



# Central Coast Community Directory

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

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

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## Aboriginal Services

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare Drug & Alcohol Treatment Service

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

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### ASAP – Attempted Suicide Aftercare Program

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Asthma Australia

1/89 Brisbane St, Hobart 7000

Most of the time we take our breathing for granted.

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

Phone.....03 9086 7866

Email: [jtyler@asthma.org.au](mailto:jtyler@asthma.org.au)

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

### Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315

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

Phone.....6429 8900

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

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

### Engender Equality

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

Phone.....62789090

Email: [admin@engenderequality.org.au](mailto:admin@engenderequality.org.au)

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

### Headspace

Level 1, 33-35 Steele St, Devonport 7310

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

Phone.....6424 2144

Email: [devonport@csys.com.au](mailto:devonport@csys.com.au)

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

### Hearing Australia

Patrick Street Clinic Ulverstone, 6 Patrick Street Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: [Devonport@hearing.com.au](mailto:Devonport@hearing.com.au)

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

### Lifeline

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

### Mindfulness Programs Australasia

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

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

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

### Molenda Lodge Incorporated

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

Email: [molenda@skymesh.com.au](mailto:molenda@skymesh.com.au)

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**No 34. Aboriginal Health Service Rural Health Tasmania**

34 Alexandra Road Ulverstone 7315

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

Phone.....6417 6080

Email: [contactno34@ruralhealthtas.com.au](mailto:contactno34@ruralhealthtas.com.au)

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

**Patrick Street Clinic**

6 Patrick St Ulverstone PO Box 337 Ulverstone 7315 7315

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

Phone.....64251611

Fax.....6425 6669

Email: [patrickstclinic@patst.com.au](mailto:patrickstclinic@patst.com.au)

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

**Patrick Street Clinic Penguin**

19 Ironcliffe Road Penguin PO Box 337 Ulverstone 7315 7316

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

Phone.....6437 0955

Fax.....6437 0755

Email: [penguin@patst.com.au](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

Email: [comms@reltas.com.au](mailto:comms@reltas.com.au)

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

**Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

Email: [chrism@rftas.org.au](mailto:chrism@rftas.org.au)

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

**Rural Alive & Well INC**

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

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

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

# 3

## Children & Youth Services

### 1st Penguin Scout Association of Australia

PO Box 24 Penguin 7316

Phone.....0425 213 700

### Anglicare Child and Youth Mental Health Support

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare's KIDS – Kind Individuals Delivering Support

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

Phone.....1800 243 232

Email: [kids@anglicare-tas.org.au](mailto:kids@anglicare-tas.org.au)

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

### Anglicare's Reconnect Program

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

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

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare's Supported Youth Program

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Asthma Australia

1/89 Brisbane St, Hobart 7000

Most of the time we take our breathing for granted.

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

Phone.....03 9086 7866

Email: [jtyler@asthma.org.au](mailto:jtyler@asthma.org.au)

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

### Australian Naval Cadets, TS Leven

PO Box 92 Ulverstone 7315

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

Phone.....0427 542 890

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

### Catholic Church Youth Group

PO Box 362 Devonport 7310

Phone.....6424 8383

### Central Coast Girl Guides

34 Main Street Ulverstone 7315

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

Phone.....6425 4946

Email: [stuart\\_c\\_edwards@outlook.com](mailto:stuart_c_edwards@outlook.com)

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

### CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

Email: [office@chatcentre.com.au](mailto:office@chatcentre.com.au)

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### **Child Development Unit - North West**

35 Mace Street Montello 7320

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

Phone.....6477 7323

Website: [https://www.health.tas.gov.au/service\\_information/service\\_delivery\\_points/child\\_development\\_unit\\_-\\_north\\_west](https://www.health.tas.gov.au/service_information/service_delivery_points/child_development_unit_-_north_west)

### **Child Health Centre - Penguin**

Patrick Street Clinic, 19 Ironcliffe Road, Penguin 7316

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

Phone.....1300 064 544

Website: [https://www.health.tas.gov.au/service\\_information/service\\_delivery\\_points/child\\_health\\_centre\\_-\\_penguin](https://www.health.tas.gov.au/service_information/service_delivery_points/child_health_centre_-_penguin)

### **Child Health Centre - Ulverstone**

Child Health Centre 56 Victoria Street, Ulverstone 7315

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

Phone.....1300 064 544

Website: [https://www.health.tas.gov.au/service\\_information/service\\_delivery\\_points/child\\_health\\_centre\\_-\\_ulverstone2](https://www.health.tas.gov.au/service_information/service_delivery_points/child_health_centre_-_ulverstone2)

### **Debbie's Little Buddies**

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

Phone.....64371077

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

Website: [http://www.facebook.com/pg/dlbuddies/about/?ref=page\\_internal](http://www.facebook.com/pg/dlbuddies/about/?ref=page_internal)

### **Discovery Early Learning Centre**

24 Buttons Avenue Ulverstone 7315

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

Phone.....1300 663 125

Fax.....6425 6639

Email: [ulverstone@discoveryelc.com.au](mailto:ulverstone@discoveryelc.com.au)

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

### **Dragonfly Counselling and Consulting**

55 Best Street Devonport 7310

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

Phone.....0409 408 501

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

Website:

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

### **Family Based Care Tasmania**

73-75 Mount Street, Burnie 7320

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

Phone.....03 6431 8411

Fax.....03 6431 1417

Email: [admin@familybasedcare.org.au](mailto:admin@familybasedcare.org.au)

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

### **Forth Primary School**

45 Wilmot Road, Forth 7310

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

Phone.....6428 2282

Email: [forth.primary@decyp.tas.gov.au](mailto:forth.primary@decyp.tas.gov.au)

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

### **Hearing Australia**

Patrick Street Clinic Ulverstone, 6 Patrick Street

Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: [Devonport@hearing.com.au](mailto:Devonport@hearing.com.au)

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

### **KiF - Kids in Focus**

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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



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### **Leven District Scout Association of Australia**

PO Box 433 Ulverstone 7315

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

Phone.....6425 2818

### **Libraries Tasmania - Penguin Library**

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

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

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

Email: [molenda@skymesh.com.au](mailto:molenda@skymesh.com.au)

### **NESTS - North-West Early Start Therapeutic Support**

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

Phone.....1800 000 123

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

### **New Mornings**

14 Amherst Street West Ulverstone 7315

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

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

Email: [alison.whishaw@newmornings.org.au](mailto:alison.whishaw@newmornings.org.au)

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

### **North & North West Sexual Assault Support Service TA Laurel House**

Po Box 1062 Launceston 7250

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

Phone.....(03) 6334 2740

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

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

### **North Motton Rural Youth Club**

153 Preston Road, Gawler 7315

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

Phone.....0429 405 164

Email: [northmottonry@hotmail.com](mailto:northmottonry@hotmail.com)

### **Nurture Clinical Psychology**

Lancaster House, 1 B Reibey Street Ulverstone 7315

Supporting children and families with emotional problems, autism and parenting

Phone.....0438360617

Fax.....0364446622

Email: [adelle@nurtureclinicalpsychology.com.au](mailto:adelle@nurtureclinicalpsychology.com.au)

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

### **Parent Line**

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

Phone.....1300 808 178

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### **Parenting Centre - North West**

35 Mace Street, Burnie 7320

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

Phone.....6477 7323

Website: [https://www.health.tas.gov.au/service\\_information/service\\_delivery\\_points/parenting\\_centre\\_-\\_north\\_west](https://www.health.tas.gov.au/service_information/service_delivery_points/parenting_centre_-_north_west)

### **Penguin Football Club**

Dial Park Penguin 7316

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

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

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

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

### **Playgroup Tasmania**

PO Box 799 Launceston Tas 7320

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

Phone.....1800 171 882

### **Progress Ahead Life Coaching**

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

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

Phone.....0403081089

Email: [team@progressaheadlifecoaching.com](mailto:team@progressaheadlifecoaching.com)

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

### **Relationships Australia**

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

Phone.....6421 3600

Email: [comms@reltas.com.au](mailto:comms@reltas.com.au)

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

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

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

Email: [centralcoastrotaract@hotmail.com](mailto:centralcoastrotaract@hotmail.com)

Website:

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

### **Rural Alive & Well INC**

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

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

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

### **Slipstream Circus**

7 Flora St, Ulverstone 7315

Slipstream Circus is a non-profit Youth Circus.

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

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

Phone.....0459 028 352

Email: [office@slipstreamcircus.org.au](mailto:office@slipstreamcircus.org.au)

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

### **Stepping Stones Children's Centre**

11 Moore Street Ulverstone 7315

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

Phone.....6425 6524

Fax.....6425 6824

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

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

### **TS Leven Unit Support Committee Inc**

PO Box 92 Ulverstone 7315

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

Phone.....0448 295 297

Email: [tsleven@cadetnet.gov.au](mailto:tsleven@cadetnet.gov.au)

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

### **Turners Beach Playgroup**

Esplanade Turners Beach 7315

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

Phone.....6428 3131

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

### **Ulverstone Basketball Association**

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages

Phone.....0408777604

Email: [ulverstonebasketball@outlook.com](mailto:ulverstonebasketball@outlook.com)

### **Ulverstone Child Care Centre**

7 Alexandra Road Ulverstone 7315

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

Phone.....64253505

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

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

### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

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

### **Ulverstone Neighbourhood House**

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

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

Phone.....6425 4186

Email: [admin@unh.org.au](mailto:admin@unh.org.au)

### **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

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

### **Warrawee Women's Shelter**

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

Phone.....6425 1382

Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)

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

### **Wetaway Program**

11 Jones Street, Burnie 7320

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

Phone.....1300 064 544

Email: [chapsadminnorthwest@ths.tas.gov.au](mailto:chapsadminnorthwest@ths.tas.gov.au)

Website: [http://www.health.tas.gov.au/service\\_information/services\\_files/wetaway\\_program](http://www.health.tas.gov.au/service_information/services_files/wetaway_program)

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## 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 .....sjradford@bigpond.com

#### **TS Leven Unit Support Committee Inc**

PO Box 92 Ulverstone 7315

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

Steven Saward (Pres) ..... 0448 295 297

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

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

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

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

#### **North Motton Rural Youth Club**

#### **Rural Youth Organisation of Tasmania Inc**

153 Preston Road, Gawler 7315

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

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

Ethan Williams..... 0448 320 628

Email..... northmottonry@hotmail.com

#### **Leven District Scout Association of Australia**

PO Box 433 Ulverstone 7315

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

Robert Milnes (District Commissioner)6428 2381

Email.....robertanthonymilnes@gmail.com

Joscelyn McKenna

(Ass District Comm) .....6425 3121

Kim Dudley (Pres) .....6425 2818

Roz White (Sec) .....6425 4683

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

#### **1st Penguin Scout Association of Australia**

PO Box 24 Penguin 7316

Cubs (8-11yrs) Tuesday 5.30pm–7.00pm

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

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

Cassie (Treasurer) .....0400 073 110

Email ..... 1penguinscouts@gmail.com

#### **1st 2nd Ulverstone Scout Group**

131 Gawler Road Gawler 7315

Cubs – Wednesday 6.30pm–8.00pm

Scouts – Tuesday 7.00pm–9.00pm

Mr Chris 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.

