

Central Coast Community Directory

Connecting Care
...it's in our nature

Health Consumers Tasmania

CENTRAL COAST COUNCIL

CENTRAL CONNECT TASMANIA

PO Box 220 / DX 70506
19 King Edward Street
Ulverstone Tasmania 7315
Tel 03 6429 8900

www.centralcoast.tas.gov.au

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2 Aboriginal Services

Relationships Australia
Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.
Phone.....1300 364 277
Email: admin@reltas.com.au
Website: https://www.tas.relationships.org.au

Engender Equality
Engender Equality is a confidentially located service For over 30 years, Engender Equality has worked with and on behalf of individuals, families and communities affected by family and domestic violence in Tasmania. Engender Equality's philosophies, practice and resources are based around lived experience and grounded in cutting-edge research.
Phone.....03 6278 9090
Email: admin@engenderequality.org.au
Website: http://www.engenderequality.org.au

Headspace
Level 1, 35 Oldaker Street, Devonport, Tasmania 7310 headspace Devonport offers free support for young people aged 12 to 25, their families and friends.
Phone.....6424 2144
Email: headspacedevonport@csys.com.au
Website: https://headspace.org.au/headspace-centres/devonport/

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-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.
Phone.....0362541092
Email: admin@rawtas.com.au
Website: http://www.rawtas.com.au

Lifeline
Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.
Phone.....13 11 14
Website: https://www.lifeline.org.au/about-lifeline/contact-us

The Way Back Support Service
The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis
Phone.....1800 243 232
Email: wayback@anglicare-tas.org.au
Website: http://www.anglicare-tas.org.au/relationship-counselling-support-education/,

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

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

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

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

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
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: 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.
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

3 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

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.
Phone.....03 6419 7010
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?fbclid=IwZXh0bgNhZW0CMTAAAR3pfh7yMf3v0quQsUPCeiIT1PLIobBqnnn1WYJX7BS2ihwy3Tn7Zp2N7w8_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”.
Phone.....1300 663 125
Email: ulverstone@discoveryelc.com.au
Website: http://www.discoveryelc.com.au

Stepping Stones Children’s Centre
11 Moore Street Ulverstone 7315
Stepping Stones provides child care for children aged birth to 5 years. After School Care – K-6 and Vacation Care K-6 – held at Ulverstone Primary School.
Phone.....03 6425 3499
Email: courtney@sharingthecare.com.au
Website: steppingstonesaustralia.com.au

Progress Ahead Life Coaching
Mobile based business based in Devonport but as the sole qualified Wisdom Coach in Tasmania, we serve all of the state.
We coach children using fun, story based programs/activities to help kids develop a growth mind-set. 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_information/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-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.
Phone.....0362541092
Email: admin@rawtas.com.au
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

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

Ulverstone Child Care Centre
7 Alexandra Road Ulverstone 7315
We aim to provide a warm, stimulating environment in which each child feels secure and is motivated to learn and develop through play at their own level, and build a trusting and secure environment for both children and families.
Phone.....6429 8166
Website: centralcoast.tas.gov.au

Ulverstone Library
15 King Edward Street, Ulverstone 7315
Ulverstone Library is part of Libraries Tasmania. Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.
Phone.....03 6464 3120
Email: ulverstone.library@libraries.tas.gov.au
Website: http://www.libraries.tas.gov.au

Youth, Family and Community Connections
62 Stewart Street, Devonport 7310
Youth, Family & Community Connections Inc. (YFCC) is a not for profit, community organisation that provides a range of services and envisions a community where individuals and families have the opportunity to achieve their goals and to seek positive change.
Phone.....(03) 6423 6635
Email: yfcc@yfcc.com.au
Website: http://www.yfcc.com.au

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

Anglicare's Supported Youth Program
The Supported Youth Program (SYP) provides support to vulnerable young people aged 10 to 18 who have been identified by community or welfare professionals as having significant or multiple risk issues.
Phone.....1800 000 123

Anglicare's Reconnect Program
An early intervention service for young people aged 12-18 who are homeless or at risk of becoming homeless. It aims to help stabilise their living situation, develop more positive relationships with their family, and support connections with education, work, training and the community.
Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
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/

Penguin ELC
33 Dial Rd Penguin 7316
We provide vacation care for school age children during school holidays except for public holidays 7:30am-6pm. The Penguin ELC is the only childcare centre in Penguin. The Penguin ELC currently meets the National Standards in rating. The Penguin ELC does not currently supply afternoon tea.
Phone..... 6437 1077
Website: https://gumnuttas.com.au/

Child and Youth Mental Health Service
Our Child and Youth Mental Health Service (CYMHS) provides free outreach support for families with children and young people (0-18) who are showing early signs of developing mental health concerns.
Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
Website: http://www.anglicare-tas.org.au/relationship-counselling-support-education/

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

Warrawee Women's Shelter
Warrawee offers a twenty four hour, seven day a week crisis accomodation service. We provide a safe, secure environment for women and women with children who are escaping violence, sexual abuse and homelessness.
Phone.....6425 1382
Email: info@warraweewomensshelter.com.au
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

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

Australian Breastfeeding Association – Tas Central Coast Group
34 Alexandra Road ULVERSTONE 7315
We provide free, welcoming breastfeeding support, information and advocacy through regular face-to-face catch-ups, informal discussions and access to trained breastfeeding counsellors and educators.
Phone.....0428 204 076
Email: tana.mcmullen@breastfeeding.asn.au
Website: https://www.breastfeeding.asn.au

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

Child Health Centre - Ulverstone
56 Victoria Street, Ulverstone 7315
Providing counselling, support and health/practical parenting information for families, growth/development assessments for children and referral to other health professionals as required in consultation with the family.
Phone.....1300 064 544
Website: https://www.health.tas.gov.au/service-finder/ulverstone-child-health-and-parenting-service

Child Health Centre - Penguin
19 Ironcliffe Road, Penguin 7316
Providing counselling, support and health/practical parenting information for families, growth/development assessments for children and referral to other health professionals as required in consultation with the family.
Phone.....1300 064 544
Website: https://www.health.tas.gov.au/service-finder/penguin-child-health-and-parenting-service

Penguin Library
81 Main Street, Penguin, TAS 7316
Offering lending items, access to online information, research/information services, free access to the internet and computers and a variety of programs, services and events for adults, children and young people enabling personal learning, growth and community connections.
Phone.....(03) 6477 7520
Email: devonport.library@libraries.tas.gov.au
Website: https://libraries.tas.gov.au/locations/penguin-library/

Forth Primary School
45 Wilmot Road, Forth 7310
Our school offers most of the programs offered in larger schools, whilst still retaining the ‘family atmosphere’ and the benefits of a smaller school.
Phone.....6428 2282
Email: forth.primary@decyp.tas.gov.au
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

Phone.....6425 0999
Email: admin@leighland.tas.edu.au
Website: www.leighland.tas.edu.au

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

Central Coast Schools
7315
Information and links to schools located within the Central Coast Council municipality, including government, Catholic and independent education providers.
Website: https://en.wikipedia.org/wiki/List_of_schools_in_Tasmania

4 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'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

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/

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)

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

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

Shropshire Park Dial Street (Open 7.00am till Dusk)

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

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

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

Buttons Beach East Beach Road (Open 24hrs)

Buttons Camping Area Beach Road (Open 24 hrs)

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

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

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

Op-Shops

ADRA

1/25 King Edward Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.00am - 4.00pm

Phone.....6425 7925

City Misson

7 Reibey St, Ulverstone TAS 7315

Retail sales of new and used household items.

