



Central Coast Community Directory

Connecting Care
...it's in our nature

PO Box 220 / DX 70506
19 King Edward Street
Ulverstone Tasmania 7315
Tel 03 6429 8900
Fax 03 6425 1224
www.centralcoast.tas.gov.au

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Aboriginal Services

ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare Drug & Alcohol Treatment Service

51 Wilmot Street, Burnie 7320 GPO Box 1620, Hobart 7001

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

ASAP – Attempted Suicide Aftercare Program

Support service for people (and their family and other key support people) who have attempted suicide and who are not receiving case management from Mental Health Services (Public),

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Asthma Australia

1/89 Brisbane St, Hobart 7000

Most of the time we take our breathing for granted.

Inhale, exhale, inhale, exhale. But for people with asthma, the simple act of breathing can be a difficult and terrifying experience. At Asthma Australia we help people to breathe so they can live freely.

Phone.....03 9086 7866

Email: jtyler@asthma.org.au

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

Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café helps people living with dementia, as well as carers, to make connections with each other and the broader community

Phone.....6429 8900

Email: admin@centralcoast.tas.gov.au

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

Engender Equality

Engender Equality is a confidentially located service. Engender Equality offers trauma informed counselling and support to people who have been affected by Family Violence

Phone.....62789090

Email: admin@engenderequality.org.au

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

Headspace

Level 1, 33-35 Steele St, Devonport 7310

Support and assistance finding accommodation or related support services. Mental health workers. Assist you with work or study opportunities. Find out about local employment opportunities. Assist you with any alcohol or other drug issue.

Phone.....6424 2144

Email: devonport@csys.com.au

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

Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: Devonport@hearing.com.au

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

Lifeline

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

MPA offers fully funded mindfulness courses, paid courses, and professional development.

Phone.....0488 064 228

Email: admin@mindfulnessaus.com.au

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

Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

Molenda provides activities (farm, craft, horse therapy, hospitality etc), on a 17 acre heritage property 3km from Ulverstone on the Castra Road.

Phone.....0427 127 754

Email: molenda@skymesh.com.au

No 34. Aboriginal Health Service Rural Health Tasmania

34 Alexandra Road Ulverstone 7315

Our Service assists Aboriginal and/or Torres Strait Islander peoples better support and improve their health, with access to health specialists and other service providers.

Phone.....6417 6080

Email: contactno34@ruralhealthtas.com.au

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

Patrick Street Clinic

6 Patrick St Ulverstone PO Box 337 Ulverstone 7315 7315

Private General Practice. Providing quality up to date medical care for patients incorporating best practice principals Providing the best service for patients whilst always maintaining compassion, empathy, respect and confidentiality. Close the Gap and Aboriginal and Torres Strait Islander health checks accessible.

Phone.....64251611

Fax.....6425 6669

Email: patrickstclinic@patst.com.au

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

Patrick Street Clinic Penguin

19 Ironcliffe Road Penguin PO Box 337 Ulverstone 7315 7316

Private General Practice. Providing quality up to date medical care for patients incorporating best practice principals Providing the best service for patients whilst always maintaining compassion, empathy, respect and confidentiality. Close the Gap and Aboriginal and Torres Strait Islander health checks accessible.

Phone.....6437 0955

Fax.....6437 0755

Email: penguin@patst.com.au

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

Relationships Australia

Relationships Australia Tasmania offers Counselling, Mediation, Family Dispute Resolution, Employee Assistance Program, Tasmanian Suicide Prevention Network, MENS Program (Men Engaging New Strategies), Redress Support Services, Children's Contact Services. Most services are offered via 'phone or video call (as well as Face-to-face). Many of the services are free of charge.

Phone.....6421 3600

Email: comms@reltas.com.au

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

Richmond Fellowship

Ulverstone 7315

Richmond Fellowship Ulverstone provide a residential service along with outreach and a recreation program.

Phone.....6425 1050

Email: chrism@rftas.org.au

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

Rural Alive & Well INC

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

Email: admin@rawtas.com.au

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

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Children & Youth Services

1st Penguin Scout Association of Australia

PO Box 24 Penguin 7316

Phone.....0425 213 700

Anglicare Child and Youth Mental Health Support

51 Wilmot street, Burnie GPO Box 1620, Hobart 7001
Early intervention support for vulnerable families with children and young people (0-18) who are showing early signs of or at risk of developing mental illness.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001
We provide Practical, Social and Emotional Support as well as Parenting Education and Skill Building.

Phone.....1800 243 232

Email: kids@anglicare-tas.org.au

Website: <http://anglicare-tas.org.au>

Anglicare's Reconnect Program

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001
The Reconnect program uses community-based early intervention services to assist young people aged 12 to 18 years who are homeless, or at risk of homelessness, and their families.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's Relationship Abuse of an Intimate Nature (RAIN)

51 Wilmot Street, Burnie GPO Box 1620 Hobart
Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's Supported Youth Program

51 Wilmot Street Burnie GPO Box 1620 Hobart
SYP supports young people aged between 10-18 who are disengaging from education and/or are at risk of homelessness; may also have mental health, AOD issues and/or involvement in the Youth Justice system.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Asthma Australia

1/89 Brisbane St, Hobart 7000

Most of the time we take our breathing for granted. Inhale, exhale, inhale, exhale. But for people with asthma, the simple act of breathing can be a difficult and terrifying experience. At Asthma Australia we help people to breathe so they can live freely.

Phone.....03 9086 7866

Email: jtyler@asthma.org.au

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

Australian Naval Cadets, TS Leven

PO Box 92 Ulverstone 7315

Cadets recruited 1st year of High School. Ages vary from 13-19 years. Organisation based on RAN ship. Training covers a wide spectrum including citizenship, seamanship, first-aid, gunnery, cooking, sailing, boat handling (both sail and power), survival swimming, leadership, rigging, knots and splices etc.

Phone.....0427 542 890

Email: sjradford@bigpond.com

Catholic Church Youth Group

PO Box 362 Devonport 7310

Phone.....6424 8383

Central Coast Girl Guides

34 Main Street Ulverstone 7315

guides meet Mon-Wed for girls aged 5-18 years.

Phone.....6425 4946

Email: stuart_c_edwards@outlook.com

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

CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

Email: office@chatcentre.com.au

Child Development Unit - North West

35 Mace Street Montello 7320

The Child Development Unit - North West provides a comprehensive free assessment and referral service for children 0 - 5 years of age who are suspected of having delays in one or more areas of their development.

Phone.....6477 7323

Website: https://www.health.tas.gov.au/service_information/service_delivery_points/child_development_unit_north_west

Child Health Centre - Penguin

Patrick Street Clinic, 19 Ironcliffe Road, Penguin 7316

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

Phone.....1300 064 544

Website: https://www.health.tas.gov.au/service_information/service_delivery_points/child_health_centre_-_penguin

Child Health Centre - Ulverstone

Child Health Centre 56 Victoria Street, Ulverstone 7315

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

Phone.....1300 064 544

Website: https://www.health.tas.gov.au/service_information/service_delivery_points/child_health_centre_-_ulverstone2

Debbie's Little Buddies

Debbies Little Buddies is an Early Learning Centre for children aged 0-12.

Phone.....64371077

Email: dlbuddies@bigpond.com

Website: http://www.facebook.com/pg/dlbuddies/about/?ref=page_internal

Discovery Early Learning Centre

24 Buttons Avenue Ulverstone 7315

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

Phone.....1300 663 125

Fax.....6425 6639

Email: ulverstone@discoveryelc.com.au

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

Dragonfly Counselling and Consulting

55 Best Street Devonport 7310

Individual and couples counselling. Need someone to help talk through your current issues/hurdles. Give us a call.

Phone.....0409 408 501

Email: dragonflycandc@bigpond.com

Website:

<http://www.dragonflycounsellingconsulting.com.au>

Family Based Care Tasmania

73-75 Mount Street, Burnie 7320

A non-faith-based Provider of individualised support services to the aged, disabled and their carers enabling individuals to live safely and independently in their homes for longer. We always do our best to provide care that is the right fit at the right time in the right place.

Phone.....03 6431 8411

Fax.....03 6431 1417

Email: admin@familybasedcare.org.au

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

Forth Primary School

45 Wilmot Road, Forth 7310

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

Phone.....6428 2282

Email: forth.primary@decyp.tas.gov.au

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

Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: Devonport@hearing.com.au

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

KiF - Kids in Focus

Provides support and counselling to parents who are using alcohol or other drugs; and can also provide counselling and support for children.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Leven District Scout Association of Australia

PO Box 433 Ulverstone 7315

The general function of the Association is to safeguard and encourage scouting whilst maintaining the independence of the several scout groups in the Leven District.

Phone.....6425 2818

Libraries Tasmania - Penguin Library

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: devonport.library@libraries.tas.gov.au

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

Lifeline

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

Molenda provides activities (farm, craft, horse therapy, hospitality etc), on a 17 acre heritage property 3km from Ulverstone on the Castra Road.

Phone.....0427 127 754

Email: molenda@skymesh.com.au

NESTS - North-West Early Start Therapeutic Support

NESTS provides early therapeutic intervention to 'hard to engage', 'at risk' families on the verge of Child Protection involvement.

Phone.....1800 000 123

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

New Mornings

14 Amherst Street West Ulverstone 7315

New Mornings is a Christian Mental Health Support organisation that aims to : To prevent mental illness by equipping individuals to grow in resilience and by increasing their community connections. To encourage and equip people who support others with mental illness. To support and equip individuals with mental illness to maximise recovery and help prevent relapse.

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

Email: alison.whishaw@newmornings.org.au

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

North & North West Sexual Assault Support Service TA Laurel House

Po Box 1062 Launceston 7250

Laurel House provides face-to-face counselling to adults and children affected by sexual assault across Northern Tasmania. We also provide a 24/7 crisis response service which can assist you with an immediate crisis as a result of a recent, or historical assault, hospital attendance or speaking with police.

Phone.....(03) 6334 2740

Email: info@laurelhouse.org.au

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

North Motton Rural Youth Club

153 Preston Road, Gawler 7315

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

Phone.....0429 405 164

Email: northmottonry@hotmail.com

Nurture Clinical Psychology

Lancaster House, 1 B Reibey Street Ulverstone 7315

Supporting children and families with emotional problems, autism and parenting

Phone.....0438360617

Fax.....0364446622

Email: adelle@nurtureclinicalpsychology.com.au

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

Parent Line

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

Phone.....1300 808 178

Parenting Centre - North West

35 Mace Street, Burnie 7320

The North West Parenting Centre offers short term intensive support for families experiencing difficulties and pressures associated with parenting.

Phone.....6477 7323

Website: https://www.health.tas.gov.au/service_information/service_delivery_points/parenting_centre_-_north_west

Penguin Football Club

Dial Park Penguin 7316

The Penguin Football club aims to serve our community with pride and passion

Phone.....0407076497 or Bookings
0400 592 648

Email: penguinfootballclub@gmail.com

Website: <http://penguinfc.com.au/>

Playgroup Tasmania

PO Box 799 Launceston Tas 7320

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

Phone.....1800 171 882

Progress Ahead Life Coaching

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

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

Phone.....0403081089

Email: team@progressaheadlifecoaching.com

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

Relationships Australia

Relationships Australia Tasmania offers Counselling, Mediation, Family Dispute Resolution, Employee Assistance Program, Tasmanian Suicide Prevention Network, MENS Program (Men Engaging New Strategies), Redress Support Services, Children's Contact Services. Most services are offered via 'phone or video call (as well as Face-to-face). Many of the services are free of charge.

Phone.....6421 3600

Email: comms@reltas.com.au

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

Rotaract Club of Central Coast

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

Email: centralcoastrotaract@hotmail.com

Website:

<http://www.rotaryulverstonewest.org.au/contact-rotaract>

Rural Alive & Well INC

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

Email: admin@rawtas.com.au

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

Slipstream Circus

7 Flora St, Ulverstone 7315

Slipstream Circus is a non-profit Youth Circus. Slipstream conducts classes in circus skills for all ages and skill levels. We aim to foster personal development as well as cooperation and community involvement. Circus Classes, Workshops and Performances for events and festivals. School Programs & Social Circus to the community.

Phone.....0459 028 352

Email: office@slipstreamcircus.org.au

Website: <https://www.slipstreamcircus.org.au/home>

Stepping Stones Children's Centre

11 Moore Street Ulverstone 7315

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

Phone.....6425 6524

Fax.....6425 6824

Email: admin@sharingthecare.com.au

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

TS Leven Unit Support Committee Inc

PO Box 92 Ulverstone 7315

Provide community support to the Australian Navy Cadets – TS Leven. Fundraise, sponsor the training ship and promote the interests of the ANC within the local community.

Phone.....0448 295 297

Email: tsleven@cadetnet.gov.au

Website: <http://www.cadetnet.gov.au>

Turners Beach Playgroup

Esplanade Turners Beach 7315

Turners Beach Playgroup is a parent run playgroup for 0-5 year olds and their families. Sessions run on Friday 10.00am-12.00pm. Parents should provide a morning tea for their children to bring to our Play Centre. Indoor and outdoor play areas. Our playgroup operates during the school term only. All welcome.

Phone.....6428 3131

Website: <http://turnersbeachplaygroup@gmail.com>

Ulverstone Basketball Association

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages

Phone.....0408777604

Email: ulverstonebasketball@outlook.com

Ulverstone Child Care Centre

7 Alexandra Road Ulverstone 7315

The Centre is sponsored by the central Coast Council. It is run as a non-profit organisation to offer the community a choice of quality childcare. The Child Care Centre, the Outside School Hours Care and Vacation Care programs, which operate at Penguin, East Ulverstone and Forth, are part of the Community Services Division of the Council.

Phone.....64253505

Email: ulvchildcare@centralcoast.tas.gov.au

Website: <https://www.centralcoast.tas.gov.au/childcare/>

Ulverstone Library

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: ulverstone.library@libraries.tas.gov.au

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

Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone PO Box 5036, West Ulverstone 7315 7315

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

Phone.....6425 4186

Email: admin@unh.org.au

Ulverstone Physiotherapy

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: ulverstonephysio@gmail.com

Ulverstone Softball Association

Ulverstone 7315

Softball, open to players six years of age, and older men and women. Games are played Saturdays, October through to March. Men's games are played Monday nights.

Phone.....0408752950

Email: ulverstonesoftball@gmail.com

Warrabee Women's Shelter

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

Phone.....6425 1382

Email: info@warraweewomensshelter.com.au

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

Wetaway Program

11 Jones Street, Burnie 7320

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

Phone.....1300 064 544

Email: chapsadminnorthwest@ths.tas.gov.au

Website: http://www.health.tas.gov.au/service_information/services_files/wetaway_program

Youth Services

Youth Centres/Clubs

Catholic Church Youth Group, Ulverstone

PO Box 362 Devonport 7310

Father John Girdouskas.....6424 2783

Office.....6424 8383

Enormity Inc

PO Box 558 Ulverstone 7315

Enormity is a not-for-profit youth organization that aims to provide positive activities and experience for young people and to assist the community wherever possible.

Steve Martin0418 614 781

Emailenormity96@hotmail.com

Websitewww.santarun.com.au

Website www.stevemartin.com.au/enormity/

Central Coast Girl Guides

34 Main Street Ulverstone 7315

Guides meet Mon-Wed for girls aged 5-18 years.

Linda Van Rooyen (Dist Leader).....6425 4946

District Management Team

Stuart Edwards (Pres).....0438 586 059

Email stuart_c_edwards@outlook.com

Michelle Otten (Sec).....

Email

Guide headquarters (03) 6244 4408

Emailoffice@guidestas.org.au

Website www.guidestas.org.au

Australian Naval Cadets, TS Leven

PO Box 92 Ulverstone 7315

Cadets recruited 1st year of High School. Ages vary from 13-19 years. Organisation based on RAN ship. Training covers a wide spectrum including citizenship, seamanship, first-aid, gunnery, cooking, sailing, boat handling (both sail and power), survival swimming, leadership, rigging, knots and splices etc.

Stephen Radford (CPO ANC) 0427 542 890

Emailsgradford@bigpond.com

TS Leven Unit Support Committee Inc

PO Box 92 Ulverstone 7315

Provide community support to the Australian Navy Cadets – TS Leven. Fundraise, sponsor the training ship and promote the interests of the ANC within the local community.

Steven Saward (Pres) 0448 295 297

Lacresha Saward (Sec)..... 0497 267 970

Jackie Flannery (Treas)..... 0419 714 101

Email.....tsleven@cadetnet.gov.au

Website.....www.cadetnet.gov.au

North Motton Rural Youth Club

Rural Youth Organisation of Tasmania Inc

153 Preston Road, Gawler 7315

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

Ryan Langley (Pres)..... 0429 405 164

Ethan Williams..... 0448 320 628

Email..... northmottonry@hotmail.com

Leven District Scout Association of Australia

PO Box 433 Ulverstone 7315

The general function of the Association is to safeguard and encourage scouting whilst maintaining the independence of the several scout groups in the Leven District.

Robert Milnes (District Commissioner)6428 2381

Email.....robertanthonymilnes@gmail.com

Joscelyn McKenna

(Ass District Comm)6425 3121

Kim Dudley (Pres)6425 2818

Roz White (Sec)6425 4683

Jan Bonde (Treas).....6425 3421

1st Penguin Scout Association of Australia

PO Box 24 Penguin 7316

Cubs (8-11yrs) Tuesday 5.30pm–7.00pm

Scouts (12-15yrs) Wednesday 6.30pm–8.30pm

Tara (Secretary).....0425 213 700

Cassie (Treasurer)0400 073 110

Email 1penguinscouts@gmail.com

1st 2nd Ulverstone Scout Group

131 Gawler Road Gawler 7315

Cubs – Wednesday 6.30pm–8.00pm

Scouts – Tuesday 7.00pm–9.00pm

Mr Chris McKenna6425 7012

Leven District Venturer Unit

(PO Box 433) Alexandra Road Scout Hall

Ulverstone 7315

15-18 yrs. – Mondays 7.00pm

Chris Smith.....6425 2980

Email mitchell-smith@bigpond.com.au

Leven District Rover Crew

(PO Box 433) King Edward Street Hall Ulverstone 7315

18-26 yrs. - Mondays 8.00pm

Mr Kim Dudley.....6425 2818

Motton Preston Cub and Scout Group

7 Church Road North Motton 7315

Scouts 11-15 yrs. Cubs 8-11 yrs. Joeys 6-8 yrs.

Meet at North Motton Hall each Thursday, 7.00-8.30pm during school terms.

Tracey Howard.....0409 669 138
Email tphoward@bigpond.com

Paton Park Scout Camp

640 Allison Road North Motton 7315
400 acres of camp ground with accommodation for up to 60 people at the camp dormitory with abseiling and rock climbing tower available.
Gaylene Wilson (Booking Officer).....6425 7767
Robert Milnes (Dist Commissioner)6428 2381
Joscelyn McKenna (Ranger).....6425 3121
Website www.patonparktasmania.com.au

Reformed Church Youth Group, Ulverstone

PO Box 3184 MDC Ulverstone 7315
Boys and girls meet for Bible study, craft, games, outings, camps etc.
Geoffrey.....
Mobile.....
Email.....geoffrey.davis@education.tas.gov.au
Salvation Army Youth Activities, Ulverstone
PO Box 63 Ulverstone 7315
Phone6425 5382

Turners Beach Scout Group

58-60 Explanade Turners Beach 7315
PO Box 89 Ulverstone 7315
Cubs (8-11yrs) Wednesday 6.30pm to 8pm
Scouts (11-15yrs) Wednesday 6.30pm to 8.30pm
Boys and girls meet at Turners Beach Hall during school terms – hiking, camping, challenges, life skills and fun.
Eunice Horne (Group Leader)..... 0438 598 571
Anthony Brandsema (Pres).....6428 3127
Greg Edmunds (Sec)..... 0437 361 872
Sandra Bramley (Treas).....6428 3410
Email.....horneeunice@gmail.com

Youth Workers

Seventh Day Adventist Youth Minister (Ulverstone)

Pastor Kwan Matautia6408 5355
Email..... kwantas76@gmail.com

Youth, Family and Community Connections

62 Stewart Street, Devonport 7310
YFCC provide a range of services to young people, families and individuals in communities across the North West Coast and West Coast of Tasmania, with the aim that they are able to access to the support, encouragement and resources they need.
Phone.....(03) 6423 6635
Email: yfcc@yfcc.com.au
Website: <http://www.yfcc.com.au>

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Community Committees

Community Committees

Business

Switch Tasmania

PO Box 829 Ulverstone 7315

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

Martin Brinkman

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

Email martin@switchtasmania.com.au

Jodie Clark, (Executive Officer)0438 923 049

Emailjodie@switchtasmania.com.au

Website www.switchtasmania.com.au

Tourism Associations

Central Coast Chamber of Commerce and Industry Inc

"Our Business is Your Business"

PO Box 300 Ulverstone 7315

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

Nathan Kelly (Pres).....0488 661 355

..... president@centralcoastcci.com

Robert Tucker (Vice Pres).....

Vicky Pearson (Sec).....0429 187 729

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

Emailtreasurer@centralcoastcci.com

Yolande Vandenberg.....

(Promotions Coordinator)0419 505 327

Email promotions@centralcoastcci.com

Email admin@centralcoastcci.com

Website www.centralcoastcci.com

Caves to Canyon Tourism Association

The Caves to Canyon Tourism Association is dedicated to the promotion of tourism in the Leven River Valley area and as part of a major sustainable industry, will contribute meaningfully to the network of regional tourism development in the North West of Tasmania. Become a member contact:

Tony O'Neil (Pres).....6425 3449

Emailtonyon@bigpond.com

National Trust

National Trust of Tasmania

PO Box 443 Kings Meadows 7249

Trust's aim is the preservation of our heritage.

Phone6344 6233

Email.....admin@nationaltrusttas.org.au

Website.....www.nationaltrust.org.au

Coast Care

Sulphur Creek/Preservation Bay Coast Care

C/ The Secretary, 212 Preservation Drive

Preservation Bay 7316

Coast care groups are made up of local volunteers who care for their coast. Our current project is to clear weeds and replace them with native plants. Meet 10.00am – 12.00pm every fourth Saturday of each month.

Frank Wilson (Pres).....6435 4285

Mobile..... 0439 270 272

Email..... f.wilson8@bigpond.com

The Friends of Reid Street Reserve

PO Box 3088 Ulverstone 7315

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

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

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

Turners Beach Coast Care Inc

25 Turners Avenue Turners Beach 7315

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

Wendy Horniblow (Sec/Treas) 0497 098 880

Email.....whorniblow@mrc.tas.edu.au

Ulverstone Coast Care Group

PO Box 214 Penguin 7316

Robyn Parker 0418 142 790

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

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

Progress Associations

Castra, Sprent & Nietta Community Advisory Committee

PO Box 77 Ulverstone 7315

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

249 Preston Road, North Motton

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

Business Hours6425 1633

Forth Community Representative Committee

PO Box 366 Forth 7310

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

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

Email mark1949@bigpond.net.au

Gunns Plains Community Centre Association

Community Centre, 957 Gunns Plains Road

Gunns Plains

Postal Address: C/- 321 Raymonds Road

Gunns Plains 7315

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

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

Email sendtosonia@rocketmail.com

Yvonne Downes (Vice Pres)6429 1353

Emailennovyar@gmail.com

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

Email swolly@optusnet.com.au

Wendy Donschuk (Sec)6429 1140

Email mwdonschuk@bigpond.com

Heybridge Improvement Association

1 Sice Avenue Heybridge 7316

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

Mr Dale Clarke (Pres)6435 4340

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

North Motton Community Support Group

584 Preston Main Road North Motton 7315

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

Sue Rodman6425 3369

Mobile..... 0439 062 470

Riana Pioneer Park Tourist Management

Association Inc

1399 Pine Road Riana (C/- PO Riana) 7316

(1 km past Riana)

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

Caroline Midgely (Bookings)6437 6137

Shows

Ulverstone Show Society

PO Box 17 Ulverstone 7315

The Show is usually held on the Saturday of the November long weekend. Schedules for home industries, livestock, poultry, horse and arena events are available from 1 September. Closing date for all entries is 8 October for all sections. Applications for trade and exhibition space from organisations, companies and individuals available from 1 July from the Secretary.

