

# Central Coast Community Directory

Connecting Care  
*... it's in our nature*



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## CONTENTS

<b>Aboriginal Services</b> .....	12
ADATS – Anglicare Drug & Alcohol Treatment Service .....	12
ADATS + Anglicare Drug & Alcohol Treatment Service Plus .....	12
ASAP – Attempted Suicide Aftercare Program .....	12
Asthma Australia .....	12
Connect.Café .....	12
Engender Equality .....	12
Headspace .....	12
Hearing Australia .....	12
Lifeline .....	12
Mindfulness Programs Australasia .....	12
Molenda Lodge Incorporated .....	12
No 34. Aboriginal Health Service Rural Health Tasmania .....	12
Patrick Street Clinic .....	12
Patrick Street Clinic Penguin .....	13
Relationships Australia .....	13
Richmond Fellowship .....	13
Rural Alive & Well INC .....	13
<b>Children &amp; Youth Services</b> .....	14
Asthma Australia .....	14
CHAT Centre .....	14
Child Development Unit - North West .....	14
Child Health Centre - Penguin .....	14
Child Health Centre - Ulverstone .....	14
CYMHS - Child and Youth Mental Health Support .....	14
Debbie's Little Buddies .....	14
Dragonfly Counselling and Consulting .....	14
Family Based Care Tasmania .....	14
Forth Primary School .....	14
Hearing Australia .....	14
KIDS – Kind Individuals Delivering Support .....	15
KiF - Kids in Focus .....	15
Libraries Tasmania - Penguin Library .....	15
Lifeline .....	15
Molenda Lodge Incorporated .....	15
NESTS - North-West Early Start Therapeutic Support .....	15
New Mornings .....	15
North & North West Sexual Assault Support Service TA Laurel House .....	15
Nurture Clinical Psychology .....	15
Other Children's Services .....	15
Parent Line .....	16
Parenting Centre - North West .....	16
Penguin Football Club .....	16
Progress Ahead Life Coaching .....	16
RAIN – Relationship Abuse of an Intimate Nature .....	16
Reconnect .....	16

Relationships Australia . . . . .	17
Rotaract Club of Central Coast. . . . .	17
Rural Alive & Well INC . . . . .	17
Slipstream Circus. . . . .	17
SYP - The Supported Youth Program . . . . .	17
Ulverstone Basketball Association. . . . .	17
Ulverstone Child Care Centre. . . . .	17
Ulverstone Library . . . . .	17
Ulverstone Neighbourhood House. . . . .	17
Ulverstone Physiotherapy . . . . .	17
Ulverstone Softball Association. . . . .	17
Warrabee Women's Shelter. . . . .	17
Wetaway Program . . . . .	18
Youth Services . . . . .	18
Youth, Family and Community Connections . . . . .	19
<b>Community Committees . . . . .</b>	<b>20</b>
Community Committees . . . . .	20
<b>Community Services. . . . .</b>	<b>22</b>
A Tasmanian lifeline. . . . .	22
ADATS – Anglicare Drug & Alcohol Treatment Service . . . . .	22
ADATS + Anglicare Drug & Alcohol Treatment Service Plus. . . . .	22
Alcoholics Anonymous Australia. . . . .	22
Arthritis & Osteoporosis Tasmania . . . . .	22
ASAP – Attempted Suicide Aftercare Program. . . . .	22
Australia Red Cross - Ulverstone Branch . . . . .	22
Australian Breastfeeding Assoc. - Central Coast Group. . . . .	22
Australian Red Cross Telecross Service. . . . .	22
Autism Tasmania. . . . .	22
Baptcare Horizons. . . . .	22
Baptcare TasConnect. . . . .	22
Care Beyond Cure Inc . . . . .	23
Care Forward . . . . .	23
Carers Tasmania. . . . .	23
Central Coast Adult Day Centre . . . . .	23
Central Coast Community Health Centre . . . . .	23
Central Coast Community Shed . . . . .	23
Central Coast Council. . . . .	23
Central Coast Film Society. . . . .	23
Central Coast Garden Club Inc. . . . .	23
Chats - Lifeline . . . . .	23
Community Information. . . . .	23
Community Rapid Response Service (ComRRS). . . . .	24
Community Transport Services Tasmania. . . . .	24
Community Visitors Scheme . . . . .	25
Connect.Café . . . . .	25
COTA (Council on the Ageing) Tasmania - Aged Care Navigator. . . . .	25
Country Women's Association - Central Coast Branch . . . . .	25
Dementia Australia. . . . .	25
Dragonfly Counselling and Consulting . . . . .	25

Engender Equality . . . . .	25
Family Based Care Tasmania . . . . .	25
GH - Gamblers Help Counselling . . . . .	25
Headspace. . . . .	25
Health Promotion Unit. . . . .	26
Hearing Australia. . . . .	26
Hospice Care Association of North West Tasmania Inc. . . . .	26
HPP – Hepatitis Prevention Program. . . . .	26
Justices of the Peace . . . . .	26
KIDS – Kind Individuals Delivering Support. . . . .	26
KiF - Kids in Focus. . . . .	27
Ladies Group - Central Coast Community Shed. . . . .	27
Libraries Tasmania - Penguin Library. . . . .	27
Lifeline. . . . .	27
Lions Club of Forth Valley Inc. . . . .	27
Lions Club of Penguin. . . . .	27
Meals on Wheels (Penguin). . . . .	27
Meals on Wheels (Ulverstone) . . . . .	27
Men Care Too. . . . .	27
Men's Shed Ulverstone. . . . .	27
Mersey Community Care Association Inc. . . . .	27
Mindfulness Programs Australasia . . . . .	27
Molenda Lodge Incorporated . . . . .	27
NESTS - North-West Early Start Therapeutic Support. . . . .	27
New Mornings. . . . .	28
North & North West Sexual Assault Support Service TA Laurel House . . . . .	28
North Motton Rural Committee. . . . .	28
North West Environment Centre/Penguin Community Garden . . . . .	28
North West Walking Club. . . . .	28
Ombudsman Tasmania. . . . .	28
Op-Shops. . . . .	28
Other Service Clubs. . . . .	29
Penguin Football Club. . . . .	29
Penguin History Group Inc. . . . .	29
Penguin Men's Shed . . . . .	30
Penguin RSL Sub -branch Tasmania . . . . .	30
PIPO Support Services. . . . .	30
Priceline Pharmacy Ulverstone. . . . .	30
RAAFA NW Tasmania . . . . .	30
RAIN – Relationship Abuse of an Intimate Nature . . . . .	30
Reconnect . . . . .	30
Relationships Australia . . . . .	30
Richmond Fellowship . . . . .	30
Rotaract Club of Central Coast. . . . .	30
Rotary Club of Ulverstone . . . . .	30
Rotary Club of Ulverstone west . . . . .	30
Rural Alive & Well INC . . . . .	31
Slipstream Circus. . . . .	31
StandBy Support after Suicide (Lifeline Tasmania). . . . .	31

Sunday Scribblers . . . . .	31
SYP - The Supported Youth Program . . . . .	31
Tasmania Legal.Aid . . . . .	31
The Diabetes Centre . . . . .	31
The Salvation Army - Bridge Residential Program . . . . .	31
Ulverstone Coast.Care . . . . .	31
Ulverstone Library . . . . .	31
Ulverstone Neighbourhood House. . . . .	31
Ulverstone Physiotherapy . . . . .	31
Ulverstone Senior Citizens.Club . . . . .	31
Ulverstone Seniors' Forum. . . . .	32
Ulverstone Visitor Information Centre. . . . .	32
Volunteering Tasmania. . . . .	32
Warrabee Women's Shelter. . . . .	32
<b>Disability Services . . . . .</b>	<b>33</b>
ASAP – Attempted Suicide Aftercare Program. . . . .	33
Autism Tasmania. . . . .	33
Central Coast Adult Day Centre . . . . .	33
CHAT Centre . . . . .	33
Chats - Lifeline . . . . .	33
Community Transport Services Tasmania. . . . .	33
Connect.Café . . . . .	33
Dementia Australia. . . . .	33
Family Based Care Tasmania . . . . .	33
Hearing Australia. . . . .	33
Lifeline. . . . .	34
Meals on Wheels (Penguin). . . . .	34
Meals on Wheels (Ulverstone) . . . . .	34
Mersey Community Care Association, Inc . . . . .	34
Mindfulness Programs Australasia . . . . .	34
Molenda Lodge Incorporated . . . . .	34
MS Peer Support. . . . .	34
Nurture Clinical Psychology . . . . .	34
ParaQuad Association of Tasmania. . . . .	34
Parkinson's Tasmania, Inc . . . . .	34
PIPO Support Services. . . . .	34
Relationships Australia . . . . .	34
Richmond Fellowship . . . . .	34
Tai Chi. . . . .	35
The Training Fix . . . . .	35
Ulverstone Physiotherapy . . . . .	35
VisAbility . . . . .	35
<b>Educational, Training &amp; Learning . . . . .</b>	<b>36</b>
ADATS + Anglicare Drug & Alcohol Treatment Service Plus. . . . .	36
Alcohol and Drug Services North West . . . . .	36
ASAP – Attempted Suicide Aftercare Program. . . . .	36
Australian Plants Society Tasmania (APST)Inc. North West Group . . . . .	36
Central Coast Community Shed . . . . .	36
CHAT Centre . . . . .	36

