7315

Providing counselling, support and health/practical parenting information for families, growth/development assessments for children and referral to other health professionals as required in consultation with the family.

Phone.....1300 064 544

Website: <https://www.health.tas.gov.au/service-finder/ulverstone-child-health-and-parenting-service>

### **Child Health Centre - Penguin**

19 Ironcliffe Road, Penguin 7316

Providing counselling, support and health/practical parenting information for families, growth/development assessments for children and referral to other health professionals as required in consultation with the family.

Phone.....1300 064 544

Website: <https://www.health.tas.gov.au/service-finder/penguin-child-health-and-parenting-service>

### **Penguin Library**

81 Main Street, Penguin, TAS 7316

Offering lending items, access to online information, research/information services, free access to the internet and computers and a variety of programs, services and events for adults, children and young people enabling personal learning, growth and community connections.

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

Website: <https://libraries.tas.gov.au/locations/penguin-library/>

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**Forth Primary School**

45 Wilmot Road, Forth 7310

Our school offers most of the programs offered in larger schools, whilst still retaining the 'family atmosphere' and the benefits of a smaller school.

Phone.....6428 2282

Email: [forth.primary@decyp.tas.gov.au](mailto:forth.primary@decyp.tas.gov.au)

Website: <http://www.forthprimary.education.tas.edu.au/>

**Penguin Community Learning Centre**

105 Ironcliffe Road Penguin 7316

Phone.....0439 371 791

**Ulverstone Secondary College**

38 Leven St Ulverstone 7315

Phone.....6524 1433

Email:

[ulverstone.secondary.college@decyp.tas.gov.gov.au](mailto:ulverstone.secondary.college@decyp.tas.gov.gov.au)

Website: [ulverstonesc.education.tas.edu.au](http://ulverstonesc.education.tas.edu.au)

**Leighland Christian School**

45a Leighland Avenue Ulverstone 7315

Phone.....6425 0999

Email: [admin@leighland.tas.edu.au](mailto:admin@leighland.tas.edu.au)

Website: [www.leighland.tas.edu.au](http://www.leighland.tas.edu.au)

**North West Christian School**

18 Ling St Penguin 7316

Phone.....6437 2705

Email: [nwcs@iinet.net.au](mailto:nwcs@iinet.net.au)

Website: [www.northwestchristianschool.com.au](http://www.northwestchristianschool.com.au)

**Penguin District School**

125 Ironcliffe Road Penguin 7316

Phone.....6434 2222

Email: [penguin.district.school@decyp.tas.gov.au](mailto:penguin.district.school@decyp.tas.gov.au)

**East Ulverstone Primary School**

18 Crawford Street Ulverstone 7315

Phone.....6425 1917

Email: [east.ulverstone.primary@decyp.tas.gov.au](mailto:east.ulverstone.primary@decyp.tas.gov.au)

**Riana Primary School**

1225 Pine Road Riana 7316

Phone.....6437 6130

Email: [riana.primary@decyp.tas.gov.au](mailto:riana.primary@decyp.tas.gov.au)

**Sacred Heart Catholic School**

5-7 Buttons Avenue Ulverstone 7315

This is a Catholic school catering for children from Kinder to Grade 6 starting week days from 8.45am–2.50pm. Fees commence at \$1200 for first child and discounts apply for families.

Phone.....6425 2680

Email: [shu@catholic.tas.edu.au](mailto:shu@catholic.tas.edu.au)

Website: [www.shu.tas.edu.au](http://www.shu.tas.edu.au)

**Sprent Primary School**

1245 Castra Road Sprent 7315

The school caters for Kinder to Grade 6 and also includes pre-kinder and playgroup (0-4years) one day per week.

Phone.....6429 3147

Email: [Sprent.Primary@decyp.tas.gov.au](mailto:Sprent.Primary@decyp.tas.gov.au)

**Ulverstone Primary School**

Leven Street Ulverstone 7315

Phone.....6425 1726

Email: [Ulverstone.Primary@decyp.tas.gov.au](mailto:Ulverstone.Primary@decyp.tas.gov.au)

**West Ulverstone Primary School**

Maud Street Ulverstone 7215

Phone.....6425 2195

Email: [West.Ulverstone.primary@decyp.tas.gov.au](mailto:West.Ulverstone.primary@decyp.tas.gov.au)

**Forth Primary School**

45 Wilmot Road, Forth 7310

Phone.....6428 2282, 0448 982 292

Email: [Forth.Primary@decyp.tas.gov.au](mailto:Forth.Primary@decyp.tas.gov.au)

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## Community Services

### Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone 7315  
UNH, works in collaboration with a variety of service providers to offer a range of community development programs and events based on the key social issues.

Phone.....6425 4186

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

### Anglicare's SMART Recovery Program

Anglicare's SMART Recovery Group Program

Phone.....1800 243 232

Website: [smartrecoveryaustralia.com.au](http://smartrecoveryaustralia.com.au)

### Anglicare Financial Counselling Service

GPO Box 1620 Hobart 7001

Anglicare's Financial Counselling Service

Phone.....1800 007 007

### West North West Working

Are you holding yourself back from your dream job? Perhaps you lack confidence, or self-esteem or maybe you suffer from feelings of insecurity in the face of mounting pressure at work. You're not alone, West North West Working can help!

Phone.....0490 865 337

Email: [info@wnwworking.com.au](mailto:info@wnwworking.com.au)

Website: <https://wnwworking.com.au/>

### The Salvation Army Ulverstone

23-25 Victoria Street, Ulverstone 7315

Support for people experiencing crisis through food and material aid relief, advocacy and financial support.

Phone.....(03) 6425 5382

Email: [ulverstone@salvationarmy.org.au](mailto:ulverstone@salvationarmy.org.au)

### Housing Choices Tasmania

11a Wiseman Street Burnie 7320

Housing Choices Australia Group (Housing Choices) is an independent, national, not-for-profit housing provider that delivers high quality, accessible and affordable housing for people who struggle to find a suitable home in Australia's challenging private rental market.

Phone.....1300 312 447

Email: [hctinfo@hcau.org.au](mailto:hctinfo@hcau.org.au)

Website: <http://www.housingchoices.org.au>

## Toilets

### Forth

Recreation Ground Main Road Forth (Open 24hrs)

### Nietta

South Nietta Hall South Nietta Road Nietta (Open 24 hrs)

### Leven Canyon

Loongana Road Nietta (Open 24hrs)

### North Motton

North Motton Hall Preston Main Road (Open daylight hrs.)

### Penguin

Johnsons Beach Johnsons Beach Road (Open 24hrs)

Information Centre 78 Main Road (Open 24hrs)

Hiscutt Park 45 Crescent Street (Open 24hrs)

Lions Park (Zvoni Gornik) Surf Club Road (Open 24hrs)

Dial Park Dial Park Drive (Open 24hrs)

### Riana

Pioneer Park Pine Road (Open 24hrs)

### Turners Beach

Turners Beach West 3 Esplanade (Open 24hrs)

Esplanade Boat Ramp Esplanade (Open 24hrs)

### Ulverstone

Coles Car Park Gollan Street (Open 6am till dusk)

Anzac Park Kings Parade (Open 6am till dusk)

Tobruk Park Hobbs Parade (Open 24hrs)

Westside Shopping Centre 37-42 Queen Street (Open 24hrs)

Picnic Point Picnic Point Road (Open 24hrs)

West Beach Westshore Road (Open 7.20am till dusk)

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Ulverstone Showground Stadium 1 Flora St (Open 8.00am till 7.00pm)

Lions Park The Quadrant/ Main Street (Open 24hrs)

Shropshire Park Dial Street (Open 7.00am till Dusk)

Wharf Precinct 3 Wharf Road (Open 7.10am till Dusk)

Dinosaur Park Playground Beach Road (Open 6.30am till Dusk)

Ulverstone Surf life Saving Club Beach Road (Open 7am till Dusk)

Buttons Beach East Beach Road (Open 24hrs)

Buttons Camping Area Beach Road (Open 24 hrs)

Montgomery Meeting Room Carpark Lane Woolworths (Open 6.15am till Dusk)

The Hive (Visitor Information Centre) Main St (10am to 4pm daily)

Website: <https://www.centralcoast.tas.gov.au/live/our-facilities/public-toilets/>

## **Op-Shops**

### **ADRA**

1/25 King Edward Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.00am - 4.00pm

Phone.....6425 7925

### **City Misson**

7 Reibey St, Ulverstone TAS 7315

Retail sales of new and used household items.

Open Monday to Friday 10.00am - 5.00pm and

Saturday 10.00am - 4.00pm

Phone.....6425 4698

Email .....office@citymission.org.au

website .....<https://www.citymission.org.au/>

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### **Australian Red Cross Shop Ulverstone**

57a Reibey Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 10.00am - 4.00pm and

Phone .....6425 7956

### **Ulverstone Lions Club Community Shop**

29 The Quadrant, Ulverstone TAS 7315

Furniture, Housewares, Bric-a-brac and much

more.

Open Monday to Friday 10.00am - 4.00pm

Phone.....6425 5534

Email.....ulverstone@lionstasmania.org

### **The Salvation Army Ulverstone – Thrift Shop**

19 Main Street, Ulverstone 7315

Clothing, Manchester, Furniture, Books,

Housewares, Bric-a-brac and much more. Open Monday to Friday 10.00am -4.00pm

Phone .....6425 8800

### **Vinnies Ulverstone**

67 Reibey St, Ulverstone TAS 7315

You can find great clothing, furniture, books, music

and bric-a-brac at bargain prices at Vinnies shops.

Open Monday to Friday 10.00am - 4.00pm

Phone .....6425 3171

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**Other Service Clubs**

**Apex Club of Ulverstone**

PO Box 88 Ulverstone 7315

Meeting times – every second Monday at 7pm.

Josh Rowe (Pres).....

Mark Williams (Sec) .....

Mark Gluyas (Treas) .....

Phone (Club) .....0448 565 947

Email ..... ULVERSTONE@apex.org.au

..... [www.facebook.com/apexclubofulverstone](http://www.facebook.com/apexclubofulverstone)

**Penguin Leo Club**

The Penguin Leo Club is no longer operational -

please contact the Penguin Lions Club to be included as a Leo.

**Ulverstone Lions Club**

PO Box 45 Ulverstone 7315

We meet every first and third Tuesday of each month at Bass and Flinders Motor Inn, Ulverstone.

Lions Club Shop Victoria Street, Ulverstone, shed at Ulverstone Showgrounds.

Geoff Lynd (Pres).....0428 254 053

Mark Lewis (Sec).....0457 564 871

Victoria St Shop.....6425 5534

Peter Kurrle (Treas).....0422 280 339

Email.....[ulverstone@lionstasmania.org](mailto:ulverstone@lionstasmania.org)

Website.....[www.ulverstone.tas.lions.org.au](http://www.ulverstone.tas.lions.org.au)

**Returned & Services League of Australia,**

**Ulverstone Sub-Branch (RSL)**

PO Box 128 Ulverstone 7315

21 King Edward Street Ulverstone

Memberships is open to all ex-servicemen and women. Dedicated to the welfare of former and current Service personnel of the Australian Defence Force and their families.

Phone.....6425 1942

Bill Kaine (Secretary).....0498 125 449

Robert Grave (President).....0487 117 414

John Soyer (Treasurer).....0408 245 361

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

Website .....[facebook.com/Ulverstone-RSL-SubBranch-Inc](http://facebook.com/Ulverstone-RSL-SubBranch-Inc)

**Ulverstone Returned Servicemen's Club Inc (RSC)**

21 King Edward Street Ulverstone 7315

Bar, Gaming, Tote facilities. Bistro opened

Tuesday and Sunday, non members welcome.

Office.....6425 1439

John Collins (Pres).....0419 104 008

Katelyn Gale (Man).....0364251439

Geoff Cox (vice Pres).....0419547767

Email .....[ulverstonersc@ursc.net.au](mailto:ulverstonersc@ursc.net.au)

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## Community Information

### Aurora Energy

Payments offices:

Post Office: 80 Main Road Penguin 7316

Post Office: Reibey Street Ulverstone 7315

Devonport Office .....132 003

## Markets

### Penguin Market

(PO Box 289) Arnold Street Penguin

Open every Sunday 9.00am–3.30pm

Tasmania's largest undercover market with 70

stalls including art, craft, second-hand items and

food stalls. Also open Thursday, Friday, Saturday

and Sunday is "The Gallery" which has wood work,

nursery, hair dresser and artists. For further

information contact..... 0400 903 031

### State Emergency Service

16 Grove Street Ulverstone 7315

SES Local Unit .....13 2500

### Relay for Life

North West (Penguin) Relay for Life Committee

Cancer Council Tasmania .....03 6419 4200

### Service Tasmania

54-56 King Edward Street Ulverstone 7315

Phone.....1300 135 513

Website .....[www.service.tas.gov.au](http://www.service.tas.gov.au)

### TasWater

Shop and Administration Office:

18 Steel Street Devonport 7310

GPO Box 1393 Hobart TAS 7001

Open: 8.30am to 5.00pm Monday to Friday

Phone .....136 992

Website..... [www.taswater.com.au](http://www.taswater.com.au)

### Telstra Australia

Payment offices:

Post Office - 80 Main Road Penguin 7316

Post Office - Reibey Street Ulverstone 7315

Residential Customers .....132 200

Faults and Service Difficulties .....132 003

### Volunteer Fire Brigades

#### Tasmanian Fire Service

48 Alexander Street Burnie 7320

For information relating to Volunteer Fire Brigades:

Fire Permit Info.....1800 000 699

Website ..... [www.fire.tas.gov.au](http://www.fire.tas.gov.au)

Email ..... [tfe@fire.tas.gov.au](mailto:tfe@fire.tas.gov.au)

Emergencies .....000

Email .....[ulverstone.volunteers@fire.tas.gov.au](mailto:ulverstone.volunteers@fire.tas.gov.au)

### Concession Card Booklets

Website ..... [www.concessions.tas.gov.au](http://www.concessions.tas.gov.au)

Phone.....1300 135 513

Tasmanian Seniors Card .....

Website .....[www.seniors.tas.gov.au](http://www.seniors.tas.gov.au)

Phone.....1300 135 513

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## Community Committees

### Business

#### Switch Tasmania

PO Box 829 Ulverstone 7315

Free and low cost assistance for people with a business or business idea. Cradle Coast Innovation receives State and Commonwealth funding to provide affordable, professional and confidential assistance to people who have a business or business idea.

Martin Brinkman

Business (Advisor and Coach).....0437 125 528

Email ..... martin@switchtasmania.com.au

Jodie Clark, (Executive Officer) .....0438 923 049

Email .....jodie@switchtasmania.com.au

Website ..... www.switchtasmania.com.au

#### Central Coast Chamber of Commerce and

"Support, Recognition, Empowerment"

PO Box 300 Ulverstone 7315

Any person, firm or company having professional, commercial or trade interest in Tasmania is eligible for membership.

Craig Heppell (Pres).....0400 180 515

..... president@centralcoastcci.com

Robert Tucker (Vice Pres).....

Stuart Edwards (Sec).....0429 187 729

Simone Dobson (Treas).....6425 5776

Email .....treasurer@centralcoastcci.com

Simone Dobson.....

(Promotions Coordinator) .....0418 524 986

Email ..... admin@centralcoastcci.com

Website ..... www.centralcoastcci.com

#### The Friends of Reid Street Reserve

PO Box 3088 Ulverstone 7315

The Main aims of the Friends of Reid Street Reserve are to protect and enhance the natural values of the Reid Street Reserve through habitat enhancement and to raise awareness of the significance of the Reserve in the local Community.

Patricia Ellison (Convenor).....6428 2062

Email.....pellison@iinet.net.au

#### Turners Beach Coast Care Inc

25 Turners Avenue Turners Beach 7315

Preservation, protection and rehabilitation of remnant coastal vegetation and natural environment at Turners Beach. Monthly meetings and working bees.

Wendy Horniblow (Sec) ..... 0497 098 880

Email.....wendyhorniblow@gmail.com

#### Ulverstone Coast Care Group

PO Box 214 Penguin 7316

Robyn Parker ..... 0418 142 790

.....mkram@bigpond.net.au

.....www.facebook.com/ulverstonecoastcare

### Progress Associations

#### Castra, Sprent & Nietta Community Advisory

##### Committee

PO Box 77 Ulverstone 7315

Kevin Coy (Chairperson).....6425 3511

249 Preston Road, North Motton

Wendy McMullen (Sec)..... (AH) 6425 3027

Business Hours .....6425 1633

#### Forth Community Representative Committee

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PO Box 366 Forth 7310

The Forth Community Representative Committee aims to promote ideas to further develop Forth Village amenities and to enhance the quality of life within the local area. On a two monthly basis the community representatives meet with the Central Coast Council senior management staff at the Forth Community Hall to discuss issues of concern and proposed plans for the future community development.

Mark Whittle (Member).....0407 803 529

Email ..... mark1949@bigpond.net.au

**Gunns Plains Community Centre Association**

Community Centre, 957 Gunns Plains Road, Gunns Plains

Postal Address: C/- 321 Raymonds Road Gunns Plains 7315

Annual Potato Festival (Nov) Community events such as - casserole nights, BBQs, trivia nights, indoor woodchopping, swap and sell, plus hall is available for hire.

Sonia Mitos (Pres).....6429 1163

Email ..... sendtosonia@rocketmail.com

Yvonne Downes (Vice Pres) .....6429 1353

Email .....ennovyar@gmail.com

Steve Wolstenholme (Treas).....6429 1259

Email ..... swolly@optusnet.com.au

Wendy Dontschuk (Sec) .....6429 1140

Email ..... mwdontschuk@bigpond.com

**Heybridge Improvement Association**

1 Sice Avenue Heybridge 7316

Aim: Keeping Blythe Heads Hall in order for functions such as parties, weddings, voting etc also playground for children.

Mr Dale Clarke (Pres) .....6435 4340

Mr Harvey Pike (Treas).....6435 4145

**North Motton Community Support Group**

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584 Preston Main Road North Motton 7315

North Motton Anzac Day Services and Australia Day BBQ celebrations. Meet bi-monthly on the 2nd Tuesday of each month

Sue Rodman .....6425 3369

Mobile..... 0439 062 470

**Riana Pioneer Park Tourist Management**

**Association Inc**

1399 Pine Road Riana (C/- PO Riana) 7316 (1 km past Riana)

BBQ's, electric and wood, picnic & playground facilities, bush walks, lookout and large shelter sheds, showers and toilets. Camping fees apply.

(Bookings) .....6437 6137

**Justices of the Peace**

Anyone needing a Justices of the Peace

Phone.....Please see individuals phone numbers

**Relationships Australia**

Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277

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

Website: <https://www.tas.relationships.org.au>

**Volunteering Tasmania**

75 Federal Street North Hobart 7000

We connect and build an inclusive community that makes a difference through the impact of volunteering. We aim to represent the interests of all Tasmanians involved in volunteering through research, consultation, policy development and community relationships.

Phone.....03 6231 5550

Email: [team@volunteeringtas.org.au](mailto:team@volunteeringtas.org.au)

Website: <https://www.volunteeringtas.org.au/>

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### **Baptcare TasConnect**

Baptcare Mental Health TasConnect is for anyone wanting to know more about psychosocial support services available to people with mental health concerns. Anyone can call our phone service – including family members, friends, carers, and other support people

Phone.....1800 290 666

Website: <https://www.baptcare.org.au>

### **Baptcare Horizons**

Everyone's mental health journey is different, and Horizons Central works with you based on your individual needs and strengths. We support you to find out what works for you to manage your mental wellbeing and other areas of your life.

Phone.....1800 290 666

Email: [myhorizons@baptcare.org.au](mailto:myhorizons@baptcare.org.au)

Website: <https://www.baptcare.org.au/services/mental-health/horizons>

### **Engender Equality**

Engender Equality is a confidentially located service. For over 30 years, Engender Equality has worked with and on behalf of individuals, families and communities affected by family and domestic violence in Tasmania. Engender Equality's philosophies, practice and resources are based around lived experience and grounded in cutting-edge research.

Phone.....03 6278 9090

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

Website: <http://www.engenderequality.org.au>

### **Mersey Community Care Association Inc**

PO Box 286, Devonport 7310

Providing Services to allow Independent Inclusive Living. Transport, Home Maintenance, Social Support, Domestic Assistance

Phone.....6424 8883

Email: [mcca@merseycca.org.au](mailto:mcca@merseycca.org.au)

Website: <https://www.merseycca.org.au/>

### **Tasmania Legal Aid**

To provide legal services to help Tasmanians understand their rights, navigate the system to resolve their legal issues, and get the assistance they need. To support and advocate for vulnerable and marginalised Tasmanians.

Phone.....1300 366 611

Email: please use contact us form on our website

Website: <http://www.legalaid.tas.gov.au>

### **Lions Club of Penguin**

PO Box 98 Penguin 7316 Tas 7316

Lions is an international non-political service organisation, and is the largest of its kind in Australia. Lions Clubs foster leadership and business skills in their members, and also provide networking opportunities and the chance to make lifelong friendships in your local area.

Phone.....03 6437 6162

Email: [penguin@lionstasmania.org](mailto:penguin@lionstasmania.org)

### **Rural Alive and Well INC**

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.