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Tracey Howard.....0409 669 138  
Email ..... [tphoward@bigpond.com](mailto: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](mailto: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](mailto:horneeunice@gmail.com)

**Youth Workers**

**Seventh Day Adventist Youth Minister  
(Ulverstone)**

Pastor Kwan Matautia .....6408 5355  
Email..... [kwantas76@gmail.com](mailto:kwantas76@gmail.com)

**Youth, Family and Community Connections**

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

# 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@iinet.net.au

##### Turners Beach Coast Care Inc

25 Turners Avenue Turners Beach 7315

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

Wendy Horniblow (Sec/Treas) ..... 0497 098 880

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

##### Ulverstone Coast Care Group

PO Box 214 Penguin 7316

Robyn Parker ..... 0418 142 790

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

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

#### Progress Associations

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**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 Donschuk (Sec) .....6429 1140

Email ..... mwdonschuk@bigpond.com

**Heybridge Improvement Association**

1 Sice Avenue Heybridge 7316

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

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

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

**North Motton Community Support Group**

584 Preston Main Road North Motton 7315

North Motton Anzac Day Services and Australia

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

Tuesday of each month

Sue 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

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

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Alcoholics Anonymous Australia

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

Phone.....1300 222 222

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

### Anglicare Drug & Alcohol Treatment Service

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

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare Gamblers Help Counselling Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Free and confidential personal and family counselling for problem gambling

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

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare's KIDS – Kind Individuals Delivering Support

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

Phone.....1800 243 232

Email: [kids@anglicare-tas.org.au](mailto:kids@anglicare-tas.org.au)

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

### Anglicare's Reconnect Program

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

The Reconnect program uses community-based early intervention services to assist young people aged 12 to 18 years who are homeless, or at risk of homelessness, and their families.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

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

51 Wilmot Street, Burnie GPO Box 1620 Hobart

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare's Supported Youth Program

51 Wilmot Street Burnie GPO Box 1620 Hobart

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Arthritis & Osteoporosis Tasmania

19A Main Road, Moonah, Tasmania 7009

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

Phone.....0362284824

Fax.....N/A

Email: [info@arthritistas.org.au](mailto:info@arthritistas.org.au)

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



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### **ASAP – Attempted Suicide Aftercare Program**

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### **Australia Red Cross - Ulverstone Branch**

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

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

Phone.....0415 809 703

Email: [cday@redcross.org.au](mailto:cday@redcross.org.au)

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

### **Australian Breastfeeding Assoc. - Central Coast Group**

Breastfeeding Information, Support and Advocacy

Phone.....Tana 0428 204 076 or

Marion 0409 899 136 (co Group Leaders)

Email: [ptmcmullen60@bigpond.com](mailto:ptmcmullen60@bigpond.com)

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

### **Australian Red Cross Telecross Service**

Henry Wheeler Place, Gosford 2250

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

Phone.....4322 2144

Fax.....4302 0880

Email: [dfouche@redcross.org.au](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.....03 6722 5000

Email: [autism@autismtas.org.au](mailto:autism@autismtas.org.au)

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

### **Baptcare Horizons**

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

Phone.....1800 290 666

Email: [myhorizons@baptcare.org.au](mailto:myhorizons@baptcare.org.au)

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

### **Baptcare TasConnect**

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

Phone.....1800 290 666

Email: [osmith@baptcare.org.au](mailto:osmith@baptcare.org.au)

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

### **Care Beyond Cure Inc**

PO BOX 3069 Ulverstone TAS 7315

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

Phone.....0407427575

Email: [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)

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

### **Care Forward**

11 Steele Street, Devonport, TAS 7310

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

Phone.....1300 364 876

Fax.....62447711

Email: [info@careforward.com.au](mailto:info@careforward.com.au)

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

### **Carers Tasmania**

10 Strahan Street, Burnie 7320

We provide support to family & friend carers across the state

Phone.....03 6144 3729

Email: [peak@carerstasmania.org](mailto:peak@carerstasmania.org)

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

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

### **Chats - Lifeline**

78a Oldaker Street Devonport 7310

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

Phone.....(03) 6424 6547

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

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

48 Water Street, Ulverstone 7315

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

Phone.....6464 3080

Fax.....6464 3294

Email: [centralcoast.chc@ths.tas.gov.au](mailto:centralcoast.chc@ths.tas.gov.au)

### **Central Coast Community Shed**

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0458407872 or 64298959

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

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

### **Central Coast Council**

19 King Edward St Ulverstone 7315

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

Phone.....64298900

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

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

### **Central Coast Film Society**

6 Dial street Ulverstone 7315

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

Phone.....0364254572

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

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

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

Phone.....6425 5203 / 0439368144

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**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 Burrridge ..... 0409 588 993

Email.....[sburrridge@live.com.au](mailto:sburrridge@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

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### **Community Rapid Response Service (ComRRS)**

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

Phone.....0436 847 458

Website: [https://www.health.tas.gov.au/ths/community\\_rapid\\_response\\_service\\_comrrs](https://www.health.tas.gov.au/ths/community_rapid_response_service_comrrs)

### **Community Transport Services Tasmania**

Offices in Kingston, Glenorchy, LAunceston, Ulverstone and Queenstown

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

Phone.....1800 781 033

Email: [info@ctst.org.au](mailto:info@ctst.org.au)

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

### **Community Visitors Scheme**

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

Phone.....(03) 6424 6547

Email: [paula.proctor@lifelinetasmania.org.au](mailto:paula.proctor@lifelinetasmania.org.au)

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

### **Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

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

Phone.....6429 8900

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

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

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

12 Reeves Street South Burnie 7320

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

Phone.....0477 221 557

Fax.....n/a

Email: [HeatherR@cotatas.org.au](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

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

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

### **Dementia Australia**

North West Coast 47B Best Street, Devonport 7310

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

Phone.....64258701 & National Helpline 1800100500

Fax.....64229605

Email: [tas.admin@dementia.org.au](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.....0409 408 501

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

Website:

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

### **Engender Equality**

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

Phone.....62789090

Email: [admin@engenderequality.org.au](mailto:admin@engenderequality.org.au)

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

### **Family Based Care Tasmania**

73-75 Mount Street, Burnie 7320

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

Phone.....03 6431 8411

Fax.....03 6431 1417

Email: [admin@familybasedcare.org.au](mailto:admin@familybasedcare.org.au)

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

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### **Headspace**

Level 1, 33-35 Steele St, Devonport 7310

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

Phone.....6424 2144

Email: [devonport@csys.com.au](mailto:devonport@csys.com.au)

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

### **Health Promotion Unit**

48 Water St, Ulverstone 7315

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

Phone.....6464 3093

Email: [jenelle.wells@ths.tas.gov.au](mailto:jenelle.wells@ths.tas.gov.au)

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

### **Hearing Australia**

Patrick Street Clinic Ulverstone, 6 Patrick Street

Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: [Devonport@hearing.com.au](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 PO

Box 3256 MDC South Burnie 7320 7320

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

Phone.....6477 7747

Email: [hospice.burnie@ths.tas.gov.au](mailto:hospice.burnie@ths.tas.gov.au)

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

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### **HPP – Hepatitis Prevention Program**

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

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## **Justices of the Peace**

**Please phone the JP for appoint.**

### **Ulverstone**

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

### **Leith/Forth**

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

### **Penguin**

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

### **Riana/Cuprona/Howth/Suphur Creek**

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

### **Sprent**

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

Phone.....Please see individuals  
phone numbers

## **KiF - Kids in Focus**

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

## **Ladies Group - Central Coast Community Shed**

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

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

Phone.....6429 8959

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

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

## **Libraries Tasmania - Penguin Library**

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

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

## **Lifeline**

Saving lives. Crisis support. Suicide prevention.

Phone.....13 11 14

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

## **Lions Club of Forth Valley Inc**

P.O. Box 319, Forth 7310

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

Phone.....0407877460

Email: [forthvalley@lionstasmania.org](mailto:forthvalley@lionstasmania.org)

## **Lions Club of Penguin**

Arnold Street, Penguin 7316

Providing community support and organising events for the community.

Phone.....6349 1048

Email: [penguin@lionstasmania.org](mailto:penguin@lionstasmania.org)

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

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

Email: [pengion@mowtas.org.au](mailto:pengion@mowtas.org.au)

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

### **Meals on Wheels (Ulverstone)**

15-19 Eastand Drive Ulverstone 7315

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

Phone.....6425 1331

Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)

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

### **Men Care Too**

N/A 7315

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

Phone.....0400604231

Fax.....N/A

Email: [mencareetoo.greg@gmail.com](mailto:mencareetoo.greg@gmail.com)

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

### **Men's Shed Ulverstone**

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0418 141 529

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

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

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

PO Box 286, Devonport 7310

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

Phone.....6424 8883

Email: [mcca@merseycca.org.au](mailto:mcca@merseycca.org.au)

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

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

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

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

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

Email: [molenda@skymesh.com.au](mailto:molenda@skymesh.com.au)

### **NESTS - North-West Early Start Therapeutic Support**

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

Phone.....1800 000 123

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

### **New Mornings**

14 Amherst Street West Ulverstone 7315

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

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

Email: [alison.whishaw@newmornings.org.au](mailto:alison.whishaw@newmornings.org.au)

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

### **North & North West Sexual Assault Support Service TA Laurel House**

Po Box 1062 Launceston 7250

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

Phone.....(03) 6334 2740

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

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

### **North Motton Rural Committee**

North Motton 7315

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

Phone.....0439 062 470

Email: [rodus5@hotmail.com](mailto:rodus5@hotmail.com)

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**North West Environment Centre/Penguin Community Garden**

235 Ironcliff Road Penguin 7316

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

Phone.....03 6425 6928

Email: [secretary@nwec.org.au](mailto:secretary@nwec.org.au)

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

**North West Walking Club**

PO Box 107, Ulverstone

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

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

**Ombudsman Tasmania**

Street address: NAB House, Level 6 86 Collins Street

Hobart Tasmania 7000 Postal address: Ombudsman

Tasmania GPO Box 960 HOBART TAS 7001 7000

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

Phone.....1800 001 170

Email: [ombudsman@ombudsman.tas.gov.au](mailto:ombudsman@ombudsman.tas.gov.au)

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

**Op-Shops**

**ADRA Opshop**

1/25 King Edward Street, Ulverstone

Retail sales of new and used household items.

Open Monday to Friday 9.30am - 4.00pm

Phone.....6425 79250

Email .....[office@citymission.org](mailto: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](mailto:gail.saggers@citymission.org.au)

Email .....[office@citymission.org.au](mailto:office@citymission.org.au)

website .....[www.launcestoncitymission](http://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](mailto: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.....[bakersacandmech@outlook.com](mailto:bakersacandmech@outlook.com)

**Other Service Clubs**

**Apex Club of Ulverstone**

PO Box 88 Ulverstone 7315

Meeting times – every second Monday at 7pm.

Josh Rowe (Pres).....

Mark Williams (Sec) .....

Mark Gluyas (Treas) .....

Phone (Club) .....0448 565 947

Email ..... [ULVERSTONE@apex.org.au](mailto:ULVERSTONE@apex.org.au)

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

**Penguin Leo Club**

Youth service organisation, a project of Lions

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

Antony Wright (Pres) .....0476 275 565

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



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

### **Ulverstone Lions Club**

PO Box 45 Ulverstone 7315

We meet every first and third Tuesday of each month at Bass and Flinders Motor Inn, Ulverstone. Lions Club Shop Victoria Street, Ulverstone, shed at Ulverstone Showgrounds.

Geoff Lynd (Pres).....0428 254 053

Mark Lewis (Sec).....0457 564 871

Victoria St Shop.....6425 5534

Peter Kurrle (Treas).....0422 280 339

Email.....ulverstone@lionstasmania.org

Website.....www.ulverstone.tas.lions.org.au

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

PO Box 128 Ulverstone 7315

21 King Edward Street Ulverstone

Memberships is open to all ex-servicemen and women. Dedicated to the welfare of former and current Service personnel of the Australian Defence Force and their families.

Phone.....6425 1942

Trish King (Sec).....0428667781

Geoff Mainwaring (pres).....0417 593 705

Jim Whitehead (Treas).....0429 476 558

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

Katelyn Gale (Man).....0364251439

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

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 or Bookings

0400 592 648

Email: penguinfootballclub@gmail.com

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

### **Penguin History Group Inc.**

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

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

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

Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

### **Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

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

Phone.....0427 509 792

Email: n/a

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

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

Phone.....6437 2492

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

### **PIPO Support Services**

38 Queen Street, West Ulverstone, TAS 7315

PIPO Support Services endeavors to provide NDIS support which hold the individual, their family and their support people at the centre of all we do.

Phone.....03 6450 8830

Email: [kristy@pipo.com.au](mailto:kristy@pipo.com.au) or [ruth@pipo.com.au](mailto:ruth@pipo.com.au)

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

### **Priceline Pharmacy Ulverstone**

66 Reiby Street Ulverstone 7315

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

Phone.....6425 1095

Fax.....6425 7709

Email: [plpulverstone@gmail.com](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

Email: [stewy52@bigpond.com](mailto:stewy52@bigpond.com)

Website: <http://www.raafatas.com/?fbclid=IwAR3KwYqIKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcTaaaz6QnaUY>

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### **Relationships Australia**

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

Phone.....6421 3600

Email: [comms@reltas.com.au](mailto:comms@reltas.com.au)

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

### **Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

Email: [chrism@rftas.org.au](mailto:chrism@rftas.org.au)

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

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

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

Email: [centralcoastrotaract@hotmail.com](mailto:centralcoastrotaract@hotmail.com)

Website:

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

### **Rotary Club of Ulverstone**

PO Box 202 Ulverstone 7315

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

Phone.....0419 113 072

Email: [secretary.ulverstone@rotary9830.org.au](mailto:secretary.ulverstone@rotary9830.org.au)

### **Rotary Club of Ulverstone West**

PO Box 404 Ulverstone Tasmania 7315

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

Email: [secretary.ulverstonewest@rotary9830.org.au](mailto:secretary.ulverstonewest@rotary9830.org.au)

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

### **Rural Alive & Well INC**

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

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

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

### **Seeking Solace**

Northern and North West Tasmania.

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

Phone.....0477754144

Email: [holly@seekingsolace.com.au](mailto:holly@seekingsolace.com.au)

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

### **Slipstream Circus**

7 Flora St, Ulverstone 7315

Slipstream Circus is a non-profit Youth Circus.

