



www.malleefamilycare.com.aureception@cpvic.com.au

RESOURCES FOR FAMILIES AT WYCHEPROOF & NULLAWIL

Key: (L) = locally based or visiting services at Wycheproof



Advocacy	
Council of the Single Mothers and Their Children: Links for help in meeting education costs; negotiating with agencies.	1300 552 511 (9.30 am -3.00 pm). http://www.csmc.org.au/
Autism	
AMAZE (Autism Victoria): Information, Training & Resources	Autism Information Advisor Service Line (funding for children 0-6 with ASD) 1300 308 699 or info@amaze.org.au ; www.amaze.org.au
Clinical Psychologists working with children on the autism spectrum/Child Psychology	Bendigo: AWG Psychology, Aaron 0434 821 545 or mail@awgpsychology.com.au Clinical Psychology Victoria, 5443 1090; reception@cpvic.com.au
Audiologist	
Bendigo: Bendigo Health Care Group	5454 8783 (referral required).
Swan Hill: Country Hearing Care	5032 5934
Breast Feeding Support	
Australian Breastfeeding Association	Breast feeding helpline/counselling – 1800 686 268.
Breast Feeding Counsellor (ABA)	Deborah Watson, 0423 922 388 (9.00 am – 8.00 pm), debjwatson86@gmail.com
Cancer: Breast Care Nurses (McGrath Breast Care Nurses)	
Horsham: Wendy Crafer	wendy.crafer@whcg.org.au ; 0428 210 105
Swan Hill: Leanne Bibby	5033 9202/0408 013 386 or lbibby@shdh.org.au
Cancer: Canteen	
Support for young people affected by cancer – self, parent, sibling, friend, 1800 835 932 or www.canteen.org.au	
Carer's Support	
Carer's Victoria	1800 242 636; www.carersvictoria.org.au
East Wimmera Health Service	5477 2193
Centrelink	
Assistance for Isolated Children	132 318
Carer Allowance Payment	132 717
Family Assistance: Parenting Payment, Family Tax Benefit, Child Care Benefit, Parent Leave Pay	136 150
Emergency Assistance	132 850
Farmer Assistance	132 316

Students & Trainees; Youth Allowance; Austudy; Health Care Card	132 490
<i>If you are having issues with Centrelink, please ask for telephone contact or an appointment with the social worker. Alternatively, consider chatting or visiting with one of Buloke's Centrelink Advocate - Agents at either Charlton 5491 2204 (9.00-10.30 am) or Donald 5497 1707 (8.30 am – 5.00 pm). Centrelink contacts: https://www.humanservices.gov.au/individuals/contact-us/phone-us#centrelink</i>	
Chances for Children (L)	Financial assistance and mentoring for young people in the Mallee, 5021 7480, www.chancesforchildren.com.au
Chemist (L)	Depot 5493 7413; Pharmacy 5493 7030
Childcare	Wycheproof (L): Long Daycare (YMCA) 5493 7253; YMCA holiday program 0438 093 779. Nanny Pilot Project (until June 2018), https://www.education.gov.au/nannypilot ; http://www.education.gov.au/nanny-pilot-programme-frequently-asked-questions ; Call Placement Solutions 1300 854 624 re: places available.
Child First	
Family Services (L)	Practical help, advice and advocacy to help keep kids, the family and the household safe and happy. 1300 625 53 or childfirst@masp.org.au
Child Support	Enquiry line: 131 272, https://www.humanservices.gov.au/individuals/child-support
Clubs/Groups: (L)	Contact Neighbourhood House or see www.buloke.vic.gov.au/community-directory
Community Connections Worker: Mallee Family Care (L)	covering the Buloke Shire: 0488 110 989 (Information and connections for families with children aged 0-12).
Community Grants	Government Grants: www.vic.gov.au/grants
Community Health Nurse (L)	5477 2193 (East Wimmera Health Service).
Continence Nurse	(Including bed wetting and bowel issues) Bendigo Health Care Group, Swan Hill, 5033 9452 (has access to specialised equipment); Swan Hill District Health 5033 9321.
Counselling:	See categories – D rug, Alcohol or Gambling Counselling; M ental Health and Counselling or R elationship Counselling.
Dental	
St Arnaud Family Dental	5495 2559
Swan Hill Dental Group	5032 1408
Warracknabeal Dental Clinic	5398 1553
East Wimmera Health Service (L), Wimmera Health Care Group	connect through Central Intake on 5477 2193 (Health Care Card Holders); (Health Care Card Holders with children up to 17 free) 5381 9248.
Boort	Boort Dental Clinic, 5451 5230 (including health care card holders)
Dietician	East Wimmera Health Service (L), 5477 2193
Boort & Quambatook	Northern District Community Health 5451 0200
Swan Hill	Swan Hill District Health, 5033 9337
Disability	
Advocacy (Child Disability)	Association of Children with Disability, 1800 654 013, mail@acd.org.au
Carer Support	Emotional and crisis support for carer's with children under 6 with a diagnosis, Bendigo Health Care Group Swan Hill, 5036 1900.
Department of Human Services - Disability Services Swan Hill & Bendigo	Swan Hill 5032 0100 (including respite for children over 6 with diagnosis); 1800 783 783 (Bendigo, 9.00am – 5.00 or https://services.dhhs.vic.gov.au/intake-and-response-service#).
Home and Community Care (L)	1300 520 520 (Buloke Shire Home & Community Care Coordinator) or for further information http://www.buloke.vic.gov.au/how-to-access-aged-and-disability-services-
Information and Advocacy	RIAC (Rights, information and Advocacy Centre), 5443 0550; www.riac.org.au
Mallee Sports Assembly (L) – at Resource Centre	Access to sports activities regardless of abilities, 0427 780 109 / 5493 7796; mailto:wycheproof@malleesportsassembly.org.au

