

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.

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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.

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.

Asthma Australia (need to know opening hours)

1-7 Liverpool StreetHobart 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

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-forprofit 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 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.

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

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

Anglicare Drug and Alcohol Treatment Service (ADATS)

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

visit our online directory at directory.centralcoast.tas.gov.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

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 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 Website: http://www.ruralhealthtas.com.au/programsservices/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

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 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

13YARN

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

Phone......13 92 76 Email: enquiries@13yarn.org.au Website: 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

1800 Respect

People affected by family or domestic violence

Website: 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

visit our online directory at directory.centralcoast.tas.gov.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 Website: 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: glife.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

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

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

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.

Email: 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

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



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

Australian Breastfeeding Association, Tas Central Coast Group

C/o 170 Main Road, Penguin, Tasmania, 7316 Connect with other mums, get your breastfeeding questions answered, share your experiences, help other mums, and receive support in your parenting journey.

Phone......0428204076 Email: tana.mcmullen@breastfeeding.asn.au

Website: http://breastfeeding.asn.au

Kids Helpline

Kids Helpline is here for children and young people whenver they need us, anytime for any reason 24/7, through tailored mental health counselling services in line with their changing prefreences 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 Website: 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.

Email: 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@hotmailcom

Website: http://www.ruralyouth.com.au/north-motton?fb clid=lwZXh0bgNhZW0CMTAAAR3pfh7yMf3v0quQsUPC eilT1PLlobBqnnn1WYJX7BS2ihwy3Tn7Zp2N7w8_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

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

Website: 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".

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.

visit our online directory at directory.centralcoast.tas.gov.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

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

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

Website: 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

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

Asthma Australia (need to know opening hours)

1-7 Liverpool StreetHobart 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

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-forprofit 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 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.

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
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.

visit our online directory at directory.centralcoast.tas.gov.au

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

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.

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

Laurel House Sexual Assualt support

North West Tasmania 7310

Email: 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

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.

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

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.

visit our online directory at directory.centralcoast.tas.gov.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.

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.

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

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 Website: https://newmornings.org.au

Ulverstone Physiotherapy

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.

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.

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 Website: https://libraries.tas.gov.au/locations/penguinlibrary/

visit our online directory at directory.centralcoast.tas.gov.au

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

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 Website: ulverstonesc.education.tas.edu.au

Leighland Christian School

45a Leighland Avenue Ulverstone 7315

North West Christian School

18 Ling St Penguin 7316

Phone......6437 2705

Email: nwcs@iinet.net.au

Website: www.northwestchristianschool.com.au

Penguin District School

125 Ironcliffe Road Penguin 7316

Phone......6434 2222

Email: 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

Riana Primary School

1225 Pine Road Riana 7316

Phone......6437 6130 Email: 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 Website: 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

Ulverstone Primary School

Leven Street Ulverstone 7315

Phone......6425 1726 Email: 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

Forth Primary School

45 Wilmot Road, Forth 7310

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

Email: Forth.Primary@decyp.tas.gov.au



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

Anglicare's SMART Recovery Program

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 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

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

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)

visit our online directory at directory.centralcoast.tas.gov.au

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

Emailoffice@citymission.org.au

websitehttps://www.citymission.org.au/

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

Phone6425 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

Phone6425 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

Phone6425 3171

visit our online directory at directory.centralcoast.tas.gov.au

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

EmailULVERSTONE@apex.org.au

...... 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

Website.....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

Emailadmin@ulverstonersl.com.au

Websitefacebook.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

Emailulverstonersc@ursc.net.au"