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

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

Phone.....0459 028 352

Email: [office@slipstreamcircus.org.au](mailto:office@slipstreamcircus.org.au)

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

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

Level 5, Cambridge Road Bellerive Quay Bellerive TAS 7018

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

Phone.....0408 133 884

Email: [standbytasmania@lifelinetasmania.org.au](mailto:standbytasmania@lifelinetasmania.org.au)

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

### **Sunday Scribblers**

Monthly meeting of people wishing to write

Phone.....03 64372720

Email: [anne.landiers@westnet.com.au](mailto:anne.landiers@westnet.com.au)

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### **Tasmania Legal Aid**

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

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

Phone.....1300 366 611

Email: please use contact us form on our website

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

### **The Diabetes Centre**

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

Phone.....6430 6666

Website: [https://www.health.tas.gov.au/ths/nw/north\\_west\\_diabetes\\_centre](https://www.health.tas.gov.au/ths/nw/north_west_diabetes_centre)

### **The Salvation Army - Bridge Residential Program**

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

Phone.....64257453

Email: [sam.vandermeulen@salvationarmy.org.au](mailto:sam.vandermeulen@salvationarmy.org.au)

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

### **U3A Central Coast (Inc)**

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

Phone.....0474 097 636

Email: [u3acentralcoast@gmail.com](mailto:u3acentralcoast@gmail.com)

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

### **Ulverstone Coast Care**

PO Box 3055 Ulverstone 7315

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

Phone.....0418 142 790

Email: [robynarker128@gmail.com](mailto:robynarker128@gmail.com)

### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

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

### **Ulverstone Neighbourhood House**

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

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

Phone.....6425 4186

Email: [admin@unh.org.au](mailto:admin@unh.org.au)

### **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 PO Box 406, Ulverstone 7315 7315

We have a range of activities providing social interaction.

Phone.....6425 2584

### **Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315

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

Phone.....6425 2482

Email: [lmgryta@hotmail.com](mailto:lmgryta@hotmail.com)

### **Ulverstone Visitor Information Centre**

13-15 Alexandra Road, Ulverstone TAS 7315

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

Phone.....03 6425 2839

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

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

### **Volunteering Tasmania**

75 Federal Street North Hobart 7000

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

Phone.....1800 677 895

Email: [team@volunteeringtas.org.au](mailto:team@volunteeringtas.org.au)

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

### **Warrawee Women's Shelter**

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

Phone.....6425 1382

Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)

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

### **West North West Working**

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

Are you holding yourself back from your dream job?

Perhaps you lack confidence, or self-esteem or maybe

you suffer from feelings of insecurity in the face of mounting pressure at work. You're not alone, West North West Working can help!

Phone.....0490 865 385

Email: [info@wnwworking.com.au](mailto:info@wnwworking.com.au)

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

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## Disability Services

### ASAP – Attempted Suicide Aftercare Program

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Autism Tasmania

9 King Street, Burnie 7320

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

Phone.....03 6722 5000

Email: [autism@autismtas.org.au](mailto:autism@autismtas.org.au)

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

### Central Coast Adult Day Centre

48 Water St Ulverstone 7315

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

Phone.....6464 3091

Fax.....6464 3294

Email: [lorise.everson@ths.tas.gov.au](mailto:lorise.everson@ths.tas.gov.au)

### CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

Email: [office@chatcentre.com.au](mailto:office@chatcentre.com.au)

### Chats - Lifeline

78a Oldaker Street Devonport 7310

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

Phone.....(03) 6424 6547

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

### Community Transport Services Tasmania

Offices in Kingston, Glenorchy, Launceston, Ulverstone and Queenstown

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

Phone.....1800 781 033

Email: [info@ctst.org.au](mailto:info@ctst.org.au)

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

### Connect Café

Gnomon Room - Wharf Precinct Ulverstone 7315

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

Phone.....6429 8900

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

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

### Dementia Australia

North West Coast 47B Best Street, Devonport 7310

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

Phone.....64258701 & National Helpline 1800100500

Fax.....64229605

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

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

### Empowerment Support Services Pty Ltd

9 Smith Street, Wivenhoe Tasmania 7320

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

Phone.....0400 528 907

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

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

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### **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

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

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

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

Email: [pengion@mowtas.org.au](mailto:pengion@mowtas.org.au)

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

### **Meals on Wheels (Ulverstone)**

15-19 Eastand Drive Ulverstone 7315

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

Phone.....6425 1331

Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)

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

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

PO Box 286, Devonport 7310

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

Phone.....6424 8883

Email: [mcca@merseycca.org.au](mailto:mcca@merseycca.org.au)

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

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

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

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

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

Email: [molenda@skymesh.com.au](mailto:molenda@skymesh.com.au)

### **MS Peer Support**

Ulverstone 7315

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

Phone.....1800 042 138

Email: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

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

### **Multicap Tasmania**

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

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

Phone.....03 6431 3211

Email: [enquiries@multicap.com.au](mailto:enquiries@multicap.com.au)

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

### **My Care Plan Manager**

67 Howe St Osborne Park 6017

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

Phone.....0478630313

Email: [mycarep859@gmail.com](mailto:mycarep859@gmail.com)

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

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### **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

Email: [northwest@paraquadtas.org.au](mailto:northwest@paraquadtas.org.au)

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

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

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

Phone.....0407 314 933

Email: [pdomeney@netspace.net.au](mailto:pdomeney@netspace.net.au)

### **PIPO Support Services**

38 Queen Street, West Ulverstone, TAS 7315

PIPO Support Services endeavors to provide NDIS support which hold the individual, their family and their support people at the centre of all we do.

Phone.....03 6450 8830

Email: [kristy@pipo.com.au](mailto:kristy@pipo.com.au) or [ruth@pipo.com.au](mailto:ruth@pipo.com.au)

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

### **Relationships Australia**

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

Phone.....6421 3600

Email: [comms@reltas.com.au](mailto:comms@reltas.com.au)

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

### **Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

Email: [chrism@rftas.org.au](mailto:chrism@rftas.org.au)

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

### **Tai Chi**

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

### **The Training Fix**

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

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

Phone.....0439 310 206

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

### **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

Email: [referralstas@visability.com.au](mailto:referralstas@visability.com.au)

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

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## Educational, Training & Learning

### Alcohol and Drug Services North West

11 Grove Street Ulverstone 7315

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

Phone.....6464 3131

Email: [ADSNW@ths.tas.gov.au](mailto:ADSNW@ths.tas.gov.au)

Website: [https://www.dhhs.tas.gov.au/service\\_information/service\\_delivery\\_points/alcohol\\_and\\_drug\\_service\\_-\\_ulverstone](https://www.dhhs.tas.gov.au/service_information/service_delivery_points/alcohol_and_drug_service_-_ulverstone)

### Anglicare Drug & Alcohol Treatment Service

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

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare Gamblers Help Counselling Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Free and confidential personal and family counselling for problem gambling

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

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

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

Phone.....1800 243 232

Email: [kids@anglicare-tas.org.au](mailto:kids@anglicare-tas.org.au)

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

### Anglicare's Supported Youth Program

51 Wilmot Street Burnie GPO Box 1620 Hobart

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### ASAP – Attempted Suicide Aftercare Program

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

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

PO Box 68, Port Sorell, Tas 7307

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

Phone.....64 286 909

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

### Central Coast Community Shed

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0458407872 or 64298959

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

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

### CHAT Centre

22 King Edward Street Ulverstone 7315

Speech Pathology services for children.

Phone.....0417371991

Email: [office@chatcentre.com.au](mailto:office@chatcentre.com.au)



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### **Don College**

87-121 Watkinson St Devonport TAS 7310

Staff and current students of Don College welcome Years 11 and 12 students to join our diverse community. You will be supported in a friendly, respectful and engaging learning environment.

Phone.....0364240200

Email: [Don.College@education.tas.gov.au](mailto:Don.College@education.tas.gov.au)

Website: <https://doncollege.education.tas.edu.au/>

### **Engender Equality**

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

Phone.....62789090

Email: [admin@engenderequality.org.au](mailto:admin@engenderequality.org.au)

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

### **Forth Primary School**

45 Wilmot Road, Forth 7310

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

Phone.....6428 2282

Email: [forth.primary@decyp.tas.gov.au](mailto:forth.primary@decyp.tas.gov.au)

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

### **Health Promotion Unit**

48 Water St, Ulverstone 7315

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

Phone.....6464 3093

Email: [jenelle.wells@ths.tas.gov.au](mailto:jenelle.wells@ths.tas.gov.au)

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

### **Hearing Australia**

Patrick Street Clinic Ulverstone, 6 Patrick Street  
Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: [Devonport@hearing.com.au](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

Email: [hellyer.college@education.tas.gov.au](mailto:hellyer.college@education.tas.gov.au)

Website:

<https://www.hellyercollege.education.tas.edu.au/>

### **HPP – Hepatitis Prevention Program**

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### **KiF - Kids in Focus**

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### **Ladies Group - Central Coast Community Shed**

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

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

Phone.....6429 8959

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

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

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### **Libraries Tasmania - Penguin Library**

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

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

### **Men's Shed Ulverstone**

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0418 141 529

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

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

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

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

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

### **NESTS - North-West Early Start Therapeutic Support**

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

Phone.....1800 000 123

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

### **North & North West Sexual Assault Support Service TA Laurel House**

Po Box 1062 Launceston 7250

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

Phone.....(03) 6334 2740

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

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

### **Other Education**

#### **Marist Regional College**

(PO Box 588) Paraka Street Burnie 7320

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

Mrs Sue Chen (Principal) .....6432 7612

Andrea Pisano

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

Business Manager.....6432 7610

College .....6432 7600

Fax.....6431 9146

Email..... [office@mrc.tas.edu.au](mailto:office@mrc.tas.edu.au)

Website.....[www.mrc.tas.edu.au](http://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](mailto:ccc.support@utas.edu.au)

Website.....[www.cradle-coast.edu.au](http://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](mailto:admin@leighland.tas.edu.au)

Website .....[www.leighland.tas.edu.au](http://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@iinet.net.au](mailto:nwcs@iinet.net.au)

Website

[www.northwestchristianschool.com.au](http://www.northwestchristianschool.com.au)

#### **Penguin District School**

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(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  
Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

**Penguin Men's Shed**

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

**Progress Ahead Life Coaching**

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

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

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

Email: [centralcoastrotaract@hotmail.com](mailto:centralcoastrotaract@hotmail.com)

Website:

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

### **Rural Alive & Well INC**

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

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

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

### **Seeking Solace**

Northern and North West Tasmania.

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

Phone.....0477754144

Email: [holly@seekingsolace.com.au](mailto:holly@seekingsolace.com.au)

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

### **Spirit Of Mandala**

11 Epsom Road, Penguin 7316

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

Phone.....0417553679

Email: [hello@spiritofmandala.com](mailto:hello@spiritofmandala.com)

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

Level 5, Cambridge Road Bellerive Quay Bellerive TAS 7018

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

Phone.....0408 133 884

Email: [standbytasmania@lifelinetasmania.org.au](mailto:standbytasmania@lifelinetasmania.org.au)

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

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

The Leven Centre, 70 South Road West Ulverstone 7315

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

Phone.....0362266977

Email: [island@dementia.utas.edu.au](mailto:island@dementia.utas.edu.au)

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

### **Ulverstone Camera Club**

Clubrooms Ulverstone Basketball Centre Flora Street Ulverstone 7315

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

Phone.....0417130791

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

### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

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

### **Ulverstone Neighbourhood House**

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

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

Phone.....6425 4186

Email: [admin@unh.org.au](mailto:admin@unh.org.au)

### **Ulverstone Secondary College**

38 Leven Street Ulverstone, Tasmania 7315

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

Phone.....(03) 6425 1433

Email:

[ulverstone.secondary.college@education.tas.gov.au](mailto:ulverstone.secondary.college@education.tas.gov.au)

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

### **University of Tasmania**

Burnie Campus - 16-20 Mooreville Rd, Burnie 7320

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

Phone.....6430 4949

Email: [ccc.support@utas.edu.au](mailto:ccc.support@utas.edu.au)

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

### **Volunteering Tasmania**

75 Federal Street North Hobart 7000

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

Phone.....1800 677 895

Email: [team@volunteeringtas.org.au](mailto:team@volunteeringtas.org.au)

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

### **West North West Working**

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

Are you holding yourself back from your dream job?

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

Phone.....0490 865 385

Email: [info@wnwworking.com.au](mailto:info@wnwworking.com.au)

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

# 8

## Government Representation

### Government representation

#### Parliament of Australia

Mr Gavin Pearce MP (LP).....6431 1333  
Federal Member for Braddon  
2/32 Wilmot Street Burnie 7320  
Email ..... Gavin.Pearce.mp@aph.gov.au  
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  
Labor Member for Braddon  
15 Wilson Street Burnie 7320  
Fax..... -  
Email..... anita.dow@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

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## Health & Medical

### A Tasmanian lifeline

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

Phone.....1800 98 44 34

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

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Alcohol and Drug Services North West

11 Grove Street Ulverstone 7315

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

Phone.....6464 3131

Email: [ADSNW@ths.tas.gov.au](mailto:ADSNW@ths.tas.gov.au)

Website: [https://www.dhhs.tas.gov.au/service\\_information/service\\_delivery\\_points/alcohol\\_and\\_drug\\_service\\_-\\_ulverstone](https://www.dhhs.tas.gov.au/service_information/service_delivery_points/alcohol_and_drug_service_-_ulverstone)

### Alcoholics Anonymous Australia

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

Phone.....1300 222 222

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

### Anglicare Drug & Alcohol Treatment Service

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

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare Family Support Service

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

Phone.....1800 161 266

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare's KIDS – Kind Individuals Delivering Support

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

Phone.....1800 243 232

Email: [kids@anglicare-tas.org.au](mailto:kids@anglicare-tas.org.au)

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

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

51 Wilmot Street, Burnie GPO Box 1620 Hobart

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### ASAP – Attempted Suicide Aftercare Program

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

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Asthma Australia

1/89 Brisbane St, Hobart 7000

Most of the time we take our breathing for granted.