Open Monday to Friday 10.00am - 5.00pm and

Saturday 10.00am - 4.00pm

Phone.....6425 4698

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

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

Australian Red Cross Shop Ulverstone

57a Reibey Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 10.00am - 4.00pm and

Phone 6425 7956

Ulverstone Lions Club Community Shop

29 The Quadrant, Ulverstone TAS 7315

Furniture, Housewares, Bric-a-brac and much

more.

Open Monday to Friday 10.00am - 4.00pm
Phone.....6425 5534

Email.....ulverstone@lionstasmania.org

The Salvation Army Ulverstone – Thrift Shop

19 Main Street, Ulverstone 7315

Clothing, Manchester, Furniture, Books,

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

Phone 6425 8800

Vinnies Ulverstone

67 Reibey St, Ulverstone TAS 7315

You can find great clothing, furniture, books, music

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

Open Monday to Friday 10.00am - 4.00pm

Phone 6425 3171

Police

38-40 Victoria Street, Ulverstone 7315

Tasmania Police, Ulverstone (Western District - Devonport Division)

38-40 Victoria Street Ulverstone 7315

All Emergency calls.....000

Non-Emergency calls.....131 444

Ulverstone Police 6478 6006

Tasmania Police, Penguin *(unmanned - Supervising Station: Ulverstone)*

Cnr Crescent & Braddon Streets Penguin 7316

All Emergency calls.....000

Non-Emergency calls.....131 444

Ulverstone Police 6478 6006

Phone 6437 2160

***Western District Headquarters - Burnie:** 03 6434 5211

***Crime Stoppers** (Anonymous): 1800 333 000

***Find Your Local Police Station:** www.police.tas.gov.au/contact-us/find-your-local-police-station

***Police & Emergency Contacts:** www.police.tas.gov.au/contact-us

Phone.....03) 6478 6006
Website: https://www.police.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

Email ..... ULVERSTONE@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.....ulverstonelions@gmail.com

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

Email .....admin@ulverstonersl.com.au

Website .....facebook.com/Ulverstone-RSL-SubBranch-Inc

Ulverstone Returned Servicemen's Club Inc (RSC)

21 King Edward Street Ulverstone 7315

Bar, Gaming, Tote facilities. Bistro opened Tuesday and Sunday, non members welcome.

Office.....6425 1439

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

Katelyn Gale (Man).....0364251439

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

Email .....ulverstonersc@ursc.net.au"

Community Information

Aurora Energy

Payments offices:

Post Office: 80 Main Road Penguin 7316

Post Office: Reibey Street Ulverstone 7315

Devonport Office 132 003

Markets

Penguin Market

(PO Box 289) Arnold Street Penguin

Open every Sunday 9.00am–3.30pm

Tasmania's largest undercover market with 70 stalls including art, craft, second-hand items and food stalls. Also open Thursday, Friday, Saturday and Sunday is "The Gallery" which has wood work, nursery, hair dresser and artists. For further information contact..... 0400 903 031

State Emergency Service

16 Grove Street Ulverstone 7315

SES Local Unit 13 2500

Relay for Life

North West (Penguin) Relay for Life Committee

Cancer Council Tasmania 03 6419 4200

Service Tasmania

54-56 King Edward Street Ulverstone 7315

Phone.....1300 135 513

Website .....www.service.tas.gov.au

TasWater

Shop and Administration Office:

18 Steel Street Devonport 7310

GPO Box 1393 Hobart TAS 7001

Open: 8.30am to 5.00pm Monday to Friday

Phone 136 992

Website..... www.taswater.com.au

Telstra Australia

Payment offices:

Post Office - 80 Main Road Penguin 7316

Post Office - Reibey Street Ulverstone 7315

Residential Customers 132 200

Faults and Service Difficulties 132 003

Volunteer Fire Brigades

Tasmanian Fire Service

48 Alexander Street Burnie 7320

For information relating to Volunteer Fire Brigades:

Fire Permit Info.....1800 000 699

Website ..... www.fire.tas.gov.au

Email ..... tfe@fire.tas.gov.au

Emergencies 000

Email .....ulverstone.volunteers@fire.tas.gov.au

Concession Card Booklets

Website ..... www.concessions.tas.gov.au

Phone.....1300 135 513

Tasmanian Seniors Card .....

Website .....www.seniors.tas.gov.au

Phone.....1300 135 513

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

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

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

Central Coast Chamber of Commerce and

"Support, Recognition, Empowerment"

PO Box 300 Ulverstone 7315

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

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

..... president@centralcoastcci.com

Robert Tucker (Vice Pres).....

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

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

Email .....treasurer@centralcoastcci.com

Simone Dobson.....