David Broadbent (Pres).....6425 1703

Kevin Chambers (Sec)6425 1703

Mobile..... 0422 945 705

Ron Wilson (Treas)6425 1703

Office6425 1703

Email..... ulverstoneshow@gmail.com

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Community Services

A Tasmanian lifeline

Lifeline Tasmania has set up a new service for Tasmanians, specifically to deal with unprecedented demand for information, advice and support because of the coronavirus pandemic, called A Tasmanian Lifeline.

Phone.....1800 98 44 34

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

ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Alcoholics Anonymous Australia

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Phone.....1300 222 222

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

Anglicare Drug & Alcohol Treatment Service

51 Wilmot Street, Burnie 7320 GPO Box 1620, Hobart 7001

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare Gamblers Help Counselling Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Free and confidential personal and family counselling for problem gambling

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

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001
We provide Practical, Social and Emotional Support as well as Parenting Education and Skill Building.

Phone.....1800 243 232

Email: kids@anglicare-tas.org.au

Website: <http://anglicare-tas.org.au>

Anglicare's Reconnect Program

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001
The Reconnect program uses community-based early intervention services to assist young people aged 12 to 18 years who are homeless, or at risk of homelessness, and their families.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's Relationship Abuse of an Intimate Nature (RAIN)

51 Wilmot Street, Burnie GPO Box 1620 Hobart
Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's Supported Youth Program

51 Wilmot Street Burnie GPO Box 1620 Hobart
SYP supports young people aged between 10-18 who are disengaging from education and/or are at risk of homelessness; may also have mental health, AOD issues and/or involvement in the Youth Justice system.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Arthritis & Osteoporosis Tasmania

19A Main Road, Moonah, Tasmania 7009
A small, largely voluntary charitable organisation, Arthritis & Osteoporosis Tasmania provides information, education and community support services to Tasmanians living with arthritis, osteoporosis and related conditions.

Phone.....0362284824

Fax.....N/A

Email: info@arthritistas.org.au

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

ASAP – Attempted Suicide Aftercare Program

Support service for people (and their family and other key support people) who have attempted suicide and who are not receiving case management from Mental Health Services (Public),

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Australia Red Cross - Ulverstone Branch

49 King Edward Street, Ulverstone PO Box 398, Ulverstone 7315

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

Phone.....0415 809 703

Email: cday@redcross.org.au

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

Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy

Phone.....Tana 0428 204 076 or

Marion 0409 899 136 (co Group Leaders)

Email: ptmcmullen60@bigpond.com

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

Australian Red Cross Telecross Service

Henry Wheeler Place, Gosford 2250

A free daily morning welfare call to check you're okay between 8.00am – 9.00am 7 days per week. This services is provided by friendly volunteers

Phone.....4322 2144

Fax.....4302 0880

Email: dfouche@redcross.org.au

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

Autism Tasmania

9 King Street, Burnie 7320

We provide information, assistance, and resources for people on the spectrum and those who support them.

We are committed to improving the lives of adults and children on the autism spectrum, their families, and carers; and to improve community awareness, acceptance, and understanding of autism.

Phone.....03 6722 5000

Email: autism@autismtas.org.au

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

Baptcare Horizons

Baptcare Horizons program supports anyone with a Mental Illness that is severe and episodic in nature.

Phone.....1800 290 666

Email: myhorizons@baptcare.org.au

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

Baptcare TasConnect

Baptcare Mental Health TasConnect is a free phonenumber supporting Tasmanians with mental health concerns to identify which psychosocial service is best suited and provide them with accurate information on how that service can be accessed.

Phone.....1800 290 666

Email: osmith@baptcare.org.au

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

Care Beyond Cure Inc

PO BOX 3069 Ulverstone TAS 7315

Care Beyond Cure Inc is a local charity Vision: To relieve the suffering and distress of individuals with a diagnosed progressive life-limiting illness and their family carer through the provision of practical assistance. Mission: work to establish and develop programs reflective of the Care Beyond Cure vision.

Phone.....0407427575

Email: carebeyondcure2@gmail.com

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

Care Forward

11 Steele Street, Devonport, TAS 7310

Providing health and home care, Care Forward is Tasmanian, locally-owned, operating State-wide, since 1999 -- specialising in services designed to support the independence of older Tasmanians and people living with chronic conditions or disabilities.

Phone.....1300 364 876

Fax.....62447711

Email: info@careforward.com.au

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

Carers Tasmania

10 Strahan Street, Burnie 7320

We provide support to family & friend carers across the state

Phone.....03 6144 3729

Email: peak@carerstasmania.org

Website: <https://www.carerstas.org/>

Central Coast Adult Day Centre

48 Water St Ulverstone 7315

The Central Coast Adult Day Centre caters for older (65+), socially isolated people, as well as younger (18+) disabled adults. They provide group and individual lifestyle and leisure assessments and programs to maintain and enhance the quality of life for clients attending.

Phone.....6464 3091

Fax.....6464 3294

Email: lorise.evison@ths.tas.gov.au

Chats - Lifeline

78a Oldaker Street Devonport 7310

The Chats Program aims to help you to improve your health, happiness and confidence and reduce any feelings of loneliness or isolation.

Phone.....(03) 6424 6547

Website: <https://www.lifeline.org.au/tasmania/chats-program>

Central Coast Community Health Centre

48 Water Street, Ulverstone 7315

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

Phone.....6464 3080

Fax.....6464 3294

Email: centralcoast.chc@ths.tas.gov.au

Central Coast Community Shed

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0458407872 or 64298959

Email: melissa.budgeon@centralcoast.tas.gov.au

Website: <http://centralcoast.tas.gov.au/community-shed/>

Central Coast Council

19 King Edward St Ulverstone 7315

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

Phone.....64298900

Email: admin@centralcoast.tas.gov.au

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

Central Coast Film Society

6 Dial street Ulverstone 7315

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

Phone.....0364254572

Email: centralcoastfilms@gmail.com

Central Coast Garden Club Inc

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

Phone.....6425 5203 / 0439368144

Community Information

Aurora Energy

Payments offices:
Post Office: 80 Main Road Penguin 7316
Post Office: Reibey Street Ulverstone 7315
Devonport Office132 003

Markets

Cradle Coast Farmers Market

Ulverstone Wharf, Wharf Road, Ulverstone
Open every Sunday 8.30am–12.30pm
Cradle Coast Farmers Market on the banks of the Leven River in Ulverstone offers fresh produce direct from the producer to you. For further information contact:
Phone 0497 622 311
Email.....nwfmtas@gmail.com
Stuart Burridge 0409 588 993
Email.....sburridge@live.com.au
Website.....
www.cradlecoastfarmersmarket.weebly.com

Penguin Market

(PO Box 289) Arnold Street Penguin
Open every Sunday 9.00am–3.30pm
Tasmania's largest undercover market with 70 stalls including art, craft, second-hand items and food stalls. Also open Thursday, Friday, Saturday and Sunday is "The Gallery" which has wood work, nursery, hair dresser and artists. For further information contact:
Sharon Beckett..... 0400 903 031

Deer Association

Australian Deer Association - NW Branch
89 Penambul Drive Devonport 7310
Meetings at held at the Blyth Heads Hall Heybridge on the 3rd Friday of every 2nd month at 8.00pm for anyone interested in wild deer.
Michael Williams (Pres) 0428 754 629
Vacant (Sec)
John Bruce (Treas) 0428 140 811
Websitewww.austdeer.asn.au

State Emergency Service

16 Grove Street Ulverstone 7315
SES Local Unit6425 4810
Phone manned only on call outs
SES Regional Head Quarters6477 7293
Wilson Street, Burnie
Central Coast Depot
Depot Fax.....6425 6592
AH Fax6425 9678
Unit6425 4810
Harold Priest (Manager).....0417 599 629

Kurt Carey (Deputy Manager).....0408 124 425

Relay for Life

North West (Penguin) Relay for Life Committee
Phil McCulloch (Project Officer)03 6419 4200
Mikki Genge, MFIA.....03 6169 1910
Email mgenge@cancertas.org.au

Service Tasmania

54-56 King Edward Street Ulverstone 7315
Phone.....1300 135 513
Websitewww.service.tas.gov.au

TasWater

Shop and Administration Office:
18 Steel Street Devonport 7310
GPO Box 1393 Hobart TAS 7001
Open: 8.30am to 5.00pm Monday to Friday
Phone136 992
Fax..... 1300 862 066
Website..... www.taswater.com.au

Telstra Australia

Payment offices:
Post Office - 80 Main Road Penguin 7316
Post Office - Reibey Street Ulverstone 7315
Residential Customers132 200
Faults and Service Difficulties132 003

Volunteer Fire Brigades

Tasmanian Fire Service

48 Alexander Street Burnie 7320
For information relating to Volunteer Fire Brigades:
NW Regional Headquarters64346700
.....1300 008 337
Fire Permit Info.....1800 000 699
Website www.fire.tas.gov.au
Email tfe@fire.tas.gov.au
Emergencies000
Emailulverstone.volunteers@fire.tas.gov.au

Concession Card Booklets

Websitewww.humanservices.gov.au
The Department of Premier and Cabinet
Website www.concessions.tas.gov.au
Phone.....1300 135 513
Tasmanian Seniors Card
Websitewww.seniors.tas.gov.au
Phone.....1300 135 513

Community Rapid Response Service (ComRRS)

The Community Rapid Response Service (ComRRS) provides health care for people who are at risk of needing to go to hospital with an acute illness, injury or deterioration of a pre-existing condition.

Phone.....0436 847 458

Website: https://www.health.tas.gov.au/ths/community_rapid_response_service_comrrs

Community Transport Services Tasmania

Offices in Kingston, Glenorchy, LAunceston, Ulverstone and Queenstown

CTST is a state-wide, community based, not-for-profit organisation that provides affordable door-to-door community transport for people aged over 65 years, or who have a condition preventing them from undertaking daily activities, such as a disability.

Phone.....1800 781 033

Email: info@ctst.org.au

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

Community Visitors Scheme

The Community Visitors Scheme aims to decrease social isolation in the community for older Tasmanians.

Phone.....(03) 6424 6547

Email: paula.proctor@lifelinetasmania.org.au

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

Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café helps people living with dementia, as well as carers, to make connections with each other and the broader community

Phone.....6429 8900

Email: admin@centralcoast.tas.gov.au

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

COTA (Council on the Ageing) Tasmania - Aged Care Navigator

12 Reeves Street South Burnie 7320

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

Phone.....0477 221 557

Fax.....n/a

Email: HeatherR@cotatas.org.au

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

Country Women's Association - Central Coast Branch

The Country Women's Association in Tasmania (Inc) is an iconic women's group which continues to improve the lives of women and children.

Phone.....6425 1061

Email: bufrench@bigpond.com

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

Dementia Australia

North West Coast 47B Best Street, Devonport 7310

Dementia Australia (formerly Alzheimer's Australia) is a unified, national peak body supporting people of all ages living with all forms of dementia, their families and carers.

Phone.....64258701 & National Helpline 1800100500

Fax.....64229605

Email: tas.admin@dementia.org.au

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

Dragonfly Counselling and Consulting

55 Best Street Devonport 7310

Individual and couples counselling. Need someone to help talk through your current issues/hurdles. Give us a call.

Phone.....0409 408 501

Email: dragonflycandc@bigpond.com

Website:

<http://www.dragonflycounsellingconsulting.com.au>

Engender Equality

Engender Equality is a confidentially located service. Engender Equality offers trauma informed counselling and support to people who have been affected by Family Violence

Phone.....62789090

Email: admin@engenderequality.org.au

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

Family Based Care Tasmania

73-75 Mount Street, Burnie 7320

A non-faith-based Provider of individualised support services to the aged, disabled and their carers enabling individuals to live safely and independently in their homes for longer. We always do our best to provide care that is the right fit at the right time in the right place.

Phone.....03 6431 8411

Fax.....03 6431 1417

Email: admin@familybasedcare.org.au

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

Headspace

Level 1, 33-35 Steele St, Devonport 7310

Support and assistance finding accommodation or related support services. Mental health workers. Assist you with work or study opportunities. Find out about local employment opportunities. Assist you with any alcohol or other drug issue.

Phone.....6424 2144

Email: devonport@csys.com.au

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

HPP – Hepatitis Prevention Program

Promote and facilitate access to testing for blood borne viruses. Provide support to people to enable them to commence and complete their hepatitis B and hepatitis C treatment. Prevent transmission of Hepatitis B and Hepatitis C. Promote and facilitate access to Hepatitis B vaccination.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Health Promotion Unit

48 Water St, Ulverstone 7315

We provide support and training for Health Promotion planning and activities with THS staff, as well as non-government organisations, community service organisations, local government, schools, and more.

Phone.....6464 3093

Email: jenelle.wells@ths.tas.gov.au

Website: <http://www.health.tas.gov.au/wihpw>

Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street

Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: Devonport@hearing.com.au

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

Hospice Care Association of North West Tasmania Inc

Level 3 Parkside Strahan Street South Burnie 7320 PO

Box 3256 MDC South Burnie 7320 7320

Hospice Care provides trained volunteers to sit with clients with a life-limiting illness, to ensure their carer can have some much-deserved respite on a regular basis. WE also provide transport to treatment and medical appointments,

Phone.....6477 7747

Email: hospice.burnie@ths.tas.gov.au

Website: <http://hospiceburnienw@org.au>

Justices of the Peace

Please phone the JP for appoint.

Ulverstone

BARFOOT Derek.....	6425 1215
FAIRFIELD Annette J	6425 7814
BROUGHAM Vicki.....	6425 2939
FULLER Cheryl L	0458 888 040
JONES Ross.....	0418 537 307
JACKSON Karen	0419 501 224
JENNINGS Beverley	0408 325 080
MARSHALL Trevor	6425 4828
MOTT Alfred	6425 1820
PARKER Garth	6425 4255
RASPIN Gene	6425 3068
SMITH Lorraine	6425 6242
VINEY Philip	6425 5388
WALSH Michael	6425 1489
WEEDA Jacob.....	6425 2862
WILLMOT Ray	6425 2653
Turners Beach	
CLAYTON Kerry.....	6428 2070
WEBB Victoria	6425 6702

Leith/Forth

ANTONYSEN Cornelis	6428 2675
PECK Leon John	6428 3030
NESHAM Suzanne	6428 2298
Gawler/North Motton/Gunns Plains	
COY Kevin G	6425 3511
JAMES Allen.....	6425 1517
MARSHALL Peter	6425 3124
PERKINS Elizabeth.....	0459 098 078

Penguin

BURTON Terry	6437 1468
CONROY Timothy	6437 2074
CORBETT Dudley	6437 2741
JOHNSTON Garth	6437 1749
PLAPP Phyllis	6437 2390

Riana/Cuprona/Howth/Suphur Creek

HISCUTT Desmond.....	6435 4302
HISCUTT Hugh.....	6435 4283
LANGHAM Lloyd	6437 6245
MURPHY Ross	0447 710 152
MORSE Heather.....	6435 4642
TEMPLAR Paul.....	6435 4633

Sprent

MCGRATH Corey	0419 212 780
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This information has not been verified. Please inform the Council on [03 6429 8900](tel:0364298900) if any of this information needs updating.

Phone.....Please see individuals phone numbers

KiF - Kids in Focus

Provides support and counselling to parents who are using alcohol or other drugs; and can also provide counselling and support for children.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Ladies Group - Central Coast Community Shed

Big blue shed at the back of the showgrounds, off Flora Street Ulverstone 7315

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

Phone.....6429 8959

Email: melissa.budgeon@centralcoast.tas.gov.au

Website:

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

Libraries Tasmania - Penguin Library

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: devonport.library@libraries.tas.gov.au

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

Lifeline

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

Lions Club of Forth Valley Inc

P.O. Box 319, Forth 7310

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

Phone.....0407877460

Email: forthvalley@lionstasmania.org

Lions Club of Penguin

Arnold Street, Penguin 7316

Providing community support and organising events for the community.

Phone.....6349 1048

Email: penguin@lionstasmania.org

Meals on Wheels (Penguin)

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

Email: pengion@mowtas.org.au

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

Meals on Wheels (Ulverstone)

15-19 Eastand Drive Ulverstone 7315

We coordinator, order and deliver meals to clients in the local community.

Phone.....6425 1331

Email: ulverstone@mowtas.org.au

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

Men Care Too

N/A 7315

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

Phone.....0400604231

Fax.....N/A

Email: mencaretoo.greg@gmail.com

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

Men's Shed Ulverstone

Big blue shed at the back of the showgrounds Ulverstone 7315

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

Phone.....0418 141 529

Email: mensshedulverstone@gmail.com

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

Mersey Community Care Association Inc

PO Box 286, Devonport 7310

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

Phone.....6424 8883

Email: mcca@merseycca.org.au

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

Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

MPA offers fully funded mindfulness courses, paid courses, and professional development.

Phone.....0488 064 228

Email: admin@mindfulnessaus.com.au

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

Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

Molenda provides activities (farm, craft, horse therapy, hospitality etc), on a 17 acre heritage property 3km from Ulverstone on the Castra Road.

Phone.....0427 127 754

Email: molenda@skymesh.com.au

NESTS - North-West Early Start Therapeutic Support

NESTS provides early therapeutic intervention to 'hard to engage', 'at risk' families on the verge of Child Protection involvement.

Phone.....1800 000 123

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

New Mornings

14 Amherst Street West Ulverstone 7315

New Mornings is a Christian Mental Health Support organisation that aims to : To prevent mental illness by equipping individuals to grow in resilience and by increasing their community connections. To encourage and equip people who support others with mental illness. To support and equip individuals with mental illness to maximise recovery and help prevent relapse.

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

Email: alison.whishaw@newmornings.org.au

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

North & North West Sexual Assault Support Service TA Laurel House

Po Box 1062 Launceston 7250

Laurel House provides face-to-face counselling to adults and children affected by sexual assault across Northern Tasmania. We also provide a 24/7 crisis response service which can assist you with an immediate crisis as a result of a recent, or historical assault, hospital attendance or speaking with police.

Phone.....(03) 6334 2740

Email: info@laurelhouse.org.au

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

North Motton Rural Committee

North Motton 7315

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

Phone.....0439 062 470

Email: rodus5@hotmail.com

North West Environment Centre/Penguin Community Garden

235 Ironcliffe Road Penguin 7316

The North West Environment Centre is a community organisation with the vision "to inspire a new perspective on our relationship with the environment and each other so that we may all act to create a socially harmonious and ecologically sustainable future."

Phone.....03 6425 6928

Email: secretary@nwec.org.au

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

North West Walking Club

PO Box 107, Ulverstone

We offer day and overnight walks, and occasional cycle and kayak trips.

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

Ombudsman Tasmania

Street address: NAB House, Level 6 86 Collins Street

Hobart Tasmania 7000 Postal address: Ombudsman

Tasmania GPO Box 960 HOBART TAS 7001 7000

You can contact our office if you have a complaint about Tasmanian state or local government administration. We act independently and don't take sides. We act in the public interest to resolve complaints and improve the standard of Tasmanian public administration. You can complain to us if you think you have been treated unfairly or unreasonably by a Tasmanian Public Authority.

Phone.....1800 001 170

Email: ombudsman@ombudsman.tas.gov.au

Website: <https://www.ombudsman.tas.gov.au/home>

Op-Shops

ADRA Opshop

1/25 King Edward Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.30am - 4.00pm

Phone.....6425 79250

Emailoffice@citymission.org.

City Misson

9-11 Fielding Way, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.00am - 5.00pm and

Saturday 9.00am - 4.00pm

Melissa McKenna (NW Manager)6431 9930

Phone.....6425 4698

Emailgail.saggers@citymission.org.au

Emailoffice@citymission.org.au

websitewww.launcestoncitymission

Lifeline - Ulverstone

3 Reibey Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.30am - 4.00pm

Phone6425 7439

Ulverstone Red Cross

57a Reibey Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.30am - 5.00pm and

Saturday 10.00am – 1.00pm

Phone6425 7956

Ulverstone Lions Club Community Shop

27 Victoria Street, Ulverstone

Furniture, Housewares, Brica_Brac and much more.

Open Monday to Friday 10.00am - 4.00pm

Email.....ulverstone@lionstasmania.org

The Salvation Army Ulverstone – Thrift Shop

19 Main Street, Ulverstone 7315

Clothing, Manchester, Furniture, Books,

Housewares, Brica_Brac and much more.

Phone6425 7423

Vinnies Ulverstone

25b King Edward Street, Ulverstone 7315

You can find great clothing, furniture, books, music and bric-a-brac at bargain prices at Vinnies shops.

Open Monday to Friday 9.00am - 4.00pm

Phone6425 3171

Outreach Op-Shop

107 Reibey Street, Ulverstone 7315

You can find great clothing, furniture, books, music and bric-a-brac at bargain prices.

Open Monday to Friday 9.00am – 5.00pm and

Saturday 9.30am - 2.30pm

Phone6425 3080

Email.....bakersacandmech@outlook.com

Other Service Clubs

Apex Club of Ulverstone

PO Box 88 Ulverstone 7315

Meeting times – every second Monday at 7pm.

Josh Rowe (Pres).....

Mark Williams (Sec)

Mark Gluyas (Treas)

Phone (Club)0448 565 947

Email ULVERSTONE@apex.org.au

..... www.facebook.com/apexclubofulverstone

Penguin Leo Club

Youth service organisation, a project of Lions

International; involves young people aged between 12-30 years in community service, fundraising and social activities.

Antony Wright (Pres)0476 275 565

Alyssa Bryan (Sec).....0449 795 694

Brendan Bos (Treas).....0431 515 307
Email penguinleoclub@gmail.com

Ulverstone Lions Club

PO Box 45 Ulverstone 7315
We meet every first and third Tuesday of each month at Bass and Flinders Motor Inn, Ulverstone. Lions Club Shop Victoria Street, Ulverstone, shed at Ulverstone Showgrounds.
Geoff Lynd (Pres).....0428 254 053
Mark Lewis (Sec).....0457 564 871
Victoria St Shop.....6425 5534
Peter Kurrle (Treas).....0422 280 339
Email.....ulverstone@lionstasmania.org
Website.....www.ulverstone.tas.lions.org.au

Returned & Services League of Australia, Ulverstone Sub-Branch (RSL)

PO Box 128 Ulverstone 7315
21 King Edward Street Ulverstone
Memberships is open to all ex-servicemen and women. Dedicated to the welfare of former and current Service personnel of the Australian Defence Force and their families.
Phone.....6425 1942
Trish King (Sec).....0428667781
Geoff Mainwaring (pres).....0417 593 705
Jim Whitehead (Treas).....0429 476 558
Emailulverstonersl@bigpond.com
Websitefacebook.com/Ulverstone-RSL-SubBranch-Inc

Ulverstone Returned Servicemen's Club Inc (RSC)

21 King Edward Street Ulverstone 7315
Bar, Gaming, Tote facilities. Bistro opened Tuesday and Sunday, non members welcome.
Office.....6425 1439
John Collins (Pres).....0419 104 008
Katelyn Gale (Man).....0364251439
Geoff Cox (vice Pres).....0419547767
Emailulverstonersc@ursc.net.au

Penguin Football Club

Dial Park Penguin 7316
The Penguin Football club aims to serve our community with pride and passion
Phone.....0407076497 or Bookings 0400 592 648
Email: penguinfootballclub@gmail.com
Website: <http://penguinfc.com.au/>

Penguin History Group Inc.