Phone.....0362541092

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

Website: <http://www.rawtas.com.au>

### **Family Based Care Tasmania**

73-75 Mount Street, Burnie 70 Oldaker St Devonport 7320 7310

Family Based Care Tasmania offer services based on wellness and reablement, supporting you at home to do the things you can and helping you with the things you can't manage on your own.

Phone.....1800 684 098

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

Website: [www.familybasedcare.org.au](http://www.familybasedcare.org.au)

### **Dementia Australia**

63-65 Paringa Ave, Newnham TAS 7248

Dementia Australia is the national peak body supporting people living with dementia, their families and carers.

Phone.....1800 100 500

Email: Enquire on their website

Website: <http://www.dementia.org.au>

### **A Tasmanian lifeline**

Our dedicated team is here to provide you with a safe and compassionate space, offering professional assistance for every challenge life may bring. You're not alone on this journey. Reach out, connect, and let's navigate through it together.

Phone.....13 11 14

Email: [www.lifeline.org.au/crisis-chat/](http://www.lifeline.org.au/crisis-chat/)

Website: [www.lifelinetasmania.org.au](http://www.lifelinetasmania.org.au)

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### **Community Visitors Scheme**

This scheme supports volunteer visits to provide friendship and companionship to older people.

Phone.....0477 883 942

Email: [gemma.pickrell@lifelinetasmania.org.au](mailto:gemma.pickrell@lifelinetasmania.org.au)

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

### **Lifeline**

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14

Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

### **North West Environment Centre/Penguin Community Garden**

235 Ironcliffe Road Penguin 7316

The North West Environment Centre is a dynamic and active community-based organisation whose members vision is 'to inspire a new perspective on our relationship with the environment and each other so that we may all act to create a socially harmonious and ecologically sustainable future'

Phone.....03 6425 6928

Email: [secretary@nwec.org.au](mailto:secretary@nwec.org.au)

Website: <http://nwec.org.au>

### **Central Coast Garden Club Inc**

Garden club that meets once a month as well as trips and much more

Phone..... 0439 368 144

Email: [caroldavis11@bigpond.com](mailto:caroldavis11@bigpond.com)

### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

Ulverstone Library is part of Libraries Tasmania.

Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

Website: <http://www.libraries.tas.gov.au>

### **RAAFA NW Tasmania**

The RAAFA was established to foster friendships based on sharing Air Force and aviation experience, support commemorative activities,

Phone.....0407 400 726

Email: [stewy52@bigpond.com](mailto:stewy52@bigpond.com)

Website: [www.raafatas.com](http://www.raafatas.com)

### **Penguin Sports and Services Club**

11 Sports complex Avenue Penguin 7316

Family friendly environment; incorporating the Golf, Bowls, Snooker, Darts and RSL Clubs. Meals

Phone.....03) 6437 2767

### **Laurel House Sexual Assault support**

North West Tasmania 7310

Laurel House is a not-for-profit, community-based sexual assault support service that operates across the North, North-East and North-West Tasmania. We provide a 24/7 support hotline, free counselling, training and education. Helping Victim-Survivors Recover

Phone.....036431 9711

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

Website: <https://laurelhouse.org.au>

### **Care Beyond Cure Ltd**

PO BOX 3069 Ulverstone 7315

Health and Wellbeing Program. A social space for individuals with a progressive life-limiting illness (and their carer). Massage, Reflexology, Art Therapy and more. Developed with assistance from the Tasmanian Government Department of Health."

Phone.....0407 427 575

Email: [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)

Website: <http://www.carebeyondcure.com.au>

### **Lions Club of Forth Valley Inc**

P.O. Box 319, Forth 7310

We provide support for a vast range of projects within our District.

Phone.....0429 133 711

Email: [forthvalley@lionstasmania.org](mailto:forthvalley@lionstasmania.org)

### **Central Coast Film Society**

6 Dial street Ulverstone 7315

We are a community film society, providing monthly entertainment for locals.

Phone.....0364254572

Email: [centralcoastfilms@gmail.com](mailto:centralcoastfilms@gmail.com)

### **The Hive Visitor Centre**

50 Main St Ulverstone 7315

The Ulverstone Visitor Information Centre offers a full range of visitor services. Drop in to explore what's happening across the great Central Coast region.

Phone.....03 6425 2839

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

Website: [www.hivetasmania.com.au](http://www.hivetasmania.com.au)

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### **Penguin History Group Inc.**

Penguin Railway Station Main Road , Penguin 7316  
Collect and write the history of the town its people and the area.

Phone.....0418 559 224 or 0488 715 431

Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

### **Anglicare's Supported Youth Program**

The Supported Youth Program (SYP) provides support to vulnerable young people aged 10 to 18 who have been identified by community or welfare professionals as having significant or multiple risk issues.

Phone.....1800 000 123

### **Anglicare's Reconnect Program**

An early intervention service for young people aged 12-18 who are homeless or at risk of becoming homeless. It aims to help stabilise their living situation, develop more positive relationships with their family, and support connections with education, work, training and the community.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>,

### **NESTS - North-West Early Start Therapeutic Support**

NESTS is a free, voluntary program for 0-5 year olds (including unborn children) and their family. It focuses on building a strong emotional connection, sometimes called an attachment, between child and primary caregiver

Phone.....1800 000 123

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

### **Kids in Focus Program**

The Kids in Focus Program is a voluntary program that can assist families with children up to 18 years of age who are impacted by parental use of alcohol or other drugs.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

### **Blood-Borne Virus Awareness Program (BBVAware)**

Blood-borne viruses (BBVs) are potentially serious illnesses but they are manageable with the right information and support.

Phone.....1800 243 232

Email: [BBVAware@anglicare-tas.org.au](mailto:BBVAware@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

### **Gambling Support Service**

The Gamblers Support Service is a free and confidential service that is available to individuals, families and communities impacted by gambling.

Phone.....1800 243 232 (or 1800 858 858 after business hours)

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/financial-counselling-and-gambling-support/?sectionID=gamblingsupport>

### **The Way Back Support Service**

The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis

Phone.....1800 243 232

Email: [wayback@anglicare-tas.org.au](mailto:wayback@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>,

### **Anglicare Drug and Alcohol Treatment Service (ADATS)**

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping

Phone.....1800161266

### **Men Care Too**

N/A 7315

A grassroots community group based in Ulverstone, Men Care Too is primarily aimed at sharing news and information relevant for all men with a particular focus on blokes in unpaid, informal caring roles.

Phone.....0400604231

Email: [mencaretoo.greg@gmail.com](mailto:mencaretoo.greg@gmail.com)

Website: <http://www.mencaretoo.org.au>

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**Rotary Club of Ulverstone West**

41 Water St Ulverstone 7315

Since 1986, we have provided service to the West Ulverstone, Ulverstone and Penguin communities. We continue to support programs in our local, national and international communities.

Email: [president.ulverstonewest@rotary9830.org.au](mailto:president.ulverstonewest@rotary9830.org.au)

**Hearing Australia Ulverstone**

2/27 Victoria St, Ulverstone 7315

Your hearing is our passion. Since 1947, Hearing Australia has provided expert hearing care to Australians of all ages and from all walks of life. And today, we are committed to helping even more people across the nation stay connected to the people and life they love.

Phone.....13 44 32

Website: <https://hearing.com.au>

**Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

The Centre provides residents with access to various community specialist services.

Phone.....6464 3080

Website: [www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre](http://www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre)

**Central Coast Council**

19 King Edward St Ulverstone 7315

The Council represents the Central Coast community and provides a range of local services and activities

Phone.....64298900

Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)

Website: <http://www.centralcoast.tas.gov.au>

**The Salvation Army - Bridge Residential Program**

The Bridge Program in Ulverstone operates from our residential facility in Adahai Street, and offers 12 residential beds and three transitional beds. The centre is set on spacious grounds and offers staff facilitated outings, weekly recreational activities and arts and craft.

Phone.....64257453

Email: [Jacinta.saunders@salvationarmy.org.au](mailto:Jacinta.saunders@salvationarmy.org.au)

Website: <http://www.bridgetasmania.org.au>

**Men's Shed Ulverstone**

Flora Street Ulverstone 7315

The Ulverstone Men's Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [mensshedulverstone@gmail.com](mailto:mensshedulverstone@gmail.com)

Website: <http://tasmanianmensshed.org.au>

**Ladies Group - Central Coast Community Shed**

Flora Street Ulverstone 7315

The Central Coast Community Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

<https://www.centralcoast.tas.gov.au/community-shed/>

**Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health

Phone.....0427 509 792 0418 331

198

Email: [electric3906@gmail.com](mailto:electric3906@gmail.com)

**North West Walking Club**

3 Gollan Street, Ulverstone

Meets twice a month at Apex House, Ulverstone and conducts a minimum of one walk each weekend, some mid week walks and mulitday trips. Other pursuits such as cycling, kayaking and caving are regularly offered.

Phone.....0408572014

Website: <http://www.nwwc.org.au>

**Warrawee Women's Shelter**

Warrawee offers a twenty four hour, seven day a week crisis accomodation service. We provide a safe, secure environment for women and women with children who are escaping violence, sexual abuse and homelessness.

Phone.....6425 1382

Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)

Website: <https://warraweewomensshelter.com.au/>

**Ulverstone Coast Care**

Beach Road Ulverstone 7315

Ulverstone Coastcare is a community group of people who have a common interest in caring for our coastline, planting, weeding and restoring the environment for the benefit of our community and native wildlife.

Phone.....0418 142 790

Email: [robyparker128@gmail.com](mailto:robyparker128@gmail.com)

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**Anglicare's KIDS – Kind Individuals  
Delivering Support**

We know that children thrive when families have access to the support they need. If you live in the East Devonport, Kentish or Latrobe regions and want to build your confidence and skills as a parent, KIDS can support you.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

**Rotaract Club of Central Coast**

We are a youth organisation that provide community services locally and internationally, whilst strengthening friendships and networks.

Website:

<https://www.rotaryulverstonewest.org.au/rotaract.html>

**Meals on Wheels (Ulverstone)**

15-19 Eastand Drive Ulverstone 7315

The Aim of Meals on Wheels Association of Tasmania Inc is to advance the Association as a leading provider of community services including the provision of meals to people and their carers who have a genuine need of assistance. More Than Just A Meal.

Phone.....tel:1800696325 Free call  
6425 1331

Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)

Website: <http://www.mowtas.org.au>

**New Mornings**

14 Amherst Street West Ulverstone 7315

New Mornings is a Not-For-Profit organisation based on the Northwest Coast of Tasmania. Mental health support programs to adults and children to increase wellbeing, resilience, and self-esteem, including a focus on individuals and those who are isolated, marginalised or vulnerable.

Phone.....6411 6212 or 0419 572  
913

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

Website: <https://newmornings.org.au>

**Australian Breastfeeding Association – Tas  
Central Coast Group**

34 Alexandra Road ULVERSTONE 7315

We provide free, welcoming breastfeeding support, information and advocacy through regular face-to-face catch-ups, informal discussions and access to trained breastfeeding counsellors and educators.

Phone.....0428 204 076

Email: [tana.mcmullen@breastfeeding.asn.au](mailto:tana.mcmullen@breastfeeding.asn.au)

Website: <https://www.breastfeeding.asn.au>

**North Motton Rural Committee**

North Motton 7315

This committee supports the rural community, the North Motton Hall Committee, the Rural Fire Brigade and Park and Cemetary.

Phone.....0439 062 470

Email: [rodus5@hotmail.com](mailto:rodus5@hotmail.com)

**Central Coast Adult Day Centre**

48 Water St Ulverstone 7315

The Central Coast Adult Day Centre provides day centre services for aged, younger disabled and their carers and people from special needs groups.

Phone.....6464 3080

Email: [lorise.evison@ths.tas.gov.au](mailto:lorise.evison@ths.tas.gov.au)

**Priceline Pharmacy Ulverstone**

66 Reiby Street Ulverstone 7315

AT A GLANCE Caring, professional advice and information Number one for beauty advice and trends Beauty advisors available in-store Travel health advice Home health aids

Phone.....6425 1095

Email: [plpulverstone@gmail.com](mailto:plpulverstone@gmail.com)

Website: [www.priceline.com.au/store-finder/country/AU/0752](http://www.priceline.com.au/store-finder/country/AU/0752)

**Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café provides a space to laugh, smile and share in conversation. These local get-togethers have been shown to provide a major and positive impact on the quality of life of people living with dementia and their carers.

Phone.....6429 8900

Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)

Website: <http://www.centralcoast.tas.gov.au>,

**Australia Red Cross - Ulverstone Branch**

49 King Edward Street, UlverstonePO Box 398,  
Ulverstone 7315

We meet on the first Monday of each month at 1.30pm to discuss fundraising ideas and to offer fundraising ideas and to offer fellowship to members and guests.

Phone.....0415 809 703

Email: [cday@redcross.org.au](mailto:cday@redcross.org.au)

Website: <http://www.redcross.org.au>

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### **Richmond Fellowship**

Ulverstone 7315

Comfortable, fully furnished, self-contained units. Assistance through our dedicated recovery model. Trained and compassionate staff. Access to other Richmond Futures programs including our dedicated recreation and social activities program TasRec  
Phone.....(03) 6228 3344  
Email: [admin@richmondtas.com.au](mailto:admin@richmondtas.com.au)

### **StandBy Support after Suicide (Lifeline Tasmania)**

We provide support for anyone in Tasmania experiencing suicide loss and community education to enable communities to better understand and support those bereaved by suicide.

Phone.....1300727247  
Website: [standbysupport.com.au](http://standbysupport.com.au)

### **Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy  
Phone.....6425 9500

### **Community Transport Services Tasmania**

15-19 Eastland Drive Ulverstone 7315

If you or a loved one is aged over 65 or have a condition preventing you from undertaking daily activities (such as a disability), we offer a range of entry-level transport solutions to get you where you need to be.

Phone.....1800 781 033  
Website: <http://www.ctst.org.au>

### **Mindfulness Programs Australasia**

Mindfulness Programs Australasia strives to create environments where people learn how to activate their innate capacity to reduce stress in their lives. We support people to live more aligned with their values; to live mindfully.

Phone.....0488 064 228  
Email: [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au)  
Website: <http://www.mindfulnessaus.com.au>

### **Suicide Call Back Service**

People at risk of Suicide, concerned about someone at risk or bereaved by Suicide

Phone.....1300 659 467  
Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### **Sexual Assault Support Service**

People affected by any form of sexual violence

Phone.....1800 697 877  
Website: [www.sass.org.au](http://www.sass.org.au)

### **1800 Respect**

People affected by family or domestic violence

Phone.....1800 737 732  
Website: [www.1800respect.org.au](http://www.1800respect.org.au)

### **Health Direct**

People seeking quality health information or advice

Phone.....1800 022 222

### **Gambling Help Online**

Free Support for anyone affected by gambling

Phone.....1800 858 858  
Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

### **Alcohol and other drug hotline**

Available 24/7, the National Alcohol and Other Drug Hotline is a free and confidential counselling, information, and referral service for anyone struggling with their use of alcohol and/or other substances.

Phone.....1800 250 015

### **Elder Abuse Hotline**

Whether you're concerned for yourself, for someone else, or you're concerned that your behaviour or actions might be abusive, the Elder Abuse Helpline is a safe place to ask questions.

Phone.....1800 441 169  
Email: [helpline@yoursaytas.org](mailto:helpline@yoursaytas.org)  
Website: [www.elderabuse.tas.gov.au](http://www.elderabuse.tas.gov.au)

### **QLife**

The QLife family includes hundreds of highly experienced staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to chat and to take your call from 3pm-midnight each day.

Phone.....1800 184 527  
Website: [qlife.org.au](http://qlife.org.au)

### **National Debt Hotline**

Dealing with debt can be very stressful. The good news is that there are extensive laws in Australia which protect you as a consumer and can help you if you are in financial hardship.

Phone.....1800 007 007  
Website: [ndh.org.au](http://ndh.org.au)

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**Blue Gum Child and Family Centre**

34 Maud St Ulverstone 7315

CFLCs are places for parents, families, and caregivers with children from birth to 5 years of age and expectant parents to attend in their local community.

Phone.....6447 9352

Email: [bluegum.cflc@decyp.tas.gov.au](mailto:bluegum.cflc@decyp.tas.gov.au)

**Penguin Community Op Shop**

95 Main St Penguin 7316

The Penguin Community Op Shop, along with the Rookery, seeks to serve the community in varied ways.

Phone.....0458 758 674

Email: [penguin.opshop@gmail.com](mailto:penguin.opshop@gmail.com)

**Cup of Kindness**

6-8 Kings Parade, Ulverstone 7315

Community Meal each Tuesday evening 5pm-6pm at Ulverstone Anglican Church

**LEAP Occupational Therapy**

11 Alexander Rd Ulverstone, Bottom floor 7315

LEAP Occupational Therapy provides a variety of services for people living on the North West Coast of Tasmania. We operate from central locations to ensure accessibility for participants across the North West Coast.

Phone.....03 6425 1545

Email: [enquiries@leapocc.com.au](mailto:enquiries@leapocc.com.au)

Website: <https://leapocc.com.au>

**Due South**

49-51 Eastland Drive Ulverstone Tas 7315

Australia's leading self-funded organisation for Veterans and First Responders in wellness initiatives and reconnection.

Phone.....0407 709 973

Email: [info@duesouthaus.com.au](mailto:info@duesouthaus.com.au)

Website: <https://www.duesouthaus.com.au>

**Penguin Library**

81 Main Street, Penguin, TAS 7316

Offering lending items, access to online information, research/information services, free access to the internet and computers and a variety of programs, services and events for adults, children and young people enabling personal learning, growth and community connections.

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

Website: <https://libraries.tas.gov.au/locations/penguin-library/>

**Ulverstone Community Garden**

2 Westshore Rd Ulverstone 7315

Residents and visitors are welcome to volunteer in the Garden, picking produce or simply walking amongst raised garden beds, fruit trees and native Australian plants. The Garden is also a venue for workshops to inspire and teach both new and experienced gardeners.

Phone.....0430 716 576

Email: [ulverstonegarden@gmail.com](mailto:ulverstonegarden@gmail.com)

**The Salvation Army Ulverstone**

23 Victoria Street Ulverstone 7315

Christian Church with a social welfare focus Sundays 10.30am

Children's and youth activities held during school terms.

Family support 10.00am-4.00pm Tues and Thurs.

Financial counselling and Positive Lifestyle program – by appt.

Lifetime community lunch noon Fridays \$3.00

“Home League” - empowering women 10.00am Wednesday.

Craft and Culture, Law and Justice, Salvation Army

Youth Activities

Phone.....6425 8800

Website: <https://www.salvationarmy.org.au/ulverstone>

**Penguin Makeover Community**

Penguin TAS 7316

The Penguin Makeover Community brings volunteers together to carry out practical projects that improve and care for Penguin's town centre and foreshore.

Email: [penguinmakeovercommunity@gmail.com](mailto:penguinmakeovercommunity@gmail.com)

Website:

<https://www.facebook.com/penguinmakeovercommunity>

## Disability Services

### Multicap Tasmania

35 Marine Terrace Burnie Tas 7320 7320

For the last 50 years, Multicap Tasmania has been empowering those with a disability to reach and be recognised for their full potential, express their individuality and engage in our community. We are a NDIS approved service provider.

Phone.....03 6433 5000

Email: [enquiries@multicap.com.au](mailto:enquiries@multicap.com.au)

Website: <https://www.multicap.com.au/>

### Care2Serve

10 Strahan Street, South Burnie 7320

Care2Serve is the sole service provider of Carer Gateway services in Tasmania.

Phone.....1800 422 737 (press 1)

Email: [intake@care2serve.com.au](mailto:intake@care2serve.com.au)

Website: <https://www.care2serve.com.au>

### Relationships Australia

Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277

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

Website: <https://www.tas.relationships.org.au>

### Mersey Community Care Association Inc

PO Box 286, Devonport 7310

Providing Services to allow Independent Inclusive Living. Transport, Home Maintenance, Social Support, Domestic Assistance

Phone.....6424 8883

Email: [mcca@merseycca.org.au](mailto:mcca@merseycca.org.au)

Website: <https://www.merseycca.org.au/>

### Family Based Care Tasmania

73-75 Mount Street, Burnie 70 Oldaker St Devonport 7320 7310

Family Based Care Tasmania offer services based on wellness and reablement, supporting you at home to do the things you can and helping you with the things you can't manage on your own.

Phone.....1800 684 098

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

Website: [www.familybasedcare.org.au](http://www.familybasedcare.org.au)

### Dementia Australia

63-65 Paringa Ave, Newnham TAS 7248

Dementia Australia is the national peak body supporting people living with dementia, their families and carers.

Phone.....1800 100 500

Email: Enquire on their website

Website: <http://www.dementia.org.au>

### Nurture Clinical Psychology

1 B Reibey Street Ulverstone 7315

I have over 7 years' experience in providing diagnostic assessments for all ages. My priority is that you feel comfortable, heard, and understood. I use a range of assessment methods, performed in such a way that you or your child can feel at ease.