(Promotions Coordinator) 0418 524 986

Email ..... admin@centralcoastcci.com

Website ..... www.centralcoastcci.com

The Friends of Reid Street Reserve

PO Box 3088 Ulverstone 7315

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

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

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

Turners Beach Coast Care Inc

25 Turners Avenue Turners Beach 7315

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

Wendy Horniblow (Sec) 0497 098 880

Email.....wendyhorniblow@gmail.com

Ulverstone Coast Care Group

PO Box 214 Penguin 7316

Robyn Parker 0418 142 790

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

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

Progress Associations

Castra, Sprent & Nietta Community Advisory

Committee

PO Box 77 Ulverstone 7315

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

249 Preston Road, North Motton

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

Business Hours 6425 1633

Forth Community Representative Committee

PO Box 366 Forth 7310

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

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

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

Gunns Plains Community Centre Association

Community Centre, 957 Gunns Plains Road, Gunns Plains

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

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

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

Email ..... sendtosonia@rocketmail.com

Yvonne Downes (Vice Pres) 6429 1353

Email .....ennovyar@gmail.com

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

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

Wendy Dontschuk (Sec) 6429 1140

Email ..... mwdontschuk@bigpond.com

Heybridge Improvement Association

1 Sice Avenue Heybridge 7316

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

Mr Dale Clarke (Pres) 6435 4340

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

North Motton Community Support Group

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

Justice of the Peace

Current records for Justice of the Peace in Tasmania
Phone.....Please refer to Department of Justice Webpage
Website: https://www.justice.tas.gov.au/justice-system/justices-of-the-peace-and-commissioners-for-declarations/jp/find

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/

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.
Phone.....03 6278 9090
Email: admin@engenderequality.org.au
Website: http://www.engenderequality.org.au

Mersey Community Care Association Inc

PO Box 286, Devonport 7310
Providing Services to allow Independent Inclusive Living. Transport, Home Maintenance, Social Support, Domestic Assistance
Phone.....6424 8883
Email: mcca@merseycca.org.au
Website: https://www.merseycca.org.au/

Tasmania Legal Aid

To provide legal services to help Tasmanians understand their rights, navigate the system to resolve their legal issues, and get the assistance they need. To support and advocate for vulnerable and marginalised Tasmanians.
Phone.....1300 366 611
Email: please use contact us form on our website
Website: http://www.legalaid.tas.gov.au

Lions Club of Penguin
PO Box 98 Penguin 7316 Tas 7316
Lions is an international non-political service organisation, and is the largest of its kind in Australia. Lions Clubs foster leadership and business skills in their members, and also provide networking opportunities and the chance to make lifelong friendships in your local area.
Phone.....03 6437 6162
Email: penguin@lionstasmania.org

Rural Alive and Well INC
73 High Street, Oatlands TAS 7120
Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.
Phone.....0362541092
Email: admin@rawtas.com.au
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.
Phone.....13 11 14
Email: www.lifeline.org.au/crisis-chat/
Website: www.lifelinetasmania.org.au

Community Visitors Scheme
This scheme supports volunteer visits to provide friendship and companionship to older people.
Phone.....0477 883 942
Email: gemma.pickrell@lifelinetasmania.org.au
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.
Phone.....13 11 14
Website: https://www.lifeline.org.au/about-lifeline/contact-us

North West Environment Centre/Penguin Community Garden
235 Ironcliffe Road Penguin 7316
The North West Environment Centre is a dynamic and active community-based organisation whose members vision is 'to inspire a new perspective on our relationship with the environment and each other so that we may all act to create a socially harmonious and ecologically sustainable future'
Phone.....03 6425 6928
Email: secretary@nwec.org.au
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
15 King Edward Street, Ulverstone 7315
Ulverstone Library is part of Libraries Tasmania. Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.
Phone.....03 6464 3120
Email: ulverstone.library@libraries.tas.gov.au
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.
Phone.....0364254572
Email: centralcoastfilms@gmail.com

The Hive Visitor Centre
50 Main St Ulverstone 7315
The Ulverstone Visitor Information Centre offers a full range of visitor services. Drop in to explore what’s happening across the great Central Coast region.
Phone.....03 6425 2839
Email: info@coasttocanyon.com.au
Website: www.hivetasmania.com.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.
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

Anglicare's Reconnect Program
An early intervention service for young people aged 12-18 who are homeless or at risk of becoming homeless. It aims to help stabilise their living situation, develop more positive relationships with their family, and support connections with education, work, training and the community.
Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
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)

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

Phone.....1800161266

Men Care Too

N/A 7315

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

Phone.....0400604231
Email: mencaretoo.greg@gmail.com
Website: http://www.mencaretoo.org.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/ulverstone-central-coast-community-health-centre

Central Coast Council

19 King Edward St Ulverstone 7315

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

Phone.....64298900
Email: admin@centralcoast.tas.gov.au
Website: http://www.centralcoast.tas.gov.au

The Salvation Army - Bridge Residential Program

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

Phone.....64257453
Email: Jacinta.saunders@salvationarmy.org.au
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
Website: https://www.centralcoast.tas.gov.au/community-shed/

Penguin Men's Shed

5 Sport's Complex Avenue Penguin 7316
The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health
Phone.....0427 509 792 0418 331 198
Email: 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.
Phone.....6425 1382
Email: info@warraweewomensshelter.com.au
Website: https://warraweewomensshelter.com.au/

Ulverstone Coast Care

Beach Road Ulverstone 7315
Ulverstone Coastcare is a community group of people who have a common interest in caring for our coastline, planting, weeding and restoring the environment for the benefit of our community and native wildlife.
Phone.....0418 142 790
Email: 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 Association – Tas Central Coast Group

34 Alexandra Road ULVERSTONE 7315
We provide free, welcoming breastfeeding support, information and advocacy through regular face-to-face catch-ups, informal discussions and access to trained breastfeeding counsellors and educators.
Phone.....0428 204 076
Email: tana.mcmullen@breastfeeding.asn.au
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.
Phone.....6429 8900
Email: admin@centralcoast.tas.gov.au
Website: http://www.centralcoast.tas.gov.au,

Australia Red Cross - Ulverstone Branch
49 King Edward Street, UlverstonePO Box 398, Ulverstone 7315
We meet on the first Monday of each month at 1.30pm to discuss fundraising ideas and to offer fundraising ideas and to offer fellowship to members and guests.
Phone.....0415 809 703
Email: cday@redcross.org.au
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

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
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: 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

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
1a Arnold St, Penguin TAS 7316 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.
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

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 Mon/Wed/Fri 9.30am - 2pm.

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

Free shower and laundry facilities

Phone.....6425 8800
Email: ulverstone@salvationarmy.org.au
Website: https://www.salvationarmy.org.au/ulverstone

Penguin Makeover Community

Penguin TAS 7316
The Penguin Makeover Community brings volunteers together to carry out practical projects that improve and care for Penguin's town centre and foreshore.
Email: penguinmakeovercommunity@gmail.com
Website: https://www.facebook.com/penguinmakeovercommunity

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.
Phone.....03 6433 5000
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.
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

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

CHAT Centre Speech Pathology
36 Main St Ulverstone 7315
Speech Pathology Services for Pre-School and School Aged Children Speech Pathologists are trained to assess, diagnose and treat communication disorders. Speech Pathologists help children who have difficulties with speaking, listening, understanding and using language, stuttering and voice.
Phone.....6425 6353 0417 371 991
Email: office@chatcentre.com.au

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)

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.