Don College . . . . .	36
Engender Equality . . . . .	36
Forth Primary School . . . . .	36
GH - Gamblers Help Counselling . . . . .	36
Health Promotion Unit . . . . .	36
Hearing Australia . . . . .	36
Hellyer College . . . . .	37
HPP – Hepatitis Prevention Program . . . . .	37
KIDS – Kind Individuals Delivering Support . . . . .	37
KiF - Kids in Focus . . . . .	37
Ladies Group - Central Coast Community Shed . . . . .	37
Libraries Tasmania - Penguin Library . . . . .	37
Men's Shed Ulverstone . . . . .	37
Mindfulness Programs Australasia . . . . .	37
NESTS - North-West Early Start Therapeutic Support . . . . .	37
North & North West Sexual Assault Support Service TA Laurel House . . . . .	37
Other Education . . . . .	37
Penguin History Group Inc . . . . .	39
Penguin Men's Shed . . . . .	39
Progress Ahead Life Coaching . . . . .	39
Rotaract Club of Central Coast . . . . .	39
Rural Alive & Well INC . . . . .	39
StandBy Support after Suicide (Lifeline Tasmania) . . . . .	39
SYP - The Supported Youth Program . . . . .	39
The ISLAND Project - Wicking Dementia Research and Education Centre, University of Tasmania . . . . .	39
Ulverstone Camera Club . . . . .	39
Ulverstone Library . . . . .	39
Ulverstone Neighbourhood House . . . . .	40
Ulverstone Secondary College . . . . .	40
University of Tasmania . . . . .	40
Volunteering Tasmania . . . . .	40
<b>Government Representation . . . . .</b>	<b>41</b>
Government representation . . . . .	41
<b>Health &amp; Medical . . . . .</b>	<b>43</b>
A Tasmanian lifeline . . . . .	43
ADATS – Anglicare Drug & Alcohol Treatment Service . . . . .	43
ADATS + Anglicare Drug & Alcohol Treatment Service Plus . . . . .	43
Alcohol and Drug Services North West . . . . .	43
Alcoholics Anonymous Australia . . . . .	43
ASAP – Attempted Suicide Aftercare Program . . . . .	43
Asthma Australia . . . . .	43
Audika . . . . .	43
Australian Breastfeeding Assoc. - Central Coast Group . . . . .	43
Bootscootin' Devils . . . . .	43
Burnie Dental Centre . . . . .	43
C U @ Home . . . . .	43
Care Beyond Cure Inc . . . . .	43
Central Coast Community Health Centre . . . . .	44

Community Rapid Response Service (ComRRS) . . . . .	44
COTA (Council on the Ageing) Tasmania - Aged Care Navigator . . . . .	44
Dementia Australia. . . . .	44
Devonport Dental Centre. . . . .	44
Dragonfly Counselling and Consulting . . . . .	44
Earworx Nth NW . . . . .	44
Footprints Podiatry. . . . .	44
FSS - Family Support North-North West. . . . .	44
Fullife Pharmacy Ulverstone . . . . .	44
Headspace. . . . .	45
Hearing Australia. . . . .	45
HPP – Hepatitis Prevention Program. . . . .	45
Island Osteopathy . . . . .	45
KIDS – Kind Individuals Delivering Support. . . . .	45
KiF - Kids in Focus. . . . .	45
Lifeline. . . . .	45
Mental Health Rural Outreach Worker - Uniting Tasmania . . . . .	45
Mersey Community Care Association Inc . . . . .	45
Mindfulness Programs Australasia . . . . .	45
MS Peer Support. . . . .	45
New Mornings. . . . .	45
No 34. Aboriginal Health Service Rural Health Tasmania. . . . .	46
North & North West Sexual Assault Support Service TA Laurel House . . . . .	46
Other Health & Medical. . . . .	46
Parkinson's Tasmania Inc . . . . .	47
Patrick Street Clinic . . . . .	47
Patrick Street Clinic Penguin . . . . .	47
Penguin Hills Yoga and Pilates. . . . .	47
PhysioTas . . . . .	47
Priceline Pharmacy Ulverstone. . . . .	47
Progress Ahead Life Coaching. . . . .	47
RAIN – Relationship Abuse of an Intimate Nature. . . . .	48
Richmond Fellowship . . . . .	48
Rural Alive & Well INC . . . . .	48
StandBy Support after Suicide (Lifeline Tasmania). . . . .	48
The Diabetes Centre . . . . .	48
The ISLAND Project - Wicking Dementia Research and Education Centre, University of Tasmania. . . . .	48
The Salvation Army - Bridge Residential Program . . . . .	48
The Training Fix . . . . .	48
Three Point Health Services. . . . .	48
Ulverstone Dental Clinic . . . . .	48
Ulverstone Physiotherapy . . . . .	48
Victoria Street Clinic. . . . .	49
Warrabee Women's Shelter. . . . .	49
Westside Pharmacy Ulverstone . . . . .	49
Wetaway Program . . . . .	49
<b>Law &amp; Justice . . . . .</b>	<b>50</b>
Neighbourhood Watch . . . . .	50

Police . . . . .	50
The North West Community Legal Centre.Inc.. . . . .	50
<b>Nursing Homes</b> . . . . .	<b>51</b>
COTA (Council on the Ageing) Tasmania - Aged Care Navigator . . . . .	51
Nursing Homes . . . . .	51
<b>Public and Recreation Facilities</b> . . . . .	<b>52</b>
Community Centres & Halls . . . . .	52
Recreation Grounds Facilities . . . . .	53
Sports Centres & Yachting . . . . .	54
Toilets . . . . .	55
<b>Religion</b> . . . . .	<b>56</b>
Religion . . . . .	56
<b>Seniors</b> . . . . .	<b>58</b>
Asthma Australia . . . . .	58
Australia Red Cross - Ulverstone Branch . . . . .	58
Australian Red Cross Telecross Service . . . . .	58
Care Forward . . . . .	58
Central Coast Adult Day Centre . . . . .	58
Central Coast Community Health Centre . . . . .	58
Central Coast Community Shed . . . . .	58
Central Coast Film Society . . . . .	58
Central Coast Garden Club Inc. . . . .	58
Community Transport Services Tasmania . . . . .	58
Community Visitors Scheme . . . . .	58
Connect.Café . . . . .	59
COTA (Council on the Ageing) Tasmania - Aged Care Navigator . . . . .	59
Country Women's Association - Central Coast Branch . . . . .	59
Dementia Australia . . . . .	59
Dragonfly Counselling and Consulting . . . . .	59
Engender Equality . . . . .	59
Hearing Australia . . . . .	59
Ladies Group - Central Coast Community.Shed. . . . .	59
Libraries Tasmania - Penguin Library . . . . .	59
Meals on Wheels (Penguin) . . . . .	59
Meals on Wheels (Ulverstone) . . . . .	59
Men's Shed Ulverstone . . . . .	59
Mersey Community Care Association Inc . . . . .	60
Mindfulness Programs Australasia . . . . .	60
Molenda Lodge Incorporated . . . . .	60
North & North West Sexual Assault Support Service TA Laurel House . . . . .	60
North West Walking Club . . . . .	60
Penguin History Group Inc. . . . .	60
Penguin Men's Shed . . . . .	60
Penguin Senior Citizens Club . . . . .	60
Probus Club of Central Coast . . . . .	60
Relationships Australia . . . . .	60
Rural Alive & Well INC . . . . .	60
Tai Chi . . . . .	60
The ISLAND Project - Wicking Dementia Research and Education Centre, University of Tasmania . . . . .	61



Ukulele Group (MUGS) - Many Ukuleles Gather Socially . . . . .	61
Ulverstone Coast.Care . . . . .	61
Ulverstone Library . . . . .	61
Ulverstone Physiotherapy . . . . .	61
Ulverstone Senior Citizens.Club . . . . .	61
Ulverstone Seniors' Forum. . . . .	61
VisAbility . . . . .	61
<b>Social/Leisure . . . . .</b>	<b>62</b>
Abbotsham Badminton Club. . . . .	62
Australia Red Cross - Ulverstone Branch . . . . .	62
Australian Breastfeeding Assoc. - Central Coast Group. . . . .	62
Australian Plants Society Tasmania (APST)Inc. North West Group . . . . .	62
Bootscootin' Devils. . . . .	62
Central Coast Adult Day Centre . . . . .	62
Central Coast Community Health Centre . . . . .	62
Central Coast Community Shed . . . . .	62
Central Coast Film Society. . . . .	62
Central Coast Garden Club Inc. . . . .	62
Chats - Lifeline . . . . .	62
Community Transport Services Tasmania. . . . .	62
Connect.Café . . . . .	63
Culture. . . . .	63
Family Based Care Tasmania . . . . .	65
Inspirations Paint Central Coast Cricket Club. . . . .	65
Jumping Tasmania North West. . . . .	65
KIDS – Kind Individuals Delivering Support. . . . .	65
Ladies Group - Central Coast Community.Shed. . . . .	65
Libraries Tasmania - Penguin Library. . . . .	65
Lions Club of Forth Valley Inc. . . . .	65
Men's Shed Ulverstone. . . . .	65
North West Walking Club. . . . .	65
NW Tasmania Thunder Basketball Club.Inc. . . . .	65
Other Leisure - Sport & Fitness. . . . .	66
Other Leisure & Hobbies. . . . .	70
Other Social/Leisure. . . . .	71
Penguin Cricket.Club . . . . .	72
Penguin Football Club. . . . .	72
Penguin Golf.Club . . . . .	72
Penguin Hills Yoga and Pilates. . . . .	72
Penguin History Group Inc. . . . .	72
Penguin Men's Shed . . . . .	72
Penguin RSL Sub -branch Tasmania . . . . .	72
Penguin Senior Citizens Club. . . . .	72
Penguin Squash Club. . . . .	72
Probus Club of Central Coast. . . . .	72
RAAFA NW Tasmania . . . . .	72
Rotaract Club of Central Coast. . . . .	72
Slipstream Circus. . . . .	72
Sunday Scribblers . . . . .	73