Respite Care & holiday programs	Through Mallee Family Care for children aged 6+ with diagnosed disability and funding package. 5032 4479.
Doctor: (including referrals to paediatricians/other services)	
Wycheproof Medical Centre	5493 7672
After Hours GP Helpline	1800 022 222
Drug, Alcohol or Gambling Counselling	
ACSO Assessment Line for Alcohol and Drug issues	1300 022 760

Alcohol & Drug Information/telephone counselling Service	1800 888 236 (24 hours), www.directline.org.au
Northern District Community Health (visits for Drug & Alcohol Counselling/Withdrawal service)	5451 0200 (L)
Swan Hill Counselling Service	(13 Pritchard St): 5032 9755 or Intake and assessment for alcohol and other drug 1-1 counselling and or withdrawal programs – ACSO 1300 022 760
Wimmera Uniting Care (Alcohol and Other Drugs Counselling),	Intake: 1800 195 114 (BH).
Gamblers Help	1800 858 858
Gambling Assistance: Anglicare Victoria Gambler's Helpline	(9am-5pm): 1800 244 323
Early Childhood Intervention Service Central Intake	1300 363 514 or ecis.intake.nwvr@edumail.vic.gov.au
Education (L)	
Primary & Secondary School	Accept enrolments throughout the year. General information (birth to 18 years): www.education.vic.gov.au
'Playful Potoroos Playgroup' (L)	Wycheproof Kindergarten (Mon & Fri mornings), 0499 113 775.
Wycheproof P-12 College (student counsellors – L)	5493 7409.
Nullawil	Playgroup enquiries 5493 5260; Primary School 5493 5260
Emergency	
000	(Ambulance, Police or Fire)
Employment	
Charlton	E Works Employment Solutions, 5491 1033
Donald	E Works Employment Solutions, 5497 1707
Wycheproof (L)	5033 0025
Family Relationship Centre	Visiting Mallee Family Care Swan Hill: 1300 667 382.
Family Support (L)	See Child First .
Hospital (L)	Wycheproof Campus of the East Wimmera Health Service, 5478 0700
Housing	
Homeless as a result of domestic violence	Mallee Domestic Violence Service; 5033 1899 (24 hrs)
Housing Crisis Line	1800 825 955 (24 hrs); https://services.dhhs.vic.gov.au/getting-help
Mallee Family Care Specialist Homelessness Service Swan Hill	5032 4479 (BH); After hours, please call Mallee Family Care's emergency intake worker on 5023 5966.
Office of Housing (public housing) Swan Hill	9.00 – 5.00 p.m., 5032 0100; www.housing.vic.gov.au
Immunisation (L)	
Buloke Shire Council	For pre-school children/secondary school immunisation program: (bookings) 1300 520 520 or http://www.buloke.vic.gov.au/immunisation-services Wycheproof Medical Centre (free immunisations for pre-school children) 5493 7672
Immunisation Register (check your child's records)	Register enquiries: 1800 653 809.
Kids Helpline	1800 551 800; counsellor@kidshelpline.com.au
Kinship Support	Centacare Swan Hill – 5036 3200; Mirabel Foundation – 0395 279422 or mirabel@mirabelfoundation.org.au
Koori Support Services	
Swan Hill: Mallee District Aboriginal Services	5032 8600, www.mdas.org.au (family services, drug and alcohol counselling, psychiatric rehabilitation, housing support, breast feeding advice).
Legal Assistance	
Legal Aid Victoria	Bendigo office: 03 5448 2333. Visits Mallee Family Care Swan Hill and Kerang.