visit our online directory at directory.centralcoast.tas.gov.au

18 Steel Street Devonport 7310 **Community Information** GPO Box 1393 Hobart TAS 7001 **Aurora Energy** Open: 8.30am to 5.00pm Monday to Friday Payments offices: Phone136 992 Post Office: 80 Main Road Penguin 7316 Website..... www.taswater.com.au Post Office: Reibey Street Ulverstone 7315 Telstra Australia Devonport Office132 003 Payment offices: **Markets** Post Office - 80 Main Road Penguin 7316 **Penguin Market** Post Office - Reibey Street Ulverstone 7315 (PO Box 289) Arnold Street Penguin Residential Customers132 200 Open every Sunday 9.00am-3.30pm Faults and Service Difficulties132 003 Tasmania's largest undercover market with 70 **Volunteer Fire Brigades** stalls including art, craft, second-hand items and **Tasmanian Fire Service** food stalls. Also open Thursday, Friday, Saturday 48 Alexander Street Burnie 7320 and Sunday is "The Gallery" which has wood work, For information relating to Volunteer Fire Brigades: nursery, hair dresser and artists. For further Fire Permit Info......1800 000 699 information contact...... 0400 903 031 Website www.fire.tas.gov.au **State Emergency Service** Email tfe@fire.tas.gov.au 16 Grove Street Ulverstone 7315 Emergencies000 SES Local Unit13 2500 Emailulverstone.volunteers@fire.tas.gov.au Relay for Life **Concession Card Booklets** North West (Penguin) Relay for Life Committee Website www.concessions.tas.gov.au Cancer Council Tasmania03 6419 4200 Phone......1300 135 513 Service Tasmania Tasmanian Seniors Card 54-56 King Edward Street Ulverstone 7315 Websitewww.seniors.tas.gov.au Phone......1300 135 513 Phone......1300 135 513

TasWater

Shop and Administration Office:

Websitewww.service.tas.gov.au

visit our online directory at directory.centralcoast.tas.gov.au

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 abusiness or business idea.

Martin Brinkman

Business (Advisor and Coach)......0437 125 528 Email martin@switchtasmania.com.au Jodie Clark, (Executive Officer)0438 923 049 Emailjodie@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		
Emailtreasurer@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 790mkram@bigpond.net.auwww.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 Hours6425 1633

Forth Community Representative Committee

visit our online directory at directory.centralcoast.tas.gov.au

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.

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

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

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

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

visit our online directory at directory.centralcoast.tas.gov.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

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

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.

Mersey Community Care Association Inc

PO Box 286, Devonport 7310

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

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.

Rural Alive and Well INC

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-forprofit 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 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 Website: 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.

visit our online directory at directory.centralcoast.tas.gov.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

Website: 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.

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'

Email: 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

Ulverstone Library

Email: 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 Website: 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 Assualt 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 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

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

Central Coast Film Society

6 Dial street Ulverstone 7315

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

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.

Email: info@coasttocanyon.com.au Website: www.hivetasmania.com.au

visit our online directory at directory.centralcoast.tas.gov.au

Penguin History Group Inc.

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

Email: 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.

Email: 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

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

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

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

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

Anglicare Drug and Alcohol Treatment Service (ADATS)

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

visit our online directory at directory.centralcoast.tas.gov.au

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

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/ulversto ne-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

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.

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!

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 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

Email: electric 3906@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.

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: robynparker128@gmail.com

visit our online directory at directory.centralcoast.tas.gov.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

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 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

Email: admin@newmornings.org.au Website: https://newmornings.org.au

Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy
Phone......Tana 0428 204 076 or

Marion 0409 899 136 (co Group Leaders)
Email: ptmcmullen60@bigpond.com
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

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

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

Website: 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.

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

visit our online directory at directory.centralcoast.tas.gov.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

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

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

Suicide Call Back Service

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

Sexual Assault Support Service

People affected by any form of sexual violence Phone......1800 697 877

Website: www.sass.org.au

1800 Respect

People affected by family or domestic violence Phone......1800 737 732 Website: www.1800respect.org.au

....g.a.

Health Direct

People seeking quality health information or advice Phone.................1800 022 222

Gambling Help Online

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 Website: 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

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

visit our online directory at directory.centralcoast.tas.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

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

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.

Email: 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

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

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

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

5

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.

Email: 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 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

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

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.

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.

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.

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

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

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

visit our online directory at directory.centralcoast.tas.gov.au

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

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 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 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.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.