Tai Chi . . . . .	73
Tasmanian Endurance Riders Club . . . . .	73
The Training Fix . . . . .	73
Three Point Health Services . . . . .	73
Turners Beach Cricket Club . . . . .	73
Ukulele Group (MUGS) - Many Ukuleles Gather Socially . . . . .	73
Ulverstone Basketball Association . . . . .	73
Ulverstone Camera Club . . . . .	73
Ulverstone District Cricket Club Inc. . . . .	73
Ulverstone Football Club Inc. . . . .	73
Ulverstone Library . . . . .	73
Ulverstone Rowing Club . . . . .	73
Ulverstone Senior Citizens Club . . . . .	73
Ulverstone Seniors' Forum . . . . .	73
Ulverstone Softball Association . . . . .	74
Ulverstone Visitor Information Centre . . . . .	74
<b>Support Groups &amp; Services . . . . .</b>	<b>75</b>
A Tasmanian lifeline . . . . .	75
ADATS – Anglicare Drug & Alcohol Treatment Service . . . . .	75
ADATS + Anglicare Drug & Alcohol Treatment Service Plus . . . . .	75
Advocacy Tasmania . . . . .	75
Alcohol and Drug Services North West . . . . .	75
Alcoholics Anonymous Australia . . . . .	75
ASAP – Attempted Suicide Aftercare Program . . . . .	75
Australia Red Cross - Ulverstone Branch . . . . .	75
Australian Breastfeeding Assoc. - Central Coast Group . . . . .	75
Autism Tasmania . . . . .	75
Care Beyond Cure Inc . . . . .	75
Central Coast Community Health Centre . . . . .	76
Central Coast Community Shed . . . . .	76
Chats - Lifeline . . . . .	76
Community Visitors Scheme . . . . .	76
Connect.Café . . . . .	76
COTA (Council on the Ageing) Tasmania - Aged Care Navigator . . . . .	76
Country Women's Association - Central Coast Branch . . . . .	76
CYMHS - Child and Youth Mental Health Support . . . . .	76
Dragonfly Counselling and Consulting . . . . .	76
FSS - Family Support North-North West . . . . .	76
GH - Gamblers Help Counselling . . . . .	76
Headspace . . . . .	76
KIDS – Kind Individuals Delivering Support . . . . .	76
Ladies Group - Central Coast Community Shed . . . . .	77
Lifeline . . . . .	77
Lions Club of Forth Valley Inc . . . . .	77
Meals on Wheels (Penguin) . . . . .	77
Meals on Wheels (Ulverstone) . . . . .	77
Men's Shed Ulverstone . . . . .	77
Mental Health Rural Outreach Worker - Uniting Tasmania . . . . .	77
Mersey Community Care Association Inc . . . . .	77

Mindfulness Programs Australasia . . . . .	77
Molenda Lodge Incorporated . . . . .	77
MS Peer Support. . . . .	77
New Mornings. . . . .	77
North & North West Sexual Assault Support Service TA Laurel House. . . . .	77
Parkinson's Tasmania. Inc . . . . .	78
Penguin Men's Shed . . . . .	78
Penguin RSL Sub -branch Tasmania . . . . .	78
Penguin Visitor Information Centre . . . . .	78
PIPO Support Services. . . . .	78
RAAFA NW Tasmania . . . . .	78
RAIN – Relationship Abuse of an Intimate Nature. . . . .	78
Relationships Australia . . . . .	78
Richmond Fellowship . . . . .	78
Rotaract Club of Central Coast. . . . .	78
Rotary Club of Ulverstone west . . . . .	78
SYP - The Supported Youth Program . . . . .	78
Tai Chi. . . . .	78
Tas Fire Service - Project Wake-up. . . . .	79
The Salvation Army - Bridge Residential Program . . . . .	79
Ulverstone Coast.Care . . . . .	79
Ulverstone Neighbourhood House. . . . .	79
Ulverstone Seniors' Forum. . . . .	79
Warrabee Women's Shelter. . . . .	79
<b>Transport . . . . .</b>	<b>80</b>
Transport . . . . .	80

## 2

## Aboriginal Services

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service  
Phone.....1800 243 232

### ADATS + Anglicare Drug & Alcohol Treatment Service Plus

To deliver alcohol and other drug treatment services, by counselling, where there is coinciding mental illness and/or risk of homelessness for the Tasmanian community, including Aboriginal and Torres Strait Islander peoples.

Phone.....1800 243 232

### 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

### 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

### 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

### 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

### 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

### 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](mailto:Devonport@hearing.com.au)

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

### Lifeline

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

### Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

### Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

### 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

### Patrick Street Clinic

6 Patrick St Ulverstone 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](mailto:patrickstclinic@patst.com.au)

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

### **Patrick Street Clinic Penguin**

19 Ironcliffe Road Penguin 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](mailto: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

### **Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

### **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

## 3

## Children & Youth Services

### 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

### CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

### 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

### Child Health Centre - Penguin

Patrick Street Clinic, 19 Ironcliff 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

### 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

### CYMHS - Child and Youth Mental Health Support

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. (E.g. difficulty dealing with family separation, school transitions, bullying, parental mental illness, body image etc.)

Phone.....1800 243 232

### Debbie's Little Buddies

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

Phone.....64371077

### 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.....0409408501

### 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](mailto:admin@familybasedcare.org.au)

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

### Forth Primary School

45 Wilmot Road 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

### 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](mailto:Devonport@hearing.com.au)

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

### **KIDS – Kind Individuals Delivering Support**

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

Phone.....0417 359 301

### **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

### **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)64777520

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

### **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

### **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

### **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

### **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](mailto:adelle@nurtureclinicalpsychology.com.au)

Website:

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

### **Other Children's Services**

#### **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.

Chantal Williams .....6425 6524

Fax .....6425 6824

Email ..... [admin@sharingthecare.com.au](mailto:admin@sharingthecare.com.au)

Website ..... [www.sharingthecare.com.au](http://www.sharingthecare.com.au)

#### **Discovery Early Learning Centre**

(PO Box 39) 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".  
Monday to Friday ..... 7.00am–6.00pm  
Morning sessions, afternoon sessions and full day  
Before school/after school care and vacation care.  
Head Office ..... 1300 663 125  
Mobile..... 0428 199 649  
Phone .....6425 1388  
Fax.....6425 6639  
Email..... [ulverstone@discoveryelc.com.au](mailto:ulverstone@discoveryelc.com.au)  
Website.....[www.discoveryelc.com.au](http://www.discoveryelc.com.au)

**Child Safety & Youth Justice**

Phone..... 1300 737 639

**Child & Youth Health Services – 24 hour parenting line**

Phone..... 1300 808 178

**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.  
Office.....6331 6599  
Free call.....1800 171 882  
Email ..... [admin@playgroup.org.au](mailto:admin@playgroup.org.au)  
Website .....[www.playgrouptas.org.au](http://www.playgrouptas.org.au)  
Facebook.....[www.facebook.com/playgrouptasmania](http://www.facebook.com/playgrouptasmania)  
Support and Development Officer North West and West Coast: Felicity Harris.....0428633214  
Email .....[felicity.harris@playgrouptas.org.au](mailto:felicity.harris@playgrouptas.org.au)

**Baptist Church Playgroup, Ulverstone**

60 Alexandra Road Ulverstone 7315  
The UBC Playgroup is for children under school age and their parents/carers. We meet once a week, Thursday mornings during school term 9.30am-11.30am - games, crafts, activities, music, stories and signing. Enrolment \$2.00  
Robyn Shewan (Pres).....6425 4197  
Peggy Beswick (Sec) .....6437 2934  
Betty Walsh (Treas) .....6425 4091  
Office.....6425 6306  
Email ..... [admin@ubc.org.au](mailto:admin@ubc.org.au)

**Turners Beach Playgroup**

(PO Box 8) 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.

Centre.....6428 3131  
Email..... [turnersbeachplaygroup@gmail.com](mailto:turnersbeachplaygroup@gmail.com)  
Facebook  
..... [www.facebook.com/TurnersBeachPlaygroup/](http://www.facebook.com/TurnersBeachPlaygroup/)

**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

**Penguin Football Club**

Dial Park Penguin 7316

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

Phone.....0407076497

**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

**RAIN – Relationship Abuse of an Intimate Nature**

Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232

**Reconnect**

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

### **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

### **Rotaract Club of Central Coast**

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

### **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

### **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

### **SYP - The Supported Youth Program**

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 000 123

### **Ulverstone Basketball Association**

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages

Phone.....0408777604

### **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

### **Ulverstone Library**

15 King Edward St 7315

Please refer to website for current information

Phone.....03 64643120

### **Ulverstone Neighbourhood House**

8-10 Lugana Cres West Ulverstone 7315

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

Phone.....6425 4186

### **Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: [ulverstonephysio@gmail.com](mailto: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

### **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

### **Wetaway Program**

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

### **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 Martin .....0418 614 781

Email .....enormity96@hotmail.com

Website .....www.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

Email .....office@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

Email .....sradford@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 Seward (Pres) ..... 0448 295 297

Lacresha Seward (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 McKenna .....6425 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](http://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

Phone .....6425 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 Matautia .....6408 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

**4**

# 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

Email .....jodie@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

Email .....treasurer@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

Email .....tonyon@bigpond.com

### National Trust

#### National Trust of Tasmania

PO Box 443 Kings Meadows 7249

Trust's aim is the preservation of our heritage.