Penguin Railway Station Main Road , Penguin PO Box 156 Penguin 7316
Collect and write the history of the town its people and the area.
Phone.....0418 559 224 or 0488 715 431
Email: penguin.history@bigpond.com

Penguin Men's Shed

5 Sport's Complex Avenue Penguin 7316
The Penguin Men's Shed is all about supporting men's health & well-being by providing men with a social and productive environment that enables them to improve their physical & mental health
Phone.....0427 509 792
Email: n/a

Penguin RSL Sub -branch Tasmania

Penguin RSL for current serving and ex servicing service men/women of Australia.
Phone.....6437 2492
Email: penguinrsl@gmail.com

PIPO Support Services

38 Queen Street, West Ulverstone, TAS 7315
PIPO Support Services endeavors to provide NDIS support which hold the individual, their family and their support people at the centre of all we do.
Phone.....03 6450 8830
Email: kristy@pipo.com.au or ruth@pipo.com.au
Website: <http://www.pipo.com.au>

Priceline Pharmacy Ulverstone

66 Reiby Street Ulverstone 7315
Pharmacy dedicated to caring for the health needs of the Ulverstone Community.
Phone.....6425 1095
Fax.....6425 7709
Email: plpulverstone@gmail.com
Website: <https://www.priceline.com.au/store-locator/priceline-pharmacy-ulverstone>

RAAFA NW Tasmania

The RAAFA was established to foster friendships based on sharing Air Force and aviation experience, support commemorative activities,
Phone.....0407 400 726
Email: stewy52@bigpond.com
Website: <http://www.raafatas.com/?fbclid=IwAR3KwYqIKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcT aaz6QnaUY>

Relationships Australia

Relationships Australia Tasmania offers Counselling, Mediation, Family Dispute Resolution, Employee Assistance Program, Tasmanian Suicide Prevention Network, MENS Program (Men Engaging New Strategies), Redress Support Services, Children's Contact Services. Most services are offered via 'phone or video call (as well as Face-to-face). Many of the services are free of charge.

Phone.....6421 3600

Email: comms@reltas.com.au

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

Richmond Fellowship

Ulverstone 7315

Richmond Fellowship Ulverstone provide a residential service along with outreach and a recreation program.

Phone.....6425 1050

Email: chrism@rftas.org.au

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

Rotaract Club of Central Coast

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

Email: centralcoastrotaract@hotmail.com

Website:

<http://www.rotaryulverstonewest.org.au/contact-rotaract>

Rotary Club of Ulverstone

PO Box 202 Ulverstone 7315

Australian Rotary Clubs are part of an international network of business, professional and community leaders who strive to make the world a better place through practical efforts.

Phone.....0419 113 072

Email: secretary.ulverstone@rotary9830.org.au

Rotary Club of Ulverstone West

PO Box 404 Ulverstone Tasmania 7315

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

Email: secretary.ulverstonewest@rotary9830.org.au

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

Rural Alive & Well INC

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

Email: admin@rawtas.com.au

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

Seeking Solace

Northern and North West Tasmania.

Holistic, personalised, and compassionate, non-medical end-of-life care.

Phone.....0477754144

Email: holly@seekingsolace.com.au

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

Slipstream Circus

7 Flora St, Ulverstone 7315

Slipstream Circus is a non-profit Youth Circus.

Slipstream conducts classes in circus skills for all ages and skill levels. We aim to foster personal development as well as cooperation and community involvement.

Circus Classes, Workshops and Performances for events and festivals. School Programs & Social Circus to the community.

Phone.....0459 028 352

Email: office@slipstreamcircus.org.au

Website: <https://www.slipstreamcircus.org.au/home>

StandBy Support after Suicide (Lifeline Tasmania)

Level 5, Cambridge Road Bellerive Quay Bellerive TAS 7018

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

Phone.....0408 133 884

Email: standbytasmania@lifelinetasmania.org.au

Website: <http://standbysupport.com.au/>

Sunday Scribblers

Monthly meeting of people wishing to write

Phone.....03 64372720

Email: anne.landiers@westnet.com.au

Tasmania Legal Aid

Devonport office - 8 Griffith Street Burnie office - 50 Alexander Street

Tasmania Legal Aid provides legal services to help Tasmanians understand their rights, navigate the system to resolve their legal issues and get the assistance they need.

Phone.....1300 366 611

Email: please use contact us form on our website

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

The Diabetes Centre

The Diabetes Centre has a range of services to support people in our community with diabetes.

Phone.....6430 6666

Website: https://www.health.tas.gov.au/thn/nw/north_west_diabetes_centre

The Salvation Army - Bridge Residential Program

The Bridge Program delivers recovery based programs that provide treatment for drug and/or alcohol dependence, through a residential or day program settings. Please telephone in the first instance. Currently we are delivering via phone and zoom and still admitting clients to residential treatment following strict COVID19 prevention procedures.

Phone.....64257453

Email: sam.vandermeulen@salvationarmy.org.au

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

U3A Central Coast (Inc)

Apex House, 3 Gollan Street Ulverstone 7315
Programs ranging from single session to 6-week courses are offered by volunteer tutors/presenters. An annual membership fee of \$40 provides access to programs over two semesters and other activities during the year.

Phone.....0474 097 636

Email: u3acentralcoast@gmail.com

Website: <https://tascentralcoast.u3anet.org.au/>

Ulverstone Coast Care

PO Box 3055 Ulverstone 7315

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

Phone.....0418 142 790

Email: robynarker128@gmail.com

Ulverstone Library

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: ulverstone.library@libraries.tas.gov.au

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

Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone PO Box 5036, West Ulverstone 7315 7315

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

Phone.....6425 4186

Email: admin@unh.org.au

Ulverstone Physiotherapy

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: ulverstonephysio@gmail.com

Ulverstone Senior Citizens Club

16 King Edward St Ulverstone PO Box 406, Ulverstone 7315 7315

We have a range of activities providing social interaction.

Phone.....6425 2584

Ulverstone Seniors' Forum

16 King Edward St Ulverstone 7315

Meetings of our friendly group provide mental stimulation and social interaction.

Phone.....6425 2482

Email: lmgryta@hotmail.com

Ulverstone Visitor Information Centre

13-15 Alexandra Road, Ulverstone TAS 7315

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

Phone.....03 6425 2839

Email: info@coasttocanyon.com.au

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

Volunteering Tasmania

75 Federal Street North Hobart 7000

We connect with individuals and guide them towards volunteering roles that are a good fit for them. We work closely with Tasmanian organisations, particularly charities and Public Benevolent Institutions, to assist them to build their capacity to recruit volunteers.

Phone.....1800 677 895

Email: team@volunteeringtas.org.au

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

Warrabee Women's Shelter

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

Phone.....6425 1382

Email: info@warraweewomensshelter.com.au

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

West North West Working

All Local Engagement Officers work from home. Sarah (Central Coast) is located in Penguin however can travel to the individual

Are you holding yourself back from your dream job?

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

Phone.....0490 865 385

Email: info@wnwworking.com.au

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

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Disability Services

ASAP – Attempted Suicide Aftercare Program

Support service for people (and their family and other key support people) who have attempted suicide and who are not receiving case management from Mental Health Services (Public),

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Autism Tasmania

9 King Street, Burnie 7320

We provide information, assistance, and resources for people on the spectrum and those who support them. We are committed to improving the lives of adults and children on the autism spectrum, their families, and carers; and to improve community awareness, acceptance, and understanding of autism.

Phone.....03 6722 5000

Email: autism@autismtas.org.au

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

Central Coast Adult Day Centre

48 Water St Ulverstone 7315

The Central Coast Adult Day Centre caters for older (65+), socially isolated people, as well as younger (18+) disabled adults. They provide group and individual lifestyle and leisure assessments and programs to maintain and enhance the quality of life for clients attending.

Phone.....6464 3091

Fax.....6464 3294

Email: lorise.evison@ths.tas.gov.au

CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

Email: office@chatcentre.com.au

Chats - Lifeline

78a Oldaker Street Devonport 7310

The Chats Program aims to help you to improve your health, happiness and confidence and reduce any feelings of loneliness or isolation.

Phone.....(03) 6424 6547

Website: <https://www.lifeline.org.au/tasmania/chats-program>

Community Transport Services Tasmania

Offices in Kingston, Glenorchy, LAunceston, Ulverstone and Queenstown

CTST is a state-wide, community based, not-for-profit organisation that provides affordable door-to-door community transport for people aged over 65 years, or who have a condition preventing them from undertaking daily activities, such as a disability.

Phone.....1800 781 033

Email: info@ctst.org.au

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

Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café helps people living with dementia, as well as carers, to make connections with each other and the broader community

Phone.....6429 8900

Email: admin@centralcoast.tas.gov.au

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

Dementia Australia

North West Coast 47B Best Street, Devonport 7310

Dementia Australia (formerly Alzheimer's Australia) is a unified, national peak body supporting people of all ages living with all forms of dementia, their families and carers.

Phone.....64258701 & National Helpline 1800100500

Fax.....64229605

Email: tas.admin@dementia.org.au

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

Empowerment Support Services Pty Ltd

9 Smith Street, Wivenhoe Tasmania 7320

Empowerment Support Services are a family owned, registered NDIS provider based in Burnie.

Phone.....0400 528 907

Email: admin@empowermentsupport.com.au

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

Family Based Care Tasmania

73-75 Mount Street, Burnie 7320

A non-faith-based Provider of individualised support services to the aged, disabled and their carers enabling individuals to live safely and independently in their homes for longer. We always do our best to provide care that is the right fit at the right time in the right place.

Phone.....03 6431 8411

Fax.....03 6431 1417

Email: admin@familybasedcare.org.au

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

Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street
Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: Devonport@hearing.com.au

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

Lifeline

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

Meals on Wheels (Penguin)

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

Email: pengion@mowtas.org.au

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

Meals on Wheels (Ulverstone)

15-19 Eastand Drive Ulverstone 7315

We coordinator, order and deliver meals to clients in the local community.

Phone.....6425 1331

Email: ulverstone@mowtas.org.au

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

Mersey Community Care Association Inc

PO Box 286, Devonport 7310

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

Phone.....6424 8883

Email: mcca@merseycca.org.au

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

Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

MPA offers fully funded mindfulness courses, paid courses, and professional development.

Phone.....0488 064 228

Email: admin@mindfulnessaus.com.au

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

Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

Molenda provides activities (farm, craft, horse therapy, hospitality etc), on a 17 acre heritage property 3km from Ulverstone on the Castra Road.

Phone.....0427 127 754

Email: molenda@skymesh.com.au

MS Peer Support

Ulverstone 7315

A combined entity of the ACT, NSW, Victoria and Tasmania providing information, advice, services and support for people living with multiple sclerosis.

Phone.....1800 042 138

Email: msconnect@ms.org.au

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

Multicap Tasmania

35 Marine Terrace Burnie Tas 7320, 2/57 Best Street Devonport Tas 7310, 31 Tamar St Launceston Tas 7250 7320

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

Phone.....03 6431 3211

Email: enquiries@multicap.com.au

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

My Care Plan Manager

67 Howe St Osborne Park 6017

My Care Plan Manager is a registered NDIS plan management Melbourne, Perth, and Sydney, Western Australia. MCPM is a services provider agency with 10+ yrs of exp. and client portal to view real-time information from anywhere.

Phone.....0478630313

Email: mycarep859@gmail.com

Website: <https://mcpm.net.au/>

Nurture Clinical Psychology

Lancaster House, 1 B Reibey Street Ulverstone 7315
Supporting children and families with emotional problems, autism and parenting
Phone.....0438360617
Fax.....0364446622
Email: adelle@nurtureclinicalpsychology.com.au
Website: <http://www.nurtureclinicalpsychology.com.au>

ParaQuad Association of Tasmania

PO Box 1528, Glenorchy 7010
ParaQuad Tasmania supports people living with Spinal Cord Injury and physical disability. Services include the delivery of general information on spinal cord injury, referrals, peer support, access information, advocacy, schools and community education programs.
Phone.....03 6272 8816
Email: northwest@paraquadtas.org.au
Website: <http://www.paraquadtas.org.au>

Parkinson's Tasmania Inc

Support for those living with Parkinson's, their families and carers
Phone.....0407 314 933
Email: pdomeney@netspace.net.au

PIPO Support Services

38 Queen Street, West Ulverstone, TAS 7315
PIPO Support Services endeavors to provide NDIS support which hold the individual, their family and their support people at the centre of all we do.
Phone.....03 6450 8830
Email: kristy@pipo.com.au or ruth@pipo.com.au
Website: <http://www.pipo.com.au>

Relationships Australia

Relationships Australia Tasmania offers Counselling, Mediation, Family Dispute Resolution, Employee Assistance Program, Tasmanian Suicide Prevention Network, MENS Program (Men Engaging New Strategies), Redress Support Services, Children's Contact Services. Most services are offered via 'phone or video call (as well as Face-to-face). Many of the services are free of charge.
Phone.....6421 3600
Email: comms@reltas.com.au
Website: <https://www.tas.relationships.org.au/>

Richmond Fellowship

Ulverstone 7315
Richmond Fellowship Ulverstone provide a residential service along with outreach and a recreation program.
Phone.....6425 1050
Email: chrism@rftas.org.au
Website: <http://rft.org.au/>

Tai Chi

I am a Tai Chi practitioner providing classes
Phone.....6425 5275
Email: barb3taichi@gmail.com

The Training Fix

Corner of Alice and Queen Street Ulverstone PO Box 5031, Ulverstone 7315
Accredited Exercise Physiologist, Personal Training, Group Fitness Classes, Exercise Programming and fully equipped gym
Phone.....0439 310 206
Email: tfix@bigpond.net.au

Ulverstone Physiotherapy

48 Victoria Street Ulverstone 7315
Musculoskeletal & sports physiotherapy
Phone.....6425 9500
Fax.....6425 6057
Email: ulverstonephysio@gmail.com

VisAbility

164 Elizabeth Street, Hobart 7000
Losing your vision doesn't mean loss of independence. At VisAbility we aim to support you in everyday life. We offer therapy for adults and seniors who are blind or vision impaired, assistive technology, Guide Dogs services and therapy for children and youth.
Phone.....1800 484 333
Email: referralstas@visability.com.au
Website: <https://www.visability.com.au/>

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Educational, Training & Learning

Alcohol and Drug Services North West

11 Grove Street Ulverstone 7315

Alcohol and Drug Services aim to minimize the harm caused by the use of alcohol and other drugs.

Phone.....6464 3131

Email: ADSNW@ths.tas.gov.au

Website: https://www.dhhs.tas.gov.au/service_information/service_delivery_points/alcohol_and_drug_service_-_ulverstone

Anglicare Drug & Alcohol Treatment Service

51 Wilmot Street, Burnie 7320 GPO Box 1620, Hobart 7001

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare Gamblers Help Counselling Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Free and confidential personal and family counselling for problem gambling

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

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

We provide Practical, Social and Emotional Support as well as Parenting Education and Skill Building.

Phone.....1800 243 232

Email: kids@anglicare-tas.org.au

Website: <http://anglicare-tas.org.au>

Anglicare's Supported Youth Program

51 Wilmot Street Burnie GPO Box 1620 Hobart

SYP supports young people aged between 10-18 who are disengaging from education and/or are at risk of homelessness; may also have mental health, AOD issues and/or involvement in the Youth Justice system.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

ASAP – Attempted Suicide Aftercare Program

Support service for people (and their family and other key support people) who have attempted suicide and who are not receiving case management from Mental Health Services (Public),

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

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

PO Box 68, Port Sorell, Tas 7307

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

Phone.....64 286 909

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

Central Coast Community Shed

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0458407872 or 64298959

Email: melissa.budgeon@centralcoast.tas.gov.au

Website: <http://centralcoast.tas.gov.au/community-shed/>

CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

Email: office@chatcentre.com.au

Don College

87-121 Watkinson St Devonport TAS 7310
Staff and current students of Don College welcome
Years 11 and 12 students to join our diverse community.
You will be supported in a friendly, respectful and
engaging learning environment.

Phone.....0364240200
Email: Don.College@education.tas.gov.au
Website: <https://doncollege.education.tas.edu.au/>

Engender Equality

Engender Equality is a confidentially located service
Engender Equality offers trauma informed counselling
and support to people who have been affected by
Family Violence

Phone.....62789090
Email: admin@engenderequality.org.au
Website: <http://www.engenderequality.org.au>

Forth Primary School

45 Wilmot Road, Forth 7310
Our school offers most of the programs offered in larger
schools, whilst still retaining the 'family atmosphere' and
the benefits of a smaller school.

Phone.....6428 2282
Email: forth.primary@decyp.tas.gov.au
Website: <http://www.forthprimary.education.tas.edu.au/>

Health Promotion Unit

48 Water St, Ulverstone 7315
We provide support and training for Health Promotion
planning and activities with THS staff, as well as non-
government organisations, community service
organisations, local government, schools, and more.

Phone.....6464 3093
Email: jenelle.wells@ths.tas.gov.au
Website: <http://www.health.tas.gov.au/wihpw>

Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street
Ulverstone Tasmania 7316
Helping Australians rediscover the joy of sound for over
70 years

Phone.....03 6421 3200
Fax.....03 6423 2789
Email: Devonport@hearing.com.au
Website: <https://www.hearing.com.au/>

Hellyer College

41-43 Mooreville Road, Burnie 7320
Hellyer College is a year 11 and 12 College that caters
for students who are on a university or a vocational
pathway. The college offers over 100 subjects for all
areas of interest. All students have a Career and Life
Planning teacher who supports them create their future
through learning.

Phone.....64355200
Email: hellyer.college@education.tas.gov.au
Website:
<https://www.hellyercollege.education.tas.edu.au/>

HPP – Hepatitis Prevention Program

Promote and facilitate access to testing for blood borne
viruses. Provide support to people to enable them to
commence and complete their hepatitis B and hepatitis
C treatment. Prevent transmission of Hepatitis B and
Hepatitis C. Promote and facilitate access to Hepatitis B
vaccination.

Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

KiF - Kids in Focus

Provides support and counselling to parents who are
using alcohol or other drugs; and can also provide
counselling and support for children.

Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

Ladies Group - Central Coast Community Shed

Big blue shed at the back of the showgrounds, off Flora
Street Ulverstone 7315

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

Phone.....6429 8959
Email: melissa.budgeon@centralcoast.tas.gov.au
Website:
<https://www.centralcoast.tas.gov.au/community-shed/>

Libraries Tasmania - Penguin Library

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: devonport.library@libraries.tas.gov.au

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

Men's Shed Ulverstone

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0418 141 529

Email: mensshedulverstone@gmail.com

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

Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

MPA offers fully funded mindfulness courses, paid courses, and professional development.

Phone.....0488 064 228

Email: admin@mindfulnessaus.com.au

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

NESTS - North-West Early Start Therapeutic Support

NESTS provides early therapeutic intervention to 'hard to engage', 'at risk' families on the verge of Child Protection involvement.

Phone.....1800 000 123

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

North & North West Sexual Assault Support Service TA Laurel House

Po Box 1062 Launceston 7250

Laurel House provides face-to-face counselling to adults and children affected by sexual assault across Northern Tasmania. We also provide a 24/7 crisis response service which can assist you with an immediate crisis as a result of a recent, or historical assault, hospital attendance or speaking with police.

Phone.....(03) 6334 2740

Email: info@laurelhouse.org.au

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

Other Education

Marist Regional College

(PO Box 588) Paraka Street Burnie 7320

This is a Catholic co-educational secondary college serving the needs of families on the NW Coast. The College offers a strong academic program and a variety of VET courses.

Mrs Sue Chen (Principal)6432 7612

Andrea Pisano

(Principal's PA/Enrolment Registrar)...6432 7612

Business Manager.....6432 7610

College6432 7600

Fax.....6431 9146

Email..... office@mrc.tas.edu.au

Website.....www.mrc.tas.edu.au

TasTAFE, Devonport campus

20-36 Valley Road Devonport 7310

Phone 1300 655 307

Website.....

www.tastafe.tas.edu.au/campuses/devonportcampus

TasTAFE, Burnie campus

(PO Box 1234) 41-43 Mooreville Road Burnie 7320

Phone 1300 655 307

Website.....

www.tastafe.tas.edu.au/campuses/burniecampus

University of Tasmania, Cradle Coast Campus

(PO Box 3502) 16-20 Mooreville Road Burnie 7320

Phone6430 4949

Fax.....6430 4950

Email.....ccc.support@utas.edu.au

Website.....www.cradle-coast.edu.au

Leighland Christian School

(PO Box 3019 MDC) 45a Leighlands Avenue
Ulverstone 7315

Mr Glenn Mace (Principal)

Mr Mike Vos (Vice Principals)

Mrs Jenna Squire (Head of Secondary)

Mr Tim Wilson (Head of Secondary)

Mr David Grey (Business Manager)

Phone.....6425 0999

Fax6425 6602

Emailadmin@leighland.tas.edu.au

Websitewww.leighland.tas.edu.au

North West Christian School

(PO Box 117) 18 Ling Street Penguin 7316

Ms Cheryl Walsh (Principal).....6437 2705

Fax6437 0976

Email nwcs@iinet.net.au

Website

www.northwestchristianschool.com.au

Penguin District School

(PO Box 138) 125 Ironcliffe Road Penguin 7316
Mr Matthew Gining (Principal).....6434 2222
Jennifer Ashton (Assist Principal)6434 2222
Fax6437 1490
Email
....penguin.district.school@education.tas.gov.au

East Ulverstone Primary School

(PO Box 3261 MDC) 18 Crawford Street
Ulverstone 7315
Simon Dent (Principal)6425 1917
Fax.....6425 1227
Email
...east.ulverstone.primary@education.tas.gov.au

Riana Primary School

1225 Pine Road Riana 7316
John Hudson (Principal).....6437 6130
Fax.....6437 6119
Email..... riana.primary@education.tas.gov.au

Sacred Heart Catholic School

5-7 Buttons Avenue Ulverstone 7315
This is a Catholic school catering for children from
Kinder to Grade 6 starting week days from
8.45am–2.50pm. Fees commence at \$1200 for
first child and discounts apply for families.
Michelle Wootton (Principal)6425 2680
Debbie Butcher (Office Manager)6425 2680
Fax6425 6670
Email .. shu@catholic.tas.edu.au
Website www.shu.tas.edu.au

Sprent Primary School

1245 Castra Road Sprent 7315
The school caters for Kinder to Grade 6 and also
includes pre-kinder and playgroup (0-4years) one
day per week.
Mrs Trish King (Principal).....6429 3147
Fax6429 3249
Email trish.king@education.tas.gov.au

Ulverstone Primary School

(PO Box 116) Leven Street Ulverstone 7315
Grant Armistead (Principal).....6425 1726
Fax6425 6227
Email .ulverstone.primary@education.tas.gov.au
West Ulverstone Primary School
(PO Box 271) Maud Street Ulverstone 7315
Magella Dudley (Principal)6425 2195
Fax6425 5651
Email
. west.ulverstone.primary@education.tas.gov.au

**Student Support Officer -
Senior Speech Pathologist**

Stewart Street Devonport 7310

Devonport Primary School6424 7788
Tony Preece.....6424 7788

**Student Support Officer -
Guidance Officer**

Stewart Street Devonport 7310
Devonport Primary School6424 7788
Janine Downward.....6424 7788

Work & Training Ltd

(PO Box 222) 14A Industrial Drive Ulverstone 7315
Phone 1300 309 675
Phone6490 8400
Fax.....6425 5252
Email.....ulverstone@work-training.com
Website.www.work-training.com.au/our.locations

Penguin History Group Inc.