Murray Mallee Community Legal Service	Phone intake worker on 1800 243 002 for an appointment. Outreach to Birchip, Swan Hill & Kerang, www.murraymalleelegal.com.au
Legal (User Pays)	
Charlton	Oakley Thompson (L) 5492 7550 (not family law);

St Arnaud	MCL Legal 5495 1033 (including property settlement/divorce; not child work); Karen Probst (not family law) 5495 2595
Swan Hill	Dwyer, Mahon & Robertson: 5032 2121; Garden & Green Lawyers, 5032 2711 (family law).
Library (L)	Swan Hill Regional Library Service visits Wycheproof on alternate Wednesday afternoons (L). Buloke Shire will commence its own library service from July 1, 1300 520 520
Little Athletics	St Arnaud – 5495 2097
Massage Therapists (L)	Mazage (Marilyn) 0409 006 507; Nadia 0408 937 259; Nuttheera Thai Massage (Nuttheera) 0411 042 796; 5493 7717 (Louise)
Maternal Child Health Nurse (L)	<i>Key ages and stages by appointment; parenting advice</i> 0417 506 174; 1300 520 520; email: buloke@buloke.vic.gov.au ; http://www.buloke.vic.gov.au/community-directory
Maternal Child Health Line	(24 hrs) 132 229.
Mental Health & Counselling Assistance	
ACSO	Assessment Line for Mental Health 1300 022 760
Bendigo Health Care Group Psychiatric Triage	<i>Are you Depressed, Anxious or suicidal? Need help with a child's complex behaviours?</i> Call 1300 363 788 for Mental Health Advice on what to do or where to go. Phone anytime – 24 hours a day, 7 days a week
Beyond Blue	1300 224 636; https://www.beyondblue.org.au/
Grief Line	12 noon – 3 am; 1300 845 745
Headspace (12- 25 years)	Swan Hill 4010 7100 (headspace@shdh.org.au) or Bendigo 5434 5345
Lifeline	131 114 . <i>For when you're in crisis or need someone to talk to.</i>
Mental Health Carer's Support	Northern District Service 5451 0200
Partners in Recovery (L)	Northern District Health Service outreach – <i>finds services to assist with recovery from mental illness</i> : 5451 0200 or 5441 7004 or pir@murrayphn.org.au ; http://www.pir.net.au/
Social Worker/Emotional Wellbeing Counsellor	East Wimmera Health Service (L), 5477 2193 Baudinet Centre, Swan Hill, 5032 1199 Swan Hill District Health, 50329755
Standby Response (for those bereaved by suicide, 24 hour line)	0439 173 310; http://www.lifelinecvm.org.au/standby-murray/
Suicide Call-back Service	1300 659 467 (24 hrs); www.suicidecallbackservice.org.au
Money, Debt & Practical Assistance – Emergency Relief	
Red Cross Emergencies	1800 232 969
Salvation Army	Salvation Army Swan Hill 5033 1718
St Vincent de Paul	Birchip, Chris: 0407 058 193; St Arnaud, David: 0438 074 007 - Thursdays please call assistance centre 5495 2507 (1-3).
Money, Debt & Practical Assistance – Generalist & Rural Financial Counselling/Assistance	
Farm Debt Mediation Officer (Agriculture Victoria):	136 186 and ask for the Farm Debt Mediation Officer; http://agriculture.vic.gov.au/agriculture/farm-management/business-management/farm-debt-mediation
Generalist Financial Counselling: Anglicare Victoria	1800 244 323, outreach support with financial counselling.
Mallee Family Care financial counselling	1800 632 263. Visiting Birchip by appointment (can also access at MFC Swan Hill).
National Debt Helpline	(9.30 – 4.30 pm): 1800 007 007.
Rural Financial Counselling Service for North West Victoria	1300 769 489.
Money, Debt & Practical Assistance – Loans/Grants	
No Interest Loans Scheme (L)	(help with paperwork for low income earners needing a loan to pay for white goods). Call Swan Hill Neighbourhood House, 5032 1549 or Wycheproof Community Resource Centre, 5493 7455; http://nils.com.au/
Utility Relief Grant (URGS) and other concessions	Subsidies for health care/ pension card holders (or low income earners who are in temporary financial crisis and/or registered for hardship with power, gas or water providers). Phone the Concessions Information Line: 1800 658 521 or visit www.dhs.vic.gov.au/concessions

**Neighbourhood House/Learning Centre: Wycheproof
Community Resource Centre (L).**

For a cuppa, chat, volunteering, courses, Centrelink access, VicRoads & ATO agency, visiting employment service, public internet/computer access, books to browse and much more, 5493 7455.