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

Phone.....03 9086 7866

Email: [jtyler@asthma.org.au](mailto:jtyler@asthma.org.au)

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

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### **Audika**

Fullife Pharmacy Ulverstone 7315

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

Phone.....6424 9239

Email: [devonport@audika.com.au](mailto:devonport@audika.com.au)

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

### **Australian Breastfeeding Assoc. - Central Coast Group**

Breastfeeding Information, Support and Advocacy

Phone.....Tana 0428 204 076 or

Marion 0409 899 136 (co Group Leaders)

Email: [ptmcmullen60@bigpond.com](mailto:ptmcmullen60@bigpond.com)

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

### **Bootscootin' Devils**

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

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

Email: [bootscootindevils@hotmail.com](mailto:bootscootindevils@hotmail.com)

### **Burnie Dental Centre**

Parkside, 1 Strahan Street, South Burnie 7320

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

Phone.....1300 011 013

Email: [dental.devonport@ths.tas.gov.au](mailto:dental.devonport@ths.tas.gov.au)

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

### **C U @ Home**

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

Phone.....1300 064 544

Website: [https://www.health.tas.gov.au/service\\_information/services\\_files/c\\_u\\_@\\_home](https://www.health.tas.gov.au/service_information/services_files/c_u_@_home)

### **Care Beyond Cure Inc**

PO BOX 3069 Ulverstone TAS 7315

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

Phone.....0407427575

Email: [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)

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

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

48 Water Street, Ulverstone 7315

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

Phone.....6464 3080

Fax.....6464 3294

Email: [centralcoast.chc@ths.tas.gov.au](mailto:centralcoast.chc@ths.tas.gov.au)

### **Community Rapid Response Service (ComRRS)**

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

Phone.....0436 847 458

Website: [https://www.health.tas.gov.au/ths/community\\_rapid\\_response\\_service\\_comrrs](https://www.health.tas.gov.au/ths/community_rapid_response_service_comrrs)

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

12 Reeves Street South Burnie 7320

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

Phone.....0477 221 557

Fax.....n/a

Email: [HeatherR@cotatas.org.au](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>



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### **Devonport Dental Centre**

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

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

Phone.....1300 011 013  
Email: [dental.devonport@ths.tas.gov.au](mailto:dental.devonport@ths.tas.gov.au)  
Website: <http://www.health.tas.gov.au/health-topics/dental-health>

### **Dr John Cologon**

Online

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

Email: [reception@jcologon.com](mailto:reception@jcologon.com)  
Website: <https://www.jcologon.com>

### **Dragonfly Counselling and Consulting**

55 Best Street Devonport 7310

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

Phone.....0409 408 501  
Email: [dragonflycandc@bigpond.com](mailto:dragonflycandc@bigpond.com)  
Website: <http://www.dragonflycounsellingconsulting.com.au>

### **Earworx NW**

25B Alexandra RD, Ulverstone 7315

Professional wax removal using gentle microsuction.

Phone.....1800 327 967  
Email: [dani@earworx.com.au](mailto:dani@earworx.com.au)  
Website: <http://www.earworx.com.au>

### **Footprints Podiatry**

56 Alexandra Road Ulverstone 7315

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

Phone.....6425 7333  
Fax.....6425 6333  
Email: [appointments@footprintspodiatry.com](mailto:appointments@footprintspodiatry.com)  
Website: <https://www.footprintspodiatry.com.au>

### **Fullife Pharmacy Ulverstone**

Fullife Pharmacy Ulverstone 24 King Edward Street Ulverstone 7315

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

Phone.....6425 2286  
Fax.....6425 2236  
Email: [ulverstone@fullife.com.au](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  
Email: [devonport@csys.com.au](mailto:devonport@csys.com.au)  
Website: <https://headspace.org.au/headspace-centres/devonport/>

### **Hearing Australia**

Patrick Street Clinic Ulverstone, 6 Patrick Street Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200  
Fax.....03 6423 2789  
Email: [Devonport@hearing.com.au](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  
Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)  
Website: <http://www.anglicare-tas.org.au/support-for-alcohol-and-other-drugs/>

### **Island Osteopathy**

Suit 3/19 Reiby Street Ulverstone 7315

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

Phone.....6425 3326  
Fax.....6425 1744  
Email: [islandosteopathyulverstone@gmail.com](mailto:islandosteopathyulverstone@gmail.com)

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### **KiF - Kids in Focus**

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

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

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.

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

### **Mental Health Rural Outreach Worker - Uniting Tasmania**

72a Reiby St Ulverstone 7315

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

Phone.....0437 972958  
Email: [bernadette.sexton@vt.uniting.org](mailto:bernadette.sexton@vt.uniting.org)  
Website: <https://www.unitingvictas.org.au/>

### **Mindful Mud**

PO Box 572 Ulverstone 7315

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

Phone.....0488997095  
Email: [miranda@psychologymatters.com.au](mailto:miranda@psychologymatters.com.au)

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228  
Email: [admin@mindfulnessaus.com.au](mailto:admin@mindfulnessaus.com.au)  
Website: <http://www.mindfulnessaus.com.au>

### **MS Peer Support**

Ulverstone 7315

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

Phone.....1800 042 138  
Email: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)  
Website: <http://ms.org.au>

### **New Mornings**

14 Amherst Street West Ulverstone 7315

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

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

Email: [alison.whishaw@newmornings.org.au](mailto:alison.whishaw@newmornings.org.au)  
Website: <https://newmornings.org.au>

### **No 34. Aboriginal Health Service Rural Health Tasmania**

34 Alexandra Road Ulverstone 7315

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

Phone.....6417 6080  
Email: [contactno34@ruralhealthtas.com.au](mailto:contactno34@ruralhealthtas.com.au)  
Website: <http://www.ruralhealthtas.com.au>

### **North & North West Sexual Assault Support Service TA Laurel House**

Po Box 1062 Launceston 7250

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

Phone.....(03) 6334 2740  
Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)  
Website: <http://www.laurelhouse.org.au>

### **Other Health & Medical**

#### **Ambulance**

##### **Ambulance Tasmania**

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

Emergency 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

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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

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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  
Email: [pdomeney@netspace.net.au](mailto:pdomeney@netspace.net.au)

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### **Patrick Street Clinic**

6 Patrick St Ulverstone PO Box 337 Ulverstone 7315 7315

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

Phone.....64251611

Fax.....6425 6669

Email: [patrickstclinic@patst.com.au](mailto:patrickstclinic@patst.com.au)

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

### **Patrick Street Clinic Penguin**

19 Ironcliffe Road Penguin PO Box 337 Ulverstone 7315 7316

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

Phone.....6437 0955

Fax.....6437 0755

Email: [penguin@patst.com.au](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

Email: [forestmy@hotmail.com](mailto:forestmy@hotmail.com)

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

### **PhysioTas**

6 Patrick St Ulverstone 7315

Provider of physiotherapy and exercise physiology services

Phone.....6425 5997

Fax.....6424 7511

Email: [ulverstone@physiotas.com.au](mailto:ulverstone@physiotas.com.au)

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

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### **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

Email: [team@progressaheadlifecoaching.com](mailto:team@progressaheadlifecoaching.com)

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

### **Richmond Fellowship**

Ulverstone 7315

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

Phone.....6425 1050

Email: [chrism@rftas.org.au](mailto:chrism@rftas.org.au)

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

### **Rural Alive & Well INC**

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

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

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

### **Spirit Of Mandala**

11 Epsom Road, Penguin 7316

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

Phone.....0417553679

Email: [hello@spiritofmandala.com](mailto:hello@spiritofmandala.com)

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

Level 5, Cambridge Road Bellerive Quay Bellerive TAS 7018

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

Phone.....0408 133 884

Email: [standbytasmania@lifelinetasmania.org.au](mailto:standbytasmania@lifelinetasmania.org.au)

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

**The Diabetes Centre**

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

Phone.....6430 6666

Website: [https://www.health.tas.gov.au/th/nw/north\\_west\\_diabetes\\_centre](https://www.health.tas.gov.au/th/nw/north_west_diabetes_centre)

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

The Leven Centre, 70 South Road West Ulverstone 7315

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

Phone.....0362266977

Email: [island@dementia.utas.edu.au](mailto:island@dementia.utas.edu.au)

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

**The Salvation Army - Bridge Residential Program**

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

Phone.....64257453

Email: [sam.vandermeulen@salvationarmy.org.au](mailto:sam.vandermeulen@salvationarmy.org.au)

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

**The Training Fix**

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

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

Phone.....0439 310 206

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

**Three Point Health Services**

14, 12-20 Reiby Street Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....6425 7825

Email: [pilates@live.com.au](mailto:pilates@live.com.au)

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

**Ulverstone Dental Clinic**

James Street, Ulverstone 7315

Oral Health Services Tasmania provides dental services for eligible Tasmanian children

Phone.....1300 011 013

Email: [dental.devonport@ths.tas.gov.au](mailto:dental.devonport@ths.tas.gov.au)

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

**Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

Email: [ulverstonephysio@gmail.com](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

Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)

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

**Westside Pharmacy Ulverstone**

42 Queen Street Ulverstone 7315

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

Phone.....6425 6666

Fax.....6425 6727

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### **Wetaway Program**

11 Jones Street, Burnie 7320

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

Phone..... 1300 064 544

Email: [chapsadminnorthwest@ths.tas.gov.au](mailto:chapsadminnorthwest@ths.tas.gov.au)

Website: [http://www.health.tas.gov.au/service\\_information/services\\_files/wetaway\\_program](http://www.health.tas.gov.au/service_information/services_files/wetaway_program)

# 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

Email: [info@nwclc.org.au](mailto:info@nwclc.org.au)

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

# 11

## 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

## Other

### **Bookphysio**

2/11 York Street, 2000

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

Phone.....+10290686658

Email: [team@bookphysio.com](mailto:team@bookphysio.com)

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

### **West North West Working**

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

Are you holding yourself back from your dream job?

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

Phone.....0490 865 385

Email: [info@wnwworking.com.au](mailto:info@wnwworking.com.au)

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

# 13

## Public and Recreation Facilities

### 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

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Revised 22 October 2020

#### Ulverstone Sports & Leisure Complex

(Schweppes Arena)

The Ulverstone Sports & Leisure Complex has various meeting rooms, large stadium facilities and

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

Flora Street Ulverstone 7315

(PO Box 220, Ulverstone Tas 7315)

Julie Kay.....6425 6533

Robert 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 .....fmearns@harvestmoon.com.au

Website .....www.facebook.com/levenyachtclub

Room Hire Bookings:

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

Adrian Beswick.....0438 253 111

**Toilets****Forth**

Recreation Ground..... Main Road

**Heybridge**

Heybridge Hall ..... Sice Avenue

**Nietta**

South Nietta Road..... Nietta

**North Motton**

North Motton 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

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

## Religion

### Church of Christ Community Social Club

4 Wrights Road Ulverstone 7315

Phone.....6425 4601

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

## Religion

### Anglican Church

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

(PO Box 22) Main Road Penguin 7316

Sunday services and Holy Communion 9.30am.

KC 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

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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

## **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

Website.....www.ugchapel.org

## **Presbyterian Church**

St Andrews Presbyterian Church Ulverstone

(PO Box 535) 59 Main Street Ulverstone 7315

Services 10.00am Sundays. A warm welcome to Youth Groups and Bible studies.

Rev Charlie Kennedy .....6425 7297

Office .....6425 3814

Mobile..... 0400 228 241

Jacob Hendriks (Session Clerk).....6425 3667

Email..... jachen@bigpond.net.au

## **Reformed Church**

### **Sanctuary Hill Christian Fellowship Penguin**

(PO Box 110) 'Sanctuary Hill' 2 Main Road Penguin  
7316

Church worship service at 10am on Sunday.

Pastor Ron Van Leerdam..... 0402 273 186

William Springham (Session Clerk).....6437 2171

Email.....Wasp75@bigpond.com

Website.....Christian reformed church Penguin  
Religion

### **Ulverstone Christian Reformed Church**

(PO Box 49) 36 John Street Ulverstone 7315

Services - Sunday 9.30am. Sunday School, Youth Groups, Ladies fellowship and Bible studies.

Rev Pieter 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**

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**Uniting Church in Australia Penguin**

(PO Box 368) Main Road Penguin 7316

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

Church owns South Riana Uniting Church Cemetery.

