



Tobruk

CENTRE

11 Tobruk Terrace, PORT LINCOLN

Ph 8683 4488

Local Services Guide

*For families with children aged 0-15 years
in the Port Lincoln area*

Cherish - Quality - Team

THIS GUIDE

The Tobruk Centre Local Service Guide aims to support families and their children to access the help they need through its comprehensive listing of services.

ACKNOWLEDGEMENTS

Tobruk Centre acknowledges and respects Aboriginal people as the State's first people and recognises their traditional relationship with Country.

We acknowledge that the spiritual, social, cultural and economic practices of Aboriginal people come from their traditional lands and waters, and that the cultural and heritage beliefs, languages and laws are still of importance today.

Tobruk Centre acknowledges and respects the rights of the Child. Children have the right to: be treated fairly no matter what, have a say about decisions affecting them, live and grow up healthy, have people do what is best for them, know who they are and where they come from, believe what they want, privacy, find out information and express themselves, be safe no matter where they are, be cared for and have a home, education, play and cultural activities, help and protection if they need it.

The Tobruk Centre would like to acknowledge the contributions of Jessica Falco, Allied Health Assistant, with whom this project began and Developmental Educator student Brigida Trezise (2019).

Tobruk Centre has made every effort to ensure the information provided is current and accurate at the time of print.

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TOBRUK CENTRE

The Tobruk Centre provides comprehensive Allied Health services for children on the Eyre Peninsula with disabilities and learning difficulties including Speech Pathology, Occupational Therapy, Developmental Educator, Social Worker, Youth Development Practitioner, Allied Health Assistant and Autism Spectrum Disorder Assessments

Private Health Insurance Rebates and Medicare Rebates can be claimed on the day. Registered with the National Disability Insurance Scheme until September 2022.

TOBRUK CENTRE PROGRAMS FOR YOUNGER STUDENTS

Games Group Junior: Runs fortnightly, providing a safe space for students in years 4-6 to make friends and have fun with peers. Games, craft and a meal are offered each week to help build social connections and a sense of connectedness.

Little Spoons - SOS (Food Therapy): The Sequential Oral Sensory Approach to feeding assesses and treats children aged 2-12+ years with mealtime difficulties that may be related to sensory, motor, posture, behaviour or learning. Students work in small groups to progress through a hierarchy of feeding development.

Play Therapy Group: An Occupational Therapist and a Speech Pathologist provide a safe and supportive therapeutic environment for children in junior primary years to learn to play with their peers. The group aims to support children to develop their communication, social, emotional regulation, problem solving and play skills in a fun and engaging play space.

Secret Agent Society: The Secret Agent Society (SAS) is a small group program that uses technology to help students aged 8-12 years crack the code of emotions and friendships. Junior Detectives graduate from SAS equipped with the skills to feel happier, calmer and braver while making new friends and keeping them.

Social Thinking and Me: Helps students aged 9-12 years transition into the more socially-complex and socially-demanding older grades and become stronger social problem solvers. It teaches them about hidden rules and expected behaviour, developing a deeper understanding of their emotions and how to influence the emotions of others, and to compare the size of their reaction to the size of the problem.

SuperFlex Programme: Introduces comic characters, Superflex and Rock Brain and the team of Unthinkables. These characters help students aged 8-11 years develop further awareness of their own thinking and social behaviours and learn strategies to help them develop better self-regulate across a range of behaviours.

WeThinkers Volume 1: An engaging program designed to teach social concepts and skills in a peer group play setting. In volume 1 kids learn to be social explorers, to learn about their social selves, their thoughts and feelings and basic concepts in being around others and part of a group. Students are encouraged to think about the people around them to determine what action or response is best. It uses story books and activities in a fun and engaging way that is designed for children aged 4-7 years.

WeThinkers Volume 2: An extension of Volume 1. Children learn to be flexible with their social thinking and problem solving. They are assisted to survey their surroundings, consider what they see in relation to the group, call on various strategies they have learned, and problem solve an approach or plan that will help them be a part of the group in a way that feels comfortable being together.

Mittens Café and Lego Group: These groups are offered periodically to support students to learn to work together in small groups. The groups run for a school term and suit students aged 7-10years. Through the weekly sessions, students learn to take on different roles in a group, to problem solve small social problems and to communicate with their peers. Students form friendships whilst learning to work as a member of a small group.

Zones of Regulation: is a curriculum designed to help students aged over 4 -18+ years to identify their feelings and emotional reactions and learn sensory and perspective taking strategies that encourage better self-regulation. A simple colour coded, four zones format encourages learning.

TOBRUK CENTRE PROGRAMS FOR OLDER STUDENTS

Connect: A school-based weekly lunch time group for teenagers at Port Lincoln High School. The group will provide a safe, friendly environment for teens to communicate and interact with others and develop friendships, social skills and most importantly have fun. It supports students making the transition to High School.