Phone.....0438 360 617

Email: [adelle@nurtureclinicalpsychology.com.au](mailto:adelle@nurtureclinicalpsychology.com.au)

Website: <http://www.nurtureclinicalpsychology.com.au>

### Lifeline

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14

Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

### CHAT Centre Speech Pathology

36 Main St Ulverstone 7315

Speech Pathology Services for Pre-School and School Aged Children Speech Pathologists are trained to assess, diagnose and treat communication disorders. Speech Pathologists help children who have difficulties with speaking, listening, understanding and using language, stuttering and voice.

Phone.....6425 6353 0417 371 991

Email: [office@chatcentre.com.au](mailto:office@chatcentre.com.au)

### The Way Back Support Service

The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis

Phone.....1800 243 232

Email: [wayback@anglicare-tas.org.au](mailto:wayback@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>,

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**Anglicare Drug and Alcohol Treatment Service (ADATS)**

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping  
Phone.....1800161266

**Hearing Australia Ulverstone**

2/27 Victoria St, Ulverstone 7315  
Your hearing is our passion. Since 1947, Hearing Australia has provided expert hearing care to Australians of all ages and from all walks of life. And today, we are committed to helping even more people across the nation stay connected to the people and life they love.  
Phone.....13 44 32  
Website: <https://hearing.com.au>

**Tai Chi**

Kings Parade, Ulverstone 7315  
I am a Tai Chi practitioner providing classes  
Phone.....6425 5275  
Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

**Meals on Wheels (Ulverstone)**

15-19 Eastland Drive Ulverstone 7315  
The Aim of Meals on Wheels Association of Tasmania Inc is to advance the Association as a leading provider of community services including the provision of meals to people and their carers who have a genuine need of assistance. More Than Just A Meal.  
Phone.....tel:1800696325 Free call 6425 1331  
Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)  
Website: <http://www.mowtas.org.au>

**MS Peer Support**

Ulverstone 7315  
Plus Peer Support in TAS  
Phone.....1800 042 138  
Email: [connect@msplus.org.au](mailto:connect@msplus.org.au)  
Website: <http://www.msplus.org.au/>

**Central Coast Adult Day Centre**

48 Water St Ulverstone 7315  
The Central Coast Adult Day Centre provides day centre services for aged, younger disabled and their carers and people from special needs groups.  
Phone.....6464 3080  
Email: [lorise.everson@ths.tas.gov.au](mailto:lorise.everson@ths.tas.gov.au)

**Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315  
The Connect Café provides a space to laugh, smile and share in conversation. These local get-togethers have been shown to provide a major and positive impact on the quality of life of people living with dementia and their carers.  
Phone.....6429 8900  
Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)  
Website: <http://www.centralcoast.tas.gov.au>,

**The Training Fix**

Corner of Alice and Queen Street Ulverstone 7315  
Accredited Exercise Physiologist, Personal Training, Group Fitness Classes, Exercise Programming and fully equipped gym  
Phone.....0439 310 206  
Email: [tfix@bigpond.net.au](mailto:tfix@bigpond.net.au)

**Richmond Fellowship**

Ulverstone 7315  
Comfortable, fully furnished, self-contained units. Assistance through our dedicated recovery model. Trained and compassionate staff. Access to other Richmond Futures programs including our dedicated recreation and social activities program TasRec  
Phone.....(03) 6228 3344  
Email: [admin@richmondtas.com.au](mailto:admin@richmondtas.com.au)

**Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315  
Musculoskeletal & sports physiotherapy  
Phone.....6425 9500

**Community Transport Services Tasmania**

15-19 Eastland Drive Ulverstone 7315  
If you or a loved one is aged over 65 or have a condition preventing you from undertaking daily activities (such as a disability), we offer a range of entry-level transport solutions to get you where you need to be.  
Phone.....1800 781 033  
Website: <http://www.ctst.org.au>

**Mindfulness Programs Australasia**

Mindfulness Programs Australasia strives to create environments where people learn how to activate their innate capacity to reduce stress in their lives. We support people to live more aligned with their values; to live mindfully.  
Phone.....0488 064 228  
Email: [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au)  
Website: <http://www.mindfulnessaus.com.au>

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### **Suicide Call Back Service**

People at risk of Suicide, concerned about someone at risk or bereaved by Suicide

Phone.....1300 659 467

Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### **Sexual Assault Support Service**

People affected by any form of sexual violence

Phone.....1800 697 877

Website: [www.sass.org.au](http://www.sass.org.au)

### **1800 Respect**

People affected by family or domestic violence

Phone.....1800 737 732

Website: [www.1800respect.org.au](http://www.1800respect.org.au)

### **Health Direct**

People seeking quality health information or advice

Phone.....1800 022 222

### **Gambling Help Online**

Free Support for anyone affected by gambling

Phone.....1800 858 858

Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

### **Elder Abuse Hotline**

Whether you're concerned for yourself, for someone else, or you're concerned that your behaviour or actions might be abusive, the Elder Abuse Helpline is a safe place to ask questions.

Phone.....1800 441 169

Email: [helpline@yoursaytas.org](mailto:helpline@yoursaytas.org)

Website: [www.elderabuse.tas.gov.au](http://www.elderabuse.tas.gov.au)

### **Qlife**

The QLife family includes hundreds of highly experienced staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to chat and to take your call from 3pm-midnight each day.

Phone.....1800 184 527

Website: [qlife.org.au](http://qlife.org.au)

### **National Debt Hotline**

Dealing with debt can be very stressful. The good news is that there are extensive laws in Australia which protect you as a consumer and can help you if you are in financial hardship.

Phone.....1800 007 007

Website: [ndh.org.au](http://ndh.org.au)

### **My Aged Care**

If you need some help around the house or think it's time to look into aged care homes, My Aged Care is here to help.

Phone.....1800 200 422

Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### **Blue Gum Child and Family Centre**

34 Maud St Ulverstone 7315

CFLCs are places for parents, families, and caregivers with children from birth to 5 years of age and expectant parents to attend in their local community.

Phone.....6447 9352

Email: [bluegum.cflc@decyp.tas.gov.au](mailto:bluegum.cflc@decyp.tas.gov.au)

### **Cup of Kindness**

6-8 Kings Parade, Ulverstone 7315

Community Meal each Tuesday evening 5pm-6pm at Ulverstone Anglican Church

### **LEAP Occupational Therapy**

11 Alexander Rd Ulverstone, Bottom floor 7315

LEAP Occupational Therapy provides a variety of services for people living on the North West Coast of Tasmania. We operate from central locations to ensure accessibility for participants across the North West Coast.

Phone.....03 6425 1545

Email: [enquiries@leapocc.com.au](mailto:enquiries@leapocc.com.au)

Website: <https://leapocc.com.au>

### **Due South**

49-51 Eastland Drive Ulverstone Tas 7315

Australia's leading self-funded organisation for Veterans and First Responders in wellness initiatives and reconnection.

Phone.....0407 709 973

Email: [info@duesouthaus.com.au](mailto:info@duesouthaus.com.au)

Website: <https://www.duesouthaus.com.au>

6

## Educational, Training & Learning

### Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone 7315

UNH, works in collaboration with a variety of service providers to offer a range of community development programs and events based on the key social issues.

Phone.....6425 4186

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

### U3A Central Coast (TAS)

Learning and recreational activities for seniors

Phone.....0457 411 585

Email: [u3acentralcoast@gmail.com](mailto:u3acentralcoast@gmail.com)

Website: <http://www.tascentralcoast.u3anet.org.au>

### West North West Working

Are you holding yourself back from your dream job?

Perhaps you lack confidence, or self-esteem or maybe you suffer from feelings of insecurity in the face of mounting pressure at work. You're not alone, West North West Working can help!

Phone.....0490 865 337

Email: [info@wnwworking.com.au](mailto:info@wnwworking.com.au)

Website: <https://wnwworking.com.au/>

### Stepping Stones Children's Centre

11 Moore Street Ulverstone 7315

Stepping Stones provides child care for children aged birth to 5 years. After School Care – K-6 and Vacation Care K-6 – held at Ulverstone Primary School.

Phone.....03 6425 3499

Email: [courtney@sharingthecare.com.au](mailto:courtney@sharingthecare.com.au)

Website: [steppingstonesaustralia.com.au](http://steppingstonesaustralia.com.au)

### University of Tasmania

As a university, we're dedicated to providing every student with a hands-on education and an unforgettable adventure. Our courses offer real-life learning and close industry connections.

Phone.....13 8827

Email: [course.info@utas.edu.au](mailto:course.info@utas.edu.au)

Website: <http://www.utas.edu.au>

### Progress Ahead Life Coaching

Mobile based business based in Devonport but as the sole qualified Wisdom Coach in Tasmania, we serve all of the state.

We coach children using fun, story based programs/activities to help kids develop a growth mindset. Giving them the tools to deal with challenges, develop strong self-esteem, overcoming challenges such as fear, self-doubt, making mistakes, handling peer pressure and coping with anxiety.

Phone.....0403081089

Email: [team@progressaheadlifecoaching.com](mailto:team@progressaheadlifecoaching.com)

Website: <https://www.progressaheadlifecoaching.com/>

### Relationships Australia

Working to create a connected and respectful Tasmania.

We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277

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

Website: <https://www.tas.relationships.org.au>

### Volunteering Tasmania

75 Federal Street North Hobart 7000

We connect and build an inclusive community that makes a difference through the impact of volunteering.

We aim to represent the interests of all Tasmanians involved in volunteering through research, consultation, policy development and community relationships.

Phone.....03 6231 5550

Email: [team@volunteeringtas.org.au](mailto:team@volunteeringtas.org.au)

Website: <https://www.volunteeringtas.org.au/>

### Engender Equality

Engender Equality is a confidentially located service. For over 30 years, Engender Equality has worked with and on behalf of individuals, families and communities affected by family and domestic violence in Tasmania. Engender Equality's philosophies, practice and resources are based around lived experience and grounded in cutting-edge research.

Phone.....03 6278 9090

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

Website: <http://www.engenderequality.org.au>

### Don College

87-121 Watkinson St Devonport TAS 7310

Staff and current students of Don College welcome Years 11 and 12 students to join our diverse community. You will be supported in a friendly, respectful and engaging learning environment.

Phone.....0364240200

Email: [Don.College@education.tas.gov.au](mailto:Don.College@education.tas.gov.au)

Website: <https://doncollege.education.tas.edu.au/>

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### **Rural Alive and Well INC**

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.

Phone.....0362541092

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

Website: <http://www.rawtas.com.au>

### **Ulverstone Secondary College**

38 Leven Street Ulverstone 7315

Ulverstone Secondary College's vision is to be 'An inspiring and Innovative Learning Community'. Our school motto is "Care, Create, Achieve", all of which underpin our school's values of Grit, Respect, Achievement, Creativity and Belonging.

Phone.....(03) 6425 1433

Email:

[ulverstone.secondary.college@decyp.tas.gov.au](mailto:ulverstone.secondary.college@decyp.tas.gov.au)

Website: <https://ulverstonehs.schoolzineplus.com>

### **Lifeline**

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14

Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

### **Australian Plants Society Tasmania (APST) Inc. North West Group**

The Australian Plants Society Tasmania Inc. is made up of people interested in the propagation, cultivation and conservation of plants native to Australia, especially those found in our state. The North West Group is one of three in Tasmania, others being based in Hobart and Launceston.

Phone.....0488 402 210

Email: [apstnorthwest@gmail.com](mailto:apstnorthwest@gmail.com)

Website: <http://www.apstas.org.au>

### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

Ulverstone Library is part of Libraries Tasmania. Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

Website: <http://www.libraries.tas.gov.au>

### **Laurel House Sexual Assault support**

North West Tasmania 7310

Laurel House is a not-for-profit, community-based sexual assault support service that operates across the North, North-East and North-West Tasmania. We provide a 24/7 support hotline, free counselling, training and education. Helping Victim-Survivors Recover

Phone.....036431 9711

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

Website: <https://laurelhouse.org.au>

### **CHAT Centre Speech Pathology**

36 Main St Ulverstone 7315

Speech Pathology Services for Pre-School and School Aged Children Speech Pathologists are trained to assess, diagnose and treat communication disorders. Speech Pathologists help children who have difficulties with speaking, listening, understanding and using language, stuttering and voice.

Phone.....6425 6353 0417 371 991

Email: [office@chatcentre.com.au](mailto:office@chatcentre.com.au)

### **Penguin Visitor Information Centre**

78 Main Road, Penguin TAS 7316

For things to do, what to see and where to go in Penguin and surrounds just ask at the Penguin Visitor Information Centre because we know our beautiful place best!

Phone.....03 6437 1421

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

Website: <https://www.centralcoast.tas.gov.au/penguin-visitor-information-centre/>

### **Penguin History Group Inc.**

Penguin Railway Station Main Road , Penguin 7316

Collect and write the history of the town its people and the area.

Phone.....0418 559 224 or 0488 715 431

Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

### **Anglicare's Supported Youth Program**

The Supported Youth Program (SYP) provides support to vulnerable young people aged 10 to 18 who have been identified by community or welfare professionals as having significant or multiple risk issues.

Phone.....1800 000 123

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**NESTS - North-West Early Start Therapeutic Support**

NESTS is a free, voluntary program for 0-5 year olds (including unborn children) and their family. It focuses on building a strong emotional connection, sometimes called an attachment, between child and primary caregiver

Phone.....1800 000 123

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

**Kids in Focus Program**

The Kids in Focus Program is a voluntary program that can assist families with children up to 18 years of age who are impacted by parental use of alcohol or other drugs.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

**Blood-Borne Virus Awareness Program (BBVAware)**

Blood-borne viruses (BBVs) are potentially serious illnesses but they are manageable with the right information and support.

Phone.....1800 243 232

Email: [BBVAware@anglicare-tas.org.au](mailto:BBVAware@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

**Gambling Support Service**

The Gamblers Support Service is a free and confidential service that is available to individuals, families and communities impacted by gambling.

Phone.....1800 243 232 (or 1800 858 858 after business hours)

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/financial-counselling-and-gambling-support/?sectionID=gamblingsupport>

**The Way Back Support Service**

The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis

Phone.....1800 243 232

Email: [wayback@anglicare-tas.org.au](mailto:wayback@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

**Anglicare Drug and Alcohol Treatment Service (ADATS)**

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping

Phone.....1800161266

**Hearing Australia Ulverstone**

2/27 Victoria St, Ulverstone 7315

Your hearing is our passion. Since 1947, Hearing Australia has provided expert hearing care to Australians of all ages and from all walks of life. And today, we are committed to helping even more people across the nation stay connected to the people and life they love.

Phone.....13 44 32

Website: <https://hearing.com.au>

**Men's Shed Ulverstone**

Flora Street Ulverstone 7315

The Ulverstone Men's Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [mensshedulverstone@gmail.com](mailto:mensshedulverstone@gmail.com)

Website: <http://tasmanianmensshed.org.au>

**Ladies Group - Central Coast Community Shed**

Flora Street Ulverstone 7315

The Central Coast Community Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

<https://www.centralcoast.tas.gov.au/community-shed/>

**Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health

Phone.....0427 509 792 0418 331 198

Email: [electric3906@gmail.com](mailto:electric3906@gmail.com)

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**Anglicare's KIDS – Kind Individuals  
Delivering Support**

We know that children thrive when families have access to the support they need. If you live in the East Devonport, Kentish or Latrobe regions and want to build your confidence and skills as a parent, KIDS can support you.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

**Rotaract Club of Central Coast**

We are a youth organisation that provide community services locally and internationally, whilst strengthening friendships and networks.

Website:

<https://www.rotaryulverstonewest.org.au/rotaract.html>

**Alcohol and Drug Services North West**

11 Grove Street Ulverstone 7315

The Alcohol and Drug Service is a state-wide service across Tasmania. We provide programs and treatment to help you with alcohol, tobacco and other drug issues. All of our services are free, voluntary and confidential. We work with both adults and young people.

Phone.....1300139641

**StandBy Support after Suicide (Lifeline  
Tasmania)**

We provide support for anyone in Tasmania experiencing suicide loss and community education to enable communities to better understand and support those bereaved by suicide.

Phone.....1300727247

Website: [standbysupport.com.au](http://standbysupport.com.au)

**Mindfulness Programs Australasia**

Mindfulness Programs Australasia strives to create environments where people learn how to activate their innate capacity to reduce stress in their lives. We support people to live more aligned with their values; to live mindfully.

Phone.....0488 064 228

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

Website: <http://www.mindfulnessaus.com.au>

**Suicide Call Back Service**

People at risk of Suicide, concerned about someone at risk or bereaved by Suicide

Phone.....1300 659 467

Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Sexual Assault Support Service**

People affected by any form of sexual violence

Phone.....1800 697 877

Website: [www.sass.org.au](http://www.sass.org.au)

**1800 Respect**

People affected by family or domestic violence

Phone.....1800 737 732

Website: [www.1800respect.org.au](http://www.1800respect.org.au)

**Health Direct**

People seeking quality health information or advice

Phone.....1800 022 222

**Gambling Help Online**

Free Support for anyone affected by gambling

Phone.....1800 858 858

Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

**Alcohol and other drug hotline**

Available 24/7, the National Alcohol and Other Drug Hotline is a free and confidential counselling, information, and referral service for anyone struggling with their use of alcohol and/or other substances.

Phone.....1800 250 015

**Elder Abuse Hotline**

Whether you're concerned for yourself, for someone else, or you're concerned that your behaviour or actions might be abusive, the Elder Abuse Helpline is a safe place to ask questions.

Phone.....1800 441 169

Email: [helpline@yoursaytas.org](mailto:helpline@yoursaytas.org)

Website: [www.elderabuse.tas.gov.au](http://www.elderabuse.tas.gov.au)

**QLife**

The QLife family includes hundreds of highly experienced staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to chat and to take your call from 3pm-midnight each day.

Phone.....1800 184 527

Website: [qlife.org.au](http://qlife.org.au)

**National Debt Hotline**

Dealing with debt can be very stressful. The good news is that there are extensive laws in Australia which protect you as a consumer and can help you if you are in financial hardship.

Phone.....1800 007 007

Website: [ndh.org.au](http://ndh.org.au)

### **My Aged Care**

If you need some help around the house or think it's time to look into aged care homes, My Aged Care is here to help.

Phone.....1800 200 422

Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### **Blue Gum Child and Family Centre**

34 Maud St Ulverstone 7315

CFLCs are places for parents, families, and caregivers with children from birth to 5 years of age and expectant parents to attend in their local community.

Phone.....6447 9352

Email: [bluegum.cflc@decyp.tas.gov.au](mailto:bluegum.cflc@decyp.tas.gov.au)

### **Penguin Community Op Shop**

95 Main St Penguin 7316

The Penguin Community Op Shop, along with the Rookery, seeks to serve the community in varied ways.

Phone.....0458 758 674

Email: [penguin.opshop@gmail.com](mailto:penguin.opshop@gmail.com)

### **Cup of Kindness**

6-8 Kings Parade, Ulverstone 7315

Community Meal each Tuesday evening 5pm-6pm at Ulverstone Anglican Church

### **LEAP Occupational Therapy**

11 Alexander Rd Ulverstone, Bottom floor 7315

LEAP Occupational Therapy provides a variety of services for people living on the North West Coast of Tasmania. We operate from central locations to ensure accessibility for participants across the North West Coast.

Phone.....03 6425 1545

Email: [enquiries@leapocc.com.au](mailto:enquiries@leapocc.com.au)

Website: <https://leapocc.com.au>

### **Due South**

49-51 Eastland Drive Ulverstone Tas 7315

Australia's leading self-funded organisation for Veterans and First Responders in wellness initiatives and reconnection.

Phone.....0407 709 973

Email: [info@duesouthaus.com.au](mailto:info@duesouthaus.com.au)

Website: <https://www.duesouthaus.com.au>

### **Penguin Library**

81 Main Street, Penguin, TAS 7316

Offering lending items, access to online information, research/information services, free access to the internet and computers and a variety of programs, services and events for adults, children and young people enabling personal learning, growth and community connections.

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

Website: <https://libraries.tas.gov.au/locations/penguin-library/>

### **Forth Primary School**

45 Wilmot Road, Forth 7310

Our school offers most of the programs offered in larger schools, whilst still retaining the 'family atmosphere' and the benefits of a smaller school.

Phone.....6428 2282

Email: [forth.primary@decyp.tas.gov.au](mailto:forth.primary@decyp.tas.gov.au)

Website: <http://www.forthprimary.education.tas.edu.au/>

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## Medical, Pharmacy, Allied Health

### Anglicare Family Support Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001  
Provide information and support to anyone affected by a family member or significant other using alcohol or other drugs, including children. We welcome all types of families.

Phone.....1800 161 266

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

### Mindful Mud

PO Box 572 Ulverstone 7315

Using clay in a guided process with a mindfulness teacher, you'll experience how being present can support feeling calm, connected and creative and make functional or creative pottery pieces to take home.

Phone.....0488997095

Email: [miranda@psychologymatters.com.au](mailto:miranda@psychologymatters.com.au)

### Heart Support Australia

Montgomery room Ulverstone 7315

Provide peer support for Australians affected by heart disease.

Phone.....Sharron Yaxley 0419 876 143

Email: [office@heartnet.org.au](mailto:office@heartnet.org.au)

Website: <http://www.heartsupport.org.au>

### Progress Ahead Life Coaching

Mobile based business based in Devonport but as the sole qualified Wisdom Coach in Tasmania, we serve all of the state.