Contact for Cemetery:

Paul Smith.....0427 142 803

**Uniting Church in Australia Sprent Shalom**

394 Gaunts Road Nietta 7315

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

**Uniting Church in Australia Ulverstone**

(PO Box 227) Reibey Street Ulverstone 7315

Worship Sundays 10.00am

Wayne 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](mailto:louisa.debruyn@therock.net.au)

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

Website.....[www.therock.net.au](http://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](mailto:ulverstonekhjw1914@gmail.com)

# 15

## Seniors

### Asthma Australia

1/89 Brisbane St, Hobart 7000

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

Phone.....03 9086 7866

Email: [jtyler@asthma.org.au](mailto:jtyler@asthma.org.au)

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

### Australia Red Cross - Ulverstone Branch

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

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

Phone.....0415 809 703

Email: [cday@redcross.org.au](mailto:cday@redcross.org.au)

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

### Australian Red Cross Telecross Service

Henry Wheeler Place, Gosford 2250

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

Phone.....4322 2144

Fax.....4302 0880

Email: [dfouche@redcross.org.au](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 access to various community specialist services.

Phone.....6464 3080

Fax.....6464 3294

Email: [centralcoast.chc@ths.tas.gov.au](mailto:centralcoast.chc@ths.tas.gov.au)

### Central Coast Community Shed

Big blue shed at the back of the showgrounds

Ulverstone 7315

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

Phone.....0458407872 or 64298959

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

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

### Central Coast Film Society

6 Dial street Ulverstone 7315

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

Phone.....0364254572

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

### Central Coast Garden Club Inc

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

Phone.....6425 5203 / 0439368144

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### **Community Care TASMANIA**

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

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

Phone.....1300 722 400

Fax.....03 6365 7229

Email: [admin@cct.org.au](mailto:admin@cct.org.au)

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

### **Community Transport Services Tasmania**

Offices in Kingston, Glenorchy, LAunceston, Ulverstone and Queenstown

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

Phone.....1800 781 033

Email: [info@ctst.org.au](mailto:info@ctst.org.au)

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

### **Community Visitors Scheme**

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

Phone.....(03) 6424 6547

Email: [paula.proctor@lifelinetasmania.org.au](mailto:paula.proctor@lifelinetasmania.org.au)

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

### **Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

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

Phone.....6429 8900

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

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

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

12 Reeves Street South Burnie 7320

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

Phone.....0477 221 557

Fax.....n/a

Email: [HeatherR@cotatas.org.au](mailto:HeatherR@cotatas.org.au)

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

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### **Country Women's Association - Central Coast Branch**

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

Phone.....6425 1061

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

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

### **Dementia Australia**

North West Coast 47B Best Street, Devonport 7310

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

Phone.....64258701 & National Helpline 1800100500

Fax.....64229605

Email: [tas.admin@dementia.org.au](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.....0409 408 501

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

Website:

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

### **Engender Equality**

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

Phone.....62789090

Email: [admin@engenderequality.org.au](mailto:admin@engenderequality.org.au)

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

### **Hearing Australia**

Patrick Street Clinic Ulverstone, 6 Patrick Street Ulverstone Tasmania 7316

Helping Australians rediscover the joy of sound for over 70 years

Phone.....03 6421 3200

Fax.....03 6423 2789

Email: [Devonport@hearing.com.au](mailto:Devonport@hearing.com.au)

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



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### **Ladies Group - Central Coast Community Shed**

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

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

Phone.....6429 8959

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

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

### **Libraries Tasmania - Penguin Library**

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

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

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

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206

Email: [pengion@mowtas.org.au](mailto:pengion@mowtas.org.au)

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

### **Meals on Wheels (Ulverstone)**

15-19 Eastand Drive Ulverstone 7315

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

Phone.....6425 1331

Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)

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

### **Men's Shed Ulverstone**

Big blue shed at the back of the showgrounds Ulverstone 7315

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

Phone.....0418 141 529

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

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

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

PO Box 286, Devonport 7310

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

Phone.....6424 8883

Email: [mcca@merseycca.org.au](mailto:mcca@merseycca.org.au)

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

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

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

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

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

Email: [molenda@skymesh.com.au](mailto:molenda@skymesh.com.au)

### **North & North West Sexual Assault Support Service TA Laurel House**

Po Box 1062 Launceston 7250

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

Phone.....(03) 6334 2740

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

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

### **North West Walking Club**

PO Box 107, Ulverstone

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

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

### **Penguin History Group Inc.**

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

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

Phone.....0418 559 224 or 0488

715 431

Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

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### **Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

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

Phone.....0427 509 792

Email: n/a

### **Penguin Senior Citizens Club**

1 Crescent Street Penguin 7316

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

Phone.....6437 1447

### **Probus Club of Central Coast**

P.O. Box 497 Ulverstone 7315

Friendship and fellowship club.

Phone.....6437 1994

### **Relationships Australia**

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

Phone.....6421 3600

Email: [comms@reltas.com.au](mailto:comms@reltas.com.au)

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

### **Rural Alive & Well INC**

73 High Street, Oatlands TAS 7120

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

Phone.....0362541092

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

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

### **Seeking Solace**

Northern and North West Tasmania.

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

Phone.....0477754144

Email: [holly@seekingsolace.com.au](mailto:holly@seekingsolace.com.au)

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

### **Tai Chi**

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

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

The Leven Centre, 70 South Road West Ulverstone 7315

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

Phone.....0362266977

Email: [island@dementia.utas.edu.au](mailto:island@dementia.utas.edu.au)

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

### **U3A Central Coast (Inc)**

Apex House, 3 Gollan Street Ulverstone 7315

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

Phone.....0474 097 636

Email: [u3acentralcoast@gmail.com](mailto:u3acentralcoast@gmail.com)

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

### **Ukulele Group (MUGS) - Many Ukuleles Gather Socially**

MUGS are a community non-for-profit group who get together in Ulverstone weekly and sing popular songs as a social happening, but mainly for fun

Phone.....0411 038 721

Email: [mugsukulele@outlook.com](mailto:mugsukulele@outlook.com)

### **Ulverstone Coast Care**

PO Box 3055 Ulverstone 7315

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

Phone.....0418 142 790

Email: [robyparker128@gmail.com](mailto:robyparker128@gmail.com)

### **Ulverstone Library**

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

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

### **Ulverstone Physiotherapy**

48 Victoria Street Ulverstone 7315

Musculoskeletal & sports physiotherapy

Phone.....6425 9500

Fax.....6425 6057

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

### **Ulverstone Senior Citizens Club**

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

We have a range of activities providing social interaction.

Phone.....6425 2584

### **Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315

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

Phone.....6425 2482

Email: [lmgryta@hotmail.com](mailto:lmgryta@hotmail.com)

### **VisAbility**

164 Elizabeth Street, Hobart 7000

Losing your vision doesn't mean loss of independence.

At VisAbility we aim to support you in everyday life. We offer therapy for adults and seniors who are blind or vision impaired, assistive technology, Guide Dogs services and therapy for children and youth.

Phone.....1800 484 333

Email: [referralstas@visability.com.au](mailto:referralstas@visability.com.au)

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

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## Social/Leisure

### 1st Penguin Scout Association of Australia

PO Box 24 Penguin 7316

Phone.....0425 213 700

### Abbotsham Badminton Club

Castra rd Abbotsham 7315

Badminton Club in Ulverstone Districts Badminton Association. Open to players of any age or ability.

Phone.....0438878983

Email: richjes13@gmail.com

### Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

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

Phone.....1800 243 232

Email: kids@anglicare-tas.org.au

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

### Australia Red Cross - Ulverstone Branch

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

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

Phone.....0415 809 703

Email: cday@redcross.org.au

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

### Australian Breastfeeding Assoc. - Central Coast Group

Breastfeeding Information, Support and Advocacy

Phone.....Tana 0428 204 076 or

Marion 0409 899 136 (co Group Leaders)

Email: ptmcmullen60@bigpond.com

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

### Australian Naval Cadets, TS Leven

PO Box 92 Ulverstone 7315

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

Phone.....0427 542 890

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

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

PO Box 68, Port Sorell, Tas 7307

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

Phone.....64 286 909

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

### Bootscootin' Devils

Our group line dances at the Ulverstone Rowing Club.

We welcome all ages and genders. \$5.00 per session.

We are a non profit community group and excess funds are donated to local charities each year. Phone Deb 0447 313 006 or Leanne 0487 654 711 Opening hours are - Tuesday 6.30pm – 8.30pm Thursday 9.30am – 12pm

Phone.....Phone: Deb 0447 313

006 or Leanne 0487 654 711

Email: bootscootindevils@hotmail.com

### Catholic Church Youth Group

PO Box 362 Devonport 7310

Phone.....6424 8383

### Central Coast Adult Day Centre

48 Water St Ulverstone 7315

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

Phone.....6464 3091

Fax.....6464 3294

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

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**Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

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

Phone.....6464 3080

Fax.....6464 3294

Email: [centralcoast.chc@ths.tas.gov.au](mailto:centralcoast.chc@ths.tas.gov.au)

**Central Coast Community Shed**

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Ulverstone 7315

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Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

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

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6 Dial street Ulverstone 7315

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Phone.....0364254572

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

**Central Coast Garden Club Inc**

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

Phone.....6425 5203 / 0439368144

**Central Coast Girl Guides**

34 Main Street Ulverstone 7315

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

Phone.....6425 4946

Email: [stuart\\_c\\_edwards@outlook.com](mailto:stuart_c_edwards@outlook.com)

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

**Chats - Lifeline**

78a Oldaker Street Devonport 7310

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

Phone.....(03) 6424 6547

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

**Church of Christ Community Social Club**

4 Wrights Road Ulverstone 7315

Phone.....6425 4601

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

**Community Transport Services Tasmania**

Offices in Kingston, Glenorchy, Launceston, Ulverstone and Queenstown

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

Phone.....1800 781 033

Email: [info@ctst.org.au](mailto:info@ctst.org.au)

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

**Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

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

Phone.....6429 8900

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

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

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**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

**Leven Regional Arts Incorporated**

Studio 2 at the HIVE, 50 Main Road, Ulverstone.

Leven Regional Arts initiates, supports, and provides opportunities for our community to explore and engage their enjoyment of the arts. We hold regular exhibitions, weekly art groups and host working artists. Many of our members are practicing artists with interests in traditional and fine arts. Diverse art based activities are also held on a weekly basis. Membership is \$30/year. Studio 2 at the HIVE, is the home of Leven Regional Arts and is open to the public to enjoy the many works of art on display every Mondays to Friday 10.00am to 4.00pm. Visitors are welcome, gold coin on entry. Further information contact Joy Watson as below.

HIVE, Studio 2.....6448 7107

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

Email .....pene15@bigpond.com

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

Email .....tasbam@bigpond.net.au

**North West Botanical Artists**

Forth Town Hall, Main Road Forth 7310

Meet every Thursday between 10.00am and 2.00pm. Cost \$5.00 per week.

Vicki Boxshall .....6426 2509

Email .....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

**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

**North West Woodcraft Guild**

HIVE, Studio 3, Main Road, Ulverstone

(PO Box 8), Ulverstone 7315

The North West Woodcraft Guild fosters woodworking skills in our members and the community. Provides a venue for our members to socialize. Opened to the public Mondays and Friday 10.00am to 4.00pm.

HIVE, Studio 3 .....6448 7108

Leanne Midgley .....0487 654 711

Anne Williams .....0407 614 985

Pat Milburn .....0408 252 114

Email .....northwestwoodcraftguild@gmail.com

**Australian Lace Guild, Tasmania Branch,**

North West Region

9 Harley Court Ulverstone 7315

Meet every 1st Saturday of each month at 10.00am–3.00pm in the Ulverstone Secondary College, James Street entrance.

Janet Jones (Pres) .....6425 4162

Lyn Morgan (Sec) .....6425 1759

Maritta Crombie (Treas) .....6438 1235

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](http://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](http://www.fawnw.com)

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### **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>

### **Inspirations Paint Central Coast Cricket Club**

Haywoods Reserve, Ulverstone 7315

Cricket

Phone.....64251660

Email: [centracoastcc@hotmail.com](mailto:centracoastcc@hotmail.com)

### **Jumping Tasmania North West**

267 South Rd, West Ulverstone TAS 7315

Jumping Tasmania North West is a club that supports and is strongly associated with encouraging junior development, gender equality, goodwill and co-operation and encourages family participation in a sport associated with style, excellence and excitement.