Phone .....6344 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@inet.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 Hours .....6425 1633

**Forth Community Representative Committee**

PO Box 366 Forth 7310

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

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

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

**Gunns Plains Community Centre Association**

Community Centre, 957 Gunns Plains Road

Gunns Plains

Postal Address: C/- 321 Raymonds Road

Gunns Plains 7315

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

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

Email ..... sendtosonia@rocketmail.com

Yvonne Downes (Vice Pres) .....6429 1353

Email .....ennovyar@gmail.com

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

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

Wendy Dontschuk (Sec) .....6429 1140

Email ..... mwdontschuk@bigpond.com

**Heybridge Improvement Association**

1 Sice Avenue Heybridge 7316

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

Mr Dale Clarke (Pres) .....6435 4340

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

**North Motton Community Support Group**

584 Preston Main Road North Motton 7315

North Motton Anzac Day Services and Australia

Day BBQ celebrations. Meet bi-monthly on the 2nd

Tuesday of each month

Sue Rodman .....6425 3369

Mobile..... 0439 062 470

**Riana Pioneer Park Tourist Management Association Inc**

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

(1 km past Riana)

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

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

Office .....6425 1703

Email..... ulverstoneshow@gmail.com

## 5

## 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

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

### ADATS + Anglicare Drug & Alcohol Treatment Service Plus

To deliver alcohol and other drug treatment services, by counselling, where there is coinciding mental illness and/or risk of homelessness for the Tasmanian community, including Aboriginal and Torres Strait Islander peoples.

Phone.....1800 243 232

### 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

### 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](mailto: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

### Australia Red Cross - Ulverstone Branch

49 King Edward Street Ulverstone 7315

People helping people

Phone.....6431 1848

### Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy

Phone.....0455 485 501

### 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](mailto: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.....6431 0306

### Baptcare Horizons

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

Phone.....1800 290 666

### 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

### **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

### **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](mailto:info@careforward.com.au)

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

### **Carers Tasmania**

We provide support to family & friend carers across the state

Phone.....03 6144 3700

### **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](mailto:lorise.evison@ths.tas.gov.au)

### **Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

The Centre provides residents with the opportunity to access quality health and community services.

Phone.....6464 3080

Fax.....6464 3294

### **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

### **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

### **Central Coast Film Society**

6 Dial street Ulverstone 7315

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

Phone.....0364254572

### **Central Coast Garden Club Inc**

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

Phone.....6425 5203 /

0439368144

### **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

### **Community Information**

#### **Aurora Energy**

Payments offices:

Post Office: 80 Main Road Penguin 7316

Post Office: Reibey Street Ulverstone 7315

Devonport Office .....132 003

## 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](mailto:nwfmtas@gmail.com)  
Stuart Burridge ..... 0409 588 993  
Email.....[sburridge@live.com.au](mailto:sburridge@live.com.au)  
Website.....  
[www.cradlecoastfarmersmarket.weebly.com](http://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  
Website .....[www.austdeer.asn.au](http://www.austdeer.asn.au)

### State Emergency Service

16 Grove Street Ulverstone 7315  
SES Local Unit .....6425 4810  
Phone manned only on call outs  
SES Regional Head Quarters .....6477 7293  
Wilson Street, Burnie  
Central Coast Depot  
Depot Fax.....6425 6592  
AH Fax .....6425 9678  
Unit .....6425 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](mailto:mgenge@cancertas.org.au)

### Service Tasmania

54-56 King Edward Street Ulverstone 7315  
Phone.....1300 135 513  
Website .....[www.service.tas.gov.au](http://www.service.tas.gov.au)

### TasWater

Shop and Administration Office:  
18 Steel Street Devonport 7310  
GPO Box 1393 Hobart TAS 7001  
Open: 8.30am to 5.00pm Monday to Friday  
Phone .....136 992  
Fax..... 1300 862 066  
Website..... [www.taswater.com.au](http://www.taswater.com.au)

### Telstra Australia

Payment offices:  
Post Office - 80 Main Road Penguin 7316  
Post Office - Reibey Street Ulverstone 7315  
Residential Customers .....132 200  
Faults and Service Difficulties .....132 003

### Volunteer Fire Brigades

#### Tasmanian Fire Service

48 Alexander Street Burnie 7320  
For information relating to Volunteer Fire Brigades:  
NW Regional Headquarters .....64346700  
.....1300 008 337  
Fire Permit Info.....1800 000 699  
Website ..... [www.fire.tas.gov.au](http://www.fire.tas.gov.au)  
Email ..... [tfe@fire.tas.gov.au](mailto:tfe@fire.tas.gov.au)  
Emergencies .....000  
Email .....[ulverstone.volunteers@fire.tas.gov.au](mailto:ulverstone.volunteers@fire.tas.gov.au)

### Concession Card Booklets

Website .....[www.humanservices.gov.au](http://www.humanservices.gov.au)  
The Department of Premier and Cabinet  
Website ..... [www.concessions.tas.gov.au](http://www.concessions.tas.gov.au)  
Phone.....1300 135 513  
Tasmanian Seniors Card .....  
Website .....[www.seniors.tas.gov.au](http://www.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



## Community Transport Services

### Tasmania

PO Box 464 Glenorchy 7010

CTST is a state-wide, community based, not-for-profit organisation that provides affordable door-to-door community transport for the over 65s, and people with a disability.

Phone.....1800 781 033

Fax.....6208 8580

Email: [reception@ctst.org.au](mailto:reception@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

## 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

## 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](mailto: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

## 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](mailto: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.....0409408501

## 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

## 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](mailto:admin@familybasedcare.org.au)

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

## GH - Gamblers Help Counselling

Free and confidential personal and family counselling for problem gambling

Phone.....1800 243 232

## 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

### 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

### 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](mailto: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

Hospice Care provides trained Volunteers to sit with clients with a life limiting illness, to ensure their carer can have some much needed respite on a regular basis. We also provide transport to treatment, medical appointments and limited social outings

Phone.....64777747

### 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

### 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

HEARPS Wilfred.....6425 3259

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

WRIGHT Lynn .....6437 1601

Central Coast Council Penguin Service Centre

78 Main Road Penguin 7316

#### 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

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

### KIDS – Kind Individuals Delivering Support

We provide Practical, Social and Emotional

Support as well as Parenting Education and Skill Building.

Phone.....0417 359 301

### **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

### **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

### **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)64777520

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

### **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

### **Lions Club of Penguin**

Arnold Street, Penguin 7316

Providing community support and organising events for the community.

Phone.....63491048

### **Meals on Wheels (Penguin)**

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

### **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

### **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](mailto: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

### **Mersey Community Care Association Inc**

167 Steele Street, Devonport 7310

Providing Services to allow Independent Inclusive Living.

Transport, Home Maintenance, Social Support, Domestic Assistance

Phone.....6424 8883

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

### **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

### **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

### **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

### **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 Cemetery.

Phone.....0439 062 470

### **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

### **North West Walking Club**

We offer day and overnight walks, skiing,

cycling, caving and kayaking. Meetings are held on the 1st and 3rd Monday of each month at Ulverstone Secondary College.

Phone.....0408246750 or  
64232844

### **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

Contact us if you have a complaint about Tasmanian state or local government administration, or you think you've been treated unfairly by a Tasmanian public authority. We don't take sides. We act independently and in the public interest to resolve complaints and improve the standard of Tasmanian public administration.

Phone.....1800 001 170

### **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

Email .....office@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

Email .....gail.saggers@citymission.org.au

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

website .....www.launcestoncitymission

#### **Lifeline - Ulverstone**

3 Reibey Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.30am - 4.00pm

Phone .....6425 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  
Phone .....6425 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.  
Phone .....6425 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  
Phone .....6425 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  
Phone .....6425 3080  
Email.....bakercandmech@outlook.com

**Other Service Clubs**

**Apex Club of Ulverstone**

PO Box 88 Ulverstone 7315  
Meeting times – every second Monday at 7pm.  
Aaron Bugeja (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

**North West Coast Veteran Support Centre**

PO Box 128 Ulverstone  
Membership is open to all ex-servicemen and  
women. Dedicated to the welfare of veterans.  
Phone.....6425 1942  
Fax .....6425 1942  
Derek Ballard (Pres).....6425 3603  
Jim Whitehead (Treas).....0429 476 558  
Email ..... ulvrsl@hotmail.com

**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  
John Gillies (Pres).....0448 147 373  
Bill Kaine (Sec).....0498 125 449  
Jim Whitehead (Treas).....0429 476 558  
Email .....ulverstonersl@bigpond.com  
Website .....facebook.com/Ulverstone-RSL-  
SubBranch-Inc

**Ulverstone Returned Servicemen's Club Inc (RSC)**

21 King Edward Street Ulverstone 7315  
Bar, Gaming, Tote facilities. Bistro opened  
Tuesday and Sunday, non members welcome.  
Office.....6425 1439  
John Collins (Pres).....0419 104 008  
Emily Chadwick (Op. Manager) .....6425 1439  
Rick Anderson (Sec) .....0429 828 767  
Email .....ulverstonersc@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

### **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

### **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

### **Penguin RSL Sub -branch Tasmania**

Penguin RSL for current serving and ex servicing service men/women of Australia.

Phone.....6437 2492

### **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

### **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](mailto: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

### **RAIN – Relationship Abuse of an Intimate Nature**

Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232

### **Reconnect**

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

### **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

### **Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

### **Rotaract Club of Central Coast**

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

### **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

### **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.

### **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

### **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

### **StandBy Support after Suicide (Lifeline Tasmania)**

78A Oldaker Street Devonport 7310

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.....0400 183 490

### **Sunday Scribblers**

Monthly meeting of people wishing to write

Phone.....03 64372720

### **SYP - The Supported Youth Program**

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 000 123

### **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

### **The Diabetes Centre**

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

Phone.....6430 6666

### **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

### **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

### **Ulverstone Library**

15 King Edward St 7315

Please refer to website for current information

Phone.....03 64643120

### **Ulverstone Neighbourhood House**

8-10 Lugana Cres West Ulverstone 7315

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

Phone.....6425 4186

### **Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: [ulverstonephysio@gmail.com](mailto:ulverstonephysio@gmail.com)

**Ulverstone Senior Citizens Club**

16 King Edward St Ulverstone 7315

We have a range of activities providing social interaction.