Phone.....6429 8900

Email: admin@centralcoast.tas.gov.au

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

The Training Fix

Corner of Alice and Queen Street Ulverstone 7315

Accredited Exercise Physiologist, Personal Training, Group Fitness Classes, Exercise Programming and fully equipped gym

Phone.....0439 310 206

Email: tfix@bigpond.net.au

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

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
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

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.
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

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.
Phone.....03 6425 3499
Email: courtney@sharingthecare.com.au
Website: steppingstonesaustralia.com.au

University of Tasmania
As a university, we're dedicated to providing every student with a hands-on education and an unforgettable adventure. Our courses offer real-life learning and close industry connections.
Phone.....13 8827
Email: course.info@utas.edu.au
Website: http://www.utas.edu.au

Progress Ahead Life Coaching
Mobile based business based in Devonport but as the sole qualified Wisdom Coach in Tasmania, we serve all of the state.
We coach children using fun, story based programs/activities to help kids develop a growth mind-set. 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.
Phone.....03 6231 5550
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.
Phone.....03 6278 9090
Email: admin@engenderequality.org.au
Website: http://www.engenderequality.org.au

Don College
87-121 Watkinson St Devonport TAS 7310
Staff and current students of Don College welcome Years 11 and 12 students to join our diverse community. You will be supported in a friendly, respectful and engaging learning environment.
Phone.....0364240200
Email: Don.College@education.tas.gov.au
Website: https://doncollege.education.tas.edu.au/

Rural Alive and Well INC
73 High Street, Oatlands TAS 7120
Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.
Phone.....0362541092
Email: admin@rawtas.com.au
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.
Phone.....13 11 14
Website: https://www.lifeline.org.au/about-lifeline/contact-us

Australian Plants Society Tasmania (APST)Inc. North West Group
The Australian Plants Society Tasmania Inc. is made up of people interested in the propagation, cultivation and conservation of plants native to Australia, especially those found in our state. The North West Group is one of three in Tasmania, others being based in Hobart and Launceston.
Phone.....0488 402 210
Email: apstnorthwest@gmail.com
Website: http://www.apstas.org.au

Ulverstone Library
15 King Edward Street, Ulverstone 7315
Ulverstone Library is part of Libraries Tasmania. Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.
Phone.....03 6464 3120
Email: ulverstone.library@libraries.tas.gov.au
Website: http://www.libraries.tas.gov.au

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 best!
Phone.....03 6437 1421
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

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)

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

Phone.....1800161266

Hearing Australia Ulverstone

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

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

Men's Shed Ulverstone

Flora Street Ulverstone 7315
The Ulverstone Men's Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....6429 8900
Email: mensshedulverstone@gmail.com
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 331 198
Email: electric 3906@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

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

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: 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

Penguin Community Op Shop
1a Arnold St, Penguin TAS 7316 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.
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

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@decyp.tas.gov.au
Website: http://www.forthprimary.education.tas.edu.au/

Central Coast Schools
7315
Information and links to schools located within the Central Coast Council municipality, including government, Catholic and independent education providers.
Website: https://en.wikipedia.org/wiki/List_of_schools_in_Tasmania

7 Medical, Pharmacy, Allied Health

Anglicare Family Support Service
51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001
Provide information and support to anyone affected by a family member or significant other using alcohol or other drugs, including children. We welcome all types of families.
Phone.....1800 161 266
Email: connectsupport@anglicare-tas.org.au
Website: http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/

Mindful Mud
PO Box 572 Ulverstone 7315
Using clay in a guided process with a mindfulness teacher, you'll experience how being present can support feeling calm, connected and creative and make functional or creative pottery pieces to take home.
Phone.....0488997095
Email: miranda@psychologymatters.com.au

Heart Support Australia
Montgomery room Ulverstone 7315
Provide peer support for Australians affected by heart disease.
Phone.....Sharron Yaxley 0419 876 143
Email: office@heartnet.org.au
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 mind-set. 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_information/services_files/wetaway_program,

Headspace
Level 1, 35 Oldaker Street, Devonport, Tasmania 7310
headspace Devonport offers free support for young people aged 12 to 25, their families and friends.
Phone.....6424 2144
Email: headspacedevonport@csys.com.au
Website: https://headspace.org.au/headspace-centres/devonport/

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

Rural Alive and Well INC
73 High Street, Oatlands TAS 7120
Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.
Phone.....0362541092
Email: admin@rawtas.com.au
Website: http://www.rawtas.com.au

Dementia Australia
63-65 Paringa Ave, Newnham TAS 7248
Dementia Australia is the national peak body supporting people living with dementia, their families and carers.
Phone.....1800 100 500
Email: Enquire on their website
Website: http://www.dementia.org.au

Fullife Pharmacy Ulverstone
Fullife Pharmacy Ulverstone 24 King Edward Street Ulverstone 7315
If there’s one thing we know at Fullife Pharmacies, it’s that a cookie-cutter approach to healthcare doesn’t work. We tend to do things a little differently here. We believe your health and wellbeing should be about thriving.
Phone.....6425 2286
Email: ulverstone@fullife.com.au
Website: http://www.fullife.com.au

A Tasmanian lifeline
Our dedicated team is here to provide you with a safe and compassionate space, offering professional assistance for every challenge life may bring. You're not alone on this journey. Reach out, connect, and let's navigate through it together.
Phone.....13 11 14
Email: www.lifeline.org.au/crisis-chat/
Website: www.lifelinetasmania.org.au

Ulverstone Dental Clinic
James Street, Ulverstone 7315
Oral Health Services Tasmania provides dental services for eligible Tasmanian children
Phone.....1300 011 013

Lifeline
Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.
Phone.....13 11 14
Website: https://www.lifeline.org.au/about-lifeline/contact-us

Laurel House Sexual 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.
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/

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/,

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)

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

Phone.....1800161266

Hearing Australia Ulverstone

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

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

Central Coast Community Health Centre

48 Water Street, Ulverstone 7315
The Centre provides residents with access to various community specialist services.

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

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 572 913
Email: admin@newmornings.org.au
Website: https://newmornings.org.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
Phone.....6425 7333
Email: appointments@footprintspodiatry.com
Website: https://www.footprintspodiatry.com.au

MS Peer Support
Ulverstone 7315
Plus Peer Support in TAS
Phone.....1800 042 138
Email: connect@msplus.org.au
Website: http://www.msplus.org.au/

PhysioTas
6 Patrick St Ulverstone 7315
At Physiotas we aim to be an industry-leading network of health practitioners throughout Tasmania, by providing the community with high-quality, patient-centered care through innovation, collaboration and education.
Phone.....6425 5997
Email: ulverstone@physiotas.com.au
Website: http://www.physiotas.com.au