Games Group Senior: Runs fortnightly on Friday nights providing a safe space for students to make friends and have fun with peers. Games, craft and a meal are offered each week to help build social connections and a sense of connectedness. Senior group suits students in Years 7-9. Students form solid friendships and skills to transition into existing community-based activities.

Have-a-go Youth Program: An afterschool program aimed at getting young people with additional needs involved and engaged in community sporting and recreational activities. They will develop and practise social skills while learning skills specific to particular sports and activities. The program provides social and communication experiences to build confidence, wellbeing and connectedness to peers and the broader community. It helps youth fulfilling personal aspirations and goals.

Launchpad: Program aimed to support teenagers and young people as they transition through school. This program provides information, support and education to equip young people with the specific skills, resources and networks that they need to be confident in their teenage years.

Our Way: Separate female and male group programs aimed at increasing social competencies to help young people develop independent life skills to better manage at home, in the neighbourhood and in the wider community by developing organisational skills, practical living skills such as managing money, travel, clothing, cooking, shopping, around the house jobs, personal care and safety along with people skills.

Thrive: a flexible online wellbeing and life skills training program that provides young people with the tools and skills to increase in confidence, self-worth and motivation, helping them to build resilience and overcome adversity throughout their lives. It is a Personal Leadership Program that can potentially be used as a SACE Personal Learning Plan (PLP) subject.

OTHER PROGRAMS/SUPPORT SERVICES

Parent Connections Group: Support Group for parents/carers of children with additional needs. It meets in various locations on Eyre Peninsula and aims to provide a friendly, supportive and non-judgemental safe space to share challenges and triumphs. It raises awareness and provides information on services and supports available.

Seedling: Information sessions provided for families who have had a child diagnosed with Autism Spectrum Disorder, usually within the last 12 months. Runs once per term for a day and night session.

Mindful Awareness Parenting: In the 5 session MAP™ workshops you will learn: to notice what your child needs, to repair your relationships when things don't go as smoothly as you would like, ways to help you stay calm with your kids, to enjoy being a "Good Enough" Parent, ways to look after yourself even when you are busy looking after your family, to have fun and enjoy being a parent and lifelong relationship skills. Workshops are offered annually in Port Lincoln and at a regional site on Eyre Peninsula. Expressions of interest are always welcome.

Parent Training - Termly training in areas such as sleeping, play, and fussy eating. Topics vary according to requests.

CONTACT DETAILS

Phone	8683 4488
Address	11 Tobruk Terrace, Port Lincoln
Email	learn@tobrukcentre.com.au
Website	www.tobrukcentre.com.au

ActivOT Occupational Therapy

Phone 0427 220 028
 Address 3 Barry Avenue, Port Lincoln
 Website www.activot.com.au
 Description Assessment and intervention services within the home for: specialised equipment, scooter and mobility assessment and training, home modifications, rehabilitation programs, back care management, specialist seating and wheelchairs.

Country Health Connect - Community Health Services

Phone 8683 2200
 Address Oxford Terrace, Port Lincoln Hospital
 Description Providing a range of services including Physiotherapy, Speech Pathology, Occupational Therapy, Social Work, Dietician, Podiatry, visiting Paediatrics support and more.

Country & Outback Health

Phone 8621 3800
 Address 21 Oxford Terrace, Port Lincoln
 Website www.cobh.com.au/
 Description Provides mental health and general health programs across rural South Australia. Also provides Support Coordination and Plan Management for NDIS clients.

Crown Speech Pathology (Stephanie Hood)

Phone 0403 772 567
 Description Providing generalist speech pathology, working with people of all ages and diagnosis.

EP Physio Plus

Phone 8682 6665
 Address 2/10 Washington Street, Port Lincoln
 Website www.epphysioplus.com
 Description Physiotherapy services including pain management, injury management, exercise psychologist, strength coordination.

Eyre Sports Physio

Phone 8682 2291
 Address 52 Mortlock Terrace, Port Lincoln
 Description Physiotherapy service
 Website www.mortlockclinic.com.au/eyre-sports-physio/

Lower Eyre Physiotherapy

Phone	8682 5121
Address	26 Oxford Terrace, Port Lincoln
Description	Physiotherapy service

My DE and me

Phone	0428 834 332
Address	32 Flinders Highway, Port Lincoln
Description	Development Educator specialising in fostering the skills, independence and quality of life of people with development and/or acquired disabilities using a practical approach focusing on identifying and working towards individuals goals in a collaborative manner. Support is provided to individuals, their carers and support networks.

