

Manjimup Services Directory

For Families with Young Children – January 2010

All services are free of charge unless otherwise indicated

COMMUNITY NURSES IN CHILD HEALTH CENTRES

The Child Health Nurses work with parents to provide support, education and screening of children 0-5 years old. We aim to optimize children's growth and development. A home visit is offered to parents in the first two weeks following birth. The supportive, confidential relationship promoted aims to enhance parents experience of parenting and promote optimal development of children. Appointments required.

Manjimup	Pemberton	Northcliffe
Comer Mount & Bath Streets	Located at Pemberton Hospital	Northcliffe Nursing Post
Mon, Tue, Thur & Fri 9-5pm	Wednesday by appointment	Monday by appointment
Phone 9771 1120	Phone 9777 0412	Phone 9777 0412

FAMILY ASSISTANCE	FAMILY ASSISTANCE CONT'D...	INDIGENOUS SERVICES
<p><u>Alcohol and Drug Information Services</u> Confidential counselling and information Telephone: 1800 198 024</p> <p><u>Anglicare Financial Services</u> Offers free advice to anyone in financial crisis. Telephone 9777 1945</p> <p><u>Australian Breastfeeding Association:</u> Support network for breast-feeding mums. 7 day helpline: 1800 686 2 686</p> <p><u>Bunbury Community Legal Centre:</u> Free preliminary legal advice to the community on all areas of law. Mediation service to help resolve family, neighbourhood, workplace and other disputes. By appointment in Manjimup every Thursday afternoon. Free Call - 1800 999 727 or Tel: 9791 3206</p> <p><u>Centrelink</u> 13 61 50 Family Tax Benefit Part A and B, Child Care Benefit, Parenting Payment, Double Orphan Pension, Health Care Cards, Baby Bonus, Maternity Immunisation Allowance, and Jobs, Education and Training (JET) enquiries.</p> <p><u>Department for Child Protection</u> Families can ring number below to ask for advice if they are concerned about a child being harmed. Telephone: 9771 1711</p> <p><u>Disability Services Commission:</u> Provides information, advocacy and support to people with disabilities Telephone: 9771 2877</p> <p><u>Doves:</u> 9771 7777 Family domestic violence education, referral coordination and resource support</p> <p><u>Family Helpline:</u> 1800 643 000</p> <p><u>Family Relationships Centre:</u> Provides an information and referral service for people wanting to strengthen their family relationships and dispute resolution services for separated parents wanting to establish agreements regarding parenting arrangements. All individual sessions or up to 3hrs joint sessions are free of charge. By appointment in Manjimup Telephone: 9792 1155</p> <p><u>Manjimup Family Support Service:</u> Assessment, support and referral for families. By appointment. Telephone: 9771 1653</p>	<p><u>Manjimup Combined Churches</u> Emergency relief and referral for food vouchers, assistance with gas bottles, travel assistance, some financial support. Tel: 9771 1015</p> <p><u>Manjimup Volunteer Resource Centre</u> Aims to provide an effective network for volunteers and community groups to access information, skills, training and mentoring within our community. The Centre also fosters partnerships with human service agencies and organisations. Open Mon-Fri 8.00am-3.00pm Telephone: 9777 2774</p> <p><u>Mensline Australia:</u> 1300 789 987 For men with family and relationship concerns.</p> <p><u>Men's Domestic Violence Helpline:</u> Free Call: 1800 000 599</p> <p><u>Parenting Line:</u> 1800 654 432 Information and advice on caring for children up to 18 years of age.</p> <p><u>Pregnancy Counselling Link:</u> 1800 777 690</p> <p><u>Social Worker:</u> 9777 0453 Help for individuals, families or groups with health related issues affecting their physical, social or mental well being. Mon-Fri 8am-4.30pm by appointment at Warren Blackwood Community Health.</p> <p><u>South West Community Drug Service Team</u> Services to any individual, or to family members or community members, who may be affected by someone's alcohol or other drug use. Outreach to Manjimup by appointment. Telephone: 9721 9256.</p> <p><u>South West Women's Refuge Inc:</u> Crisis accommodation for women and children escaping domestic/family violence. Outreach support for women and children in the South West. Telephone: 9791 2894 or 9791 6885</p> <p><u>Women's Domestic Violence Helpline:</u> Free Call: 1800 007 339</p> <p><u>Warren Blackwood Emergency Accommodation Services:</u> Short term accommodation for families and individuals during times of crisis. Agency referrals only. Telephone: 9771 7777</p>	<p><u>Aboriginal Health Service:</u> Aboriginal health workers can assist with access to health services and organise health promoting workshops and activities for the local Aboriginal and Torres Straight Islander community. Telephone: 9771 2260</p> <p style="text-align: center;">USEFUL RESOURCES</p> <p><u>Protective Behaviours Training:</u> Child abuse prevention skills for parents, agency workers and students Telephone: 9771 7777</p> <p><u>Parenting and Self Development Resource Library:</u> Books, videos, DVD's available. Telephone: 9771 1653</p> <p><u>Parenting WA South West</u> A wider range of information including books. DVD's and videos on pre-birth, babies, toddlers, children, teenagers and parenting. This is a free service and you can borrow items for up to 4 weeks. We offer a free postal service for those who borrow and live outside of Bunbury. Please call us and speak to a member of our staff Tel: 9725 2622 Mob 0417 991 052</p> <p style="text-align: center;">PARENTING GROUPS</p> <p><u>Antenatal Classes</u> Classes are offered three times a year at Manjimup Community Health Unit. Telephone: 9777 0400</p> <p><u>Parenting Courses:</u> A range of courses available eg 'positive parenting program', 'parenting your toddler'. Crèche supported (\$4 per child and hour, capped at \$8/hr). Contact Manjimup Family Centre for more details. Telephone: 9771 1653</p> <p><u>Post Natal Parenting Group:</u> 5-6 week program to assist the parenting journey for mums and dads. Includes information on sleep, diet and play activities. Telephone: 9771 1120</p> <p><u>Toddle Time & Chatterboxes</u> A program designed to enhance development of toddlers offered at various times through the year. Telephone for info on next program. Telephone: 9777 0414</p>