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

Penguin Men's Shed

5 Sport's Complex Avenue Penguin 7316
The Penguin Men's Shed is all about supporting men's
health & well-being by providing men with a social and
productive environment that enables them to improve
their physical & mental health
Phone.....0427 509 792
Email: n/a

Progress Ahead Life Coaching

Mobile based business based in Devonport but as the
sole qualified Wisdom Coach in Tasmania, we serve all
of the state.
We coach children using fun, story based
programs/activities to help kids develop a growth mind-
set. Learning how the mind works, giving them the tools
to deal with the inevitable challenges of life, develop
strong self-esteem, overcoming challenges such as fear,
self-doubt, making mistakes, handling peer pressure
and coping with anxiety.
Phone.....0403081089
Email: team@progressaheadlifecoaching.com
Website: <https://www.progressaheadlifecoaching.com/>

Rotaract Club of Central Coast

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

Email: centralcoastrotaract@hotmail.com

Website:

<http://www.rotaryulverstonewest.org.au/contact-rotaract>

Rural Alive & Well INC

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

Email: admin@rawtas.com.au

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

Seeking Solace

Northern and North West Tasmania.

Holistic, personalised, and compassionate, non-medical end-of-life care.

Phone.....0477754144

Email: holly@seekingsolace.com.au

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

Spirit Of Mandala

11 Epsom Road, Penguin 7316

I work with individuals and families on increasing personal energy and vibration to increase self empowerment and well being. Also offering small group art classes.

Phone.....0417553679

Email: hello@spiritofmandala.com

StandBy Support after Suicide (Lifeline Tasmania)

Level 5, Cambridge Road Bellerive Quay Bellerive TAS 7018

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

Phone.....0408 133 884

Email: standbytasmania@lifelinetasmania.org.au

Website: <http://standbysupport.com.au/>

The ISLAND Project - Wicking Dementia Research and Education Centre, University of Tasmania

The Leven Centre, 70 South Road West Ulverstone 7315

The Island Study Linking Ageing and Neurodegenerative Disease (ISLAND) Project involves a range of studies that relate to understanding who is at most risk of dementia and how we can self-manage risk behaviours to build resilience to dementia and Tasmanians aged 50 years and over can join our research.

Phone.....0362266977

Email: island@dementia.utas.edu.au

Website: <https://island.mooc.utas.edu.au/>

Ulverstone Camera Club

Clubrooms Ulverstone Basketball Centre Flora Street Ulverstone 7315

Our club provides a space for you to learn about photography and gain a better understanding of your camera while having fun with fellow like minded photographers

Phone.....0417130791

Email: ulvcamerclub@gmail.com

Ulverstone Library

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: ulverstone.library@libraries.tas.gov.au

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

Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone PO Box 5036, West Ulverstone 7315 7315

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

Phone.....6425 4186

Email: admin@unh.org.au

Ulverstone Secondary College

38 Leven Street Ulverstone, Tasmania 7315

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

Phone.....(03) 6425 1433

Email:

ulverstone.secondary.college@education.tas.gov.au

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

University of Tasmania

Burnie Campus - 16-20 Mooreville Rd, Burnie 7320

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

Phone.....6430 4949

Email: ccc.support@utas.edu.au

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

Volunteering Tasmania

75 Federal Street North Hobart 7000

We connect with individuals and guide them towards volunteering roles that are a good fit for them. We work closely with Tasmanian organisations, particularly charities and Public Benevolent Institutions, to assist them to build their capacity to recruit volunteers.

Phone.....1800 677 895

Email: team@volunteeringtas.org.au

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

West North West Working

All Local Engagement Officers work from home. Sarah (Central Coast) is located in Penguin however can travel to the individual

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

Phone.....0490 865 385

Email: info@wnwworking.com.au

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

8

Government Representation

Government representation

Parliament of Australia

Mr Gavin Pearce MP (LP).....6431 1333
 Federal Member for Braddon
 2/32 Wilmot Street Burnie 7320
 Email Gavin.Pearce.mp@aph.gov.au
 Fax6431 1333
 Senator Anne Urquhart6423 1933
 Labor Senator for Tasmania
 Ground Floor 69 Best Street Devonport 7310
 (PO Box 360)
 Emailsenator.urquhart@aph.gov.au
 Fax6423 3544
 Senator Jacqui Lambie6431 2233
 Independent Senator for Tasmania
 Shop 4 22 Mount Street Burnie 7320
 Email senator.lambie@aph.gov.au
 Fax6431 3200

Parliament of Tasmania

Legislative Council
 The Hon Leonie Hiscutt MLC6425 8300
 Liberal Member for Montgomery
 Parliamentary Offices
 36 King Edward Street Ulverstone 7315
 (PO Box 783)
 Email leonie.hiscutt@parliament.tas.gov.au
 Fax6425 7519
 The Hon Michael Gaffney MLC6422 3000
 Independent Member for Mersey
 Shop 3 Lauriston Arcade 126 Best Street
 Devonport 7310
 Email michael.gaffney@parliament.tas.gov.au
 Fax6422 3002

House of Assembly - Division of Braddon
 Mr Roger Jaensch MP.....6477 7538
 Liberal Member for Braddon
 80B Wilson Street Burnie 7320
 Fax6434 6221
 Emailroger.jaensch@parliament.tas.gov.au
 Ms Anita Dow MP6430 8440
 Labor Member for Braddon
 15 Wilson Street Burnie 7320
 Fax..... -
 Email..... anita.dow@parliament.tas.gov.au
 Dr Shane Broad MP6430 8450
 Labor Member for Braddon

2/9 Oldaker Street Devonport 7310
 Fax..... -
 Email..... shane.broad@parliament.tas.gov.au
 Mrs Joan Rylah MP6477 7536
 Liberal Member for Braddon
 4/21 Alexandra Road Ulverstone 7315
 Fax..... -
 Email.....joan.rylah@parliament.tas.gov.au
 The Hon Jeremy Rockliff MP6478 6050
 Liberal Member for Braddon / Deputy Premier
 43 Best Street Devonport 7310
 Fax..... -
 Email.....jeremy.rockliff@parliament.tas.gov.au

Local Government

Central Coast Council
 19 King Edward Street Ulverstone 7315
 (PO Box 220) Administration Centre
 Sandra Ayton (General Manager).....6429 8900
 Fax6425 1224

Councillors

Cr Jan Bonde (Mayor)..... 0408 545 584
 PO Box 220 Ulverstone 7315
 Email.....jan.bonde@centralcoast.tas.gov.au
 Cr John Beswick6425 2139
 PO Box 728, Ulverstone 7315
 Mobile..... 0418 140 143
 Email.....john.beswick@centralcoast.tas.gov.au
 Cr Garry Carpenter6437 6256
 687 South Riana Road (C/- PO) South Riana 7316
 Mobile..... 0407 376 256
 Email... garry.carpenter@centralcoast.tas.gov.au
 Cr Amanda Diprose6425 6003
 18 Wrights Road Ulverstone 7315
 Mobile..... 0400 173 045
 Email..amanda.diprose@centralcoast.tas.gov.au
 Cr Cheryl Fuller..... 0458 888 040
 36 Queen Street Ulverstone 7315
 Email..... cheryl.fuller@centralcoast.tas.gov.au
 Casey Hiscutt.....0447 002 216
 78 Clayton Drive Spreyton 7310
 Emailcasey.hiscutt@centralcoast.tas.gov.au
 Cr Annette Overton.....0439 369 522
 Email ..annette.overton@centralcoast.tas.gov.au
 Cr Tony Van Rooyen6425 4946
 12 Shaw Street Ulverstone 7315
 Mobile.....0456 216 390
 Email tony.van.Rooyen@centralcoast.tas.gov.au
 Cr Philip Viney6425 5388
 91 Trevor Street Ulverstone 7315
 Emailphilip.viney@centralcoast.tas.gov.au

Health & Medical

A Tasmanian lifeline

Lifeline Tasmania has set up a new service for Tasmanians, specifically to deal with unprecedented demand for information, advice and support because of the coronavirus pandemic, called A Tasmanian Lifeline.

Phone.....1800 98 44 34

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

ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Alcohol and Drug Services North West

11 Grove Street Ulverstone 7315

Alcohol and Drug Services aim to minimize the harm caused by the use of alcohol and other drugs.

Phone.....6464 3131

Email: ADSNW@ths.tas.gov.au

Website: https://www.dhhs.tas.gov.au/service_information/service_delivery_points/alcohol_and_drug_service_-_ulverstone

Alcoholics Anonymous Australia

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Phone.....1300 222 222

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

Anglicare Drug & Alcohol Treatment Service

51 Wilmot Street, Burnie 7320 GPO Box 1620, Hobart 7001

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare Family Support Service

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

Phone.....1800 161 266

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001
We provide Practical, Social and Emotional Support as well as Parenting Education and Skill Building.

Phone.....1800 243 232

Email: kids@anglicare-tas.org.au

Website: <http://anglicare-tas.org.au>

Anglicare's Relationship Abuse of an Intimate Nature (RAIN)

51 Wilmot Street, Burnie GPO Box 1620 Hobart
Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

ASAP – Attempted Suicide Aftercare Program

Support service for people (and their family and other key support people) who have attempted suicide and who are not receiving case management from Mental Health Services (Public),

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Asthma Australia

1/89 Brisbane St, Hobart 7000

Most of the time we take our breathing for granted. Inhale, exhale, inhale, exhale. But for people with asthma, the simple act of breathing can be a difficult and terrifying experience. At Asthma Australia we help people to breathe so they can live freely.

Phone.....03 9086 7866

Email: jtyler@asthma.org.au

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

Audika

Fullife Pharmacy Ulverstone 7315
Audika Ulverstone are dedicated to providing you with professional hearing healthcare and a superior client experience

Phone.....6424 9239

Email: devonport@audika.com.au

Website: <http://audika.com.au>

Australian Breastfeeding Assoc. - Central Coast Group

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

Marion 0409 899 136 (co Group Leaders)

Email: ptmcmullen60@bigpond.com

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

Bootscootin' Devils

Our group line dances at the Ulverstone Rowing Club. We welcome all ages and genders. \$5.00 per session. We are a non profit community group and excess funds are donated to local charities each year. Phone Deb 0447 313 006 or Leanne 0487 654 711 Opening hours are - Tuesday 6.30pm – 8.30pm Thursday 9.30am – 12pm

Phone.....Phone: Deb 0447 313 006 or Leanne 0487 654 711

Email: bootscootindevils@hotmail.com

Burnie Dental Centre

Parkside, 1 Strahan Street, South Burnie 7320
Oral Health Services Tasmania provides dental and denture services for eligible Tasmanian adults and children.

Phone.....1300 011 013

Email: dental.devonport@ths.tas.gov.au

Website: <http://www.health.tas.gov.au/health-topics/dental-health>

C U @ Home

C U @ Home is a program offered by the Child Health and Parenting Service for young first-time parents 15-19 years of age.

Phone.....1300 064 544

Website: https://www.health.tas.gov.au/service_information/services_files/c_u_@_home

Care Beyond Cure Inc

PO BOX 3069 Ulverstone TAS 7315
Care Beyond Cure Inc is a local charity Vision: To relieve the suffering and distress of individuals with a diagnosed progressive life-limiting illness and their family carer through the provision of practical assistance. Mission: work to establish and develop programs reflective of the Care Beyond Cure vision.

Phone.....0407427575

Email: carebeyondcure2@gmail.com

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

Central Coast Community Health Centre

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

Phone.....6464 3080

Fax.....6464 3294

Email: centralcoast.chc@ths.tas.gov.au

Community Rapid Response Service (ComRRS)

The Community Rapid Response Service (ComRRS) provides health care for people who are at risk of needing to go to hospital with an acute illness, injury or deterioration of a pre-existing condition.

Phone.....0436 847 458

Website: https://www.health.tas.gov.au/ths/community_rapid_response_service_comrrs

COTA (Council on the Ageing) Tasmania - Aged Care Navigator

12 Reeves Street South Burnie 7320
A free and friendly community service to help you navigate the aged care system

Phone.....0477 221 557

Fax.....n/a

Email: HeatherR@cotatas.org.au

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

Dementia Australia

North West Coast 47B Best Street, Devonport 7310
Dementia Australia (formerly Alzheimer's Australia) is a unified, national peak body supporting people of all ages living with all forms of dementia, their families and carers.

Phone.....64258701 & National Helpline 1800100500

Fax.....64229605

Email: tas.admin@dementia.org.au

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

Devonport Dental Centre

Devonport Community Health Centre Level 2 23 Steele St, Devonport 7310

Oral Health Services Tasmania provides dental and denture services for eligible Tasmanian adults and children.

Phone.....1300 011 013

Email: dental.devonport@ths.tas.gov.au

Website: <http://www.health.tas.gov.au/health-topics/dental-health>

Dr John Cologon

Online

Zoom and Telephone counselling for depression anxiety, relationship issues and other mental health problems. Bulk billed if referred by a GP (i.e. you pay nothing).

Email: reception@jcologon.com

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

Dragonfly Counselling and Consulting

55 Best Street Devonport 7310

Individual and couples counselling. Need someone to help talk through your current issues/hurdles. Give us a call.

Phone.....0409 408 501

Email: dragonflycandc@bigpond.com

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

Earworx NW

25B Alexandra RD, Ulverstone 7315

Professional wax removal using gentle microsuction.

Phone.....1800 327 967

Email: dani@earworx.com.au

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

Footprints Podiatry

56 Alexandra Road Ulverstone 7315

6 Podiatrists, working across 4 sites. With a combined experience of 80 years.

Phone.....6425 7333

Fax.....6425 6333

Email: appointments@footprintspodiatry.com

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

Fullife Pharmacy Ulverstone

Fullife Pharmacy Ulverstone 24 King Edward Street Ulverstone 7315

Our pharmacy service is specifically designed to help you look after your health by providing caring, friendly & useful advice & guidance, prescriptions and a wide range of related health services.

Phone.....6425 2286

Fax.....6425 2236

Email: ulverstone@fullife.com.au

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

Headspace

Level 1, 33-35 Steele St, Devonport 7310

Support and assistance finding accommodation or related support services. Mental health workers. Assist you with work or study opportunities. Find out about local employment opportunities. Assist you with any alcohol or other drug issue.

Phone.....6424 2144

Email: devonport@csys.com.au

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

Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: Devonport@hearing.com.au

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

HPP – Hepatitis Prevention Program

Promote and facilitate access to testing for blood borne viruses. Provide support to people to enable them to commence and complete their hepatitis B and hepatitis C treatment. Prevent transmission of Hepatitis B and Hepatitis C. Promote and facilitate access to Hepatitis B vaccination.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Island Osteopathy

Suit 3/19 Reiby Street Ulverstone 7315

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

Phone.....6425 3326

Fax.....6425 1744

Email: islandosteopathyulverstone@gmail.com

KiF - Kids in Focus

Provides support and counselling to parents who are using alcohol or other drugs; and can also provide counselling and support for children.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Lifeline

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

Mental Health Rural Outreach Worker - Uniting Tasmania

72a Reiby St Ulverstone 7315

The role of the Mental Health Rural Outreach Worker NW is to support the mental health and wellbeing of families, children and individuals living in regional and remote communities from Meander Valley to Cradle Coast

Phone.....0437 972958

Email: bernadette.sexton@vt.uniting.org

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

Mindful Mud

PO Box 572 Ulverstone 7315

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

Phone.....0488997095

Email: miranda@psychologymatters.com.au

Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

MPA offers fully funded mindfulness courses, paid courses, and professional development.

Phone.....0488 064 228

Email: admin@mindfulnessaus.com.au

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

MS Peer Support

Ulverstone 7315

A combined entity of the ACT, NSW, Victoria and Tasmania providing information, advice, services and support for people living with multiple sclerosis.

Phone.....1800 042 138

Email: msconnect@ms.org.au

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

New Mornings

14 Amherst Street West Ulverstone 7315

New Mornings is a Christian Mental Health Support organisation that aims to : To prevent mental illness by equipping individuals to grow in resilience and by increasing their community connections. To encourage and equip people who support others with mental illness. To support and equip individuals with mental illness to maximise recovery and help prevent relapse.

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

Email: alison.whishaw@newmornings.org.au

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

No 34. Aboriginal Health Service Rural Health Tasmania

34 Alexandra Road Ulverstone 7315

Our Service assists Aboriginal and/or Torres Strait Islander peoples better support and improve their health, with access to health specialists and other service providers.

Phone.....6417 6080

Email: contactno34@ruralhealthtas.com.au

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

North & North West Sexual Assault Support Service TA Laurel House

Po Box 1062 Launceston 7250

Laurel House provides face-to-face counselling to adults and children affected by sexual assault across Northern Tasmania. We also provide a 24/7 crisis response service which can assist you with an immediate crisis as a result of a recent, or historical assault, hospital attendance or speaking with police.

Phone.....(03) 6334 2740

Email: info@laurelhouse.org.au

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

Other Health & Medical

Ambulance

Ambulance Tasmania

46 Victoria Street Ulverstone 7315 (no post here)
PO Box 3132 South Burnie 7320 (all correspondence)

Emergency Calls000

District Supervisor6434 6972

Office Assistant (8.00am–5.00pm.).....6434 6974

Central Coast Council

Environmental Health Administration Centre

(PO Box 220) 19 King Edward Street Ulverstone 7315

Infectious disease investigation, immunisation services, "sharps" collection and disposal, health

education and water quality service.
Phone.....6429 8900

Health Service.....6477 7300
Housing Services
Customer Help Line1300 665 663

Community First Aid

St John Ambulance

(PO Box 167) Haywoods Reserve Ulverstone 7315
Office.....6425 6588

Family and Child Health Centres

Adult Community Mental Health Services

Provisions in community care for people with serious mental illness i.e. Psychiatry, Psychology and Social Work.

PO Box 1161 Devonport 7310
Stephen Hayes (Clinical Coord).....6421 7663
Fax.....6421 7664
Email.....DACMHS@dhhs.tas.gov.au
Email.....stephen.hayes@dhhs.tas.gov.au
Website..... www.dhhs.tas.gov.au
Burnie Adult Community Mental Services
1 Strahan Street, Burnie 7320
Phone6477 7730

Devonport Community Health Centre

23 Steele Street, Devonport 7310 Phone.....6478 6166

Epilepsy Nurse Line
Available from 9am to 5pm seven days a week
Phone..... 1300 374 537
Email..... epilepsy@epilepsy.org.au
Website..... www.epilepsy.org.au

Family Violence

Phone.....6477 7593
Mens Health Peer Education
PO Box 503 Ulverstone 7315 Department of Veterans' Affairs Volunteer - Tasmanian Representative.
Len Spanton.....mobl339@activ8.net.au
Joan Pedder..... jpedder1@bigpond.com

Parkside Community Mental Health Team

GPO Box 125, Hobart 7001
1 Strahan Street, Burnie 7320
Working with people between the ages of 18-65.
Office.....6477 7736

Reece House Burnie

PO Box 258 Burnie 7320
5
th Floor Reece House
43 Mount Street, Burnie 7320
Child and Adolescent Mental

Aged Care

Aged Care Assessment Team

(PO Box 266) 48 Water Street Ulverstone 7315
Phone6464 3070
Email..... centralcoast.chc@ths.tas.gov.au

Health Department

Department of Health and Human Services

23 Steele Street Devonport 7310
Phone.....6478 6166
Website www.dhhs.tas.gov.au

Where services are required that do not appear in this Directory we advise that you call one of the below who should be able to assist you.

Anglicare Tasmania Inc.

31 King Street, Devonport 7310
Office.....1800 243 232
8 Strahan St, South Burnie
Office.....6430 3333

Care Assess

Aged Care, Community Care, Health Assessment, Home Care.
43 Best Street, Devonport 7310
Office.....6423 7900
Phone (general enquiries).....1300 393 812
Fax6423 7999

Central Coast Community Health, Ulverstone

(PO Box 266) 48 Water Street Ulverstone 7315
Offering home nursing, home/personal care and home maintenance services to the Central Coast area.
Office6464 3070
Aged Care Assessment Team6464 3070
Email..... centralcoast.chc@ths.tas.gov.au

Parkinson's Tasmania Inc

Support for those living with Parkinson's, their families and carers
Phone.....0407 314 933
Email: pdomeney@netspace.net.au

Patrick Street Clinic

6 Patrick St Ulverstone PO Box 337 Ulverstone 7315 7315

Private General Practice. Providing quality up to date medical care for patients incorporating best practice principals Providing the best service for patients whilst always maintaining compassion, empathy, respect and confidentiality. Close the Gap and Aboriginal and Torres Strait Islander health checks accessible.

Phone.....64251611

Fax.....6425 6669

Email: patrickstclinic@patst.com.au

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

Patrick Street Clinic Penguin

19 Ironcliffe Road Penguin PO Box 337 Ulverstone 7315 7316

Private General Practice. Providing quality up to date medical care for patients incorporating best practice principals Providing the best service for patients whilst always maintaining compassion, empathy, respect and confidentiality. Close the Gap and Aboriginal and Torres Strait Islander health checks accessible.

Phone.....6437 0955

Fax.....6437 0755

Email: penguin@patst.com.au

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

Penguin Hills Yoga and Pilates

82 White Hills road Penguin 7316

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

Phone.....0409823847

Email: forestmy@hotmail.com

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

PhysioTas

6 Patrick St Ulverstone 7315

Provider of physiotherapy and exercise physiology services

Phone.....6425 5997

Fax.....6424 7511

Email: ulverstone@physiotas.com.au

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

Priceline Pharmacy Ulverstone

66 Reiby Street Ulverstone 7315

Pharmacy dedicated to caring for the health needs of the Ulverstone Community.

Phone.....6425 1095

Fax.....6425 7709

Email: plpulverstone@gmail.com

Website: <https://www.priceline.com.au/store-locator/priceline-pharmacy-ulverstone>

Progress Ahead Life Coaching

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

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

Phone.....0403081089

Email: team@progressaheadlifecoaching.com

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

Richmond Fellowship

Ulverstone 7315

Richmond Fellowship Ulverstone provide a residential service along with outreach and a recreation program.

Phone.....6425 1050

Email: chrism@rftas.org.au

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

Rural Alive & Well INC

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

Email: admin@rawtas.com.au

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

Spirit Of Mandala

11 Epsom Road, Penguin 7316

I work with individuals and families on increasing personal energy and vibration to increase self empowerment and well being. Also offering small group art classes.

Phone.....0417553679

Email: hello@spiritofmandala.com

StandBy Support after Suicide (Lifeline Tasmania)

Level 5, Cambridge Road Bellerive Quay Bellerive TAS 7018

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

Phone.....0408 133 884

Email: standbytasmania@lifelinetasmania.org.au

Website: <http://standbysupport.com.au/>

The Diabetes Centre

The Diabetes Centre has a range of services to support people in our community with diabetes.

Phone.....6430 6666

Website: https://www.health.tas.gov.au/th/nw/north_west_diabetes_centre

The ISLAND Project - Wicking Dementia Research and Education Centre, University of Tasmania

The Leven Centre, 70 South Road West Ulverstone 7315

The Island Study Linking Ageing and Neurodegenerative Disease (ISLAND) Project involves a range of studies that relate to understanding who is at most risk of dementia and how we can self-manage risk behaviours to build resilience to dementia and Tasmanians aged 50 years and over can join our research.

Phone.....0362266977

Email: island@dementia.utas.edu.au

Website: <https://island.mooc.utas.edu.au/>

The Salvation Army - Bridge Residential Program

The Bridge Program delivers recovery based programs that provide treatment for drug and/or alcohol dependence, through a residential or day program settings. Please telephone in the first instance. Currently we are delivering via phone and zoom and still admitting clients to residential treatment following strict COVID19 prevention procedures.