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

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

Ulverstone Physiotherapy

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.

visit our online directory at directory.centralcoast.tas.gov.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

Sexual Assault Support Service

People affected by any form of sexual violence Phone......1800 697 877

Website: www.sass.org.au

1800 Respect

People affected by family or domestic violence Phone......1800 737 732

Website: www.1800respect.org.au

Health Direct

Gambling Help Online

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 Website: 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

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

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

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

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.

Email: 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

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

U3A Central Coast (TAS)

Learning and recreational activities for seniors Phone......0457 411 585

Email: 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 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.

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.

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

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

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.

Email: 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.

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.

visit our online directory at directory.centralcoast.tas.gov.au

Rural Alive and Well INC

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-forprofit 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 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 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.

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 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.

Laurel House Sexual Assualt 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 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

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 hest!

Email: 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

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

visit our online directory at directory.centralcoast.tas.gov.au

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

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

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

Website: http://www.anglicare-tas.org.au/financial-coun

selling-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

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

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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

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 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

Email: electric 3906@gmail.com

visit our online directory at directory.centralcoast.tas.gov.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

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

he 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

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

Suicide Call Back Service

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

Sexual Assault Support Service

People affected by any form of sexual violence Phone......1800 697 877

Website: www.sass.org.au

1800 Respect

People affected by family or domestic violence Phone......1800 737 732 Website: www.1800respect.org.au

Health Direct

Gambling Help Online

Free Support for anyone affected by gambling Phone......1800 858 858 Website: 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 Website: 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: glife.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

visit our online directory at directory.centralcoast.tas.gov.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

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

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

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.

Email: 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

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

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@decvp.tas.gov.au

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



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.

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

Heart Support Australia

Montgomery room Ulverstone 7315

Provide poor support for Australians at

Provide peer support for Australians affected by heart disease.

Phone.....Sharron Yaxley 0419 876 143

Email: 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

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

Website: 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.

Asthma Australia (need to know opening hours)

1-7 Liverpool StreetHobart 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

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

Website: http://www.Penguinyogapilates.com

visit our online directory at directory.centralcoast.tas.gov.au

Rural Alive and Well INC

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-forprofit 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 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.

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.

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.

lifeline/contact-us

Laurel House Sexual Assualt 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 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
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.

Blood-Borne Virus Awareness Program (BBVAware)

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

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

visit our online directory at directory.centralcoast.tas.gov.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

Website: http://www.anglicare-tas.org.au/support-for-

alcohol-and-other-drugs/,

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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

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/ulversto

ne-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

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
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

Island Osteopathy

Suit 3/19 Reiby Street Ulverstone 7315 Osteopathic treatment and managment of a wide range of Musculoskeletal pain syndromes and injuries.

Phone......6425 3326

Email: 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

Email: admin@newmornings.org.au Website: https://newmornings.org.au

visit our online directory at directory.centralcoast.tas.gov.au

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

MS Peer Support

Ulverstone 7315

Plus Peer Support in TAS

Phone......1800 042 138

Email: 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.

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.

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

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.

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

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

visit our online directory at directory.centralcoast.tas.gov.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

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

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 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

Sexual Assault Support Service

People affected by any form of sexual violence Phone......1800 697 877

Website: www.sass.org.au

1800 Respect

People affected by family or domestic violence Phone......1800 737 732 Website: www.1800respect.org.au

Health Direct

Gambling Help Online

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 Website: 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

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

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

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

visit our online directory at directory.centralcoast.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 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

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 Website: 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

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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.

Email: office@nwclc.org.au Website: http://www.nwclc.org.au

Tasmania Police, Penguin

Police

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

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 Website: www.nwclc.org.au

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Religion

St Stephen's Anglican Church (PO Box 22) Main Road Penguin 7316	
Phone0438 376 2	21

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.

Penguin Baptist Centre

(PO Box 129) 139 Ironcliffe Road Penguin 7316

Phone......6437 2024 Email: jeanettecorinne@gmail.com

Baptist Church Ulverstone

(PO Box 250) 60 Alexandra Road Ulverstone 7315

Phone......6425 6306 Email: admin@ub.church Website: 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

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

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
Website: 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

visit our online directory at directory.centralcoast.tas.gov.au

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 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 Website: www.therock.net.au

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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

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 Website: 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

Website: 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.

