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EMERGENCY & 24 HOUR HELP

Fire, Police or Ambulance	000
Abortion Grief Counselling 24hrs	1300 363 550
Accommodation - Manning District Emergency Accommodation	6511 0011
Accommodation - Department of Housing After Hours Emergency Housing	1800 152 152
Alcohol & Drug Information Line	1800 422 599
Chemist Emergency Prescription Referral Service after hours Service	1300 882 294
Child Abuse Prevention Service 24hrs	1800 688 009
Crime Stoppers 24 hrs	1800 333 000
DoCS Helpline 24 hrs	13 2111
Domestic Violence Line 24 hrs	1800 656 463
Country Energy - General Enquiries	13 2356
Country Energy - Supply Interruptions	13 2080
Elgas Ltd-LPG Emergency	1800 819 783
Origin Energy LPG Emergencies & Gas Leaks Only	1800 808 526
Family Drug Support 24 hrs	1300 368186
G Line 24 hr Telephone Counselling, Crisis Intervention & Referral for problem Gambling	1800 633 635
Interpreting Services 24 hrs	13 1450
Kids Help Line 24 hrs	1800 551 800
Lifeline 24 hrs	13 1114
Mensline Australia 24 hrs	1300 789 978
Mental Health Access Line 24hrs	1300 369 968
Parent Line, Behavioural problems up to 18 years of age	13 2055
Poisons Information Centre 24 hrs	13 1126
Pregnancy Counselling Australia 24 hrs	1300 737 732
Pregnancy Helpline 24 hrs	1300 139 313
Rape Crisis Centre 24 hrs	1800 424 017
Salvo Care Line 24 hrs	1300 363 622
SIDS & Kids NSW 24 hrs	1800 651 186
State Emergency Service (SES) Emergency Help in Flood & StOrms	13 2500
Victims Support Line 24 hrs	1800 633 063
Vietnam Veterans Counselling Services 24 hrs	1800 011 046
Violence Against Women - Helpline 24 hrs.	1800 200 526

EMERGENCY SERVICES - ADMINISTRATION

AMBULANCE

Routine Ambulance calls	13 1233
Administration - Hunter & Midcoast Head Office	(02) 4921 7501
- Tuncurry 58 Manning Street	
- Bulahdelah Meade Street	
- Stroud Cowper Street	

- Tea Gardens Myall Street

FIRE BRIGADES - NSW

Business Calls:

- Forster-2 Lake Street (02) 6554 6096

- Tea Gardens-Marine Parade (02) 4997 034

Rural Fire Brigade Services Headquarters (02) 6555 8288

South Street, Tuncurry

Fire Control Centre-Great Lakes (02) 6555 5782

POLICE

Police Assistance Line (PAL)

13 1444

Crime Stoppers

1800 333 000

Local Area Command –

(02) 6555 1299

Manning/Great Lakes Lake Street, Forster

Regional Command -

(02) 4929 0688

Northern-Newcastle

Customer Assistance Unit

1800 622 571

Police Online Internet - www.police.nsw.gov.au

Police Stations

Forster - Lake Street, Forster

(02) 6554 1299

Taree - 83 Albert Street

(02) 6552 0399

Nabiac - Clarkson Street (If unanswered call Taree)

(02) 6554 1222

Raymond Terrace

(02) 4997 0244

Stroud - 6 Gidley Street (If unanswered, call Maitland)

(02) 4994 5104

Tea Gardens - Marine Parade (If unanswered, call Raymond Terrace)

(02) 4997 0244

Firearms Registry – NSW callers

1300 362 562

Locked Bag 1, Murwillumbah NSW 2283

Parking or Traffic Infringement Inquiries

1300 138 118

Police Headquarters

13 1444

Locked Bag 5102, Parramatta NSW 2124

ROYAL VOLUNTEER COASTAL PATROL

Royal Volunteer Coastal Patrol

(02) 6554 5458

Forster/Tuncurry Division

Postal Address: PO Box 169, Tuncurry 2428

Divisional Commander: Graeme Parker

0412 468 049

SES

NSW State Emergency Service

13 2500

Floods and Storms

Volunteering & Safety Information

1800 201 000

ABORIGINAL SERVICES

Biripi Aboriginal Services

(02) 6551 8884

Unit 7, High Street Centre, 106 High Street, Taree

Department of Community Services

(02) 6591 2100

Level 1, 242 Victoria Street, Taree

(02) 6591 2199 fax

Aboriginal District Officer

Forster Local Aboriginal Land Council

(02) 6555 5411

Cabarita Community Hall, Cabarita Ave, Forster

(02) 6555 5532 fax

Postal Address: PO Box 384, Forster NSW 2428

**Great Lakes Manning Aboriginal Children's Services
GLMACS** (02) 6551 2088
(02) 6551 2060 fax
140 Victoria Street, Taree
Postal Address: PO Box 616, Taree 2430

EMPLOYMENT & EDUCATION

Community Development Employment Program (02) 6555 5411
Forster Local Aboriginal Land Council
Cabarita Avenue, Forster
Postal Address: PO Box 384, Forster NSW 2428

Department of Education & Training (02) 9217 4839
Aboriginal Programmes Unit

LEGAL SERVICE

Aboriginal Legal Service (02) 9699 9277
619 Elizabeth Street, Redfern
Taree - 1/80 Wynter Street (02) 6551 3928
*Free legal advice and assistance to people of Aboriginal and Torres Strain Island
background*

Aboriginal Women's Legal Centre 1800 686 587
Biripi Aboriginal Corporation Medical Centre, Pacific Highway, Purfleet

Legal Aid Hotline for under 18's 1800 101 810

Many Rivers Aboriginal Legal Service (02) 6551 3928

MEDICAL

Biripi Aboriginal Corporation Medical Centre (02) 6552 2154
Pacific Highway, Purfleet (02) 6550 0766
Taree - Unit 7, High Street Centre, 106 High Street, Taree (02) 6551 7444

Biripi AMS Mental Health (02) 6552 4777
2a Edwards Drive, Purfleet

Community Health
Aboriginal Health Worker
Breese Parade, Forster (02) 6555 1800

Tobwabba Aboriginal Medical Service (02) 6555 6721
684 Macintosh Street, Forster (02) 6557 6954 fax

ACCOMMODATION & HOUSING

COMMUNITY HOUSING CO-OPERATIVES

Mid North Coast Community Housing (02) 6553 5555
Manning Area (02) 6553 5255 fax
22 Isabella Street, Wingham
Postal Address: PO Box 111, Wingham, 2429

Twin Towns Housing Co-operative (02) 6555 4574
2/90 South Street, Tuncurry

HOUSING

Department of Housing

Taree- Manuels Arcade, 103 Victoria Street

Postal Address: PO Box 52, Taree 2430

Visiting Service held at Forster Neighbourhood Centre every Tuesday. Ring for an appointment.

Coffs Harbour --- Rentstart by phone

After Hours Temporary Accommodation Line

Monday to Friday: 4.30pm-10.00pm Saturday, Sunday and Public Holidays

10.00am-10.00pm

Raymond Terrace

Maintenance Call Centre

(02) 6551 1999

(02) 6551 1950 fax

(02) 6555 4351

1300 305 667

1800 152 152

(02) 4983 0400

13 1571

Taree and Forster Accommodation Brokerage Project

Samaritans Taree Youth Services

Shop 2/3 Solomons Lane, 182 Victoria Street, Taree

Postal Address: PO Box 1049, Taree 2430 Single young men and women (over 16 years of age) who cannot be accommodated by existing SAAP services.

Couples experiencing homelessness. Women and men accompanied by children experiencing homelessness. This service utilizes workers based with Samaritans Youth Services, Taree.

(02) 6551 6996

(02) 6551 0400 fax

HOUSING FOR SENIORS AND AGED

Beaumont Terrace

2 Bonventi Place, Tuncurry

Forster Tuncurry Aged Care Facility

(02) 6554 7522

Department of Housing

Manuels Arcade, 103 Victoria Street, Taree

Postal Address: PO Box 52, Taree

(02) 6551 1999

GLAICA Lions Village

49 Lake Street, Forster

Contact: GLAICA

(02) 6554 5521

GLAICA

(Great Lakes Aged and Invalid Care Association)

22 Flora Pde, Tuncurry

Included Dementia Specific Unit

(02) 6554 5521

Golden Ponds Resort

Cape Hawke Drive, Forster

(02) 6555 4444

Great Lakes Nursing Home

Crawford Street, Bulahdelah

(02) 4997 4122

Kularoo Centre For Aged Care

90 Kularoo Drive, Forster

Web Site www.bcs.org.au

(02) 6555 1600

Legacy Village

Sciacca Avenue, Tuncurry

Office open 9.00am to 3.00pm. Mon, Wed, Fri. mornings

(02) 6555 4011

Myall Lodge

2 Mirreen Street, Hawks Nest

(02) 4997 0767

Storm Retirement Village (02) 6592 8200
Cowper Street, Taree

Stroud Community Lodge (02) 4994 5433
Buckets Way, Stroud

REFUGE

Lyns Place (Women & their children) (02) 6551 0011

Manning District Emergency Accommodation Committee Inc.
PO Box 237, Taree 2430

Open Door Youth Refuge (Mens) (02) 6551 6996

TENANCY ADVICE INFORMATION

The Aged Care Rights Service

TARS

Level 4, 418a Elizabeth Street Surry Hills 2010

A free advocacy service for senior citizens who live in nursing homes, hostels, retirement villages or who need advice on their rights and help with dispute resolution or information about regulations. Includes Older Persons' Legal Service.

Email: tars@tars.com.au

1800 424 079

(02) 9281 3600

(02) 9281 3672 fax

Mid Coast Tenants Advice & Advocacy Service

Telephone advice: Monday to Friday 9.00a.m.-2.00pm

Port Macquarie Neighbourhood Centre

Cnr. Muston & Dodds Street, Port Macquarie

Postal Address: PO Box 5213, Port Macquarie 2444

This is a free service providing information and advice to all tenants, including private and Department of Housing tenants and caravan park residents.

(02) 6583 9866

1800 777 722

(02) 6583 9868 fax

Residential Tribunal

Level 12/175 Castlereagh Street, Sydney

1300 135 139

Tenants HELP Group Taree

For further information Contact: Eddie McKee

Open to all tenants- Department of Housing, Community Housing, Aboriginal Housing and Private Rental Properties. All welcome.

Meetings held at 22 Marjorie Street, Taree, 2nd Tues of month at 9.30am

(02) 6557 7651

Department of Fair Trading

Tenancy Service Advice Line

Aboriginal Tenancy

13 3220

1800 803 655

13 3220

1800 500 330

YOUTH HOUSING

Homebase

17 Peel Street, Tuncurry

Postal Address PO Box 250, Tuncurry 2428

Youth & Family Worker, Aboriginal Youth Worker. Assistance to find and keep accommodation for young persons. Mediation and support for young people and families

(02) 6555 5622

(02) 6555 8933 fax

Taree and Forster Accommodation Brokerage Project

Samaritans Youth Services

Single young men and women (over 16 years of age) who cannot be accommodated by existing SAAP services. Couples experiencing homelessness. Women and men accompanied by children experiencing homelessness. This service utilizes workers based with Samaritans Youth Services, Taree.

(02) 6550 1191

(02) 6551 0400 fax

AGED CARE SUPPORT SERVICES

Accommodation & Housing – Refer to ACCOMMODATION & HOUSING

The Aged Care Rights Service

TARS

Level 4, 418a Elizabeth Street Surry Hills 2010

A free advocacy service for senior citizens who live in nursing homes, hostels, retirement villages or who need advice on their rights and help with dispute resolution or information about regulations. Includes Older Persons' Legal Service.

Email: tars@tars.com.au

1800 424 079

(02) 9281 3600

(02) 9281 3672 fax

Aged & Extended Care Services

Aged Care Assessment Team

Respite Rehabilitation Team

Assessment and Rehabilitation Unit

Hunter New England Health

Services - geriatrician, occupational therapist, social Worker, speech pathologist, specialist, gerontic nurses

Taree: Suite 2, 57-61 Albert Street, Taree 2430

Wingham: Bungay Road

(02) 6592 6900

(02) 6592 6901 fax

(02) 6592 6900

(02) 6557 3400

Clubs – refer to - CLUBS, COMMUNITY, SPORTS AND LEISURE

Carer Support – refer to SUPPORT GROUPS

Commonwealth Carelink Centre

1 2/9 River Street, Macksville

Postal Address: PO Box 514, Macksville NSW 2447

Provides information to help link older people, people with disabilities and people who care for them with a wide range of community, aged care, and disability services in your local area. The range of services include home assistance, transport, respite, support services and assessment services.

1800 052 222

(02) 6568 4164

(02) 6568 3728 fax

Community Option Projects

Great Lakes Manning

Co-ordinator

Community Centre, Breese Parade, Forster

Postal Address: PO Box 450, Forster 2428

Liaises with other Community Care services to arrange home support services for the frail, aged and disabled. The person is given a range of options and his/her family and friends are involved in the overall plan to help the person remain living at home

(02) 6555 5525

0418 445 314

Community Visitors Scheme

Wynter Street, Taree

A community visitor is a volunteer who is matched with a resident of an aged care home, and visits them regularly.

Sit and listen or chat to your resident. Share hobbies and interests or take your resident out into the community or walk around the aged care home grounds. Be a friend

(02) 6551 5656

Council on the Ageing

34 Argyle Place, Sydney

Information and referral service for older people limited counselling service, publications policy development to research needs of older people, lobby group, membership services (e.g. low cost insurance)

1800 449 102

Dial-an-Angel (02) 4929 3065
Home Help Agency 1300 721116
Suite 3, 71 King Street
Newcastle
Housekeepers, domestic help, companion help to the elderly, commonsense nursing help for convalescents and the disabled, sitters for the elderly, gardeners, handymen and caretakers

Falls Injury Prevention Taskforce (02) 6591 7221
Great Lakes Community Safety Network
Great Lakes Council
Postal Address: PO Box 450, Forster 2428

Great Lakes Centre-Based Respite Service (Daisy Club) (02) 6554 6704
Team Leader: Denise Jefferies
Community Centre, Breese Parade, Forster
Postal Address: PO Box 450, Forster 2428
This service provides centre-based activities for people with memory loss. Provides services at Forster .

Great Lakes Neighbour Aid (02) 6554 8698
Team Leader: Karen Burton (02) 6555 8137 fax
Community Centre, Breese Parade, Forster
Postal Address: PO Box 450, Forster 2428
This service provides voluntary shopping, transport, security Calls and companionship for the frail aged, younger people with disabilities and the carers of both.

HACC Services Co-ordinator (02) 6591 7307
Community Centre, Breese Parade, Forster
Postal Address: PO Box 450, Forster 2428
Contact: Liz Green

Helping Hands (02) 6555 8977
Level 2, Bridgepoint Building, 1 – 5 Manning St, Tuncurry
Postal Address: PO Box 361, Forster 2428
Helping Hands is a non profit contracted Veterans' home care service provider, they provide services such as respite care, personal care, housekeeping, home maintenance, commercial cleaning, transport, shopping, meals.

Home Modification Services
Tuncurry - Bridgepoint Building, 1-5 Manning St (02) 6555 8977
Gloucester 78 Church Street (02) 6558 1050
This service provides a home modification maintenance and handyman service for frail aged and disabled people at a reduced cost

Home Care Service of NSW (02) 6554 5314
Forster – Suite 1B, Bridgepoint Building
1-5 Manning Street, Tuncurry
Great Lakes Service Outlet (services Forster to Bulahdelah)
Raymond Terrace 59 Port Stevens Street (services Hawks Nest Tea Gardens) (02) 4987 1603
Gloucester - 31 Laver Street (services Stroud) (02) 6558 1546
Provides practical assistance with household chores, personal care, respite care and laundry service. This service is for anyone having difficulties maintaining their home or family.

Home Flexi-Care
78 Kularoo Drive, Forster (02) 6555 1670
Postal Address: PO Box 4016, (02) 6555 1698 fax
Forster NSW 2428
Provides practical assistance with household chores, personal care, shopping etc.

This service is for the frail, aged and disabled having difficulties maintaining themselves in their own homes.

Home Maintenance Program

(02) 6592 9315

Forster/Tuncurry

Contact: Falls Co-ordinator

For people over 60 years of age, who are on a fixed income, unable to pay a home maintenance person to attend to small jobs around their home: changing light globes, applying indicator strips on stairs etc. and other types of minor servicing

Meal services – refer to - MEAL SERVICES

Respite Care – refer to - RESPITE

Senior Citizens Assoc. – refer to CLUBS

SENIOR DAY CARE

Senior Day Care Provides indoor/outdoor activities for the frail aged and disabled. Assists carers of these groups without of home respite and transport to activity centre. Bus available.

Wallis Lakes RSL Day Care Club

Forster/Tuncurry

Contact: Marlene Kernick

(02) 6554 6650

Meet each Monday morning (except public holidays) at the Salvation Army Hall, South Street, Tuncurry .- 10.00am – 2.00pm

Bus transport to and from centre available. Morning tea & lunch provided.

Emphasis on good fellowship & fun

Thursday Club

A Senior Citizens Event

Community of Christ Church

4 Manning Street, Tuncurry

(Just opposite John Wright Park)

Co-ordinators:

Jill Smith

(02) 6554 5868

0409 393 620

(02) 6554 5969

Barbara Barker

Thursday Club meetings will be held each Thursday from 10.00am – 2.00pm

Morning tea and lunch will be served at a very minimal cost. Community Bus

transportation to and from the meetings can be arranged at a low cost. Activities

will include sing-a-longs, gentle exercises, quizzes and games entertainment, and

guest speakers. A special welcome awaits you.

Senior Day Care -

Bulahdelah - School of Arts, 9 Stewart Street

(02) 4997 4316

Meet on Mondays 9.00am – 1.30pm

Contact: Jean Lamborn

Gloucester - Senior Citizens Centre

(02) 6558 1772

30 Hume Street

Stroud - Baptist Church Hall, Cowper St

Co-ordinator: Doreen Bowen

(02) 4994 5072

Meet on Thurs. 10.00-1.30p.m.

Karuah - Karuah Community Hall, Engel Avenue

(02) 4997 3088

Tea Gardens/Hawks Nest -

Community Hall, Booner Street

Meets on Fridays 9.30am-2.00pm

(02) 4997 2852

Transport – refer to - TRANSPORT

ANIMAL SERVICES

Animal Control

Great Lakes Council
After hours emergency

(02) 6591 7246
0408 652 662

Animal Welfare League

Contacts: Wanda Willman
– Barbara

Animal Welfare League Op Shop Dolphin Arcade, Manning Street, Tuncurry
Contact: Glenda (for venue and any further information)

(02) 6554 5545
(02) 6553 6342
(02) 6557 6101

Australian Seabird Rescue

0428 862 852

Fawna (NSW) Inc.

(For Australian Wildlife Needing Aid)
(rescue hotline) 24 hours, 7 days a week

0500 861 405

Great Lakes Wildlife Rescue (Birds & Animals)

Emergency Tel No.-24hr

(02) 4997 6388

Koalas in Care Inc.

Postal Address: PO Box 1249, Taree 2430

Koala Rescue Service 24 hours. All money donated stays in the local area to help the local population

(02) 6552 2183

National Parks & Wildlife Services

Booti Booti National Park, Pacific Palms
Postal Address PO Box 7, Pacific Palms 2428

(02) 6554 0446

RSPCA

River Arcade, Taree (Taped message)
Postal Address: PO Box 33, Taree 2430
For all cruelty cases Contact:
For administrative and member matters

(02) 9770 7555
(02) 6552 7177

WIRES

(Wildlife Rescue)
Rescue Call Centre

1300 094 737

ANIMAL BOARDING

Beverley's Hill Cat Resort

31 Beverley's Road, Failford

Forster Tuncurry Boarding Kennels & Cattery

345 Failford Road, Failford

(02) 6554 3145

Four Paws Inn Pet Boarding

21 Bayel Drive, Koorainghat

(02) 6553 6220

Pacific Pet Resort

15046 Pacific Highway, Possum Brush

(02) 6554 3175

DOG TRAINING

Puppy Pre-School, Forster Veterinary Hospital
Obedience training for puppies & dogs

(02) 6554 8833

VETERINARY SURGEONS

Cape Hawke Veterinary Hospital
Cnr. Commerce Court & Kularoo Drive
24 hour emergency service

(02) 6554 5811

Forster Veterinary Hospital
24 hour emergency service
Forster - Kularoo Drive
Nabiac -77 Clarkson Street
To make appt. for Nabiac surgery contact Forster surgery

(02) 6554 8833

Great Lakes Veterinary Clinic
74 Bent Street, Tuncurry
24 hour emergency service

(02) 6554 7540

AMUSEMENT/ENTERTAINMENT

Clubs – refer to -CLUBS – COMMUNITY, SPORT AND LEISURE

The Big Buzz
1733, The Lakesway, Rainbow Flat
Water & Dry Slides, Tobogganing, Speedkarts, Quad bikes and lots more

(02) 6553 6000

Boomerang Forest Tours & Birdwatching Breakfasts
Explore rainforest and enjoy 4WD

(02) 6554 0757
0418 869 261

Dolphin Watching Cruises
Amaroo Cruises, Memorial Drive, Forster

0419 333 445

Forster Coastal Headland Tours
Bookings and information –Contact: Kathleen Morgan
Email: ee@glcr.org.au

(02) 6555 8922 bh
(02) 6555 8933 fax

Tours run on weekdays and weekends, by appoint. only. Choose from one, two or three hour information walks. Specializing in groups and school excursions.

Forster Ten Pin Bowling Centre
Behind Forster Bowling Club
Townsend Street, Forster
Social and League Play, Birthday Parties, Theme Nights

(02) 6557 6800

Tuncurry Forster Golf Driving Range & Aqua Golf
Chapmans Road , Tuncurry
Contact: Tony Wilson
*Right in the middle of Tuncurry Race Course. Clubs available
Open daily from 9.30am, 7 days a week (weather permitting)*

0410 959 786

Great Lakes Cinema 3
Cnr. Manning & Lake Sts, Tuncurry

(02) 6554 6043

Just for Kids
Great Lakes Aquatic & Leisure Centre
Lake Street, Forster

(02) 6591 7199

Kids Spot
4 Enterprise Court, Forster

(02) 6557 2767

Tues – Fri. 10.00am – 2.30pm, Weekends 10.00am – 5.00pm
Holidays – 10.00am – 5.00pm 7 days. Fun & fitness for kids – climbing maze,
tunnels, jumping castle & lots more. Special area for toddlers 0-12 years.
Birthday parties

Lions Club Trampolines and Mini Golf
Near Roundabout on Forster side of bridge

Manning Entertainment Centre (02) 6592 5466
33 Manning River Drive, Taree

MAD Trike Tours (02) 6552 9370
15min tours-1hour or more 0428 312 466

Pacific Palms Kayak Tours (02) 6554 0079
Half, full day and overnight tours available 0402 286 464

National Motorcycle Museum 6554 1333
33 Clarkson Street, Nabiac
Open 7 Days a week - 9.00am-4.00pm Closed Christmas day

Ton-o-Fun (02) 6554 3090
Ton-o-Fun Road, North Tuncurry
Waterslides, Go-Karts, Supa-Karts, Quad Bike, Bumper Boats & lots more
Open 10.00am – 4.00pm School Holidays

ARTS & CRAFTS

Arts & Crafts Clubs – refer to – CLUBS - COMMUNITY, SPORT AND LEISURE

Arts & Craft Society & Lapidary Club Inc. (02) 6554 6900
Forster Arts and Crafts Centre
Breese Parade, Forster
Activities: Knitting, crochet, pottery, oil painting, copperwork, lapidary, leatherwork,
spinning, weaving, embroidery, quilting, tapestry, macrame, china painting, glass
etching, etc. 10.00am-4.30pm

Art Lessons – Beginners in Oil (02) 6554 0994
Teacher – M. Cranfield

Arts Network (GLAN)
Leigh Vaughan 0417 289 077
Jenny Ang (02) 6591 7298
GLAN is a committee of Great Lakes Council that supports develops and promotes
existing and emerging arts

Camp Creative (02) 6655 9326
Contact: Co-ordinator: Robbie Spence
Web Page www.campcreative.com.au

Cartoon Delight Workshops
Holiday, afternoon, school programs
Art Tutor: Pam Lancaster (02) 6557 6901
0423 364 060

Forster Wood Gallery & Craft Supplies (02) 6554 8936
2/0 Thora Close, Forster 0412 654 180
(02) 6557 5657 fax

Great Lakes Art Society (02) 6557 2880
18 Lake Street, Forster
Postal Address PO Box 463, Forster 2428
Admission to the Gallery is free and the public is very welcome
Gallery is open Friday, Saturday & Sunday from 10.00am to 4.00pm

Myall Community Art & Craft Centre

Pres: Mrs Carol Heylbut
 Vice:Pres: Vicki Rankin
 Sec: Mrs Lorraine Pevit
 Council Centre, Myall Road, Tea Gardens
 Postal Address PO Box 63, Tea Gardens 2324

Tobwabba Art - Aboriginal Fine Art

Forster- Studio, 10 Breckenridge Street

(02) 6554 5755**BUSINESS****Bulahdelah Chamber of Commerce & Tourism Inc.**

Pres: Brian Cook
 Contact person: Nita Eadie
 Postal Address: PO Box 30, Bulahdelah 2423
email: bulahdelahrct@bigpond.com.au
Meets 2nd Tues of month at 7pm at School or Arts, Meade St, Bulahdelah

**0419 981 997
(02) 4997 4764****Business Enterprise Centre**

(Level 1, 60 Manning Street, Tuncurry

1300 650 058**Forster Tuncurry & District Chamber of Commerce Inc.**

Forster Tower, Wallis Street, Forster
 Postal Address: PO Box 380, Forster 2428
 Email:ftchamber@pnc.com.au

**(02) 6557 6644
(02) 6554 5661 fax**

Department of State and Regional Development
 Level 3, 251 Wharf Road, Newcastle

**(02) 4908 7333
(02) 4929 7096 fax****Myall Waterways Chamber of Commerce & Tourism**

Contact: Denis Downie
 Postal Address: PO Box 70, Hawks Nest 2324

**(02) 4997 0427 bh
(02) 4997 0222****Office of Fair Trading**

Port Macquarie – Fair Trading Centre
 143 Horton Street

**13 3220
(02) 6584 1330****CHILDREN/PARENTING & FAMILY SERVICES****(02) 6551 0224****Brighter Futures Programme**

Catholic Care
 (Incorporating Centacare and Catholic Care of the Aged)
 78 Wynter Street, Taree
 Contact: Bob Cooke
 Postal Address: PO Box 691, Taree 2430
 0-8 Early Intervention program for children at risk

Child Abuse Prevention Service

24 hr phone service

1800 688 009**Child Protection and Family Crisis Service****1800 066 777****Child Support Agency**

266 King Street, Newcastle
Assists sole parents obtain child maintenance/support or update old orders to increase the amount of child maintenance received.