Nurse on Call	1300 606 024
Occupational Therapist	
East Wimmera Health Service (L)	5477 2193, adults
Northern District Community Health (Boort & Quambatook)	5451 0200, adults
Swan Hill District Health (paediatric services for developmental delay and sensory processing issues)	5033 9321
Swan Hill Kids Therapy	0438 365 067 (Rebecca).
Opportunity Shop (L)	Wycheproof Op Shop – 271 Broadway Wycheproof.
Optometrists	
Swan Hill	Swan Hill Optical – 5033 1424; Warburton Optical, – 50322764
Wycheproof (L):	Bill Wilkinson Optical, 5493 7672 (visits Medical Centre by appointment).
Palliative Care	Swan Hill District Health 5033 9236, 0429 951 877 palliative.care@shdh.org.au
Parentline Victoria	<i>Advice on raising children 0-18.</i> Open 8 am to 12 MN. 132 289. Other times, Google 'About Raising Children Network': www.raisingchildren.net.au
Parks (BBQ/picnic area/playground)	Nullawil: O'Brien Park, Calder Highway. Wycheproof (L): Centenary Park, Calder Highway; Mt Wycheproof: BBQs
Pathology	
Bendigo	79 Lucan St, 5441 2156
Swan Hill	Cnr Campbell & McCallum Streets, 5033 2680
Physiotherapist	East Wimmera Health Service 5477 2193 (L);
Boort	5455 2003/5455 2100
Swan Hill	Mallee Physio, Greg O'Bree 5032 5888 Swan Hill Physiotherapy & Sports Clinic (Gerard Maloney, 5032 9504)
Podiatrist	East Wimmera Health Service 5477 (L) 5477 2193 Northern District Community Health 5451 0200 Swan Hill District Health, 5033 9300 Tip Toe Podiatry, Swan Hill 5452 2606
Poisoning	Victorian Poisons Information Centre 131 126.
Relationship Counselling	
Centre for Non-Violence	(assistance regarding family Violence and Homelessness): 1800 884 038, Mon to Fri, 9am -5pm
Family Relationship Advice Line	1800 050 321
Mallee Domestic Violence & Sexual Assault Unit (L)	5033 1899 (24 hrs, Swan Hill)
Men's Line relationship counselling	1300 789 978, https://mensline.org.au/
Victims of Crime Counselling (Anglicare Victoria)	1800 244 323; AH 1800 819 817
WIRE (Women's Information and Referral Services)	1300 134 130, https://www.wire.org.au/
1800 Respect (24 hrs)	1800 737 732, sexual assault, domestic violence counselling service
Sleep School	Tweddle Sleep School (referral required) – 03 9689 1577, www.tweddle.org.au
Sleep & Settling	Royal Society for the Welfare of Mothers and Babies Tresillian Nurse; 1300 272 736, free information. https://www.tresillian.org.au/ User pays service also available: phone consults on early years issues.
Speech Pathology	
Boort	Northern District Community Health 5451 0200
Horsham	Speech Kids, Droylsden House 0409 044 966; Wimmera Health Care Group 5381 9333
Swan Hill	Eloquent Speech Pathology, 5032 3591 / 0458 044 476; Swan Hill District Health Service 5033 9390
Warracknabeal	Rural North West Health, 5396 1200.
Swimming Pool	

Wycheproof (L):	21 Charles Street, open summer months, mid-November to mid-March; www.buloke.vic.gov.au/swimming-pools
Transport (L)	
VLine:	https://www.ptv.vic.gov.au/timetables or call 1800 800 007.
Wycheproof to Swan Hill Bus	https://www.ptv.vic.gov.au/timetables
Wycheproof Special Purpose Taxi –	0408 308 517
Victorian Transport Patient Assistance Scheme	Travel and accommodation subsidy for rural people needing to travel 100kms+ one way to the nearest specialist. A VTPAS form may be available at your specialist or GP rooms; go to https://www2.health.vic.gov.au/hospitals-and-health-services/rural-health/vptas-how-to-apply ; email vptas@dhhs.vic.gov.au or call 1300 737 073.
Wycheproof	General information about Wycheproof http://www.aussietowns.com.au/town/wycheproof
Women’s Health	Northern District Community Health (Boort & Quambatook) 5451 0200
Youth & Generalist Counselling:	Northern District Community Health (Boort & Quambatook) 5451 0200.
Youth Services & Programs	www.buloke.vic.gov.au/youth-programs

QUICK REFERENCE LIST:

Service Guide funded by the Australian Government Department of Social Services. For further information go to www.dss.gov.au

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For amendments or additions to future versions of this guide
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