Phone.....64257453

Email: sam.vandermeulen@salvationarmy.org.au

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

The Training Fix

Corner of Alice and Queen Street Ulverstone PO Box 5031, Ulverstone 7315

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

Phone.....0439 310 206

Email: tfix@bigpond.net.au

Three Point Health Services

14, 12-20 Reiby Street Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....6425 7825

Email: pilates@live.com.au

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

Ulverstone Dental Clinic

James Street, Ulverstone 7315

Oral Health Services Tasmania provides dental services for eligible Tasmanian children

Phone.....1300 011 013

Email: dental.devonport@ths.tas.gov.au

Website: <http://www.health.tas.gov.au/health-topics/dental-health>

Ulverstone Physiotherapy

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: ulverstonephysio@gmail.com

Victoria Street Clinic

39 Victoria street Ulverstone 7315

Our mission is to provide the highest standard of patient care whilst incorporating a holistic approach toward diagnosis and management of illness.

Phone.....6425 2900

Fax.....6425 4544

Email: office2@vsclinic.com.au

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

Warrabee Women's Shelter

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

Phone.....6425 1382

Email: info@warraweewomensshelter.com.au

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

Westside Pharmacy Ulverstone

42 Queen Street Ulverstone 7315

Pharmacy with caring and professional staff, first stop for all your health care needs.

Phone.....6425 6666

Fax.....6425 6727

Wetaway Program

11 Jones Street, Burnie 7320

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

Phone..... 1300 064 544

Email: chapsadminnorthwest@ths.tas.gov.au

Website: http://www.health.tas.gov.au/service_information/services_files/wetaway_program

Law & Justice

Neighbourhood Watch

Tasmania Police

Burnie Police Headquarters

Phone6434 5211

Penguin (Tas) Neighbourhood Support

Garth Johnston..... 0409 184 877

Email..... Message via Facebook

Website.....

<https://www.facebook.com/groups/Penguin.tas.nhw>

Turners Beach/Leith Neighbourhood Watch

C/ 60 Turners Beach Road Turners Beach 7315

Mr Barry Isaac6428 2085

Merryn Gilham (Correspondence)

Phone.....6429 8900

Police

Tasmania Police, Penguin

Cnr Crescent & Braddon Streets Penguin 7316

All Emergency calls131 444

Phone6437 2160

Officer-in-Charge Ulverstone.....6429 8606

Tasmania Police, Ulverstone

Victoria Street Ulverstone 7315

All Emergency calls131 444

Officer-in-Charge.....6478 6006

Fax.....6429 8616

The North West Community Legal Centre Inc.

56 Formby Road, Devonport, Tas. 7310

We are a free one off advice and referral legal service to residents on the North West Coast of Tasmania.

Phone.....03 6424 8720

Email: info@nwclc.org.au

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

Nursing Homes

COTA (Council on the Ageing) Tasmania - Aged Care Navigator

12 Reeves Street South Burnie 7320

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

Phone.....0477 221 557

Fax.....n/a

Email: HeatherR@cotatas.org.au

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

Nursing Homes

Penguin Nursing Homes

Island Care Coroneagh Park

50 Ironcliffe Road Penguin 7316

Office.....6437 2551

Fax6437 2855

Judy Brown (Facility Manager).....6437 2551

Emailjudy.brown@islandcare.org.au

Website www.islandcare.org.au

Coroneagh Park Auxiliary

C/ Coroneagh Park 50 Ironcliffe Road Penguin 7316
Group takes an active interest in welfare and comfort of residents by fundraising to purchase items as requested by Facility Manager. Provide service with kiosk trolley to residents plus birthday and Christmas gifts.

Mary Deverell (Pres)6437 2420

Joan Kreemers (Sec)6437 2303

B Murphy (Treas)6437 0886

Mobile.....0409 025 856

Email j-kreemers@hotmail.com

Ulverstone Nursing Homes

Island Care Eliza Purton Home

26-28 Lakin Street Ulverstone 7315

Jane Perry (General Manager)6425 1515

Fax6425 6229

Website www.islandcare.org.au

Eliza Purton Home Auxiliary

26-28 Lakin Street Ulverstone 7315

Provides extras and runs a kiosk and enjoys friendships with residents.

Phone.....6425 1515

Fax6425 6229

Margaret Nichols (Pres)6425 6330

Joy Ball (Sec).....6425 2882

Jean Mainwaring (Treas)6425 7717

Website www.islandcare.org.au

Mount St Vincent Nursing Home and Therapy Centre Incorporated

(PO Box 303) 75 South Road Ulverstone 7315

For the aged and disabled (16 years and over).

Aged Care: High care nursing and respite care.

Therapy Centre: To assist the general public in rehab, exercise programs, pre and post-surgery exercises to help maintain fitness and flexibility in the aged.

Yvonne Kromkamp.....6425 2166

Fax6425 4293

Emailyvonnek@mtstvincent.org.au

Website www.mtstvincent.com.au

Mount St Vincent Nursing Home Auxiliary

Group works to provide extra essentials for the residents; trivia; cake stalls; raffles etc. Meetings are held on the 4

th Wednesday of each month in the

Community room at the Catholic Church.

2/16 Jermyn Street Ulverstone 7315

Anne Miller (Pres).....6425 2919

Lyn Griffiths (Sec).....6425 1712

Lyn Griffiths (Treas).....6425 1712

Ganesway Housing

Housing for elderly people - family style accommodation for up to ten adults who are capable of self-care.

C/ Central Coast Council

Enquiries6429 8900

Ganesway6425 9199

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Other

Bookphysio

2/11 York Street, 2000

We are a booking platform of physio that can easily find you a near clinic which just near you.

Phone.....+10290686658

Email: team@bookphysio.com

Website: <https://bookphysio.com/>

West North West Working

All Local Engagement Officers work from home. Sarah (Central Coast) is located in Penguin however can travel to the individual

Are you holding yourself back from your dream job?

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

Phone.....0490 865 385

Email: info@wnwworking.com.au

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

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Public and Recreation Facilities

Recreation Grounds Facilities

East Ulverstone Football Clubrooms

Haywoods Reserve Ulverstone 7315

Clubrooms6425 1660

Danica Jones (Sec).....0455 511 010

Club emaileastulvcrows@gmail.com

Forth Football Clubrooms

Robert Glover (Pres).....0457 424 357

Tanya Glover (Sec).....0457 424 145

Club emailforthfc@gmail.com

Turners Beach Football Clubrooms

(PO Box 4) Recreation Ground Turners Beach 7315

Clubrooms6428 2260

Justin Porter (Pres)0475 345 429

Emailportz1022@gmail.com

Ulverstone Cricket Clubrooms

(PO Box 195) River Road Ulverstone 7315

Clubrooms6425 4880

Brien Lynch (Pres)0419 334 565

Doreen Leary (Sec).....0407 811 992

Ulverstone Football Clubrooms

PO Box 46, Ulverstone 7315

Greg Wing (Pres)0419 813 336

Andrew Leary (Treas)0418 322 394

Doreen Leary (Sec).....0407 811 992

Terry Leary (Bar Manager).....0487 771 153

Clubrooms6425 3794

Emailufc@tassie.net.au

Ulverstone Rowing Club

PO Box 126 Ulverstone 7315

Kings Parade Ulverstone

Jenny Streeter (Treasurer and Hall Manager)

Mobile.....0427 316 047

Jill Ponsonby (Sec)0409 553 672

Ulverstone Rowing Club Hall6425 2340

Email events@ulverstonerowingclub.org.au

Ulverstone Soccer Clubrooms

(PO Box 118) Showground Ulverstone 7315

Alistair Ollington (Pres)0428 235 648

Email president@ulvrstonesc.com

Susannah Blackwood-Beattie (Sec)

.....0408 026 999

Email secretary@ulverstonesc.com

Bookings.....64298928

West Ulverstone Football Clubrooms

PO Box 502 Ulverstone 7315

Football, bingo, catering, bar facilities

Lee Febey (Pres)..... 0488 596 954

Tracey Linnane-Short (Sec)..... 0437 238 938

Email..... wufc@y7mail.com

Clubrooms6425 5204

Fax.....6425 6787

West Ulverstone Sports Clubrooms

Dean Smith (President 0448 345 538

Email.....deanherbiesmith@hotmail.com

Tracey Linnane (Sec)..... 0437 238 938

Email..... wufc@y7mail.com

Sports Centres & Yachting

Penguin Football Club

PO Box 173 Penguin 7316

Dial Park, Dial Park Drive, Penguin

The Penguin Football Club provides opportunities to play football in the NWFL. Dial Park consists of

Oval A and Oval B as well as the Dial Pavilion. Dial

Pavilion is a function facility which caters for 200

people. It contains bar facilities which are run by

the Penguin Football Club and Kitchen facilities.

The facilities suit a variety of functions, whether

they be for corporate, community or personal

gatherings.

Dial Pavilion.....

Venue Bookings

Brian Lane..... 0407 076 497

Email..... penguinfootballclub@gmail.com

Website..... www.penguinfc.com.au

Penguin Sports & Services Club

(PO Box 178) Dial Road Penguin 7316

Visitors to bowls and golf welcome.

George Cassidy.....6437 2767

(Manager/Licensee)

Penguin Sports Centre

Ironcliffe Road Penguin 7316

(PO Box 220 Ulverstone 7315)

Robert Bourke (Manager).....6425 6533

Julie Kay (Rec Facilities Officer)64256533

Bookings.....6425 6533

Email.....recen@centralcoast.tas.gov.au

Recreational Facilities

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Revised 22 October 2020

Ulverstone Sports & Leisure Complex

(Schweppes Arena)

The Ulverstone Sports & Leisure Complex has

various meeting rooms, large stadium facilities and

is the perfect venue to hold Concerts, Exhibitions and Major Sporting events. It also has Dormitory facilities for 40 people.

Flora Street Ulverstone 7315

(PO Box 220, Ulverstone Tas 7315)

Julie Kay.....6425 6533

Robert Bourke6425 6533

Emailrecen@centralcoast.tas.gov.au

Websitewww.centralcoast.tas.gov.au

Yachting

Leven Yacht Club Inc

(PO Box 362) Dial Street Ulverstone 7315

The club offers training and racing of sailboards, dinghies, trailer sailers and catamarans on Saturdays from October to April. Visitors are welcome.

Daryl Connelly (Commodore).....0488 333 893

Andrew Edwards (Sec)0439 938 255

Adrian Beswick (bookings).....6425 7736

Email fmearns@harvestmoon.com.au

Website www.facebook.com/levenyachtclub

Room Hire Bookings:

The Venue is in a quiet location overlooking the Leven River. The meeting room can seat 50 guests in a dining configuration and opens onto a north facing balcony. It has a large projection screen and bar facilities. Discounted rates by negotiation for regular hirers. Photos of the rooms are on the Club's website.

Adrian Beswick.....0438 253 111

Toilets

Forth

Recreation Ground..... Main Road

Heybridge

Heybridge Hall Sice Avenue

Nietta

South Nietta Road..... Nietta

North Motton

North Motton HallPreston Main Road

Penguin

Johnsons Beach..... Johnsons Beach Road

Information Centre Main Road

Hiscutt Park.....Crescent Street

Old Surf Club..... off Main Road

Riana

Pioneer ParkPine Road

Turners Beach

Recreation Ground.....Esplanade

EsplanadeWestern End, Eastern End

River Mouth, Boat Ramp

Bannons Car Park.....Victoria Street

Ulverstone

Coles Car ParkGollan Street

Anzac ParkKings Parade

Tobruk Park.....Helen Street

Westside Shopping Centre..... Queen Street

Picnic Point..... Queen Street

Tennis Courts Braddon Street

Showground - western side.....Flora Street

Showground - eastern sideFlora Street

Lions Park Main Street

Shropshire Park.....Dial Street

History Museum Main Street

Recreation GroundVictoria Street

Robins Roost Playground.....Beach Road

Lookout.....Beach Road

Surf Club & Caravan ParkBeach Road

Buttons Creek.....Beach Road

Camping AreaBeach Road

Montgomery Meeting Room.....Carpark Lane

Visitor Information Centre.....Alexandra Road

Bannons Carpark..... Off King Edward and Reibey Streets

Religion

Church of Christ Community Social Club

4 Wrights Road Ulverstone 7315

Phone.....6425 4601

Email: valmawearne@bigpond.com

Religion

Anglican Church

St Stephen's Anglican Church, Penguin

(PO Box 22) Main Road Penguin 7316

Sunday services and Holy Communion 9.30am.

KC Knight6435 4185

Mr Peter Sheppard.....6437 2220

Doug Bright64372926

Holy Trinity Anglican Church of Australia, Ulverstone

(PO Box 111) 10 Kings Parade Ulverstone 7315

The local Anglican Church holds Sunday services, weekly bible studies, childrens activities and regular lunches, fellowship and community activities.

Rev David Blyth.....0413 528 168

Sylvia Berger (Sec)6425 1003

Regina Atkins (Youth & Family Worker)

.....0407 438 990

Email anglicanulv@bigpond.com

Website ulverstoneanglican.weebly.com

Baptist Church

Penguin Baptist Centre

(PO Box 129) 139 Ironcliffe Road Penguin 7316

Sunday Morning Service - 10.00am

Chat n Choose – Thursday 10am

I Carmichael (Elder)6437 2024

P Cunningham (Treas).....6437 1000

Emailloreley.padgett@bigpond.com

Baptist Church Ulverstone

(PO Box 250) 60 Alexandra Road Ulverstone 7315

Admin office hours are Monday to Friday (excl.

Thursday) 9.15am–1.00pm. Service time is

9.00am Sundays.

Louis Fife (Snr Pastor)6425 6306

Jan Litchfield (Sec).....0408 146 088

Angela Bissett (Treas).....0409 401 454

Email admin@ubc.org.au

Websitewww.ubc.org.au

Catholic Church

Catholic Church Penguin

(PO Box 362 Devonport 7310) 1 Arnold Street

Penguin 7316

Father John Girdouskas6424 2783

Office6424 8383

Catholic Church Ulverstone

Mersey Leven Parish
(PO Box 362 Devonport 7310) 2 Alexandra Road
Ulverstone 7315
Father Mike Delaney 0417 279 437
Annie Davies (Sec).....6424 2783
Office Fax6423 5160
Email..... mlcathparish-dsl@keypoint.com.au

Gospel Hall

Ulverstone Gospel Chapel

(PO Box 424) 1a Amherst Street Ulverstone 7315
Place of Christian worship, this group provides opportunities for members to study the Bible, enjoy friendships and family activities. Sunday worship 10.30am and Bible Study Tuesday 7.30pm.
Office6425 3000
Ian Wigg (Elder)6435 4664
David Williams (Sec)6425 3105
Bob Clark (Assist Treas) 0419 304 607
Email..... office@ugchapel.org
Website.....www.ugchapel.org

Presbyterian Church

St Andrews Presbyterian Church Ulverstone
(PO Box 535) 59 Main Street Ulverstone 7315
Services 10.00am Sundays. A warm welcome to Youth Groups and Bible studies.
Rev Charlie Kennedy6425 7297
Office6425 3814
Mobile..... 0400 228 241
Jacob Hendriks (Session Clerk).....6425 3667
Email..... jachen@bigpond.net.au

Reformed Church

Sanctuary Hill Christian Fellowship Penguin
(PO Box 110) 'Sanctuary Hill' 2 Main Road Penguin 7316
Church worship service at 10am on Sunday.
Pastor Ron Van Leerdam..... 0402 273 186
William Springham (Session Clerk).....6437 2171
Email.....Wasp75@bigpond.com
Website.....Christian reformed church Penguin Religion

Ulverstone Christian Reformed Church

(PO Box 49) 36 John Street Ulverstone 7315
Services - Sunday 9.30am. Sunday School, Youth Groups, Ladies fellowship and Bible studies.
Rev Pieter Tuit6437 2188
Arnold Van Neutegen.....6425 1819
Cathy Koek (Sec).....6423 2675
Elly de Jong (Treas).....6425 3781
Emailmckoek@bigpond.net.au
Website .ulverstonechristianreformedchurch.org.au

Salvation Army

The Salvation Army Ulverstone

(PO Box 63) 23 Victoria Street Ulverstone 7315
Christian Church with a social welfare focus
Sundays 10.30am
Children's and youth activities held during school terms.
Family support 10.00am–4.00pm Tues and Thurs.
Financial counselling and Positive Lifestyle program – by appt.
Lifetime community lunch noon Fridays \$3.00
"Home League" - empowering women 10.00am Wednesday.
Craft and Culture, Law and Justice, Salvation Army Youth Activities
Ulverstone Corps6425 1499
Fax6425 6579
Websitewww.salvationarmy.org.au/ulverstone

The Salvation Army Ulverstone – Thrift Shop

19 Main Street, Ulverstone 7315
Ulverstone6425 7423

The Salvation Army - Doorways

PO Box 63 Ulverstone 7315
Doorways offers help in crisis situations. We will help link you to services that can help you.
Interviews are by appointment on Wednesdays and Thursdays from 10.00am–12.30pm and 1.00pm–3.00pm.
Ulverstone6425 7423
Devonport.....6424 9177

Seventh Day Adventists

Seventh Day Adventist Church Ulverstone

90-100 South Road, Ulverstone
Pastor Brad Cooke.....N/A

Uniting Church

Uniting Church in Australia Penguin

(PO Box 368) Main Road Penguin 7316

Lynn Templar (Chairperson)0447 228 747
email.....penguin.unitingchurch@westnet.com.au
Denise Wotherspoon (Sec) 0400 373 233
Clive Jewell (Treas).....0417 375 326
Website..... www.penguin.ucavictas.org.au
Facebook..... Uniting Church Penguin

Church owns South Riana Uniting Church Cemetery.
Contact for Cemetery:
Paul Smith.....0427 142 803

Uniting Church in Australia Sprent Shalom

394 Gaunts Road Nietta 7315

Keeton Miles (Pres).....6429 1260

Uniting Church in Australia Ulverstone

(PO Box 227) Reibey Street Ulverstone 7315

Worship Sundays 10.00am

Wayne Bounday6425 3968

Church Office6425 4446

Irene Bardenhagen.....6425 2738

T Marshall.....6425 3865

Email.....ulverstoneuca@bigpond.com.au

(Contact for Sprent Community Church and
Ulverstone congregations)

The Rock Community Church

(PO Box 21) 17 Crescent Street Penguin 7316

Louisa de Bruyn (Pres/Sec) 0408 371 210

Email..... louisa.debruyn@therock.net.au

Dirk de Bruyn (Treas).....6437 1934

Website.....www.therock.net.au

**Ulverstone Congregation of Jehovah's
Witnesses'**

PO Box 344 Ulverstone 7315

Gordon Radford (Secretary)..... 0417 334 485

Email..... ulverstonekhjw1914@gmail.com

Seniors

Asthma Australia

1/89 Brisbane St, Hobart 7000

Most of the time we take our breathing for granted. Inhale, exhale, inhale, exhale. But for people with asthma, the simple act of breathing can be a difficult and terrifying experience. At Asthma Australia we help people to breathe so they can live freely.

Phone.....03 9086 7866

Email: jtyler@asthma.org.au

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

Australia Red Cross - Ulverstone Branch

49 King Edward Street, Ulverstone PO Box 398, Ulverstone 7315

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

Phone.....0415 809 703

Email: cday@redcross.org.au

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

Australian Red Cross Telecross Service

Henry Wheeler Place, Gosford 2250

A free daily morning welfare call to check you're okay between 8.00am – 9.00am 7 days per week. This services is provided by friendly volunteers

Phone.....4322 2144

Fax.....4302 0880

Email: dfouche@redcross.org.au

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

Care Forward

11 Steele Street, Devonport, TAS 7310

Providing health and home care, Care Forward is Tasmanian, locally-owned, operating State-wide, since 1999 -- specialising in services designed to support the independence of older Tasmanians and people living with chronic conditions or disabilities.

Phone.....1300 364 876

Fax.....62447711

Email: info@careforward.com.au

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

Central Coast Adult Day Centre

48 Water St Ulverstone 7315

The Central Coast Adult Day Centre caters for older (65+), socially isolated people, as well as younger (18+) disabled adults. They provide group and individual lifestyle and leisure assessments and programs to maintain and enhance the quality of life for clients attending.

Phone.....6464 3091

Fax.....6464 3294

Email: lorise.evison@ths.tas.gov.au

Central Coast Community Health Centre

48 Water Street, Ulverstone 7315

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

Phone.....6464 3080

Fax.....6464 3294

Email: centralcoast.chc@ths.tas.gov.au

Central Coast Community Shed

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0458407872 or 64298959

Email: melissa.budgeon@centralcoast.tas.gov.au

Website: <http://centralcoast.tas.gov.au/community-shed/>

Central Coast Film Society

6 Dial street Ulverstone 7315

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

Phone.....0364254572

Email: centralcoastfilms@gmail.com

Central Coast Garden Club Inc

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

Phone.....6425 5203 / 0439368144

Community Care TASMANIA

7 Techno Park Drive, Kings Meadows 7249 PO Box 977, Launceston 7250 7250

We are a local not-for-profit Tasmanian organisation fully and solely owned by its members and specialise in home care, helping you to stay living in the home you love. Support and care are tailored to suit your needs, and give you peace of mind every day.

Phone.....1300 722 400

Fax.....03 6365 7229

Email: admin@cct.org.au

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

Community Transport Services Tasmania

Offices in Kingston, Glenorchy, LAunceston, Ulverstone and Queenstown

CTST is a state-wide, community based, not-for-profit organisation that provides affordable door-to-door community transport for people aged over 65 years, or who have a condition preventing them from undertaking daily activities, such as a disability.

Phone.....1800 781 033

Email: info@ctst.org.au

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

Community Visitors Scheme

The Community Visitors Scheme aims to decrease social isolation in the community for older Tasmanians.

Phone.....(03) 6424 6547

Email: paula.proctor@lifelinetasmania.org.au

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

Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café helps people living with dementia, as well as carers, to make connections with each other and the broader community

Phone.....6429 8900

Email: admin@centralcoast.tas.gov.au

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

COTA (Council on the Ageing) Tasmania - Aged Care Navigator

12 Reeves Street South Burnie 7320

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

Phone.....0477 221 557

Fax.....n/a

Email: HeatherR@cotatas.org.au

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

Country Women's Association - Central Coast Branch

The Country Women's Association in Tasmania (Inc) is an iconic women's group which continues to improve the lives of women and children.

Phone.....6425 1061

Email: bufrench@bigpond.com

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

Dementia Australia

North West Coast 47B Best Street, Devonport 7310

Dementia Australia (formerly Alzheimer's Australia) is a unified, national peak body supporting people of all ages living with all forms of dementia, their families and carers.

Phone.....64258701 & National Helpline 1800100500

Fax.....64229605

Email: tas.admin@dementia.org.au

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

Dragonfly Counselling and Consulting

55 Best Street Devonport 7310

Individual and couples counselling. Need someone to help talk through your current issues/hurdles. Give us a call.

Phone.....0409 408 501

Email: dragonflycandc@bigpond.com

Website:

<http://www.dragonflycounsellingconsulting.com.au>

Engender Equality

Engender Equality is a confidentially located service Engender Equality offers trauma informed counselling and support to people who have been affected by Family Violence

Phone.....62789090

Email: admin@engenderequality.org.au

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

Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: Devonport@hearing.com.au

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

Ladies Group - Central Coast Community Shed

Big blue shed at the back of the showgrounds, off Flora Street Ulverstone 7315

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

Phone.....6429 8959

Email: melissa.budgeon@centralcoast.tas.gov.au

Website:

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

Libraries Tasmania - Penguin Library

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: devonport.library@libraries.tas.gov.au

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

Meals on Wheels (Penguin)

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

Email: pengion@mowtas.org.au

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

Meals on Wheels (Ulverstone)

15-19 Eastand Drive Ulverstone 7315

We coordinator, order and deliver meals to clients in the local community.