Manjimup Services Directory
For Families with Young Children –January 2010
 Compilation of this Resource List has been a joint venture between
 Investing In Our Youth Inc and
 Warren Blackwood Early Years Network and was funded by
The Foundation for Rural and Regional Renewal

A-Z CHILD HEALTH AND SAFETY

Arthritis

Assistance for people with chronic arthritis and the newly diagnosed. Individual education by appt with Arthritis Nurse. Group programs offered throughout the year.

Telephone: 9777 0409

Asthma

Nurse available to offer individual education and assistance to manage asthma confidently. For appointment phone Maressa Sarinis:

Telephone: 9777 0406

Baby Capsule Hire: 9771 1653

Child Car Restraint Checking & Fitting:

Telephone: 9771 1653

Health Direct:

24-hour telephone health advice line staffed by Registered Nurses to provide expert health advice.

Telephone: 1800 022 222

Immunisation:

Free clinics are held at the Community Health Care Unit at Warren District Hospital on the second Tuesday of each month 9-11am, and on the fourth Tuesday of each month 2-4pm.

Telephone: 9777 0400

Kids and Teens Waratah:

Provides individual and group counselling for children aged 5-18 who have been sexually abused/assaulted. Manjimup fortnightly by appointment.

Telephone: 9792 4955

Nutrition/Dietician:

A dietician is available to assist with management of diabetes, high blood pressure, gastrointestinal problems, high cholesterol, cancer, food allergies, and weight control - Doctor's referral required.

Telephone: 9777 0400

Occupational Therapy

Therapists work with children and adults to maximise independent and safe participation in home, school and community activities. For appt

Telephone: 9777 0414

Physiotherapy

Involves the diagnosis, treatment, rehabilitation and prevention of injury, dysfunction and disease by physical means. Doctor's referral required.

Telephone: 9777 0408

Positive Parenting Program

Promotes the health and well being of families and children by supporting parents. Assists parents to explore effective parenting strategies, ways to encourage behaviour they want, promote their child's development and how to prevent and manage common child behaviour problems. Group programs offered regularly throughout the District. Individual appt available.