Phone.....0438783317

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

Website: <https://www.tas.equestrian.org.au/jumping/content/north-west-branch>

### **Ladies Group - Central Coast Community Shed**

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

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

Phone.....6429 8959

Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)

Website:

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

### **Leven District Scout Association of Australia**

PO Box 433 Ulverstone 7315

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

Phone.....6425 2818

### **Libraries Tasmania - Penguin Library**

81 Main Street, Penguin 7316

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

Phone.....(03) 6477 7520

Email: [devonport.library@libraries.tas.gov.au](mailto:devonport.library@libraries.tas.gov.au)

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

### **Lions Club of Forth Valley Inc**

P.O. Box 319, Forth 7310

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

Phone.....0407877460

Email: [forthvalley@lionstasmania.org](mailto:forthvalley@lionstasmania.org)

### **Men's Shed Ulverstone**

Big blue shed at the back of the showgrounds  
Ulverstone 7315

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

Phone.....0418 141 529

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

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

### **North Motton Rural Youth Club**

153 Preston Road, Gawler 7315

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

Phone.....0429 405 164

Email: [northmottonry@hotmail.com](mailto:northmottonry@hotmail.com)

### **North West Walking Club**

PO Box 107, Ulverstone

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

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



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### **NW Tasmania Thunder Basketball Club Inc.**

PO Box 158 ULVERSTONE 7315

NW Tasmania Thunder Basketball Club Inc. has a men's basketball team called St.LukesHealth NW Thunder which enters the NBL1 Roster which is played interstate and intrastate. It is a state representative team along with the St.LukesHealth Launceston Tornadoes women's team and Hobart Chargers men's and women's teams.

Phone.....0474 868 580

Email: [boc@nwthunder.com.au](mailto:boc@nwthunder.com.au)

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

### **Other Leisure - Sport & Fitness**

#### **Athletics**

##### **North West Athletic Club Inc**

PO Box 1096 Burnie 7320

The Club's season operates at the Penguin Athletic Centre, Recreation Drive Penguin from October to March.

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

Phil Clayton (Sec/Treas) .....0419 396 421

Email ..... [philclay@bigpond.net.au](mailto: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](mailto:susan.dick@education.tas.gov.au)

#### **Badminton**

##### **Central Coast Badminton Association**

C/ 22 Risby Street Ulverstone 7315

Mrs Sandra Saltmarsh.....6425 2828

Email.....[bradsalty@y7mail.com](mailto: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](mailto:brent.munday@education.tas.gov.au)

Miss Karen Arnolt (Sec/Treasurer).....6425 1255

Mobile..... 0415 558 572

Email.....[kazarnie@hotmail.com](mailto: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](mailto:pba.tas.secretary@gmail.com)

Website

##### **Ulverstone Basketball Association**

Ulverstone Sports & Leisure Centre

Flora Street

PO Box 256 Ulverstone 7315

10 years and upwards

Sarah Amos (Treasurer) .....0408 340 074

Email .....[ulverstonebasketball@outlook.com](mailto:ulverstonebasketball@outlook.com)

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

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### **NW Tasmania Thunder Basketball Association**

Ulverstone Sports & Leisure Centre

Flora Street

PO Box 158 Ulverstone 7315

NBL1 Team

Kirsten Archer (Treasurer) .....0437 223 905

Email .....enquiries@nwthunder.com.au

Website [www.nwthunder.nbl1.com.au](http://www.nwthunder.nbl1.com.au)

### **Bowling - Lawn/Indoor**

#### **Riana Indoor Bias Bowls Club**

1221 Pine Road Riana 7316

Social and pennant games – Affiliated with Emu

Bay Association. Pennant season from April to

July. Practice nights March to July.

Darren Fielding (Pres).....0427 041 059

Rene King (Sec/Treas).....6437 2882

Mobile.....0427 504 158

Email ..... renmicking@gmail.com

#### **Turners Beach Bowls Club**

5 Henry Street, Turners Beach 7315

Our Bowling Club is situated in a beautiful location – right alongside a local landmark, with views of the great park next door, and the gorgeous sunsets that bring an inspiring end to a satisfying day of lawn bowls. For the complete newcomer to lawn bowls, looking for a sporting activity that promises much in fun and enjoyment with a competitive element, then the friendly, welcoming atmosphere of Our Bowling Club will be the place to be.

Dennis Knuckey .....0400 842 121

Email .....dennisknuckey@iinet.com

Email.....tbbsci38@bigpond.com

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

#### **Ulverstone Bowling Club Inc**

PO Box 79 Ulverstone 7315

Located at 41 Water Street, Ulverstone 7315

Membership is subject to nomination by two financial members and must appear on the noticeboard for at least 14 days. The Club caters for lawn and indoor bowlers. Home of Darts and several community based groups such as the Crib Club. Summertime Corporate Bowls are popular.

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@bigpond.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

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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](mailto:penguinfootballclub@gmail.com)  
Website ..... [www.penguinfc.com.au](http://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](mailto: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](mailto: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](mailto:robin.enright@yahoo.com.au)  
Reg Horten ..... 0418 172 355  
Email.....[re.horten@jmc.com.au](mailto:re.horten@jmc.com.au)  
Megan Enright (Sec) ..... 0438 918 312  
Email..... [meaghanenright@live.com.au](mailto:meaghanenright@live.com.au)  
Jessica Jones (Treas) ..... 0418 578 858  
Email..... [jessrosejones@hotmail.com](mailto:jessrosejones@hotmail.com)  
Clubrooms .....6428 2260  
Fax.....6428 3778  
Email..... [turnersbeachfc@hotmail.com](mailto: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](mailto: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).....

Ik Davies (Treas).....

Fax .....6425 2366

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

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

## Judo

**Ulverstone Judo Club**

UlverstoneSports & Leisure Centre

Flora Street, Ulverstone

Postal Address: 190 Top Gawler Rd Gawler 7315

Judo classes take place Tuesday 5.00pm–7.30pm.

Juniors are on Wednesday 6.30pm–8.00pm and

seniors are on Thursday 6.30pm–8.00pm.

Wednesdays and Thursdays under 16s, under 20s and seniors are held each week at various times at the Ulverstone Recreation Centre. Also available are self-defense classes.

John Deacon (Pres) .....0419 002 026

Jamie Dodd (Sec) .....0448 337 440

Chris Palmer (Treas).....0417 315 600

Email .....[jamie.dodd@tastafe.tas.edu.au](mailto:jamie.dodd@tastafe.tas.edu.au)

Or ..... [dodda4@inet.net.au](mailto:dodda4@inet.net.au)

Website .....[www.ulverstonejudoclub.org](http://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](mailto: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](mailto:denisebriggs@bigpond.com)

Carmen Colbeck (Treas).....

Email..... [carmencolbeck@hotmail.com](mailto:carmencolbeck@hotmail.com)

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Association's mobile..... 0400 835 465

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

Email .....ulviesoccerclub12@gmail.com

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

## Rodeo

### Ulverstone Rodeo Association

(PO Box 478) Batten Park Ulverstone 7315

The Ulverstone Rodeo Association is run in conjunction with the Rotary Club of Ulverstone West. In addition to aiding the local community, profits from the Rodeo are shared with worthy charitable organisations such as 'The Breast Cancer Foundation', 'The Variety Club, Tasmania' and 'Beyond Blue'.

Ulverstone Rodeo is the biggest and richest Rodeo event and is ranked one of the top five in the nation. It attracts an annual crowd attendance of over 5000 and is one of the largest major events on the North West Coast.

Mick Wyllie (Pres).....6429 1339

Mobile..... 0409 213 351

Anoushka Ingelse (Sec) .....6429 1313

Email.....otious@hotmail.com

## Shooting

### North West Pistol Club

PO BOX 760 Devonport TAS 7310

Anna McGregor (Vice-Pres/Sec) ...0419 002 195

Email ..... nwpctas@gmail.com

Bob Young.....

Email ..... young.bob@bigpond.com.au

Penguin Clay Target Club Inc

PO Box 356 Ulverstone 7315

PO Box 54 Penguin 7316

Range shoot, 2nd Sunday every month. Shoot takes place at Hardys Road Penguin (see website for more information). Offers a place for people to learn and shoot in a safe environment. It is a social atmosphere.

Ray Coates (Pres &amp; Treas).....6428 2962

Anthony Sherriff (Sec).....6426 9191

Email ..... anthony.66@bigpond.com

Website: .....www.penguinclaytargetclub.com

## Soccer

### Ulverstone Soccer Club

PO Box 118 Ulverstone 7315

Primary School Soccer Saturday mornings.

Autumn to Winter at the Ulverstone Show grounds.

Clubrooms (phone/fax).....0437 868 466

Alistair Ollington (Pres) .....0428 235 648

David Voucher (Treas).....

Christie Cox-Haines(Sec).....0400 508 389

## Softball

### Ulverstone Softball Association

PO Box 72 Ulverstone 7315

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

Clubrooms (phone/fax).....6425 4869

Waine Chilcott (Pres) ..... 0408 752 950

Email..... waine@deeganmarine.com.au

Kelly Atkinson (Sec) .....

Email..... ulverstonesoftball@gmail.com

### Zodiac Softball Association

PO Box 43 Ulverstone 7315

Karen Pearson (Pres)..... 0400 037 280

Matthew Knowles (Vice/Pres) ..... 0439 351 047

Kelly Atkinson (Sec) ..... 0400 068 463

Lyndell Baldock (Treas)..... 0438 364 960

## Sport Clubs

### Penguin Sports & Services Club

(PO Box 178) Dial Road Penguin 7316

George Cassidy - Manager/Licensee

Clubrooms/Fax ..... 6437 2767 / 6437 1008

Chris Barker (Pres)..... 0418 500 977

Email.....info@penguinsportsclub.com.au

Dale Good (Treas)..... 0427 537 682

Website..... www.dialpenguin.com

### Ulverstone Squash Rackets Club

PO Box 717 Ulverstone 7315

Annual subscriptions is \$40.00 with juniors \$15.00.

Autumn, spring and winter pennants are run in four divisions. Coaching is available for juniors. New members welcome.

Jakob Smith (Pres)..... 0438 873 232

Email..... jakobsmithmcd@gmail.com

Andrew Woodhouse (Vice Pres)... 0438 064 471

Email..... Andrewwoodhouse@hotmail.com

Bill Hutcheson (Sec)..... 0488 348 898

Email..... huchesonbill@hotmail.com

Sally Charleston (Treas)..... 0407 178 514

Email.....scharleston@iinet.net.au

## Surf Life Saving Club

### Penguin Surf Life Saving Club

PO Box 69 Penguin 7316

An enthusiastic, inclusive and welcoming club for all ages, affiliated with Surf Life Saving Australia and Surf Life Saving Tasmania, encouraging a fun healthy and safe lifestyle for the local community. Provides beach patrols at Preservation Bay and monitors beaches between Sulphur Creek and Watcombe Beach from December to March, on weekends and public holidays.

The Club Room Bar and Restaurant is open to the public on Friday nights from 6pm to 8pm, with rooms available to hire all year round.

Clubrooms .....6437 2639

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

[www.penguinslsc.org.au](http://www.penguinslsc.org.au)

## Tennis

### Forth Tennis Club

(C/ Post Office) Main Road Forth 7310

Social tennis held on Monday mornings 10.00am–

12.00pm; Tuesdays 4pm–6pm; Sundays

10.00am–12.00pm. Pennant teams Wednesdays.

Two pennants per year

Jan Hopkins (Sec) 6428 2160

Judy Winkler (Treas) 6428 2185

### Ulverstone Tennis Club

PO Box 707 Ulverstone 7315

Juniors and seniors welcome. Family

memberships Monday, Tuesday and Saturday.

Pennant available.

Promoting the enjoyment of tennis along the North West Coast as well as the local community.

Joy Wools-Cobb (Pres) ..... 0429 106 600

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

Trish Osborne (Sec)..... 0447 659 622

Email..... [trishosborne12@hotmail.com](mailto:trishosborne12@hotmail.com)

Clayton Williams (Treas) .....(W) 6425 0666

Mobile..... 0418 255 584

## Woodchopping

### North West Axemens Association Inc

26 Colegrave Road Burnie 7320

Venue: 171 Sports Complex Avenue Penguin

Conducts wood chopping carnivals on the North West Coast.

David Foster (Pres).....0418 140 284

Stuart Snare (Sec) .....6431 9000

Mobile.....0437 581 548

Athol Graue (Treas) .....6424 4785

Email ..... [sksnare@our.net.au](mailto: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](mailto: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..... [ulvwaterslide@yahoo.com.au](mailto:ulvwaterslide@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

#### North West Homing Association

1 Elliott Street Ulverstone 7315

Race meetings on Saturdays from May-Nov

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

Tony Sheehan (Sec/Treas) .....6425 4707

Mobile..... 0427 254 707

Email.....

#### Ulverstone Kennel Club

PO Box 212 Ulverstone 7315

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

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

Mobile..... 0437 252 800

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

Mobile..... 0457 770 709

K Brown (Treas) .....6445 1487

Email.....jrweeda@bigpond.com

#### Ulverstone Poultry Club

16 Hensby Court Ulverstone 7315

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

Peter Biddle (Sec) .....6425 2661

Mobile..... 0447 752 661

## Equestrian

#### Central Coast Polo-Cross Association Inc

PO Box 296 Ulverstone 7315

Competitions are held from January to April.

Training starts in October and goes through until December. Members and players most welcome.

Tanya McNab (Pres) ..... 0427 252 797

Anna van der Meulen (Sec) ..... 0448 022 650

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

Phone .....6429 3135

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

Email..... anzoron@hotmail.com

#### Dressage Association of Tasmania North West Branch

Thirlstone Golf Club (44 Pecks Rd Flowerdale 7325)

Dressage competitions and State dressage championships.