**13 1272
(02) 4923 1373****Child Support Service**

Legal Aid NSW

(02) 4929 5482

Visits made monthly to Forster Neighbourhood Centre
Little Street, Forster - Appointments for Forster can be made through toll free telephone number . **1800 451 784**
Specialised service within NSW Legal Aid. Not part of Child Support Agency or Centrelink and can therefore give you independent legal advice. Family Law and Child Support Service

Children's Clubs

Childrens groups and clubs are available through local Churches, Schools and also under category 'Clubs Sport & Leisure' in this book

Department of Community Services

Level 1, 242 Victoria Street, Taree
Postal Address: PO Box 544, Taree 2430

(02) 6591 2100
(02) 6591 2199 fax

DOCS Helpline

To report child abuse & neglect-24 hours

132111
(02) 9633 7666 fax

Early Childhood Centres

Forster - Community Health Centre, Breese Parade

(02) 6554 5179

Stroud - Appointments - Early Childhood Centre

(02) 4994 5188

Bulahdelah - Community Health Centre, Cnr Crawford & Richmond Streets

(02) 4997 4240

Hawks Nest - Community Health Centre, Tuloa & Booner Street

(02) 4997 0186

Taree - Community Health, 64 Pulteney Street, Taree

(02) 6592 9315

The Family Action Centre

Newcastle University

The Family Action Centre meets real needs through the following:

Caravan Project - Caravan Project staff provide these families with valuable support, resources, information and links with other community services.

Home Start - Trained volunteers visit families with young children who are in need of support.

Homelink – Homelink program provides an important link between home and School. By training volunteers and linking them with a school child who is in need of support.

Mens and Boys Program – Offers a research and training consultancy to schools, health and welfare organisations in the areas of Fathercare, Boyswork, Mens Health and Men in the Community.

Youth Development Program – Challenges young people to reach their full potential and to overcome limitations in their lives through experience based learning opportunities such as outdoor education adventure camps.

(02) 4921 6858

Family Day Care

Great Lakes-Gloucester-Taree & District

5 Hughes Street, Taree 2430

Manager: Wendy Shoesmith

Email: tadfdc@bigpond.net.au

Family Day Care provides care for children in the homes of registered carers who are selected and monitored by professional staff under government regulations. Full, part time & occasional care.

(02) 6552 5088

Family Support Services

Taree – Tennison Woods Centre, Wynter Street

Postal Address: PO Box 759, Taree 2430

Contact: Julie Garlick

(02) 6551 5660

Forster – Wharf Street

(02) 6555 2863

Postal Address: PO Box 11, Forster 2428

Outreach service to Bulahdelah, Stroud, Hawks Nest/Tea Gardens

Gloucester –Shop 5, 78 Church Street

Contact: Mavis Tersteeg

(02) 6558 9550

Wed/Thurs Family Support Services offer an extensive range of services to meet Individual needs – counselling, practical & emotional support, provide positive

*parenting skills, advocacy on behalf of families in areas related to access & equity.
Parenting programs.*

Great Lakes Manning Aboriginal Children's Services

140 Victoria Street, Taree
Postal Address: PO Box 616, Taree 2430
Families First, Aboriginal Family Worker

(02) 6551 2088

Great Lakes Food Intolerance & Allergy Support Group

Meets on the 1st Wednesday of the month at 6.30pm (in school terms)
At Costello's Restaurant, Tuncurry.

Contact: Monica MacAulay
Suzie McEnally
Tina Longfield

**0409 533 426
0427 553 765
0410 074 632**

Home-Start Australia

Marilyn Barnes

**(02) 4921 7076
(02) 4921 6934 fax**

Homestart

Contact: Jenny Fokes
Email: homestartftt@bigpond.com
Volunteers help non-judgemental home

(02) 6557 5933

Kids Network

Coordinator: Jan Paton
www.kids-network.info

(02) 6555 8083

Kids Careline (Newcastle area)

(02) 4921 2800

Life Skills 4 Kids

PO Box 210, Forster 2428

Email: debbie@lifeskills4kids.com.au

Helping children with: Attention disorders, Autism Spectrum Disorders/Aspergers Syndrome, Sensory processing difficulties, Concentration and Attention Difficulties, Learning Difficulties. An innovative web site has been created by an occupational therapist to help children learn strategies for concentration, attention, learning and sensory processing difficulties.

www.lifeskills4kids.com.au

**(02) 6536 5308
(02) 6554 9316 fax**

Manning & Great Lakes Early Intervention Centre

Taree -33 Florence Street - Answering Service

Postal Address PO Box 76, Taree 2430

Tuncurry – Capel Street (next to Kindilan Childcare)

Covers Forster, Tuncurry, Bulahdelah, Diamond Beach, Nabicac

Email:earlyintervention@ecopost.com.au

(02) 6552 7333

(02) 6557 2016

Nursing Mothers Association of Aust

(02) 8853 4900

Breastfeeding Education Classes

Presented by the Australian Breastfeeding Association, the classes are designed to educate and support pregnant women and their partners. The classes are run by a qualified breast feeding counsellor in the Forster and Taree area.

Contact: Nicole

Emailababec@hotmail.com.au for more information

(02) 6554 5633

Parent Line Telephone Counselling. Behavioural Problems up to 18 years of age. – 24hour service

13 2055

Ronald McDonald Family Retreat Forster

2 The Mews, Cape Hawke Estate, Forster 2428

Contact: Ross Presgrave

**(02) 6555 9008
0408 250 500**

Family Retreat for seriously ill children and their families to enjoy a free holiday

Salvation Army Family Tracing Service

(02) 9211 0277

Postal Address: PO Box A435, Sydney South NSW 1232

Sids and Kids NSW

Telephone for support and information

Postal Address: PO Box 431, Camperdown NSW 1450

(02) 9818 8400

Our services include bereavement support, counselling, community education and fundraising

1800 651 186

Starlight Children's Foundation Australia

1300 727 827

St Joseph's Family Services - Resource & Training Program

(02) 6584 3865

Warlters Street, Port Macquarie

1800 060 481

Supporting additional needs in children's services

Tresillian Family Care Centre

(02) 47342124

Parenting Telephone Line

1800 637 357

Young Carers NSW

1800 242 636

For young carers in NSW aged 13-17 years and their families

Contact for information: Camp Rathane

AFTER SCHOOL/BEFORE SCHOOL/VACATION CARE

CHILD CARE CENTRES/PRE-SCHOOLS/PLAYGROUPS

AFTER SCHOOL CARE

Great Lakes Council After School Care

Contact: Childrens Services Team Leader

(02) 6591 7491

Supervised child care for primary school aged children (5-13) years

Mob.0417 299 617

is provided at Tuncurry School Library, Capel Street, Tuncurry from

3.00pm-5.45pm during school term excluding public holidays. (Children who have graduated from Primary School and will be attending High School are deemed not eligible.)

Great Lakes Children's Centre Inc.

Contact: Louise Collins

0409 585 635

An After School Care program for children aged 5 to 13 years is provided from 3.00pm to 6.00pm (from 2.30pm Kinder only Term 1) during school terms only

Hallidays Point After School Care

Operates from Hallidays Point School from 3.00pm-6.00pm Monday to Friday

During school terms.

For enquiries and bookings: Childcare Services Taree & District

6552 5088

Email: tadfdc@bigpond.net.au

BEFORE SCHOOL CARE

Great Lakes Children's Centre Inc.

(02) 6554 7753

Contact: Louise Collins

0409 585 635

A Before School Care program for children aged 5 to 13 years is provided from 7.00am- to 9.00am during school terms only.

VACATION CARE

Great Lakes Council Vacation Care

Contact: Childrens Services Team Leader

(02) 6591 7495

Supervised child care is provided for 5-13 year olds at Tuncurry Public School

0418 421 587

Library, Capel Street, Tuncurry from 7.45am -5.45pm during school vacation

periods excluding public holidays. (Children who have graduated from Primary School and will be attending High School are deemed not eligible

CHILD CARE CENTRES/PRE SCHOOLS

Annabeles Long Day Care Centre (02) 6554 0111
Coomba Road, Coomba Park

Blossoms Childcare Centre
Chapmans Road, Tuncurry
Long Day care for 0-5 year olds (02) 6557 2463

Bulahdelah Pre-School (02) 4997 4645
Meade & Crawford Sts, Bulahdelah

Dolphins Childcare Centre (02) 6555 3266
51 Manning Street, Tuncurry

Five Star Family Day Care (02) 6552 5088
Child Care Services Taree & Districts
5 Hughes Street, Taree
Postal Address: PO Box 270, Taree 2430
Email:tadfdc@bigpond.net.au

Giggles Child Care Centre
Water St, Forster (02) 6555 2522

Great Lakes Childrens Centre Inc.
34 Lake Street, Forster
Contact: Louise Collins (0409) 585 635
A preschool program for children aged 3 -6 years is provided from 9.00am-3.00pm during school terms only. Billing is by the hour with shorter days and after hours available.

Great Lakes/Gloucester Family Day Care Centre (02) 6555 7753
34 Lake Street, Forster
Postal Address: PO Box 542, Forster 2428
Great Lakes/Before and After School Care

In-Home Childcare Services (02) 6552 5088
Child Care Services Taree & Districts
5 Hughes Street, Taree
Postal Address: PO Box 270, Taree 2430
Email:tadfdc@bigpond.net.au
Aims to support the growing number of parents who are trying to balance work and family commitments. It offers great flexibility in hours of child care especially to those families whose needs are not being met by current services

Jitterbugs Pre-School and Learning Centre (02) 6554 1140
12 Martin St, Nabiac
2-5 years. Open 50 weeks of year. 7.45am to 5.45pm
Email: jitterbugsnabiac@bigpond.com

Kiddies Hut @ Diamond Beach (02) 6559 2020
11 Panorama Drive, Diamond Beach
Long Day Care Centre for 0-5 years olds

Kindilan (02) 6554 7645
65 Capel Street, Tuncurry

Kindilan Child Care Centre (02) 6555 4133
Long Day Care - 6.30am – 6.30pm
Capel Street, Tuncurry

King of the Castle (02) 6555 2111

20 Kenrose Street, Forster

Little Beaver Pre-School (02) 6554 8115

2 Cross Street, Forster

Little Pioneers Childcare & Education Centre

2 Pioneer Drive, Forster

Enquiries:

(02) 6555 6055

Nabiac and District Pre-School

37 Nabiac Street, Nabiac

(02) 6554 1170

Pokey Possum Pre-School

47 Godwin Street, Forster

(02) 6555 5133

0402 314 218

Seashells Preschool

Lot 2, Paradise Drive, Smiths Lake

(02) 6554 4397

Stroud Pre School

Berkeley Street, Stroud

(02) 4994 5038

PLAYGROUPS

Playgroups provide opportunities for parents/carers and children to socialise in a friendly environment. For further information regarding playgroups in your area contact: Playgroup NSW Inc.

Or Families First Mobile Supported Playgroups Great Lakes Gloucester

(02) 6552 5088

Blackhead Playgroup

Contact : Co-ordinator: Jane Andrews

Uniting Church, Diamond Beach Road, Hallidays Point (Held in the Uniting Church Grounds) every Tuesday (during school terms) 9.30am-11.30am

(02) 6559 3014

Bruce Street Playgroup

Presbyterian Church Hall, Bruce Street, Forster

Meets Friday mornings at 9.30am – 11.30am (school terms only)

Contact: Monica MacAulay

0409 533 426

By The Sea Playgroup

Contact: Cassandra Keen

Held at Church Hall, Catholic Church, Lake Street Forster

Mondays at 9.30am-11.00am

(02) 6555 7476

Family Day Care Playgroup

Family Day Care (office) – 5 Hughes Street, Taree

Held at Great Lakes Childrens Centre, Lake Street, Forster on 2nd & 4th Monday of month 9.30am – 11.30am

For Family Day Carers Only. Great Lakes Gloucester Family Day Care Scheme

(02) 6552 5088

Homebase Playgroup

Homebase Youth Centre,

17 Peel Street, Tuncurry

Tues. 10.00am-12.00noon Social morning for children & parents

(02) 6555 5622

Manning and Great Lakes Intervention Playgroup

Contact: Sally Gibson

Capel Street, Tuncurry (next door to Kindilan Child Care)

Playgroup for children with special needs

(02) 6552 7333

Manning Playgroup Zone

Co-ordinator: Kim Hadley

Postal Address PO Box 999, Taree

(02) 6552 1151

Forster, NABIAC, Krambach

Mobile Supported Playgroup

Contact: Great Lakes Gloucester/Taree Child/Family Services Inc. (02) 6552 5088
Held at Bunya: Community Hall, 2nd Thurs of month at 10.30am-12.noon
Barrington: Community Hall, 3rd Thursday of month at 10.30am-12.00noon
Gloucester: CWA Room, Church Street, 1st Wed of month at 10.30am-12.00noon
For children 0-6 years (and mums, dads, grandparents and carers)

NABIAC Playgroup

Contact Co-ordinator: Jodie (02) 6559 1335
St. Pauls Anglican Church, Clarkson Street, NABIAC (next to SES)
Wednesday 9.30am – 11.30am Children 0-6 and their carers are welcome.

Limeburners Creek Playgroup

Sec: Jenny Cherry (02) 4987 0078
Community Hall, Old Coach Road, Limeburners Creek

Pacific Palms Playgroup

Community Centre, Lakesway, Pacific Palms
Wednesdays 10.00-12.00noon

Stroud Playgroup

Co-ordinator: Caroline Harris
School of Arts Hall, Bucketts Way, Stroud
Fridays 10.00-12.00noon

CHILDREN'S CLUBS

1800 677 961

Childrens groups and clubs are available through local Churches, Schools

CHURCHES

Anglican Church

Rev. Jeff Parker (02) 6554 8351

Forster - St. Albans Place, (Off Strand Street), Saturday 6.00pm and Sunday 9.00am. Healing Service 5.00pm, 3rd Thursday of the month

NABIAC - Clarkson Street

Dyers Crossing

Bungwahl - The Lakesway

Tuncurry - Cnr Lake & Bent Street Sunday 7.30am

Rev. Hayden MCKellar, 47 Bent Street, Tuncurry (02) 6555 5044

Stroud - Cowper Street

Stroud - Clare Community (02) 6555 5044

Booral - Bucketts Way (02) 4994 5193

Bulahdelah - Stroud Street (02) 4994 5303

Tea Gardens - Witt Street (02) 4996 4135

North Arm Cove -Lot 474 Cove Boulevard (02) 4997 1869

Baptist Church

Contact: Pastor Iain White (02) 6555 2338

Forster - Maneela & Carawa Streets

Postal Address: PO Box 4207, Forster 2428

Sunday services-traditional 9.00am, contemporary service 10.30am (includes Sunday school), evening service 7.00pm. Programs for families and youth, sunshine hour for seniors.

Stroud -Memorial Avenue

Marpa Buddhist Group

Contact: Peter Morgan (02) 6555 7167

Catholic Church

Forster - Holy Name of Jesus 33 Lake Street, Forster
Tuncurry - Star of the Sea, Kent Street, (02) 6554 6304
 Parish Priest: Father Kevin Corrigan (02) 6554 6304
Stroud - Broadway Street (02) 6554 6304
Gloucester -
Nabiac -Nabiac Street (02) 6558 1290
Bulahdelah - Pacific Highway (02) 6558 1290
Tea Gardens - Witt Street, Tea Gardens (02) 6558 1290
Coomba Park - Mass held last Friday of each month at 5pm at the Community Hall (02) 4997 4367
 (02) 4997 1822

Christian City Church

Sunday 10.00am, family service at Tuncurry Memorial Hall, Point Road, Tuncurry
 Live Out Loud youth on Friday nights at 7.00pm. For location of midweek meetings and youth Contact: Tim Scott

(02) 6555 7731

Christian Life Centre Assemblies of God

(02) 6555 6562

Forster – Christian Life Centre
 Lakesway & Kenrose Streets, Forster
 Contact Eric Hall
 Sunday School 9.30am,
 Sunday Worship 9.30am Evening Fellowship 7.00pm

0413 222 208

Christian Fellowship Churches

Forster/Manning Christian Fellowship
 Sundays: Sunday School 9.30am, Fellowship Communion 9.30am
 Midweek Bible Study, Home Groups
 Held at Community Centre, Breese Parade, Forster
 Contact: Andrew Harris

(02) 6554 3434
 (02) 6556 7220

Church of Christ

Pastor Ben Betz
 14 Douglas Avenue, Tuncurry
 Sunday – 10.00am - Worship and Communion
 After Church luncheon – first Sunday of month
 7pm Girls Night Out – 1st Mon. of month, Girls Brigade (school Term) Wed. 6.30pm
 Ladies Craft Group (school term) Fri. 10.00am, Midweek Home Groups

(02) 6557 2194

Community of Christ-Tuncurry

Contact: Brian Entwistle
 4 Manning Street, Tuncurry
 Sundays 5.30pm Classes, 6.00pm Worship, Communion 1st Sunday 6.00pm
 Open Church each Tuncurry Market Day 10.00am-12.00noon (Rest, mediation and sanctuary)

(02) 6557 6654

Community of Christ Green Cathedral Ministries

Pastor Wendy Ballard
 Lakes Way, Tiona Park, Pacific Palms
 Worship 10.00am Sundays, first Sunday each month-communion

(02) 6554 9466
 (02) 6555 9843

Jehovah's Witness

Kingdom Hall
 113-115 Kularoo Drive, Forster

(02) 6555 8950
 (02) 6554 7490

Lakeside Church

(Christian Outreach Centre)
 Pastor Daryl Moran
 11 Chapmans Road, Tuncurry
 Kidzone, youth and young, adult groups, connect groups, social tennis
 Prayer Meetings: Fri. 9.30am: Sun. 9am

(02) 6557 5600

Lutheran Fellowship
Pastor Brian Schwarz (02) 6554 6907
Fortnightly meeting Taree area (02) 6583 3444

Night Ministry – Refer Support Groups

Presbyterian Forster Tuncurry
St. Andrews
16 Bruce Street, Forster
Sunday service 9.30am and 6.00pm
Kids Church 6.00pm, Youth Group Fridays 7.30pm (02) 6557 5047
Contact: Pastor Jason Summers (02) 6557 6566

Salvation Army
Contact: Major Eddie & Eva Phillips (02) 6555 4418
Forster/Tuncurry – 7 South Street
Sunday: 9am Sunday School and Youth Bible Study
10.30am Morning Worship
Coomba Park –

Seventh-Day Adventist
North Street, Tuncurry
Postal Address: PO Box 20, Tuncurry 2428
Contact: Pastor David Kosmeir (02) 6553 1641 or
URL: <http://forster.adventist.org.au> 0428 321 172
Saturday Sabbath School 10.00am
Church Service 11.15am

Uniting Church
Contact: Rev. Audrey de Witte
Forster – Cnr. Lake & Macintosh Streets (02) 6555 3777
Sunday 9.00am, Midweek communion 3rd Tuesday 2.00pm (02) 6555 8573
Tuncurry 1st & 3rd Sundays at 5.00pm
Hallidays Point First, second & third Sunday 8.30am
Fourth Sunday 8.30am and 5.00pm
Contact: Pastor Phill Matthews (02) 6559 3779
Nabiac Sunday at 10.15am.
Contact: Pastor Phill Matthews (02) 6559 3779

Wallamba Ministers Association (02) 6555 3777
Treas: Rev. Audrey d'Witt (02) 6555 8573

CLUBS – COMMUNITY, SPORT AND LEISURE

Refer also to – SERVICE CLUBS, SUB BRANCHES AND LICENSED CLUBS

AQUATIC CENTRE
Great Lakes Aquatic & Leisure Centre (02) 6591 7199
Lake Street, Forster (02) 6555 6866 fax
Aerobic Classes, Aqua Aerobics, Fitness & Gym. Learn to Swim Classes, Basketball, Creche, Gymnastics, FunNastics, Kindergym and lots more

ARCHERY
Great Lakes Archers
Contact: Lance Bulmer (02) 6554 5429

Manning District Bowhunters Club
Lessons are on 1st and 3rd Sunday of each month

For further information contact:

Rob
Mark

(02) 6552 1635
(02) 6553 9909

Mountain View Archers

Contact: Michelle Workman
Postal Address: PO Box 230, Wingham 2429
Venue: Killawarra Reserve, Nowendoc Road, Wingham

(02) 6551 8742

ATHLETICS

Little Athletics Forster-Tuncurry

Sec: Brenda Smith
PO Box 4026, Forster 2428
Tiny tots to teens

(02) 6553 2428

Forster Athletics Club

Sec: Brenda Smith
34 Oxley Island Road Oxley Island

(02) 6553 2428

AUSTRALIAN RED CROSS

**Australian Red Cross –
Forster Tuncurry Branch**

Pres: Norma Watson
Sec: Denise English
Meet 1st Friday of month at 9.30am CWA Rooms, Little Street, Forster

(02) 6554 9587
(02) 6557 5703

BASKETBALL

Great Lakes Aquatic & Leisure Centre

Lake Street, Forster

(02) 6591 7199

BINGO

Forster Bowling Club

Strand Street, Forster

(02) 6554 6155

Club Forster

Strand Street, Forster

02) 6554 6255

Sporties Club

Beach Street, Tuncurry

(02) 6554 9270

Senior Citizens

Community Centre, Breese Parade, Forster

(02) 6554 6692

Tuncurry Bowling Club

21 Parkes Street, Tuncurry

(02) 6554 6477

BIRD CLUBS

Manning Valley Birdwatchers

Contact: Yvonne Baker
Postal Address PO Box 281, Forster 2428
All welcome to join our friendly group

(02) 6550 1790

Manning & District Birdkeepers

Contact: Tony Schubert
*Meets 1st Tuesday of month at 7.30pm upstairs at the Group3 Leagues Club,
Cowper Street, Taree. Visitors are always welcome*

(02) 6553 9345

BOATING

Myall Lakes Aquatic Club Inc.