Westside Pharmacy Ulverstone
42 Queen Street Ulverstone 7315
A locally owned and operated full-service pharmacy that has been in the community for more than 30 years. We strive to provide personal health and well-being advice to meet your individual needs. We will provide you with the most current, evidence-based informed advice.
Phone.....6425 6666
Email: staff@westsidepharmacy.com.au
Website: westsidepharmacy.com.au

Patrick Street Clinic Penguin
19 Ironcliffe Road Penguin 7316
Our goal is to provide well informed best practice medical care for the North West Community whilst providing a positive working environment for doctors, staff, students and allied health through mutual respect and awareness of individual, personal and social requirements.
Phone.....6437 0955
Website: http://www.patst.com.au

Patrick Street Clinic
6 Patrick St Ulverstone 7315
Our goal is to provide well informed best practice medical care for the North West Community whilst providing a positive working environment for doctors, staff, students and allied health through mutual respect and awareness of individual, personal and social requirements.
Phone.....64251611
Website: http://www.patst.com.au

Priceline Pharmacy Ulverstone
66 Reiby Street Ulverstone 7315
AT A GLANCE Caring, professional advice and information Number one for beauty advice and trends Beauty advisors available in-store Travel health advice Home health aids
Phone.....6425 1095
Email: plpulverstone@gmail.com
Website: www.priceline.com.au/store-finder/country/AU/0752

No 34. Aboriginal Health Service Rural Health Tasmania
34 Alexandra Road Ulverstone 7315
No 34 Aboriginal Health Service is Located at 34 Alexandra Road Ulverstone. Rural Health Tasmania is committed to working in partnership with the Aboriginal community, organisations and health care providers to improve the health and well-being of Aboriginal and Torres Strait Islander peoples.
Phone.....6417 6080
Email: contactno34@ruralhealthtas.com.au
Website: http://www.ruralhealthtas.com.au/programs-services/no-34-aboriginal-health-services/

Victoria Street Clinic
39 Victoria street Ulverstone 7315
We guarantee to provide the highest standard of care and a holistic approach toward diagnosis and management of illness. We are committed to promoting health, wellbeing and disease prevention to all patients. We strive in providing quality health care to the local community.
Phone.....6425 2900
Email: office2@vsclinic.com.au
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

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
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: 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

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

Ulverstone Urgent Care
44 Queen St West Ulverstone 7315
Operated by My Clinic Plus Ulverstone, our walk-in clinic offers fast, professional care for non-life-threatening illnesses and injuries. If your condition can't wait for a regular GP appointment but doesn't require a visit to the Emergency Department, we're here to help.
Phone.....64067744
Email: rec@mcpulv.com.auÂ
Website: https://www.ulverstoneurgentcare.com.au/

8 Legal Services

The North West Community Legal Centre Inc.

56 Formby Road, Devonport TAS 7310
North West Community Legal Centre is a registered charity established to provide legal advice and assistance to the most vulnerable residents of the North West, West Coast and King Island areas of Tasmania.
Phone.....03 6424 8720
Email: office@nwclc.org.au
Website: http://www.nwclc.org.au

Police

38-40 Victoria Street, Ulverstone 7315

Tasmania Police, Ulverstone (Western District - Devonport Division)

38-40 Victoria Street Ulverstone 7315

All Emergency calls.....000

Non-Emergency calls.....131 444

Ulverstone Police 6478 6006

Tasmania Police, Penguin *(unmanned - Supervising Station: Ulverstone)*

Cnr Crescent & Braddon Streets Penguin 7316

All Emergency calls.....000

Non-Emergency calls.....131 444

Ulverstone Police 6478 6006

Phone 6437 2160

***Western District Headquarters - Burnie:** 03 6434 5211

***Crime Stoppers** (Anonymous): 1800 333 000

***Find Your Local Police Station:** www.police.tas.gov.au/contact-us/find-your-local-police-station

***Police & Emergency Contacts:**
www.police.tas.gov.au/contact-us

Phone.....03) 6478 6006
Website: https://www.police.tas.gov.au/

Tasmania Legal Aid

To provide legal services to help Tasmanians understand their rights, navigate the system to resolve their legal issues, and get the assistance they need. To support and advocate for vulnerable and marginalised Tasmanians.
Phone.....1300 366 611
Email: please use contact us form on our website
Website: http://www.legalaid.tas.gov.au

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

9 Religion

St Stephen’s Anglican Church
(PO Box 22) Main Road Penguin 7316

Phone.....0438 376 221

Holy Trinity Anglican Church of Australia
The local Anglican Church holds Sunday services, weekly bible studies, children's activities and regular lunches, fellowship and community activities.
Phone..... 6425 1003
Email: anglicanulv@bigpond.com
Website: www.ulverstoneanglican.org

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 Mon/Wed/Fri 9.30am - 2pm.

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

Free shower and laundry facilities

Phone.....6425 8800
Email: ulverstone@salvationarmy.org.au
Website: https://www.salvationarmy.org.au/ulverstone

Seventh Day Adventist Church Ulverstone
90-100 South Road, Ulverstone 7315

Phone.....0418 220 799

Uniting Church in Australia Penguin

50 Main Road Penguin 7316

The Penguin Uniting Church is a landmark, overlooking the beach and Bass Strait beyond. The worshipping congregation strives to be an open church, open to God, open to each other and to the community. Visitors are most welcome.

Phone.....0447 228 747
Email: penguin.unitingchurch@westnet.com.au
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

10 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.
Phone.....1300 360 000
Email: bookings@tasredline.com.au
Website: https://www.wearekinetic.com/

Penguin Taxi
72 South Road Penguin 7316

Phone.....131008

Ulverstone Taxis
King Edward Street Ulverstone 7315
King Edward Street Ulverstone 7315. Phone 6425 1093
Phone.....6425 1093

Penguin Taxi Service
72 South Road Penguin 7316
Departs from Penguin, travels from Wynyard to Launceston, 24 hours a day. Phone 131 008
Phone.....131008

11 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
Ulverstone Bowls Club 7315
A social club for active retired women
Phone.....6437 2433
Email: shirley.f.guard@gmail.com

COTA (Council on the Ageing) Tasmania - Care Finder
A free and friendly community service to help you navigate the aged care system
Phone.....1800 518 048
Website: https://cotatas.org.au/programs/carefinder/

Relationships Australia
Working to create a connected and respectful Tasmania. We are supporting Tasmanians to achieve positive lives and healthy relationships - with each other or themselves.
Phone.....1300 364 277
Email: admin@reltas.com.au
Website: https://www.tas.relationships.org.au