Phone.....0417 058 214

**Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315

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

Phone.....0417 058 214

**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

**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

**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



## 6

## 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

### 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.....6431 0306

### 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](mailto:lorise.evison@ths.tas.gov.au)

### CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

### 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

### Community Transport Services Tasmania

PO Box 464 Glenorchy 7010

CTST is a state-wide, community based, not-for-profit organisation that provides affordable door-to-door community transport for the over 65s, and people with a disability.

Phone.....1800 781 033

Fax.....6208 8580

Email: [reception@ctst.org.au](mailto:reception@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

### 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](mailto:tas.admin@dementia.org.au)

Website: <http://www.dementia.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](mailto: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](mailto:Devonport@hearing.com.au)  
Website: <https://www.hearing.com.au/>

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.  
Phone.....13 11 14

### **Meals on Wheels (Penguin)**

3 Crescent St Penguin 7316  
Delivery of meals and welfare check  
Phone.....0477 371 206

### **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

### **Mersey Community Care Association Inc**

167 Steele Street, Devonport 7310  
Providing Services to allow Independent  
Inclusive Living.  
Transport, Home Maintenance, Social Support,  
Domestic Assistance  
Phone.....6424 8883

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315  
MPA offers fully funded mindfulness courses,  
paid courses, and professional development.  
Phone.....0488 064 228

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315  
Molenda provides activities (farm, craft, horse  
therapy, hospitality etc., on a 17 acre heritage  
property 3k from Ulverstone on the Castra  
Road.  
Phone.....0427 127 754

### **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

### **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](mailto: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

### **Parkinson's Tasmania Inc**

Support for those living with Parkinson's, their  
families and carers  
Phone.....0407 314 933

### **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

### **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

### **Richmond Fellowship**

**Ulverstone 7315**

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

Phone.....6425 1050

**Tai Chi**

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

**The Training Fix**

Corner of Alice and Queen Street Ulverstone  
7315

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

Phone.....6425 3388

**Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: [ulverstonephysio@gmail.com](mailto: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

**7**

## Educational, Training & Learning

### **ADATS + Anglicare Drug & Alcohol Treatment Service Plus**

To deliver alcohol and other drug treatment services, by counselling, where there is coinciding mental illness and/or risk of homelessness for the Tasmanian community, including Aboriginal and Torres Strait Islander peoples.

Phone.....1800 243 232

### **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

### **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

### **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

### **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

### **CHAT Centre**

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

### **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

### **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

### **Forth Primary School**

45 Wilmot Road 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

### **GH - Gamblers Help Counselling**

Free and confidential personal and family counselling for problem gambling

Phone.....1800 243 232

### **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

### **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](mailto: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

### **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

### **KIDS – Kind Individuals Delivering Support**

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

Phone.....0417 359 301

### **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

### **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

### **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)64777520

### **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

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

### **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

### **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

### **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  
College .....6432 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](http://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](http://www.tastafe.tas.edu.au/campuses/burniecampus)

**University of Tasmania, Cradle Coast Campus**

(PO Box 3502) 16-20 Mooreville Road Burnie 7320  
Phone .....6430 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  
Fax .....6425 6602  
Email .....admin@leighland.tas.edu.au  
Website .....www.leighland.tas.edu.au

**North West Christian School**

(PO Box 117) 18 Ling Street Penguin 7316  
Ms Cheryl Walsh (Principal).....6437 2705  
Fax .....6437 0976  
Email ..... nwcs@inet.net.au  
Website  
[www.northwestchristianschool.com.au](http://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  
Fax .....6437 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  
Fax .....6425 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  
Fax .....6429 3249  
Email ..... trish.king@education.tas.gov.au

**Ulverstone Primary School**

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

**Student Support Officer -****Senior Speech Pathologist**

Stewart Street Devonport 7310  
Devonport Primary School .....6424 7788  
Tony Preece.....6424 7788

**Student Support Officer -  
Guidance Officer**

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

**Work & Training Ltd**

(PO Box 222) 14A Industrial Drive Ulverstone 7315  
Phone ..... 1300 309 675  
Phone .....6490 8400  
Fax.....6425 5252  
Email.....ulverstone@work-training.com  
Website.[www.work-training.com.au/our.locations](http://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

**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

**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

**Rotaract Club of Central Coast**

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

**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

**StandBy Support after Suicide (Lifeline  
Tasmania)**

78A Oldaker Street Devonport 7310  
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.....0400 183 490

**SYP - The Supported Youth Program**

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 000 123

**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

**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

**Ulverstone Library**

15 King Edward St 7315

Please refer to website for current information

Phone.....03 64643120

**Ulverstone Neighbourhood House**

8-10 Lugana Cres West Ulverstone 7315

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

Phone.....6425 4186

**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

**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

**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



**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  
Fax .....6431 1333  
Senator Anne Urquhart .....6423 1933  
Labor Senator for Tasmania  
Ground Floor 69 Best Street Devonport 7310  
(PO Box 360)  
Email .....senator.urquhart@aph.gov.au  
Fax .....6423 3544  
Senator Jacqui Lambie .....6431 2233  
Independent Senator for Tasmania  
Shop 4 22 Mount Street Burnie 7320  
Email ..... senator.lambie@aph.gov.au  
Fax .....6431 3200

### Parliament of Tasmania

Legislative Council  
The Hon Leonie Hiscutt MLC .....6425 8300  
Liberal Member for Montgomery  
Parliamentary Offices  
36 King Edward Street Ulverstone 7315  
(PO Box 783)  
Email ..... leonie.hiscutt@parliament.tas.gov.au  
Fax .....6425 7519  
The Hon Michael Gaffney MLC .....6422 3000  
Independent Member for Mersey  
Shop 3 Lauriston Arcade 126 Best Street  
Devonport 7310  
Email .... michael.gaffney@parliament.tas.gov.au  
Fax .....6422 3002

House of Assembly - Division of Braddon  
Mr Roger Jaensch MP.....6477 7538  
Liberal Member for Braddon  
80B Wilson Street Burnie 7320  
Fax .....6434 6221  
Email .....roger.jaensch@parliament.tas.gov.au  
Ms Anita Dow MP .....6430 8440  
Labour Member for Braddon  
15 Wilson Street Burnie 7320

Fax..... -  
Email..... adam.brooks@parliament.tas.gov.au  
Dr Shane Broad MP .....6430 8450  
Labor Member for Braddon  
2/9 Oldaker Street Devonport 7310  
Fax..... -  
Email..... shane.broad@parliament.tas.gov.au  
Mrs Joan Rylah MP .....6477 7536  
Liberal Member for Braddon  
4/21 Alexandra Road Ulverstone 7315  
Fax..... -  
Email.....joan.rylah@parliament.tas.gov.au  
The Hon Jeremy Rockliff MP .....6478 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  
Fax .....6425 1224

### Councillors

Cr Jan Bonde (Mayor)..... 0408 545 584  
PO Box 220 Ulverstone 7315  
Email.....jan.bonde@centralcoast.tas.gov.au  
Cr John Beswick .....6425 2139  
PO Box 728, Ulverstone 7315  
Mobile..... 0418 140 143  
Email.....john.beswick@centralcoast.tas.gov.au  
Cr Garry Carpenter .....6437 6256  
687 South Riana Road (C/- PO) South Riana 7316  
Mobile..... 0407 376 256  
Email... garry.carpenter@centralcoast.tas.gov.au  
Cr Amanda Diprose .....6425 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  
Cr Casey Hiscutt.....0447 002 216  
78 Clayton Drive Spreyton 7310  
Email .....casey.hiscutt@centralcoast.tas.gov.au  
Cr Annette Overton.....0439 369 522  
Email ..annette.overton@centralcoast.tas.gov.au  
Cr Tony Van Rooyen .....6425 4946  
12 Shaw Street Ulverstone 7315  
Mobile.....0456 216 390  
Email tony.van.Rooyen@centralcoast.tas.gov.au  
Cr Philip Viney .....6425 5388

91 Trevor Street Ulverstone 7315

Email .....[philip.viney@centralcoast.tas.gov.au](mailto:philip.viney@centralcoast.tas.gov.au)

## 9

## 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

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

### ADATS + Anglicare Drug & Alcohol Treatment Service Plus

To deliver alcohol and other drug treatment services, by counselling, where there is coinciding mental illness and/or risk of homelessness for the Tasmanian community, including Aboriginal and Torres Strait Islander peoples.

Phone.....1800 243 232

### 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

### 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

### 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

### 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

### Audika

Fullife Pharmacy Ulverstone 7315

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

Phone.....6424 9239

### Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy

Phone.....0455 485 501

### Bootscootin' Devils

We are a line dancing group who dance at the Ulverstone Rowing Club. Currently we have approximately 60 members who dance with us. We are open to any age, female or male. Cost per session \$5.

Phone.....0407 985 176

### Burnie Dental Centre

Parkside, 1 Strahan Street, Burnie, 7320

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

Phone.....1300 011 013

### 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

### 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

**Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

The Centre provides residents with the opportunity to access quality health and community services.

Phone.....6464 3080

Fax.....6464 3294

**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

**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](mailto: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](mailto:tas.admin@dementia.org.au)

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

**Devonport Dental Centre**

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

Oral Health Services Tasmania provides dental and denture services for all eligible Tasmanian adults (i.e., holders of a current pensioner concession card or health care card) and dental care for all children up to the age of 18 years.