Postal Address: 37 Whitbread Drive, Lemontree Passage 2319
Commodore Kevin Williams
Sec: Evon Williams
Email: evonmw@tpg.com.au

(02) 4982 3663

BOOK CLUB

North Arm Cove Book Club

Contact: Ellen Krieger

(02) 4997 3135

BOWLS

Bulahdelah Bowling Club

Jackson Street, Bulahdelah
Postal Address PO Box 22 Bulahdelah

(02) 4997 4365

Forster Bowling Club

Strand Street, Forster
Postal Address: PO Box 83, Forster 2428

(02) 6554 6155

Pacific Palms Bowling Club

Lot 58 Macwood Road, Smiths Lake

(02) 6554 4333

Sporties Club

Beach Street, Tuncurry

(02) 6555 6600

Tea Gardens R.S. & C. Country Club

Yalimbah Street, Tea Gardens

(02) 4997 0250

Tuncurry Bowling Club

21 Parkes Street, Tuncurry

(02) 6554 6477

THE BREAKWALL BELLES

The Breakwall Belles is a group associated with the Forster Tuncurry Volunteer Coastal Patrol. They meet informally at the base, Forster Breakwall every Friday at 10.00am. New members are always welcome. Contact: Linda

(02) 6557 6345

CAMP QUALITY

Great Lakes Support Group

Postal Address: PO Box 4, Forster 2428
Pres: Carol Calvert
Sec: Glenys Roberts
Treas: Robyn Walters
Correspondence: Tricia Dillon
Meets 3rd Monday of month at 1.30pm (excluding December and January)
at Club Forster, Strand Street, Forster

0413 605 384
(02) 6555 9984
(02) 6555 2884

CANOE CLUB

Great Lakes Canoe Club

Contact: Anita
Email: anitar@bigpond.com.au

(02) 6554 7194

CAR CLUBS

Great Lakes Historic Automobile Club Inc.

Hon. Sec : Chris Goodsell
Postal Address PO Box 53, Tuncurry
It is not necessary to own an older vehicle, just to have an interest in older vehicles

(02) 6553 7301(ah)

or motoring generally.

Meet: 1st Wed. of month at Girl Guides Hall, Lake St, Forster at 7.45pm

4 Wheel Drive - Manning River Great Lakes 4x4 Club

Contact: Alan

Postal Address PO Box 272, Taree

0408 525 818

Manning Valley Cruisers & Hot Rod Club

6552 7512

CARD CLUBS

Great Lakes Bridge Club

Postal Address PO Box 474, Forster

Visitors are always welcome. Partners can be arranged

Contact Person: Daphne Yarnold

(02) 6554 5965

(02) 6554 5692

Euchre Club- Club Forster

Played every Thursday night at 7.00pm at Club Forster, Strand Street, Forster

Contact: Barbara

Or enquire at reception of club.

(02) 6555 8090

Euchre

Mon & Wed. at 1.00pm held at Forster Tuncurry Senior Citizens Assoc.

Community Centre, Breese Parade, Forster

Pres: Bob Hall

Sec: Barbara Smith

(02) 6554 6692

(02) 6555 8090

CARTOON/DRAWING

Cartoon Delight Workshops

Holiday, afternoon, school programs

Art Tutor: Pam Lancaster

(02) 6557 6901

0423 364 060

CHILDREN'S CLUBS

Children's Clubs

Childrens groups and clubs are available through local Churches, Schools and also under category 'Sport & Leisure Activities' in this book

CHESS CLUB

Taree City Chess Club

Pres: Mike Weltner

Meets Taree Library

(02) 6553 7047

COUNTRY WOMENS ASSOCIATION

Forster - CWA Building, Little Street

Pres: Peg Sheffield

Sec: Audrey Elliott

Treas: Barbara Hughes

Postal Address PO Box 489, Forster

Meetings held on 3rd Friday each month (1pm Meeting)

(02) 6557 6877

(02) 6557 5512

Bulahdelah - CWA Room, Wade Park, Meade Street

Postal Address: 25 Meade Street, Bulahdelah

3rd Wed. of the month at 10.00am

Pres: Heather Gordon

Sec: Marlene Savage

Treas: Julie Richardson

(02) 4997 4165

(02) 4997 8240

(02) 4997 7130

CRAFT/KNITTING GROUPS

Church of Christ Women's Craft Group

Church of Christ, 14 Douglas Avenue, Tuncurry

Friday 10.00am - 12.00noon

Contact Person: Audrey Peacock

(02) 6554 9383

Knit and Knatter

Informal group sew and talk

Meets Community of Christ (bridge end) Manning Street Tuncurry

Second and fourth Tues of month at 9.30am- 11.30am.

Bring along your current project and share your expertise with others.

For more information contact: Kay

0419 711 703

Handcrafts, knitting Informal group

Pacific Palms Community Centre, Lakesway, Pacific Palms

Wallamba - CWA Room, Showground Hall, Nabic

Pres: Edna Holz

Sec: Pam Muxlow

Meets 2nd Tues. each month at 10.00am (except January)

(02) 6550 2260

(02) 6553 1055

CRICKET CLUBS

Forster Tuncurry Cricket Club

Pres: Justin Malzard

Sec: Melanie Malzard

Treas: Raylene Bailey

(02) 6555 9682

(02) 6555 9682

(02) 6555 5845

Great Lakes Junior Cricket Assoc. Inc

Pres: John Dougherty

(02) 6554 6071 ah

CROQUET CLUB

Forster Croquet Club

Lake Street, Forster

Postal Address: PO Box 4038, Forster 2428

Club Captain: Penny Jude

Pres: Shirley Fliednet

(02) 6557 2245

(02) 6555 6389

(02) 6555 2235

Hawks Nest Croquet Club

Pres: Ian Scoffield

Sec: Micheal Orbis

(02) 4997 0055 a.h

0407 663 074

(02) 4997 1261.

CYCLE CLUBS (BICYCLE & MOTOR)

Manning Valley Cycle Club (Bicycle)

Postal Address: PO Box 299, Taree 2430

Pres: Lloyd Ninham

Sec: Brian Loudon

Meets 1st Tue of month at Taree Guide Hall at 7.30pm

Competitive cycle racing Wednesday evening during summer and Saturday afternoon during winter

Email: info@manningvalleycc.com.au

0428 507 282

Forster Branch Ulysses Club

Pres: Carol Yates

Sec: Ray Paterson

Treas: Grant Summers

(02) 6558 0220

(02) 6553 5783

(02) 6555 3402

Mid North Coast Branch Ulysses Club

Contact: Essey Thornton (02) 6555 2909
Email: esseythornton@hotmail.com.au 0408 469 141
Barry (02) 6581 0321
Garry (02) 6553 9553

Senior Motorcyclists

Contact: Bob Barnes (02) 6557 0718
Warren Bramble (02) 6555 5814

Informal group of riders who meet weekly to share a common interest of motorcycling Meet at Fotheringham Park Taree every Thursday morning at 9.00am

Taree and District Vintage & Classic Motorcycle Club

Pres: William Rice (02) 6553 2772
Sec. John McMullen (02) 6552 2502
Frank Elliott (02) 6554 6583

Vintage Japanese Motorcycle Club

Enquiries: Geoff (02) 6551 0024
Collecting, restoring, swapping parts, riding, public bike displays or enjoy the social life of the club

DANCING

Belly Dancing

Contact: Karen 0428 379 220
Karen's 'Belly Dance' Classes for health & relaxation. Thurs. evenings 5.30pm-6.30pm held at Forster Guide Hall, Lake Street, Forster

Mid North Coast Bootscooters

Pres: Dianne McGrorey
Sec: Coralie Deland (02) 6554 8892
Treas: Sue Miller (02) 6554 3450
Lessons: *Monday: 7.00pm, Club Forster Strand Street, Forster*
Friday: 9.30pm at School of Arts Hall, Little Street, Forster

Tuncurry Bowling Club

Line Dancing (02) 6554 6477
Mon. Beginners class - 11.30am-2.30pm
Wed. Intermediate 10.00am-12.00noon 6.00pm-9.30pm

Line Dancing

Contact: Lynda (02) 6555 6487
Beginners – Back to Basics, Low Impact – Beginners Class

Dance Elite Forster/Tuncurry

For information contact: Tracey 0403 891 672
Classical Ballet, Jazz/Hip Hop, Tiny Tots, Adult classes
Stretch/Limber, Contemporary, Performing.
Upstairs, Pacific Arcade, 48 Wharf Street, Forster

Paul's All Star Dance Studio

4/7 Boona Street, Forster (02) 6557 0266
Recreational, Competitive, Performing Career. 0413 067 287
Experienced or not. We'll help the performer in your family
Find the right class Babies Pre Assessment Class, Boyzone (boys only class),
Adult Classes Technical Coaching, Vocal Training, Private Tuition, Winter
Intensive Program

Manning Magic Kids Kan Dance

Principal: Michelle Kedwell (02) 6553 3426
Postal Address: PO Box 169, Old Bar 2430 0431 309 264
Classes held at Tuncurry School Hall - Friday

Ballroom Dancing

Contact: Tom Ellis

(02) 6557 2210

Classes held at Holy Name Primary School, Forster

Beginners lesson 6.30pm every Thursday .

Come along and join the happy friendly people -

Classes also held at Crystal Waters, South Street, Tuncurry

Thurs. 7.30pm-9.30pm

Venues : Krambach, Wingham and Forster. Contact Tom Ellis

Dolphin Dancers

(02) 6554 6692

New Vogue & Old Time Dancing

Senior Citizens Centre, Breese Parade, Forster

Sunday Afternoons - 2.00-5.00pm

Breakloose Dancers

(02) 6554 4446

Contact: Reg & Allison

Postal Address 59 Macwood Road, Smiths Lakes 2428

Rock 'N' Roll - Social, Lessons, Demonstrations

Classes Tuncurry Memorial Hall -Tues. Intermediate 6.45pm --Beginners 7.45pm

Pacific Palms Scottish Country Dance Group

Contact: Helen Murrell

Scottish Country Dancing, held at Pacific Palms Community Hall.

(02) 6555 2253

Manning Promenaders Square Dance Club

Contact: Don

(02) 6585 5364

Square Dancing - Held at Community of Christ Hall, Wynter Street Taree (between

Commerce and Pulteney Streets) every Wed. at 7.30pm. New and experienced

dancers always welcome. Casual dress. A partner is handy but not necessary

DARTS CLUB

Club Forster Social Darts Club

Pres: Margaret Clark

(02) 6557 5037

Sporties Social Darts Club

Pres: Margaret Clark

(02) 6557 5037

Sec: Doreen Beavan

(02) 6557 5582

Great Lakes Darts Assoc.

Pres: Andy Faulkner

(02) 6555 8007

Sec: Kerry Faulkner

DRAMA

Great Lakes Amateur Drama Society (GLADS)

Contact: John Davison

(02) 6555 9285

Postal Address PO Box 854, Forster

FAMILY HISTORY

Family History Advisory Group

Great Lakes Library, Breese Parade, Forster

Advisory group meets at the library on Tues & Thurs. 10.00am-12.00noon

(02) 6591 7256

Wed & Fri. 1.00 - 3.00pm Volunteer helpers assist with research

FISHING

Coomba Aquatic Club - Fishing and Boating

Pres: Brian Cotterill

(02) 6554 2114

Sec: John Whiteoak

(02) 6554 2141

Treas: Bill Morrison

(02) 6554 2235

Club Forster Fishing Club (02) 6557 5775
Contact: Chica Newcombe
Information re outings or Club

Lakes & Ocean Fishing Club (02) 6554 6005
Lakes & Ocean Hotel
Little Street, Forster

FOSSICKING

Manning Great Lakes Gem and Mineral Club
Sec: Val Ritchie (02) 6552 1693
Treas: Jim Pope (02) 6554 8500

FRIENDS OT THE ABC- GREAT LAKES

Friends of the ABC- Great Lakes
contact:: Audrey (02) 6554 8507
Grahame (02) 6554 5807
Friends of the ABC are not aligned to any political party.

FRIENDS OF KULAROO

Friends of Kularoo
Chairman: Bruce King (02) 6555 9409
Sec: Harold Smith (02) 6555 5291
Contact Person: Patricia McCulloch (02) 6555 7217
All proceeds will aid the ongoing increasing work at Kularoo Gardens Nursing Home, Boundary Street, Forster

:

GARDEN CLUBS

Great Lakes Orchid Society Inc
PO Box 273, Forster 2428
Sec: Doug Rudd
Meets 2nd Tuesday of each month at 7.30pm at Forster Primary School, Head Street, Forster

Hallidays Point Garden Club
Contact: Publicity Officer Elaine Anlezark 6557 6041

Nabiac Garden Club
Pres: Ted Gregory (02) 6554 1579
Sec: Liz Rees (02) 6554 3196

GOLF

Bulahdelah Golf Club (02) 4997 4327
Postal Address: PO Box 4, Bulahdelah

Coomba Golf Course (02) 6554 2167
286 Shallow Bay Road, Coomba Park
Club & Buggy Hire, Barbeque Facilities

Forster Golf Club
Strand Street, Forster (02) 6554 6103
Clubhouse (02) 6554 6799
Golf Professional (02) 6554 6167

Great Lakes Country Club (02) 6555 6686
Tuncurry Road
Golf Professional

Sandbar Golf Course (02) 6554 7622

3434 Lakesway, Pacific Palms
Postal Address: PO Box 21, Pacific Palms 2428

(02) 6554 4095

Tuncurry Forster Golf Driving Range & Aqua Golf

Chapmans Road , Tuncurry

Contact: Tony Wilson

Chris Manning

Right in the middle of Tuncurry Race Course. Clubs available

Open daily from 9.30am, 7 days a week (weather permitting)

0410 959 786

0417 456 938

Girl Guides

Guide Hall, Lake Street, Forster

Contact: Guide Leader Cassie Clark

Tracey Bell

(02) 6554 9603

0422 155 323

0411 827 997

GUN CLUB/ RIFLE CLUB

Taree-Wingham Gun Club

PO Box 178, Wingham 2429

Venue: Comboyne Road, Wingham

Contact: Sec: Dayrl Pasfield

(02) 6556 0464

Small Bore Rifle - Safety Awareness Examiner

Contact: T. Elliott

(02) 6554 6916

HOCKEY

Forster Tuncurry Strikers Hockey Club (Seniors)

Jane McNeill

Kevin Joyce

Sue Ryan

(02) 6554 9642 ah

(02) 6555 8141

(02) 6555 9131

HORSERIDING/DRESSAGE CLUB/RIDING CLUB/ PONY CLUB

HorseRiding

Clarendon Forest Retreat, Coates Road, Possum Brush

Bookings essential

(02) 6554 3399

(02) 6554 3162

Taree & District Riding for Disabled

Pres: Maureen Turner

Sec: Margaret Lewis

Contact: Jeff Patersen

1856 The Lakesway, Rainbow Flat

Every second Saturday

(02) 6559 2563

(02) 6553 5383

(02) 6553 6039

Riding for Disabled

Stroud -

Teaches people of all ages how to drive a horse and sulky

(02) 4994 5547

INNER WHEEL

Inner Wheel

Sec: Jenny Daniel

Contact: Lillian

Meet at Club Forster, Strand Street, Forster 2nd Monday of the month at 1.00pm.

(Wives of Rotary members)

(02) 6555 9029

(02) 6554 6771

JOCKEY CLUB

Forster Tuncurry Jockey Club

Pres: Garry McQuillan

(02) 6550 2123
0418 677 056
(02) 6554 9686

LANTERN CLUB

Forster Tuncurry Lantern Club

Pres: Margaret Stephens

Contact: Frances Sheen

Meets every 2nd Thurs. at Forster Community Health, Breese Parade, Forster to raise funds for Deaf and Blind Children

(02) 65559979
(02) 6554 9781

LAUREL CLUB

Laurel Club – Forster Tuncurry

Contact- Pres: Bonnie Stratton

Sec: Val Kennedy

Call Madge Hunt for more details about the club

Meets 1st Mon. of month Widows of ex-servicemen are welcome to join.

(02) 6554 7900
(02) 6555 6472
(02) 6554 4504

LEGACY

Forster Tuncurry Legacy Club

Legacy Village, Sciacca Avenue, Tuncurry

Postal Address PO Box 241, Tuncurry

Chairman: Mr J. Dawson

LIONS CLUBS

Lions Club Forster Tuncurry

Pres:

Sec: Bob Tibbey

Postal Address PO Box 108, Forster 2428

Meetings held 2nd & 4th Mon of month at Club Forster at 6.30pm for 7.00pm

(02) 6555 4011

(02) 6554 7126

Defensive Driving Course

Conducted by: Lions Club, Forster

Sec: Bob Tibbey

(02) 6554 7126

Lioness Club Tea Gardens Hawks Nest

Pres: Lyn Humphries

Sec: Cheryl Cook

Postal Address PO Box 30, Hawks Nest 2324

(02) 4997 2227

MARTIAL ARTS - JUDO, KARATE

Bujinkan Dojo's Taree

Contact: Michael Morrison

Japanese Martial Arts

(02) 6553 7007

Fudoshin Bujutsu

Great Lakes Fudoshin Martial Arts Club

Self defence classes Contact: Graeme Dunning

Classes held at Tuncurry Public School Hall Juniors 4.30pm-5.30pm

Adults 6.00pm-8.00pm

0418 246 820

Rhee Taekwodo

Contact: Brent Williams

Forster/Tuncurry/Pacific Palms/Taree

384 Minimbah Road, Minimbah

Classes -Juniors, Seniors and all Ages

Classes held at Forster. Tuesdays and Thursdays

Juniors 4.30pm-5.30pm

Adults 5.30pm-6.30pm

Stroud

Contact: Roger Wilson

(02) 6554 1082
0416 062 694

(02) 4994 5256

Washpool Road, Stroud

TAI CHI

For information about classes contact:

Tai-chi Classes held at Great Lakes Aquatic & Leisure Centre
Lake Street, Forster

(02) 6555 9077

(02) 6591 7199

TAEKWONDO OR GENTLE STYLE TAI-CHI

Classes held at Great Lakes College Forster Campus,
Cape Hawke Drive, Forster. In Multi Purpose Hall, on Tuesday and Thursday at
6.30pm-7.30pm
Contact: Fay Shacklock

(02) 6555 9934

(02) 6555 4351

Gentle Exercises Tai Chi Style - Classes held at Forster Neighbourhood
Centre, Little Street, Forster -Thursday morning 10.00am-11.00am. Gold Coin
entry.
Contact: Forster Neighbourhood Centre to see if class still current.

MASONIC LODGE

Great Lakes Daylight Lodge 994

Lake Street, Forster

Sec: Ron Woodward

Meets 1st Mon. of month at 9.00am

(02) 6554 6541

Lodge Forster 897

Sec: Brian McLvenna

Lake Street, Forster

Postal Address: PO Box 168, Forster

Meets on 2nd Friday of month at 7.30pm

(02) 6557 6473

Temple Management Committee

Postal Address: 34 Bennetts Head Road, Forster

MODEL AERO CLUB

Forster Tuncurry Model Aero Club

Pres: Bob Pearce

email: rpearce@bizmail.com.au

Sec: Peter Coles

email: pcoles@spanaerospace.com.au

*Meets on Thursday and Saturday at the Nabiac flying field from 8.30am to 5.00pm
weather permitting. New members and visitors are welcome*

(02) 6555 2367

(02) 9975 5219

Manning Model Aero Club

Contact: Dave

Allan

*Meets every Sunday at 9.00am weather permitting at Cedar Party Reserve in
Wingham. New members and visitors are welcome.*

(02) 6554 8880

(02) 6553 9177

MUSICAL GROUPS, CONCERT BAND, BAND CLUB

Great Lakes Band

*Rehearses every Mon. night from 6.00pm at Tuncurry Primary School, Capel St,
Tuncurry. New members are warmly welcomed.*

Contact: Performance Coordinator -Heidi Parsons

Or

(02) 6554 5874

(02) 6555 5879

RSL Band Club

Pres: Mrs T. Green

*Invites anyone who plays or has played a musical instrument or would like to learn
to play a musical instrument to come and join us for an hour or so on Wednesday
evenings for some music and fun. The band rehearses on Wednesday evenings
at Taree High School hall at 7.00pm-8.15pm. New members, playing and non-*

(02) 6552 1584

playing, are always welcome.

CHORAL GROUPS/CHOIR/MUSICAL INSTRUMENT GROUPS

Company of Voices

Contact: Christina Lemaire
Leigh Vaughan
Email: leighv@tpg.com.au

0417 289 077

Coomba Choral Group

Contact: Lynda
If anyone would like to join in the fun, feel free to come along on Mondays at 10.00am. at Community Hall, Coomba Park

(02) 6554 2444

Community Choir

Meeting each Thursday 7.00-8.30pm at 'Heritage Hall' (behind reception) at Sundowner Tiona Park.

Come whatever your voice to share the joy of singing.

For further information contact: Pastor Wendy Ballard

(02) 6555 9843
0411 036 171

Simfonia Mid North Coast

PO Box 1282, Taree 2430

Do you play an instrument and would like to play in this wonderful community orchestra

Pres: Mave Richardson

Sec: Di Rayson

Email: di.rayson@bigpond.com.

(02) 6553 5412
(02) 6550 7307

NETBALL

Great Lakes Netball Association Inc.

Boronia Park, Kularoo Drive, Forster

(02) 6555 8801

Pacific Palms Netball Club

Postal Address PO Box 100, Pacific Palms

Pres: Jill McSweeny

(02) 6554 0202

Indoor Netball

Great Lakes Aquatic & Leisure Centre, Lake Street, Forster

(02) 6591 7199

PHOTOGRAPHY CLUBS

Forster Digital Photography Club

Contact: Noni Pratt

Meets 3rd Wed of Month at 7.00pm at Club Forster

(02) 6554 7929

Club Taree Photographic Club

Meets at Club Taree on 1st & 3rd Monday of each month at 7.30pm.

PHYSICAL CULTURE

Taree-Great Lakes Physical Culture Club

Contact: Lyn

Encourages fitness, flexibility, posture, co-ordination and confidence. Fun for girls, boys and ladies of all ages Classes in Forster/Tuncurry and Taree

(02) 6558 1576

PINK LADIES

Pink Ladies

Cape Hawke Community Hospital

Contact: Betty
Beryl

(02) 6555 6973
(02) 6554 5251

PROBUS

Forster Shores Combined Probus Club

Pres: Neville Milne

(02) 6555 3298

For more information contact: Heather
Laurie

(02) 6554 5270

(02) 6555 6896

Postal Address: PO Box 4255, Forster Village 2428

All retired and professional business people are most welcome. We are a happy and active club, so if you like meeting new and interesting people come along and join

Great Lakes Ladies Probus

Postal Address: PO Box 4056, Forster 2428

(02) 6555 5089

Sec: Lorraine Tilley

Meets 4th Mon of month Forster Bowling Club at 9.30am

Hawks Nest Tea Gardens Probus Club Inc

PO Box 76

Hawks Nest 2324

Sec: E. O'Driscoll

(02) 4997 1439

Wallamba Probus Club Inc.

Pres: Dave Thomson

(02) 6557 2309

Contact Person: Allan Farrell

(02) 6555 4406

Postal Address: PO Box 133, Tuncurry, 2428

Meets 4th Monday of month at Tuncurry Bowling Club at 9.00am

Wallamba Ladies Probus Club

Postal Address PO Box 290, Tuncurry

Sec: Audrey Baldwin

(02) 6555 5931

Meets 3rd Mon of month at Tuncurry Bowling Club at 9.30am

PUBLIC SPEAKING

Great Lakes Toastmasters

Contact: Pat Holstein

(02) 6554 8458

Steve Wines

(02) 6555 9969

Meet on the first, third and fifth Tuesday of month from 7.30pm – 9.30pm at Club Forster Strand, Street Forster. Visitors always welcome

QUILTING CLUBS

Seaside Heritage Quilters

Contact :

Sonia

(02) 6554 9342

Meet 1st & 3rd Sat, at 12.00noon & 2nd Wed of month – workshop at 10.00am held at at Tuncurry Tafe Annexe, Bent Street, Tuncurry

QUOTA CLUB

Quota International of Forster Tuncurry Inc.