Phone.....6425 1331

Email: ulverstone@mowtas.org.au

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

Men's Shed Ulverstone

Big blue shed at the back of the showgrounds Ulverstone 7315

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

Phone.....0418 141 529

Email: mensshedulverstone@gmail.com

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

Mersey Community Care Association Inc

PO Box 286, Devonport 7310

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

Phone.....6424 8883

Email: mcca@merseycca.org.au

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

Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

MPA offers fully funded mindfulness courses, paid courses, and professional development.

Phone.....0488 064 228

Email: admin@mindfulnessaus.com.au

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

Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

Molenda provides activities (farm, craft, horse therapy, hospitality etc), on a 17 acre heritage property 3km from Ulverstone on the Castra Road.

Phone.....0427 127 754

Email: molenda@skymesh.com.au

North & North West Sexual Assault Support Service TA Laurel House

Po Box 1062 Launceston 7250

Laurel House provides face-to-face counselling to adults and children affected by sexual assault across Northern Tasmania. We also provide a 24/7 crisis response service which can assist you with an immediate crisis as a result of a recent, or historical assault, hospital attendance or speaking with police.

Phone.....(03) 6334 2740

Email: info@laurelhouse.org.au

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

North West Walking Club

PO Box 107, Ulverstone

We offer day and overnight walks, and occasional cycle and kayak trips.

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

Penguin History Group Inc.

Penguin Railway Station Main Road , Penguin PO Box 156 Penguin 7316

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

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

Email: penguin.history@bigpond.com

Penguin Men's Shed

5 Sport's Complex Avenue Penguin 7316

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

Phone.....0427 509 792

Email: n/a

Penguin Senior Citizens Club

1 Crescent Street Penguin 7316

For companionship - indoor bowls, social afternoon, occasional events and activities.

Phone.....6437 1447

Probus Club of Central Coast

P.O. Box 497 Ulverstone 7315

Friendship and fellowship club.

Phone.....6437 1994

Relationships Australia

Relationships Australia Tasmania offers Counselling, Mediation, Family Dispute Resolution, Employee Assistance Program, Tasmanian Suicide Prevention Network, MENS Program (Men Engaging New Strategies), Redress Support Services, Children's Contact Services. Most services are offered via 'phone or video call (as well as Face-to-face). Many of the services are free of charge.

Phone.....6421 3600

Email: comms@reltas.com.au

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

Rural Alive & Well INC

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

Email: admin@rawtas.com.au

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

Seeking Solace

Northern and North West Tasmania.

Holistic, personalised, and compassionate, non-medical end-of-life care.

Phone.....0477754144

Email: holly@seekingsolace.com.au

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

Tai Chi

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: barb3taichi@gmail.com

The ISLAND Project - Wicking Dementia Research and Education Centre, University of Tasmania

The Leven Centre, 70 South Road West Ulverstone 7315

The Island Study Linking Ageing and Neurodegenerative Disease (ISLAND) Project involves a range of studies that relate to understanding who is at most risk of dementia and how we can self-manage risk behaviours to build resilience to dementia and Tasmanians aged 50 years and over can join our research.

Phone.....0362266977

Email: island@dementia.utas.edu.au

Website: <https://island.mooc.utas.edu.au/>

U3A Central Coast (Inc)

Apex House, 3 Gollan Street Ulverstone 7315

Programs ranging from single session to 6-week courses are offered by volunteer tutors/presenters. An annual membership fee of \$40 provides access to programs over two semesters and other activities during the year.

Phone.....0474 097 636

Email: u3acentralcoast@gmail.com

Website: <https://tascentralcoast.u3anet.org.au/>

Ukulele Group (MUGS) - Many Ukuleles Gather Socially

MUGS are a community non-for-profit group who get together in Ulverstone weekly and sing popular songs as a social happening, but mainly for fun

Phone.....0411 038 721

Email: mugsukulele@outlook.com

Ulverstone Coast Care

PO Box 3055 Ulverstone 7315

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

Phone.....0418 142 790

Email: robyparker128@gmail.com

Ulverstone Library

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: ulverstone.library@libraries.tas.gov.au

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

Ulverstone Physiotherapy

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: ulverstonephysio@gmail.com

Ulverstone Senior Citizens Club

16 King Edward St Ulverstone PO Box 406, Ulverstone 7315 7315

We have a range of activities providing social interaction.

Phone.....6425 2584

Ulverstone Seniors' Forum

16 King Edward St Ulverstone 7315

Meetings of our friendly group provide mental stimulation and social interaction.

Phone.....6425 2482

Email: lmgryta@hotmail.com

VisAbility

164 Elizabeth Street, Hobart 7000

Losing your vision doesn't mean loss of independence.

At VisAbility we aim to support you in everyday life. We offer therapy for adults and seniors who are blind or vision impaired, assistive technology, Guide Dogs services and therapy for children and youth.

Phone.....1800 484 333

Email: referralstas@visability.com.au

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

Social/Leisure

1st Penguin Scout Association of Australia

PO Box 24 Penguin 7316

Phone.....0425 213 700

Abbotsham Badminton Club

Castra rd Abbotsham 7315

Badminton Club in Ulverstone Districts Badminton Association. Open to players of any age or ability.

Phone.....0438878983

Email: richjes13@gmail.com

Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

We provide Practical, Social and Emotional Support as well as Parenting Education and Skill Building.

Phone.....1800 243 232

Email: kids@anglicare-tas.org.au

Website: <http://anglicare-tas.org.au>

Australia Red Cross - Ulverstone Branch

49 King Edward Street, Ulverstone PO Box 398, Ulverstone 7315

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

Phone.....0415 809 703

Email: cday@redcross.org.au

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

Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy

Phone.....Tana 0428 204 076 or

Marion 0409 899 136 (co Group Leaders)

Email: ptmcmullen60@bigpond.com

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

Australian Naval Cadets, TS Leven

PO Box 92 Ulverstone 7315

Cadets recruited 1st year of High School. Ages vary from 13-19 years. Organisation based on RAN ship. Training covers a wide spectrum including citizenship, seamanship, first-aid, gunnery, cooking, sailing, boat handling (both sail and power), survival swimming, leadership, rigging, knots and splices etc.

Phone.....0427 542 890

Email: sjradford@bigpond.com

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

PO Box 68, Port Sorell, Tas 7307

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

Phone.....64 286 909

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

Bootscootin' Devils

Our group line dances at the Ulverstone Rowing Club.

We welcome all ages and genders. \$5.00 per session.

We are a non profit community group and excess funds are donated to local charities each year. Phone Deb 0447 313 006 or Leanne 0487 654 711 Opening hours are - Tuesday 6.30pm – 8.30pm Thursday 9.30am – 12pm

Phone.....Phone: Deb 0447 313

006 or Leanne 0487 654 711

Email: bootscootindevils@hotmail.com

Catholic Church Youth Group

PO Box 362 Devonport 7310

Phone.....6424 8383

Central Coast Adult Day Centre

48 Water St Ulverstone 7315

The Central Coast Adult Day Centre caters for older (65+), socially isolated people, as well as younger (18+) disabled adults. They provide group and individual lifestyle and leisure assessments and programs to maintain and enhance the quality of life for clients attending.

Phone.....6464 3091

Fax.....6464 3294

Email: lorise.evison@ths.tas.gov.au

Central Coast Community Health Centre

48 Water Street, Ulverstone 7315

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

Phone.....6464 3080

Fax.....6464 3294

Email: centralcoast.chc@ths.tas.gov.au

Central Coast Community Shed

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0458407872 or 64298959

Email: melissa.budgeon@centralcoast.tas.gov.au

Website: <http://centralcoast.tas.gov.au/community-shed/>

Central Coast Film Society

6 Dial street Ulverstone 7315

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

Phone.....0364254572

Email: centralcoastfilms@gmail.com

Central Coast Garden Club Inc

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

Phone.....6425 5203 / 0439368144

Central Coast Girl Guides

34 Main Street Ulverstone 7315

Guides meet Mon-Wed for girls aged 5-18 years.

Phone.....6425 4946

Email: stuart_c_edwards@outlook.com

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

Chats - Lifeline

78a Oldaker Street Devonport 7310

The Chats Program aims to help you to improve your health, happiness and confidence and reduce any feelings of loneliness or isolation.

Phone.....(03) 6424 6547

Website: <https://www.lifeline.org.au/tasmania/chats-program>

Church of Christ Community Social Club

4 Wrights Road Ulverstone 7315

Phone.....6425 4601

Email: valmawearne@bigpond.com

Community Transport Services Tasmania

Offices in Kingston, Glenorchy, Launceston, Ulverstone and Queenstown

CTST is a state-wide, community based, not-for-profit organisation that provides affordable door-to-door community transport for people aged over 65 years, or who have a condition preventing them from undertaking daily activities, such as a disability.

Phone.....1800 781 033

Email: info@ctst.org.au

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

Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315

The Connect Café helps people living with dementia, as well as carers, to make connections with each other and the broader community

Phone.....6429 8900

Email: admin@centralcoast.tas.gov.au

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

Culture

Blythe Community Arts Council

540 Nine Mile Road West Pine 7316

We are a branch of the Tasmanian Arts Council. We present touring shows of the Arts Council. Activities we initiate ourselves with the emphases on the family.

Flo Ling.....6437 5355

Ros Casey.....6437 5324

Margaret Mace6437 5212

Andrew Swanson (Treas).....6435 4479

Emailandrewswanson04@icloud.com

Leven Regional Arts Incorporated

Studio 2 at the HIVE, 50 Main Road, Ulverstone.

Leven Regional Arts initiates, supports, and

provides opportunities for our community to

explore and engage their enjoyment of the arts.

We hold regular exhibitions, weekly art groups

and host working artists. Many of our members

are practicing artists with interests in traditional

and fine arts. Diverse art based activities are also

held on a weekly basis. Membership is \$30/year.

Studio 2 at the HIVE, is the home of Leven

Regional Arts and is open to the public to enjoy

the many works of art on display every Mondays

to Friday 10.00am to 4.00pm. Visitors are

welcome, gold coin on entry. Further information

contact Joy Watson as below.

HIVE, Studio 2.....6448 7107

Pene Day (Pres).....0407 135 689

Emailpene15@bigpond.com

Joy Watson (Sec).....0400 105 943

Emailtasbam@bigpond.net.au

North West Botanical Artists

Forth Town Hall, Main Road Forth 7310

Meet every Thursday between 10.00am and

2.00pm. Cost \$5.00 per week.

Vicki Boxshall6426 2509

Emailghengisdakatt14@gmail.com

Baptist Church Chat 'n' Choose Penguin

(PO Box 129) 130 Ironcliffe Road Penguin 7316

Thursday mornings 10.00am–12pm during

school terms (fee includes morning tea).

Susan Adams6437 2732

Website.....www.penguinbaptist.org.au

Email.....adamsuebrett@bigpond.com

Hidden Talents

Ulverstone Unity Church Reibey Street Ulverstone
7315

Hidden Talents craft is an outreach of Uniting

Church for people (non-denominational) to get

together. 10.00am–2.00pm. \$2.00 per day

includes morning tea.

Kath Van Essen (Coordinator)6425 1125

Marie Wilson (Sec/Treas).....6425 1427

Website.....www.netministries.org

(see: churches.exe/ch12991)

Leven Quilters Group

10 Halstead Street Burnie 7320

An informal gathering of quilters meeting weekly at

the Catholic Community rooms on Monday -

10.00am–3.00pm, to enjoy working on mainly hand

piecing and quilting.

Janine Richardson.....6431 6299

Mobile.....0458 561 927

Email.....janinerichardson2000@yahoo.com.au

North West Woodcraft Guild

HIVE, Studio 3, Main Road, Ulverstone

(PO Box 8), Ulverstone 7315

The North West Woodcraft Guild fosters woodworking

skills in our members and the community. Provides a

venue for our members to socialize. Opened to the

public Mondays and Friday 10.00am to 4.00pm.

HIVE, Studio 3 6448 7108

Leanne Midgley 0487 654 711

Anne Williams 0407 614 985

Pat Milburn 0408 252 114

Emailnorthwestwoodcraftguild@gmail.com

Australian Lace Guild, Tasmania Branch,

North West Region

9 Harley Court Ulverstone 7315

Meet every 1st Saturday of each month at

10.00am–3.00pm in the Ulverstone Secondary

College, James Street entrance.

Janet Jones (Pres) 6425 4162

Lyn Morgan (Sec) 6425 1759

Maritta Crombie (Treas) 6438 1235

Emailcaptainmorgan09@live.com

The Embroiderers Guild of Tasmania, Central Coast Branch

16 Wilson Place Ulverstone 7315

Meet every Monday 10.00am–2.30pm at the St

Andrews Presbyterian Hall, Main Street Ulverstone.

Members bring their own threads and fabric to work on

their own and joint projects. Tea and coffee supplied by

guild. New members welcome.

Noelene McCarthy (Pres).....6425 5050

Marie Wilson (Sec).....6425 1427

Ms Rossi Gruhl (Treas).....6423 5765

Emailnmccarthyau@yahoo.com.au

North West Film Society

PO Box 790 Devonport 7310

Our film club screens very recent, thoughtful but

high quality, near-mainstream films in CMAX

Devonport's very comfortable premises, 13 times a

year and usually at 7.00pm on the first Wednesday

of the month. Attendance is by membership only, and new members are always welcome - either as Full members for all 13 of our films shown in the same calendar year, or as Part members for 5 films instead. New members should arrive at 6.30pm to complete all the necessary membership details in good time for their first film.

Enquiries 0475 796 384

David Harcombe (Pres) 6423 6907

Anne Guest (Treas) 6437 2829

Email nwfs@nwfs.org.au

Website www.nwfs.org.au

Forth Valley History Group

(PO Box 366) 59 Kindred Road Forth 7310

The History group aims to foster interest in the history of Forth and the surrounding Forth Valley areas.

Exhibitions featuring photographs and information about local history are occasionally held in the Forth Community Hall. People who are interested are warmly invited to join as members. Membership is \$5.00 per year. It meets every Tuesday at 7.00pm at 59 Kindred Road Forth and membership is \$5.00.

Judy Richards (Pres).....0419 893 916

Mark Whittle (Sec)..... 6428 2985 / 0407 803 529

Lynn Whittle (Treas)..... 6428 2985 / 0419 282 921

Email mark1949@bigpond.net.au

Ulverstone Municipal Band

PO Box 38 Ulverstone 7315

2 Wharf Road Ulverstone 7315 (opposite Pedro's)

An enthusiastic group of people with a passion for enjoying and playing music and sharing this with the community at events, parades and concerts. We provide opportunity for people of all ages to learn a brass instrument and read music.

Learners (all ages) Wednesday 6.30pm–7.30pm

Junior Band – Tuesdays 7.00pm–8.00pm

Senior Band – Tuesdays 8.00pm–10.00pm

Enquiries welcome or just drop in.

Alysha Allen (Pres).....0418 365 827

Anne Wyllie (Sec).....0400 556 829

Ron Wilson (Treas)6425 2657

Email u.m.b@bigpond.com

Website www.ulverstoneband.com.au

Ulverstone Seniors Choir Concert

Meet the first Thursday in every month at Ulverstone Senior Citizens Club, King Edward Street Ulverstone. Commencing at 1.30pm. Cost \$5.00 includes afternoon tea. Everyone welcome. Leonie Gryta.....6425 2482

Live @ The Wharf

Ulverstone Wharf Precinct, Crescent Street, Ulverstone, Tasmania

Easy listening live performances, relaxed

atmosphere, good company, every Friday night at the wharf in the Gnomon Pavillion, sessions from 5.30-7.30pm entry by \$5 donation. To keep up to date with what is on go to our Facebook page.

Mobile.....0408 050 634

Emailliveatthewharfinc@gmail.com

Facebook..... @LiveAtTheWharf

Forth Valley Blues Festival

Tasmania's premier blues event.

Ebeneser McCrindle.....0428 584 577

Email ebmccrindle@gmail.com

Email forthvalleyblues@gmail.com

Websitewww.forthvalleyblues.com

Word Wizards

112 Trevor Street Ulverstone

PO Box 311, Ulverstone 7315

Speaking Group – Meet at the Ulverstone Senior Citizens Club, King Edwards Street, Ulverstone every 2nd and 4th Tuesdays from 2pm to 4pm.

Annual membership fee \$20.00.

Mrs Jan Hamilton (Pres)6425 3541

Mildred Womersley (Secretary)6425 4606

Dian Isaac (Treasurer)6425 3853

Ulverstone Repertory Theatre Society

PO Box 555 Ulverstone 7315

Promoting live theatre for the Central Coast community as well as the North West Coast.

Rodney O'Rourke (Pres).....6425 5187

Mobile..... 0419 007 593

Janet Harris (Sec) 0428 319 007

Mobile..... 0429 106 600

Lucille Walker (Treas)6425 5667

.....treasurer@ulverstonerep.com.au

Mobile..... 0414 536 654

Email..... admin@ulverstonerep.com.au

Website.....www.ulverstonerep.com.au

Fellowship of Australian Writers (North West Tas Branch)

PO Box 608 Burnie 7320

Dedicated to assist, encourage and foster persons in the 64 phone district engaged or interested in writing prose or poetry. Meetings held monthly.

Maurice Evans (Pres).....6496 1248

Allan Jamieson (Sec)6432 3672

Brenda Slavoff (Treas)6431 2039

Email..... fawtas@y7mail.com

Website.....www.fawnw.com

Family Based Care Tasmania

73-75 Mount Street, Burnie 7320

A non-faith-based Provider of individualised support services to the aged, disabled and their carers enabling individuals to live safely and independently in their homes for longer. We always do our best to provide care that is the right fit at the right time in the right place.

Phone.....03 6431 8411

Fax.....03 6431 1417

Email: admin@familybasedcare.org.au

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

Inspirations Paint Central Coast Cricket Club

Haywoods Reserve, Ulverstone 7315

Cricket

Phone.....64251660

Email: centracoastcc@hotmail.com

Jumping Tasmania North West

267 South Rd, West Ulverstone TAS 7315

Jumping Tasmania North West is a club that supports and is strongly associated with encouraging junior development, gender equality, goodwill and co-operation and encourages family participation in a sport associated with style, excellence and excitement.

Phone.....0438783317

Email: sjtnorthwest@gmail.com

Website: <https://www.tas.equestrian.org.au/jumping/content/north-west-branch>

Ladies Group - Central Coast Community Shed

Big blue shed at the back of the showgrounds, off Flora Street Ulverstone 7315

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

Phone.....6429 8959

Email: melissa.budgeon@centralcoast.tas.gov.au

Website:

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

Leven District Scout Association of Australia

PO Box 433 Ulverstone 7315

The general function of the Association is to safeguard and encourage scouting whilst maintaining the independence of the several scout groups in the Leven District.

Phone.....6425 2818

Libraries Tasmania - Penguin Library

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: devonport.library@libraries.tas.gov.au

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

Lions Club of Forth Valley Inc

P.O. Box 319, Forth 7310

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

Phone.....0407877460

Email: forthvalley@lionstasmania.org

Men's Shed Ulverstone

Big blue shed at the back of the showgrounds Ulverstone 7315

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

Phone.....0418 141 529

Email: mensshedulverstone@gmail.com

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

North Motton Rural Youth Club

153 Preston Road, Gawler 7315

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

Phone.....0429 405 164

Email: northmottonry@hotmail.com

North West Walking Club

PO Box 107, Ulverstone

We offer day and overnight walks, and occasional cycle and kayak trips.

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

NW Tasmania Thunder Basketball Club Inc.

PO Box 158 ULVERSTONE 7315

NW Tasmania Thunder Basketball Club Inc. has a men's basketball team called St.LukesHealth NW Thunder which enters the NBL1 Roster which is played interstate and intrastate. It is a state representative team along with the St.LukesHealth Launceston Tornadoes women's team and Hobart Chargers men's and women's teams.

Phone.....0474 868 580

Email: boc@nwthunder.com.au

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

Other Leisure - Sport & Fitness

Athletics

North West Athletic Club Inc

PO Box 1096 Burnie 7320

The Club's season operates at the Penguin Athletic Centre, Recreation Drive Penguin from October to March.

Emailnwtasathletics@gmail.com

Phil Clayton (Sec/Treas)0419 396 421

Email philclay@bigpond.net.au

Penguin Sports and Axemans Club

744 South Road Penguin 7316

Carnival held November each year

Henry Maine (Pres).....6437 1275

Sue Dick (Sec)6437 2858

Emailsusan.dick@education.tas.gov.au

Badminton

Central Coast Badminton Association

C/ 22 Risby Street Ulverstone 7315

Mrs Sandra Saltmarsh.....6425 2828

Email.....bradsalty@y7mail.com

North West Badminton Association Inc

PO Box 148, Ulverstone 7315

Mr Brent Munday (President) 0418 202 980

Email..... brent.munday@education.tas.gov.au

Miss Karen Arnolt (Sec/Treasurer).....6425 1255

Mobile..... 0415 558 572

Email.....kazarnie@hotmail.com

Basketball

Penguin Basketball Association

PO Box 44 Penguin 7316

10 years and upwards

Amanda Hayward (Sec) 0418 390 373

Email.....pba.tas.secretary@gmail.com

Website

Ulverstone Basketball Association

Ulverstone Sports & Leisure Centre

Flora Street

PO Box 256 Ulverstone 7315

10 years and upwards

Sarah Amos (Treasurer)0408 340 074

Emailulverstonebasketball@outlook.com

Website www.ulverstonebasketball.com.au

NW Tasmania Thunder Basketball Association

Ulverstone Sports & Leisure Centre
Flora Street
PO Box 158 Ulverstone 7315
NBL1 Team
Kirsten Archer (Treasurer)0437 223 905
Emailenquiries@nwthunder.com.au
Website www.nwthunder.nbl1.com.au

Bowling - Lawn/Indoor

Riana Indoor Bias Bowls Club

1221 Pine Road Riana 7316
Social and pennant games – Affiliated with Emu Bay Association. Pennant season from April to July. Practice nights March to July.
Darren Fielding (Pres).....0427 041 059
Rene King (Sec/Treas).....6437 2882
Mobile.....0427 504 158
Email renmicking@gmail.com

Turners Beach Bowls Club

5 Henry Street, Turners Beach 7315
Our Bowling Club is situated in a beautiful location – right alongside a local landmark, with views of the great park next door, and the gorgeous sunsets that bring an inspiring end to a satisfying day of lawn bowls. For the complete newcomer to lawn bowls, looking for a sporting activity that promises much in fun and enjoyment with a competitive element, then the friendly, welcoming atmosphere of Our Bowling Club will be the place to be.
Dennis Knuckey0400 842 121
Emaildennisknuckey@iinet.com
Email.....tbhci38@bigpond.com
Website www.turnersbeach.bowls.com.au

Ulverstone Bowling Club Inc

PO Box 79 Ulverstone 7315
Located at 41 Water Street, Ulverstone 7315
Membership is subject to nomination by two financial members and must appear on the noticeboard for at least 14 days. The Club caters for lawn and indoor bowlers. Home of Darts and several community based groups such as the Crib Club. Summertime Corporate Bowls are popular.
Club6425 1071
Fax.....6425 1057
Rick Sutton (Pres)6425 1962
Mobile..... 0419 873 967
Tony Strickland (Sec/Pub Officer)6425 3944
Mobile..... 0414 429 695
Bill Cruz (Treas)6425 7910
Mobile..... 0437 518 298
Email.....office@ulverstonebowlsclub.com.au

Cricket

Forth Cricket Club

C/ Post Office Forth 7310
Mick Hollingsworth (Pres)0408 946 733
Sara Hollingsworth (Sec)6424 4938
Emailhollyms@bigpond.net.au
(Treas).....
Club rooms6428 2554
Emailforthcc@gmail.com

Riana Cricket Club

PO Box 69 Riana 7316
Club Rooms6437 6328
Riana Shop6437 6193
Clinton Carpenter (Pres)0417 285 362
Emailclinton.carpenter@coateshire.com.au
Ben McPherson (Treas).....0408 581 232
Email rianacricket@gmail.com

West Ulverstone Cricket Club

PO Box 502 Ulverstone 7315
Dean Smith (Pres).....
Email.....deanherbiesmith@hotmail.com
Kim Emmerton (Treas)..... 0414 695 263
Clubrooms6425 5204
Email..... wufc@y7mail.com
Fax.....6425 6787

Football

East Ulverstone Football Club

PO Box 241 Ulverstone 7315
Football, bingo, country music nights, catering with bar facilities.
ClubroomsPh 6425 1660 / Fax 6425 6554
Michael Stocks (Pres)0429 706 554
Emailstocksm@bigpond.net.au
Maree Aitken (Sec)0409 874 116
Emailaitkenfamily@internode.on.net
Simon Morrision (Treas)0437 435 492
Email chester_springfield@hotmail.com
Email (club)eastulvcrows@gmail.com

Forth Football Club

C/- Post Office Forth 7310
Clubrooms Phone/Fax6428 2554/6428 2004
(Pres).....
Tanya Glover (Sec).....0457 424 145
(Treas).....
Emailtanyaglover0@gmail.com

Penguin Football Club

PO Box 173 Penguin 7316
Provides opportunities to play football in the NWFL.
Football clubrooms.....6437 2775

Brian Lane (Pres).....0407 076 497
Darren Emmerton (Vice Pres).....0417 371 341
Toby Ray (Sec)0428 178 884
Emily Young (Treas) 0459 990 6880407 864 891
Email penguinfootballclub@gmail.com
Website www.penguinfc.com.au

Penguin & Riana AusKick

PO Box 304 Penguin 7316
Scott Creedon (Pres)0448 528 118
Deanne Aitken (Sec).....0419 531 159
Stephen Ling (Treas)
Sonya Ling (Treas).....
Email penguinriana_auskick@yahoo.com.au

Ulverstone Robins AusKick

200 Picketts Road Gawler 7315
Junior /primary age football run through the winter months on Friday nights between 4.00pm–7.00pm at the Ulverstone Recreation Ground.
Richard Smith (Contact).....0438 878 983
Email richjes13@gmail.com

Turners Beach Football Club Inc

PO Box 4 Turners Beach 7315
Enright (Pres) 0497 593 470
Email.....robin.enright@yahoo.com.au
Reg Horten 0418 172 355
Email.....re.horten@jmc.com.au
Megan Enright (Sec) 0438 918 312
Email..... meaghanenright@live.com.au
Jessica Jones (Treas) 0418 578 858
Email..... jessrosejones@hotmail.com
Clubrooms6428 2260
Fax.....6428 3778
Email..... turnersbeachfc@hotmail.com

West Ulverstone Football Club

PO Box 505 Ulverstone 7315
Football, cricket, bingo, darts, eight ball, catering, bar facilities
Lee Febey (Pres)..... 0488 596 954
Tracey Linnane-Short (Sec)..... 0437 238 938
Email..... wufc@y7mail.com
Clubrooms6425 5204
Fax.....6425 6787

Ulverstone Golf Club Inc.