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

Community Bus - Central Coast Council

The Community Bus is available for hire by community groups and organisations. The vehicle will have a full tank of fuel when it is picked up, and needs to be full of fuel when returned. The vehicle will be presented in a reasonable clean and tidy manner and is to be returned in the same condition.

Email: bookings@centralcoast.tas.gov.au Website: https://www.centralcoast.tas.gov.au/live/community/community-support/

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

Ulverstone Ladies Probus Club

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

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.

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

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

Asthma Australia (need to know opening hours)

1-7 Liverpool StreetHobart 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

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-forprofit 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 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

Website: www.health.gov.au

Central Coast Garden Club Inc

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

Email: caroldavis11@bigpond.com

visit our online directory at directory.centralcoast.tas.gov.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.

Laurel House Sexual Assualt 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 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.

Penguin History Group Inc.

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

Email: penguin.history@bigpond.com

Anglicare Drug and Alcohol Treatment Service (ADATS)

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/ulversto ne-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 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

Email: electric 3906@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

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visit our online directory at directory.centralcoast.tas.gov.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: robynparker128@gmail.com

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 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

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.

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

Ulverstone Physiotherapy

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 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

Sexual Assault Support Service

People affected by any form of sexual violence Phone......1800 697 877
Website: www.sass.org.au

1800 Respect

People affected by family or domestic violence Phone......1800 737 732 Website: www.1800respect.org.au

Health Direct

Gambling Help Online

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 Website: www.elderabuse.tas.gov.au

visit our online directory at directory.centralcoast.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

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

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

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

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

Website: 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

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 Website: www.respect.com.au

Ulverstone Senior Citizens Club

Penguin Silver Salties

Penguin Surf lifesaving Club 7316
The Silver Salties summer Walk and Talk program
Phone......0456 038 003

Email: pslscsalties@gmail.com

Mobile......0419 370 121

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Social/Leisure

Mobile......0419 537 043

Craig Viney (Sec).....6425 5355

12	Julianne Stebbings (Treas)
	Coastal Budgerigar Society
	42 Bird Street Montello Burnie 7320
Ulverstone Ladies Probus Club Ulverstone Bowls Club 7315 A social club for active retired women Phone	Annual Show held in February, Don Hall,
	Devonport. Meetings held Devonport Library 1s
Email: shirley.f.guard@gmail.com	Tuesday of each month.
North Motton Rural Youth Club 153 Preston Road, Gawler 7315	Dean Barber (Pres)6431 157
This is a social club which also does community work.	Catherine Charlesworth (Sec/Treas)
Membership is open to anyone 15-30 years of age, rural background not necessary. Official organisers of AGFEST field day. Phone	0409 257 13
	Email c.charlesworth@bigpond.com.
	North West Homing Association
	1 Elliott Street Ulverstone 7315
_Wnkhhx5JbjjTvJjtNt5VOg	Race meetings on Saturdays from May-Nov
Ulverstone Garden Friends Kat	Craig Merritt (Pres)6431 304
Meetings held on the 1st Thursday of each month at 12.30pm for a friendly, social and warm atmosphere.	Tony Sheehan (Sec/Treas)6425 47
Other Leisure and Hobbies	Mobile0427 254 70
Other Leisure and Hobbies	Email
Animal, Bird & Fishing Clubs	Ulverstone Kennel Club
Young Anglers Development Inc	PO Box 212 Ulverstone 7315
8 Jerling Street Ulverstone 7315	Open to all pedigree dog breeders interested in
Open days at Fromberg's Dam, East Ulverstone on	showing dogs. Obedience, trials and shows he
the last Sunday of each month from August to April	Ria Weeda (Pres)6425 286
except for December commencing 10.00am-	Mobile 0437 252 86
3.00pm. Membership can be purchased on open	Patricia MacKinnon (Sec)6424 444
days.	Mobile0457 770 70
Lyle Hyland (Pres)6425 4809	K Brown (Treas)6445 14

Email.....jrweeda@bigpond.com

Ulverstone Poultry Club

Central Coast Community Directory visit our online directory at directory.centralcoast.tas.gov.au