Phone.....1300 011 013

**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.....0409408501

**Earworx Nth NW**

25B Alexandra RD, Ulverstone 7315

Professional wax removal using gentle microsuction.

Phone.....1800 327 967

**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.au](mailto:appointments@footprintspodiatry.com.au)

Website:

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

**FSS - Family Support North-North West**

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 243 232

**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](mailto: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

### **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](mailto: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

### **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](mailto:islandosteopathyulverstone@gmail.com)

### **KIDS – Kind Individuals Delivering Support**

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

Phone.....0417 359 301

### **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

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

### **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

### **Mersey Community Care Association Inc**

167 Steele Street, Devonport 7310

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

Phone.....6424 8883

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

### **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

### **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

### **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

### **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

### **Other Health & Medical**

#### **Ambulance**

##### **Ambulance Tasmania**

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

Emergency Calls .....000

District Supervisor .....6434 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

#### **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](http://www.dhhs.tas.gov.au)

Burnie Adult Community Mental Services

1 Strahan Street, Burnie 7320

Phone .....6477 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](mailto:epilepsy@epilepsy.org.au)

Website..... [www.epilepsy.org.au](http://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](mailto:mobl339@activ8.net.au)

Joan Pedder..... [jpedder1@bigpond.com](mailto: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

Health Service.....6477 7300

Housing Services

Customer Help Line .....1300 665 663

#### **Aged Care**

**Aged Care Assessment Team**

(PO Box 266) 48 Water Street Ulverstone 7315  
Phone .....6464 3070  
Email..... [centralcoast.chc@ths.tas.gov.au](mailto: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](http://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  
Fax .....6423 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.  
Office .....6464 3070  
Aged Care Assessment Team .....6464 3070  
Email..... [centralcoast.chc@ths.tas.gov.au](mailto: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

**Patrick Street Clinic**

6 Patrick St Ulverstone 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](mailto:patrickstclinic@patst.com.au)  
Website: <http://www.patst.com.au>

**Patrick Street Clinic Penguin**

19 Ironcliffe Road Penguin 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](mailto: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

**PhysioTas**

6 Patrick St Ulverstone 7315  
Provider of physiotherapy and exercise physiology services  
Phone.....6425 5997  
Fax.....6424 7511  
Email: [ulverstone@physiotas.com.au](mailto: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](mailto: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 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

### **RAIN – Relationship Abuse of an Intimate Nature**

Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232

### **Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

### **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

### **StandBy Support after Suicide (Lifeline Tasmania)**

78A Oldaker Street Devonport 7310

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.....0400 183 490

### **The Diabetes Centre**

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

Phone.....6430 6666

### **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

### **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

### **The Training Fix**

Corner of Alice and Queen Street Ulverstone 7315

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

Phone.....6425 3388

### **Three Point Health Services**

14, 12-20 Reiby Street Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....6425 7825 or  
0412 915 336

### **Ulverstone Dental Clinic**

James Street 7315

The Children's Dental Service provides a wide range of dental services including relief of pain, restorative and preventative services, and maintenance of dental health.

Phone.....1300 011 013

### **Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315



Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: [ulverstonephysio@gmail.com](mailto: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](mailto:office2@vsclinic.com.au)

Website: <https://www.ulverstonemedical.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

**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**

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

## 10

## Law & Justice

### Neighbourhood Watch

#### Tasmania Police

##### Burnie Police Headquarters

Phone .....6434 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 Isaac .....6428 2085

Merryn Gilham (Correspondence)

Phone.....6429 8900

### Police

Tasmania Police, Penguin

Cnr Crescent & Braddon Streets Penguin 7316

All Emergency calls .....131 444

Phone .....6437 2160

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

Tasmania Police, Ulverstone

Victoria Street Ulverstone 7315

All Emergency calls .....131 444

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



## 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](mailto: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

Fax .....6437 2855

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

Email .....[judy.brown@islandcare.org.au](mailto:judy.brown@islandcare.org.au)

Website ..... [www.islandcare.org.au](http://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](mailto:j-kreemers@hotmail.com)

#### **Ulverstone Nursing Homes**

##### **Island Care Eliza Purton Home**

26-28 Lakin Street Ulverstone 7315

Jane Perry (General Manager) .....6425 1515

Fax .....6425 6229

Website ..... [www.islandcare.org.au](http://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

Fax .....6425 6229

Margaret Nichols (Pres) .....6425 6330

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

Jean Mainwaring (Treas) .....6425 7717

Website ..... [www.islandcare.org.au](http://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

Fax .....6425 4293

Email .....[yvonnek@mtstvincent.org.au](mailto:yvonnek@mtstvincent.org.au)

Website .....[www.mtstvincent.com.au](http://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

Enquiries .....6429 8900

Ganesway .....6425 9199

**12**

## Public and Recreation Facilities

### 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

#### Forth Hall

Forth Community Hall Committee

C/ Lions Club of Forth Valley PO Box 319

Forth 7310

The Lions Club of Forth Valley leases the Forth Community Hall from the Central Coast Council, and through a hall management committee makes the facility available for use by community members for a variety of purposes at affordable hire rates. Bookings may be made through the Bookings Coordinator whose details are below.

Alan Wheeler (Bookings) .....0412 736 209

Email .....alan\_n\_carol@yahoo.com.au

#### Forth Primary School – Performing Arts Centre

Wilmot Road Forth 7310

Available for hire for seminars, concerts, special events, meetings, exercise groups, church groups, political groups, dinners. The Performing Arts Centre consists of grounds and a general purpose hall which has individuation sections as required. The hall can be set in adjustable sizes for seminars or as a community room, it also has a stage, music room and practise rooms. Equipment is available on request; there are 150 chairs and 28 tables seating approx six people each. Other equipment available is a projector, interactive whiteboards, sound and lighting. The kitchen facilities cater for 100, we can put you in contact with our regular caterer or you may use your own. There are public toilets facilities available.

Costs depend on numbers of people, time required, casual or on-going commitment, and facilities and equipment needed.

Kimbra Westcott (Bookings).....6428 2282

Email ..... forth.primary@education.tas.gov.au

#### Gawler Hall

Leased by the RAOB GAB Lodge Ulverstone

Laurence Gleeson (Bookings).....6425 3936

#### 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 Newton .....6433 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](http://www.facebook.com/penguinscoutgroup)

Recreational Facilities

Central Coast Council Community Directory 59 of 70

Revised 22 October 2020

Penguin Surf Life Saving Club

PO Box 69 Penguin 7316

Allison Kable (Pres).....0438 375 355

Cynthia Ling (Clubhouse Man).....0418 882 204

Email ..... penguinlifesaving@bigpond.com

[www.facebook.com/penguinsurflifesavingclub](http://www.facebook.com/penguinsurflifesavingclub)

**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  
 Email .....d.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 ..... northwoodies@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**

Elizabeth Floyed (Bookings) .....6425 3684

**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  
 Office .....6425 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 rooms .....6425 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.  
 Clubrooms .....6425 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  
 Clubrooms .....6425 2404  
 Bookings..... 0400 637 214  
 Email.....ulverstoneslsc@gmail.com  
 Website.....www.ulverstoneslsc.org

**Recreation Grounds Facilities**

**East Ulverstone Football Clubrooms**

Haywoods Reserve Ulverstone 7315  
 Clubrooms .....6425 1660  
 Danica Jones (Sec).....0455 511 010  
 Club email .....eastulvcrows@gmail.com

### **Forth Football Clubrooms**

Robert Glover (Pres).....0457 424 357  
 Tanya Glover (Sec).....0457 424 145  
 Club email .....forthfc@gmail.com

### **Turners Beach Football Clubrooms**

(PO Box 4) Recreation Ground Turners Beach  
 7315  
 Clubrooms .....6428 2260  
 Justin Porter (Pres) .....0475 345 429  
 Email .....portz1022@gmail.com

### **Ulverstone Cricket Clubrooms**

(PO Box 195) River Road Ulverstone 7315  
 Clubrooms .....6425 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  
 Clubrooms .....6425 3794  
 Email .....ufc@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 Hall .....6425 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  
 Clubrooms .....6425 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  
 Central Coast Council Community Directory 61 of 70  
 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 Bourke .....6425 6533  
 Email .....recen@centralcoast.tas.gov.au  
 Website .....www.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 ..... fmeans@harvestmoon.com.au

Website ..... [www.facebook.com/levenyachtclub](http://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

Anzac Park .....Kings 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 side .....Flora Street

Lions Park ..... Main Street

Shropshire Park.....Dial Street

History Museum ..... Main Street

Recreation Ground .....Victoria Street

Robins Roost Playground.....Beach Road

Lookout.....Beach Road

Surf Club & Caravan Park .....Beach Road

Buttons Creek.....Beach Road

Camping Area .....Beach Road

Montgomery Meeting Room.....Carpark Lane

Visitor Information Centre.....Alexandra Road

Bannons Carpark..... Off King Edward and

Reibey Streets

**Toilets**

**Forth**

Recreation Ground..... Main Road

**Heybridge**

Heybridge Hall ..... Sice Avenue

**Nietta**

South Nietta Road..... Nietta

**North Motton**

North Motton Hall .....Preston Main Road

**Penguin**

Johnsons Beach..... Johnsons Beach Road

Information Centre ..... Main Road

Hiscutt Park.....Crescent Street

Old Surf Club..... off Main Road

**Riana**

Pioneer Park .....Pine Road

**Turners Beach**

Recreation Ground.....Esplanade

Esplanade .....Western End, Eastern End

River Mouth, Boat Ramp

Bannons Car Park.....Victoria Street

**Ulverstone**

Coles Car Park .....Gollan Street

**13**

## Religion

### Religion

#### Anglican Church

##### St Stephen's Anglican Church, Penguin

(PO Box 22) Main Road Penguin 7316  
Sunday services and Holy Communion 9.30am.  
KC Knight .....6435 4185  
Mr Peter Sheppard.....6437 2220  
Doug Bright .....64372926