Engender Equality
Engender Equality is a confidentially located service For over 30 years, Engender Equality has worked with and on behalf of individuals, families and communities affected by family and domestic violence in Tasmania. Engender Equality's philosophies, practice and resources are based around lived experience and grounded in cutting-edge research.
Phone.....03 6278 9090
Email: admin@engenderequality.org.au
Website: http://www.engenderequality.org.au

Mersey Community Care Association Inc
PO Box 286, Devonport 7310
Providing Services to allow Independent Inclusive Living. Transport, Home Maintenance, Social Support, Domestic Assistance
Phone.....6424 8883
Email: mcca@merseycca.org.au
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-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.
Phone.....0362541092
Email: admin@rawtas.com.au
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
Phone..... 0439 368 144
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.
Phone.....03 6464 3120
Email: ulverstone.library@libraries.tas.gov.au
Website: http://www.libraries.tas.gov.au

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.
Phone.....0364254572
Email: centralcoastfilms@gmail.com

Penguin History Group Inc.
Penguin Railway Station Main Road , Penguin 7316
Collect and write the history of the town its people and the area.
Phone.....0418 559 224 or 0488 715 431
Email: penguin.history@bigpond.com

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

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

Probus Club of Central Coast
P.O. Box 497 Ulverstone 7315
Friendship and fellowship club.
Phone.....6437 1994

Central Coast Community Health Centre
48 Water Street, Ulverstone 7315
The Centre provides residents with access to various community specialist services.
Phone.....6464 3080
Website: www.health.tas.gov.au/service-finder/ulverstone-central-coast-community-health-centre

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 331 198
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

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.
Phone.....6429 8900
Email: admin@centralcoast.tas.gov.au
Website: http://www.centralcoast.tas.gov.au,

Australia Red Cross - Ulverstone Branch
49 King Edward Street, UlverstonePO Box 398, Ulverstone 7315
We meet on the first Monday of each month at 1.30pm to discuss fundraising ideas and to offer fundraising ideas and to offer fellowship to members and guests.
Phone.....0415 809 703
Email: cday@redcross.org.au
Website: http://www.redcross.org.au

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

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

Mindfulness Programs Australasia
Mindfulness Programs Australasia strives to create environments where people learn how to activate their innate capacity to reduce stress in their lives. We support people to live more aligned with their values; to live mindfully.
Phone.....0488 064 228
Email: admin@mindfulnessaus.com.au
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

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

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
1a Arnold St, Penguin TAS 7316 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
16 King Edward Street Ulverstone 7315
Anyone over 55 years of age can become a member. An exception applies to couples where membership will be granted provided one partner is over 55. Must be a citizen of Central Coast or become an honorary member. All senior citizens are welcome
Phone.....6425 2584

Penguin Silver Salties
Penguin Surf lifesaving Club 7316
The Silver Salties summer Walk and Talk program
Phone.....0456 038 003
Email: pslscsalties@gmail.com

Navigating Aged Care
The Navigating Aged Care office is based at a private residential address which is not accessible to clients. Please contact Kylie to explore suitable alternatives.
Postal Address: PO Box 5023 Ulverstone TAS 7315 7315
Empower people to explore and connect with aged care services and local community supports and programs/activities, promoting health and wellbeing.
Phone.....0499 259 309
Email: kylie@navigatingagedcare.com.au
Website: https://navigatingagedcare.com.au/

12 Social/Leisure

Ulverstone Ladies Probus Club
Ulverstone Bowls Club 7315
A social club for active retired women
Phone.....6437 2433
Email: shirley.f.guard@gmail.com

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?fbclid=IwZXh0bgNhZW0CMTAAAR3pfh7yMf3v0quQsUPCeiIT1PLIobBqnnn1WYJX7BS2ihwy3Tn7Zp2N7w8_aem_Wnkhhx5JbjjTvJjtNt5VOg

Ulverstone Garden Friends
Kat
Meetings held on the 1st Thursday of each month at 12.30pm for a friendly, social and warm atmosphere.

Other Leisure and Hobbies

Animal, Bird & Fishing Clubs

Young Anglers Development Inc

8 Jerling Street Ulverstone 7315

Open days at Fromberg's Dam, East Ulverstone on the last Sunday of each month from August to April except for December commencing 10.00am–3.00pm. Membership can be purchased on open days.

Lyle Hyland (Pres).....6425 4809

Mobile.....0419 537 043

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

Mobile.....0419 370 121

Julianne Stebbings (Treas) .....

Coastal Budgerigar Society

42 Bird Street Montello Burnie 7320

Annual Show held in February, Don Hall, Devonport. Meetings held Devonport Library 1st Tuesday of each month.

Dean Barber (Pres).....6431 1579

Catherine Charlesworth (Sec/Treas)

.....0409 257 131

Email ..... c.charlesworth@bigpond.com.au

North West Homing Association

1 Elliott Street Ulverstone 7315

Race meetings on Saturdays from May-Nov

Craig Merritt (Pres).....6431 3041

Tony Sheehan (Sec/Treas) 6425 4707

Mobile..... 0427 254 707

Email.....

Ulverstone Kennel Club

PO Box 212 Ulverstone 7315

Open to all pedigree dog breeders interested in showing dogs. Obedience, trials and shows held.

Ria Weeda (Pres).....6425 2862

Mobile..... 0437 252 800

Patricia MacKinnon (Sec).....6424 4448

Mobile..... 0457 770 709

K Brown (Treas) 6445 1487

Email.....jrweeda@bigpond.com

Ulverstone Poultry Club

16 Hensby Court Ulverstone 7315

Breeding and showing pure bred poultry $10.00 membership – April and August.

Peter Biddle (Sec) 6425 2661

Mobile..... 0447 752 661

Equestrian

Central Coast Polo-Cross Association Inc

PO Box 296 Ulverstone 7315

Competitions are held from January to April. Training starts in October and goes through until December. Members and players most welcome.

Tanya McNab (Pres) 0427 252 797

Anna van der Meulen (Sec) 0448 022 650

Sam van der Meulen (Treas)..... 0419 312 577

Phone 6429 3135

Vanessa Whatley (Match Mgr)..... 0408 142 024

Email..... anzoron@hotmail.com

Dressage Association of Tasmania North West Branch

Thirlstone Golf Club (44 Pecks Rd Flowerdale 7325)

Dressage competitions and State dressage championships.