Telephone: 9777 0412

**A-Z CHILD HEALTH AND SAFETY
Cont'd....**

School Nurse

Supports students, families and the whole school community with early detection of difficulties, health promotion and specialist health expertise. Includes screening, referral, immunization, monitoring and supporting children of refugees, or who have parents with a mental illness, children in out of home care, children with disabilities and indigenous children. Contact your local school or Heather Dixon at Warren District Hospital- Manjimup

Telephone: 9777 0400

Speech Pathology

Provides individual and/or group therapy for communication and feeding difficulties in children. Group program "Little Chatterboxes" for children to enhance language skills.

Telephone: 9777 0402

ACTIVITIES FOR CHILDREN

Child Care Services:

For up to date information on services, locations, times, fees and enrolments see www.mychild.gov.au or

Telephone: 9795 3068

Manjimup Play Group:

For 0-4 year olds. Meet in the Manjimup Family Centre (Tues-Thurs 9.30-11.30am, Special and Baby PG on Fridays, same time) (\$40/term Friday groups only: free)

Telephone: 9771 1653

Manjimup Public Library:

Rhyme Time and Story Time for under school aged children 10:30am Fridays. Children's resources at the library include reading books, audio books, videos, DVD's, CD-ROMs, puzzles and magazines. The library provides resources for the Better Beginnings program to promote reading to children. Membership is free. Family Rhyme Time is also offered at Pemberton Library every Wed 10.30am. No booking necessary.

Telephone: 9771 2895

Manjimup Timber Tots Early Learning Centre:

Licensed to care for children 0-6 yrs. Child care assistance available to eligible clients.

Telephone 9777 2044

Little Taddies Child Care Centre (Pemberton)

Licensed to care for children 0-6yrs, Monday to Friday.

Telephone: 9776 1797

Manjimup Toy Library

Toys, videos and puzzles. Tues-Thurs 9.30-11.30am

Telephone: 9771 1653

Northcliffe - Karri Kids Child Care:

Licensed to care for children 0-6 yrs. Tues, Thurs and Friday.

Telephone: 9776 7221

SCHOOL SERVICES

Local schools can access the following support services:

School Nurse, School Psychologist, Chaplaincy services and Aboriginal services.

East Manjimup Primary Sch	9771 1146
Manjimup Primary School	9771 2911
Manjimup Education Support	9771 1221
Manjimup Senior HS	9777 0500
Kearnan College Manjimup	9771 1700
Northcliffe District HS	9776 7055
Pemberton District HS	9776 1544
Walpole Primary School	9840 1020
St Josephs PS Pemberton	9776 1180

STRESS AND MENTAL HEALTH SUPPORT SERVICES

Doctors Surgery:

Your GP can refer you to free counselling services if required. The service is available to all patients requiring counselling with an allied mental health professional. Contact your local GP for more details.

Kids Helpline: 1800 551 800

LAMP Inc.

Provide centre based activities and social networking for those with a persistent mental illness, their carers and loved ones. We promote and provide education within the community so to increase the understanding of mental illness and the associated issues and dispel the stigma attached. Open 10am-4pm Tues, Wed, and Thurs at United Church Hall, Roe St Bridgetown

Telephone: Bridgetown 9761 2088

Telephone: Busselton 9754 1834

RuralLink:

Professional after hours help for people who need support with depression, suicide, anxiety, drug use, alcohol abuse, and other mental health concerns.

Telephone 1800 552 002

South West Counselling:

Offers counselling, therapy and life skills to people in rural communities. Small fee, donations welcome. Wed and Thurs by appointment.

Telephone: 9771 2676

South West Child and Adolescent Mental Health Team:

Offers assessment and treatment to children, emotional, psychological, behavioural, social and or mental health problems.

Telephone 9726 5900

Warren Blackwood Child and Adolescent Mental Health Team:

Offers assessment and treatment to children, emotional, psychological, behavioural, social and or mental health problems.

Telephone: 9782 1444