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

Email ..... jamiesmith@bigpond.com

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

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

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

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

#### Leven Pony Club Inc

Postal: PO Box 59, Ulverstone 7315

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

Greg Stones (Pres) .....0419 582 224

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

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

Jo Conroy (Treas) .....

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

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

(\*District Commissioner)

## Machinery Society

#### Historical Machinery Club of Tasmania

PO Box 8 Penguin 7316

Not open to public unless advertised

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

Mobile .....0400 248 044

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

Mobile.....0408 330 813

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

Mobile.....0418 129 938

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

Website ..... www.oldengine.org/members/allstop

## Model Railway

#### The North West Model Engineering Society Inc.

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(Ulverstone Miniature Railway site)  
21 Maskells Road Ulverstone 7315  
The Ulverstone Miniature Railway is open to the public every 1st and 3rd Sunday of the month – 10.00am–4.00pm. Open weekdays for school outings, playgroups etc. by arrangement.  
Owen Collier (Pres) .....0409 673 550

## Motor Cycle

### North West Motorcycle Riders Association of Tasmania Inc

PO Box 762 Burnie 7320  
Garry Edwards .....6437 6347  
Mobile..... 0438 313 949  
Email.....gewart@simplot.com.au  
Karleen Boss (Sec) .....6435 7453  
Email.....halfabos@hotmail.com  
Kathleen Evans (Treas).....6435 1760  
Mobile..... 0438 998 470  
Email..... ambiedrfters1@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  
Email: penguincricketclub@gmail.com

### Penguin Football Club

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

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### **Penguin Golf Club**

Sports Complex Drive, Penguin. Tasmania. 7316.  
The Penguin Golf Course is a beautifully maintained nine-hole public golf course, situated in Penguin, Tasmania.

Phone.....03 6437 2767 or

President (Terry Burton) 0428 003 368

Fax.....N/a

Email: [info@penguinolfclub.com.au](mailto:info@penguinolfclub.com.au)

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

### **Penguin Hills Yoga and Pilates**

82 White Hills road Penguin 7316

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

Phone.....0409823847

Email: [forestmy@hotmail.com](mailto:forestmy@hotmail.com)

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

### **Penguin History Group Inc.**

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

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

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

Email: [penguin.history@bigpond.com](mailto:penguin.history@bigpond.com)

### **Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

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

Phone.....0427 509 792

Email: n/a

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

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

Phone.....6437 2492

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

### **Penguin Senior Citizens Club**

1 Crescent Street Penguin 7316

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

Phone.....6437 1447

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### **Penguin Squash Club**

Penguin Sports Centre, Ironcliffe Road, Penguin 7316

The Penguin Squash Club is a great community based organisation, who aim to provide a fun, welcoming and supportive environment, for people of all ages and abilities. Squash is a game that is easy to learn, will help improve fitness, and provides a great opportunity to make new friends.

Phone.....0400663622

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

### **Probus Club of Central Coast**

P.O. Box 497 Ulverstone 7315

Friendship and fellowship club.

Phone.....6437 1994

### **RAAFA NW Tasmania**

The RAAFA was established to foster friendships based on sharing Air Force and aviation experience, support commemorative activities,

Phone.....0407 400 726

Email: [stewy52@bigpond.com](mailto:stewy52@bigpond.com)

Website: <http://www.raafatas.com/?fbclid=IwAR3KwYqlKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcTaaz6QnaUY>

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

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

Email: [centralcoastrotaract@hotmail.com](mailto:centralcoastrotaract@hotmail.com)

Website:

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

### **Shimjang Taekwondo**

No 9 Vintage lakes Drive South Tweed Heads NSW 2486

Shimjang Taekwondo is a traditional self-defence style martial art. Offering training from beginner level to advanced, in safe family orientated classes across the Central Coast of Tasmania.

Phone.....0418924168

Email: [Info@shimjang.com](mailto:Info@shimjang.com)

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



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### **Slipstream Circus**

7 Flora St, Ulverstone 7315

Slipstream Circus is a non-profit Youth Circus.

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

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

Phone.....0459 028 352

Email: [office@slipstreamcircus.org.au](mailto:office@slipstreamcircus.org.au)

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

### **Sunday Scribblers**

Monthly meeting of people wishing to write

Phone.....03 64372720

Email: [anne.landiers@westnet.com.au](mailto:anne.landiers@westnet.com.au)

### **Tai Chi**

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

### **Tasmanian Endurance Riders Club**

Tasmanian Endurance Riders Club is a club for Off Road Motorcycle enthusiasts. The Club is based on the North West Coast of Tasmania, Australia, and Members come from as far as Zeehan on the far West to Scottsdale on the North East Coast, and all places in between.

Email: [info@taserc.com](mailto:info@taserc.com)

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

### **The Training Fix**

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

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

Phone.....0439 310 206

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

### **Three Point Health Services**

14, 12-20 Reiby Street Ulverstone 7315

Pilates, Counselling, Remedial Massage Therapy

Phone.....6425 7825

Email: [pilates@live.com.au](mailto:pilates@live.com.au)

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

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### **TS Leven Unit Support Committee Inc**

PO Box 92 Ulverstone 7315

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

Phone.....0448 295 297

Email: [tsleven@cadetnet.gov.au](mailto:tsleven@cadetnet.gov.au)

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

### **Turners Beach Cricket Club**

3 Henry Street, Turners Beach PO Box 4, Turners Beach TAS 7315 7315

Cricket club. Amateur Sports Team.

Phone.....Alex - 0422 401 784

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

### **U3A Central Coast (Inc)**

Apex House, 3 Gollan Street Ulverstone 7315

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

Phone.....0474 097 636

Email: [u3acentralcoast@gmail.com](mailto:u3acentralcoast@gmail.com)

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

### **Ukulele Group (MUGS) - Many Ukuleles Gather Socially**

MUGS are a community non-for-profit group who get together in Ulverstone weekly and sing popular songs as a social happening, but mainly for fun

Phone.....0411 038 721

Email: [mugsukulele@outlook.com](mailto:mugsukulele@outlook.com)

### **Ulverstone Basketball Association**

Flora Street Ulverstone 7315

Basketball for 8 years of age through to senior ages

Phone.....0408777604

Email: [ulverstonebasketball@outlook.com](mailto:ulverstonebasketball@outlook.com)

### **Ulverstone Camera Club**

Clubrooms Ulverstone Basketball Centre Flora Street Ulverstone 7315

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

Phone.....0417130791

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

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**Ulverstone District Cricket Club Inc.**

River Road, West Ulverstone 7315

Provide players with opportunities to play cricket at a Senior Level, or at a Junior level, both male or female

Phone.....6425 4880

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

**Ulverstone Football Club Inc.**

1 Victoria Street, Ulverstone PO Box 46, Ulverstone 7315

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

Phone.....6425 3794

Email: [ufc@tassie.net.au](mailto:ufc@tassie.net.au)

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

**Ulverstone Garden Friends**

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

**Ulverstone Ladies Probus Club**

A social club for active retired women

Phone.....6437 2433

**Ulverstone Library**

15 King Edward Street, Ulverstone 7315

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

Phone.....03 6464 3120

Email: [ulverstone.library@libraries.tas.gov.au](mailto:ulverstone.library@libraries.tas.gov.au)

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

**Ulverstone Rowing Club**

Kings Parade Ulverstone, 7315

Our Facility is a Rowing Club which also has a Venue for Hire with a fully functioning kitchen and a Venue that can hold up to 250 people comfortably which is 400m2.

Phone.....0427 316 047

Email: [Events@ulverstonerowingclub.org.au](mailto:Events@ulverstonerowingclub.org.au)

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

**Ulverstone Senior Citizens Club**

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

We have a range of activities providing social interaction.

Phone.....6425 2584

**Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315

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

Phone.....6425 2482

Email: [lmgryta@hotmail.com](mailto:lmgryta@hotmail.com)

**Ulverstone Softball Association**

Ulverstone 7315

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

Phone.....0408752950

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

**Ulverstone Visitor Information Centre**

13-15 Alexandra Road, Ulverstone TAS 7315

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

Phone.....03 6425 2839

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

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

## Sports

### Community Centres & Halls

#### Abbotsham Hall

Richard Smith (Contact).....0438 878 983

#### Blythe Heads Hall (Heybridge Hall)

Sice Avenue, Blythe Heads

Postal: 42 Nine Mile Road Howth 7316

Neita Clarke (Bookings) .....6435 4340

Des Hiscutt (Pres).....6435 4302

Jean Hiscutt (Sec).....6435 4374

#### Gawler Hall

Leased by the RAOB GAB Lodge Ulverstone

Michael Williams (Bookings).....6425 2333

.....0428 754 629

#### Gunns Plains Community Centre

957 Gunns Plains Rd Gunns Plains 7315

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

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

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

Wendy Donschuk (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) ..... 0407 871 556

Louise Tremaine (Treas).....

#### 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](mailto:gdeacon287@bigpond.com)

Website...[lodgeofpeace.freemasonrytasmania.org](http://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](mailto:1penguinscouts@gmail.com)

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

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**Penguin Surf Life Saving Club**

62 Preservation Drive, Preservation Bay 7316  
The fully licensed large function room with a commercial kitchen and smaller meeting room is available to hire by contacting the club.  
Club enquiries.....6437 2639  
Email ..... pspscbookings@bigpond.com  
[www.penguinslsc.org.au](http://www.penguinslsc.org.au)

**Preston Community Centre**

1532 Preston Road, Preston 7315  
Ken Brown (Licensee).....6429 1264  
Gene Marshall (Pres – Preston Rodeo).....  
Mobile.....0428 760 571

**RAOB GAB Lodge Ulverstone**

PO Box 349 Ulverstone 7315  
Buffalo Lodge – charitable organisation  
Michael Williams (Sec).....6425 2333  
Sam Van Der Kooi (Treas).....6428 2648  
Laurence Gleeson (Bookings – Gawler Hall)  
.....6425 3936

**Riana Community Centre**

Main Road Riana 7316  
Darren Fielding (Bookings) .....6437 6355  
Mobile.....0427 041 059  
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 ..... northwestwoodies@bigpond.com

**State Library and Online Access Centre**

15 King Edward Street Ulverstone 7315  
Meeting Room available for hire - accommodates maximum of 12 people (fees apply).  
Bookings.....6429 8701

**Sulphur Creek Hall**

Central Coast Council (Bookings) .....6429 8900  
Email..... bookings@centralcoast.tas.gov.au

**Turners Beach Hall**

58-60 Esplanade Turners Beach 7315  
Bookings.....6429 8900  
Email..... bookings@centralcoast.tas.gov.au

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**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 music  
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](http://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](http://www.ulverstoneslsc.org)

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### **Shimjang Taekwondo**

No 9 Vintage lakes Drive South Tweed Heads NSW  
2486

Shimjang Taekwondo is a traditional self-defence style martial art. Offering training from beginner level to advanced, in safe family orientated classes across the Central Coast of Tasmania.

Phone.....0418924168

Email: [Info@shimjang.com](mailto:Info@shimjang.com)

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

# 18

## Support Groups & Services

### A Tasmanian lifeline

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

Phone.....1800 98 44 34

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

### ADATS – Anglicare Drug & Alcohol Treatment Service

Drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Advocacy Tasmania

'Your say' advocacy is all about helping you to be heard and understood. If you are unable to speak for yourself, or find it difficult, our Advocates can help you. We can provide information about your rights, and help you to deal with problems or complaints. Best of all, everything we do for you is: free, confidential, independent and professional!

Phone.....1800 005 131

Email: [contact@yoursaytas.org](mailto:contact@yoursaytas.org)

Website: <https://advocacytasmania.org.au/i-need-some-help/>

### Alcohol and Drug Services North West

11 Grove Street Ulverstone 7315

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

Phone.....6464 3131

Email: [ADSNW@ths.tas.gov.au](mailto:ADSNW@ths.tas.gov.au)

Website: [https://www.dhhs.tas.gov.au/service\\_information/service\\_delivery\\_points/alcohol\\_and\\_drug\\_service\\_-\\_ulverstone](https://www.dhhs.tas.gov.au/service_information/service_delivery_points/alcohol_and_drug_service_-_ulverstone)

### Alcoholics Anonymous Australia

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

Phone.....1300 222 222

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

### Anglicare Child and Youth Mental Health Support

51 Wilmot street, Burnie GPO Box 1620, Hobart 7001

Early intervention support for vulnerable families with children and young people (0-18) who are showing early signs of or at risk of developing mental illness.

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare Drug & Alcohol Treatment Service

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

Anglicare's drug and alcohol treatment service

Phone.....1800 243 232

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare Family Support Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Provide information and support to anyone affected by a family member or significant other using alcohol or other drugs, including children. We welcome all types of families.