##### 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](mailto:anglicanulv@bigpond.com)  
Website ..... [ulverstoneanglican.weebly.com](http://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  
Email .....[loreley.padgett@bigpond.com](mailto:loreley.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](mailto:admin@ubc.org.au)  
Website .....[www.ubc.org.au](http://www.ubc.org.au)

#### Catholic Church

##### Catholic Church Penguin

(PO Box 362 Devonport 7310) 1 Arnold Street Penguin 7316  
Father John Girdouskas .....6424 2783  
Office .....6424 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 Fax .....6423 5160  
Email..... [mlcathparish-dsl@keypoint.com.au](mailto: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.  
Office .....6425 3000  
Ian Wigg (Elder) .....6435 4664  
David Williams (Sec) .....6425 3105  
Bob Clark (Assist Treas) ..... 0419 304 607  
Email..... [office@ugchapel.org](mailto:office@ugchapel.org)  
Website.....[www.ugchapel.org](http://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 Kennedy .....6425 7297  
Office .....6425 3814  
Mobile..... 0400 228 241  
Jacob Hendriks (Session Clerk).....6425 3667  
Email..... [jachen@bigpond.net.au](mailto: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](mailto: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 Tuit .....6437 2188  
Arnold Van Neutegen.....6425 1819  
Cathy Koek (Sec).....6423 2675  
Elly de Jong (Treas).....6425 3781  
Email .....mckoek@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 Corps .....6425 1499  
Fax .....6425 6579  
Website ....www.salvationarmy.org.au/ulverstone

**The Salvation Army Ulverstone – Thrift Shop**

19 Main Street, Ulverstone 7315  
Ulverstone .....6425 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.  
Ulverstone .....6425 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  
Church owns South Riana Uniting Church Cemetery.  
Contact Pam Ingram .....6437 6319  
Email.....icams@bigpond.com  
Ms Lynn Templar (Chairperson) .....6435 4633  
Denise Wotherspoon (Sec) ..... 0400 373 233  
Clive Jewell (Treas).....6437 5326  
Church.....6437 2157  
Email.....collin.dean@bigpond.com  
Website..... www.penguin.unitingchurch.org.au

**Uniting Church in Australia South Riana**

PO Box 368 Penguin 7316  
Ms Kath Parsons (Sec) .....6437 2132

**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 Bounday .....6425 3968  
Church Office .....6425 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

14

## 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

### Australia Red Cross - Ulverstone Branch

49 King Edward Street Ulverstone 7315

People helping people

Phone.....6431 1848

### 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](mailto: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](mailto: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](mailto:lorise.evison@ths.tas.gov.au)

### Central Coast Community Health Centre

48 Water Street, Ulverstone 7315

The Centre provides residents with the opportunity to access quality health and community services.

Phone.....6464 3080

Fax.....6464 3294

### 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

### Central Coast Film Society

6 Dial street Ulverstone 7315

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

Phone.....0364254572

### Central Coast Garden Club Inc

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

Phone.....6425 5203 /

0439368144

### Community Transport Services

#### Tasmania

PO Box 464 Glenorchy 7010

CTST is a state-wide, community based, not-for-profit organisation that provides affordable door-to-door community transport for the over 65s, and people with a disability.

Phone.....1800 781 033

Fax.....6208 8580

Email: [reception@ctst.org.au](mailto:reception@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

### **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

### **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](mailto: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

### **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](mailto: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.....0409408501

### **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

### **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](mailto: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

### **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)64777520

### **Meals on Wheels (Penguin)**

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

### **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

### **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

### **Mersey Community Care Association Inc**

167 Steele Street, Devonport 7310

Providing Services to allow Independent Inclusive Living.

Transport, Home Maintenance, Social Support, Domestic Assistance

Phone.....6424 8883

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

### **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

### **North West Walking Club**

We offer day and overnight walks, skiing, cycling, caving and kayaking. Meetings are held on the 1st and 3rd Monday of each month at Ulverstone Secondary College.

Phone.....0408246750 or  
64232844

### **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

### **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

### **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

### **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

**Tai Chi**

I am a Tai Chi practitioner providing classes  
Phone.....6425 5275

**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

**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

**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

**Ulverstone Library**

15 King Edward St 7315  
Please refer to website for current information  
Phone.....03 64643120

**Ulverstone Physiotherapy**

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

**Ulverstone Senior Citizens Club**

16 King Edward St Ulverstone 7315  
We have a range of activities providing social

interaction.  
Phone.....0417 058 214

**Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315  
Meetings of our friendly group provide mental  
stimulation and social interaction.  
Phone.....0417 058 214

**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

15

## Social/Leisure

### Abbotsham Badminton Club

Castra rd Abbotsham 7315  
Badminton Club in Ulverstone Districts  
Badminton Association. Open to players of any  
age or ability.  
Phone.....0438878983

### Australia Red Cross - Ulverstone Branch

49 King Edward Street Ulverstone 7315  
People helping people  
Phone.....6431 1848

### Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and  
Advocacy  
Phone.....0455 485 501

### 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

### Bootscootin' Devils

We are a line dancing group who dance at the  
Ulverstone Rowing Club. Currently we have  
approximately 60 members who dance with us.  
We are open to any age, female or male. Cost  
per session \$5.  
Phone.....0407 985 176

### 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](mailto:lorise.evison@ths.tas.gov.au)

### Central Coast Community Health Centre

48 Water Street, Ulverstone 7315  
The Centre provides residents with the  
opportunity to access quality health and  
community services.

Phone.....6464 3080  
Fax.....6464 3294

### 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

### Central Coast Film Society

6 Dial street Ulverstone 7315  
We are a community film society, providing  
monthly entertainment for locals.  
Phone.....0364254572

### Central Coast Garden Club Inc

Garden club that meets once a month as well  
as trips and much more  
Phone.....6425 5203 /  
0439368144

### 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

### Community Transport Services Tasmania

PO Box 464 Glenorchy 7010  
CTST is a state-wide, community based, not-for-  
profit organisation that provides affordable door-  
to-door community transport for the over 65s,

and people with a disability.

Phone.....1800 781 033

Fax.....6208 8580

Email: [reception@ctst.org.au](mailto:reception@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

### **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 Mace .....6437 5212

Andrew Swanson (Treas).....6435 4479

Email .....[andrewswanson04@icloud.com](mailto:andrewswanson04@icloud.com)

#### **Leven Regional Arts Incorporated**

Gawler Gallery, Ulverstone Civic Centre

Patrick Street 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. The Gawler Gallery, Ulverstone Civic Centre, is the home of Leven Regional Arts and is open to the public to enjoy the many works of art on display every Wednesday, Thursday and Friday from 10am. Visitors are welcome, gold coin on entry.

Further information contact Joy Watson as below.

Pene Day (Pres).....0407 135 689

Email ..... [pene15@bigpond.com](mailto:pene15@bigpond.com)

Joy Watson (Sec).....0400 105 943

Email ..... [tasbam@bigpond.net.au](mailto:tasbam@bigpond.net.au)

Geoffrey Stanfield (Treas).....0488 371 511

#### **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 Boxshall .....6426 2509

Email ..... [ghengisdakatt14@gmail.com](mailto:ghengisdakatt14@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 Adams .....6437 2732

Website.....[www.penguinbaptist.org.au](http://www.penguinbaptist.org.au)

Email..... [adamsuebrett@bigpond.com](mailto: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](http://www.netministries.org)

(see: [churches.exe/ch12991](http://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](mailto:janinerichardson2000@yahoo.com.au)

#### **North West Woodcraft Guild**

Sprent Community Centre

(PO Box 8) 1299 Castra Road, Ulverstone 7315

The North West Woodcraft Guild fosters woodworking skills in our members and the community. Provides a venue for our members to socialize. Opened to the public Tuesdays and Saturdays 10.30am to 3.00pm.

Leanne Midgley A.H..... 0487 654 711

Anne Williams..... 0407 614 985

Pat Milburn ..... 0408 252 114

Email..... [northwestwoodies@bigpond.com](mailto:northwestwoodies@bigpond.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  
Email .....captainmorgan09@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  
Email .....nmccarthyau@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](mailto:nwfs@nwfs.org.au)  
Website [www.nwfs.org.au](http://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](http://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  
Email .....liveatthewharfinc@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  
Website ..... [www.forthvalleyblues.com](http://www.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

**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

**KIDS – Kind Individuals Delivering Support**

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

Phone.....0417 359 301

**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

**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)64777520

**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

**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

**North West Walking Club**

We offer day and overnight walks, skiing, cycling, caving and kayaking. Meetings are held on the 1st and 3rd Monday of each month at Ulverstone Secondary College.

Phone.....0408246750 or  
64232844

**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.....0437223905

**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.

Email .....nwtasathletics@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

Email .....susan.dick@education.tas.gov.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

Email .....susan.dick@education.tas.gov.au

**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

**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

**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.

Club .....6425 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

Email .....hollyms@bigpond.net.au

(Treas).....