Jamie Smith (Pres).....0409 505 334

Email ..... jamiesmith@bigpond.com

Pia Nowell (V/Pres).....0408 140 421

Mickcarla Townsend (Sec).....0409 359 437

Email .....mickcarla.townsend@gmail.com

Website .....www.dat.equestrian.org.au

Leven Pony Club Inc

Postal: PO Box 59, Ulverstone 7315

This is a community club for riders up to age 21 to learn to ride horses. They receive instruction on horsemanship and how to improve their riding.

Greg Stones (Pres) 0419 582 224

Sabrina Docherty (Sec).....0438 689 938

Jodi Hutchins (DC*).....0417 340 757

Jo Conroy (Treas) .....

Email ..... j.hutchins4@bigpond.com

Website ..... www.leven.pcat.org.au

(*District Commissioner)

Machinery Society

Historical Machinery Club of Tasmania

PO Box 8 Penguin 7316

Not open to public unless advertised

Brian Scott (Pres).....6433 1173

Mobile 0400 248 044

Phillip Weeks (Sec).....6433 0813

Mobile.....0408 330 813

Ivan Best (Treas).....6435 3239

Mobile.....0418 129 938

Email .....m-weeks@bigpond.com.au

Website ..... www.oldengine.org/members/allsop

Model Railway

The North West Model Engineering Society Inc.

(Ulverstone Miniature Railway site)

21 Maskells Road Ulverstone 7315

The Ulverstone Miniature Railway is open to the

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..... ambiedrifters1@bigpond.com

Scrabble Club

Ulverstone Scrabble Club

8-10 Lugana Crescent West Ulverstone 7315

Social and competitive scrabble is conducted every

Wednesday from 9.30am–12.30pm. Scrabble is

played at the Ulverstone Neighbourhood House.

Simon Douglas (Coordinator).....6425 4186

Email..... manager@ulvhouse.com.au

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.
Phone.....1800 684 098
Email: admin@familybasedcare.org.au
Website: www.familybasedcare.org.au

Ulverstone Rowing Club

Kings ParadeUlverstone, 7315
Our Facility is a Rowing Club which also has a Venue for Hire with a fully functioning kitchen and a Venue that can hold up to 250 people comfortably which is 400m2.
Phone.....0427 316 047
Email: Events@ulverstonerowingclub.org.au
Website: http://Ulverstonerowingclub.org.au

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

The Australian Plants Society Tasmania Inc. is made up of people interested in the propagation, cultivation and conservation of plants native to Australia, especially those found in our state. The North West Group is one of three in Tasmania, others being based in Hobart and Launceston.
Phone.....0488 402 210
Email: apstnorthwest@gmail.com
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

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
15 King Edward Street, Ulverstone 7315
Ulverstone Library is part of Libraries Tasmania. Everyone is welcome in our libraries and members can borrow books for free, both online and in-person.
Phone.....03 6464 3120
Email: ulverstone.library@libraries.tas.gov.au
Website: http://www.libraries.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.
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.
Phone.....0364254572
Email: centralcoastfilms@gmail.com

The Hive Visitor Centre
50 Main St Ulverstone 7315
The Ulverstone Visitor Information Centre offers a full range of visitor services. Drop in to explore what's happening across the great Central Coast region.
Phone.....03 6425 2839
Email: info@coasttocanyon.com.au
Website: www.hivetasmania.com.au

Penguin Visitor Information Centre
78 Main Road, Penguin TAS 7316
For things to do, what to see and where to go in Penguin and surrounds just ask at the Penguin Visitor Information Centre because we know our beautiful place best!
Phone.....03 6437 1421
Email: info@coasttocanyon.com.au
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

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!
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 331 198
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

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.
Phone.....6429 8900
Email: admin@centralcoast.tas.gov.au
Website: http://www.centralcoast.tas.gov.au,

Ulverstone Softball Association
Ulverstone 7315
Softball, open to players six years of age, and older men and women. Games are played Saturdays, October through to March. Men's games are played Monday nights.
Phone.....0408752950
Email: ulverstonesoftball@gmail.com

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 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

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).
Phone.....6437 2732
Email: adamsuebrett@bigpond.com
Website: www.penguinbaptist.org.au

Hidden Talents
Ulverstone Uniting Church Reibey Street Ulverstone 7315
Hidden Talents craft is an outreach of Uniting Church for people (non-denominational) to get together.
Phone.....0438 251 562

North West Woodcraft Guild
HIVE, Studio 3, Main Road, Ulverstone 7315
The North West Woodcraft Guild fosters woodworking skills in our members and the community. Provides a venue for our members to socialize.
Phone.....6448 7108
Email: northwestwoodcraftguild@gmail.com

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

13 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.
Phone.....0427 316 047
Email: Events@ulverstonerowingclub.org.au
Website: http://Ulverstonerowingclub.org.au

Australian Plants Society Tasmania (APST)Inc. North West Group
The Australian Plants Society Tasmania Inc. is made up of people interested in the propagation, cultivation and conservation of plants native to Australia, especially those found in our state. The North West Group is one of three in Tasmania, others being based in Hobart and Launceston.
Phone.....0488 402 210
Email: apstnorthwest@gmail.com
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

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

Penguin Cricket Club
1 Dial Park Drive Penguin 7316
Penguin Cricket Club is affiliated with Burnie Cricket league and provides cricket for juniors (13+) and adults in Penguin during the cricket season (October to March).
Phone.....0438 001 446
Email: penguincricketclub@gmail.com
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

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

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/

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.
Phone.....6425 6533
Email: recen@centralcoast.tas.gov.au
Website: www.centralcoast.tas.gov.au

Leven Yacht Club Inc
Dial Street Ulverstone 7315
The club offers training and racing of sailboards, dinghies, trailer sailors and catamarans on Saturdays from October to April. Visitors are welcome.
Phone.....6425 7736
Email: fmearns@harvestmoon.com.au

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

Phone.....6425 4880
Email: ulverstoncricketclub50@gmail.com
Website: https://www.udcc.com.au/

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

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.
Phone.....6425 2404
Email: ulverstoneslsc@gmail.com
Website: www.ulverstoneslsc.org

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.cgi?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

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
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

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

14 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/

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.
Phone.....Sharron Yaxley 0419 876 143
Email: office@heartnet.org.au
Website: http://www.heartsupport.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/,

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
Level 1, 35 Oldaker Street, Devonport, Tasmania 7310
headspace Devonport offers free support for young people aged 12 to 25, their families and friends.
Phone.....6424 2144
Email: headspacedevonport@csys.com.au
Website: https://headspace.org.au/headspace-centres/devonport/

A Tasmanian lifeline
Our dedicated team is here to provide you with a safe and compassionate space, offering professional assistance for every challenge life may bring. You're not alone on this journey. Reach out, connect, and let's navigate through it together.
Phone.....13 11 14
Email: www.lifeline.org.au/crisis-chat/
Website: www.lifelinetasmania.org.au