(PO Box 175) Lobster Creek Road Ulverstone 7315
New membership discounts are available.
Discounts available to pensioners, couples etc.
Junior, social and casual (non-competition) memberships are available. Competitions held Tuesdays (Members / Vets); Wednesdays (Ladies); Thursdays (Members); Fridays (Ladies / Members); Saturdays (Ladies / Members);

Sundays (Mixed). Chicken Run held Thursday pm during daylight savings period. New members and visitors welcome. Clubrooms are available for weddings / functions. All enquiries are to be directed to the Manager.

Tony Mills (Manager - contact).....6425 2322
David Walker (Pres).....
Ik Davies (Treas).....
Fax6425 2366
Emailulverstonegolf@bigpond.com
Websitewww.ulverstonegolfclub.com.au

Judo

Ulverstone Judo Club

UlverstoneSports & Leisure Centre
Flora Street, Ulverstone
Postal Address: 190 Top Gawler Rd Gawler 7315
Judo classes take place Tuesday 5.00pm–7.30pm. Juniors are on Wednesday 6.30pm–8.00pm and seniors are on Thursday 6.30pm–8.00pm. Wednesdays and Thursdays under 16s, under 20s and seniors are held each week at various times at the Ulverstone Recreation Centre. Also available are self-defense classes.
John Deacon (Pres)0419 002 026
Jamie Dodd (Sec)0448 337 440
Chris Palmer (Treas).....0417 315 600
Emailjamie.dodd@tastafe.tas.edu.au
Or dodda4@inet.net.au
Websitewww.ulverstonejudoclub.org

Martial Arts

Tasmanian Wing Chun Academy

47 Queen Street Ulverstone 7315
Martial Arts Gym includes – Kung Fu, Brazilian Jui Jitsu, mixed martial arts, kids classes, fitness classes and martial arts supplies.
Stuart Clayton (Instructor)6425 9325
Mobile..... 0408 642 560
Email.....scwingchun@hotmail.com

Netball

Central Coast Netball Association

PO Box 738 Ulverstone 7315
Ulverstone Sports & Leisure Centre
Mixed play Sunday nights, women play Tuesday nights.
Denise Briggs (Pres) 0428 283 551
Email.....denisebriggs@bigpond.com
Carmen Colbeck (Treas).....
Email..... carmencolbeck@hotmail.com

Association's mobile..... 0400 835 465

Lisa Gillard (Registrar)0437 868 466

Emailulviesoccerclub12@gmail.com

Websitewww.ulverstone.sc.com

Rodeo

Ulverstone Rodeo Association

(PO Box 478) Batten Park Ulverstone 7315

The Ulverstone Rodeo Association is run in conjunction with the Rotary Club of Ulverstone West. In addition to aiding the local community, profits from the Rodeo are shared with worthy charitable organisations such as 'The Breast Cancer Foundation', 'The Variety Club, Tasmania' and 'Beyond Blue'.

Ulverstone Rodeo is the biggest and richest Rodeo event and is ranked one of the top five in the nation. It attracts an annual crowd attendance of over 5000 and is one of the largest major events on the North West Coast.

Mick Wyllie (Pres).....6429 1339

Mobile..... 0409 213 351

Anoushka Ingelse (Sec)6429 1313

Email.....otious@hotmail.com

Shooting

North West Pistol Club

PO BOX 760 Devonport TAS 7310

Anna McGregor (Vice-Pres/Sec) ...0419 002 195

Email nwpctas@gmail.com

Bob Young.....

Email young.bob@bigpond.com.au

Penguin Clay Target Club Inc

PO Box 356 Ulverstone 7315

PO Box 54 Penguin 7316

Range shoot, 2nd Sunday every month. Shoot takes place at Hardys Road Penguin (see website for more information). Offers a place for people to learn and shoot in a safe environment. It is a social atmosphere.

Ray Coates (Pres & Treas).....6428 2962

Anthony Sherriff (Sec).....6426 9191

Email anthony.66@bigpond.com

Website:www.penguinclaytargetclub.com

Soccer

Ulverstone Soccer Club

PO Box 118 Ulverstone 7315

Primary School Soccer Saturday mornings.

Autumn to Winter at the Ulverstone Show grounds.

Clubrooms (phone/fax).....0437 868 466

Alistair Ollington (Pres)0428 235 648

David Voucher (Treas).....

Christie Cox-Haines(Sec).....0400 508 389

Softball

Ulverstone Softball Association

PO Box 72 Ulverstone 7315

Open to players six years of age and older, men and women. Games played Saturdays, October to March. Men's games Monday nights.

Clubrooms (phone/fax).....6425 4869

Waine Chilcott (Pres) 0408 752 950

Email..... waine@deeganmarine.com.au

Kelly Atkinson (Sec)

Email..... ulverstonesoftball@gmail.com

Zodiac Softball Association

PO Box 43 Ulverstone 7315

Karen Pearson (Pres)..... 0400 037 280

Matthew Knowles (Vice/Pres) 0439 351 047

Kelly Atkinson (Sec) 0400 068 463

Lyndell Baldock (Treas)..... 0438 364 960

Sport Clubs

Penguin Sports & Services Club

(PO Box 178) Dial Road Penguin 7316

George Cassidy - Manager/Licensee

Clubrooms/Fax 6437 2767 / 6437 1008

Chris Barker (Pres)..... 0418 500 977

Email.....info@penguinsportsclub.com.au

Dale Good (Treas)..... 0427 537 682

Website..... www.dialpenguin.com

Ulverstone Squash Rackets Club

PO Box 717 Ulverstone 7315

Annual subscriptions is \$40.00 with juniors \$15.00.

Autumn, spring and winter pennants are run in four divisions. Coaching is available for juniors. New members welcome.

Jakob Smith (Pres)..... 0438 873 232

Email..... jakobsmithmcd@gmail.com

Andrew Woodhouse (Vice Pres)... 0438 064 471

Email..... Andrewwoodhouse@hotmail.com

Bill Hutcheson (Sec)..... 0488 348 898

Email..... huchesonbill@hotmail.com

Sally Charleston (Treas)..... 0407 178 514

Email.....scharleston@iinet.net.au

Surf Life Saving Club

Penguin Surf Life Saving Club

PO Box 69 Penguin 7316

An enthusiastic, inclusive and welcoming club for all ages, affiliated with Surf Life Saving Australia and Surf Life Saving Tasmania, encouraging a fun healthy and safe lifestyle for the local community. Provides beach patrols at Preservation Bay and monitors beaches between Sulphur Creek and Watcombe Beach from December to March, on weekends and public holidays.

The Club Room Bar and Restaurant is open to the public on Friday nights from 6pm to 8pm, with rooms available to hire all year round.

Clubrooms6437 2639

Email penguinlifesaving@bigpond.com

www.penguinslsc.org.au

Tennis

Forth Tennis Club

(C/ Post Office) Main Road Forth 7310

Social tennis held on Monday mornings 10.00am–12.00pm; Tuesdays 4pm–6pm; Sundays

10.00am–12.00pm. Pennant teams Wednesdays.

Two pennants per year

Jan Hopkins (Sec) 6428 2160

Judy Winkler (Treas) 6428 2185

Ulverstone Tennis Club

PO Box 707 Ulverstone 7315

Juniors and seniors welcome. Family memberships Monday, Tuesday and Saturday.

Pennant available.

Promoting the enjoyment of tennis along the North West Coast as well as the local community.

Joy Wools-Cobb (Pres) 0429 106 600

Email..... tascaver@bigpond.net.au

Trish Osborne (Sec)..... 0447 659 622

Email..... trishosborne12@hotmail.com

Clayton Williams (Treas)(W) 6425 0666

Mobile..... 0418 255 584

Woodchopping

North West Axemens Association Inc

26 Colegrave Road Burnie 7320

Venue: 171 Sports Complex Avenue Penguin

Conducts wood chopping carnivals on the North West Coast.

David Foster (Pres).....0418 140 284

Stuart Snare (Sec)6431 9000

Mobile.....0437 581 548

Athol Graue (Treas)6424 4785

Email sksnare@our.net.au

Yachting

Leven Yacht Club Inc

(PO Box 362) Dial Street Ulverstone 7315

The Club offers training and racing of sailboards, dinghies, trailer sailers and catamarans on Saturdays from October to April. Visitors are welcome.

Daryl Connelly (Commodore)..... 0488 333 893

Andrew Edwards (Sec)..... 0439 938 255

Email.....fmearns@harvestmoon.com.au

Adrian Beswick (Venue Hire) 0438 253 111

Room Hire Bookings:

The Venue is in a quiet location overlooking the Leven River. The meeting room can seat 50 guests in a dining configuration and opens onto a north facing balcony. It has a large projection screen and bar facilities. Discounted rates by negotiation for regular hirers. Photos of the rooms are on the Club's website.

Website www.facebook.com/levenyachtclub

Swimming Pool

Ulverstone Swim Centre

(PO Box 220) Leighlands Avenue Ulverstone 7315

Pool6425 1090

Central Coast Council (AH bookings) .6429 8900

Education Dept (School hrs bookings).....

Nigel Cairns.....6433 7305

Waterslide

Ulverstone Waterslide

(PO Box 220) Beach Road Ulverstone 7315

Opening hours 12pm to 5pm from November each year. The Waterslide is open on weekends, then every day during the school holidays and will be opened through to March dependent on weather. Group bookings can be made for prior to 12pm and after 5pm during this period, email bookings are preferred.

The Council have Ulverstone Waterslide vouchers available for sale from the Cashier desk at the Council's Ulverstone Administration Centre, 19 King Edward Street.

Bookings.....6425 62525

Email..... ulwaterslide@yahoo.com.au

Website.....www.centralcoast.tas.gov.au

Other Leisure & Hobbies

Animal, Bird & Fishing Clubs

Young Anglers Development Inc

8 Jerling Street Ulverstone 7315

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

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

Mobile.....0419 537 043

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

Mobile.....0419 370 121

Julianne Stebbings (Treas)

Coastal Budgerigar Society

42 Bird Street Montello Burnie 7320

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

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

Catherine Charlesworth (Sec/Treas)

.....0409 257 131

Email c.charlesworth@bigpond.com.au

North West Homing Association

1 Elliott Street Ulverstone 7315

Race meetings on Saturdays from May-Nov

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

Tony Sheehan (Sec/Treas)6425 4707

Mobile..... 0427 254 707

Email.....

Ulverstone Kennel Club

PO Box 212 Ulverstone 7315

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

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

Mobile..... 0437 252 800

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

Mobile..... 0457 770 709

K Brown (Treas)6445 1487

Email.....jrweeda@bigpond.com

Ulverstone Poultry Club

16 Hensby Court Ulverstone 7315

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

Peter Biddle (Sec)6425 2661

Mobile..... 0447 752 661

Equestrian

Central Coast Polo-Cross Association Inc

PO Box 296 Ulverstone 7315

Competitions are held from January to April.

Training starts in October and goes through until December. Members and players most welcome.

Tanya McNab (Pres) 0427 252 797

Anna van der Meulen (Sec) 0448 022 650

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

Phone6429 3135

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

Email..... anzoron@hotmail.com

Dressage Association of Tasmania North West Branch

Thirlstone Golf Club (44 Pecks Rd Flowerdale 7325)

Dressage competitions and State dressage championships.

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

Email jamiesmith@bigpond.com

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

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

Emailmickcarla.townsend@gmail.com

Websitewww.dat.equestrian.org.au

Leven Pony Club Inc

Postal: PO Box 59, Ulverstone 7315

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

Greg Stones (Pres)0419 582 224

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

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

Jo Conroy (Treas)

Email j.hutchins4@bigpond.com

Website www.leven.pcat.org.au

(*District Commissioner)

Machinery Society

Historical Machinery Club of Tasmania

PO Box 8 Penguin 7316

Not open to public unless advertised

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

Mobile0400 248 044

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

Mobile.....0408 330 813

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

Mobile.....0418 129 938

Emailm-weeks@bigpond.com.au

Website www.oldengine.org/members/allso

Model Railway

The North West Model Engineering Society Inc.

(Ulverstone Miniature Railway site)
21 Maskells Road Ulverstone 7315
The Ulverstone Miniature Railway is open to the public every 1st and 3rd Sunday of the month – 10.00am–4.00pm. Open weekdays for school outings, playgroups etc. by arrangement.
Owen Collier (Pres)0409 673 550

Motor Cycle

North West Motorcycle Riders Association of Tasmania Inc

PO Box 762 Burnie 7320
Garry Edwards6437 6347
Mobile..... 0438 313 949
Email.....gewar@simplot.com.au
Karleen Boss (Sec)6435 7453
Email.....halfabos@hotmail.com
Kathleen Evans (Treas).....6435 1760
Mobile..... 0438 998 470
Email..... ambiedrifiers1@bigpond.com

Scrabble Club

Ulverstone Scrabble Club

8-10 Lugana Crescent West Ulverstone 7315
Social and competitive scrabble is conducted every Wednesday from 9.30am–12.30pm. Scrabble is played at the Ulverstone Neighbourhood House.
Simon Douglas (Coordinator).....6425 4186
Email..... manager@ulvhouse.com.au

Other Social/Leisure

Church of Christ Community Social Club

Church of Christ Activity Centre West
Ulverstone
4 Wrights Road Ulverstone 7315
Every Tuesday fortnight 1.30pm
Kids Club - weekly Wednesday 3.30pm
Youth Group - Monthly Friday nights 7.00pm
Valma Wearne (Organiser)6425 4601
Emailvalmawearne@bigpond.com

Naval Association of Australia, Devonport/Ulverstone Subsection

107 Last Street Latrobe 7307
Subsection meets each month for support and comradeship, members of serving or past navy personnel – caring for each other and social activities.
Greg Cottrell (Pres).....0409 801 956
Anne MacLeod (Sec)6426 1255
Paul Stolp (Treas)6427 8439
Email naasecdevulv@gmail.com
Clubrooms6426 1255
Fax6426 1255

Ulverstone Ladies Probus Club

PO Box 764 Ulverstone 7315
A social club for active retired women; meets first Monday each month at Beachway Motel.
Shirley Guard (Joint Pres).....6437 2433
Ismay Bye (Joint Pres).....0456 781 288

Penguin Cricket Club

PO Box 403 Penguin (1 Dial Park Drive) 7316
Penguin Cricket Club is affiliated with Burnie Cricket league and provides cricket for juniors (13+) and adults in Penguin during the cricket season (October to March).
Phone.....0418331198
Email: penguincricketclub@gmail.com

Penguin Football Club

Dial Park Penguin 7316
The Penguin Football club aims to serve our community with pride and passion
Phone.....0407076497 or Bookings
0400 592 648
Email: penguinfootballclub@gmail.com
Website: <http://penguinfc.com.au/>

Penguin Golf Club

Sports Complex Drive, Penguin. Tasmania. 7316.
The Penguin Golf Course is a beautifully maintained nine-hole public golf course, situated in Penguin, Tasmania.

Phone.....03 6437 2767 or
President (Terry Burton) 0428 003 368
Fax.....N/a
Email: info@penguinclub.com.au
Website: <http://www.penguinclub.com.au>

Penguin Hills Yoga and Pilates

82 White Hills road Penguin 7316
I teach personalised Yoga and Pilates to create optimal health, with some specialist classes such as Yoga for Strong Bones and Yoga for the Immune system. My classes balance stability, mobility and strength as well as providing an enjoyable experience.

Phone.....0409823847
Email: forestmy@hotmail.com
Website: <http://www.Penguinyogapilates.com>

Penguin History Group Inc.

Penguin Railway Station Main Road , Penguin PO Box 156 Penguin 7316
Collect and write the history of the town its people and the area.

Phone.....0418 559 224 or 0488 715 431
Email: penguin.history@bigpond.com

Penguin Men's Shed

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

Phone.....0427 509 792
Email: n/a

Penguin RSL Sub -branch Tasmania

Penguin RSL for current serving and ex servicing service men/women of Australia.

Phone.....6437 2492
Email: penguinrsl@gmail.com

Penguin Senior Citizens Club

1 Crescent Street Penguin 7316
For companionship - indoor bowls, social afternoon, occasional events and activities.

Phone.....6437 1447

Penguin Squash Club

Penguin Sports Centre, Ironcliffe Road, Penguin 7316
The Penguin Squash Club is a great community based organisation, who aim to provide a fun, welcoming and supportive environment, for people of all ages and abilities. Squash is a game that is easy to learn, will help improve fitness, and provides a great opportunity to make new friends.

Phone.....0400663622
Email: cgcreedon@bigpond.com

Probus Club of Central Coast

P.O. Box 497 Ulverstone 7315
Friendship and fellowship club.

Phone.....6437 1994

RAAFA NW Tasmania

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

Phone.....0407 400 726
Email: stewy52@bigpond.com

Website: <http://www.raafatas.com/?fbclid=IwAR3KwYqIKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcT aaz6QnaUY>

Rotaract Club of Central Coast

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

Email: centralcoastrotaract@hotmail.com
Website:

<http://www.rotaryulverstonewest.org.au/contact-rotaract>

Shimjang Taekwondo

No 9 Vintage lakes Drive South Tweed Heads NSW 2486

Shimjang Taekwondo is a traditional self-defence style martial art. Offering training from beginner level to advanced, in safe family orientated classes across the Central Coast of Tasmania.

Phone.....0418924168
Email: Info@shimjang.com
Website: <http://www.shimjang.com>

Slipstream Circus

7 Flora St, Ulverstone 7315

Slipstream Circus is a non-profit Youth Circus. Slipstream conducts classes in circus skills for all ages and skill levels. We aim to foster personal development as well as cooperation and community involvement. Circus Classes, Workshops and Performances for events and festivals. School Programs & Social Circus to the community.

Phone.....0459 028 352

Email: office@slipstreamcircus.org.au

Website: <https://www.slipstreamcircus.org.au/home>

Sunday Scribblers

Monthly meeting of people wishing to write

Phone.....03 64372720

Email: anne.landiers@westnet.com.au

Tai Chi

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: barb3taichi@gmail.com

Tasmanian Endurance Riders Club

Tasmanian Endurance Riders Club is a club for Off Road Motorcycle enthusiasts. The Club is based on the North West Coast of Tasmania, Australia, and Members come from as far as Zeehan on the far West to Scottsdale on the North East Coast, and all places in between.

Email: info@taserc.com

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

The Training Fix

Corner of Alice and Queen Street Ulverstone PO Box 5031, Ulverstone 7315

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

Phone.....0439 310 206

Email: tfix@bigpond.net.au

Three Point Health Services

14, 12-20 Reiby Street Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....6425 7825

Email: pilates@live.com.au

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

TS Leven Unit Support Committee Inc

PO Box 92 Ulverstone 7315

Provide community support to the Australian Navy Cadets – TS Leven. Fundraise, sponsor the training ship and promote the interests of the ANC within the local community.

Phone.....0448 295 297

Email: tsleven@cadetnet.gov.au

Website: <http://www.cadetnet.gov.au>

Turners Beach Cricket Club

3 Henry Street, Turners Beach PO Box 4, Turners Beach TAS 7315 7315

Cricket club. Amateur Sports Team.

Phone.....Alex - 0422 401 784

Email: turnersbeachcricketclub@gmail.com

U3A Central Coast (Inc)

Apex House, 3 Gollan Street Ulverstone 7315

Programs ranging from single session to 6-week courses are offered by volunteer tutors/presenters. An annual membership fee of \$40 provides access to programs over two semesters and other activities during the year.

Phone.....0474 097 636

Email: u3acentralcoast@gmail.com

Website: <https://tascentralcoast.u3anet.org.au/>

Ukulele Group (MUGS) - Many Ukuleles Gather Socially

MUGS are a community non-for-profit group who get together in Ulverstone weekly and sing popular songs as a social happening, but mainly for fun

Phone.....0411 038 721

Email: mugsukulele@outlook.com

Ulverstone Basketball Association

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages

Phone.....0408777604

Email: ulverstonebasketball@outlook.com

Ulverstone Camera Club

Clubrooms Ulverstone Basketball Centre Flora Street Ulverstone 7315

Our club provides a space for you to learn about photography and gain a better understanding of your camera while having fun with fellow like minded photographers

Phone.....0417130791

Email: ulvcamerclub@gmail.com

Ulverstone District Cricket Club Inc.

River Road, West Ulverstone 7315
Provide players with opportunities to play cricket at a Senior Level, or at a Junior level, both male or female
Phone.....6425 4880
Website: <http://udcc.com.au>

Ulverstone Football Club Inc.