Phone.....1800 161 266

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare Gamblers Help Counselling Service

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

Free and confidential personal and family counselling for problem gambling

Phone.....1800 243 232 (or 1800

858 858 after business hours)

Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)

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

### Anglicare's KIDS – Kind Individuals Delivering Support

51 Wilmot Street, Burnie GPO Box 1620 Hobart 7001

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

Phone.....1800 243 232

Email: [kids@anglicare-tas.org.au](mailto:kids@anglicare-tas.org.au)

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

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

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

Phone.....1800 243 232  
Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)  
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

**Anglicare's Supported Youth Program**

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

Phone.....1800 243 232  
Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)  
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

**ASAP – Attempted Suicide Aftercare Program**

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

Phone.....1800 243 232  
Email: [connectsupport@anglicare-tas.org.au](mailto:connectsupport@anglicare-tas.org.au)  
Website: <http://www.anglicare-tas.org.au/relationship-counselling-support-education/>

**Australia Red Cross - Ulverstone Branch**

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

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

Phone.....0415 809 703  
Email: [cday@redcross.org.au](mailto:cday@redcross.org.au)  
Website: <http://www.redcross.org.au>

**Australian Breastfeeding Assoc. - Central Coast Group**

Breastfeeding Information, Support and Advocacy  
Phone.....Tana 0428 204 076 or Marion 0409 899 136 (co Group Leaders)  
Email: [ptmcmullen60@bigpond.com](mailto:ptmcmullen60@bigpond.com)  
Website: <https://www.breastfeeding.asn.au>

**Autism Tasmania**

9 King Street, Burnie 7320

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

Phone.....03 6722 5000  
Email: [autism@autismtas.org.au](mailto:autism@autismtas.org.au)  
Website: <https://www.autismtas.org.au/>

**Care Beyond Cure Inc**

PO BOX 3069 Ulverstone TAS 7315

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

Phone.....0407427575  
Email: [carebeyondcure2@gmail.com](mailto:carebeyondcure2@gmail.com)  
Website: <http://www.carebeyondcure.com.au>

**Central Coast Community Health Centre**

48 Water Street, Ulverstone 7315

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

Phone.....6464 3080  
Fax.....6464 3294  
Email: [centralcoast.chc@ths.tas.gov.au](mailto:centralcoast.chc@ths.tas.gov.au)

**Central Coast Community Shed**

Big blue shed at the back of the showgrounds  
Ulverstone 7315

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

Phone.....0458407872 or 64298959  
Email: [melissa.budgeon@centralcoast.tas.gov.au](mailto:melissa.budgeon@centralcoast.tas.gov.au)  
Website: <http://centralcoast.tas.gov.au/community-shed/>

**Chats - Lifeline**

78a Oldaker Street Devonport 7310

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

Phone.....(03) 6424 6547  
Website: <https://www.lifeline.org.au/tasmania/chats-program>

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### **Community Visitors Scheme**

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

Phone.....(03) 6424 6547  
Email: [paula.proctor@lifelinetasmania.org.au](mailto:paula.proctor@lifelinetasmania.org.au)  
Website: <https://www.lifeline.org.au/>

### **Connect Café**

Gnomon Room - Wharf Precinct Ulverstone 7315

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

Phone.....6429 8900  
Email: [admin@centralcoast.tas.gov.au](mailto:admin@centralcoast.tas.gov.au)  
Website: <http://www.centralcoast.tas.gov.au>

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

12 Reeves Street South Burnie 7320

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

Phone.....0477 221 557  
Fax.....n/a  
Email: [HeatherR@cotatas.org.au](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  
Email: [bdfrench@bigpond.com](mailto:bdfrench@bigpond.com)  
Website: <https://cwaintasmania.com.au/>

### **Dr John Cologon**

Online

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

Email: [reception@jcologon.com](mailto:reception@jcologon.com)  
Website: <https://www.jcologon.com>

### **Dragonfly Counselling and Consulting**

55 Best Street Devonport 7310

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

Phone.....0409 408 501  
Email: [dragonflycandc@bigpond.com](mailto:dragonflycandc@bigpond.com)  
Website:  
<http://www.dragonflycounsellingconsulting.com.au>

### **Headspace**

Level 1, 33-35 Steele St, Devonport 7310

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

Phone.....6424 2144  
Email: [devonport@csys.com.au](mailto:devonport@csys.com.au)  
Website: <https://headspace.org.au/headspace-centres/devonport/>

### **Ladies Group - Central Coast Community Shed**

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

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

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

### **Lifeline**

Saving lives. Crisis support. Suicide prevention.

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

### **Lions Club of Forth Valley Inc**

P.O. Box 319, Forth 7310

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

Phone.....0407877460  
Email: [forthvalley@lionstasmania.org](mailto:forthvalley@lionstasmania.org)

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

3 Crescent St Penguin 7316

Delivery of meals and welfare check

Phone.....0477 371 206  
Email: [pengion@mowtas.org.au](mailto:pengion@mowtas.org.au)  
Website: <http://www.mowtas.org.au>

### **Meals on Wheels (Ulverstone)**

15-19 Eastand Drive Ulverstone 7315

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

Phone.....6425 1331  
Email: [ulverstone@mowtas.org.au](mailto:ulverstone@mowtas.org.au)  
Website: <http://www.mowtas.org.au>



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### **Men's Shed Ulverstone**

Big blue shed at the back of the showgrounds  
Ulverstone 7315

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

Phone.....0418 141 529

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

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

### **Mental Health Rural Outreach Worker - Uniting Tasmania**

72a Reiby St Ulverstone 7315

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

Phone.....0437 972958

Email: [bernadette.sexton@vt.uniting.org](mailto:bernadette.sexton@vt.uniting.org)

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

### **Mindfulness Programs Australasia**

PO Box 572 Ulverstone 7315

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

Phone.....0488 064 228

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

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

### **Molenda Lodge Incorporated**

334 Castra Road Ulverstone 7315

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

Phone.....0427 127 754

Email: [molenda@skymesh.com.au](mailto:molenda@skymesh.com.au)

### **MS Peer Support**

Ulverstone 7315

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

Phone.....1800 042 138

Email: [msconnect@ms.org.au](mailto:msconnect@ms.org.au)

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

### **New Mornings**

14 Amherst Street West Ulverstone 7315

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

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

Email: [alison.whishaw@newmornings.org.au](mailto:alison.whishaw@newmornings.org.au)

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

### **North & North West Sexual Assault Support Service TA Laurel House**

Po Box 1062 Launceston 7250

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

Phone.....(03) 6334 2740

Email: [info@laurelhouse.org.au](mailto:info@laurelhouse.org.au)

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

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

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

Phone.....0407 314 933

Email: [pdomeney@netspace.net.au](mailto:pdomeney@netspace.net.au)

### **Penguin Men's Shed**

5 Sport's Complex Avenue Penguin 7316

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

Phone.....0427 509 792

Email: n/a

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

Penguin RSL for current serving and ex servicing service men/women of Australia.

Phone.....6437 2492

Email: [penguinrsl@gmail.com](mailto:penguinrsl@gmail.com)

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### **Penguin Visitor Information Centre**

78 Main Road, Penguin TAS 7316

For things to do, what to see and where to go in Penguin and surrounds just ask at the Penguin Visitor Information Centre because we know our beautiful place best!

Phone.....03 6437 1421

Email: [info@coasttocanyon.com.au](mailto:info@coasttocanyon.com.au)

Website: <http://www.coasttocanyon.com.au>

### **PIPO Support Services**

38 Queen Street, West Ulverstone, TAS 7315

PIPO Support Services endeavors to provide NDIS support which hold the individual, their family and their support people at the centre of all we do.

Phone.....03 6450 8830

Email: [kristy@pipo.com.au](mailto:kristy@pipo.com.au) or [ruth@pipo.com.au](mailto:ruth@pipo.com.au)

Website: <http://www.pipo.com.au>

### **RAAFA NW Tasmania**

The RAAFA was established to foster friendships based on sharing Air Force and aviation experience, support commemorative activities,

Phone.....0407 400 726

Email: [stewy52@bigpond.com](mailto:stewy52@bigpond.com)

Website: <http://www.raafatas.com/?fbclid=IwAR3KwYqIKNpNSqxIBzuKb6bWTfoqnZxe11KX0bXHkANe1eLTcTaaZ6QnaUY>

### **Relationships Australia**

Relationships Australia Tasmania offers Counselling, Mediation, Family Dispute Resolution, Employee Assistance Program, Tasmanian Suicide Prevention Network, MENS Program (Men Engaging New Strategies), Redress Support Services, Children's Contact Services. Most services are offered via 'phone or video call (as well as Face-to-face). Many of the services are free of charge.

Phone.....6421 3600

Email: [comms@reltas.com.au](mailto:comms@reltas.com.au)

Website: <https://www.tas.relationships.org.au/>

### **Richmond Fellowship**

Ulverstone 7315

Richmond Fellowship Ulverstone provide a residential service along with outreach and a recreation program.

Phone.....6425 1050

Email: [chrism@rftas.org.au](mailto:chrism@rftas.org.au)

Website: <http://rft.org.au/>

### **Rotaract Club of Central Coast**

We are a youth organisation that provide community services locally and internationally, whilst strengthening friendships and networks.

Email: [centralcoastrotaract@hotmail.com](mailto:centralcoastrotaract@hotmail.com)

Website:

<http://www.rotaryulverstonewest.org.au/contact-rotaract>

### **Rotary Club of Ulverstone West**

PO Box 404 Ulverstone Tasmania 7315

Since 1986, we have provided service to the West Ulverstone, Ulverstone and Penguin communities. We continue to support programs in our local, national and international communities.

Email: [secretary.ulverstonewest@rotary9830.org.au](mailto:secretary.ulverstonewest@rotary9830.org.au)

Website: <https://rotaryulverstonewest.org.au/>

### **Seeking Solace**

Northern and North West Tasmania.

Holistic, personalised, and compassionate, non-medical end-of-life care.

Phone.....0477754144

Email: [holly@seekingsolace.com.au](mailto:holly@seekingsolace.com.au)

Website: <https://www.seekingsolace.com.au>

### **Tai Chi**

I am a Tai Chi practitioner providing classes

Phone.....6425 5275

Email: [barb3taichi@gmail.com](mailto:barb3taichi@gmail.com)

### **Tas Fire Service - Project Wake-up**

This is a program aimed at improving fire safety in the homes of people with disabilities and the aged through free home fire safety checks and the installation of free smoke alarms when necessary.

Phone.....6434 6700

Website: <http://www.fire.tas.gov.au>

### **The Salvation Army - Bridge Residential Program**

The Bridge Program delivers recovery based programs that provide treatment for drug and/or alcohol dependence, through a residential or day program settings. Please telephone in the first instance. Currently we are delivering via phone and zoom and still admitting clients to residential treatment following strict COVID19 prevention procedures.

Phone.....64257453

Email: [sam.vandermeulen@salvationarmy.org.au](mailto:sam.vandermeulen@salvationarmy.org.au)

Website: <http://www.bridgetasmania.org.au>

### **The Salvation Army Ulverstone Emergency Relief**

23-25 Victoria Street, Ulverstone 7315

Support for people experiencing crisis through food and material aid relief, advocacy and financial support.

Phone.....(03) 6425 5382

Email: [ulverstone@salvationarmy.org.au](mailto:ulverstone@salvationarmy.org.au)

### **U3A Central Coast (Inc)**

Apex House, 3 Gollan Street Ulverstone 7315

Programs ranging from single session to 6-week courses are offered by volunteer tutors/presenters. An annual membership fee of \$40 provides access to programs over two semesters and other activities during the year.

Phone.....0474 097 636

Email: [u3acentralcoast@gmail.com](mailto:u3acentralcoast@gmail.com)

Website: <https://tascentralcoast.u3anet.org.au/>

### **Ulverstone Coast Care**

PO Box 3055 Ulverstone 7315

Ulverstone Coastcare is a community group of people who have a common interest in caring for our coastline, planting, weeding and restoring the environment for the benefit of our community and native wildlife.

Phone.....0418 142 790

Email: [robyn timer128@gmail.com](mailto:robyn timer128@gmail.com)

### **Ulverstone Neighbourhood House**

8-10 Lugana Cres West Ulverstone PO Box 5036, West Ulverstone 7315 7315

UNH, works in collaboration with a variety of service providers to offer a range of community development programs and events based on the key social issues.

Phone.....6425 4186

Email: [admin@unh.org.au](mailto:admin@unh.org.au)

### **Ulverstone Seniors' Forum**

16 King Edward St Ulverstone 7315

Meetings of our friendly group provide mental stimulation and social interaction.

Phone.....6425 2482

Email: [lmgryta@hotmail.com](mailto:lmgryta@hotmail.com)

### **Warrawee Women's Shelter**

Warrawee offers a twenty four hour, seven day a week crisis accomodation service. We provide a safe, secure environment for women and women with children who are escaping violence, sexual abuse and homelessness.

Phone.....6425 1382

Email: [info@warraweewomensshelter.com.au](mailto:info@warraweewomensshelter.com.au)

Website: <https://warraweewomensshelter.com.au/>

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## 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.org.au](mailto:info@ctst.org.au)  
Website.....[www.ctst.org.au](http://www.ctst.org.au)