Community Visitors Scheme
This scheme supports volunteer visits to provide friendship and companionship to older people.
Phone.....0477 883 942
Email: gemma.pickrell@lifelinetasmania.org.au
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.
Phone.....13 11 14
Website: https://www.lifeline.org.au/about-lifeline/contact-us

RAAFA NW Tasmania
The RAAFA was established to foster friendships based on sharing Air Force and aviation experience, support commemorative activities,
Phone.....0407 400 726
Email: stewy52@bigpond.com
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

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

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)

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

Phone.....1800161266

Central Coast Community Health Centre

48 Water Street, Ulverstone 7315
The Centre provides residents with access to various community specialist services.

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

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

Penguin Men's Shed

5 Sport's Complex Avenue Penguin 7316
The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health

Phone.....0427 509 792 0418 331 198
Email: electric 3906@gmail.com

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/

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 Association – Tas Central Coast Group
34 Alexandra Road ULVERSTONE 7315
We provide free, welcoming breastfeeding support, information and advocacy through regular face-to-face catch-ups, informal discussions and access to trained breastfeeding counsellors and educators.
Phone.....0428 204 076
Email: tana.mcmullen@breastfeeding.asn.au
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.
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/programs-services/no-34-aboriginal-health-services/

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: 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

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
1a Arnold St, Penguin TAS 7316 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.
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

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 Mon/Wed/Fri 9.30am - 2pm.

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

Free shower and laundry facilities

Phone.....6425 8800
Email: ulverstone@salvationarmy.org.au
Website: https://www.salvationarmy.org.au/ulverstone

Navigating Aged Care
The Navigating Aged Care office is based at a private residential address which is not accessible to clients. Please contact Kylie to explore suitable alternatives.
Postal Address: PO Box 5023 Ulverstone TAS 7315
7315
Empower people to explore and connect with aged care services and local community supports and programs/activities, promoting health and wellbeing.
Phone.....0499 259 309
Email: kylie@navigatingagedcare.com.au
Website: https://navigatingagedcare.com.au/

15 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
Anglicare's SMART Recovery Group Program
Phone.....1800 243 232
Website: smartrecoveryaustralia.com.au

Progress Ahead Life Coaching
Mobile based business based in Devonport but as the sole qualified Wisdom Coach in Tasmania, we serve all of the state.
We coach children using fun, story based programs/activities to help kids develop a growth mind-set. 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.
Phone.....6424 2144
Email: headspacedevonport@csys.com.au
Website: https://headspace.org.au/headspace-centres/devonport/

Rural Alive and Well INC
73 High Street, Oatlands TAS 7120
Rural Alive & Well Inc. (RAW) is a Tasmanian not-for-profit organisation helping individuals, families and the community through mental health issues with a focus on reducing the prevalence of suicide in rural communities.
Phone.....0362541092
Email: admin@rawtas.com.au
Website: http://www.rawtas.com.au

A Tasmanian lifeline
Our dedicated team is here to provide you with a safe and compassionate space, offering professional assistance for every challenge life may bring. You're not alone on this journey. Reach out, connect, and let's navigate through it together.
Phone.....13 11 14
Email: www.lifeline.org.au/crisis-chat/
Website: www.lifelinetasmania.org.au

Nurture Clinical Psychology
1 B Reibey Street Ulverstone 7315
I have over 7 years’ experience in providing diagnostic assessments for all ages. My priority is that you feel comfortable, heard, and understood. I use a range of assessment methods, performed in such a way that you or your child can feel at ease.
Phone.....0438 360 617
Email: adelle@nurtureclinicalpsychology.com.au
Website: http://www.nurtureclinicalpsychology.com.au

Lifeline
Lifeline is a non-profit organisation that provides free, 24-hour telephone crisis support service in Australia. Volunteer crisis supporters provide suicide prevention services, mental health support and emotional assistance, not only via telephone but face-to-face and online.
Phone.....13 11 14
Website: https://www.lifeline.org.au/about-lifeline/contact-us

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.
Phone.....1800 161 266
Email: connectsupport@anglicare-tas.org.au
Website: http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/,

The Way Back Support Service
The Way Back Support Service is a free non-clinical service that was designed by Beyond Blue to give personalised support for up to three months following a suicide attempt or suicidal crisis
Phone.....1800 243 232
Email: wayback@anglicare-tas.org.au
Website: http://www.anglicare-tas.org.au/relationship-counselling-support-education/,

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

The Salvation Army - Bridge Residential Program
The Bridge Program in Ulverstone operates from our residential facility in Adahai Street, and offers 12 residential beds and three transitional beds. The centre is set on spacious grounds and offers staff facilitated outings, weekly recreational activities and arts and craft.
Phone.....64257453
Email: Jacinta.saunders@salvationarmy.org.au
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.
Phone.....6417 6080
Email: contactno34@ruralhealthtas.com.au
Website: http://www.ruralhealthtas.com.au/programs-services/no-34-aboriginal-health-services/

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

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
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

Alcohol and other drug hotline
Available 24/7, the National Alcohol and Other Drug Hotline is a free and confidential counselling, information, and referral service for anyone struggling with their use of alcohol and/or other substances.
Phone.....1800 250 015

Qlife
The QLife family includes hundreds of highly experienced staff and volunteers Australia-wide. If you're looking to connect with someone to explore what's going on in your life, we're here to chat and to take your call from 3pm-midnight each day.
Phone.....1800 184 527
Website: qlife.org.au

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

Ulverstone Urgent Care
44 Queen St West Ulverstone 7315
Operated by My Clinic Plus Ulverstone, our walk-in clinic offers fast, professional care for non-life-threatening illnesses and injuries. If your condition can't wait for a regular GP appointment but doesn't require a visit to the Emergency Department, we're here to help.
Phone.....64067744
Email: rec@mcpulv.com.auÂ
Website: https://www.ulverstoneurgentcare.com.au/

16 Food Relief

Cup of Kindness
6-8 Kings Parade, Ulverstone 7315
Community Meal each Tuesday evening 5pm-6pm at Ulverstone Anglican Church

The Salvation Army Ulverstone
23 Victoria Street Ulverstone 7315

Christian Church with a social welfare focus Sundays 10.30am

Children's and youth activities held during school terms.

Family support Mon/Wed/Fri 9.30am - 2pm.

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

Free shower and laundry facilities

Phone.....6425 8800
Email: ulverstone@salvationarmy.org.au
Website: https://www.salvationarmy.org.au/ulverstone