Novita

Phone	1300 668 482
Address	2/18 King Street, Port Lincoln
Website	www.novita.org.au
Description	Offering physiotherapy, occupational therapy, psychology, speech pathology and support coordination to the Port Lincoln area.

Podiatry Care

Phone	8683 4374
Address	27 Mortlock Terrace, Port Lincoln
Website	www.podiatrycare.com.au/clinics/port-lincoln
Description	Digital laser scan orthotics and can tailor a customised orthotic prescription to suit your individual needs.

Tobruk Centre

Phone	8683 4488
Address	11 Tobruk Terrace, Port Lincoln
Website	www.tobrukcentre.com.au
Description	Speech Pathology, Occupational Therapy, Developmental Educator, Youth Development Practitioner, Social Worker, Allied Health Assistant, ASD Assessment.

Young pOTential

Phone	0400 031 523
Website	www.youngpotential.com.au
Description	Working with children and their families to overcome difficulties in the areas of: retained primitive reflexes, fine and gross motor coordination, sensory processing, play, self-care, learning, behaviour, attention, social skills and more.

CHILDCARE

Family Day Care

Phone	8645 6590 (co-ordinator) or 1300 551 895
Address	c/- DECD office, 3/7 Mortlock Terrace, Port Lincoln
Description	Family day care child care services in home based settings with up to four children per setting. Also available for overnight and weekend stays.

Kiddywinks Child Care Centre

Phone	8683 1500
Address	17 Freeman Avenue, Port Lincoln
Description	Child care centre

Occasional Care– Kirton Point Children's Centre

Phone	8682 5969
Address	63 Stevenson Street, Port Lincoln
Description	Occasional care placements, subject to availability.

Port Lincoln Children's Centre

Phone	8683 3073
Address	80 St Andrews Terrace, Port Lincoln
Description	Child care and preschool.

Tiny TAFE Child Care Centre

Phone	8688 3641
Address	2 London Street, Port Lincoln
Description	Child care centre.

Toy Box Child Care Centre

Phone	8682 6633
Address	46 New West Road, Port Lincoln
Description	Child care centre.

VACATION CARE

Port Lincoln Aboriginal Community Council

Phone	8682 6677
Address	30 Ravendale Road, Port Lincoln
Description	Vacation Care activities include art, craft, sport and day excursions. 9:30am - 4:30pm Monday to Friday during school holidays.

Port Lincoln Gymnastics Club

Phone	8683 3055
Address	50 Coronation Place, Port Lincoln
Description	A range of groups and programs available, including Vacation Fun program for children aged 5 years and older.

OUT OF SCHOOL HOURS CARE (OSHC)

SHERPA Kids

Phone	0407 927 303
Address	Navigator College and Saint Joseph's School
Description	After hours care provided for all school children (at SJS), and vocational care at Navigator College.

Port Lincoln Aboriginal Community Council– Gidja Club

Phone	8683 0155
Address	30 Ravendale Road, Port Lincoln
Description	The Out of School Hours Program operates each night after school. Children who have attended school that day are collected by bus and taken to Gidja Club where they are given a snack and can participate in organised activities. They are then returned home by 6pm.

KINDERGARTENS

Bishop Kindergarten

Phone 8682 2412
 Address 5 Willison Street, Port Lincoln
 Description Kindy and playgroup available.

Kirton Point Kindergarten

Phone 8682 5969
 Address 63 Stevenson Street, Port Lincoln
 Description Kindy and playgroup available. Includes the IPP– Inclusive Preschool Program.

Park Terrace Kindergarten

Phone 8683 3690
 Address 5 Park Terrace, Port Lincoln
 Description Kindy and playgroup available.

Poonindie Kindergarten and Special Needs Playgroup

Phone 8684 6074
 Address Poonindie School grounds, Lincoln Highway Poonindie
 Description Kindy and special needs playgroup.

Port Lincoln Children’s Centre

Phone 8683 3073
 Address 80 St Andrews Terrace, Port Lincoln
 Description Preschool and kindy available, optional bus service for kindy.

GOVERNMENT SCHOOLS

Kirton Point Primary School

Phone	8682 1003
Address	Matthew Place, Port Lincoln
Website	www.kirtonpps.sa.edu.au
Description	Education– Reception to Year 7

Lincoln Gardens Primary School

Phone	8682 6277
Address	Barley Road, Port Lincoln
Website	www.gardens.sa.edu.au
Description	Education– Reception to Year 7

Poonindie Primary School

Phone	8684 6067
Address	Hirchausen Road, Poonindie
Website	www.poonindieps.sa.edu.au
Description	Education– Reception to Year 7

Port Lincoln High School

Phone	8682 3677
Address	Ruskin Road, Port Lincoln
Website	www.plhs.sa.edu.au
Description	Education– Year 8 to Year 12

Port Lincoln Junior Primary School

Phone	8682 1226
Address	Adelaide Place, Port Lincoln
Website	www.lincolnjp.sa.edu.au
Description	Education– Reception to Year 2

Port Lincoln Primary School

Phone	8682 1544
Address	Lincoln Place, Port Lincoln
Website	www.plps.sa.edu.au
Description	Education– Year 3 to Year 7

GOVERNMENT SCHOOLS

Port Lincoln Special School

Phone	8682 5319
Address	Barley Road, Port Lincoln
Website	www.plss.sa.edu.au
Description	Education– students with intellectual disabilities, specialising in Autism, Reception to Year 12.