16 Hensby Court Ulverstone 7315	Leven Pony Club Inc
Breeding and showing pure bred poultry \$10.00	Postal: PO Box 59, Ulverstone 7315
membership – April and August.	This is a community club for riders up to age 21 to
Peter Biddle (Sec)6425 2661	learn to ride horses. They receive instruction on
Mobile 0447 752 661	horsemanship and how to improve their riding.
Equestrian	Greg Stones (Pres)0419 582 224
Central Coast Polo-Cross Association Inc	Sabrina Docherty (Sec)0438 689 938
PO Box 296 Ulverstone 7315	Jodi Hutchins (DC*)0417 340 757
Competitions are held from January to April.	Jo Conroy (Treas)
Training starts in October and goes through until	Emailj.hutchins4@bigpond.com
December. Members and players most welcome.	Website www.leven.pcat.org.au
Tanya McNab (Pres) 0427 252 797	(*District Commissioner)
Anna van der Meulen (Sec) 0448 022 650	Machinery Society
Sam van der Meulen (Treas) 0419 312 577	Historical Machinery Club of Tasmania
Phone6429 3135	PO Box 8 Penguin 7316
Vanessa Whatley (Match Mgr) 0408 142 024	Not open to public unless advertised
Emailanzoron@hotmail.com	Brian Scott (Pres)6433 1173
Dressage Association of Tasmania North West	Mobile0400 248 044
Branch	Phillip Weeks (Sec)6433 0813
Thirlstone Golf Club (44 Pecks Rd Flowerdale	Mobile0408 330 813
7325)	Ivan Best (Treas)6435 3239
Dressage competitions and State dressage	Mobile0418 129 938
championships.	Emailm-weeks@bigpond.com.au
Jamie Smith (Pres)0409 505 334	Website www.oldengine.org/members/allsop
Email jamiesmith@bigpond.com	Model Railway
Pia Nowell (V/Pres)0408 140 421	The North West Model Engineering Society Inc.
Mickcarla Townsend (Sec)0409 359 437	(Ulverstone Miniature Railway site)
Emailmickcarla.townsend@gmail.com	21 Maskells Road Ulverstone 7315
Websitewww.dat.equestrian.org.au	The Ulverstone Miniature Railway is open to the

visit our online directory at directory.centralcoast.tas.gov.au

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
Karleen Boss (Sec)	6435 7453
Email	halfabos@hotmail.com
Kathleen Evans (Treas).	6435 1760
Mobile	0438 998 470
Email ambi	edrifters1@bigpond.com

Scrabble Club

Ulverstone Scrabble Club

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

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

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.

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.

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

visit our online directory at directory.centralcoast.tas.gov.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 Website: http://www.taserc.com

Central Coast Garden Club Inc

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

Email: 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.

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 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

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

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 Website: 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

Central Coast Film Society

6 Dial street Ulverstone 7315

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

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.

Email: info@coasttocanyon.com.au Website: www.hivetasmania.com.au

visit our online directory at directory.centralcoast.tas.gov.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

Email: info@coasttocanyon.com.au

Website: https://www.centralcoast.tas.gov.au/penguin-

visitor-information-centre/

best!

Penguin History Group Inc.

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

Email: 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

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

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!

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 Website:

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

Email: electric 3906@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

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: robynparker128@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

visit our online directory at directory.centralcoast.tas.gov.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

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

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.

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

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

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

Ulverstone Community Garden

2 Westshore Rd Ulverstone 7315
Residents and visitors are welcome.

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

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

957 Gunns Plains Rd Gunns Plains 7315

Phone......6429 1163

visit our online directory at directory.centralcoast.tas.gov.au

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

Website: lodgeofpeace.freemasorytasmania.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

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

Website:

www.facebook.com/profile.php?id=61559012130419

Sulphur Creek Hall

Phone......6429 8900 Email: bookings@centralcoast.tas.gov.au

Turners Beach Hall

58-60 Esplanade Turners Beach 7315

Phone......6429 8900 Email: 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

Website: 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 Website: 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