Pres: Narelle Duff

(02) 6555 9921

Contacts: Elizabeth Fisher

(02) 6554 0318

Margaret Weller

(02) 6554 1212

Postal Address PO Box 461, Forster 2428

ROTARY CLUBS

Rotary Club of Forster on Wallis

Sec: Robyn Garland

(02) 6555 2551

Postal Address: PO Box 4151, Forster 2428

Meets Tues morning 7.00am at Lakesway Motor Inn, Lakesway Forster

Rotary Club Great Lakes

Postal Address PO Box 73, Tuncurry 2428
Pres: Terry Dwyer
Sec: Paddy Burn
Email: pat_toni@bigpond.net.com.au
Meets Mon. 6.30pm at Club Forster

(02) 6557 5454
(02) 6554 5360

Rotary Club Tuncurry-Forster Inc.

Postal Address PO Box 125, Forster
Pres: Ian Croker

Sec: Peter Dreise

email: dryice1@googlemail.com.

*Meet every Wed. at 6.00pm for meeting at 6.30pm at Club Forster
Strand Street, Forster*

(02) 6555 7229
(02) 6554 7643

RUGBY/RUGBY LEAGUE

Forster/ Manning Golden Oldies Rugby Club

Pres: John Green

Sec: Alan Caldwell

0412 256 279

Forster Tuncurry Junior League Football Club

Sec: Aaron Temple

0412 490 159

Forster Tuncurry Hawkes Rugby League Football Club

Postal Address PO Box 6, Tuncurry 2428

Sec: Warren Blissett

0400 819 367

SAILING/BOATING

Great Lakes Sailing Club

Pres: Tim Haffner

Sec: Scott Machon

Postal Address PO Box 8, Forster

(02) 4982 3663

Myall Lakes Aquatic Club Inc

Treas: Suzie Sturman

(02) 4981 3842

SCOUTS

Forster- 1st Forster Tuncurry Scout Group

Scout Hall, Lake Street, Forster

Contact: Greg Gilbert

0432 138 702

SENIOR CITIZENS

Forster -

Forster-Tuncurry District Senior Citizens Assoc

Breese Parade, Forster

Enquiries : Office hours 10.00am-noon weekdays

Centre activities for members and visitors include euchre, bingo, easy exercise,
Yoga

Coomba Park

Community Hall, Moorrooba Road

Contact: Irene Mashford

(02) 6554 2243

Stroud -

Senior Citizens Centre, Stroud RSL, Church Lane

Meets on Thursdays 10.00am-1.30pm. Senior Citizens Association facilities

For the education, physical and mental recreation of their members e.g.

Bus trips, activity days, carpet bowls, snooker, euchre, table tennis, darts,

dominoes, housie, new vogue & modern dancing, simple seniors yoga, beginners

And advanced exercise classes. Community bus available.

(02) 4994 5061

Thursday Club

A Senior Citizens Event

Meets each Thursday from 10.00am – 2.00pm for friendship, morning tea, lunch, games and entertainment. The Thursday Club is held at the Tuncurry Community of Christ Church (opposite John Wright Park). All Senior Citizens are welcome. Transport is available if required. There is a modest charge to cover costs.

Contact: Jill

(02) 6554 5868

National Seniors Association

Manning/Great Lakes Branch

Enquiries to Sec: Liz

Pres: Bruce

Meet at Uniting Church Hall, Albert Street, Taree at 10.00am

Members and interested seniors welcome

(02) 6551 0161

(02) 6555 9409

SNOOKER

Bulahdelah Bowling Club

(02) 4997 4365

Bulahdelah Golf Club

(02) 4997 4327

Club Forster

(02) 6591 6591

Forster Bowling Club

(02) 6554 6155

Pacific Palms Recreation Club

(02) 6554 0207

SOCIAL GROUPS

Forster Tuncurry Social Singles Group

Contact: Sue

Brian

35 plus - dining out, movies, barbeques, walks, trivia nights. Meetings are held once a month so members have input as to the activities for following month. Offer social contact and group outings for single persons in the area. Not a match-making group.

(02) 6555 6223

(02) 6557 4854

SOCCER

Bulahdelah Soccer Club

Pres. Rod King

Sec. Steve Rockall

Postal Address: PO Box 23, Bulahdelah

(02) 4997 4904

Great Lakes United Football Club Inc.

Postal Address: PO Box 4019, Forster

Pres: Peter Flemming

0414 505 342

Green Point Rovers Soccer Club

Contact: Mr Sam Ellis

Postal Address: PO Box 797, Forster

(02) 6554 5875

Hawks Nest/Tea Gardens Soccer

Sec. Cheryl Forbes

Manning District Soccer Assoc., C/- PO Nabiac

(02) 4997 0389

(02) 6554 1724

Pacific Palms Soccer Club

Pres: Mark Lawson

Vice Pres: Dave Williamson

Sec: Debbie Chapman

Email: dwilliamson@westnet.com.au

(02) 6554 0600 bh

(02) 6550 9250

(02) 6550 9250

Stroud Ladies Soccer Club Inc

2406 Bucketts Way Booral

Tea Gardens Soccer Club (02) 4997 1868
Pres: Greg Levick 0421 165 217
Sec: Anne Curry
Postal Address PO Box 44, Tea Gardens

Tuncurry Forster Soccer Club Inc
Contact: Lesley (02) 6557 6219
Dianne Dreise (02) 6555 8032
Postal Address PO Box 165, Tuncurry

Wallamba District Soccer Club
Pres: Colleen Sorresson (02) 6554 1269
Sec: Pam Thorsby (02) 6554 3431
C/-Post Office, Nabiac

SPINNING & WEAVING

Great Lakes Spinners & Weavers
Pres: Frances Sheen (02) 6555 3744
Sec: Marylyn Johnston (02) 6554 1986
Postal Address: PO Box 96, Tuncurry 2428
Meet each Wed. 10.00am-1.00pm at CWA Rooms, Little St, Forster. Do you spin, weave, felt or knit or would you like to learn. We are a happy social group. Come along and join us and make some new friends.

Bulahdelah Spinners and Weavers Guild
Contact: Adele Wade (02) 4997 4424
Val Brown (02) 4997 4389

SQUASH

Great Lakes Squash Club (02) 6554 6022
Cross Street, Forster

STAMP CLUB

Great Lakes Stamp Club (02) 6554 9391
Postal Address PO Box 717, Forster
Stamp Workshop & stamp market held at Great Lakes Campus Annexe, Taree Street, Tuncurry monthly, 1st Sat. of month from 9.00am-12.00noon. Members contribute to discussion, valuations & information

SURF LIFESAVING

Cape Hawke Surf Life Saving Club
Cliff Road, Forster
Clubhouse
Pres. Paul Scott (02) 6555 5822
Sec. Peter McTiernan (02) 6557 6375
Postal Address PO Box 198, Forster (02) 6557 5211

Forster Surf Lifesaving Club Inc.
Main Beach, Forster
Pres. John Quinn (02) 6554 8040
Sec: Brian Wilcox (02) 6554 6024
Treas: Beth Lee (02) 6554 8276
Postal Address PO Box 325, Forster

Hawks Nest
Main Beach Surf Lifesaving Club (02) 4997 0548

Pacific Palms Surf Lifesaving Club

Postal Address PO Box 80, Pacific Palms 2428

Email: ppslsc@tsn.cc

(02) 6554 0468

SWIMMING

Bulahdelah Swimming Pool

Prince Street, Bulahdelah

(02) 4997 4490

Forster Aquatic Swimming Club Inc.

Sec:

Postal Address PO Box 164, Forster

(02) 6557 5255

Forster Tuncurry Mudcrabs Winter Swim Club

Pres: Paul Manning

Sec: Peter Sanders

Postal Address PO Box 4125, Forster

(02) 6554 9686

Great Lakes Aquatic and Leisure Centre

Lake Street, Forster

(02) 6591 7199

Hawks Nest/Tea Gardens Swimming Pool

Marine Drive, Tea Gardens

(02) 4997 0660

TREFOIL GUILD

Trefoil Guild - (Past Girl Guides)

Great Lakes Trefoil Guild

Meets 1st Mon. of month at 10.00am at Girl Guide Hall, Lake Street, Forster

Contact: Marion

Carol

(02) 6555 8338

(02) 6557 2972

TENNIS

Forster Tennis Club, Lake Street, Forster

Postal Address PO Box 522, Forster 2428

(02) 6554 9120

Green Point Tennis Club

Keys for Courts can be collected from Green Point Trading Post

Nabiac Tennis Club

Keys for Courts can be collected from the Nabiac Nursery

Pacific Palms Tennis Courts

Court Hire - Oasis Service Station

(02) 6554 0286

Tuncurry Sports Club

Beach Street, Tuncurry

(02) 6555 8826

Twin Towns Tennis Club Inc

Capel Street, Tuncurry

(off South Street, Tuncurry)

(02) 6554 5496

TOUCH FOOTBALL

Forster Tuncurry Touch Association

Pres. Lyn Eason

Postal Address PO Box 154, Tuncurry 2428

(02) 6554 6985

TRAVEL CLUBS

Forster Tuncurry Memorial Services Travel Club

Margaret Trudgett

(02) 6554 5668

Meetings held on the 3rd Mon. of month at Club Forster at 2.00pm

Wallis Lake Tourers Travel Club Inc

Contact: Margaret Lansdowne

(02) 6555 5461

Sue Hinselwood

(02) 6555 7686

Club is not-for-profit social club where we enjoy day trips, overnight trips, shorter trips of two to three days and longer trips, so there is something for every interest and budget.

TRIATHLON

Forster Tuncurry Triathlon Club

Contact: Donna Bayley

(02) 6555 2242

www.forstertri-club.com.au

For club information see notice board at Forster Aquatic & Leisure Centre. New members and visitors welcome

VIEW CLUBS

Contact: National Counsellor: Lynette Harvey

(02) 6555 9261

Forster Tuncurry Day View Club,

Forster Tuncurry Evening View Club

Great Lakes Evening View Club,

Pacific Palms Evening View Club

VOLLEYBALL

Great Lakes Aquatic & Leisure Centre

Lake Street, Forster

(02) 6591 7199

WALKING

Ladies Sunday Social Walkers

Contact: Chris Manning

(02) 6554 9686

or Lorraine

(02) 6555 7997

Walks-Bushwalking

National Parks Association

Contact: Mick

(02) 6553 8976

Walking for Pleasure

Contact: Heather Taylor

(02) 6554 7393

June Campbell

(02) 6554 5801

If you would like to join a pleasant, friendly group for some gentle easy walking exercise. Meets every 2nd Wednesday at Lions Park, Little Street, Forster at 9.30am (Lions Park is situated between Tourist Information Centre and Waterways Authority) Bring lunch, chair & comfortable walking shoes

Walking Group - Heart Foundation

Summer 7.30am

Winter 8.00am

Meets outside Community Health Centre, Breese Parade, Forster

Monday and Wednesday 45 minute walk at own pace

Contact Person: Bev Morrison

(02) 6555 6080

WHEEL FOR LIFE

Wheel for Life Inc.

(02) 6555 5019

Contact: Samantha
Currently a newly started, non-profit, charity organization created to help raise money in order to help seriously ill people.

0422 761 755

WOODWORKING

Manning Valley Woodworkers Club Inc

Contact: Trevor

(02) 6554 6711

Forster Wood Gallery & Craft Supplies

2/9 Thora Close, Forster

(02) 6554 8936
0412 654 180

WRITERS / POETS

Bush Poetry

Contact: Reid Begg

Mid Coast Sundowner Bush Poets

(02) 6554 9788

Fellowship of Australian Writers - Great Lakes Division

For information: Pres: Hermione

Publicity Officer: Christine Hayes

Meets 2nd Fri. of month Club Forster. 1.00 – 4.00pm

Visitors and new members always very welcome.

www.glfawi.com.au

(02) 6554 3305
(02) 6555 9904

YACHT CLUB

Forster Tuncurry Radio Yacht Club

Contact: Rod Willson

Meets every first, third and fifth Saturday

of month 10.00am-4.00pm at Racecourse Estate Pond

Chapmans Road, Tuncurry. Come and try radio control sailing – a boat is always available for you to try this interesting sport.

(02) 6554 8943

YOGA

Great Lakes Aquatic and Leisure Centre

Lake Street, Forster

(02) 6591 7199

Yoga Classes

Contact: Megan Jones

Senior Citizens Hall, Breese Parade, Forster

Seniors, Beginners, Intermediate

(02) 6557 2591

Tuncurry Yoga

Inner peace and wellbeing. Beginners welcome

Contact: Kendra

0417 423 804

SERVICE CLUBS, SUB BRANCHES AND LICENSED CLUBS

Refer also to – **CLUBS – COMMUNITY, SPORTS AND LEISURE**

RETURNED SERVICE CLUBS

Club Forster

Strand Street, Forster

(02) 6591 6591

Returned Services & Citizens Club

(Tea Gardens & Hawks Nest)

Yalinbah Street, Tea Gardens

(02) 4997 0250

RETURNED SERVICEMEN & WOMENS ASSOCIATIONS /SUB BRANCHES

Great Lakes Sub-Branch National Servicemen's Association (02) 6554 6428

Pres: Keith McNeil
Contact: Bob Russell
Postal Address: PO Box 4191, Forster 2428

Great Lakes Sub-Branch Vietnam Veterans Assoc. (02) 6555 3755
(02) 6555 2753 fax

Pres: Robbie Campbell
Email: vvfag@tsn.cc
Unit 3,80-82 Kularoo Drive, Forster
Postal Address:PO Box 4090, Forster 2428
Drop-in Centre for all Vietnam Veterans- Open Mon & Thurs. 10.00am-5.00pm.
Pensions Office, Counselling & Advocacy Service

Great Lakes Sub-Section Naval Association
Pres: Eric Lines (02) 6555 4437
Sec: Jim Barnes (02) 6555 7415

Korea War Veterans Association
Manning Great Lakes Sub-Section
Enquiries: Mac (02) 6555 8094

Forster Tuncurry RSL Sub Branch (02) 6554 5959
(02) 6555 3971 fax

Office: Club Forster, Strand Street, Forster
Postal Address: PO Box 221, Forster 2428
Pres: Ted Tisdale (02) 6554 5959
Sec: Graeme Kernick (02) 6554 6650

Welfare Co-ordinator: Ted Domanski (02) 6554 6949
Frank Atchison (02) 6554 6995

Welfare Hours- Monday & Wednesday 1.00pm-4.00pm
Pensions Co-ordinator: Frank Brady (02) 6555 5200

Pensions Officers: Wayne Felstad (02) 6555 5828
Ron Silverstone

Pensions Office Hours: Thursday 9.00am -12.00noon

Tea Gardens RSL Sub-Branch
Pres: Ron Franks (02) 4997 1271
Sec: Geoff Mason (02) 4997 0360
Postal Address PO Box 44, Hawks Nest 2324
Email: rsltg@exemail.com.au

RSL and Community Retirement Association
Contact: Ted Ingram (02) 4997 0790

War Widows Guild Club - Forster Tuncurry
Welfare Officer: Elaine Molloy (02) 6555 2799
Pres: Marie Boyd (02) 6555 4939

RECREATION LICENSED CLUBS

Bulahdelah Bowling Club (02) 4997 4365
Jackson Street, Bulahdelah

Bulahdelah Golf Club (02) 4997 4327
Pacific Highway, Bulahdelah

Club Forster (02) 6591 6591
Strand Street, Forster

Forster Bowling Club, (02) 6554 6155
Strand Street, Forster

Forster Golf Club (02) 6554 6799
Strand Street, Forster

Great Lakes Country Golf Club (02) 6555 6686
The Lakesway, Tuncurry

Hawks Nest Golf Club (02) 4997 0145
Sanderling Ave, Hawks Nest

Pacific Palms Bowling Club (02) 6554 4333
Macwood Road, Smiths Lake

Pacific Palms Recreation Club (02) 6554 0207
The Lakesway, Smiths Lake

Sporties Club (02) 6554 9270
Beach Street, Tuncurry

Stroud & District Country Club (02) 4994 5264
Bucketts Way, Stroud

Tuncurry Bowling Club (02) 6554 6477
Parkes Street, Tuncurry

COMMUNITY SERVICES/ INFORMATION

Bucketts Way Neighbourhood Group Inc. (02) 6558 2058
14 Church Street, Gloucester fax (02) 6558 282
Postal Address: PO Box 101, Gloucester 2422

Community Services Commission (02) 9384 4999
Level 3, 128 Chalmers St, Surry Hills

Community Technology Centre (02) 6554 1876
Nabiac Memorial Neighbourhood Centre
35 Nabiac Street, Nabiac

Forster Neighbourhood Centre
Little Street, Forster (02) 6555 4351
(next door to Tourist Information Centre) (02) 6554 5234 fax
Postal Address: PO Box 314, Forster 2428

email: admin@fnc.org.au
*Information & Referral, Counselling – General & Relationship, Financial
Counselling, Podiatry Brokerage Service, Baby Restraint Hire Service,
Photocopying, Book Binding and Laminating Service, Community Garden, Great
Lakes Farmers Produce Market, Great Lakes Communities Against Family
Violence, Support Groups- Vision Impaired, Stroke Recovery, Great Lakes
Community Garden, Home Security audits. Visiting Services - Dept. of Housing,
Legal Aid – Child Support Service*

Graffiti Hotline
*Set up by Great Lakes Council's volunteer 'graffiti buster-
A message can be left on the hotline number at anytime and callers are asked to
leave details of the location as well as a contact number* 0408 440 309

Great Lakes Community Resources
Bridgepoint Building, 1-5 Manning Street, Tuncurry
email: admin@glcr.org.au (02) 6555 8922

Great Lakes Council Breese Parade, Forster <i>Postal Address: PO Box 450, Forster 2428</i> <i>Contact the Community Development Coordinator for information about Community Services in the Great Lakes Shire</i>	(02) 6591 7222 (02) 6591 7495
Great Lakes Tourist Information Centre Buladelah – Cnr. Crawford St. & Pacific Highway Forster - Little Street Pacific Palms – Boomerang Drive Tea Gardens - Myall Street	(02) 4997 4981 (02) 6554 8799 (02) 6554 0123 (02) 4997 0111
Greater Taree City Council 2 Pulteney Street Taree Postal Address: PO Box 482, Taree 2430 <i>Contact the Community Development Officer about Community Services in Taree district</i>	(02) 6592 5399 (02) 6592 5311 fax
Manning Valley Neighbourhood Services Old Courthouse Building, 3 Farquhar Street, Wingham Manager: Caron Watkins Regional Migrant Worker: Coleene McGower	(02) 6553 5121
Pacific Palms Community Association Event – Small Footprint Initiative Contact: Kate McLean	0405 757 582
RSL and Community Retirement Association Contact: Ted Ingram	(02) 4997 0790
Seniors Information Service Level 4, 280 Pitt Street, Sydney	13 12 44
Tea Gardens Community Technology Centre Inc. Shop 4, Myall Plaza 209 Myall Street, Tea Gardens 2324 Email: <i>teagardensctc@aanet.com.au</i> Website: <i>www.teagardensonline.com.au</i> <i>IT Service to local community, provide Internet access, communication service.</i> <i>For local service organizations, Information services to government, ATO, Office of Industrial Relations, NSW Access OnLine, Tourist information Bookings etc. Provide IT Education and tuition for the local community. Tea Gardens Community Technology Centre is a not for profit Community Centre</i>	(02) 4997 0749 (02) 4997 0759 fax
Wallamba Community Group Clarkson Street, Nabic 2312 Sec: Gladys Mills	(02) 6554 1241
Women's Information & Referral Service	1800 817 227
Wootton Community Network	(02) 4997 7296

COUNSELLING SERVICES

Refer also to – **SUPPORT GROUPS**

CRISIS

Carers After Hours Line <i>Carers often need to talk to someone who can help to alleviate some of the stress & emotional exhaustion they experience</i> <i>Mon.-Fri. 9.00am –5.00pm.</i>	1800 242 636
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Child Protection & Family Crisis Service Helpline - 24 hrs To report child abuse and neglect	13 2111
Community Health Breese Parade, Forster Drug & Alcohol Counselling-for appointments	(02) 6555 1800 1300 662 263
Kids Help Line - 24 hrs Postal Address: PO Box 376, Red Hill. Qld. 4059 <i>Kids Help Line is a free 24hour telephone counselling service. Anyone aged 5-18 years can ring.</i>	1800 551 800
Lifeline Mid Coast - 24hrs <i>24hr. Crisis Counselling</i>	13 1114
Mental Health Access – 24 hrs MHAL will provide access to mental health 24 hrs a day 7 days a week. To people living between Tweed Heads and Hawks Nest/Tea Gardens. Staffed by multi-disciplinary mental health professionals who provide a high quality first point of contact to mental health services.	1300 369 968
NSW Rape Crisis Centre	1800 424 017
Sids and Kids NSW Telephone for support and information Postal Address:PO Box 431, Camperdown NSW 1450 <i>Our services include bereavement support, counselling, community education and fundraising</i>	1800 651 186 (02) 9818 8400
Victims of Crime– 24hrs <i>Confidential telephone counselling service., support groups and referrals available</i> This service is provided in conjunction with the 'Sydney City Mission'	1800 633 063 02) 9374 3000
DRUG & ALCOHOL COUNSELLING Refer also SUPPORT GROUPS	
Alcohol and Other Drug Service Community Health	1300 662 263
Alcohol and Drug Information Service – 24hours 7 days a week <i>Confidential counselling, referral, information & advice for drug & alcohol issues.The service can be contacted by anyone who is concerned about issues related to their own or another persons use of alcohol or drugs.</i>	1800 422 599
Family Drug Support Information, help & support for families affected by drugs	1300 368 186
<u>FAMILY COUNSELLING</u>	
Community Health Centres Forster - Breese Parade <i>Available by appointment for issues such as: Behavioural problems, grief & loss, anxiety, trauma, parenting problems, parenting skills (including blended families and single parents), family conflict, adjustment to separation or divorce, adolescent/child emotional issues</i>	(02) 6555 1800 (02) 4997 4240
Bulahdelah - Cnr. Richmond & Crawford Sts	(02) 6558 1011
Gloucester- Hospital, Church Street	(02) 4997 0186
Hawks Nest	(02) 6592 9315
Taree	

CatholicCare

(Incorporating Centacare and Catholic Care for the Aged)
Tennison Woods Centre, 78 Wynter Street, Taree
Marriage, Family & Personal Counselling

(02) 6551 3716

Family Relationship Advice Line

Monday to Friday between 8.00am and 8.00pm
Saturday 10am – 4.00pm
www.familyrelationships.gov.au
Parenting advisors available online

1800 050 321

Family Support Services

Postal Address: PO Box 759, Taree
Family Counselling

(02) 6551 5660

Interrelate Family Services

For Taree ring Port Macquarie
Appointments necessary

(02) 6584 9293

1300 736 966

Karitane Careline

Help for families of children 0-5 years, 24 hour telephone counselling

(02) 9794 2350

1800 677 961

Kids Help Line

Postal Address: PO Box 376, Red Hill. Qld. 4059

Kids Help Line is a free 24hour telephone counselling service. Anyone aged 5-18 years can ring.

1800 551 800

Refer also– Support Groups– Mens Support**Dads in Distress 24hr.**

1300 853 437

Mensline Australia

For men with family & relationship concerns

1300 789 978

Men and Family Relationships

Family Support Services
Manning-Great Lakes-Gloucester
Postal Address: PO Box 759, Taree 2430
Contact: Michael Ovey
Men & Family Relationships Counsellor/Family Worker
Email: fss.michael@manningssupportservices.org.au

(02) 6551 5660

(02) 6551 5700 fax

Parent Line

Information service for parents of children aged 0-18years, living in NSW. Parents can call Parent Line to talk over any parenting issue or to receive information on relevant issues. All calls will be answered by a team of trained, professional counsellors who all have experience in helping families deal with problems. Hours: Parent Line is open 9.30am to 3.30pm Tuesday to Saturday Every week (except public holidays)

13 2055

Unifam

Level 3, 19 Bolton Street, Newcastle
Marriage and family counselling, separation counselling, family mediation and counselling training

(02) 4925 6000

(02) 4926 5388 fax

FINANCIAL COUNSELLING**Centrelink**

Taree – 184-188 Victoria Street

Tuncurry- Manning Street

Maitland - 226 High Street, Maitland

131021

Free service provided by Centrelink for people on a Centrelink pension or benefit, on a Veterans Affairs pension or currently planning retirement

Credit & Debt Helpline

Mon to Fri. 9.30am-12.30pm
1.30pm 4.30pm

1800 808 488

A free service for people needing help with debt and other financial problems. This project is run by the Financial Counsellors Association of NSW

Forster Neighbourhood Centre Inc.