Club rooms .....6428 2554

Email .....forthcc@gmail.com

**Riana Cricket Club**

PO Box 69 Riana 7316

Club Rooms .....6437 6328

Riana Shop .....6437 6193

Clinton Carpenter (Pres) .....0417 285 362

Email .....clinton.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  
Clubrooms .....6425 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.  
Clubrooms .....Ph 6425 1660 / Fax 6425 6554  
Michael Stocks (Pres) .....0429 706 554  
Email .....stocksm@bipond.net.au  
Maree Aitken (Sec) .....0409 874 116  
Email .....aitkenfamily@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/Fax .....6428 2554/6428 2004  
(Pres).....  
Tanya Glover (Sec).....0457 424 145  
(Treas).....  
Email .....tanyaglover0@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\_aukick@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  
Clubrooms .....6428 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  
Clubrooms .....6425 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).....  
lk Davies (Treas).....  
Fax .....6425 2366  
Email .....ulverstonegolf@bigpond.com  
Website .....www.ulverstonegolfclub.com.au

## Judo

### Ulverstone Judo Club

Ulverstone Sports & 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

Email .....jamie.dodd@tastafe.tas.edu.au

Or ..... dodda4@iinet.net.au

Website .....www.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

## 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

Lisa Gillard (Registrar) .....0437 868 466

Email .....ulviesoccerclub12@gmail.com

Website .....www.ulverstone.sc.com

## 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 between Sulphur Creek and Watcombe Beach from December to March, has a great Nippers program, and offers first aid, life saving and other water related training courses. The Club Room Restaurant is opened to the public on Friday nights from 6pm to 8pm for meals.  
Clubrooms .....6437 2639

Email ..... penguinlifesaving@bigpond.com  
...www.facebook.com/penguinsurflifesavingclub

## 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 Axemans 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](http://www.facebook.com/levenyachtclub)

**Swimming Pool****Ulverstone Swim Centre**

(PO Box 220) Leighlands Avenue Ulverstone 7315  
Pool .....6425 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](mailto:ulwaterslide@yahoo.com.au)  
Website.....[www.centralcoast.tas.gov.au](http://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](mailto: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](mailto:jrweeda@bigpond.com)

**Ulverstone Poultry Club**

16 Hensby Court Ulverstone 7315  
Breeding and showing pure bred poultry \$10.00 membership – April and August.  
Peter Biddle (Sec) .....6425 2661  
Mobile..... 0447 752 661

**Equestrian****Central Coast Polo-Cross Association Inc**

PO Box 296 Ulverstone 7315  
Competitions are held from January to April. Training starts in October and goes through until December. Members and players most welcome.  
Tanya McNab (Pres) ..... 0427 252 797  
Anna van der Meulen (Sec) ..... 0448 022 650  
Sam van der Meulen (Treas)..... 0419 312 577  
Phone .....6429 3135  
Vanessa Whatley (Match Mgr)..... 0408 142 024  
Email..... [anzoron@hotmail.com](mailto:anzoron@hotmail.com)

**Dressage Association of Tasmania North West**

**Branch**

Thirlstone Golf Club (44 Pecks Rd Flowerdale 7325)

Dressage competitions and State dressage championships.

Jamie Smith (Pres).....0409 505 334  
Email ..... jamiesmith@bigpond.com  
Pia Nowell (V/Pres).....0408 140 421  
Mickcarla Townsend (Sec).....0409 359 437  
Email .....mickcarla.townsend@gmail.com  
Website .....www.dat.equestrian.org.au

**Leven Pony Club Inc**

Postal: PO Box 59, Ulverstone 7315

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

Greg Stones (Pres) .....0419 582 224  
Sabrina Docherty (Sec).....0438 689 938  
Jodi Hutchins (DC\*).....0417 340 757  
Jo Conroy (Treas) .....  
Email ..... j.hutchins4@bigpond.com  
Website ..... www.leven.pcat.org.au  
(\*District Commissioner)

**Machinery Society****Historical Machinery Club of Tasmania**

PO Box 8 Penguin 7316

Not open to public unless advertised

Brian Scott (Pres).....6433 1173  
Mobile .....0400 248 044  
Phillip Weeks (Sec).....6433 0813  
Mobile.....0408 330 813  
Ivan Best (Treas).....6435 3239  
Mobile.....0418 129 938  
Email .....m-weeks@bigpond.com.au  
Website ..... www.oldengine.org/members/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.

Allan Wilton (Pres) .....0409 516 290  
Peter Lawson (Treas).....0417 102 324

**Motor Cycle****North West Motorcycle Riders Association of Tasmania Inc**

PO Box 762 Burnie 7320

Garry Edwards .....6437 6347  
Mobile..... 0438 313 949  
Email.....gewart@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

Email .....valmawearne@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  
Clubrooms .....6426 1255  
Fax .....6426 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

### **Penguin Football Club**

Dial Park Penguin 7316

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

Phone.....0407076497

### **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 (Michael Hancock) 0437 977 344 or Secretary (Scott Green) 0448 322 236  
Fax.....N/a  
Email: [info@penguinclub.com.au](mailto: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

### **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

### **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

### **Penguin RSL Sub-branch Tasmania**

Penguin RSL for current serving and ex servicing service men/women of Australia.

Phone.....6437 2492

### **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

### **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

### **Rotaract Club of Central Coast**

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

### **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

### **Sunday Scribblers**

Monthly meeting of people wishing to write

Phone.....03 64372720

### **Tai Chi**

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

### **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.

### **The Training Fix**

Corner of Alice and Queen Street Ulverstone 7315

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

Phone.....6425 3388

### **Three Point Health Services**

14, 12-20 Reiby Street Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....6425 7825 or  
0412 915 336

### **Turners Beach Cricket Club**

Cricket club. Amateur Sports Team.

### **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

### **Ulverstone Basketball Association**

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages

Phone.....0408777604

### **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

### **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

### **Ulverstone Football Club Inc.**

1 Victoria Street, Ulverstone 7315

Provide football opportunities for seniors- male and female, juniors - male and female

Phone.....6425 3794

### **Ulverstone Library**

15 King Edward St 7315

Please refer to website for current information

Phone.....03 64643120

### **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

### **Ulverstone Senior Citizens Club**

16 King Edward St Ulverstone 7315

We have a range of activities providing social interaction.

Phone.....0417 058 214

### **Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315

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

Phone.....0417 058 214

### **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

### **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

## 16

## 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

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

### ADATS + Anglicare Drug & Alcohol Treatment Service Plus

To deliver alcohol and other drug treatment services, by counselling, where there is coinciding mental illness and/or risk of homelessness for the Tasmanian community, including Aboriginal and Torres Strait Islander peoples.

Phone.....1800 243 232

### 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

### 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

### 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

### 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

### Australia Red Cross - Ulverstone Branch

49 King Edward Street Ulverstone 7315

People helping people

Phone.....6431 1848

### Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy

Phone.....0455 485 501

### 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.....6431 0306

### 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

### **Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

The Centre provides residents with the opportunity to access quality health and community services.

Phone.....6464 3080

Fax.....6464 3294

### **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

### **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

### **Community Visitors Scheme**

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

Phone.....(03) 6424 6547

### **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

### **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](mailto: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

### **CYMHS - Child and Youth Mental Health Support**

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. (E.g. difficulty dealing with family separation, school transitions, bullying, parental mental illness, body image etc.)

Phone.....1800 243 232

### **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.....0409408501

### **FSS - Family Support North-North West**

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 243 232

### **GH - Gamblers Help Counselling**

Free and confidential personal and family counselling for problem gambling

Phone.....1800 243 232

### **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

### **KIDS – Kind Individuals Delivering Support**

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

Phone.....0417 359 301

### **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

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

### **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

### **Meals on Wheels (Penguin)**

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

### **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

### **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

### **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

### **Mersey Community Care Association Inc**

167 Steele Street, Devonport 7310

Providing Services to allow Independent Inclusive Living.

Transport, Home Maintenance, Social Support, Domestic Assistance

Phone.....6424 8883

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

### **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

### **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

### **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

### **Parkinson's Tasmania Inc**

Support for those living with Parkinson's, their families and carers

Phone.....0407 314 933

### **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

### **Penguin RSL Sub -branch Tasmania**

Penguin RSL for current serving and ex servicing service men/women of Australia.

Phone.....6437 2492

### **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

### **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

### **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

### **RAIN – Relationship Abuse of an Intimate Nature**

Provide Advocacy, Support and Counselling to women, men and children who have been subjected to Family or Domestic Violence

Phone.....1800 243 232

### **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

### **Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

### **Rotaract Club of Central Coast**

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

### **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.

### **SYP - The Supported Youth Program**

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 000 123

### **Tai Chi**

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

### **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

### **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

### **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

### **Ulverstone Neighbourhood House**

8-10 Lugana Cres West Ulverstone 7315

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

Phone.....6425 4186

### **Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315

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

Phone.....0417 058 214

### **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

**17**

## 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  
Email .....[info@busesrus.net.au](mailto:info@busesrus.net.au)  
Website ..... [www.busesrus.net.au](http://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  
Fax .....6437 2318  
Email .....[rkerger@bigpond.net.au](mailto:rkerger@bigpond.net.au)  
Website ..... [www.kergerscoaches.com.au](http://www.kergerscoaches.com.au)

##### Metro Bus Service

Reservations & Timetables  
Phone.....13 22 01  
Email ..... [correspondence@metrotas.com.au](mailto:correspondence@metrotas.com.au)  
Website ..... [www.metrotas.com.au](http://www.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  
Email .....[teena@merseylink.com.au](mailto:teena@merseylink.com.au)  
Book online .....[www.merseylink.com.au](http://www.merseylink.com.au)

##### Smith's Coaches

PO Box 617 South Riana 7316  
Phone.....6437 6218  
Book online .....[www.smithstravel.com.au](http://www.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](http://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](http://www.tasredline.com.au)  
Email..... [info@tassielink.com.au](mailto: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  
Phone .....6425 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.rg.au](mailto:info@ctst.rg.au)  
Website.....[www.ctst.org.au](http://www.ctst.org.au)