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

Baptist Church Chat 'n' Choose Penguin

130 Ironcliffe Road Penguin 7316

Thursday mornings 10.00am–12pm during school terms (fee includes morning tea).

visit our online directory at directory.centralcoast.tas.gov.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

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

Penguin Silver Salties

Penguin Surf lifesaving Club 7316
The Silver Salties summer Walk and Talk program
Phone......0456 038 003
Email: 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 Website: www.ccmbc.com.au

visit our online directory at directory.centralcoast.tas.gov.au

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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

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 Website: http://www.guidestas.org.au

Inspirations Paint Central Coast Cricket Club

Haywoods Reserve, Ulverstone 7315

Cricket

Phone......64251660 Email: 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 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

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 Website: http://ufcrobins.com.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.

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 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

Website: http://www.taserc.com

visit our online directory at directory.centralcoast.tas.gov.au

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

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.

President (Terry Burton) 0428 003 368 Email: 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

Penauin 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 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 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

Three Point Health Services

Rowing Club, Ulverstone 7315 Pilates, Counselling, Remedial Massage Therapy Phone......0412 915 336 Website: http://www.threepointhealth.com.au

Australian Breastfeeding Assoc. - Central **Coast Group**

Breastfeeding Information, Support and Advocacy Phone.....Tana 0428 204 076 or Marion 0409 899 136 (co Group Leaders) Email: ptmcmullen60@bigpond.com Website: https://www.breastfeeding.asn.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

Phone......0408752950 Email: 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

Ulverstone Basketball Association

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages Email: 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 Website: https://nwtasmania.nbl1.com.au/

visit our online directory at directory.centralcoast.tas.gov.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 Website: www.penguinfc.com.au

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
Website: https://penguinsportsclub.com.au/

Penguin Sports Centre

Ironcliffe Road Penguin 7316

Phone.......6425 6533 Email: 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.

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

East Ulverstone Football Clubrooms

PO Box 241, Ulverstone 7315 Haywoods Reserve Ulverstone 7315

Phone......6425 1660 Email: eastulvcrows@gmail.com

Forth Football Clubrooms

Mell Street, Forth 7315

Phone......0448 597 470

Email: forthfc@gmail.com

Turners Beach Football Clubrooms

(PO Box 4) Recreation Ground Turners Beach 7315

Phone......6428 2260 Email: turnersbeachfc@hotmail.com

Ulverstone Cricket Clubrooms

(PO Box 195) River Road Ulverstone 7315

Ulverstone Rowing Club

Kings Parade Ulverstone 7315

Phone......6425 2340 Email: events@ulverstonerowingclub.org.au

Ulverstone Soccer Clubrooms

(PO Box 118) Showground Ulverstone 7315

Phone......0418 498 312 Email: 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

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
Website: 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

visit our online directory at directory.centralcoast.tas.gov.au

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

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.

North West Athletic Club Inc

Recreation Drive Penguin 7316

Phone......0408 544 806

Email: 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

Central Coast Badminton Association

22 Risby Street Ulverstone 7315

Phone......6425 2828 Email: bradsalty@y7mail.com

North West Badminton Association Inc

PO Box 148, Ulverstone 7315

Phone......0418 202 980 Email: brent.munday@education.tas.gov.au

Penguin Basketball Association

PO Box 44 Penguin 7316 10 years and upwards

Email: pba.tas.secretary@gmail.com

Website: https://websites.mygameday.app/assoc_page

.cai?client=0-4341-0-0-0

Ulverstone Basketball Association

Flora Street Ulverstone 7315

10 years and upwards

Email: ulverstonebasketball@outlook.com

Website: 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 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

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

Website: 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

Forth Cricket Club

8 Mell Street, Forth 7315

Email: forthcc@gmail.com

Riana Cricket Club

Phone......6437 6328

Email: rianacricket@gmail.com

visit our online directory at directory.centralcoast.tas.gov.au

West Ulverstone Cricket Club

49 Amy Street, West Ulverstone 7315

Phone......0464 255 204 Email: westulverstonefc@gmail.com

Penguin and Riana Aus Kick

1 Dial Park, Penguin 7316

Phone......0448 444 434 Email: penguinriana_auskick@yahoo.com.au

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

Judo

Flora Street, Ulverstone 7315

Phone......0417 315 600 Email: ulverstonejudoclub@gmail.com Website: 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: scwingchun@hotmail.com