Little Sreet, Forster

Postal Address: PO Box 314, Forster 2428

email: admin@fnc.org.au

Phone for an appointment. Free Service. Wednesday & Thursday

Confidentiality is respected.

(02) 6555 4351

(02) 6554 5234 fax

Salvation Army Moneycare Financial Counselling Service

Tuncurry - Salvation Army , South Street

Taree - Level 1, 10-16 Pulteney Street

Monday-Thursday 9.30am to 3.30pm Phone for an appointment. Free Service

(02) 6554 6101

(02) 6552 6237

GAMBLING

Refer also Support Groups - Gambling

G-line – 24hrs

Professional Assessment, Individual face-to-face counselling, Group Counselling, Advocacy and Referral, Community Awareness and Education, Outreach surrounding areas.

1800 633 635

Hunter Gambling Service

Contact: Steve Edman

The Great Lakes area, Gloucester, Dungog For assistance outside normal hours please contact G-Line (NSW)

(02) 6557 8864

0407 062 760

GRIEF COUNSELLING

Refer also Family Counselling

Lifeline – Grief Support

13 1114

NALAG - National Association Loss and Grief

Mid North Coast Chapter

Postal Address: PO Box 85, Lansdowne 2430

Loss and Grief Support

(02) 6551 2554

Sids and Kids NSW – 24hrs

Bereavement Support and information line.

1800 651 186

MENTAL HEALTH

Refer Also – Support Groups – Mental Health

Mental Health Access Line – 24hrs

MHAL will provide access to Mental Health Services 24 hrs a day, seven days a week, to people living between Tweed Heads and Hawks Nest/Tea Gardens.

Staffed by multi-disciplinary mental health professionals who provide a high quality first point of contact to mental health services.

1300 369 968

Mental Health Information Service

62 Victoria Road, Gladesville

1800 674 200

MISSING PERSONS

Families & Friends of Missing Persons

24 hour telephone support service. **1800 227 772**
Free face to face counselling for families and friends of missing persons. Available in some areas -If you would like to receive counselling we can help you to locate appropriate assistance in your local area

SEXUAL ASSAULT

Women's Health & Sexual Assault Services

Taree - Community Health Centre **(02) 6592 9315**
64 Pulteney Street, Taree
Postal Address: PO Box 35, Taree 2428

Dympna House Services & Resources **(02) 9797 6733**

Email: info@dympnahouse.asn.au
www.dympnahouse.asn.au {/ic_info}
Information, counselling, telephone support, group work, training

VIETNAM VETERANS

Vietnam Counselling Services **1800 011 046**

Vietnam Veterans Association **(02) 6555 3755**

Great Lakes Sub-Branch
Dave Tully Centre, Unit 3,80-82 Kularoo Drive, Forster
Postal Address: PO B0x 4090, Forster 2428
Drop-in Centre for all Vietnam Veterans, Counselling Pensions Office, Advocacy
Monday and Thursday 10.00am-5.00pm

DISABILITY SERVICES

Commonwealth Carelink Centre **1800 052 222**

1 2/9 River Street, Macksville **(02) 6568 4164**
Postal Address: PO Box 514, Macksville NSW 2447 **(02) 6568 3728 fax**
Provides information to help link older people, people with disabilities and people who care for them with a wide range of community, aged care, and disability services in your local area. The range of services include home assistance, transport, respite, support services and assessment services.

Camp Breakaway **(02) 4390 7624**

For adults with severe physical disabilities and who require total care. Carers at Camp Breakaway are fully trained .

Camp Memory **(02) 6552 6547**

Outreach to extra needs children and their entire families Camps are held twice a year near Old Bar.

Young Carers NSW

Postal Address: PO Box 20156 World Square NSW 2002 **1800 242 636**
For young carers in NSW aged 13-17 years and their families
Contact for information about - Camp Rathane
Office Hours: Mon-Fri. 9.00am – 5.00pm
Email: yc@carersnsw.asn.au

Chair Maintenance Mid North Coast

Contact: Franz Wiemes **(02) 6556 9217**
Wheelchair maintenance/disability aid repairs

Community Option Projects **(02) 6555 5525**

Great Lakes Manning

Co-ordinator **0418 445 314**
Community Centre, Breese Parade, Forster
Postal Address: PO Box 450, Forster 2428
Liaises with other Community Care services to arrange home support services for

the frail, aged and disabled. Person is given a range of options and his/her family and friends are involved in the overall plan to help person remain living at home.

Commonwealth Rehabilitation Services Australia

86 Albert Street, Taree

Postal Address PO Box 1025 Taree 2430

(02) 6551 0822

Developmental Disabilities Services

(through Department of Community Services)

Taree – Level 1, 242 Victoria Street

(02) 6591 2100

Developmental disability services for children, school screening of kindergarten children for eyesight.

Disability Advocacy NSW Inc.

Suite 3 Level 1, 408 King Street

Newcastle West 2302

(02) 4927 0111

email: newcastle@da.org.au

fax (02) 4927 0114

Forster/Taree/Port Macquarie

1300 365 085

Mid Nth Coast Coordinator/Advocate:

Mob. 0428 115 077

Disability Services Abuse & Neglect

Hotline

1800 880 052

Disability Information Service

218 Molesworth Street, Lismore 2480

1800 800 340

Disability Website - for parents with a child with a disability

www.raisingchildren.net.au/disabilities

Disability Website - about people with disability

Living in their own homes, making choices about their life, getting support to live the way they want to.

www.supportedliving.org.au

Early Intervention - Special Education

Manning Gardens Public School

Mudford Street, Taree

For young children with a intellectual disability

(02) 6552 6333

Early School Support Program

Forster Primary School

Head Street, Forster

(02) 6555 6766

Great Lakes College Forster Campus

Cape Hawke Drive, Forster

(02) 6554 6062

Great Lakes College Tuncurry Campus Jnr.

Northern Parkway, Tuncurry

(02) 6555 0500

Great Lakes College Tuncurry Campus Snr.

Northern Parkway, Tuncurry

(02) 6555 0555

Tuncurry Public School

Tuncurry Street, Tuncurry

(02) 6554 6463

Great Lakes Leisure & Respite Options

Community Centre, Breese Parade, Forster

email: laro@greatlakes.nsw.gov.au

People with disabilities are linked with volunteer companion for integration into mainstream recreational or sporting activities

(02) 6555 6243

Employment Services – refer to EMPLOYMENT & TRAINING

Hearing Services – refer to HEALTH SERVICES

Helping Hands

Great Lakes Community Resources

Bridgepoint Building, 1-5 Manning Street, Tuncurry

Housekeeping, personal care, respite, meals, shopping and transport.

(02) 6555 8977

Home-Start

(02) 6557 5933

A voluntary Home Visiting Scheme offering practical support and friendship to families with children 0-5 years. Are you exhausted, feeling overwhelmed by the stresses of life with small children. The parent of a child with a disability or have a disability yourself. Forster, Tuncurry, Taree.

Contact Person: Jenny Fokes

Email: homestartfft@bigpond.com

(02) 6557 5933

Lifestyle Solutions (Aust.) Ltd

43 Manning Street, Tuncurry

Postal Address: PO Box 4277 Forster 2428

Coordinator: Loretta Coombes

Provides quality support and services to people with a disability. Day programs

(02) 6555 7744

(02) 6555 7766 fax

Life Without Barriers

Redshaw Cottage

10 Strand Street, Forster

Community based services for people with a disability and

people with a mental health issue and children and young people

in crisis including those from indigenous and other cultural backgrounds

Day services, Accommodation Support, Day Programs, Community Outreach,

Attendant Care, escapAbility Supported Holidays, Holiday Coast Respite, out of

home care, in-homecare, supervised access, respite services

Coordinator Forster: Debbie Lomas

Taree Manager– Margaret Lewis

Email: mlewis@lwb.org.au

(02) 6555 7011

(02) 6551 7244

Mob. 0418 404 111

Manning Great Lakes Early Intervention Centre

Taree - 33 Florence Street

Tuncurry - Capel Street

(next to Kindilan Childcare Centre) *Services Forster, Tuncurry, Bulahdelah*

(02) 6552 7333

(02) 6557 2016

Manning Valley Respite Care

Office 3 Thomas Mulcahy Centre

80 Wynter Street, Taree

Postal Address: PO Box 783, Taree 2430

Respite and Leisure service for adults and children

(02) 6552 7374

(02) 6550 0742 fax

Podiatry Brokerage Service – refer to PODIATRY

Programme of Aid for Disabled People (PADP)

Community Health Centres

Forster 16 Breese Parade

Taree Pulteney Street

Bulahdelah Cnr Richmond & Crawford Streets

Gloucester Hospital Grounds, Church Street

Hawks Nest Cnr Tuloa & Booner Streets

(02) 6555 1800

(02) 6592 9315

(02) 4997 4240

(02) 6558 1011

(02) 4997 0186

Riding for Disabled

Taree & District Riding for Disabled

Pres: Maureen Turner

Sec: Margaret Lewis

Contact: Jeff Patersen

1856 The Lakesway, Rainbow Flat

Every second Saturday

(02) 6559 2563

(02) 6553 5383

(02) 6553 6039

Stroud Riding for Disabled

Carriage Driving

Fortnightly – Tuesday at Stroud Showground

Contact: Rosemary Laing

(02) 4994 5547

Support Groups – refer to SUPPORT GROUPS

Technical Aid to the Disabled (02) 4946 9168
Hunter Branch: Sec: Jeff Winsley Phone/fax
1300 663 243

Transport – refer to **TRANSPORT**

University of Newcastle -Special Education Centre (02) 4921 6275
University Drive Callaghan. Newcastle

Valley Industries (02) 6552 8888

70 Whitbread Street Taree
Nature's Care Nursery (02) 6552 8848
Manning Great Lakes Mowing Service (02) 6552 8868
Business and Office Services (02) 6552 8828
Cowinda (02) 6551 4602
PSO Services – Transitions to Work (02) 6551 2605

Vision – refer to - **HEALTH SERVICES**

DOMESTIC VIOLENCE

Domestic Violence Advocacy Service
Advice Line 1800 810 784
A free legal service for women which outlines legal options, legal advice referrals for women in domestic violence situations, represents women applying for Apprehended Violence Orders, arranges solicitors.

Lyn's Place - Women's & Children's Refuge & Support Services (02) 6551 0011
Manning District Emergency Accommodation Committee Inc.
Postal Address: PO Box 237, Taree 2430

Domestic Violence Counsellor (02) 6552 2977
Lyn's Place is a shelter for women and their children who are escaping domestic violence. Provides information and outreach in a private and confidential environment, run by women for women which provides advice, support and information on domestic violence.

Domestic Violence Crisis Service (24hr 7 days a week) 13 1450
Telephone Interpreter 1800 671 442 TTY

Domestic Violence Liaison Officers (02) 6555 1299
Are at Forster Police Station on Tuesdays and Thursdays

Domestic Violence Website: www.dvinfo.

Great Lakes Communities Against Family Violence Committee
Forster Neighbourhood Centre (02) 6555 4351
Little Street, Forster (02) 6554 5234 fax
Postal Address: PO Box 314, Forster 2428
Meets 4th Thursday of month at 2.00pm at CWA Rooms, Little Street, Forster
Email: admin@fnc.org.au
(formerly the Domestic Violence Monitoring Committee)

Open Door Youth Refuge (Mens) (02) 6551 6996

EDUCATION ORGANISATIONS/ADULT EDUCATION

Department of School Education (02) 6591 7600
Taree District Office, Middle Street, Forster

Forster Tuncurry Community College
Cnr. Manning & Lake Streets, Tuncurry
Postal Address: PO Box 331, Tuncurry 2428

(02) 6554 9215
(02) 6554 9668 fax

Hunter Community College Outreach
Postal Address: PO Box 213, Broadmeadow 2292
Outreach adult education/leisure learning

(02) 4952 9115

TAFE - North Coast Institute of TAFE

Tuncurry – Great Lakes Campus,
The Northern Parkway, Tuncurry

(02) 6555 0600

Taree - Montgomery Crescent

(02) 6592 6000

Port Macquarie - Widderson Street

(02) 6580 3500

Outreach to Great Lakes Shire. Introductory courses with a vocational or further education are presented in local venues to groups of people who find it difficult to attend courses on campus

University of the Third Age Inc - (U3A) Forster/Tuncurry

Postal Address: PO Box 94, Forster 2428

Enquiries: Pres: Jan Bennett

Doreen Mackenzie

Raylee Wildie

(02) 6555 8202

(02) 6555 6887

(02) 6554 0557

U3A is an international association established in 1972 which offers a way for older people to use their leisure time to teach and learn together. Any person over 50 years who is retired or semi retired and interested in the pursuit of knowledge may become a member and/or tutor. U3A also runs book discussion groups, games afternoon and social events. U3A now invites any member over 50 years to become a member.

SCHOOLS

Primary

Forster Primary School

Head Street, Forster

(02) 6555 6766

Tuncurry Public School

Tuncurry Street, Tuncurry

(02) 6554 6463

Secondary

Great Lakes College Forster Campus

Cape Hawke Drive, Forster

(02) 6554 6062

Great Lakes College Tuncurry Campus Jnr.

Northern Parkway, Tuncurry

(02) 6555 0500

Great Lakes College Tuncurry Campus Snr.

Northern Parkway, Tuncurry

(02) 6555 0555

EMPLOYMENT/TRAINING

Break Thru People Employment Solutions

Suite 9, 24-26 Wharf Street, Forster

Supporting people with disabilities and other job seekers

Email: Suzanne.DiFrancesco@breakthru.org.au

Website: breakthrough.org.au

(02) 6537 0700

(02) 6537 0705 fax

0423 575 994

Campbell Page

Forster: 1/4 Enterprise Court, Forster

(02) 6591 7855

Taree: 148 Victoria Street, Taree

(02) 6592 7977

JPET

(Job Placement Employment Training)

Shop 2-3 Solomons Lane,

182 Victoria Street, Taree

Education, Training & Job Placement for young people aged 15 to 21 years

(02) 6550 1191

0427 455 422

(02) 6551 0400 fax

Job Network

Job seeker services and finding your local Job Network members

Employers

Find the right staff for your business

13 6268

Customer Service

For customer complaints or feedback

13 1715

1800 805 260

Mission Australia

Employment Services

Taree – Shop 3, The Clarence Centre, 46A Wynter Street**(02) 6550 0498****Tuncurry** - Suite 15, The Village Centre, 2/ 32-34 Manning Street**(02) 6554 7648****Nova Employment & Training**

Taree - 80 Albert Street

Forster – Shop 4, 4 South Street Tuncurry

*A specialist agency for people with an assessed intellectual***(02) 6551 4288***disability who wish to seek assistance in finding open employment***(02) 6555 8747****Wesley Uniting Employment****Taree** – 1/1 Pulteney Street**(02) 6552 2660**

Postal Address: PO Box 935, Taree

(02) 6555 8680**Tuncurry** – Level 2, Bridgepoint Building

1 Manning Street, Tuncurry

Workplace Services-Labour Hire**(02) 6551 2566**

30 Pulteney Street, Taree

Volunteer Connections**(02) 6551 4528****Manning Support Services Inc.****(02) 6552 6582 fax****78 Wynter Street, Taree**

Postal Address: PO Box 759, Taree 2430

Email: vc@manningssupportservices.org.au

A referral and resource service for volunteering in the Manning, Great Lakes and Gloucester. Aims to link volunteers with organizations to provide meaningful and fulfilling volunteering opportunities.

EMPLOYMENT SERVICES**Employers First****(02) 9264 2000**

313 Sussex St, Sydney

Postal Address PO Box A233, Sydney South 1285

Office of Industrial Relations

Level 3, 97 Scott Street, Newcastle

13 1628

Department of Industrial Relations Commission of NSW**(02) 4926 3833**

237 Wharf Road, Newcastle

Office of Employment Advocate**1300 366 632**

Head Office – 12/255 Elizabeth Street, Sydney

*Workplace Agreements***Web site www.oea.gov.au****ENVIRONMENT****Australian Conservation Foundation****(02) 9345 1111**

Suite 504, 32 York Street, Sydney

(02) 9345 1166 fax

Membership Freecall

1800 332 510*The Australian Conservation Foundation is an independent membership based not for profit national organisation with over 30 years experience campaigning to defend the environment.*

Community Coastcare 1800 552 008

Coastal environments and critical aquatic habitats.

Community skills – enhancing the skills and knowledge of Indigenous Australians, volunteers and coastal communities.

Dune Care Groups

Great Lakes Council

Contacts: Community Liaisons Officer

Coast Care Bushcare Officer

(02) 6591 7222

Volunteer Dune Care groups play an essential role in the rehabilitation and regeneration of our coastal environment. New members are always welcome and interested people should contact Great Lakes Council to find out about groups in their area.

Department of Environment, Water Heritage and the Arts

DEWHA

Postal Address: GPO Box 787, Canberra ACT. 2601

Sec: David Borthwick

Email: david.borthwick@environment.gov.au

1800 803 772

Environment Protection Authority

117 Bull Street, Newcastle

Email: info@environment.nsw.gov.au

(02) 4908 6800

(02) 4908 6810 fax

Great Lakes Council

Breese Parade, Forster

Postal Address: PO Box 450, Forster 2428

Environmental, Health

Waste & Garbage

Tuncurry Waste Management Centre/Tip Shop

Tuncurry Recycling Depot

Resource Recovery

Tuncurry Road, Tuncurry

Postal Address: PO Box 361, Forster 2428

(02) 6591 7222

(02) 6591 7353

(02) 6554 9471

Myall Lakes Greens

Sec: Jacqui

Convenor: John Smart

Treas: Anne McKay

Active on social and environmental issues

(02) 4997 6515

(02) 6554 4228

National Parks and Wildlife Service

Booti Booti National Park

Great Lakes Area Office

The Lakesway, Pacific Palms

Raymond Terrace - 2 Bourke Street West

(02) 6554 0446

(02) 4987 3108

Office of Primary Industry

NSW Fisheries

Tuncurry - 2 Palm Street, Tuncurry

General Information

Recreational Fishing License

Fishers Watch - to report illegal fishing

(02) 6554 6078

1300 550 474

1300 369 365

1800 043 536

Pacific Palms Community Association

Small Footprint Initiative

Contact: Kate McLean

0405 757 582

Forest NSW

Central Regional Office

Mayer Street, Wauchope.

(02) 6585 3744

Postal Address: PO Box 168, Wauchope 2446
Covering Manning, Mid North Coast and Hunter area

Waterways Authority/NSW Maritime
Little Street, Forster

13 1256
(02) 6554 6004

Waterwatch

Manning-Great Lakes

Waterwatch Coordinator: Amanda Gregory
Waterwatch is a volunteer-based community and schools water quality education program

(02) 6592 4830

EVENTS/FESTIVALS

Anaconda Adventure Race

Volunteer Co-ordinator: Graeme Dixon
www. AnacondaAdventureRace.com

(02) 6555 6591
0407 915 735

Baby Boomers Bash

Contact: Steve Wines

(02) 6555 9969

Bulahdelah Show Society

Contact: Pres: Gary Gooch
Bernadette Newton

(02) 4997 4536
(02) 4997 4477

Camp Creative

Contact: Co-ordinator: Robbie Spence

(02) 6665 9326

Forster Film Festival

Contact: Greg Smith

(02) 6555 8922

Great Lakes International Triathlon

GLITA

Pres: Dick Barry
Vice President: John Zietsch

(02) 6554 9733

Nabiac Showground Committee

Sec: Bev Harris

(02) 6554 1646

Stroud Show Association

Sec. John Murray

(02) 4997 5235

Stroud International Brick and Rolling Pin Throwing Contest

Contact: Peter Dickinson

(02) 4994 9198

Stroud Rodeo Committee

Contact: David Gorton
Postal Address: PO Box 7, Stroud 2425

(02) 4994 5175

Events: Great Lakes

www.greatlakes.org.au

FUNERAL SERVICES

Allan Pearse Funeral Service Pty. Ltd

Head Office: 118 Manning Street, Tuncurry
Postal Address: PO Box 144, Tuncurry 2428

(02) 6554 5433

Forster Tuncurry Funeral Services

118 Manning Street, Tuncurry

(02) 6555 7755

Hastings District Funeral and Cremation Services (02) 6583 1266
118 Gordon Street, Port Macquarie

Manning Great Lakes Lady Funeral Services
Taree 15 Oxley Street (02) 6557 8899
Tuncurry 118 Manning Street (02) 6555 7755

Manning Great Lakes Memorial Gardens & Crematorium (02) 6550 0755
183 Pampoolah Road, Taree

Newcastle Memorial Park (02) 4966 3233
Anderson Drive, Beresfield

Tranquility Funerals (02) 6555 3500
4 Commerce Court, Forster
Postal Address: PO Box 157, Forster 2428

WT Howard Funeral Directors (02) 6552 1057
Taree: 5 Flett Street (02) 6552 7888
Gloucester: (02) 6558 1120

GOVERNMENT DEPARTMENTS

Australian Electoral Commission
State Head Office
24 Campbell Street, Haymarket
Enquiries: 13 2326
Electorate Offices -
Lyne - Manning Arcade, 20 Manning Street, Taree (02) 6552 1490
Myall Lakes - 1-6 Manning Street, Tuncurry (02) 6555 4099
Patterson – 13 Mitchell Drive East Maitland (02) 4933 7337

Australian Taxation Office 13 2861
266 King Street, Newcastle

Australia Post
Forster 131318
Stockland Forster 6555 3355
Tuncurry 6554 6352

Attorney General's Department (NSW) (02) 9228 8777
Goodsell Building, Chifley Square, Sydney
Local Court Houses –
Forster - Lake Street (02) 6554 6951
Taree - 85 Albert Street (02) 6552 5599
Sheriffs Office (02) 6552 5730

LawAccess NSW
Postal Address: PO Box 620, Parramatta 2124 1300 888 529
Email: lawaccess@agd.nsw.gov.au 1300 889 529 tty
Website: www.lawaccess.nsw.gov.au
Legal aid, lawyer, debt, family law, employment, neighbours, traffic offences, court, children & more.

Registry of Births, Deaths & Marriages NSW
Postal Address: GPO Box 30, Sydney
General Enquiries: 1300 655 236
(02) 9699 5132 fax
(02) 9354 1371 tty

Website: www.bdm.nsw.gov.au

Centrelink	Information & Appointments	13 1021
Tuncurry	Manning Street, Tuncurry Postal Address: PO Box 259, Tuncurry 2428	
Taree	- 184-188 Victoria Street Postal Address PO Box 502, Taree 2428	
Department of Community Services		(02) 6591 2100
	Level 1, 242 Victoria Street, Taree	(02) 6591 2199 fax
Department of Conservation and Land Management Office		(02) 6591 3500
	92 Victoria Street, Taree	
Office of Fair Trading		13 3220
Port Macquarie		(02) 6584 1330
	Fair Trading Centre 143 Horton Street, email: portmacquarieftc@oft.commerce.nsw.gov.au	(02) 6584 1225 fax
Great Lakes Council		
	Breese Parade, Forster Administration Office	(02) 6591 7222
	District Offices: Stroud - Cowper Street	(02) 4994 5204
	Tea Gardens – Myall Street	(02) 4997 0182
Department of Immigration & Multicultural Affairs		
	Immigration	13 1881
	Citizenship	13 1880
	Translating & Interpreting	13 1450
Medicare		
Taree	- Shop 9, Manning Mall, Manning Street	13 2011
Tuncurry	- Bridgepoint Building, Wharf Street	
National Parks and Wildlife		
	Booti Booti Recreation Area Manager	(02) 6554 0446
	The Ruins, Lakesway, Pacific Palms	
	Raymond Terrace - Enquiries - Office Hours	(02) 4987 3108
Roads and Traffic Authority		13 2213
Motor Registries -		
Forster	- Stockland Forster, Breese Parade	
Taree	- 7 Macquarie Street	
NSW Department of Primary Industries		
Gloucester	-Bucketts Way	(02) 6558 1707
Taree	- 2/65 Muldoon Street	(02) 6552 7299
Fisheries Office		
Taree	- 2/65 Muldoon Street	(02) 6552 6799
Tuncurry	- 2 Palm Road	(02) 6554 6078
NSW Department of Sport Recreation		13 1302
	North Coast Region	
Veterans Affairs		
	General Enquiries Outside Sydney	13 3254
	Level 1, Tower 8, 280 Elizabeth Street, Surry Hills	1800 555 254
	Postal Address: GPO Box 3994, Sydney 1141	
Waterways Authority		13 1256
	Little Street, Forster	(02) 6554 6004
Workcover Authority of NSW		13 1050

Regional Office, Suite 5, 53 Lord Street, Port Macquarie
Enquiries on workplace health & safety, workers compensation,
rehabilitation/injury management.