We coach children using fun, story based programs/activities to help kids develop a growth mindset. Giving them the tools to deal with challenges, develop strong self-esteem, overcoming challenges such as fear, self-doubt, making mistakes, handling peer pressure and coping with anxiety.

Phone.....0403081089

Email: [team@progressaheadlifecoaching.com](mailto:team@progressaheadlifecoaching.com)

Website: <https://www.progressaheadlifecoaching.com/>

### COTA (Council on the Ageing) Tasmania - Care Finder

A free and friendly community service to help you navigate the aged care system

Phone.....1800 518 048

Website: <https://cotatas.org.au/programs/carefinder/>

### Wetaway Program

11 Jones Street, Burnie 7320

Wetaway is a program offered by the Child Health and Parenting Service (CHaPS) to provide help for bedwetting children/ young people when they see the wetting as a problem.

Phone.....1300 064 544

Email: [chapsadminnorthwest@ths.tas.gov.au](mailto:chapsadminnorthwest@ths.tas.gov.au)

Website: [http://www.health.tas.gov.au/service\\_informat ion/services\\_files/wetaway\\_program](http://www.health.tas.gov.au/service_informat ion/services_files/wetaway_program),

### Headspace

Level 1, 35 Oldaker Street, Devonport, Tasmania 7310  
headspace Devonport offers free support for young people aged 12 to 25, their families and friends.

Phone.....6424 2144

Email: [headspacedevonport@csys.com.au](mailto:headspacedevonport@csys.com.au)

Website: <https://headspace.org.au/headspace-centres/devonport/>

### Asthma Australia (need to know opening hours)

1-7 Liverpool Street Hobart TAS 7001 7001

Asthma is a respiratory condition that affects more than 2.7 million Australians and is responsible for at least one Australian death every day, making it a serious health concern. Our purpose – To help people breathe better so they can live freely.

Phone.....1800 278 462

Email: [info@asthma.org.au](mailto:info@asthma.org.au)

Website: <http://www.asthma.org.au>

### Penguin Hills Yoga and Pilates

82 White Hills road Penguin 7316

I teach personalised Yoga and Pilates to create optimal health, with some specialist classes such as Yoga for Strong Bones and Yoga for the Immune system. My classes balance stability, mobility and strength as well as providing an enjoyable experience.

Phone.....0409823847

Email: [forestmy@hotmail.com](mailto:forestmy@hotmail.com)

Website: <http://www.Penguinyogapilates.com>

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### **Rural Alive and Well INC**

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.

Phone.....0362541092

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

Website: <http://www.rawtas.com.au>

### **Dementia Australia**

63-65 Paringa Ave, Newnham TAS 7248

Dementia Australia is the national peak body supporting people living with dementia, their families and carers.

Phone.....1800 100 500

Email: Enquire on their website

Website: <http://www.dementia.org.au>

### **Fullife Pharmacy Ulverstone**

Fullife Pharmacy Ulverstone 24 King Edward Street  
Ulverstone 7315

If there's one thing we know at Fullife Pharmacies, it's that a cookie-cutter approach to healthcare doesn't work. We tend to do things a little differently here. We believe your health and wellbeing should be about thriving.

Phone.....6425 2286

Email: [ulverstone@fullife.com.au](mailto:ulverstone@fullife.com.au)

Website: <http://www.fullife.com.au>

### **A Tasmanian lifeline**

Our dedicated team is here to provide you with a safe and compassionate space, offering professional assistance for every challenge life may bring. You're not alone on this journey. Reach out, connect, and let's navigate through it together.

Phone.....13 11 14

Email: [www.lifeline.org.au/crisis-chat/](http://www.lifeline.org.au/crisis-chat/)

Website: [www.lifelinetasmania.org.au](http://www.lifelinetasmania.org.au)

### **Ulverstone Dental Clinic**

James Street, Ulverstone 7315

Oral Health Services Tasmania provides dental services for eligible Tasmanian children

Phone.....1300 011 013

### **Lifeline**

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14

Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

### **Laurel House Sexual Assault support**

North West Tasmania 7310

Laurel House is a not-for-profit, community-based sexual assault support service that operates across the North, North-East and North-West Tasmania. We provide a 24/7 support hotline, free counselling, training and education. Helping Victim-Survivors Recover

Phone.....036431 9711

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

Website: <https://laurelhouse.org.au>

### **Care Beyond Cure Ltd**

PO BOX 3069 Ulverstone 7315

Health and Wellbeing Program. A social space for individuals with a progressive life-limiting illness (and their carer). Massage, Reflexology, Art Therapy and more. Developed with assistance from the Tasmanian Government Department of Health."

Phone.....0407 427 575

Email: [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)

Website: <http://www.carebeyondcure.com.au>

### **Kids in Focus Program**

The Kids in Focus Program is a voluntary program that can assist families with children up to 18 years of age who are impacted by parental use of alcohol or other drugs.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

### **Blood-Borne Virus Awareness Program (BBVAware)**

Blood-borne viruses (BBVs) are potentially serious illnesses but they are manageable with the right information and support.

Phone.....1800 243 232

Email: [BBVAware@anglicare-tas.org.au](mailto:BBVAware@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

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### **Anglicare Family Support Service**

The Family Support Service provides information and support to anyone affected by a family member or significant other using alcohol or other drugs. The service is confidential and available to those affected, including partners, children, siblings and grandparents.

Phone.....1800 161 266  
Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)  
Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>,

### **The Way Back Support Service**

The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis

Phone.....1800 243 232  
Email: [wayback@anglicare-tas.org.au](mailto:wayback@anglicare-tas.org.au)  
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>,

### **Anglicare Drug and Alcohol Treatment Service (ADATS)**

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping

Phone.....1800161266

### **Hearing Australia Ulverstone**

2/27 Victoria St, Ulverstone 7315

Your hearing is our passion. Since 1947, Hearing Australia has provided expert hearing care to Australians of all ages and from all walks of life. And today, we are committed to helping even more people across the nation stay connected to the people and life they love.

Phone.....13 44 32  
Website: <https://hearing.com.au>

### **Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

The Centre provides residents with access to various community specialist services.

Phone.....6464 3080  
Website: [www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre](http://www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre)

### **The Salvation Army - Bridge Residential Program**

The Bridge Program in Ulverstone operates from our residential facility in Adahai Street, and offers 12 residential beds and three transitional beds. The centre is set on spacious grounds and offers staff facilitated outings, weekly recreational activities and arts and craft.

Phone.....64257453  
Email: [Jacinta.saunders@salvationarmy.org.au](mailto:Jacinta.saunders@salvationarmy.org.au)  
Website: <http://www.bridgetasmania.org.au>

### **Warrawee Women's Shelter**

Warrawee offers a twenty four hour, seven day a week crisis accomodation service. We provide a safe, secure environment for women and women with children who are escaping violence, sexual abuse and homelessness.

Phone.....6425 1382  
Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)  
Website: <https://warraweewomensshelter.com.au/>

### **Anglicare's KIDS – Kind Individuals Delivering Support**

We know that children thrive when families have access to the support they need. If you live in the East Devonport, Kentish or Latrobe regions and want to build your confidence and skills as a parent, KIDS can support you.

Phone.....1800 243 232  
Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

### **Island Osteopathy**

Suit 3/19 Reiby Street Ulverstone 7315

Osteopathic treatment and management of a wide range of Musculoskeletal pain syndromes and injuries.

Phone.....6425 3326  
Email: [islandosteopathyulverstone@gmail.com](mailto:islandosteopathyulverstone@gmail.com)

### **New Mornings**

14 Amherst Street West Ulverstone 7315

New Mornings is a Not-For-Profit organisation based on the Northwest Coast of Tasmania. Mental health support programs to adults and children to increase wellbeing, resilience, and self-esteem, including a focus on individuals and those who are isolated, marginalised or vulnerable.

Phone.....6411 6212 or 0419 572 913  
Email: [admin@newmornings.org.au](mailto:admin@newmornings.org.au)  
Website: <https://newmornings.org.au>

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### **Footprints Podiatry**

56 Alexandra Road Ulverstone 7315

Pain Relief Solutions. Living with pain every day is no way to live. At Footprints Podiatry, we offer treatment so you for patients experiencing all types of pain, including the following: Heel Pain Leg & Shin Pain Knee Pain Orthotics Ingrown Toenails Metatarsal Pain Plantar Warts

Phone.....6425 7333

Email: [appointments@footprintspodiatry.com](mailto:appointments@footprintspodiatry.com)

Website: <https://www.footprintspodiatry.com.au>

### **MS Peer Support**

Ulverstone 7315

Plus Peer Support in TAS

Phone.....1800 042 138

Email: [connect@msplus.org.au](mailto:connect@msplus.org.au)

Website: <http://www.msplus.org.au/>

### **PhysioTas**

6 Patrick St Ulverstone 7315

At Physiotas we aim to be an industry-leading network of health practitioners throughout Tasmania, by providing the community with high-quality, patient-centered care through innovation, collaboration and education.

Phone.....6425 5997

Email: [ulverstone@physiotas.com.au](mailto:ulverstone@physiotas.com.au)

Website: <http://www.physiotas.com.au>

### **Westside Pharmacy Ulverstone**

42 Queen Street Ulverstone 7315

A locally owned and operated full-service pharmacy that has been in the community for more than 30 years. We strive to provide personal health and well-being advice to meet your individual needs. We will provide you with the most current, evidence-based informed advice.

Phone.....6425 6666

Email: [staff@westsidepharmacy.com.au](mailto:staff@westsidepharmacy.com.au)

Website: [westsidepharmacy.com.au](http://westsidepharmacy.com.au)

### **Patrick Street Clinic Penguin**

19 Ironcliffe Road Penguin 7316

Our goal is to provide well informed best practice medical care for the North West Community whilst providing a positive working environment for doctors, staff, students and allied health through mutual respect and awareness of individual, personal and social requirements.

Phone.....6437 0955

Website: <http://www.patst.com.au>

### **Patrick Street Clinic**

6 Patrick St Ulverstone 7315

Our goal is to provide well informed best practice medical care for the North West Community whilst providing a positive working environment for doctors, staff, students and allied health through mutual respect and awareness of individual, personal and social requirements.

Phone.....64251611

Website: <http://www.patst.com.au>

### **Priceline Pharmacy Ulverstone**

66 Reiby Street Ulverstone 7315

AT A GLANCE Caring, professional advice and information Number one for beauty advice and trends Beauty advisors available in-store Travel health advice Home health aids

Phone.....6425 1095

Email: [plpulverstone@gmail.com](mailto:plpulverstone@gmail.com)

Website: [www.priceline.com.au/store-finder/country/AU/0752](http://www.priceline.com.au/store-finder/country/AU/0752)

### **No 34. Aboriginal Health Service Rural Health Tasmania**

34 Alexandra Road Ulverstone 7315

No 34 Aboriginal Health Service is Located at 34 Alexandra Road Ulverstone. Rural Health Tasmania is committed to working in partnership with the Aboriginal community, organisations and health care providers to improve the health and well-being of Aboriginal and Torres Strait Islander peoples.

Phone.....6417 6080

Email: [contactno34@ruralhealthtas.com.au](mailto:contactno34@ruralhealthtas.com.au)

Website: <http://www.ruralhealthtas.com.au/programs-services/no-34-aboriginal-health-services/>

### **Victoria Street Clinic**

39 Victoria street Ulverstone 7315

We guarantee to provide the highest standard of care and a holistic approach toward diagnosis and management of illness. We are committed to promoting health, wellbeing and disease prevention to all patients. We strive in providing quality health care to the local community.

Phone.....6425 2900

Email: [office2@vsclinic.com.au](mailto:office2@vsclinic.com.au)

Website: <https://vsclinic.com.au>

### **The Training Fix**

Corner of Alice and Queen Street Ulverstone 7315

Accredited Exercise Physiologist, Personal Training, Group Fitness Classes, Exercise Programming and fully equipped gym

Phone.....0439 310 206

Email: [tfix@bigpond.net.au](mailto:tfix@bigpond.net.au)

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### Richmond Fellowship

Ulverstone 7315  
Comfortable, fully furnished, self-contained units.  
Assistance through our dedicated recovery model.  
Trained and compassionate staff. Access to other  
Richmond Futures programs including our dedicated  
recreation and social activities program TasRec  
Phone.....(03) 6228 3344  
Email: [admin@richmondtas.com.au](mailto:admin@richmondtas.com.au)

### StandBy Support after Suicide (Lifeline Tasmania)

We provide support for anyone in Tasmania  
experiencing suicide loss and community education to  
enable communities to better understand and support  
those bereaved by suicide.  
Phone.....1300727247  
Website: [standbysupport.com.au](http://standbysupport.com.au)

### Ulverstone Physiotherapy

48 Victoria Street Ulverstone 7315  
Musculoskeletal & sports physiotherapy  
Phone.....6425 9500

### Mindfulness Programs Australasia

Mindfulness Programs Australasia strives to create  
environments where people learn how to activate their  
innate capacity to reduce stress in their lives. We  
support people to live more aligned with their values; to  
live mindfully.  
Phone.....0488 064 228  
Email: [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au)  
Website: <http://www.mindfulnessaus.com.au>

### Suicide Call Back Service

People at risk of Suicide, concerned about someone at  
risk or bereaved by Suicide  
Phone.....1300 659 467  
Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### Sexual Assault Support Service

People affected by any form of sexual violence  
Phone.....1800 697 877  
Website: [www.sass.org.au](http://www.sass.org.au)

### 1800 Respect

People affected by family or domestic violence  
Phone.....1800 737 732  
Website: [www.1800respect.org.au](http://www.1800respect.org.au)

### Health Direct

People seeking quality health information or advice  
Phone.....1800 022 222

### Gambling Help Online

Free Support for anyone affected by gambling  
Phone.....1800 858 858  
Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

### Alcohol and other drug hotline

Available 24/7, the National Alcohol and Other Drug  
Hotline is a free and confidential counselling,  
information, and referral service for anyone struggling  
with their use of alcohol and/or other substances.  
Phone.....1800 250 015

### Elder Abuse Hotline

Whether you're concerned for yourself, for someone  
else, or you're concerned that your behaviour or actions  
might be abusive, the Elder Abuse Helpline is a safe  
place to ask questions.  
Phone.....1800 441 169  
Email: [helpline@yoursaytas.org](mailto:helpline@yoursaytas.org)  
Website: [www.elderabuse.tas.gov.au](http://www.elderabuse.tas.gov.au)

### QLife

The QLife family includes hundreds of highly  
experienced staff and volunteers Australia-wide. If you're  
looking to connect with someone to explore what's going  
on in your life, we're here to chat and to take your call  
from 3pm-midnight each day.  
Phone.....1800 184 527  
Website: [qlife.org.au](http://qlife.org.au)

### National Debt Hotline

Dealing with debt can be very stressful. The good news  
is that there are extensive laws in Australia which  
protect you as a consumer and can help you if you are  
in financial hardship.  
Phone.....1800 007 007  
Website: [ndh.org.au](http://ndh.org.au)

### My Aged Care

If you need some help around the house or think it's  
time to look into aged care homes, My Aged Care is  
here to help.  
Phone.....1800 200 422  
Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### Blue Gum Child and Family Centre

34 Maud St Ulverstone 7315  
CFLCs are places for parents, families, and caregivers  
with children from birth to 5 years of age and expectant  
parents to attend in their local community.  
Phone.....6447 9352  
Email: [bluegum.cflc@decyp.tas.gov.au](mailto:bluegum.cflc@decyp.tas.gov.au)

**LEAP Occupational Therapy**

11 Alexander Rd Ulverstone, Bottom floor 7315  
LEAP Occupational Therapy provides a variety of services for people living on the North West Coast of Tasmania. We operate from central locations to ensure accessibility for participants across the North West Coast.

Phone.....03 6425 1545

Email: [enquiries@leapocc.com.au](mailto:enquiries@leapocc.com.au)

Website: <https://leapocc.com.au>

**Due South**

49-51 Eastland Drive Ulverstone Tas 7315  
Australia's leading self-funded organisation for Veterans and First Responders in wellness initiatives and reconnection.

Phone.....0407 709 973

Email: [info@duesouthaus.com.au](mailto:info@duesouthaus.com.au)

Website: <https://www.duesouthaus.com.au>

**Mount St Vincent Nursing Home and Therapy**

75 South Road Ulverstone 7315 7315  
Aged Care and Therapy services provided  
Phone.....1300 144 144  
Email: [info@respect.com.au](mailto:info@respect.com.au)  
Website: [www.respect.com.au](http://www.respect.com.au)

**Ambulance Tasmania**

Phone.....000

**Environmental Health Administration Centre**

19 King Edward St Ulverstone 7315  
needle exchange  
Phone.....6429 8900

**Community First Aid**

Phone.....1300 785 646

Email: [tasmania@stjohntas.org.au](mailto:tasmania@stjohntas.org.au)

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## Legal Services

### The North West Community Legal Centre Inc.

56 Formby Road, Devonport TAS 7310

North West Community Legal Centre is a registered charity established to provide legal advice and assistance to the most vulnerable residents of the North West, West Coast and King Island areas of Tasmania.

Phone.....03 6424 8720

Email: [office@nwclc.org.au](mailto:office@nwclc.org.au)

Website: <http://www.nwclc.org.au>

### The North West Community Legal Centre Inc.

56 Formby Road Devonport 7310

North West Community Legal Centre is a registered charity established to provide legal advice and assistance to the most vulnerable residents of the North West, West Coast and King Island areas of Tasmania.

Phone.....6424 8720

Email: [office@nwclc.org.au](mailto:office@nwclc.org.au)

Website: [www.nwclc.org.au](http://www.nwclc.org.au)

### Police

Tasmania Police, Penguin

Cnr Crescent & Braddon Streets Penguin 7316

All Emergency calls .....131 444

Phone .....6437 2160

Officer-in-Charge Ulverstone.....6429 8606

Tasmania Police, Ulverstone

Victoria Street Ulverstone 7315

All Emergency calls .....131 444

Officer-in-Charge.....6478 6006

Fax.....6429 8616

### Tasmania Legal Aid

To provide legal services to help Tasmanians understand their rights, navigate the system to resolve their legal issues, and get the assistance they need. To support and advocate for vulnerable and marginalised Tasmanians.

Phone.....1300 366 611

Email: please use contact us form on our website

Website: <http://www.legalaid.tas.gov.au>

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## Religion

### St Stephen's Anglican Church

(PO Box 22) Main Road Penguin 7316

Phone.....0438 376 221

### Holy Trinity Anglican Church of Australia

The local Anglican Church holds Sunday services, weekly bible studies, children's activities and regular lunches, fellowship and community activities.

Phone..... 6425 1003

Email: [anglicanulv@bigpond.com](mailto:anglicanulv@bigpond.com)

Website: [www.ulverstoneanglican.org](http://www.ulverstoneanglican.org)

### Penguin Baptist Centre

(PO Box 129) 139 Ironcliffe Road Penguin 7316

Phone.....6437 2024

Email: [jeanettecorinne@gmail.com](mailto:jeanettecorinne@gmail.com)

### Baptist Church Ulverstone

(PO Box 250) 60 Alexandra Road Ulverstone 7315

Phone.....6425 6306

Email: [admin@ub.church](mailto:admin@ub.church)

Website: [www.ub.church](http://www.ub.church)

### Catholic Church Penguin

1 Arnold Street Penguin 7316

Phone.....6424 8383

### Catholic Church Ulverstone

2 Alexandra Road Ulverstone 7315

Phone.....0484 337 478

Email: [frsunildesilva@gmail.com](mailto:frsunildesilva@gmail.com)

### Ulverstone Gospel Chapel

1a Amherst Street Ulverstone 7315

Place of Christian worship, this group provides opportunities for members to study the Bible, enjoy friendships and family activities.

Phone.....6425 3105

### St Andrews Presbyterian Church Ulverstone

59 Main Street Ulverstone 7315

Phone.....6425 7785

Email: [office@ulverstonepc.org.au](mailto:office@ulverstonepc.org.au)

### Sanctuary Hill Christian Fellowship Penguin

2 Main Road Penguin 7316

Phone.....0402 273 186

### Ulverstone Christian Reformed Church

36 John Street Ulverstone 7315

Phone.....0458 131 848

Email: [ulverstonecrc@gmail.com](mailto:ulverstonecrc@gmail.com)

Website: [ulverstonechristianreformedchurch.org.au](http://ulverstonechristianreformedchurch.org.au)

### The Salvation Army Ulverstone

23 Victoria Street Ulverstone 7315

Christian Church with a social welfare focus Sundays 10.30am

Children's and youth activities held during school terms.

Family support 10.00am–4.00pm Tues and Thurs.

Financial counselling and Positive Lifestyle program – by appt.

Lifetime community lunch noon Fridays \$3.00

“Home League” - empowering women 10.00am Wednesday.

Craft and Culture, Law and Justice, Salvation Army

Youth Activities

Phone.....6425 8800

Website: <https://www.salvationarmy.org.au/ulverstone>

### Seventh Day Adventist Church Ulverstone

90-100 South Road, Ulverstone 7315

Phone.....0418 220 799

**Uniting Church in Australia Penguin**

50 Main Road Penguin 7316

The Penguin Uniting Church is a landmark, overlooking the beach and Bass Strait beyond. The worshipping congregation strives to be an open church, open to God, open to each other and to the community. Visitors are most welcome.