1 Victoria Street, Ulverstone PO Box 46, Ulverstone 7315
Provide football opportunities for seniors- male and female, juniors - male and female
Phone.....6425 3794
Email: ufc@tassie.net.au
Website: <http://ufcrobins.com.au>

Ulverstone Garden Friends

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

Ulverstone Ladies Probus Club

A social club for active retired women
Phone.....6437 2433

Ulverstone Library

15 King Edward Street, Ulverstone 7315
Offering lending items, access to online information, research/information services, free access to the internet and computers and a variety of programs, services and events enabling personal learning, growth and community connections.
Phone.....03 6464 3120
Email: ulverstone.library@libraries.tas.gov.au
Website: <http://www.libraries.tas.gov.au>

Ulverstone Rowing Club

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

Ulverstone Senior Citizens Club

16 King Edward St Ulverstone PO Box 406, Ulverstone 7315 7315
We have a range of activities providing social interaction.
Phone.....6425 2584

Ulverstone Seniors' Forum

16 King Edward St Ulverstone 7315
Meetings of our friendly group provide mental stimulation and social interaction.
Phone.....6425 2482
Email: lmgryta@hotmail.com

Ulverstone Softball Association

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

Ulverstone Visitor Information Centre

13-15 Alexandra Road, Ulverstone TAS 7315
For things to do, what to see and where to go in Tasmania just ask at the Ulverstone Visitor Information Centre because we know our beautiful island best!
Phone.....03 6425 2839
Email: info@coasttocanyon.com.au
Website: <http://www.coasttocanyon.com.au>

Sports

Community Centres & Halls

Abbotsham Hall

Richard Smith (Contact).....0438 878 983

Blythe Heads Hall (Heybridge Hall)

Sice Avenue, Blythe Heads

Postal: 42 Nine Mile Road Howth 7316

Neita Clarke (Bookings)6435 4340

Des Hiscutt (Pres).....6435 4302

Jean Hiscutt (Sec).....6435 4374

Gawler Hall

Leased by the RAOB GAB Lodge Ulverstone

Michael Williams (Bookings).....6425 2333

.....0428 754 629

Gunns Plains Community Centre

957 Gunns Plains Rd Gunns Plains 7315

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

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

Yvonne Downes (Vic Pres)6429 1353

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

Heybridge Recreation Ground

30 River Road Heybridge 7316

Garry Newton6433 3893

Mobile (Bookings)..... 0417 026 907

Kindred Hall

Kindred Hall Committee Incorporated

C/ Post Office Forth 7310

(Pres and bookings)

Louise Tremaine (Treas)..... 0407 871 556

North Motton Hall

584 Preston Main Road North Motton 7315

Sue Rodman 0439 062 470

Masonic Lodge of Peace Penguin

(PO Box 281) Ironcliffe Road Penguin 7316

Lodge meets 3rd Tuesday every month (except January) at 7.30pm sharp.

Graham Deacon (Sec)6437 2492

Email..... gdeacon287@bigpond.com

Website...lodgeofpeace.freemasonrytasmania.org

Penguin Community Learning Centre

105 Ironcliffe Road Penguin 7316

Kylie Briggs 0439 371 791

Penguin Scout Hall

Johnsons Beach Road Penguin 7316

Email..... 1penguinscouts@gmail.com

www.facebook.com/penguinscoutgroup

Penguin Surf Life Saving Club

62 Preservation Drive, Preservation Bay 7316
The fully licensed large function room with a commercial kitchen and smaller meeting room is available to hire by contacting the club.
Club enquiries.....6437 2639
Email pslscbookings@bigpond.com
www.penguinslsc.org.au

Preston Community Centre

1532 Preston Road, Preston 7315
Ken Brown (Licensee).....6429 1264
Gene Marshall (Pres – Preston Rodeo).....
Mobile.....0428 760 571

RAOB GAB Lodge Ulverstone

PO Box 349 Ulverstone 7315
Buffalo Lodge – charitable organisation
Michael Williams (Sec).....6425 2333
Sam Van Der Kooi (Treas).....6428 2648
Laurence Gleeson (Bookings – Gawler Hall)
.....6425 3936

Riana Community Centre

Main Road Riana 7316
Darren Fielding (Bookings)6437 6355
Mobile.....0427 041 059
Emaild.fielding@bigpond.com

South Riana Memorial Hall

C/ Post Office, South Riana 7316
776 South Riana Road, South Riana
Community Hall providing community services for a variety of functions, weddings, family nights etc some catering options available.
For bookings contact:
Jodi Smith (Secretary).....0408 393 424
Penny Hocking (President)6437 6219

Sprent Community Centre

Leanne Midgley (Pres).....0487 634 711
Email northwestwoodies@bigpond.com

State Library and Online Access Centre

15 King Edward Street Ulverstone 7315
Meeting Room available for hire - accommodates maximum of 12 people (fees apply).
Bookings.....6429 8701

Sulphur Creek Hall

Central Coast Council (Bookings)6429 8900
Email..... bookings@centralcoast.tas.gov.au

Turners Beach Hall

58-60 Esplanade Turners Beach 7315
Bookings.....6429 8900
Email..... bookings@centralcoast.tas.gov.au

Ulverstone Golf and Function Centre

(PO Box 175) Lobster Creek Road Ulverstone 7315
Office6425 2322
Email.....ulverstonegolf@bigpond.com
Clubrooms are available for weddings, catered functions and seminars. Licensed to seat 160 and standing 390.

Ulverstone Municipal Bandrooms

(PO Box 38) 2 Wharf Road Ulverstone 7315
An enthusiastic group of people with a passion for enjoying and playing music and sharing this with the community at events, parades and concerts. We provide opportunity for people of all ages to learn a brass instruments and read musing
Learners (all ages) – Wednesday 6.30 to 7.30pm
Junior Band – Tuesdays 6.30-7.30pm
Senior Band – Tuesdays 7-8pm
Band rooms6425 6462
Email..... u.m.b.@bigpond.com
Website..... www.ulverstoneband.com.au
Alysha Allen (Pres)..... 0418 365 827
Anne Wyllie (Sec)..... 0400 556 829
Ron Wilson (Treas)6425 2657

Ulverstone Senior Citizens Club

(PO Box 406) 16 King Edward Street Ulverstone 7315
Anyone over 55 years of age can become a member. An exception applies to couples where membership will be granted provided one partner is over 55. Must be a citizen of Central Coast or become an honorary member. All senior citizens are welcome and a social gathering and afternoon tea is held the first Thursday each month.
Clubrooms6425 2584
Max Orders (Pres).....6425 3513
Peter May (Vice Pres)6425 5878
Jan Hill (Sec)..... 0417 058 214
Judy McCarthy (Treas)..... 0418 273 766

Ulverstone Surf Life Saving Club

PO Box 234 Ulverstone 7315
Our Club has a range of facilities to suit a variety of functions, whether they be for corporate, community or personal gatherings.
Matt Potter (Pres)..... 0458 282 263
Colin Wood (Sec) 0439 686 146
Anthony Spinks (Treas)..... 0428 405 603
Clubrooms6425 2404
Bookings..... 0400 637 214
Email.....ulverstoneslsc@gmail.com
Website.....www.ulverstoneslsc.org

Shimjang Taekwondo

No 9 Vintage lakes Drive South Tweed Heads NSW
2486

Shimjang Taekwondo is a traditional self-defence style martial art. Offering training from beginner level to advanced, in safe family orientated classes across the Central Coast of Tasmania.

Phone.....0418924168

Email: Info@shimjang.com

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

Support Groups & Services

A Tasmanian lifeline

Lifeline Tasmania has set up a new service for Tasmanians, specifically to deal with unprecedented demand for information, advice and support because of the coronavirus pandemic, called A Tasmanian Lifeline.

Phone.....1800 98 44 34

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

ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Advocacy Tasmania

'Your say' advocacy is all about helping you to be heard and understood. If you are unable to speak for yourself, or find it difficult, our Advocates can help you. We can provide information about your rights, and help you to deal with problems or complaints. Best of all, everything we do for you is: free, confidential, independent and professional!

Phone.....1800 005 131

Email: contact@yoursaytas.org

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

Alcohol and Drug Services North West

11 Grove Street Ulverstone 7315

Alcohol and Drug Services aim to minimize the harm caused by the use of alcohol and other drugs.

Phone.....6464 3131

Email: ADSNW@ths.tas.gov.au

Website: https://www.dhhs.tas.gov.au/service_information/service_delivery_points/alcohol_and_drug_service_-_ulverstone

Alcoholics Anonymous Australia

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Phone.....1300 222 222

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

Anglicare Child and Youth Mental Health Support

51 Wilmot street, Burnie GPO Box 1620, Hobart 7001

Early intervention support for vulnerable families with children and young people (0-18) who are showing early signs of or at risk of developing mental illness.

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare Drug & Alcohol Treatment Service

51 Wilmot Street, Burnie 7320 GPO Box 1620, Hobart 7001

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: connectsupport@anglicare-tas.org.au

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

Anglicare Family Support Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Provide information and support to anyone affected by a family member or significant other using alcohol or other drugs, including children. We welcome all types of families.

Phone.....1800 161 266

Email: connectsupport@anglicare-tas.org.au

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

Anglicare Gamblers Help Counselling Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Free and confidential personal and family counselling for problem gambling

Phone.....1800 243 232 (or 1800

858 858 after business hours)

Email: connectsupport@anglicare-tas.org.au

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

Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

We provide Practical, Social and Emotional Support as well as Parenting Education and Skill Building.

Phone.....1800 243 232

Email: kids@anglicare-tas.org.au

Website: <http://anglicare-tas.org.au>

Anglicare's Relationship Abuse of an Intimate Nature (RAIN)

51 Wilmot Street, Burnie GPO Box 1620 Hobart
Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

Anglicare's Supported Youth Program

51 Wilmot Street Burnie GPO Box 1620 Hobart
SYP supports young people aged between 10-18 who are disengaging from education and/or are at risk of homelessness; may also have mental health, AOD issues and/or involvement in the Youth Justice system.

Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

ASAP – Attempted Suicide Aftercare Program

Support service for people (and their family and other key support people) who have attempted suicide and who are not receiving case management from Mental Health Services (Public),

Phone.....1800 243 232
Email: connectsupport@anglicare-tas.org.au
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

Australia Red Cross - Ulverstone Branch

49 King Edward Street, Ulverstone PO Box 398, Ulverstone 7315
We meet on the first Monday of each month at 1.30pm to discuss fundraising ideas and to offer fundraising ideas and to offer fellowship to members and guests.

Phone.....0415 809 703
Email: cday@redcross.org.au
Website: <http://www.redcross.org.au>

Australian Breastfeeding Assoc. - Central Coast Group

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

Autism Tasmania

9 King Street, Burnie 7320
We provide information, assistance, and resources for people on the spectrum and those who support them. We are committed to improving the lives of adults and children on the autism spectrum, their families, and carers; and to improve community awareness, acceptance, and understanding of autism.

Phone.....03 6722 5000
Email: autism@autismtas.org.au
Website: <https://www.autismtas.org.au/>

Care Beyond Cure Inc

PO BOX 3069 Ulverstone TAS 7315
Care Beyond Cure Inc is a local charity Vision: To relieve the suffering and distress of individuals with a diagnosed progressive life-limiting illness and their family carer through the provision of practical assistance. Mission: work to establish and develop programs reflective of the Care Beyond Cure vision.

Phone.....0407427575
Email: carebeyondcure2@gmail.com
Website: <http://www.carebeyondcure.com.au>

Central Coast Community Health Centre

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

Phone.....6464 3080
Fax.....6464 3294
Email: centralcoast.chc@ths.tas.gov.au

Central Coast Community Shed

Big blue shed at the back of the showgrounds Ulverstone 7315
The Central Coast Community Shed offers a safe and social place to come down, meet new people and make some good gear out of wood!

Phone.....0458407872 or 64298959
Email: melissa.budgeon@centralcoast.tas.gov.au
Website: <http://centralcoast.tas.gov.au/community-shed/>

Chats - Lifeline

78a Oldaker Street Devonport 7310
The Chats Program aims to help you to improve your health, happiness and confidence and reduce any feelings of loneliness or isolation.

Phone.....(03) 6424 6547
Website: <https://www.lifeline.org.au/tasmania/chats-program>

Community Visitors Scheme

The Community Visitors Scheme aims to decrease social isolation in the community for older Tasmanians.

Phone.....(03) 6424 6547
Email: paula.proctor@lifelinetasmania.org.au
Website: <https://www.lifeline.org.au/>

Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315
The Connect Café helps people living with dementia, as well as carers, to make connections with each other and the broader community

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

COTA (Council on the Ageing) Tasmania - Aged Care Navigator

12 Reeves Street South Burnie 7320
A free and friendly community service to help you navigate the aged care system

Phone.....0477 221 557
Fax.....n/a
Email: HeatherR@cotatas.org.au
Website: <http://www.cotatas.org.au>

Country Women's Association - Central Coast Branch

The Country Women's Association in Tasmania (Inc) is an iconic women's group which continues to improve the lives of women and children.

Phone.....6425 1061
Email: bdfrench@bigpond.com
Website: <https://cwaintasmania.com.au/>

Dr John Cologon

Online
Zoom and Telephone counselling for depression anxiety, relationship issues and other mental health problems. Bulk billed if referred by a GP (i.e. you pay nothing).

Email: reception@jcologon.com
Website: <https://www.jcologon.com>

Dragonfly Counselling and Consulting

55 Best Street Devonport 7310
Individual and couples counselling. Need someone to help talk through your current issues/hurdles. Give us a call.

Phone.....0409 408 501
Email: dragonflycandc@bigpond.com
Website:
<http://www.dragonflycounsellingconsulting.com.au>

Headspace

Level 1, 33-35 Steele St, Devonport 7310
Support and assistance finding accommodation or related support services. Mental health workers. Assist you with work or study opportunities. Find out about local employment opportunities. Assist you with any alcohol or other drug issue.

Phone.....6424 2144
Email: devonport@csys.com.au
Website: <https://headspace.org.au/headspace-centres/devonport/>

Ladies Group - Central Coast Community Shed

Big blue shed at the back of the showgrounds, off Flora Street Ulverstone 7315

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

Phone.....6429 8959
Email: melissa.budgeon@centralcoast.tas.gov.au
Website:
<https://www.centralcoast.tas.gov.au/community-shed/>

Lifeline

Saving lives. Crisis support. Suicide prevention.

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

Lions Club of Forth Valley Inc

P.O. Box 319, Forth 7310
We provide support for a vast range of projects within our District.

Phone.....0407877460
Email: forthvalley@lionstasmania.org

Meals on Wheels (Penguin)

3 Crescent St Penguin 7316
Delivery of meals and welfare check
Phone.....0477 371 206
Email: pengion@mowtas.org.au
Website: <http://www.mowtas.org.au>

Meals on Wheels (Ulverstone)

15-19 Eastand Drive Ulverstone 7315
We coordinator, order and deliver meals to clients in the local community.

Phone.....6425 1331
Email: ulverstone@mowtas.org.au
Website: <http://www.mowtas.org.au>

Men's Shed Ulverstone

Big blue shed at the back of the showgrounds
Ulverstone 7315

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

Phone.....0418 141 529

Email: mensshedulverstone@gmail.com

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

Mental Health Rural Outreach Worker - Uniting Tasmania

72a Reiby St Ulverstone 7315

The role of the Mental Health Rural Outreach Worker NW is to support the mental health and wellbeing of families, children and individuals living in regional and remote communities from Meander Valley to Cradle Coast

Phone.....0437 972958

Email: bernadette.sexton@vt.uniting.org

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

Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

MPA offers fully funded mindfulness courses, paid courses, and professional development.

Phone.....0488 064 228

Email: admin@mindfulnessaus.com.au

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

Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

Molenda provides activities (farm, craft, horse therapy, hospitality etc), on a 17 acre heritage property 3km from Ulverstone on the Castra Road.

Phone.....0427 127 754

Email: molenda@skymesh.com.au

MS Peer Support

Ulverstone 7315

A combined entity of the ACT, NSW, Victoria and Tasmania providing information, advice, services and support for people living with multiple sclerosis.

Phone.....1800 042 138

Email: msconnect@ms.org.au

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

New Mornings

14 Amherst Street West Ulverstone 7315

New Mornings is a Christian Mental Health Support organisation that aims to : To prevent mental illness by equipping individuals to grow in resilience and by increasing their community connections. To encourage and equip people who support others with mental illness. To support and equip individuals with mental illness to maximise recovery and help prevent relapse.

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

Email: alison.whishaw@newmornings.org.au

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

North & North West Sexual Assault Support Service TA Laurel House

Po Box 1062 Launceston 7250

Laurel House provides face-to-face counselling to adults and children affected by sexual assault across Northern Tasmania. We also provide a 24/7 crisis response service which can assist you with an immediate crisis as a result of a recent, or historical assault, hospital attendance or speaking with police.

Phone.....(03) 6334 2740

Email: info@laurelhouse.org.au

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

Parkinson's Tasmania Inc

Support for those living with Parkinson's, their families and carers

Phone.....0407 314 933

Email: pdomeney@netspace.net.au

Penguin Men's Shed

5 Sport's Complex Avenue Penguin 7316

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

Phone.....0427 509 792

Email: n/a

Penguin RSL Sub -branch Tasmania

Penguin RSL for current serving and ex servicing service men/women of Australia.

Phone.....6437 2492

Email: penguinrsl@gmail.com

Penguin Visitor Information Centre

78 Main Road, Penguin TAS 7316

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

Phone.....03 6437 1421

Email: info@coasttocanyon.com.au

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

PIPO Support Services

38 Queen Street, West Ulverstone, TAS 7315

PIPO Support Services endeavors to provide NDIS support which hold the individual, their family and their support people at the centre of all we do.

Phone.....03 6450 8830

Email: kristy@pipo.com.au or ruth@pipo.com.au

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

RAAFA NW Tasmania

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

Phone.....0407 400 726

Email: stewy52@bigpond.com

Website: [http://www.raafatas.com/?fbclid=IwAR3KwYqI](http://www.raafatas.com/?fbclid=IwAR3KwYqIKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcT)

[KNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcT](http://www.raafatas.com/?fbclid=IwAR3KwYqIKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcT)
[aaz6QnaUY](http://www.raafatas.com/?fbclid=IwAR3KwYqIKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcT)

Relationships Australia

Relationships Australia Tasmania offers Counselling, Mediation, Family Dispute Resolution, Employee Assistance Program, Tasmanian Suicide Prevention Network, MENS Program (Men Engaging New Strategies), Redress Support Services, Children's Contact Services. Most services are offered via 'phone or video call (as well as Face-to-face). Many of the services are free of charge.

Phone.....6421 3600

Email: comms@reltas.com.au

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

Richmond Fellowship

Ulverstone 7315

Richmond Fellowship Ulverstone provide a residential service along with outreach and a recreation program.

Phone.....6425 1050

Email: chrism@rftas.org.au

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

Rotaract Club of Central Coast

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

Email: centralcoastrotaract@hotmail.com

Website:

<http://www.rotaryulverstonewest.org.au/contact-rotaract>

Rotary Club of Ulverstone West

PO Box 404 Ulverstone Tasmania 7315

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

Email: secretary.ulverstonewest@rotary9830.org.au

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

Seeking Solace

Northern and North West Tasmania.

Holistic, personalised, and compassionate, non-medical end-of-life care.

Phone.....0477754144

Email: holly@seekingsolace.com.au

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

Tai Chi

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: barb3taichi@gmail.com

Tas Fire Service - Project Wake-up

This is a program aimed at improving fire safety in the homes of people with disabilities and the aged through free home fire safety checks and the installation of free smoke alarms when necessary.

Phone.....6434 6700

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

The Salvation Army - Bridge Residential Program

The Bridge Program delivers recovery based programs that provide treatment for drug and/or alcohol dependence, through a residential or day program settings. Please telephone in the first instance. Currently we are delivering via phone and zoom and still admitting clients to residential treatment following strict COVID19 prevention procedures.

Phone.....64257453

Email: sam.vandermeulen@salvationarmy.org.au

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

The Salvation Army Ulverstone Emergency Relief

23-25 Victoria Street, Ulverstone 7315

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

Phone.....(03) 6425 5382

Email: ulverstone@salvationarmy.org.au

U3A Central Coast (Inc)

Apex House, 3 Gollan Street Ulverstone 7315

Programs ranging from single session to 6-week courses are offered by volunteer tutors/presenters. An annual membership fee of \$40 provides access to programs over two semesters and other activities during the year.

Phone.....0474 097 636

Email: u3acentralcoast@gmail.com

Website: <https://tascentralcoast.u3anet.org.au/>

Ulverstone Coast Care

PO Box 3055 Ulverstone 7315

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

Phone.....0418 142 790

Email: robynarker128@gmail.com

Ulverstone Neighbourhood House

8-10 Lugana Cres West Ulverstone PO Box 5036, West Ulverstone 7315 7315

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

Phone.....6425 4186

Email: admin@unh.org.au

Ulverstone Seniors' Forum

16 King Edward St Ulverstone 7315

Meetings of our friendly group provide mental stimulation and social interaction.

Phone.....6425 2482

Email: lmgryta@hotmail.com

Warrawee Women's Shelter

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

Phone.....6425 1382

Email: info@warraweewomensshelter.com.au

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

Transport

Transport

Buses

Buses 'R' Us

Covering The North West Coast Tasmania
Wynyard Burnie Penguin Ulverstone Turners
Beach Devonport Latrobe.
Reservations & Timetables
Phone.....1800 350 220
Emailinfo@busesrus.net.au
Website www.busesrus.net.au

Kerger's Bus Services

PO box 218, Penguin 7316
85 Ironcliffe Road Penguin 7316
Phone.....6437 2325
Mobile.....0419 877 709
Fax6437 2318
Emailrkerger@bigpond.net.au
Website www.kergerscoaches.com.au

Metro Bus Service

Reservations & Timetables
Phone.....13 22 01
Email correspondence@metrotas.com.au
Websitewww.metrotas.com.au

K & D Sims & Sons Pty Ltd

1270 Castra Road Sprent 7315
Phone.....6429 3220

Merseylink & Phoenix Coaches

Bus services from Devonport to Ulverstone &
return, Devonport to Port Sorell & return plus town
buses transporting passengers within the
Devonport area including Spreyton & Latrobe.
Charter Buses available.
Phone.....6427 7626
Mobile.....0408 134 057
Emailteena@merseylink.com.au
Book onlinewww.merseylink.com.au

Smith's Coaches

PO Box 617 South Riana 7316
Phone.....6437 6218
Book onlinewww.smithstravel.com.au

Tasmanian Redline

Arrives and departs from IGA Supermarket
Alexandra Road Ulverstone 7315
Reservations & Timetables 1300 360 000
Book online..... www.tasredline.com.au

Tassielink

P.O Box 46 Moonah
Tassielink Transit operate a state wide bus network
offering regular route services across Tasmania.
Reservations & Timetables 1300 300 520
Book online..... www.tasredline.com.au
Email..... info@tassielink.com.au

Taxis

Penguin Taxi Service

Departs from Penguin, travels from Wynyard to
Launceston, 24 hours a day.
72 South Road Penguin 7316
Phone 0417 506 851

Ulverstone Taxis

King Edward Street Ulverstone 7315
Postal address 1 Alice Street Ulverstone 7315
Phone6425 1093
Fax.....6425 1386

Community Transport

Red Cross Car

Car Phone 1300 557 549

Community Transport Service

Lot 6, Westside Shopping Complex
39-45 Alice Street, West Ulverstone 7315
Phone 1800 781 033
Email..... info@ctst.org.au
Website.....www.ctst.org.au