(02) 6588 7000
(02) 6584 7788 fax

HALLS

Bulahdelah School of Arts

Contact: Thora-Lou Smith

(02) 4997 4356

Bungwahl Public Hall

Contact: Judy Donnelly

(02) 4997 6055

Coomba Park Community Hall

Moorrooba Road, Coomba Park

Contact: Clive Manners

(02) 6554 2039

Coomba Park Hall Committee

Treas. Mick Russell

(02) 6554 2213

Green Point Community Hall

Bottle Brush Close, Green Point

Contact: Lana Rayard

(02) 6554 5406

The Loop

South Street, Tuncurry

Contact: Homebase Youth Services

17 Peel St , Tuncurry

Postal Address: PO Box 250, Tuncurry

(02) 6555 5622

(02) 6555 5685 fax

Masonic Hall

Lake Street, Forster

Nabiac Agricultural Hall

Showground, Nabiac Street, Nabiac

Contact: Neville Walsh

(02) 6554 1435

Pacific Palms Community Centre

Lakesway, Pacific Palms

Contact: Oasis Supermarket, Pacific Palms

(02) 6554 0286

Stroud RSL Hall

Memorial Avenue, Stroud

Contact: Great Lakes Council

(02) 4994 5204

Stroud School of Arts

Contact: Great Lakes Council

(02) 4994 5204

Tuncurry Memorial Hall Trust

7 Point Road, Tuncurry

Postal Address: PO Box 4327, Forster 2428

Hon. Secretary: Robyn Dobbie

(02) 6554 8918

Wootton Hall

Squires Road, Wootton

Contact: Garry Williams

(02) 4997 7167

HEALTH SERVICES

Refer also to – SUPPORT SERVICES

Acon Aids Council of NSW 4 Hayward Street, Port Macquarie	(02) 6584 0943
Aids Hotline & Information Service 150a Albion Street, Surry Hills	1800 451 600
Alzheimers Australia NSW Memory Community Centre Shop 2, 146-150 Gordon Street, Port Macquarie Postal Address:PO Box 2577, Port Macquarie 2444 Contact: Kerry Bowden email:kbowden@alznsw.asn.au www.alzheimers.org.au	(02) 6584 7444 (02) 6584 7144 fax
Dementia Helpline	1800 100 500
Arthritis Hotline Postal Address: PO Box 370, Darlinghurst 2010	1800 011 041
Arthritis Foundation of NSW – Forster Tuncurry <i>Meetings: 4th Tuesday of each month Club Forster at 10.30am</i> <i>Contact: Alan Barnsley</i>	(02) 6555 3705
Australia Red Cross State Office 159 Clarence Street, Sydney	1800 812 028
Blood Service Taree Shop 1, 6 Macquarie Street, Taree National Donor Enquiries	(02) 6551 3608 13 1495
Telecross Service -23 Pulteney Street, Taree	(02) 6551 0373
Cerebral Palsy Helpline <i>Hours: 9.00am-5.00pm</i>	1300 302 920
Community Health Forster - Community Health Centre, Breese Pde Bulahdelah - Cnr. Richmond & Crawford Streets Gloucester - Hospital Grounds, Church Street Hawks Nest - Rear of Community Hall, Tuloa & Booner Sts Taree - 64 Pulteney Street Drug & Alcohol Counselling – for appointments ring <i>Community Health Centres provide a range of services - Child & Family Counselling, Relationship Counselling. Domiciliary Nursing Service, Aged Care, Palliative Care. Drug & Alcohol Counselling, Health Education & Promotion. Parenting/Pre-Natal Classes. School Screenings, Social Work Services, Speech Therapy ,Audiometry Clinic, Mental Health & Living Skills, Aboriginal Health, Diabetic Educator & Dietitians & Genetic Counsellor.</i>	(02) 6555 1800 (02) 4997 4240 (02) 6558 1011 (02) 4997 0186 (02) 6592 9315 1300 662 263
Diabetes Australia-NSW 26 Arundel Street, Glebe Customer Service www.diabetesnsw.com.au	1300 136 588
Hunter New England Health Administration, Lookout Road, New Lambton Heights Healthlink	(02) 4921 4960 1800 063 635

Leukamia Foundation of Australia	1800 620 420
National Continence Helpline	1800 330 066
Menopause Institute	1300 132 869
National Heart Foundation Newcastle 43 Hunter Street	(02) 4926 5355
Hunter Womens Health Cnr. Industrial Drive & Avon Street, Mayfield Postal Address: PO Box 38, Mayfield	(02) 4968 2511
Australian Kidney Foundation	1800 682 531
Medicare Taree -Shop 9, Manning Mall, Manning Street Tuncurry - Bridgepoint Building, Manning Street	13 2011
Scleroderma Association Local Contact: Dianne Wells	(02) 9411 3459 1800 068 061 (02) 6556 1996
<u>CANCER</u>	
Breast Cancer Institute of Australia (NSW) Westmead Hospital, Westmead 2145 Breast Cancer Institute of Australia	(02) 9845 6728
Hunter Breast Cancer Education Officer – Jo Cockwill Postal Address: Box 155, Hunter Region Mail Centre, Waratah 2310 <i>BCIA offers a free breast cancer education service to the Great Lakes municipality about all aspects of breast cancer. Community groups employment groups or individuals can access this free seminar service.</i>	(02) 4985 0174 (02) 4985 0140 fax
Breast Cancer Support Service Contact: Rachel Pitt, Breast Care Nurse Manning Rural Referral Hospital <i>Trained volunteers who will support recently diagnosed women.</i>	(02) 6592 9111
Great Lakes Breast Cancer Support Group Contact: Janet McMahon Heather Kelly Meets 1 st Wed of every month at Sporties Club, Tuncurry at 6.30pm	(02) 6554 9440 (02) 6555 3437
Bowel Cancer & Prostate Cancer Connect Telephone support for people with bowel or prostate cancer For any enquiries contact: Patty Delaney, Manager & Regional Programs	13 1120
Camp Quality Great Lakes Support Group Postal Address: PO Box 4, Forster 2428 Pres: Carol Calvert Sec: Glenys Roberts Treas: Robyn Walters Correspondence: Tricia Dillon Meets 3 rd Monday of month 1.30pm (excluding December and January) at Club Forster, Strand Street, Forster	0413 605 384 (02) 6555 9984 (02) 6555 2884
The Cancer Council NSW 153 Dowling Street, Woolloomooloo Postal Address: PO Box 572, Kings Cross 1340 <i>Research education and patient and family support, Free information from</i>	13 11 20

oncology trained nurses.

The Cancer Council Regional Office (02) 6651 5732
121 West High Street, Coffs Harbour 1300 65 6585

Cancer Helpline 13 1120

Cancer Research Foundation Australia (02) 9223 7833
Suite 403, Strand Arcade
412-414 George Street, Sydney

Cancer Education Program
Living with Cancer Education Programs
One day 'Understanding Cancer Program'
Information and education. Some transport and financial support.
Regional Programme Co-ordinator: Venessa Crossley (02) 6651 5732

Prostate Cancer Foundation of Australia 1800 220 099

Telegroup Counselling 131120
For people isolated by their cancer. A free teleconference service available for a group of cancer patients to communicate and gain mutual support Bowel Cancer & Prostate Cancer Connect. - Telephone support for people with bowel or prostate cancer.
For any enquiries contact: Patty Delaney, Manager & Regional Programs

MENTAL HEALTH -

Refer also – SUPPORT SERVICES

Beyondblue 1300 224 636
50 Burwood Road (03) 9810 6110
Hawthorn Victoria 3122 (03) 9810 6111 Fax
The national depression initiative *Find out more about depression, anxiety, treatments available*
email: bb@beyondblue.org.au
www.beyondblue.org.au

Mental Health Access Line 1300 369 968

Mental Health Advocacy Service (02) 9745 4277
Level 4, 74-76 Burwood Road (02) 9744 6936
Burwood NSW 2134

PRA

Mental Health Recovery
Hasi Support Program
2/78 Wynter Street, Taree
Contact: Shanyn McConnell – PRA Mental Health Support Worker
email: shanyn_mcconnell@hotmail.com
Covering Taree, Forster, Tuncurry
Enhancing opportunity, satisfaction and choice for people with psychiatric disabilities, to live, learn and work in the community. People with a mental illness, aged 16 and over (excluding frail aged) who meet the criteria.

Schizophrenia Fellowship of NSW Inc (02) 9879 2600
Postal Address Locked Bag 5014, Gladesville 1675 (02) 9879 2699 fax
Email admin@sfnsw.org.au
Telephone Referral, Information and Support Service
Carer Assist offers specialized support and education to carers
Remind Training & Education

(A service of Schizophrenia Fellowship NSW)
Years of experience in the provision of education and training to community groups, schools, professional groups and universities.
Email: remind@sfnsw.org.au

CHIROPRACTOR

Banks and Dade Family Chiropractic (02) 6557 6333
3/98 Manning Street, Tuncurry

Helen Dempsey & Claudia McTaggart (02) 6557 6227
9 Mark Street, Forster

Forster Chiropractic Centre (02) 6554 7388
97-99 MacIntosh Street, Forster

Great Lakes Chiropractic (02) 6554 9752
Helen Wilcox
30 West Street, Forster

Brad Lidbury (02) 6555 5195
Shop 3, 112 Manning Street, Tuncurry

DENTAL SERVICES

DENTAL CLINICS

North Coast Oral Health Dental Line 1300 651 625

DENTISTS

Karen Cunningham, Stewart Isles (02) 6554 7273
11/1 Manning Street, Tuncurry

PR Feldbusch & Assoc. (02) 6555 8732
10-12 South Street, Forster

Forster Dental Centre (02) 6555 5554
Forster Towers
12 Wallis Street, Forster

Pacific Smiles (02) 6555 0800
2/22 South Street, Forster

Ian Seaniger (02) 6555 2777
49 Manning Street, Tuncurry

DENTAL PROSTHETISTS

Forster Denture Clinic (02) 6554 9094
66 Breckenridge Street, Forster

Von Johnston Denture Service (02) 6557 5757
12-14 The Lakesway, Forster

Twin Towns Denture Clinic (02) 6554 8821
Tim Wright & Michael Middlecoat
Shop 14, Forster Tower, Wallis Street, Forster

Pacific Palms Denture Clinic (02) 6554 0641
Margaret Elliott
6 Peprico Place, Pacific Palms

ORTHODONTIST

Dr. James Smyth

Taree –Suite 2/7 Macquarie Street

(02) 6551 2601

DIAGNOSTIC IMAGING

Forster -Cape Hawke Hospital, South Street

(02) 6554 8600

Taree - High St (Cnr. Commerce St)

(02) 6552 4000

Taree - 29 York Street

(02) 6552 4000

Taree – Manning Rural Referral Hospital, High Street

(02) 6552 4000

Taree - Mayo Private Hospital, Potoroo Drive

(02) 6552 4000

DOCTORS

Peter Allen, Dr Doan

(02) 6554 6285

3 Wharf Street. Forster

(02) 6554 6110

Access Health Care

(02) 6555 5464

Doctors John King, Chris Horsfield, Paul Brennan, Afm Zaman,

(02) 6555 4033 fax

Henry Zaman, Henry Avedillo

18 Peel Street, Tuncurry

After Hours GP Service

(02) 6555 1555

27 Breckenridge Street, Forster

(02) 6555 8750 fax

Monday to Friday 6.00pm-9.00pm

Appointments can be made by phoning or presenting at clinic reception

Christopher Begg, Simon Allan, Helen Goetz

20 Wallis Street, Forster

(02) 6554 7000

Forster Family Medical Practice

(02) 6555 4411

Dr Gina Kondeva

0422 998 338 ah

116 The Lakesway, Forster

Forster Specialist Centre

(02) 6555 6888

20 South Street, Forster

Forster Tuncurry Medical Centre

(02) 6554 8777

Doctors: Stewart Hunter, Gary Clemensen, Monika Schuch

(02) 6554 7200 fax

Phillip Dobell-Brown, Ray Worley, Nazrul Islam, Kate Mackinnon,

Kaitlan Matthews, Gordon Sanders

14 South Street, Forster

Dr Emil Gayed

(02) 6550 0744

Obstetrician Gynaecologist

(02) 6550 0744

20 South Street, Forster

Main rooms at 54 Commerce Street, Taree

Medical Centre & Skin Clinic

DrAlan Tran, Dr I Gazi, Dr Hussain, Dr Hebbard

(02) 6555 9991

28 West Street, Forster

Tobwabba Aboriginal Medical Service

(02) 6555 6721

684 Macintosh Street, Forster

(02) 6557 6954 fax

Tuncurry Medical Centre

(02) 6554 5531

Doctors: Guy Laden, Peter Ryan, M. Islam

12 Beach Street, Tuncurry

Bruce Pearson

(02) 4997 1122

5/205-207 Myall St, Tea Gardens

Stroud

(02) 4994 5106

Norman Brown
Cowper Street

Gloucester (02) 6558 1604
C. Martin, G. Lyford, M Hogg, Alison Lavelle, James Bird
47 King St

Bulahdelah (02) 4997 4245
Adel Ayad Habashi
80 Stroud Street

Karuah (02) 4997 5505
Otto Gutauskas
Tarean Street

HEARING SERVICES

Audio Clinic (02) 6555 1800
Community Health Centre,
Breese Parade, Forster

Australian Hearing Services (02) 6584 1144
133 Gordon Street, Port Macquarie
13 1797
Visiting Centres - 18 Peel St, Tuncurry
82 High Street, Taree

National Relay Service 13 2544
1800 067 167

The Deaf Society of NSW (02) 9893 8555
Level 4/169 Macquarie Street, Parramatta
Newcastle Branch- (02)9893 8858 TTY
1800 893 855
Level 3, 108-110 Hunter Street, Newcastle
1800 893 885 TTY

PRIVATE AUDIOLOGISTS

Hearing Life 1800 045 042
23 Wolfe Street, Newcastle

HEARING AIDS

Audioclinic
Port Macquarie - 47 Lake Road, (02) 6583 1650
Forster – Visiting Service 20 South Street, Forster

Hearing Care
Bonny Hills 5 Pacific Close
Forster 28 Breckenridge Street, Forster (02) 6555 7130

HOSPITALS

Bulahdelah Hospital (02) 4997 4477
Richmond Street, Bulahdelah
*Accident and Emergency Services Department - open 24 hours a day.
If not emergency see local doctor.*

Forster Private Hospital (02) 6555 1333
29-41 South Street, Forster
*No Emergency or outpatients departments
After Hours: 6.00pm-9.00pm Public Holidays*

Gloucester Soldiers Memorial Hospital Church Street, Gloucester <i>Accident and Emergency Services Department - Open 24 hours a day.</i>	(02) 6558 1307
John Hunter Hospital Lookout Road, New Lambton Heights	(02) 4921 3000
Manning Rural Referral Hospital 105 York Street, Taree <i>Accident and Emergency Services Department - open 24 hours a day. Outpatients Department -open 24 hours a day</i>	(02) 6592 9111
Mayo Private Hospital 2 Potoroo Drive, Taree <i>Fully Accredited Surgical & Medical Hospital</i>	(02) 6552 1466
Wingham Rehab & Assessment Health Campus 32 Bungay Road, Wingham <u>NURSING SERVICES</u>	(02) 6557 3400
Community Health	
Forster - Community Health Centre, Breese Parade	(02) 6555 1800
Bulahdelah - Cnr Crawford & Richmond Sts.	(02) 4997 4240
Hawks Nest - Rear of Community Hall, Tuloa & Booner Streets	(02) 4997 0186
Gloucester - Hospital Grounds, Church Street (Services Stroud)	(02) 6558 1011
Community Private Home Care North Coast Community Care 29-41 South Street, Forster Postal Address: PO Box 159, Forster 2428 24hours – 7days week General nursing care, post hospitalisation care, respite care, domestic assistance, community aged care package provider. Covers Great Lakes, Manning Valley and Gloucester areas.	(02) 6555 1388 0417 375 320 w/ends
Mayo Home Nursing Service Tuncurry – Consulting Rooms, Cnr. Peel and South Streets, Taree – Mayo Private Hospital, Potoroo Drive, Taree	(02) 6555 3910 (02) 6552 0053
<u>PALLIATIVE CARE</u>	
Community Health Centre Breese Parade, Forster Care & support for terminally ill patients & their families	(02) 65551800
Palliative Care Unit Gloucester Hospital, Gloucester	(02) 6558 1307
Palliative Care Great Lakes Cottage Hospice Laurel Cottage Wing Forster Hospital South Street, Forster	(02) 6555 1333
<u>PATHOLOGY</u>	
North Coast Pathology G. J. Fuller Suite 1, 10/12 South St, Forster	(02) 6554 7569
Symbion Laverty Pathology Forster - 29 Breckenridge Street Tuncurry - 19 Manning Street	(02) 6554 7129 (02) 6555 5993

PODIATRY

Janet Mears

Shop 5, Manuels Arcade, 103 Victoria Street, Taree

(02) 6551 8100

Forster Podiatry

Linda Thatcher
5 Toby Street, Forster

(02) 6555 5808

(02) 6555 2904 fax

Manning Valley Podiatry Clinic

Gary Stamm, Pamela Drury
Forster – 10/12 South Street
Taree - Albert Lane

(02) 6555 4933

(02) 6551 0066

Nigel Thompson

Forster- 1 Cape Hawke Drive

(02) 6554 8822

Podiatry Brokerage Service

Forster Neighbourhood Centre
Little Street, Forster
Postal Address: PO Box 314, Forster 2428
email: admin@fnc.org.au

(02) 6555 4351

(02) 6554 5234 fax

Subsidised service available to frail aged, disabled, diabetic, Aboriginal or Torres Strait Islander descent who are eligible under the Home & Community Care guidelines. Contact Centre for enquiries.

Forster Tuncurry Senior Citizens Assoc.

Community Centre, Breese Parade, Forster
A podiatry service is available monthly by appointment for members only

(02) 6554 6692

PSYCHIATRY

Klaus Akkerman

Level 1, 24/30 Wharf Street, Forster

(02) 6555 8411

PHYSIOTHERAPY

Physiotherapy and Sports Injury Clinic -

Wayne Gooley, Diane Tyter, Rodney Tyter,
Physio – Rachel Crompton, Steve Green, Remedial Massage- Chantel Hallot
Suite 6/10-12 South St, Forster
Sports Injuries, Back & Neck Problems, Orthopedics Conditions, Hydrotherapy, Womens Health, Paediatrics.

(02) 6554 5225

Great Lakes Physiotherapy

21 The Lakesway, Forster
Jonathon Newman, Sarah Newman, Janet Robertson
Back & Neck Pain, Sports Injuries, Pilates, Orthopaedic Conditions
Chantal Hallot & Cindy Murphy -*Massage Therapy – Remedial Sports, Deep Tissue, Pre/Post Natal.*

(02) 6554 6556

Tuncurry Physiotherapy

2/62 Manning Street, Tuncurry
Wayne Gooley - *Tuesday and Friday*
Janet Robertson - *Monday and Wednesday*

(02) 6557 5143

RESPITE

Aged & Extended Care Services

Aged Care Assessment Team

Respite Rehabilitation Team

Assessment and Rehabilitation Unit

Hunter New England Health
Taree: Suite 2, 57-61 Albert Street, Taree 2430

(02) 6592 6900

(02) 6592 6901 fax

Aged Care Complex – Whiddon Group

Extended Respite Care is available for periods of up to 2 weeks
ACAT respite for frail aged

(02) 6553 4855

Bucketts Way Carers

41 King Street, Gloucester

Postal Address: PO Box 101, Gloucester 2422

Respite care in and out of the home. Outreach service for frail aged or disabled people living between Wards River and Limeburners Creek. Centre-based respite provides indoor/outdoor activities for the frail aged and disabled. Assists carers through out-of-home respite and transport to the activity centre

(02) 6558 2454

Bushland Place Nursing Home

Bushland Drive, Taree

Office:

(02) 6592 0000

Carers NSW

Mon- Fri 9.00am – 5.00pm

Trained carer support officers can talk to you about respite options available.
Contact the Young Carer Team

1800 242 636

Commonwealth Respite and Carelink Centre

1 2/9 River Street, Macksville

Postal Address: PO Box 514, Macksville NSW 2447

Email: general@carer-respite.org

Information:

Provides information to help link older people, people with disabilities and people who care for them with a wide range of community, aged care, and disability services. The range of services include home assistance, transport, respite, support services and assessment services

Respite: 24hr service. Provides information/advice to carers about respite options, plus referral to services. Coordinates short term emergency or planned respite. Purchases respite when there is no alternative. Out of hours service i.e. nights/weekends and phone for crisis situations. Assists people with a disability, an acquired head injury, chronic illness, mental health issues, has palliative care needs, is frail aged or has dementia.

(02) 6568 4164

(02) 6568 3728 fax

1800 052 222

1800 059 059

24hrs 7 days

Catholic Care of the Aged

CCA Community Care is funded by the Community Dept of Health and Ageing through the National Respite for Carers Program. CCA provides respite care 24hrs per day in blocks of time. To give carers of aged persons a break

Mid North Coast

St. Anthony's House

36 Commerce Street, Taree

(02) 6557 8088

(02) 6557 8044 fax

Star of the Sea Cottage

2 Cedar Grove, Forster

(02) 6554 9480

(02) 6557 8436 fax

Community Private Home Care

North Coast Community Care

Mon- Fri 29-41 South Street, Forster

Postal Address: PO Box 159, Forster 2428

24hours – 7days week General nursing care, post hospitalisation care, respite care, domestic assistance, community aged care package provider. Covers Great Lakes, Manning Valley and Gloucester areas.

(02) 6555 1388

0417 375 320

weekends

Dial-an-Angel

Suite 3, 71 King Street, Newcastle

Provides sitters for the elderly on a casual/regular daytime overnight and/or

(02) 4929 3065

1300 721 111

weekend basis.

GLAICA (02) 6554 5521
22 Flora Parade, Tuncurry

Great Lakes Centre-Based Respite Service (Daisy Club) (02) 6554 6704
Team Leader: Denise Jefferies
Community Centre, Breese Parade, Forster
Postal Address: PO Box 450, Forster 2428
*This service provides centre-based activities for people with memory loss.
Provides services at Forster .*

VISION SERVICES

Refer also to – SUPPORT GROUPS

Guide Dogs

Newcastle -2nd Floor, 133 King Street (02) 4925 3066
Web site www.guidedogs.com.au (02) 4925 3011 fax
*Technical aid, guide dogs and orientation and mobility training for people with little
or no sight*

Vision Australia

Vision Information Line 1300 847 466

Newcastle –7-9 Beaumont Street, Hamilton
Technical aid and support for adults with little or no sight

Coffs Harbour –126 West High Street (02) 6651 1863
Postal Address PO Box 1401, Coffs Harbour 2450

Vision Impaired Support Group

Contact: Forster Neighbourhood Centre (02) 6555 4351
Postal Address: PO Box 314, Forster 2428 (02) 6554 5234 fax

Email: admin@fnc.org.au

*Meetings held at Legacy Village, Mills Parade, Tuncurry. Meets 4th Thurs. of each
month at 10.00am to 12.00noon .*

Itinerant Support Teacher-Vision

Contact: Local government schools

OPTOMETRISTS

Howard Day (02) 6554 8596
98 Breckenridge Street, Forster

Margaret Graham (02) 6555 7000
Stockland Forster, Breese Parade, Forster

OPSM Optometrist (02 6557 6814
Shop 122 Stocklands, Breese Parade, Forster

E.J. O'Neill

Forster - Wharf Street (02) 6554 7817

Tuncurry - Manning Street (02) 6555 8233

Gloucester -56 Church Street (02) 6558 1800

Taree – 181 Victoria Street (02) 6552 1130

OPTICAL SERVICE

OPSM Pty.Ltd.