Phone.....0447 228 747

Email: [penguin.unitingchurch@westnet.com.au](mailto:penguin.unitingchurch@westnet.com.au)

Website: <https://penguin.ucavictas.org.au/>

**Uniting Church in Australia Ulverstone**

Reibey Street Ulverstone 7315

Phone.....6425 4446

**The Rock Community Church**

2 Dooley St Penguin 7316

Phone.....0408 371 210

Email: [info@therock.net.au](mailto:info@therock.net.au)

Website: [www.therock.net.au](http://www.therock.net.au)

## Transport

### Buses 'R' Us

Buses R Us is the school & charter service of Smith's Travel, locally owned and operated for over 75 years. We take pride in providing a quality service to our customers which is safe, comfortable and reliable with professional staff to assist in all our customers travel needs.

Phone.....6437 6371

Email: [info@busesrus.net.au](mailto:info@busesrus.net.au)

Website: <https://www.busesrus.net.au/>

### Kerger's Bus Services

85 Ironcliffe Road Penguin 7316

Kergers Coaches is a family owned and operated company which began 1972. We provide reliable, safe transportation for students travelling to Penguin, Riana and Burnie. We are also available for school excursions and over night camps. Our fleet of ten buses range from 24 to 61 seating capacity

Phone.....0419 877 709

Email: [rkerger@bigpond.net.au](mailto:rkerger@bigpond.net.au)

Website: [www.kergerscoaches.com.au](http://www.kergerscoaches.com.au)

### Metro Bus Service

As the largest Tasmanian-owned passenger transport service provider, we operate a robust network of bus services in the vibrant cities of Hobart, Launceston, and Burnie.

Phone.....13 22 01

Email: [correspondence@metrotas.com.au](mailto:correspondence@metrotas.com.au)

Website: [www.metrotas.com.au](http://www.metrotas.com.au)

### Kinetic bus services

Kinetic also known as Redline, servicing the whole of Tasmania Bus services from Devonport to Ulverstone & return, Devonport to Port Sorell & return plus town buses transporting passengers within the Devonport area including Spreyton & Latrobe. Charter Buses available.

Phone.....1300 360 000

Email: [bookings@tasredline.com.au](mailto:bookings@tasredline.com.au)

Website: <https://www.wearekinetic.com/>

### Penguin Taxi

72 South Road Penguin 7316

Phone.....131008

### Ulverstone Taxis

King Edward Street Ulverstone 7315

King Edward Street Ulverstone 7315. Phone 6425 1093

Phone.....6425 1093

### Penguin Taxi Service

72 South Road Penguin 7316

Departs from Penguin, travels from Wynyard to Launceston, 24 hours a day. Phone 131 008

Phone.....131008

## Seniors

### Care2Serve

10 Strahan Street, South Burnie 7320

Care2Serve is the sole service provider of Carer

Gateway services in Tasmania.

Phone.....1800 422 737 (press 1)

Email: [intake@care2serve.com.au](mailto:intake@care2serve.com.au)

Website: <https://www.care2serve.com.au>

### Ulverstone Ladies Probus Club

Ulverstone Bowls Club 7315

A social club for active retired women

Phone.....6437 2433

Email: [shirley.f.guard@gmail.com](mailto:shirley.f.guard@gmail.com)

### COTA (Council on the Ageing) Tasmania - Care Finder

A free and friendly community service to help you navigate the aged care system

Phone.....1800 518 048

Website: <https://cotatas.org.au/programs/carefinder/>

### Relationships Australia

Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277

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

Website: <https://www.tas.relationships.org.au>

### Engender Equality

Engender Equality is a confidentially located service. For over 30 years, Engender Equality has worked with and on behalf of individuals, families and communities affected by family and domestic violence in Tasmania. Engender Equality's philosophies, practice and resources are based around lived experience and grounded in cutting-edge research.

Phone.....03 6278 9090

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

Website: <http://www.engenderequality.org.au>

### Mersey Community Care Association Inc

PO Box 286, Devonport 7310

Providing Services to allow Independent Inclusive Living. Transport, Home Maintenance, Social Support, Domestic Assistance

Phone.....6424 8883

Email: [mcca@merseycca.org.au](mailto:mcca@merseycca.org.au)

Website: <https://www.merseycca.org.au/>

### Asthma Australia (need to know opening hours)

1-7 Liverpool Street Hobart TAS 7001 7001

Asthma is a respiratory condition that affects more than 2.7 million Australians and is responsible for at least one Australian death every day, making it a serious health concern. Our purpose – To help people breathe better so they can live freely.

Phone.....1800 278 462

Email: [info@asthma.org.au](mailto:info@asthma.org.au)

Website: <http://www.asthma.org.au>

### Rural Alive and Well INC

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.

Phone.....0362541092

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

Website: <http://www.rawtas.com.au>

### Dementia Australia

63-65 Paringa Ave, Newnham TAS 7248

Dementia Australia is the national peak body supporting people living with dementia, their families and carers.

Phone.....1800 100 500

Email: Enquire on their website

Website: <http://www.dementia.org.au>

### Community Visitors Scheme

This scheme supports volunteer visits to provide friendship and companionship to older people.

Phone.....0477 883 942

Email: [gemma.pickrell@lifelinetasmania.org.au](mailto:gemma.pickrell@lifelinetasmania.org.au)

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

### Central Coast Garden Club Inc

Garden club that meets once a month as well as trips and much more

Phone.....0439 368 144

Email: [caroldavis11@bigpond.com](mailto:caroldavis11@bigpond.com)

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### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315  
Ulverstone Library is part of Libraries Tasmania.  
Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.  
Phone.....03 6464 3120  
Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)  
Website: <http://www.libraries.tas.gov.au>

### **Laurel House Sexual Assault support**

North West Tasmania 7310  
Laurel House is a not-for-profit, community-based sexual assault support service that operates across the North, North-East and North-West Tasmania. We provide a 24/7 support hotline, free counselling, training and education. Helping Victim-Survivors Recover  
Phone.....036431 9711  
Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)  
Website: <https://laurelhouse.org.au>

### **Central Coast Film Society**

6 Dial street Ulverstone 7315  
We are a community film society, providing monthly entertainment for locals.  
Phone.....0364254572  
Email: [centralcoastfilms@gmail.com](mailto:centralcoastfilms@gmail.com)

### **Penguin History Group Inc.**

Penguin Railway Station Main Road , Penguin 7316  
Collect and write the history of the town its people and the area.  
Phone.....0418 559 224 or 0488 715 431  
Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

### **Anglicare Drug and Alcohol Treatment Service (ADATS)**

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping  
Phone.....1800161266

### **Hearing Australia Ulverstone**

2/27 Victoria St, Ulverstone 7315  
Your hearing is our passion. Since 1947, Hearing Australia has provided expert hearing care to Australians of all ages and from all walks of life. And today, we are committed to helping even more people across the nation stay connected to the people and life they love.  
Phone.....13 44 32  
Website: <https://hearing.com.au>

### **Probus Club of Central Coast**

P.O. Box 497 Ulverstone 7315  
Friendship and fellowship club.  
Phone.....6437 1994

### **Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315  
The Centre provides residents with access to various community specialist services.  
Phone.....6464 3080  
Website: [www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre](http://www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre)

### **Ladies Group - Central Coast Community Shed**

Flora Street Ulverstone 7315  
The Central Coast Community Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!  
Phone.....6429 8900  
Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)  
Website: <https://www.centralcoast.tas.gov.au/community-shed/>

### **Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316  
The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health  
Phone.....0427 509 792 0418 331 198  
Email: [electric3906@gmail.com](mailto:electric3906@gmail.com)

### **North West Walking Club**

3 Gollan Street, Ulverstone  
Meets twice a month at Apex House, Ulverstone and conducts a minimum of one walk each weekend, some mid week walks and mulitday trips. Other pursuits such as cycling, kayaking and caving are regularly offered.  
Phone.....0408572014  
Website: <http://www.nwwc.org.au>

### **Tai Chi**

Kings Parade, Ulverstone 7315  
I am a Tai Chi practitioner providing classes  
Phone.....6425 5275  
Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

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### **Ulverstone Coast Care**

Beach Road Ulverstone 7315

Ulverstone Coastcare is a community group of people who have a common interest in caring for our coastline, planting, weeding and restoring the environment for the benefit of our community and native wildlife.

Phone.....0418 142 790

Email: [robyparker128@gmail.com](mailto:robyparker128@gmail.com)

### **Meals on Wheels (Ulverstone)**

15-19 Eastland Drive Ulverstone 7315

The Aim of Meals on Wheels Association of Tasmania Inc is to advance the Association as a leading provider of community services including the provision of meals to people and their carers who have a genuine need of assistance. More Than Just A Meal.

Phone.....tel:1800696325 Free call  
6425 1331

Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)

Website: <http://www.mowtas.org.au>

### **Central Coast Adult Day Centre**

48 Water St Ulverstone 7315

The Central Coast Adult Day Centre provides day centre services for aged, younger disabled and their carers and people from special needs groups.

Phone.....6464 3080

Email: [lorise.evison@ths.tas.gov.au](mailto:lorise.evison@ths.tas.gov.au)

### **Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café provides a space to laugh, smile and share in conversation. These local get-togethers have been shown to provide a major and positive impact on the quality of life of people living with dementia and their carers.

Phone.....6429 8900

Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)

Website: <http://www.centralcoast.tas.gov.au>,

### **Australia Red Cross - Ulverstone Branch**

49 King Edward Street, Ulverstone PO Box 398,  
Ulverstone 7315

We meet on the first Monday of each month at 1.30pm to discuss fundraising ideas and to offer fundraising ideas and to offer fellowship to members and guests.

Phone.....0415 809 703

Email: [cday@redcross.org.au](mailto:cday@redcross.org.au)

Website: <http://www.redcross.org.au>

### **Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

### **Community Transport Services Tasmania**

15-19 Eastland Drive Ulverstone 7315

If you or a loved one is aged over 65 or have a condition preventing you from undertaking daily activities (such as a disability), we offer a range of entry-level transport solutions to get you where you need to be.

Phone.....1800 781 033

Website: <http://www.ctst.org.au>

### **Mindfulness Programs Australasia**

Mindfulness Programs Australasia strives to create environments where people learn how to activate their innate capacity to reduce stress in their lives. We support people to live more aligned with their values; to live mindfully.

Phone.....0488 064 228

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

Website: <http://www.mindfulnessaus.com.au>

### **Suicide Call Back Service**

People at risk of Suicide, concerned about someone at risk or bereaved by Suicide

Phone.....1300 659 467

Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### **Sexual Assault Support Service**

People affected by any form of sexual violence

Phone.....1800 697 877

Website: [www.sass.org.au](http://www.sass.org.au)

### **1800 Respect**

People affected by family or domestic violence

Phone.....1800 737 732

Website: [www.1800respect.org.au](http://www.1800respect.org.au)

### **Health Direct**

People seeking quality health information or advice

Phone.....1800 022 222

### **Gambling Help Online**

Free Support for anyone affected by gambling

Phone.....1800 858 858

Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

### **Elder Abuse Hotline**

Whether you're concerned for yourself, for someone else, or you're concerned that your behaviour or actions might be abusive, the Elder Abuse Helpline is a safe place to ask questions.

Phone.....1800 441 169

Email: [helpline@yoursaytas.org](mailto:helpline@yoursaytas.org)

Website: [www.elderabuse.tas.gov.au](http://www.elderabuse.tas.gov.au)

### **National Debt Hotline**

Dealing with debt can be very stressful. The good news is that there are extensive laws in Australia which protect you as a consumer and can help you if you are in financial hardship.

Phone.....1800 007 007

Website: [ndh.org.au](http://ndh.org.au)

### **My Aged Care**

If you need some help around the house or think it's time to look into aged care homes, My Aged Care is here to help.

Phone.....1800 200 422

Website: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### **Penguin Community Op Shop**

95 Main St Penguin 7316

The Penguin Community Op Shop, along with the Rookery, seeks to serve the community in varied ways.

Phone.....0458 758 674

Email: [penguin.opshop@gmail.com](mailto:penguin.opshop@gmail.com)

### **Penguin Library**

81 Main Street, Penguin, TAS 7316

Offering lending items, access to online information, research/information services, free access to the internet and computers and a variety of programs, services and events for adults, children and young people enabling personal learning, growth and community connections.

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

Website: <https://libraries.tas.gov.au/locations/penguin-library/>

### **Island Care Coroneagh Park**

50 Ironcliffe Road Penguin 7316

Aged Care facility

Phone.....6437 2551

Email: [jessica.peach@respect.com.au](mailto:jessica.peach@respect.com.au)

Website: [www.respect.com.au](http://www.respect.com.au)

### **Respect Eliza Purton Home**

26-28 Lakin Street Ulverstone 7315

Aged care facility

Phone.....6425 1515

Website: [www.respect.com.au](http://www.respect.com.au)

### **Mount St Vincent Nursing Home and Therapy**

75 South Road Ulverstone 7315 7315

Aged Care and Therapy services provided

Phone.....1300 144 144

Email: [info@respect.com.au](mailto:info@respect.com.au)

Website: [www.respect.com.au](http://www.respect.com.au)

### **Ulverstone Senior Citizens Club**

16 King Edward Street Ulverstone 7315

Anyone over 55 years of age can become a member. An exception applies to couples where membership will be granted provided one partner is over 55. Must be a citizen of Central Coast or become an honorary member. All senior citizens are welcome

Phone.....6425 2584

### **Penguin Silver Salties**

Penguin Surf lifesaving Club 7316

The Silver Salties summer Walk and Talk program

Phone.....0456 038 003

Email: [pslscsalties@gmail.com](mailto:pslscsalties@gmail.com)

### **Navigating Aged Care**

The Navigating Aged Care office is based at a private residential address which is not accessible to clients. Please contact Kylie to explore suitable alternatives.

Postal Address: PO Box 5023 Ulverstone TAS 7315 7315

Empower people to explore and connect with aged care services and local community supports and programs/activities, promoting health and wellbeing.

Phone.....0499 259 309

Email: [kylie@navigatingagedcare.com.au](mailto:kylie@navigatingagedcare.com.au)

Website: <https://navigatingagedcare.com.au/>



## Social/Leisure

### Ulverstone Ladies Probus Club

Ulverstone Bowls Club 7315

A social club for active retired women

Phone.....6437 2433

Email: [shirley.f.guard@gmail.com](mailto:shirley.f.guard@gmail.com)

### North Motton Rural Youth Club

153 Preston Road, Gawler 7315

This is a social club which also does community work.

Membership is open to anyone 15-30 years of age, rural background not necessary. Official organisers of AGFEST field day.

Phone.....0473 452 445

Email: [northmottonry@hotmail.com](mailto:northmottonry@hotmail.com)

Website: [http://www.ruralyouth.com.au/north-motton?fbclid=IwZXh0bgNhZW0CMATAAR3pfh7yMf3v0quQsUPCeiIT1PLlobBqnnn1WYJX7BS2ihwy3Tn7Zp2N7w8\\_aem\\_Wnkhhx5JbjjTvJjtNt5VOg](http://www.ruralyouth.com.au/north-motton?fbclid=IwZXh0bgNhZW0CMATAAR3pfh7yMf3v0quQsUPCeiIT1PLlobBqnnn1WYJX7BS2ihwy3Tn7Zp2N7w8_aem_Wnkhhx5JbjjTvJjtNt5VOg)

### Ulverstone Garden Friends

Kat

Meetings held on the 1st Thursday of each month at 12.30pm for a friendly, social and warm atmosphere.

### Other Leisure and Hobbies

### Animal, Bird & Fishing Clubs

#### Young Anglers Development Inc

8 Jerling Street Ulverstone 7315

Open days at Fromberg's Dam, East Ulverstone on

the last Sunday of each month from August to April

except for December commencing 10.00am-

3.00pm. Membership can be purchased on open

days.

Lyle Hyland (Pres).....6425 4809

Mobile.....0419 537 043

Craig Viney (Sec).....6425 5355

Mobile.....0419 370 121

Julianne Stebbings (Treas) .....

#### Coastal Budgerigar Society

42 Bird Street Montello Burnie 7320

Annual Show held in February, Don Hall,

Devonport. Meetings held Devonport Library 1st

Tuesday of each month.

Dean Barber (Pres).....6431 1579

Catherine Charlesworth (Sec/Treas)

.....0409 257 131

Email ..... [c.charlesworth@bigpond.com.au](mailto:c.charlesworth@bigpond.com.au)

#### North West Homing Association

1 Elliott Street Ulverstone 7315

Race meetings on Saturdays from May-Nov

Craig Merritt (Pres).....6431 3041

Tony Sheehan (Sec/Treas) .....6425 4707

Mobile..... 0427 254 707

Email.....

#### Ulverstone Kennel Club

PO Box 212 Ulverstone 7315

Open to all pedigree dog breeders interested in

showing dogs. Obedience, trials and shows held.

Ria Weeda (Pres).....6425 2862

Mobile..... 0437 252 800

Patricia MacKinnon (Sec).....6424 4448

Mobile..... 0457 770 709

K Brown (Treas) .....6445 1487

Email.....[jrweeda@bigpond.com](mailto:jrweeda@bigpond.com)

#### Ulverstone Poultry Club

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16 Hensby Court Ulverstone 7315

Breeding and showing pure bred poultry \$10.00

membership – April and August.

Peter Biddle (Sec) .....6425 2661

Mobile..... 0447 752 661

## **Equestrian**

### **Central Coast Polo-Cross Association Inc**

PO Box 296 Ulverstone 7315

Competitions are held from January to April.

Training starts in October and goes through until

December. Members and players most welcome.

Tanya McNab (Pres) ..... 0427 252 797

Anna van der Meulen (Sec) ..... 0448 022 650

Sam van der Meulen (Treas)..... 0419 312 577

Phone .....6429 3135

Vanessa Whatley (Match Mgr)..... 0408 142 024

Email..... anzoron@hotmail.com

### **Dressage Association of Tasmania North West**

#### **Branch**

Thirlstone Golf Club (44 Pecks Rd Flowerdale

7325)

Dressage competitions and State dressage

championships.

Jamie Smith (Pres).....0409 505 334

Email ..... jamiesmith@bigpond.com

Pia Nowell (V/Pres).....0408 140 421

Mickcarla Townsend (Sec).....0409 359 437

Email .....mickcarla.townsend@gmail.com

Website .....www.dat.equestrian.org.au

### **Leven Pony Club Inc**

Postal: PO Box 59, Ulverstone 7315

This is a community club for riders up to age 21 to

learn to ride horses. They receive instruction on

horsemanship and how to improve their riding.

Greg Stones (Pres) .....0419 582 224

Sabrina Docherty (Sec).....0438 689 938

Jodi Hutchins (DC\*).....0417 340 757

Jo Conroy (Treas) .....

Email ..... j.hutchins4@bigpond.com

Website ..... www.leven.pcat.org.au

(\*District Commissioner)

## **Machinery Society**

### **Historical Machinery Club of Tasmania**

PO Box 8 Penguin 7316

Not open to public unless advertised

Brian Scott (Pres).....6433 1173

Mobile .....0400 248 044

Phillip Weeks (Sec).....6433 0813

Mobile.....0408 330 813

Ivan Best (Treas).....6435 3239

Mobile.....0418 129 938

Email .....m-weeks@bigpond.com.au

Website ..... www.oldengine.org/members/allsop

## **Model Railway**

### **The North West Model Engineering Society Inc.**

(Ulverstone Miniature Railway site)

21 Maskells Road Ulverstone 7315

The Ulverstone Miniature Railway is open to the

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public every 1st and 3rd Sunday of the month –

10.00am–4.00pm. Open weekdays for school

outings, playgroups etc. by arrangement.

Owen Collier (Pres) .....0409 673 550

## **Motor Cycle**

### **North West Motorcycle Riders Association of**

#### **Tasmania Inc**

PO Box 762 Burnie 7320

Garry Edwards .....6437 6347

Mobile..... 0438 313 949

Email.....[gewar@simplot.com.au](mailto:gewar@simplot.com.au)

Karleen Boss (Sec) .....6435 7453

Email.....[halfabos@hotmail.com](mailto:halfabos@hotmail.com)

Kathleen Evans (Treas).....6435 1760

Mobile..... 0438 998 470

Email..... [ambiedrifters1@bigpond.com](mailto:ambiedrifters1@bigpond.com)

## **Scrabble Club**

### **Ulverstone Scrabble Club**

8-10 Lugana Crescent West Ulverstone 7315

Social and competitive scrabble is conducted every

Wednesday from 9.30am–12.30pm. Scrabble is

played at the Ulverstone Neighbourhood House.

Simon Douglas (Coordinator).....6425 4186

Email..... [manager@ulvhouse.com.au](mailto:manager@ulvhouse.com.au)

## **Jumping Tasmania North West**

267 South Rd, West Ulverstone TAS 7315

Jumping Tasmania North West is a club that supports and is strongly associated with encouraging junior development, gender equality, goodwill and co-operation and encourages family participation in a sport associated with style, excellence and excitement.