Central Coast Netball Association

Phone......0400 835 465 Email: 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

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

Website: 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

Website: https://cotatas.org.au/gd_activities/ulverstone-

softball-association/

Penguin Squash Club

Ironcliffe Road, Penguin 7316

Phone......0456 182 546 Email: penguinsquashclub@outlook.com

Website:

https://www.revolutionise.com.au/penguinsc/home

Ulverstone Squash Club

Phone.......0428 493 232 / 0438 064 471

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Email: 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

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

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

visit our online directory at directory.centralcoast.tas.gov.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 Website: 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

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

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 Website: www.ccmbc.com.au

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visit our online directory at directory.centralcoast.tas.gov.au

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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

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

Website: http://www.anglicare-tas.org.au/support-for-

alcohol-and-other-drugs/

Australian Breastfeeding Association, Tas Central Coast Group

C/o 170 Main Road, Penguin, Tasmania, 7316 Connect with other mums, get your breastfeeding questions answered, share your experiences, help other mums, and receive support in your parenting journey.

Phone......0428204076 Email: tana.mcmullen@breastfeeding.asn.au

Website: http://breastfeeding.asn.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 Website: tazkids@anglicare-tas.org.au

Anglicare's SMART Recovery Program

Anglicare's SMART Recovery Group Program Phone......1800 243 232 Website: 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.

Dhana

Phone.....Sharron Yaxley 0419 876

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Email: 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

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

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 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

Website: https://advocacytasmania.org.au/i-need-some-

help/,

visit our online directory at directory.centralcoast.tas.gov.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

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

Headspace

Email: 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.

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

Website: 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.

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 Website: 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 Assualt 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 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

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

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

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

visit our online directory at directory.centralcoast.tas.gov.au

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

Website: http://www.anglicare-tas.org.au/financial-coun

selling-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

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

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

Website: http://www.anglicare-tas.org.au/relationship-

counselling-support-education/,

Anglicare Drug and Alcohol Treatment Service (ADATS)

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

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 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

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

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

Email: electric 3906@gmail.com

visit our online directory at directory.centralcoast.tas.gov.au

Warrawee Women's Shelter

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

Tai Chi

Kings Parade, Ulverstone 7315
I am a Tai Chi practitioner providing classes
Phone......6425 5275

Email: 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: robynparker128@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

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 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 Website: https://newmornings.org.au

Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy
Phone.....Tana 0428 204 076 or
Marion 0409 899 136 (co Group Leaders)
Email: ptmcmullen60@bigpond.com

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 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.

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

Website: http://www.ruralhealthtas.com.au/programs-

services/no-34-aboriginal-health-services/

visit our online directory at directory.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 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@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 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

Sexual Assault Support Service

People affected by any form of sexual violence Phone......1800 697 877

Website: www.sass.org.au

1800 Respect

People affected by family or domestic violence Phone......1800 737 732

Website: 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

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 Website: 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: glife.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

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

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

visit our online directory at directory.centralcoast.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.

Email: 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

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

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

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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

Website: tazkids@anglicare-tas.org.au

Anglicare's SMART Recovery Program

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
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

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.

Rural Alive and Well INC

73 High Street, Oatlands TAS 7120

Rural Alive & Well Inc. (RAW) is a Tasmanian not-forprofit 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 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.

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.

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.

visit our online directory at directory.centralcoast.tas.gov.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 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.

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

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

Anglicare Drug and Alcohol Treatment Service (ADATS)

The Salvation Army - Bridge Residential Program

Email: 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

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 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.

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

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

visit our online directory at directory.centralcoast.tas.gov.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 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

Sexual Assault Support Service

People affected by any form of sexual violence Phone......1800 697 877

Website: www.sass.org.au

1800 Respect

Website: 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: glife.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

Ambulance Tasmania

Phone......000

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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

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

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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