Forster - Stockland Forster, Breese Parade (02) 6555 7254

Taree – Taree Central, Manning Street (02) 6552 3722

VisionCare NSW (02) 9344 4122

NSW Government Spectacle Program administered by VisionCare NSW. **1800 806 851**
You must be Australian resident living permanently in NSW.
NSW Government MeansTest. Ask your Optometrist or Optical Dispenser or
telephone VisionCare for eligibility.

HISTORICAL SOCIETIES

Great Lakes Historical Society (02) 6554 6275

Capel Street, Tuncurry
Contact: Pres: Alan Wright (02) 6557 2887
Museum open each Tues & Wed. 10.00am – 2.00pm. Sun. 1.00pm – 4.00pm
Meetings held at museum premises at 2pm on 3^d Wed. of each month.

Bulahdelah Historical Society (02) 4987 9274

Court House, 20 Ann Street, Bulahdelah
Postal Address: PO Box 6, Bulahdelah 2423
Contact: Malcolm Carrall

Stroud & District Historical Society (02) 4994 5400

Court House, Cowper Street, Stroud
Hours: 10.00am – 2.00pm Wednesdays

LEGAL SERVICES

Aboriginal Legal Service (02) 6562 5990
Free legal advice and assistance to people of Aboriginal and Torres Strait Island background (02) 6551 3928

Kempsey - 39 Smith Street
Taree – 1/80 Wynter Street

Aboriginal Legal Service (02) 9318 2122

619 Elizabeth Street, Redfern

Aboriginal Women's Legal Centre 1800 639 784

The Aged Care Rights Service 1800 424 079

TARS (02) 9281 3600
(02) 9281 3672 fax

Level 4, 418a Elizabeth Street Surry Hills 2010
As well as advice and advocacy service for senior citizens living in nursing homes, hostels, retirement villages- TARS services include the Older Persons' Legal Service (OPLS), which provides legal advice, assistance and education for older people throughout NSW. Service covers, consumer rights, human rights, social security/welfare, power of attorney, guardianship.

Email: tars@tars.com.au

Anti Discrimination Board

Level 4, 175 Castlereagh Street, Sydney 2000
www.lawlink.nsw.gov.au/adb (02) 6552 5990
Newcastle – Level 1, 414 Hunter Street, Newcastle West 2302

Child Support Agency 13 1272

266 King St, Newcastle
Complaints 13 2919
Child Support Review Office 13 1141
Child Support & Maintenance

Chamber Magistrate

Forster - Court House, Lake Street (02) 6554 6951

Taree - Court House, 85 Albert Street (02) 6552 5599

Sheriffs Office - (02) 6552 5730

Court Assistance Scheme (02) 6557 8122

Gloucester - Court House, Church Street (02) 6558 1125

Dungog - Court House, Lord Street Raymond Terrace- Court House Pacific Highway & William St. <i>The Chamber Magistrate at the local court house provides free legal advice in most areas of the law. If possible help is given to commence legal proceedings The Chamber Magistrate can also make referrals to other people who can provide assistance. Contact the local courthouse as to when Chamber Magistrate is available</i>	(02) 4992 1474 (02) 4987 2198
Community Justice Centres Northern Region Cnr. Bolton & Church Streets, Newcastle <i>Mediation service is provided to the community to help people resolve their own disputes. Confidential & free service</i>	(02) 49 29 1211 1800 990 777
Department of Juvenile Justice 6 Macquarie Street, Taree	(02) 6551 2555
Family Court of Australia Bolton Street, Newcastle	(02) 4926 1255
Family Court Counselling Service Free confidential service for anyone with problems associated with marriage breakdown National Enquiry Line	(02) 4926 1255 1300 352 000
Family Relationship Advice Line Monday to Friday between 8.00am and 8.00pm Saturday 10am – 4.00pm www.familyrelationships.gov.au Parenting advisors available online	1800 050 321
Guardianship Tribunal 2A Rowntree Street, Balmain <i>Anyone who is genuinely concerned about the welfare of a person who is unable to make decisions for himself/herself because of a disability (e.g. dementia) can apply to the Tribunal for a guardian or financial manager to be appointed. A guardian has legal power to make important personal decisions on behalf of another adult (e.g. accommodation, health care and services). The guardian is generally a close relative or friend. If there is no-one else, the Tribunal may appoint an independent public official called the Public Guardian. A financial manager has the legal authority to manage another person's money and property. The usual persons appointed as manager are the Protective Commissioner (an independent public official) or a close relative or friend. Other possibilities are the Public Trustee www.gt.nsw.gov.au</i>	(02) 955 8500 1800 463 928
Hunter Community Legal Centre Inc. Level 2, Market Square Hunter Street Mall, Newcastle Postal Address: PO Box 84, Newcastle NSW 2300 <i>Legal advice, information, representation and community education.</i> Telephone Advice Service - Mon. & Wed 9.30am to 12.30pm Thursday evening 5.00pm to 7.30pm (Thursday evening is designed to help clients in filling out legal documents)	(02) 4926 3220 (02) 4929 7996 fax (02) 4926 3220 or 1800 650 073
Urgent Legal Advice –Non English speaking background	13 1460
Immigration Advice and Rights Centre Level 5, 362 Kent Street, Sydney 2000 Advice Line <i>Telephone Advice hours are from 2.00pm – 4.00pm Tuesday & Thursday</i>	(02) 9279 4300 (02) 9262 3833

LawAccess NSW

Postal Address: PO Box 620, Parramatta 2124

Email: lawaccess@agd.nsw.gov.au

Website: www.lawaccess.nsw.gov.au

Legal aid, lawyer, debt, family law, employment, neighbours, traffic offences court, children & more.

1300 888 529

1300 889 529 tty

Legal Information NSW

Telephone Service – Legal Information Line

Mon – Fri . 9.00am – 5.00pm

1300 888 529

Law Society of NSW

170 Phillip Street, Sydney

Register of lawyers willing to provide pro bono (free) services to

people who do not qualify for Legal Aid and cannot afford normal legal costs

(02) 9220 0333

(02) 9231 5809 fax

Legal Aid NSW

51-55 Bolton Street, Newcastle NSW 2300

Child Support

51-55 Bolton Street

Newcastle NSW 2300

Visits made to Forster Neighbourhood Centre, Little Street , Forster and Centrelink, Victoria Street, Taree – monthly.

Appointments to be made by phoning Newcastle office

Advice can relate to Family Law, Child Support, Property Settlement, Divorce and Child Custody/Parenting Orders – even on how to apply to receive Legal Aid on a long term basis

Civil Law Centre

300 King Street

Newcastle NSW 2300

Website : www. Legallaid.nsw.gov.au

(02) 4929 5482

(02) 4929 3347 fax

1800 481 784

(02) 4929 5482

(02) 4921 8801

Legal Information Access Centre (LIAC)

Great Lakes Library, Breeze Parade, Forster

The library provides access to easy to understand information about the law in New South Wales. Staff can also put in touch with agencies that offer advice

(02) 6591 7256

Office of the Public Guardian

Picadilly Tower, 133 Castlereagh St, Sydney

1800 451 510

Office of the Protective Commissioner

491 Kent Street, Sydney

(02) 9265 3131

Prisoners Legal Service

(02) 9219 5888

(02) 9219 5906 fax

Probation and Parole Service

68 Wynter Street, Taree

(02) 6552 7599

Public Trustee NSW

Cnr. King & Brown Sts, Newcastle

Preparation of Wills, Executor of Wills, Power of Attorney

Each Clerk of the Local Court is an agent for the Public Trustee

(02) 4926 4000

Redfern Legal Centre

(02) 9698 7277

73 Pitt Street, Redfern
Free legal advice between 6.30pm and 8.30pm

Women's Legal Resources Centre

Postal Address: PO Box 206, Lidcombe NSW 1825

Advice Line

General Legal Advice. Family law & referrals

Indigenous Women's Legal Advice

1800 801 501

1800 639 784

Veterans' Advocacy Service

(02) 9219 5148

(02) 9219 5145 fax

LIBRARY SERVICES

Forster -Great Lakes Library

Breese Parade, Forster

Monday Closed

Tuesday 10.00 am - 6.30 pm

Wednesday, Thursday, Friday 10.00 am - 5.30 pm

Saturday 10.00 am - 1.00 pm.

Closed Sunday, Monday & Public Hols.

Pre School Storytime – (during school term ONLY) Pre-School aged children.

Wed. 10.30am – 11.15am

Activities can include story telling, music, craft, movement. Bookings are not required. Books, periodicals, newspapers, large print books, cassettes, hear-a-books and family history records are available. There is also a housebound service for those who are physically unable to visit the library.

Forster residents can be picked up by the Community bus and taken to the library. For details contact : **CommunityTransport on (02) 6553 5860**

(02) 6591 7256

(02) 6591 7373 fax

Bulahdelah - Meade Street

Opening hours: Wed. 2.30-5.00pm, Fri. 9.00am-11.00am

Sat. 9.30-11.30am

(02) 4997 4855

(02) 4997 4855 fax

Nabiac - Showground, Nabiac

Opening hours : Mon. 3.00pm-5.00pm, Tues. 9.00am-11.00 am and 3.00pm-

5.00pm, Thurs. 9.00am-11.00am, Sat.10.00am- 12.00noon

(02) 6554 1355

(02) 6554 1355 fax

North Arm Cove – Eastlopes Way

Opening hours: Wed. 2.00-4.00pm Sat. 10.00-12.00noon

(02) 4997 3485

Stroud - Cowper Street

Opening hours: Mon. Wed. Thurs. 9.00am -12.00noon

Tues. and Fri. 3.00pm - 5.00pm

Saturday 10.00am -12.00noon

(02) 4994 5204

(02) 4997 2925 fax

Tea Gardens – Marine Drive

Mon.Wed.Fri. 9.00am - 5.00pm Sat. 10.00am – 12.30pm

(02) 4997 1265

Pacific Palms -Pacific Palms Community Library

Community Centre, The Lakes Way

Monday – Friday 10.00am-12.00noon

(02) 6554 0229 bh

FOGLLS (Friends of the Great Lakes Library Service)

Contact: Dorothy

Audrey

Organised group of friends supporting their local library. They promote library resources, conduct literary events, arrange guest speakers, and help in many ways. If you would like to attend one of our functions or become a member of FOGLLS, please contact us for further details.

(02) 6555 3637

(02) 6554 8507

Friends of the Stroud Library

Contact: Ann Ribbons
 Memorial Ave, Stroud

(02) 4994 5141**Greater Taree City Council Libraries**

Taree -2 Pulteney Street
Wingham – Wynter Street
Hallidays Point – Blackhead Road

(02) 6592 5290
(02) 6553 4555
(02) 6559 3066

MARKETS**Bulahdelah**

*Next to the Visitors Information Centre in Crawford Street
 1st Saturday of month from 8.00am*

Blackhead Bazaar

Contact: Alanna Parkins
1st Sunday of month from 8.00am to 1.30pm, for information or to book a site telephone

(02) 6559 2979**Forster Town Park Markets**

2nd Sunday of month, Bookings Essential

(02) 6554 9348
(02) 6554 6922

Great Lakes Great Produce Farmers Market

Contact: Forster Neighbourhood Centre, Little Street, Forster

Email: admin@fnc.org.au

Market held on the 3rd Saturday of every month next to Tourist Information Centre, Little St, Forster – 8.00am to noon

(02) 6555 4351
(02) 6554 5234 fax

Myall Quays Village Markets

Contact: Angie

Held at the Tea gardens, Shopping Centre, Myall Quays 3rd Saturday of month from 8.00am to 2.00 pm

(02) 4352 4352**Nabiac Farmers Market**

Contact: Helen Smith

Nabiac Showground 8.00am until noon on the last Saturday of the Month

(02) 6554 1906**Pacific Palms Market**

Community Centre, The Lakes Way, Pacific Palms

Held next to Pacific Palms Recreation Club on last Sunday of month

Contact: Meagan Cook

0401 968 516**Tuncurry – John Wright Park**

Forster/Tuncurry Division of the Royal Volunteer Coastal Patrol co-ordinates the markets. Markets held on the 4th Saturday of Month – 8.00am to 1.00pm

0417 400 994**MARRIAGE CELEBRANTS****Joseph C. Court**

27 Stephen Street, Forster

(02) 6554 9225**Paul Geraghty**

70 Taree Street, Tuncurry

6555 5930
0407 010-488

Carolyn I Pearson

Email: Tunucrycarol@bigpond.com

(02) 6554 5127
(02) 6554 5127 fax

Lessley Thornton

16 Regatta Avenue, Forster

0402 069 959
(02) 6555 2909

MEAL SERVICES

MEALS ON WHEELS

Forster (02) 6554 7958
Kitchen (02) 6554 8811
Co-ordinator
Community Centre, Breese Parade
Postal Address: PO Box 178, Forster 2428
Gloucester -31 Laver Street (02) 6558 1546
Nabiac (Contact Forster Branch)
Stroud –Stroud Area Integrated Living Service, Great Lakes Council, Cowper St (02) 4994 5707
Co-ordinator: Maria Coulter
Tea Gardens/Hawks Nest
Booner Street, Hawks Nest (02) 4997 0701
Contact: Gary Boyd
Kitchen open 8.00am-11.00am, Mon, Wed, Fri. Messages can be left on the above telephone number

MEDIA

NEWSPAPERS

Dungog Chronicle (02) 4992 1721
Gloucester Advocate (02) 6558 1012
29 Denison Street, Gloucester (02) 6558 2100 fax
Great Lakes Advocate (02) 6554 6688
41 Helen Street, Forster (02) 6555 6399 fax
email:editor.gladvocate@ruralpress.com
Manning Great Lakes – Extra (02) 6552 1988
65 Manning Street, Taree (02) 6552 1942 fax
email:editor.mrtimes@ruralpress.com
Manning River Times (02) 6552 1988
65 Manning Street, Taree (02) 6552 1942 fax
Nota (02) 6558 1012
29 Denison Street, Gloucester (02) 6558 2100 fax
RADIO
ABC Mid North Coast (02) 6588 1211
51 Lord Street, Port Macquarie (02) 6588 1299 fax
Great Lakes Radio 101.5FM (02) 6555 8433
16 Douglas Avenue, Tuncurry (02) 6555 6642 fax
email: info@greatlakesfm.org.au
Manning Media Co-op Ltd (02) 6552 6200
Macquarie Street, Taree (02) 6552 7196 fax
Mid Coast Radio 2MC ((02) 6583 8088
19 Short St, Port Macquarie (02) 6584 0406 fax
Radio Rhema (02) 6553 0116
Manning - Great Lakes, 51A Isabella St, Wingham
2BOB Radio (02) 6552 6200
Macquarie Street, Taree

2RE Coastal Radio
Cowper Street, Chatham

(02) 6552 2100
(02) 6551 0522 fax

TELEVISION

Channel Ten
224 Victoria Street, Taree

(02) 6551 3009
(02) 6551 5615 fax

NBN Television
Temple Chambers, 138a Victoria Street, Taree

(02) 6551 0062
(02) 6551 2662 fax

Prime Television
35 Cowper Street, Taree

(02) 6552 8777
(02) 6552 8700 fax

MULTICULTURAL SERVICES

Centrelink – Multicultural Services

131202

Department of Immigration & Multicultural Affairs

Immigration
Citizenship
Translating & Interpreting

13 1881
13 1880
13 1450

Ethnic Affairs Commission NSW
Interpreter booking service

1300 651 500

Great Lakes Rural Australians for Refugees

Contacts: Marty
Helen

(02) 6555 2442
(02) 6555 3839

Forster Branch- *Meets on the 2nd & 4th Sat. of month at 1.30pm at Catholic Church Hall, Lake Street, Forster*

Manning Valley Neighbourhood Services

3 Farquhar Street, Wingham
Postal Address: Po Box 75, Wingham 2429

Migrant Worker Regional
Contact: Colleen McGowan
email: rmw@people.net.au

(02) 6553 5121

Northern Settlement Services

Newcastle & Hunter Region Ltd.,
8 Chaucer Street, Hamilton 2303

Services and resources, special projects, community and welfare services.

(02) 4969 3399
(02) 4961 4997 fax
1800 813 205

OP SHOPS

Anglican Op Shop
Head Street, Forster
Along from Forster Arcade car park end

(02) 6555 4267

Animal Welfare League Op Shop
Dolphin Arcade, Tuncurry

Lifeline Opportunity Shop
Shop 3/11 Manning Street, Tuncurry

(02) 6555 6665

Salvation Army Thrift Shop
Head Street, Forster
Rear of Wharf Street Shops

(02) 6554 7207

Sea Changes Op Shop (02) 6557 6075
Shop 13, Bi Lo Arcade
Manning Street, Tuncurry

St. Vincent de Paul (02) 6554 6079
124 Little Street, Forster

POLITICAL INFORMATION

Australian Electoral Commission 13 2326

STATE MEMBERS OF PARLIAMENT

Myall Lakes - John Turner (02) 6555 4099
Bridgepoint Building, 1-5 Manning Street, Tuncurry (02) 6555 4780 fax
Postal Address: PO Box 272, Tuncurry 2428

Maitland - Frank Terenzini MP (02) 4933 1617
34 Church Street, Maitland (02) 4933 4782 fax
Postal Address: Box 212. Maitland 2320

Craig Bauman Liberal MP
82 Port Stephens Street, Raymond terrace 2324 (02) 4968 3284
Postal Address: PO Box 82, Raymond Terrace

FEDERAL MEMBERS OF PARLIAMENT

Lyne
Hon. Mark Vaile (02) 6552 5222
219 Victoria Street, Taree (02) 6552 5835 fax
Postal Address: PO Box 330, Taree (02) 6584 2411
Covers Nahiach, Krambach, Taree & Port Macquarie

Paterson
Bob Baldwin (02) 4983 1330
35 Sturgeon Street, Raymond Terrace (02) 4987 5444 fax
Postal Address: PO Box 156, Raymond Terrace 2324 1300 656 840
Covers Hawks Nest, Tea Gardens, Stroud, Bulahdelah, Coomba Park, Pacific Palms, Forster, Tuncurry

ALP
Forster Tuncurry Branch
Pres: John Weate
Sec: Louise Collins (02) 6554 1182

PROGRESS ASSOCIATIONS

Allworth Progress Association
Contact: Jim Hamonet (02) 4994 9283
9 Myall Street, Allworth

Booral Progress Association (02) 4997 6639
Sec: Keith
2611 Booral Road, Booral
Meets every 2nd month 1st Mon. of month at Booral Hall

Bulahdelah & District Progress Association
Contact: Karen Richardson (02) 4997 4694

East Forster Progress and Preservation Association (02) 6554 7997
Sec: John Fletcher

Failford Progress Association (02) 6554 3249
Pres: David Gibson

Forster Keys Ratepayers and Progress Association (02) 6555 2371
Sec: Rod Lawton
114 Elizabeth Parade, Forster Keys

Green Point Progress Association (02) 6555 2253
Sec: Mrs Murrell
Postal Address PO Box 606, Forster 2428

North Arm Cove Residents Association (02) 4997 3398
Contact: Steve Gee
42 Eastslope Way, North Armcove 2324

Pacific Palms Community Association (02) 6555 3594
Sec: Janet Hardacre
Postal Address PO Box 606, Forster 2428

Pacific Palms Community Association (02) 6554 0234
Sec: Ron Wood
42 Jacaranda Avenue, Pacific Palms

Pindimar-Bundabah Community Association (02) 4997 0053
Pres: Ron Richards
11-17 Warri Street, Pindimar

Smiths Lake Village Association (02) 6554 4032
Pres: Kate Brown
Dedicated to the ongoing social and environmental betterment of the village. New members are welcome

Stroud Progress Association (02) 4994 9357
Contact: Judy Barry

Stroud Road Progress Association (02) 4994 5162
Contact: Rod Williams

SUPPORT GROUPS

AA - Alcoholics Anonymous (02) 6550 0416
Manning Great Lakes District of Alcoholics Anonymous
Postal Address: PO Box 941, Taree NSW 2430

Forster AA Meetings

Wednesday

9.30am – Topic Meeting at the Catholic Hall, Lake Street
Contact: Greg (02) 6554 8045
Rachel (02) 6554 6874

Thursday

8pm at the CWA Rooms, Little Street (02) 6554 7833
Contact: Terry (02) 6555 6358
Di

Friday

1pm at the Catholic Hall, Lake Street

Contact: Christine

(02) 6555 8213

Saturday

9.30am "Steps and Traditions" held in the Catholic Hall, Lake Street, Forster

Contact: Brian

Greg

(02) 6555 6358

(02) 6554 8045

Nabiac AA Meetings

Friday

8pm at the Neighbourhood Centre, Nabiac

Contact: Jack

(02) 6550 2380

Saturday

8pm at the Neighbourhood Centre, Nabiac

Contact: Peter R

0402 644 497

Pacific Palms AA Meetings

Tuesday

8pm at the Community Centre, Lakes way, Pacific Palms

Contact: Mick

(02) 4997 6269

Taree AA Meetings

Monday

8pm at the Uniting Church Hall, Chatham

Contact: Peter

(02) 6550 1994

Tuesday

12.30pm Resource Centre, Albert Street (behind the Catholic Hall)

Contact: Fran

6551 6606

Thursday

11am **Woman's Group**, at the Uniting Church Hall, Chatham

Contact: Jeanette

Jenny

6553 0328

6556 1605

Thursday

8pm at the Uniting Church Hall, Chatham

Contact: Norm

6556 9096

Saturday

12.30pm at the Uniting Church Centre, Albert Street, Taree

Contact: Danny

6551 2245

Wingham AA Meetings

Wednesday

8pm at the Old Court House, Farquhar Street, Wingham

Contact Dave

(02) 6552 6684

Al-Anon - Meetings

Forster Meetings

Monday 8.00pm CWA Rooms, Little Street, Forster

Taree Meetings

Monday 10.00am Uniting Church Centre, Albert Street, Taree

Saturdays 12.30pm Catholic Resource Centre, Albert Street, Taree

(02) 6555 2433

Wingham Meeting

Wednesday 8.00pm Wingham Memorial Hospital, Bungay Road, Wingham

Al-Anon/Alateen

Family Groups Manning/Forster
Al-Anon/Alateen Family Groups Manning/Forster
PO Box 407, Forster 2428
Al-Anon - Help for relatives and friends of alcoholics or problem drinkers

(02) 6555 2433
Recorded
message

Alateen is part of Al-Anon – *For teenagers who have been affected by some-one elses drinking. Not a program for teenagers seeking sobriety*

Alcohol and Other Drugs Service

Mid North Coast area

1300 662 263

Alcohol and Drug Information Service - After Hours

The service can be contacted by anyone who is concerned about issues related to their own or another persons use of alcohol or drugs.

1800 422 599

Anxiety Disorders Support & Information

Level 5, 80 William Street, East Sydney 2011

ADA runs a professional information and telephone referral service for people with Anxiety Disorders, their carers, family and friends. ADA provides free information packs on the following Anxiety Disorders: Social Anxiety Disorder, Obsessive Compulsive Disorder, Panic Disorder, Agoraphobia Anxiety Disorder, Specific Phobia, Post Traumatic Stress Disorder.

1300 794 992

Information and referral – regarding childhood Anxiety Disorders

*Parent Support Groups, TOP – Self Help Groups
Information Line*

1300 794 992

Alzheimer's Australia NSW

(02) 6584 7444

Dementia Helpline

1800 100 500

Autistic Spectrum Disorder

Manning/Great Lakes Support Group

For more information:

Email: asdtaree@hotmail.com

Meets 4th Tues. of month at Manning Respite Centre, Wynter Street, Taree (next to Steiner School) at 6.30pm

0403 884 849

CARER SUPPORT

Bucketts Way Carers

78 Church Street, Gloucester

Individual transport to medical appointments home help, lawn mowing shopping, support, companionship, respite in or out of the home Outreach service for Wards River to Limeburners Creek.