Phone.....0438783317

Email: [sjtnorthwest@gmail.com](mailto:sjtnorthwest@gmail.com)

Website: <https://www.tas.equestrian.org.au/jumping/content/north-west-branch>

## **Penguin Hills Yoga and Pilates**

82 White Hills road Penguin 7316

I teach personalised Yoga and Pilates to create optimal health, with some specialist classes such as Yoga for Strong Bones and Yoga for the Immune system. My classes balance stability, mobility and strength as well as providing an enjoyable experience.

Phone.....0409823847

Email: [forestmy@hotmail.com](mailto:forestmy@hotmail.com)

Website: <http://www.Penguinyogapilates.com>

## **Family Based Care Tasmania**

73-75 Mount Street, Burnie 70 Oldaker St Devonport 7320 7310

Family Based Care Tasmania offer services based on wellness and reablement, supporting you at home to do the things you can and helping you with the things you can't manage on your own.

Phone.....1800 684 098

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

Website: [www.familybasedcare.org.au](http://www.familybasedcare.org.au)

## **Ulverstone Rowing Club**

Kings ParadeUlverstone, 7315

Our Facility is a Rowing Club which also has a Venue for Hire with a fully functioning kitchen and a Venue that can hold up to 250 people comfortably which is 400m2.

Phone.....0427 316 047

Email: [Events@ulverstonerowingclub.org.au](mailto:Events@ulverstonerowingclub.org.au)

Website: <http://Ulverstonerowingclub.org.au>

## **Australian Plants Society Tasmania (APST)Inc. North West Group**

The Australian Plants Society Tasmania Inc. is made up of people interested in the propagation, cultivation and conservation of plants native to Australia, especially those found in our state. The North West Group is one of three in Tasmania, others being based in Hobart and Launceston.

Phone.....0488 402 210

Email: [apstnorthwest@gmail.com](mailto:apstnorthwest@gmail.com)

Website: <http://www.apstas.org.au>

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### **Tasmanian Endurance Riders Club**

Tasmanian Endurance Riders Club is a club for Off Road Motorcycle enthusiasts. The Club is based on the North West Coast of Tasmania, Australia, and Members come from as far as Zeehan on the far West to Scottsdale on the North East Coast, and all places in between.

Email: [info@taserc.com](mailto:info@taserc.com)

Website: <http://www.taserc.com>

### **Central Coast Garden Club Inc**

Garden club that meets once a month as well as trips and much more

Phone..... 0439 368 144

Email: [caroldavis11@bigpond.com](mailto:caroldavis11@bigpond.com)

### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

Ulverstone Library is part of Libraries Tasmania.

Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

Website: <http://www.libraries.tas.gov.au>

### **Penguin Squash Club**

Penguin Sports Centre, Ironcliff Road, Penguin 7316

The Penguin Squash Club is a great community based organisation, who aim to provide a fun, welcoming and supportive environment, for people of all ages and abilities. Squash is a game that is easy to learn, will help improve fitness, and provides a great opportunity to make new friends.

Phone.....0456 182 546

Email: [penguinsquashclub@outlook.com](mailto:penguinsquashclub@outlook.com)

Website:

<https://www.revolutionise.com.au/penguinsc/home>

### **Penguin Golf Club**

Sports Complex Drive, Penguin, Tasmania. 7316

The Penguin Golf Course is a beautifully maintained nine-hole public golf course, situated in Penguin, Tasmania.

Phone.....03 6437 2767 or

President (Terry Burton) 0428 003 368

Email: [info@penguinolfclub.com.au](mailto:info@penguinolfclub.com.au)

Website: <http://www.penguinolfclub.com.au>

### **Bootscootin' Devils**

Ulverstone Rowing Club 7315

Our group line dances at the Ulverstone Rowing Club. We welcome all ages and genders. \$5.00 per session. We are a non profit community group and excess funds are donated to local charities each year.

Phone.....Phone: Deb 0447 313 006 or Leanne 0487 654 711

Email: [bootscootindevils@hotmail.com](mailto:bootscootindevils@hotmail.com)

### **RAAFA NW Tasmania**

The RAAFA was established to foster friendships based on sharing Air Force and aviation experience, support commemorative activities,

Phone.....0407 400 726

Email: [stewy52@bigpond.com](mailto:stewy52@bigpond.com)

Website: [www.raafatas.com](http://www.raafatas.com)

### **Penguin Sports and Services Club**

11 Sports complex Avenue Penguin 7316

Family friendly environment; incorporating the Golf, Bowls, Snooker, Darts and RSL Clubs. Meals

Phone.....03) 6437 2767

### **Lions Club of Forth Valley Inc**

P.O. Box 319, Forth 7310

We provide support for a vast range of projects within our District.

Phone.....0429 133 711

Email: [forthvalley@lionstasmania.org](mailto:forthvalley@lionstasmania.org)

### **Central Coast Film Society**

6 Dial street Ulverstone 7315

We are a community film society, providing monthly entertainment for locals.

Phone.....0364254572

Email: [centralcoastfilms@gmail.com](mailto:centralcoastfilms@gmail.com)

### **The Hive Visitor Centre**

50 Main St Ulverstone 7315

The Ulverstone Visitor Information Centre offers a full range of visitor services. Drop in to explore what's happening across the great Central Coast region.

Phone.....03 6425 2839

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

Website: [www.hivetasmania.com.au](http://www.hivetasmania.com.au)

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### **Penguin Visitor Information Centre**

78 Main Road, Penguin TAS 7316

For things to do, what to see and where to go in Penguin and surrounds just ask at the Penguin Visitor Information Centre because we know our beautiful place best!

Phone.....03 6437 1421

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

Website: <https://www.centralcoast.tas.gov.au/penguin-visitor-information-centre/>

### **Penguin History Group Inc.**

Penguin Railway Station Main Road , Penguin 7316

Collect and write the history of the town its people and the area.

Phone.....0418 559 224 or 0488 715 431

Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

### **Rotary Club of Ulverstone West**

41 Water St Ulverstone 7315

Since 1986, we have provided service to the West Ulverstone, Ulverstone and Penguin communities. We continue to support programs in our local, national and international communities.

Email: [president.ulverstonewest@rotary9830.org.au](mailto:president.ulverstonewest@rotary9830.org.au)

### **Probus Club of Central Coast**

P.O. Box 497 Ulverstone 7315

Friendship and fellowship club.

Phone.....6437 1994

### **Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

The Centre provides residents with access to various community specialist services.

Phone.....6464 3080

Website: [www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre](http://www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre)

### **Men's Shed Ulverstone**

Flora Street Ulverstone 7315

The Ulverstone Men's Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [mensshedulverstone@gmail.com](mailto:mensshedulverstone@gmail.com)

Website: <http://tasmanianmensshed.org.au>

### **Ladies Group - Central Coast Community Shed**

Flora Street Ulverstone 7315

The Central Coast Community Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

<https://www.centralcoast.tas.gov.au/community-shed/>

### **Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health

Phone.....0427 509 792 0418 331 198

Email: [electric3906@gmail.com](mailto:electric3906@gmail.com)

### **North West Walking Club**

3 Gollan Street, Ulverstone

Meets twice a month at Apex House, Ulverstone and conducts a minimum of one walk each weekend, some mid week walks and mulitday trips. Other pursuits such as cycling, kayaking and caving are regularly offered.

Phone.....0408572014

Website: <http://www.nwwc.org.au>

### **Tai Chi**

Kings Parade, Ulverstone 7315

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

### **Ulverstone Coast Care**

Beach Road Ulverstone 7315

Ulverstone Coastcare is a community group of people who have a common interest in caring for our coastline, planting, weeding and restoring the environment for the benefit of our community and native wildlife.

Phone.....0418 142 790

Email: [robyparker128@gmail.com](mailto:robyparker128@gmail.com)

### **Anglicare's KIDS – Kind Individuals Delivering Support**

We know that children thrive when families have access to the support they need. If you live in the East Devonport, Kentish or Latrobe regions and want to build your confidence and skills as a parent, KIDS can support you.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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**Rotaract Club of Central Coast**

We are a youth organisation that provide community services locally and internationally, whilst strengthening friendships and networks.

Website:

<https://www.rotaryulverstonewest.org.au/rotaract.html>

**Three Point Health Services**

Rowing Club, Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....0412 915 336

Website: <http://www.threepointhealth.com.au>

**Central Coast Adult Day Centre**

48 Water St Ulverstone 7315

The Central Coast Adult Day Centre provides day centre services for aged, younger disabled and their carers and people from special needs groups.

Phone.....6464 3080

Email: [lorise.evison@ths.tas.gov.au](mailto:lorise.evison@ths.tas.gov.au)

**Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café provides a space to laugh, smile and share in conversation. These local get-togethers have been shown to provide a major and positive impact on the quality of life of people living with dementia and their carers.

Phone.....6429 8900

Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)

Website: <http://www.centralcoast.tas.gov.au>,

**Ulverstone Softball Association**

Ulverstone 7315

Softball, open to players six years of age, and older men and women. Games are played Saturdays, October through to March. Men's games are played Monday nights.

Phone.....0408752950

Email: [ulverstonesoftball@gmail.com](mailto:ulverstonesoftball@gmail.com)

**The Training Fix**

Corner of Alice and Queen Street Ulverstone 7315

Accredited Exercise Physiologist, Personal Training, Group Fitness Classes, Exercise Programming and fully equipped gym

Phone.....0439 310 206

Email: [tfix@bigpond.net.au](mailto:tfix@bigpond.net.au)

**Australia Red Cross - Ulverstone Branch**

49 King Edward Street, Ulverstone PO Box 398, Ulverstone 7315

We meet on the first Monday of each month at 1.30pm to discuss fundraising ideas and to offer fundraising ideas and to offer fellowship to members and guests.

Phone.....0415 809 703

Email: [cday@redcross.org.au](mailto:cday@redcross.org.au)

Website: <http://www.redcross.org.au>

**Penguin Library**

81 Main Street, Penguin, TAS 7316

Offering lending items, access to online information, research/information services, free access to the internet and computers and a variety of programs, services and events for adults, children and young people enabling personal learning, growth and community connections.

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

Website: <https://libraries.tas.gov.au/locations/penguin-library/>

**Ulverstone Community Garden**

2 Westshore Rd Ulverstone 7315

Residents and visitors are welcome to volunteer in the Garden, picking produce or simply walking amongst raised garden beds, fruit trees and native Australian plants. The Garden is also a venue for workshops to inspire and teach both new and experienced gardeners.

Phone.....0430 716 576

Email: [ulverstonegarden@gmail.com](mailto:ulverstonegarden@gmail.com)

**Abbotsham Hall**

Phone.....0438 878 983

**Blythe Heads Hall**

42 Nine Mile Road Howth 7316

Phone.....6435 4340

**Gawler Hall**

Phone.....6425 2333

**Gunns Plains Community Centre**

597 Gunns Plains Rd Gunns Plains 7315

Phone.....6429 1163

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**Heybridge Recreation Ground**

30 River Road Heybridge 7316

Phone.....0417 026 907

**Kindred Hall**

Phone.....0408 281 841

**North Motton Hall**

584 Preston Main Road North Motton 7315

Phone.....0439 062 470

**Masonic Lodge of Peace Penguin**

Ironcliffe Road Penguin 7315

Phone.....6437 2492

Email: [gdeacon287@bigpond.com](mailto:gdeacon287@bigpond.com)

Website: [lodgeofpeace.freemasonrytasmania.org](http://lodgeofpeace.freemasonrytasmania.org)

**RAOB GAB Lodge Ulverstone**

PO Box 349 Ulverstone 7315

Buffalo Lodge – charitable organisation

Phone.....6425 3936

**Riana Community Centre**

Main Road Riana 7316

Phone.....0417 357 201

Email: [rob@westernelectrics.com.au](mailto:rob@westernelectrics.com.au)

**South Riana Memorial Hall**

776 South Riana Road, South Riana 7316

Community Hall providing community services for a variety of functions, weddings, family nights etc some catering options available.

Phone.....0439 484 471

**Sprent Community Centre**

1299 Castra Road, Sprent 7315

A place for locals to socialise and check in on each other in the Sprent district

Phone.....0447 003 829

Email: [sprenthall@outlook.com](mailto:sprenthall@outlook.com)

Website:

[www.facebook.com/profile.php?id=61559012130419](http://www.facebook.com/profile.php?id=61559012130419)

**Sulphur Creek Hall**

Phone.....6429 8900

Email: [bookings@centralcoast.tas.gov.au](mailto:bookings@centralcoast.tas.gov.au)

**Turners Beach Hall**

58-60 Esplanade Turners Beach 7315

Phone.....6429 8900

Email: [bookings@centralcoast.tas.gov.au](mailto:bookings@centralcoast.tas.gov.au)

**Ulverstone Municipal Bandrooms**

2 Wharf Road Ulverstone 7315

An enthusiastic group of people with a passion for enjoying and playing music and sharing this with the community at events, parades and concerts. We provide opportunity for people of all ages to learn a brass instruments and read musing

Phone.....6425 6462

Email: [u.m.b.@bigpond.com](mailto:u.m.b.@bigpond.com)

Website: [www.ulverstoneband.com.au](http://www.ulverstoneband.com.au)

**Ulverstone Surf Life Saving Club**

PO Box 234 Ulverstone 7315

Our Club has a range of facilities to suit a variety of functions, whether they be for corporate, community or personal gatherings.

Phone.....6425 2404

Email: [ulverstoneslsc@gmail.com](mailto:ulverstoneslsc@gmail.com)

Website: [www.ulverstoneslsc.org](http://www.ulverstoneslsc.org)

**Ulverstone Scrabble Club**

8- 10 Lugana Crescent West Ulverstone 7315

Social and competitive scrabble is conducted every Wednesday from 9.30am–12.30pm. Scrabble is played at the Ulverstone Neighbourhood House

Phone.....64254186

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

**North West Botanical Artists**

Forth Town Hall, Main Road Forth 7310

Meet every Thursday between 10.00am and 2.00pm. Cost \$5.00 per week.

Phone.....6426 2509

Email: [ghengisdakatt14@gmail.com](mailto:ghengisdakatt14@gmail.com)

**Baptist Church Chat 'n' Choose Penguin**

130 Ironcliffe Road Penguin 7316

Thursday mornings 10.00am–12pm during school terms (fee includes morning tea).

Phone.....6437 2732

Email: [adamsuebrett@bigpond.com](mailto:adamsuebrett@bigpond.com)

Website: [www.penguinbaptist.org.au](http://www.penguinbaptist.org.au)

### **Hidden Talents**

Ulverstone Uniting Church Reibey Street Ulverstone  
7315

Hidden Talents craft is an outreach of Uniting Church for people (non-denominational) to get together.

Phone.....0438 251 562

### **North West Woodcraft Guild**

HIVE, Studio 3, Main Road, Ulverstone 7315

The North West Woodcraft Guild fosters woodworking skills in our members and the community. Provides a venue for our members to socialize.

Phone.....6448 7108

Email: [northwestwoodcraftguild@gmail.com](mailto:northwestwoodcraftguild@gmail.com)

### **The Embroiderers Guild of Tasmania**

St Andrews Presbyterian Hall, Main Street Ulverstone.  
7315

Members bring their own threads and fabric to work on their own and joint projects. Tea and coffee supplied by guild. New members welcome.

Phone.....6425 1427

### **Forth Valley History Group**

) 59 Kindred Road Forth 7310

The History group aims to foster interest in the history of Forth and the surrounding Forth Valley areas.

Exhibitions featuring photographs and information about local history are occasionally held in the Forth Community Hall. People who are interested are warmly invited to join as members.

Phone.....6428 2985

Email: [mark1949@bigpond.net.au](mailto:mark1949@bigpond.net.au)

### **Penguin Silver Salties**

Penguin Surf lifesaving Club 7316

The Silver Salties summer Walk and Talk program

Phone.....0456 038 003

Email: [pslscsalties@gmail.com](mailto:pslscsalties@gmail.com)

### **Cradle Coast Mountain Bike Club Inc.**

Ironcliffe Road, Penguin 7316

The CCMBC is dedicated to the promotion and advocacy of mountain biking in Tasmania. We are responsible for the Penguin MTB Park and Dial Range trails.

Phone.....0407 254 255

Email: [club@ccmbc.com.au](mailto:club@ccmbc.com.au)

Website: [www.ccmbc.com.au](http://www.ccmbc.com.au)

## Sports & Recreation

### Leven District Scout Association

PO Box 433 Ulverstone 7315

The general function of the Association is to safeguard and encourage scouting whilst maintaining the independence of the several scout groups in the Leven District.

Phone.....0438 143 755

Email: [chair.leven@scoutstas.org.au](mailto:chair.leven@scoutstas.org.au)

### Central Coast Girl Guides

34 Main Street Ulverstone 7315

Guides meet Mon-Wed for girls aged 5-18 years.

Phone.....6425 4946

Email: [office@guidestas.org.au](mailto:office@guidestas.org.au)

Website: <http://www.guidestas.org.au>

### Inspirations Paint Central Coast Cricket Club

Haywoods Reserve, Ulverstone 7315

Cricket

Phone.....64251660

Email: [centracoastcc@hotmail.com](mailto:centracoastcc@hotmail.com)

### Slipstream Circus

7 Flora St, Ulverstone 7315

Slipstream conducts classes in circus skills for all ages and skill levels. We aim to foster personal development as well as cooperation and community involvement.

Circus Classes, Workshops and Performances for events and festivals. School Programs & Social Circus to the community.

Phone.....0459 028 352

Email: [office@slipstreamcircus.org.au](mailto:office@slipstreamcircus.org.au)

Website: <https://www.slipstreamcircus.org.au>

### Penguin Hills Yoga and Pilates

82 White Hills road Penguin 7316

I teach personalised Yoga and Pilates to create optimal health, with some specialist classes such as Yoga for Strong Bones and Yoga for the Immune system. My classes balance stability, mobility and strength as well as providing an enjoyable experience.

Phone.....0409823847

Email: [forestmy@hotmail.com](mailto:forestmy@hotmail.com)

Website: <http://www.Penguinyogapilates.com>

### Ulverstone District Cricket Club Inc.

River Road, West Ulverstone 7315

Provide players with opportunities to play cricket at a Senior Level, or at a Junior level, both male or female

Phone.....6425 4880

Website: <http://udcc.com.au>

### Ulverstone Football Club Inc.

1 Victoria Street, Ulverstone 7315

Provide football opportunities for seniors- male and female, juniors - male and female

Phone.....6425 3794

Email: [ufc@tassie.net.au](mailto:ufc@tassie.net.au)

Website: <http://ufcrobins.com.au>

### Ulverstone Rowing Club

Kings Parade Ulverstone, 7315

Our Facility is a Rowing Club which also has a Venue for Hire with a fully functioning kitchen and a Venue that can hold up to 250 people comfortably which is 400m2.

Phone.....0427 316 047

Email: [Events@ulverstonerowingclub.org.au](mailto:Events@ulverstonerowingclub.org.au)

Website: <http://Ulverstonerowingclub.org.au>

### Australian Plants Society Tasmania (APST) Inc. North West Group

The Australian Plants Society Tasmania Inc. is made up of people interested in the propagation, cultivation and conservation of plants native to Australia, especially those found in our state. The North West Group is one of three in Tasmania, others being based in Hobart and Launceston.

Phone.....0488 402 210

Email: [apstnorthwest@gmail.com](mailto:apstnorthwest@gmail.com)

Website: <http://www.apstas.org.au>

### Tasmanian Endurance Riders Club

Tasmanian Endurance Riders Club is a club for Off Road Motorcycle enthusiasts. The Club is based on the North West Coast of Tasmania, Australia, and Members come from as far as Zeehan on the far West to Scottsdale on the North East Coast, and all places in between.

Email: [info@taserc.com](mailto:info@taserc.com)

Website: <http://www.taserc.com>

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### **Penguin Squash Club**

Penguin Sports Centre, Ironcliffe Road, Penguin 7316  
The Penguin Squash Club is a great community based organisation, who aim to provide a fun, welcoming and supportive environment, for people of all ages and abilities. Squash is a game that is easy to learn, will help improve fitness, and provides a great opportunity to make new friends.

Phone.....0456 182 546

Email: [penguinsquashclub@outlook.com](mailto:penguinsquashclub@outlook.com)

Website:

<https://www.revolutionise.com.au/penguinsc/home>

### **Penguin Golf Club**

Sports Complex Drive, Penguin, Tasmania. 7316  
The Penguin Golf Course is a beautifully maintained nine-hole public golf course, situated in Penguin, Tasmania.

Phone.....03 6437 2767 or

President (Terry Burton) 0428 003 368

Email: [info@penguingolfclub.com.au](mailto:info@penguingolfclub.com.au)

Website: <http://www.penguingolfclub.com.au>

### **Bootscootin' Devils**

Ulverstone Rowing Club 7315

Our group line dances at the Ulverstone Rowing Club. We welcome all ages and genders. \$5.00 per session. We are a non profit community group and excess funds are donated to local charities each year.

Phone.....Phone: Deb 0447 313 006 or Leanne 0487 654 711

Email: [bootscootindevils@hotmail.com](mailto:bootscootindevils@hotmail.com)

### **Penguin Cricket Club**

1 Dial Park Drive Penguin 7316

Penguin Cricket Club is affiliated with Burnie Cricket league and provides cricket for juniors (13+) and adults in Penguin during the cricket season (October to March).

Phone.....0438 001 446

Email: [penguincricketclub@gmail.com](mailto:penguincricketclub@gmail.com)

Website: <https://penguincc.tas.cricket.com.au>

### **Turners Beach Cricket Club**

3 Henry Street, Turners Beach 7315

Cricket club. Amateur Sports Team.

Phone.....6428 2260 / 0457 818 702

Email: [turnersbeachcricketclub@gmail.com](mailto:turnersbeachcricketclub@gmail.com)

Website: <https://www.playhq.com/cricket-australia/org/turners-beach-cricket-club/8c5db679>

### **Tai Chi**

Kings Parade, Ulverstone 7315

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

### **Three Point Health Services**

Rowing Club, Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....0412 915 336

Website: <http://www.threepointhealth.com.au>

### **Ulverstone Softball Association**

Ulverstone 7315

Softball, open to players six years of age, and older men and women. Games are played Saturdays, October through to March. Men's games are played Monday nights.

Phone.....0408752950

Email: [ulverstonesoftball@gmail.com](mailto:ulverstonesoftball@gmail.com)

### **The Training Fix**

Corner of Alice and Queen Street Ulverstone 7315

Accredited Exercise Physiologist, Personal Training, Group Fitness Classes, Exercise Programming and fully equipped gym

Phone.....0439 310 206

Email: [tfix@bigpond.net.au](mailto:tfix@bigpond.net.au)

### **Ulverstone Basketball Association**

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages

Email: [ulverstonebasketball@outlook.com](mailto:ulverstonebasketball@outlook.com)

### **NW Tasmania Thunder Basketball Club Inc**

Flora St Ulverstone 7315

NW Tasmania Thunder Basketball Club Inc. has a men's basketball team called St.LukesHealth NW Thunder which enters the NBL1 Roster which is played interstate and intrastate. It is a state representative team along with Launceston Tornadoes and Hobart Chargers.

Phone.....0474 868 580

Email: [enquiries@nwthunder.com.au](mailto:enquiries@nwthunder.com.au)

Website: <https://nwtasmania.nbl1.com.au/>

### **Penguin Football Club**

Dial Park, Dial Park Drive, Penguin 7316

The Penguin Football Club provides opportunities to play football in the NWFL.

Phone.....0407 076 497

Email: [penguinfootballclub@gmail.com](mailto:penguinfootballclub@gmail.com)

Website: [www.penguinfc.com.au](http://www.penguinfc.com.au)

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**Penguin Sports and Services Club**

(PO Box 178) Dial Road Penguin 7316

Visitors to bowls and golf welcome.

Phone.....6437 2767

Email: [info@penguinsportsclub.com.au](mailto:info@penguinsportsclub.com.au)

Website: <https://penguinsportsclub.com.au/>

**Penguin Sports Centre**

Ironcliffe Road Penguin 7316

Phone.....6425 6533

Email: [recen@centralcoast.tas.gov.au](mailto:recen@centralcoast.tas.gov.au)

**Ulverstone Sports and Leisure Complex  
(Schweppes Arena)**

Flora Street Ulverstone 7315

The Ulverstone Sports and Leisure Complex has various meeting rooms, large stadium facilities and is the perfect venue to hold Concerts, Exhibitions and Major Sporting events. It also has Dormitory facilities for 40 people.

Phone.....6425 6533

Email: [recen@centralcoast.tas.gov.au](mailto:recen@centralcoast.tas.gov.au)

Website: [www.centralcoast.tas.gov.au](http://www.centralcoast.tas.gov.au)

**Leven Yacht Club Inc**

Dial Street Ulverstone 7315

The club offers training and racing of sailboards, dinghies, trailer sailors and catamarans on Saturdays from October to April. Visitors are welcome.

Phone.....6425 7736

Email: [fmearns@harvestmoon.com.au](mailto:fmearns@harvestmoon.com.au)

**East Ulverstone Football Clubrooms**

PO Box 241, Ulverstone 7315 Haywoods Reserve  
Ulverstone 7315

Phone.....6425 1660

Email: [eastulvcrows@gmail.com](mailto:eastulvcrows@gmail.com)

**Forth Football Clubrooms**

Mell Street, Forth 7315

Phone.....0448 597 470

Email: [forthfc@gmail.com](mailto:forthfc@gmail.com)

**Turners Beach Football Clubrooms**

(PO Box 4) Recreation Ground Turners Beach 7315

Phone.....6428 2260

Email: [turnersbeachfc@hotmail.com](mailto:turnersbeachfc@hotmail.com)

**Ulverstone Cricket Clubrooms**

(PO Box 195) River Road Ulverstone 7315

Phone.....6425 4880

Email: [ulverstoncricketclub50@gmail.com](mailto:ulverstoncricketclub50@gmail.com)

Website: <https://www.udcc.com.au/>

**Ulverstone Rowing Club**

Kings Parade Ulverstone 7315

Phone.....6425 2340

Email: [events@ulverstonerowingclub.org.au](mailto:events@ulverstonerowingclub.org.au)

**Ulverstone Soccer Clubrooms**

(PO Box 118) Showground Ulverstone 7315

Phone.....0418 498 312

Email: [secretary@ulverstonesc.com](mailto:secretary@ulverstonesc.com)

Website: <https://www.ulverstonesc.com/>

**West Ulverstone Football Clubrooms**

49 Amy Street, West Ulverstone 7315

Phone.....0464 255 204

Email: [westulverstonefc@gmail.com](mailto:westulverstonefc@gmail.com)

**Penguin Surf Life Saving Club**

62 Preservation Drive, Preservation Bay 7316

The fully licensed large function room with a commercial kitchen and smaller meeting room is available to hire by contacting the club.

Phone.....6437 2639

Email: [pslscbookings@gmail.com](mailto:pslscbookings@gmail.com)

Website: [www.penguinslsc.org.au](http://www.penguinslsc.org.au)

**South Riana Memorial Hall**

776 South Riana Road, South Riana 7316

Community Hall providing community services for a variety of functions, weddings, family nights etc some catering options available.

Phone.....0439 484 471

**Ulverstone Golf and Function Centre**

Lobster Creek Road Ulverstone 7315

Clubrooms are available for weddings, catered functions and seminars. Licensed to seat 160 and standing 390.

Phone.....6425 2322

Email: [ulverstonegolf@bigpond.com](mailto:ulverstonegolf@bigpond.com)

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**Ulverstone Surf Life Saving Club**

PO Box 234 Ulverstone 7315

Our Club has a range of facilities to suit a variety of functions, whether they be for corporate, community or personal gatherings.

Phone.....6425 2404

Email: [ulverstoneslsc@gmail.com](mailto:ulverstoneslsc@gmail.com)

Website: [www.ulverstoneslsc.org](http://www.ulverstoneslsc.org)

**North West Athletic Club Inc**

Recreation Drive Penguin 7316

Phone.....0408 544 806

Email: [nwtasathletics@gmail.com](mailto:nwtasathletics@gmail.com)

Website: <https://www.nwtasathletics.org/contact>

**Penguin Sports and Axemans Club**

744 South Road Penguin 7316

Phone.....6437 1275

Email: [susan.dick@education.tas.gov.au](mailto:susan.dick@education.tas.gov.au)

**Central Coast Badminton Association**

22 Risby Street Ulverstone 7315

Phone.....6425 2828

Email: [bradsalty@y7mail.com](mailto:bradsalty@y7mail.com)

**North West Badminton Association Inc**

PO Box 148, Ulverstone 7315

Phone.....0418 202 980

Email: [brent.munday@education.tas.gov.au](mailto:brent.munday@education.tas.gov.au)

**Penguin Basketball Association**

PO Box 44 Penguin 7316

10 years and upwards

Email: [pba.tas.secretary@gmail.com](mailto:pba.tas.secretary@gmail.com)

Website: [https://websites.mygameday.app/assoc\\_page.cgi?client=0-4341-0-0-0](https://websites.mygameday.app/assoc_page.cgi?client=0-4341-0-0-0)

**Ulverstone Basketball Association**

Flora Street Ulverstone 7315

10 years and upwards

Email: [ulverstonebasketball@outlook.com](mailto:ulverstonebasketball@outlook.com)

Website: [https://websites.mygameday.app/assoc\\_page.cgi?client=0-4345-0-466214-0](https://websites.mygameday.app/assoc_page.cgi?client=0-4345-0-466214-0)

**NW Tasmania Thunder Basketball Association**

Flora Street Ulverstone 7315

NBL1 Team

Phone.....0474 868 580

Email: [enquiries@nwthunder.com.au](mailto:enquiries@nwthunder.com.au)

Website: <https://nwtasmania.nbl1.com.au/>

**Riana Indoor Bias Bowls Club**

1221 Pine Road Riana 7316

Social and pennant games – Affiliated with Emu Bay Association.

Phone.....0427 504 158

Email: [renmicking@gmail.com](mailto:renmicking@gmail.com)

**Turners Beach Bowls Club**

5 Henry Street, Turners Beach 7315

Our Bowling Club is situated in a beautiful location – right alongside a local landmark, with views of the great park next door, and the gorgeous sunsets that bring an inspiring end to a satisfying day of lawn bowls.

Phone.....0400 842 121

Email: [tbbci38@bigpond.com](mailto:tbbci38@bigpond.com)

Website: [www.turnersbeach.bowls.com.au](http://www.turnersbeach.bowls.com.au)

**Ulverstone Bowling Club Inc**

41 Water Street, Ulverstone 7315

The Club caters for lawn and indoor bowlers. Home of Darts and several community based groups such as the Crib Club.

Phone.....6425 1071

Email: [office@ulverstonebowlsclub.com.au](mailto:office@ulverstonebowlsclub.com.au)

**Forth Cricket Club**

8 Mell Street, Forth 7315

Email: [forthcc@gmail.com](mailto:forthcc@gmail.com)

**Riana Cricket Club**

Phone.....6437 6328

Email: [rianacricket@gmail.com](mailto:rianacricket@gmail.com)

**West Ulverstone Cricket Club**

49 Amy Street, West Ulverstone 7315

Phone.....0464 255 204

Email: [westulverstonefc@gmail.com](mailto:westulverstonefc@gmail.com)

**Penguin and Riana Aus Kick**

1 Dial Park, Penguin 7316

Phone.....0448 444 434

Email: [penguinriana\\_aukick@yahoo.com.au](mailto:penguinriana_aukick@yahoo.com.au)

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**Ulverstone Robins AusKick**

1 Victoria Street, Ulverstone 7315  
Junior /primary age football run through the winter months  
Phone.....0412 455 245  
Email: [robinsauskick@gmail.com](mailto:robinsauskick@gmail.com)

**Judo**

Flora Street, Ulverstone 7315  
  
Phone.....0417 315 600  
Email: [ulverstonejudoclub@gmail.com](mailto:ulverstonejudoclub@gmail.com)  
Website: [www.ulverstonejudoclub.org](http://www.ulverstonejudoclub.org)

**Tasmanian Wing Chun Academy**

47 Queen Street Ulverstone 7315  
Martial Arts Gym includes – Kung Fu, Brazilian Jui Jitsu, mixed martial arts, kids classes, fitness classes and martial arts supplies.  
Phone.....0408 642 560  
Email: [swingchun@hotmail.com](mailto:swingchun@hotmail.com)

**Central Coast Netball Association**

Phone.....0400 835 465  
Email: [denisebriggs@bigpond.com](mailto:denisebriggs@bigpond.com)

**Ulverstone Rodeo Association**

Batten Park Ulverstone 7315  
The Ulverstone Rodeo Association is run in conjunction with the Rotary Club of Ulverstone West.  
Phone.....6429 1339  
Email: [tracey.king.17@outlook.com](mailto:tracey.king.17@outlook.com)

**Penguin Clay Target Club Inc**

Range shoot, 2nd Sunday every month. Shoot takes place at Hardys Road Penguin (see website for more information). Offers a place for people to learn and shoot in a safe environment. It is a social atmosphere.  
Phone.....6428 2962  
Email: [anthony.66@bigpond.com](mailto:anthony.66@bigpond.com)  
Website: [www.penguinclaytargetclub.com](http://www.penguinclaytargetclub.com)

**Ulverstone Softball Association**

Open to players six years of age and older, men and women. Games played Saturdays, October to March. Men's games Monday nights.  
Phone.....0408 752 950  
Email: [ulverstonesoftball@gmail.com](mailto:ulverstonesoftball@gmail.com)  
Website: [https://cotatas.org.au/gd\\_activities/ulverstone-softball-association/](https://cotatas.org.au/gd_activities/ulverstone-softball-association/)

**Penguin Squash Club**

Ironcliffe Road, Penguin 7316  
  
Phone.....0456 182 546  
Email: [penguinsquashclub@outlook.com](mailto:penguinsquashclub@outlook.com)  
Website:  
<https://www.revolutionise.com.au/penguinsc/home>

**Ulverstone Squash Club**

Phone.....0428 493 232 / 0438 064 471  
Email: [ulvsquash@gmail.com](mailto:ulvsquash@gmail.com)  
Website: <https://www.revolutionise.com.au/usc/home>

**Forth Tennis Club**

Mell Street Forth 7310  
  
Phone.....0418 282 248  
Email: [findlatera@bigpond.com.au](mailto:findlatera@bigpond.com.au)  
Website: <https://play.tennis.com.au/forthtennisclub>

**Ulverstone Tennis Club**

Juniors and seniors welcome. Family memberships Monday, Tuesday and Saturday. Pennant available. Promoting the enjoyment of tennis along the North West Coast as well as the local community.  
Phone.....0429 106 600  
Email: [tascaver@bigpond.net.au](mailto:tascaver@bigpond.net.au)

**North West Axemans Association Inc**

171 Sports Complex Avenue Penguin 7316  
Conducts wood chopping carnivals on the North West Coast.  
Phone.....0437 581 548  
Email: [sksnare@our.net.au](mailto:sksnare@our.net.au)

**Ulverstone Swim Centre**

Leighlands Avenue Ulverstone  
  
Phone.....6425 1090

**Ulverstone Waterslide**

Beach Road Ulverstone 7315  
Opening hours 12pm to 5pm from November each year. The Waterslide is open on weekends, then every day during the school holidays and will be opened through to March dependent on weather. Group bookings can be made for prior to 12pm and after 5pm during this period, email bookings are preferred.  
Phone.....64256252  
Email: [ulvwaterslide@yahoo.com.au](mailto:ulvwaterslide@yahoo.com.au)  
Website: [www.centralcoast.tas.gov.au](http://www.centralcoast.tas.gov.au)

**Ulverstone Kennel Club**

Open to all pedigree dog breeders interested in showing dogs. Obedience, trials and shows held.

Phone.....0437 252 800

Email: [jrweeda@bigpond.com](mailto:jrweeda@bigpond.com)

**Ulverstone Poultry Club**

Breeding and showing pure bred poultry For more information contact their Facebook page

**Central Coast Polo-Cross Association Inc**

Competitions are held from January to April. Training starts in October and goes through until December.

Members and players most welcome.

Phone.....0429 392 009

Email: [centralcoastpx@outlook.com](mailto:centralcoastpx@outlook.com)

**Leven Pony Club**

This is a community club for riders up to the age of 21 to learn to ride horses. They receive instruction on horsemanship and how to improve their riding skills

Phone.....0419 149 221

**Cradle Coast Mountain Bike Club Inc.**

Ironcliffe Road, Penguin 7316

The CCMBC is dedicated to the promotion and advocacy of mountain biking in Tasmania. We are responsible for the Penguin MTB Park and Dial Range trails.

Phone.....0407 254 255

Email: [club@ccmbc.com.au](mailto:club@ccmbc.com.au)

Website: [www.ccmbc.com.au](http://www.ccmbc.com.au)

## Support Groups & Services

### Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone 7315

UNH, works in collaboration with a variety of service providers to offer a range of community development programs and events based on the key social issues.

Phone.....6425 4186

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

### Anglicare Family Support Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Provide information and support to anyone affected by a family member or significant other using alcohol or other drugs, including children. We welcome all types of families.

Phone.....1800 161 266

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

### Anglicare's Taz Kids Program

31 King Street Devonport 7310

Anglicare's Taz Kids Program

Phone.....1800 243 232

Email: [tazkids@anglicare-tas.org.au](mailto:tazkids@anglicare-tas.org.au)

Website: [tazkids@anglicare-tas.org.au](http://www.anglicare-tas.org.au)

### Anglicare's SMART Recovery Program

Anglicare's SMART Recovery Group Program

Phone.....1800 243 232

Website: [smartrecoveryaustralia.com.au](http://smartrecoveryaustralia.com.au)

### Anglicare Financial Counselling Service

GPO Box 1620 Hobart 7001

Anglicare's Financial Counselling Service

Phone.....1800 007 007

### Heart Support Australia

Montgomery room Ulverstone 7315

Provide peer support for Australians affected by heart disease.

Phone.....Sharron Yaxley 0419 876 143

Email: [office@heartnet.org.au](mailto:office@heartnet.org.au)

Website: <http://www.heartsupport.org.au>

### The Salvation Army Ulverstone

23-25 Victoria Street, Ulverstone 7315

Support for people experiencing crisis through food and material aid relief, advocacy and financial support.

Phone.....(03) 6425 5382

Email: [ulverstone@salvationarmy.org.au](mailto:ulverstone@salvationarmy.org.au)

### Housing Choices Tasmania

11a Wiseman Street Burnie 7320

Housing Choices Australia Group (Housing Choices) is an independent, national, not-for-profit housing provider that delivers high quality, accessible and affordable housing for people who struggle to find a suitable home in Australia's challenging private rental market.

Phone.....1300 312 447

Email: [hctinfo@hcau.org.au](mailto:hctinfo@hcau.org.au)

Website: <http://www.housingchoices.org.au>

### Care2Serve

10 Strahan Street, South Burnie 7320

Care2Serve is the sole service provider of Carer Gateway services in Tasmania.

Phone.....1800 422 737 (press 1)

Email: [intake@care2serve.com.au](mailto:intake@care2serve.com.au)

Website: <https://www.care2serve.com.au>

### COTA (Council on the Ageing) Tasmania - Care Finder

A free and friendly community service to help you navigate the aged care system

Phone.....1800 518 048

Website: <https://cotatas.org.au/programs/carefinder/>

### Advocacy Tasmania

'Your say' advocacy is all about helping you to be heard and understood. If you are unable to speak for yourself, or find it difficult, our Advocates can help you. We can provide information about your rights, and help you to deal with problems or complaints.

Phone.....1800 005 131

Email: [contact@yoursaytas.org](mailto:contact@yoursaytas.org)

Website: <https://advocacytasmania.org.au/i-need-some-help/>

### Relationships Australia

Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277

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

Website: <https://www.tas.relationships.org.au>

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### **Headspace**

Level 1, 35 Oldaker Street, Devonport, Tasmania 7310  
headspace Devonport offers free support for young people aged 12 to 25, their families and friends.

Phone.....6424 2144

Email: [headspacedevonport@csys.com.au](mailto:headspacedevonport@csys.com.au)

Website: <https://headspace.org.au/headspace-centres/devonport/>

### **A Tasmanian lifeline**

Our dedicated team is here to provide you with a safe and compassionate space, offering professional assistance for every challenge life may bring. You're not alone on this journey. Reach out, connect, and let's navigate through it together.

Phone.....13 11 14

Email: [www.lifeline.org.au/crisis-chat/](http://www.lifeline.org.au/crisis-chat/)

Website: [www.lifelinetasmania.org.au](http://www.lifelinetasmania.org.au)

### **Community Visitors Scheme**

This scheme supports volunteer visits to provide friendship and companionship to older people.

Phone.....0477 883 942

Email: [gemma.pickrell@lifelinetasmania.org.au](mailto:gemma.pickrell@lifelinetasmania.org.au)

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

### **Lifeline**

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14

Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

### **RAAFA NW Tasmania**

The RAAFA was established to foster friendships based on sharing Air Force and aviation experience, support commemorative activities,

Phone.....0407 400 726

Email: [stewy52@bigpond.com](mailto:stewy52@bigpond.com)

Website: [www.raafatas.com](http://www.raafatas.com)

### **Penguin Sports and Services Club**

11 Sports complex Avenue Penguin 7316  
Family friendly environment; incorporating the Golf, Bowls, Snooker, Darts and RSL Clubs. Meals

Phone.....03) 6437 2767

### **Laurel House Sexual Assault support**

North West Tasmania 7310

Laurel House is a not-for-profit, community-based sexual assault support service that operates across the North, North-East and North-West Tasmania. We provide a 24/7 support hotline, free counselling, training and education. Helping Victim-Survivors Recover

Phone.....036431 9711

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

Website: <https://laurelhouse.org.au>

### **Care Beyond Cure Ltd**

PO BOX 3069 Ulverstone 7315

Health and Wellbeing Program. A social space for individuals with a progressive life-limiting illness (and their carer). Massage, Reflexology, Art Therapy and more. Developed with assistance from the Tasmanian Government Department of Health."

Phone.....0407 427 575

Email: [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)

Website: <http://www.carebeyondcure.com.au>

### **Lions Club of Forth Valley Inc**

P.O. Box 319, Forth 7310

We provide support for a vast range of projects within our District.