(02) 6558 2454

Carers Assist

Office 2, 78 Wynter Street, Taree

This is a free community service for relatives and friends of people with Mental Illness in the Gloucester, Great Lakes and the Greater Taree area. Provide information, education, advocacy and support on Mon, Tues & Wed.

Contact: Sharon

(02) 6551 4333

(02) 6551 4200 fax

0418 133 972

Carers NSW

Carers often need to talk to someone who can help to alleviate some of the stress & emotional exhaustion they experience. Trained carer support officers can talk to you about respite options available.
 Contact the Young Carer Team
 Mon.-Fri. 9.00am –5.00pm.

1800 242 636**Carers Group Forster Tuncurry**

Meets 1st Thurs. of month

Dementia Support Group

Meets 1st Wed. of month at Tuncurry Bowling Club

Contact: **Great Lakes Neighbour Aid**

Breese Parade, Forster

Postal Address: PO Box 450, Forster 2428

(02) 6554 8698**Carers of People with Disabilities**

Great Lakes Leisure and Respite Options

Breese Parade, Forster

Postal Address: PO Box 450, Forster 2428

(02) 6555 6243**Commonwealth Respite and Carelink Centre**

1 2/9 River Street, Macksville

Postal Address: PO Box 514, Macksville NSW 2447

Email: general@carer-respite.org

Information:

Respite: 24hr service. Provides information/advice to carers about respite options, plus referral to services. Coordinates short term emergency or planned respite. Purchases respite when there is no alternative. Out of hours service i.e. nights/weekends and phone for crisis situations. Assists people with a disability, an acquired head injury, chronic illness, mental health issues, has palliative care needs, is frail aged or has dementia.

(02) 6568 4164**(02) 6568 3728 fax****1800 052 222****1800 059 059****24hrs 7 days****Young Carers NSW**

Postal Address: PO Box 20156 World Square NSW 2002

For young carers in NSW aged 13-17 years and their families

Contact for information about - Camp Rathane

Office Hours: Mon-Fri. 9.00am – 5.00pm

Email: yc@carersnsw.asn.au

1800 242 636**Co-Dependence Anonymous**

Co-Dependents anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships.

Weekly meeting held at Tuncurry Uniting Church, at 7.30pm to 9.00pm. and

Also on Saturday at the Lakeside Church, 11 Chapmans Road, Tuncurry, next to (Village Life), at 5.00pm to 6.30pm.

For more information contact: David

0422 142 468**Diabetes Australia-NSW****1300 136 588****Diabetes**

Forster Community Health Centre, Breese Parade

Contact. Ivy Semple

Taree Community Health Centre, Pulteney Street

(02) 6555 1800**(02) 6592 9315****Great Lakes Food Intolerance & Allergy Support Group**

Meets on the 1st Wednesday of month at 6.30pm (in school terms) at Costello's Restaurant, Manning Street, Tuncurry.

Contact: Monica MacAulay

Suzie McEnally

Tonia Longfield

0409 533 426**0427 553 765****0410 074 632**

Great Lakes Hospice

Postal Address: PO Box 163, Forster 2428

Contact: Elizabeth Fisher

(02) 6554 0318**Great Lakes Support Group****NSW Justices Association**

Meet monthly at Club Forster, Strand Street Forster

Group provides support for JP's in their role in the community

Contact Pres: Jason Nicholson

Email:greatlakesnswja@bigpond.

(02) 6559 3080**Laryngectomy Support Group**

Dr Peter MacArthur

Taree -89 Albert Street**Forster****(02) 6551 2511****(02) 6555 6888****Lung Support Group**

Karyn Jarvie

Bob Jones

0414 473 630**(02) 6555 2825****LungNet Support Group -Taree**For more information contact: Norma
Isabel**(02) 6553 3073****(02) 6552 6153****Manning Pregnancy Support- 24 hrs***Are you pregnant and unsure – Offer help to consider your options and provide free emotional and practical support. Willing to help women and partners with Pregnancy concerns. Free confidential telephone and face to face counseling and Support for pregnancy loss. Supports, listens and cares***(02) 6551 3900****1300 139 313****Multiple Sclerosis Society**

Great Lakes/Manning Branch

Sec/Treas: Bob Scott

Assistant Sec: Robyn Shaw

(02) 6554 1295**(02) 6555 8491****National Association Loss and Grief - NALAG**

Mid North Coast Chapter

Postal Address: PO Box 85, Lansdowne 2430

*Loss and Grief Support***(02) 6551 2554****Night Ministry**

Contact: Chairman – John Morris

Email-jandemorris@tsn.cc*Representing the Churches of Forster Tuncurry. Aims to provide a calming influence and offers a non-judgemental opportunity for young people to talk about their issues if they wish. Provides free barbeque most Friday nights late, in John Holland Park for young people wandering the streets around Forster CBD.***(02) 6552 9129****Parenting Programs****Family Support Services****Taree** – Tennison Woods Centre, Wynter Street

Contact: Julie Garlick

Forster – Wharf Street

Contact: Karen Russell

Postal Address: PO Box 11, Forster 2428

Gloucester – Shop 5, 78 Church Street

Contact: Mavis Tursdig

(02) 6551 5660**(02) 6555 2863****(02) 6558 9550****Parkinsons Disease Support Group**

Contact: Bruce King, Coordinator

(02) 6555 9409

Ronald McDonald Family Retreat Forster (02) 6555 9008
2 The Mews, Cape Hawke Estate, Forster 2428
Contact: Ross Presgrave 0408 250 500
Family Retreat for seriously ill children and their families to enjoy a free holiday

Suicide Survival Support Group
Contact: Adrian and Jule Wood
Joy Maxwell (02) 6555 6219
Support Group for Parents Who Have Lost Children In tragic Circumstances (02) 6554 3202

VOCAL Incorporated (NSW) Hunter
Victims of Crime Assistance League
3 Market Street, Newcastle (02) 4926 5826
Support, guidance, practical assistance, advocacy

Victims Support HelpLine 1800 633 063

Vision Impaired Support Group (02) 6555 4351
Contact: Forster Neighbourhood Centre (02) 6554 5234 fax
Little Street, Forster
Email: admin@fnc.org.au
Meets 4th Thurs. of each month at 10.00am at Legacy Village, Mills Parade, Tuncurry

Westpac Rescue Helicopter
Contact Denise Bickford (02) 6555 2315
Sec: Sue Wilcox (02) 6554 4086
Great Lakes Support Group - Meetings Held at Forster Tenpin Bowling Club First Wednesday of each month at 5.30pm

Women's Information & Referral Service 1800 817 227
It is a free and confidential telephone service that provides information and referrals on all issues affecting women and their families

CANCER

Cancer Helpline 131120

Camp Quality - Great Lakes Support Group
Postal Address: PO Box 4, Forster 2428
Pres: Carol Calvert 0413 605 384
Sec: Glenys Roberts (02) 6555 9984
Treas: Robyn Walters (02) 6555 2884
Correspondence: Tricia Dillon
Meets 3rd Mon. of month 1.30pm (excluding December and January) at Club Forster, Strand Street, Forster

Living with Cancer Education Programs
An 8 week 2 hour a week session for cancer patients, their family & friends are conducted once or twice per year.
Contact: Patty Delaney, Cancer Council 1300 65 6585
Trish Fletcher, Oncology Unit Taree, (02) 6651 5732
Manning Rural Referral Hospital. (no cost) Understanding Series 'Plain English' booklets on many types of cancer posted out free of charge via Cancer Helpline. (02) 6592 9111

Telegroup Counselling 131120
For people isolated by their cancer. A free teleconference service available for a group of cancer patients to communicate and gain mutual support. (see also Mastectomy Counselling Service)

Great Lakes Breast Cancer Support Group

Contact: Janet McMahon

(02) 6554 9440

Heather Kelly

(02) 6555 3437Meets 1st Wed of every month at Sporties Club, Tuncurry at 6.30pm**Manning Valley Breast Cancer Support Group**

Contact: Rose Avery

Meets 2nd Wed. of each month at 10.00am at Oncology Dept. of Manning Rural**(02) 6552 7655**

And Referral Hospital, Taree

Mastectomy Counselling Service

Contact: Judy Kelly

(02) 6592 9111

Manning Rural Referral Hospital, High Street, Taree

Bowel Cancer & Prostrate Cancer Connect**131120***Telephone support for people with bowel or prostrate cancer.**For any enquiries contact: Patty Delaney, Manager & Regional Programs***Prostate Support Group**

contact: Phil Webster

(02) 6555 3651*Great Lakes support group meets 4th Tuesday of month at Club Forster From 6.30pm-8.30pm. All are welcome.***DRUG SUPPORT****CDAT****Forster Tuncurry Community Drug Action Team****(02) 6555 8892**

Pro action team. Educating community against drugs.

Family Drug Support**1300 368 186**

Information, help and support for families affected by drugs

www.fds.org.au**Narcotics Anonmous (NA)****1300 652 820**

Forster/Tuncurry Group

Meets Uniting Church Hall, Lake St, Forster, Wed at 8.00 pm

Great Lakes Community College, Tuncurry, Sunday at 7.30pm

(02) 6554 9836 or

Contact: Phil

0408 093 948**FAMILY SUPPORT****Family Support Services****Taree** – Tennison Woods Centre, Wynter Street

Contact: Julie Garlick

(02) 6551 5660**Forster** – Wharf Street

Contact: Karen Russell

(02) 6555 2863

Postal Address: PO Box 11, Forster 2428

Gloucester – Shop 5, 78 Church Street**(02) 6558 9550**

Contact: Mavis Tursdig

Family Support Youth Service**(02) 6551 2560**

Tennyson Woods Centre, Wynter Street, Taree

Postal Address PO Box 759, Taree 2430

MENS SUPPORT**Dads in Distress Inc.****(02) 6662 8113****Dads in Distress Inc****Tuncurry/Forster**

Meets Mon. evenings at TAFE, block F, Taree St, Tuncurry at 6.30pm **0421 152 151**

Contact: Rick

Taree

Meets Mon. evenings at Parkside, Fotheringhams Park, Victoria Street, Taree
At 7.00pm.

Contact: Wal Hoerzer

Or Tony Matko

(02) 6551 2560

(02) 6550 0598

All meetings are free. Dids is a dedicated support group whose aim is to provide a safe haven for men going through the trauma of divorce, separation or relationship breakdown to be able to express their grief. The group encourages, nurtures and supports men to continue their father relationships with their children.

Men & Family Relationship Service

Tennyson Wood Centre, Wynter Street, Taree

Contact: Men and Family Worker

Postal Address: PO Box 759, Taree

The Men and Family Relationship Service is open to all men who are in a family relationship with dependent child/children and are in crisis, experiencing stress or relationship issues within the family.

(02) 6551 2560

(02) 6552 6582 fax

Men's Line Australia

Postal Address PO Box 33, Melbourne 3051

National line for men who want to talk about their family & relationship concerns.

Information, support & referral families & relationships matter - talk it over - 24 hours a day

(03) 9326 8522

1300 789 978

(24hrs)

Mens Shed

Jim Willis

(02) 6552 4833

0437 759 814

GAMBLING SUPPORT

Gamblers Anonymous 24 hours

Regional Service Office

Office- PO Box 97, Tregear 2770

Forster Meetings

Contact: Brian

GA is a self help group for compulsive gamblers Meetings held at CWA Rooms, Little Street, Forster each Friday at 8.00pm

(02) 9564 1574

(02) 9564 1478 fax

(02) 6554 6897

0401 253 211

Gam-Anon

Contact: Di

Jay

For families and friends of compulsive gamblers. The group provides support for the family and friends of compulsive gamblers. Meetings are held by people seeking support and a solution for living with this problem. Meetings held at Uniting Church, Cnr. Bent and South Sts Tuncurry each Tuesday at 7.00pm

(02) 6555 6358 or

0427 114 562

(02) 6555 9829

Gambling Helpline

G-Line for crisis counselling, information and referral to your Local service providers, call G-Line

1800 633 635

Hunter Gambling Counselling Service

(02) 6557 8864

0407 062 760

GAY AND LESBIAN SUPPORT

Gay & Lesbian Counselling Service of NSW

197 Albion Street, Surry Hills

(02) 8594 9596

1800 184 527

Gay & Lesbian Twenty 10

Youth & family support service

1800 652 010

Coastal Castaways

Gay & Lesbian Support Group
Contact: Mark Power
Dance Parties, Social Events, Picnics, Luncheons
Email: mbpower@bigpond.com.

0401 880 352
(02) 6552 9130

MENTAL HEALTH

ARAFMI

*Association of Relatives and Friends of Mentally ill
Carers Advocate*

1800 655 198
(02) 6586 1533
0423 767 874

ARAFMI Local Branch

Contact: Graham Thorsby
*Meets 1st Thursday of month at 7.00pm in Church Hall Anglican Church, St. Albans
Place, Forster. Support group for relatives and friends of people who have a
mental illness.*

0414 474 589

Carers Assist

Office 2, 78 Wynter Street, Taree
This is a free community service for relatives and friends of people with Mental
Illness in the Gloucester, Great Lakes and the Greater Taree area. Provide
information, education, advocacy and support on Mon, Tues & Wed.
Contact: Sharon

(02) 6551 4333
(02) 6551 4200 fax

0418 133 972

Forster/Tuncury Mental Health Family and Friends Support Group

Meets 1st Tuesday of the month at 6.30pm – 8.30pm at 'Solstice House',
78 Breckenridge Street, Forster. (Enter via right side gate)
Contact: Carer Assist - Sharon

(02) 6551 4333

Grow

Contact: David
*Do you have a problem with phobias, compulsive or obsessive behaviour, panic
attacks, anxiety, depression, mental illness. Or do you find it difficult relating to
people. Grow is a mutual help self activation program to help people rebuild their
lives after mental breakdown. Grow is confidential, anonymous, non
denominational (no fees) and open to all. Meet: Fridays at 10.00am Uniting
Church, cnr. Macintosh and Lake Streets, Forster*

(02) 6552 4569

PRA Mental Health Recovery

2, 78 Wynter Street, Taree
Living, learning, working in the community
Contact: Shanyn McConnell
PR Mental Health Support Worker
Email: shanyn_mccconnell@hotmail.com.au

Schizophrenia Fellowship of NSW Inc

Postal Address Locked Bag 5014, Gladesville 1675
Email admin@sfnsw.org.au
Telephone Referral, Information and Support Service
Carer Assist offers specialized support and education to carers
Remind Training & Education
(A service of Schizophrenia Fellowship NSW)
Years of experience in the provision of education and training to community
groups, schools, professional groups and universities.
Email: remind@sfnsw.org.au

(02) 9879 2600
(02) 9879 2699 fax

STROKE

Stroke Recovery Association

1300 650 594
(02) 9550 0594

Stroke Recovery Club – Forster Tuncurry

Contact: Forster Neighbourhood Centre
 Postal Address: PO Box 314, Forster 2428

Email: admin@fnc.org.au

Meets 2nd Thurs of each month. Family & Carers are welcome . Venue changes.

(02) 6555 4351

(02) 6554 5234

TAXATION

Australian Taxation Office

266 King Street, Newcastle
 Postal Address PO Box 9990, Newcastle 2300

Account Enquiries Individuals:

13 2861

Account enquiries Business:

13 2866

Translating and Interpreting Service:

13 1450

Telephone Typewriter Service (TTY)

13 3677

Speech to Speech Relay Service

1300 555 727

Manning Valley Neighbourhood Service

Wingham Courthouse, Wingham
 Postal Address PO Box 75, Wingham 2429

Email: mvns@swiftdsl.com.au

Free Outreach Service to Manning & Great Lakes Area, From June to October each year

(02) 6553 5121

Tax Help Service

Great Lakes Library - a free taxation service is conducted from July to October

(02) 6591 7256

TRANSPORT

Manning Valley & Area Community Transport**Wingham – Main Office**

Wingham Arcade, 54 Bent Street, Wingham
 Postal Address: PO Box 106, Wingham 2429

(02) 6553 5860

Forster

Forster Service Administrator: Lessley Thornton
 Community Centre, Breese Parade, Forster
 Postal Address: PO Box 450, Forster 2428

(02) 6554 5447

Gloucester

Bucketts Way Neighbourhood Centre
 King Street, Gloucester 2422
 Postal Address: PO Box 101, Gloucester 2422

(02) 6558 2104

Hawks Nest

Community Centre, Booner Street
 Wed. & Thurs.
 Postal Address: PO Box 116, Hawks Nest 2324

(02) 4997 2266

Community Transport is a not-for-profit transport service, which can be found in various localities set up throughout NSW, to assist communities where public transport is scarce and people have access problems.

Manning Valley & Area Community Transport Group is one of the community transport organizations in NSW. It has operated in Gloucester, Great Lakes and Great Taree local council areas since 1987. Mini buses, fleet cars and volunteer owned cars are located at various places throughout the service area for convenience driven by a dedicated team of volunteers.

Our staff are keen to assist groups or individuals with flexible options for even the most difficult transport requirements. Funding enables assistance for those in the community most in need – the frail aged, those who live away from or unable to access public transport, single parent families, those with a disability and may others.

Great Lakes Neighbour Aid

Community Centre, Breese Parade, Forster

Postal Address: PO Box 450, Forster 2428

*Transport in special circumstances may be available eg. for medical appointments. The service is provided by volunteers***(02) 6554 8698****Holiday Coast Connections**

Transport to & from Newcastle including Williamtown airport

Lake Cathie, Taree, Forster & Return

(02) 6581 5557**BUS SERVICES****Busways Transport**

285 Pacific Highway, Heatherbrae 2324

Forster/Newcastle/Sydney

Toll Free Reservation Line Only

Bookings also through Travel Agents & Tourist Information.

1300 555 6111**1800 043 263****Eggin's Comfort Coaches****Taree** - Elizabeth Avenue**Tuncurry** - Norfolk Close**(02) 6552 2700****(02) 6554 8699****Forster Bus and Coach Tours**

Kularoo Drive, Forster

(02) 6554 6431**Tuncurry Coach Tours**

Mal Prewitt

(02) 6554 7790**RAILWAY****Countrylink**

Rail & Coach Reservations

Train Arrival/Departure Information

Taree Railway Station

13 2232**13 2232****(02) 6592 4770****WELFARE SERVICES****Bucketts Way Neighbourhood Group Inc.**

14 Queen Street, Gloucester

Postal Address: PO Box 101, Gloucester

Services Provided:

Centrelink 8.30am-1.00pm Mon-Fri.

Neighbour Aid - 9.00am-4.30pm Mon-Thurs.

*Peer Support - Young adults with disabilities outings once**a week, holidays once a year and a monthly newsletter*

Community Transport – 9.30am-2.30pm Tues & Wed

Home Maintenance - 9.00am-4.30pm Mon-Thurs.

*Visiting Services - Hunter Legal Service-by appt. Mission Employment twice per**month EPA - Electricity Vouchers. Emergency cash relief.***(02) 6558 2058****(02) 6558 2398****(02) 6558 2104****(02) 6558 1050****Centrelink****Tuncurry** – Manning Street**Taree-** 184-188 Victoria Street**13 1021****Department of Community Services****Taree** –Level 1, 242 Victoria Street, Taree

(Outreach Service to Forster/Tuncurry, Pacific Palms

Bungwahl, Bulahdelah & Nahiab)

Raymond Terrace –Cnr Jacaranda & Glenelg Road**Maitland** -262 High Street**(02) 6591 2100****(02) 6591 2199 fax****(02) 4987 1022****(02) 4933 6488****1800 066 777**

Forster Neighbourhood Centre (02) 6555 4351
Little Street, Forster (next door to Tourist Information Centre) (02) 6554 5234 fax
Postal Address: PO Box 314, Forster 2428

email: admin@fnc.org.au

Counselling – General & Relationship, Financial Counselling, Information & Referral, Podiatry Brokerage Service, Baby Restraint Hire Service, Photocopying, Book Binding and Laminating Service, Home Security Audits, Community Garden, Farmers Market, Support Groups –Stroke Recovery Club, Vision Impaired Group, Great Lakes Communities Against Family Violence, Visiting Services - Dept. of Housing, Legal Aid – Child Support Solicitor .

Homebase Youth Service (02) 6555 5622
17 Peel Street, Tuncurry (02) 6555 5685 fax

Postal Address: PO Box 250, Tuncurry 2428

Co-ordinator, Youth and Family Worker, Youth Development Worker, Aboriginal Youth Worker, Playgroup Co-ordinator. Mediation and support for young people and families,youth programs, court support, information and referral, playgroup.

Loop Youth Space (02) 6555 5622

9 South Street, Tuncurry

Contact: Homebase Youth Service

Manning Valley Neighbourhood Services

Old Courthouse Building,

3 Farquhar Street, Wingham

Postal Address PO Box 75, Wingham 2429

email mvns@swiftdsl.com.au

Information, Referral, Advocacy, Emergency Relief, Tax Help, Photocopying Fax & Computer Service, Resumes, Regional Migrant Worker, Multi-Cultural Group, Neighbourhood Kitchen, Playgroup, RTA Computer Simulator, Community Garden

(02) 6553 5121

Salvation Army

7 South Street, Tuncurry

Postal Address: PO Box 21, Tuncurry. 2428

Welfare-

Wed, Fri. 9.00am-11.30am - Church Hall,7 South Street, Tuncurry

Appointments must be pre booked

Forster Quarters – Major Eddie & Eva Phillip

(02) 6554 6101

(02) 6555 4418

Salvation Army Family Tracing Service

Postal Address: PO Box A435, Sydney South 1232

The primary purpose of the Family Tracing Service is to reconcile families and re-open communication, whether the breakdown has been for a long or short period. With around 60% of enquiries coming as a result of family breakdown, the work is very much about 'bringing families together'.

(02) 9211 0277

fax (02) 9211 2044

St. Vincent de Paul

124 Little Street, Forster

Welfare Officer

(02) 6554 6079

(02) 6555 8195

YOUTH SERVICES

Australian Air Force Cadets

317 Squadron email:squadron317@hotmail.com

Macquarie Barracks

Muldoon Street, Taree

Email: admino.317sqn@aafc.org.au

Air cadets is a voluntary youth organization sponsored by the air force and is an ideal opportunity for young people. The cadets meet every Wednesday during school terms at the Macquarie Barracks in Muldoon Street, Taree between 6.00pm

(02) 6552 2472

and 9.00pm. The training program covers aviation, survival, drill, service knowledge, field craft, leadership activities, abseiling, canoeing and rifle shooting. For more details telephone the squadron on Wednesday evenings (during school terms). The squadron is looking for young men and women aged 13 to 18 years of age.

Family Support Youth Service

(02) 6551 2560

Mens Relationship Service
Tennyson Woods Centre, Wynter Street, Taree
Postal Address PO Box 759, Taree 2430

Homebase Youth Service

17 Peel St , Tuncurry
Postal Address: PO Box 250, Tuncurry
Open Monday to Friday – 9.00am to 5.00pm

(02) 6555 5622

(02) 6555 5685 fax

Aboriginal Youth Worker- Organises programs for young aboriginal people-sporting activities, cultural programs

Aboriginal family support worker – Working with young families with children 0-8 years. Assists & supports in accommodation, information & referral. Organises programs, activities and camps

Playgroup Co-ordinator- Tuesday & Thursday playgroup at Homebase. Guest speakers and workshops. Fun & information for kids and parents.

Youth and Family Worker – Mediation & support for young people and families. Assistance to find & keep accommodation. Workshops for youth at risk. Court support, information & referral.

Youth Development Worker- Researches the needs of young people in the Great Lakes. Organisation of youth events. Funding & resources for youth programs. Youth information.

The Loop

South Street Tuncurry
Contact: Homebase Youth Service

(02) 6555 5622

Youth Pathways

Suite 13, Forster Arcade, 41 Wharf Street, Forster
The objectives of Youth Pathways is to assist the most at risk of leaving school and not making a smooth transition to further training or employment.
Local Youth Pathways consultant covers the Great Lakes area and Dungog

0428 277 944

YOUTH GROUPS

Youth groups are available through local Churches, Schools, and Clubs