Phone.....0429 133 711

Email: [forthvalley@lionstasmania.org](mailto:forthvalley@lionstasmania.org)

### **Penguin Visitor Information Centre**

78 Main Road, Penguin TAS 7316

For things to do, what to see and where to go in Penguin and surrounds just ask at the Penguin Visitor Information Centre because we know our beautiful place best!

Phone.....03 6437 1421

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

Website: <https://www.centralcoast.tas.gov.au/penguin-visitor-information-centre/>

### **Anglicare's Supported Youth Program**

The Supported Youth Program (SYP) provides support to vulnerable young people aged 10 to 18 who have been identified by community or welfare professionals as having significant or multiple risk issues.

Phone.....1800 000 123

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### **Gambling Support Service**

The Gamblers Support Service is a free and confidential service that is available to individuals, families and communities impacted by gambling.

Phone.....1800 243 232 (or 1800 858 858 after business hours)

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/financial-counselling-and-gambling-support/?sectionID=gamblingsupport>

### **Anglicare Family Support Service**

The Family Support Service provides information and support to anyone affected by a family member or significant other using alcohol or other drugs. The service is confidential and available to those affected, including partners, children, siblings and grandparents.

Phone.....1800 161 266

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>,

### **Child and Youth Mental Health Service**

Our Child and Youth Mental Health Service (CYMHS) provides free outreach support for families with children and young people (0-18) who are showing early signs of developing mental health concerns.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

### **The Way Back Support Service**

The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis

Phone.....1800 243 232

Email: [wayback@anglicare-tas.org.au](mailto:wayback@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>,

### **Anglicare Drug and Alcohol Treatment Service (ADATS)**

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping

Phone.....1800161266

### **Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

The Centre provides residents with access to various community specialist services.

Phone.....6464 3080

Website: [www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre](http://www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre)

### **The Salvation Army - Bridge Residential Program**

The Bridge Program in Ulverstone operates from our residential facility in Adahai Street, and offers 12 residential beds and three transitional beds. The centre is set on spacious grounds and offers staff facilitated outings, weekly recreational activities and arts and craft.

Phone.....64257453

Email: [Jacinta.saunders@salvationarmy.org.au](mailto:Jacinta.saunders@salvationarmy.org.au)

Website: <http://www.bridgetasmania.org.au>

### **Men's Shed Ulverstone**

Flora Street Ulverstone 7315

The Ulverstone Men's Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [mensshedulverstone@gmail.com](mailto:mensshedulverstone@gmail.com)

Website: <http://tasmanianmensshed.org.au>

### **Ladies Group - Central Coast Community Shed**

Flora Street Ulverstone 7315

The Central Coast Community Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

<http://www.centralcoast.tas.gov.au/community-shed/>

### **Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health

Phone.....0427 509 792 0418 331 198

Email: [electric3906@gmail.com](mailto:electric3906@gmail.com)

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### **Warrawee Women's Shelter**

Warrawee offers a twenty four hour, seven day a week crisis accomodation service. We provide a safe, secure environment for women and women with children who are escaping violence, sexual abuse and homelessness.

Phone.....6425 1382

Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)

Website: <https://warraweewomensshelter.com.au/>

### **Tai Chi**

Kings Parade, Ulverstone 7315

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

### **Ulverstone Coast Care**

Beach Road Ulverstone 7315

Ulverstone Coastcare is a community group of people who have a common interest in caring for our coastline, planting, weeding and restoring the environment for the benefit of our community and native wildlife.

Phone.....0418 142 790

Email: [robynpark128@gmail.com](mailto:robynpark128@gmail.com)

### **Anglicare's KIDS – Kind Individuals Delivering Support**

We know that children thrive when families have access to the support they need. If you live in the East Devonport, Kentish or Latrobe regions and want to build your confidence and skills as a parent, KIDS can support you.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

### **Rotaract Club of Central Coast**

We are a youth organisation that provide community services locally and internationally, whilst strengthening friendships and networks.

Website:

<https://www.rotaryulverstonewest.org.au/rotaract.html>

### **Meals on Wheels (Ulverstone)**

15-19 Eastand Drive Ulverstone 7315

The Aim of Meals on Wheels Association of Tasmania Inc is to advance the Association as a leading provider of community services including the provision of meals to people and their carers who have a genuine need of assistance. More Than Just A Meal.

Phone.....tel:1800696325 Free call  
6425 1331

Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)

Website: <http://www.mowtas.org.au>

### **New Mornings**

14 Amherst Street West Ulverstone 7315

New Mornings is a Not-For-Profit organisation based on the Northwest Coast of Tasmania. Mental health support programs to adults and children to increase wellbeing, resilience, and self-esteem, including a focus on individuals and those who are isolated, marginalised or vulnerable.

Phone.....6411 6212 or 0419 572  
913

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

Website: <https://newmornings.org.au>

### **Australian Breastfeeding Association – Tas Central Coast Group**

34 Alexandra Road ULVERSTONE 7315

We provide free, welcoming breastfeeding support, information and advocacy through regular face-to-face catch-ups, informal discussions and access to trained breastfeeding counsellors and educators.

Phone.....0428 204 076

Email: [tana.mcmullen@breastfeeding.asn.au](mailto:tana.mcmullen@breastfeeding.asn.au)

Website: <https://www.breastfeeding.asn.au>

### **MS Peer Support**

Ulverstone 7315

Plus Peer Support in TAS

Phone.....1800 042 138

Email: [connect@msplus.org.au](mailto:connect@msplus.org.au)

Website: <http://www.msplus.org.au/>

### **Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café provides a space to laugh, smile and share in conversation. These local get-togethers have been shown to provide a major and positive impact on the quality of life of people living with dementia and their carers.

Phone.....6429 8900

Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)

Website: <http://www.centralcoast.tas.gov.au>,

### **No 34. Aboriginal Health Service Rural Health Tasmania**

34 Alexandra Road Ulverstone 7315

No 34 Aboriginal Health Service is Located at 34 Alexandra Road Ulverstone. Rural Health Tasmania is committed to working in partnership with the Aboriginal community, organisations and health care providers to improve the health and well-being of Aboriginal and Torres Strait Islander peoples.

Phone.....6417 6080

Email: [contactno34@ruralhealthtas.com.au](mailto:contactno34@ruralhealthtas.com.au)

Website: <http://www.ruralhealthtas.com.au/programs-services/no-34-aboriginal-health-services/>

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### **Australia Red Cross - Ulverstone Branch**

49 King Edward Street, Ulverstone PO Box 398,  
Ulverstone 7315

We meet on the first Monday of each month at 1.30pm  
to discuss fundraising ideas and to offer fundraising  
ideas and to offer fellowship to members and guests.

Phone.....0415 809 703

Email: [cday@redcross.org.au](mailto:cday@redcross.org.au)

Website: <http://www.redcross.org.au>

### **Richmond Fellowship**

Ulverstone 7315

Comfortable, fully furnished, self-contained units.

Assistance through our dedicated recovery model.

Trained and compassionate staff. Access to other  
Richmond Futures programs including our dedicated  
recreation and social activities program TasRec

Phone.....(03) 6228 3344

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

### **Mindfulness Programs Australasia**

Mindfulness Programs Australasia strives to create  
environments where people learn how to activate their  
innate capacity to reduce stress in their lives. We  
support people to live more aligned with their values; to  
live mindfully.

Phone.....0488 064 228

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

Website: <http://www.mindfulnessaus.com.au>

### **Suicide Call Back Service**

People at risk of Suicide, concerned about someone at  
risk or bereaved by Suicide

Phone.....1300 659 467

Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

### **Sexual Assault Support Service**

People affected by any form of sexual violence

Phone.....1800 697 877

Website: [www.sass.org.au](http://www.sass.org.au)

### **1800 Respect**

People affected by family or domestic violence

Phone.....1800 737 732

Website: [www.1800respect.org.au](http://www.1800respect.org.au)

### **Health Direct**

People seeking quality health information or advice

Phone.....1800 022 222

### **Gambling Help Online**

Free Support for anyone affected by gambling

Phone.....1800 858 858

Website: [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

### **Alcohol and other drug hotline**

Available 24/7, the National Alcohol and Other Drug  
Hotline is a free and confidential counselling,  
information, and referral service for anyone struggling  
with their use of alcohol and/or other substances.

Phone.....1800 250 015

### **Elder Abuse Hotline**

Whether you're concerned for yourself, for someone  
else, or you're concerned that your behaviour or actions  
might be abusive, the Elder Abuse Helpline is a safe  
place to ask questions.

Phone.....1800 441 169

Email: [helpline@yoursaytas.org](mailto:helpline@yoursaytas.org)

Website: [www.elderabuse.tas.gov.au](http://www.elderabuse.tas.gov.au)

### **QLife**

The QLife family includes hundreds of highly  
experienced staff and volunteers Australia-wide. If you're  
looking to connect with someone to explore what's going  
on in your life, we're here to chat and to take your call  
from 3pm-midnight each day.

Phone.....1800 184 527

Website: [qlife.org.au](http://qlife.org.au)

### **National Debt Hotline**

Dealing with debt can be very stressful. The good news  
is that there are extensive laws in Australia which  
protect you as a consumer and can help you if you are  
in financial hardship.

Phone.....1800 007 007

Website: [ndh.org.au](http://ndh.org.au)

### **Blue Gum Child and Family Centre**

34 Maud St Ulverstone 7315

CFLCs are places for parents, families, and caregivers  
with children from birth to 5 years of age and expectant  
parents to attend in their local community.

Phone.....6447 9352

Email: [bluegum.cflc@decyp.tas.gov.au](mailto:bluegum.cflc@decyp.tas.gov.au)

### **Penguin Community Op Shop**

95 Main St Penguin 7316

The Penguin Community Op Shop, along with the  
Rookery, seeks to serve the community in varied ways.

Phone.....0458 758 674

Email: [penguin.opshop@gmail.com](mailto:penguin.opshop@gmail.com)

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**Cup of Kindness**

6-8 Kings Parade, Ulverstone 7315  
Community Meal each Tuesday evening 5pm-6pm at  
Ulverstone Anglican Church

**LEAP Occupational Therapy**

11 Alexander Rd Ulverstone, Bottom floor 7315  
LEAP Occupational Therapy provides a variety of  
services for people living on the North West Coast of  
Tasmania. We operate from central locations to ensure  
accessibility for participants across the North West  
Coast.

Phone.....03 6425 1545

Email: [enquiries@leapocc.com.au](mailto:enquiries@leapocc.com.au)

Website: <https://leapocc.com.au>

**Due South**

49-51 Eastland Drive Ulverstone Tas 7315  
Australia's leading self-funded organisation for Veterans  
and First Responders in wellness initiatives and  
reconnection.

Phone.....0407 709 973

Email: [info@duesouthaus.com.au](mailto:info@duesouthaus.com.au)

Website: <https://www.duesouthaus.com.au>

**Tasmanian Veterans Association**

The TVA is a not-for-profit volunteer organisation  
supporting all ADF Veterans and their families, focussed  
on veteran wellbeing, and formed to develop, manage  
and maintain regional and remote Retreat style facilities  
around Tasmania.

Phone.....0418126574

Email: [tasmanianveteransassociation@gmail.com](mailto:tasmanianveteransassociation@gmail.com)

**The Salvation Army Ulverstone**

23 Victoria Street Ulverstone 7315

Christian Church with a social welfare focus Sundays  
10.30am

Children's and youth activities held during school terms.

Family support 10.00am–4.00pm Tues and Thurs.

Financial counselling and Positive Lifestyle program – by  
appt.

Lifetime community lunch noon Fridays \$3.00

“Home League” - empowering women 10.00am  
Wednesday.

Craft and Culture, Law and Justice, Salvation Army

Youth Activities

Phone.....6425 8800

Website: <https://www.salvationarmy.org.au/ulverstone>

**Navigating Aged Care**

The Navigating Aged Care office is based at a private  
residential address which is not accessible to clients.  
Please contact Kylie to explore suitable alternatives.  
Postal Address: PO Box 5023 Ulverstone TAS 7315  
7315

Empower people to explore and connect with aged care  
services and local community supports and  
programs/activities, promoting health and wellbeing.

Phone.....0499 259 309

Email: [kylie@navigatingagedcare.com.au](mailto:kylie@navigatingagedcare.com.au)

Website: <https://navigatingagedcare.com.au/>

## Mental Health

### Anglicare's Taz Kids Program

31 King Street Devonport 7310

Anglicare's Taz Kids Program

Phone.....1800 243 232

Email: [tazkids@anglicare-tas.org.au](mailto:tazkids@anglicare-tas.org.au)

Website: [tazkids@anglicare-tas.org.au](http://tazkids@anglicare-tas.org.au)

### Anglicare's SMART Recovery Program

Anglicare's SMART Recovery Group Program

Phone.....1800 243 232

Website: [smartrecoveryaustralia.com.au](http://smartrecoveryaustralia.com.au)

### Progress Ahead Life Coaching

Mobile based business based in Devonport but as the sole qualified Wisdom Coach in Tasmania, we serve all of the state.

We coach children using fun, story based programs/activities to help kids develop a growth mindset. Giving them the tools to deal with challenges, develop strong self-esteem, overcoming challenges such as fear, self-doubt, making mistakes, handling peer pressure and coping with anxiety.

Phone.....0403081089

Email: [team@progressaheadlifecoaching.com](mailto:team@progressaheadlifecoaching.com)

Website: <https://www.progressaheadlifecoaching.com/>

### Relationships Australia

Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.

Phone.....1300 364 277

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

Website: <https://www.tas.relationships.org.au>

### Baptcare TasConnect

Baptcare Mental Health TasConnect is for anyone wanting to know more about psychosocial support services available to people with mental health concerns. Anyone can call our phone service – including family members, friends, carers, and other support people

Phone.....1800 290 666

Website: <https://www.baptcare.org.au>

### Headspace

Level 1, 35 Oldaker Street, Devonport, Tasmania 7310  
headspace Devonport offers free support for young people aged 12 to 25, their families and friends.

Phone.....6424 2144

Email: [headspacedevonport@csys.com.au](mailto:headspacedevonport@csys.com.au)

Website: <https://headspace.org.au/headspace-centres/devonport/>

### Rural Alive and Well INC

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.

Phone.....0362541092

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

Website: <http://www.rawtas.com.au>

### A Tasmanian lifeline

Our dedicated team is here to provide you with a safe and compassionate space, offering professional assistance for every challenge life may bring. You're not alone on this journey. Reach out, connect, and let's navigate through it together.

Phone.....13 11 14

Email: [www.lifeline.org.au/crisis-chat/](http://www.lifeline.org.au/crisis-chat/)

Website: [www.lifelinetasmania.org.au](http://www.lifelinetasmania.org.au)

### Nurture Clinical Psychology

1 B Reibey Street Ulverstone 7315

I have over 7 years' experience in providing diagnostic assessments for all ages. My priority is that you feel comfortable, heard, and understood. I use a range of assessment methods, performed in such a way that you or your child can feel at ease.

Phone.....0438 360 617

Email: [adelle@nurtureclinicalpsychology.com.au](mailto:adelle@nurtureclinicalpsychology.com.au)

Website: <http://www.nurtureclinicalpsychology.com.au>

### Lifeline

Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.

Phone.....13 11 14

Website: <https://www.lifeline.org.au/about-lifeline/contact-us>

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### **Care Beyond Cure Ltd**

PO BOX 3069 Ulverstone 7315

Health and Wellbeing Program. A social space for individuals with a progressive life-limiting illness (and their carer). Massage, Reflexology, Art Therapy and more. Developed with assistance from the Tasmanian Government Department of Health."

Phone.....0407 427 575

Email: [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)

Website: <http://www.carebeyondcure.com.au>

### **Anglicare Family Support Service**

The Family Support Service provides information and support to anyone affected by a family member or significant other using alcohol or other drugs. The service is confidential and available to those affected, including partners, children, siblings and grandparents.

Phone.....1800 161 266

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>,

### **The Way Back Support Service**

The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis

Phone.....1800 243 232

Email: [wayback@anglicare-tas.org.au](mailto:wayback@anglicare-tas.org.au)

Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>,

### **Anglicare Drug and Alcohol Treatment Service (ADATS)**

Anglicare Drug and Alcohol Treatment Service (ADATS) is an early intervention and psychosocial community-based program for Tasmanians (14 years and older) who have experienced negative impacts from the use of alcohol and/or other drugs, including tobacco and vaping

Phone.....1800161266

### **The Salvation Army - Bridge Residential Program**

The Bridge Program in Ulverstone operates from our residential facility in Adahai Street, and offers 12 residential beds and three transitional beds. The centre is set on spacious grounds and offers staff facilitated outings, weekly recreational activities and arts and craft.

Phone.....64257453

Email: [Jacinta.saunders@salvationarmy.org.au](mailto:Jacinta.saunders@salvationarmy.org.au)

Website: <http://www.bridgetasmania.org.au>

### **Anglicare's KIDS – Kind Individuals Delivering Support**

We know that children thrive when families have access to the support they need. If you live in the East Devonport, Kentish or Latrobe regions and want to build your confidence and skills as a parent, KIDS can support you.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

### **New Mornings**

14 Amherst Street West Ulverstone 7315

New Mornings is a Not-For-Profit organisation based on the Northwest Coast of Tasmania. Mental health support programs to adults and children to increase wellbeing, resilience, and self-esteem, including a focus on individuals and those who are isolated, marginalised or vulnerable.

Phone.....6411 6212 or 0419 572 913

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

Website: <https://newmornings.org.au>

### **No 34. Aboriginal Health Service Rural Health Tasmania**

34 Alexandra Road Ulverstone 7315

No 34 Aboriginal Health Service is Located at 34 Alexandra Road Ulverstone. Rural Health Tasmania is committed to working in partnership with the Aboriginal community, organisations and health care providers to improve the health and well-being of Aboriginal and Torres Strait Islander peoples.

Phone.....6417 6080

Email: [contactno34@ruralhealthtas.com.au](mailto:contactno34@ruralhealthtas.com.au)

Website: <http://www.ruralhealthtas.com.au/programs-services/no-34-aboriginal-health-services/>

### **Richmond Fellowship**

Ulverstone 7315

Comfortable, fully furnished, self-contained units.

Assistance through our dedicated recovery model.

Trained and compassionate staff. Access to other

Richmond Futures programs including our dedicated recreation and social activities program TasRec

Phone.....(03) 6228 3344

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

### **StandBy Support after Suicide (Lifeline Tasmania)**

We provide support for anyone in Tasmania experiencing suicide loss and community education to enable communities to better understand and support those bereaved by suicide.

Phone.....1300727247

Website: [standbysupport.com.au](http://standbysupport.com.au)

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**Mindfulness Programs Australasia**

Mindfulness Programs Australasia strives to create environments where people learn how to activate their innate capacity to reduce stress in their lives. We support people to live more aligned with their values; to live mindfully.

Phone.....0488 064 228  
Email: [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au)  
Website: <http://www.mindfulnessaus.com.au>

**Ambulance Tasmania**

Phone.....000

**Suicide Call Back Service**

People at risk of Suicide, concerned about someone at risk or bereaved by Suicide

Phone.....1300 659 467  
Website: [www.suicidecallbackservice.org.au](http://www.suicidecallbackservice.org.au)

**Sexual Assault Support Service**

People affected by any form of sexual violence

Phone.....1800 697 877  
Website: [www.sass.org.au](http://www.sass.org.au)

**1800 Respect**

People affected by family or domestic violence

Phone.....1800 737 732  
Website: [www.1800respect.org.au](http://www.1800respect.org.au)

**Alcohol and other drug hotline**

Available 24/7, the National Alcohol and Other Drug Hotline is a free and confidential counselling, information, and referral service for anyone struggling with their use of alcohol and/or other substances.

Phone.....1800 250 015

**Qlife**

The QLife family includes hundreds of highly experienced staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to chat and to take your call from 3pm-midnight each day.

Phone.....1800 184 527  
Website: [qlife.org.au](http://qlife.org.au)

**Tasmanian Veterans Association**

The TVA is a not-for-profit volunteer organisation supporting all ADF Veterans and their families, focussed on veteran wellbeing, and formed to develop, manage and maintain regional and remote Retreat style facilities around Tasmania.

Phone.....0418126574  
Email: [tasmanianveteransassociation@gmail.com](mailto:tasmanianveteransassociation@gmail.com)

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## Food Relief

### **The Salvation Army Ulverstone**

23-25 Victoria Street, Ulverstone 7315

Support for people experiencing crisis through food and material aid relief, advocacy and financial support.

Phone.....(03) 6425 5382

Email: [ulverstone@salvationarmy.org.au](mailto:ulverstone@salvationarmy.org.au)

### **Cup of Kindness**

6-8 Kings Parade, Ulverstone 7315

Community Meal each Tuesday evening 5pm-6pm at Ulverstone Anglican Church

### **The Salvation Army Ulverstone**

23 Victoria Street Ulverstone 7315

Christian Church with a social welfare focus Sundays  
10.30am

Children's and youth activities held during school terms.

Family support 10.00am–4.00pm Tues and Thurs.

Financial counselling and Positive Lifestyle program – by appt.

Lifetime community lunch noon Fridays \$3.00

“Home League” - empowering women 10.00am  
Wednesday.

Craft and Culture, Law and Justice, Salvation Army

Youth Activities

Phone.....6425 8800

Website: <https://www.salvationarmy.org.au/ulverstone>