PRIVATE SCHOOLS

St Joseph’s School

Phone	8682 3655
Address	14 Mortlock Terrace, Port Lincoln
Website	www.sjspl.catholic.edu.au
Description	Education– Foundation to Year 12, Catholic Education.

Navigator College

Phone	8682 5099
Address	61 Windsor Avenue, Port Lincoln
Website	www.navigator.sa.edu.au
Description	Education– Reception to Year 12, Lutheran Education.

EDUCATION SUPPORTS

Eyre District Education Office

Phone	8682 3788
Website	www.education.sa.gov.au
Description	Guidance officer, speech pathologists, disabilities support, for schools and pre-schools.

Learning Together At Home Program

Phone	0437 736 556 / 8682 5969
Website	www.sa.gov.au/topics/education-and-learning/disability-and-special-needs/learning-together-at-home-program
Description	A home visiting service that supports families with children 0-4 years to develop skills to help their children’s learning and development through play.

Carers SA

Phone 8683 4477
 Address 1/18 King Street, Port Lincoln
 Website www.carers-sa.asn.au
 Description Providing counselling, respite, education, training, and more.

CentaCare Catholic Family Services

Phone 8683 0733
 Address 32 Mortlock Terrace, Port Lincoln
 Website www.ccsa.org.au
 Description Working with individuals, families and communities to counsel, support and educate. A range of programs are available.

Child and Adolescent Mental Health Services (CAMHS)

Phone 1300 222 647 (CAMHS Connect)
 Address Port Lincoln Hospital, Oxford Terrace, Port Lincoln
 Website www.wch.sa.gov.au/services/az/divisions/mentalhealthindex.html
 Description CAMHS provides a range of therapeutic counselling services for children and adolescents between birth and 18 years of age, and their families (16 years for rural).

Christina Derbyshire (visiting Registered Psychologist)

Phone 0402 466 735
 Description Visits Port Lincoln and consults for one week each four weeks. Offering online counselling sessions for children, adolescents and adults throughout Eyre Peninsula in between visits.

Country & Outback Health

Phone 8621 3800
 Address 21 Oxford Terrace, Port Lincoln
 Website <http://cobh.com.au/>
 Description Provides mental health and general health programs across rural South Australia. Also provides Support Coordination and Plan Management for NDIS clients.

Crisis Care

Phone 8688 3344 (local DCP) or 131 611 (after hours)
 Website www.dcp.sa.gov.au
 Description Telephone support service for when things go wrong and people require emergency support.

EP Counselling and Art Therapy

Phone	0427 013 747
Description	Holistic therapy through art and individualised counselling

Eyre Mental Health Service (Local Health Network)

Phone	8683 2083
Address	West Wing Port Lincoln Health Services, Oxford Tce, Port Lincoln
Description	Adult mental health service provide community mental health services for people 16 years and over with moderate to severe mental health illnesses.

Headspace

Phone	8621 3880
Address	19 Oxford Terrace, Port Lincoln
Website	www.headspace.org.au/headspace-centres/port-lincoln/
Description	Provides free and confidential support to young people 12 to 25 years and their families/carers. Supports include mental health counselling, access to youth friendly GP services and access to counselling for alcohol and other drug use.

Learning Keys (Clinical, Educational and Developmental Psychologist)

Phone	8272 6916
Website	www.learningkeys.com.au
Description	Providing psychological and educational assessments for children aged 6 to 16 years. Visiting Port Lincoln each school term.

Novita

Phone	1300 668 482
Address	2/18 King Street, Port Lincoln
Website	www.novita.org.au
Description	Offering psychology services to the Port Lincoln area.

Port Lincoln Aboriginal Health Services

Phone	8683 0162
Address	19A Oxford Terrace, Port Lincoln
Website	www.plahs.org.au/
Description	Providing quality, holistic primary health care services to the Aboriginal community, and can include advocacy support and counselling.

Positive Future Self

Phone	0437 800 733
Address	Unit 2/138 Mortlock Terrace, Port Lincoln
Description	Offering counselling and psychotherapy, hypnotherapy, neuro-linguistic programming, neuro-feedback therapy and coaching for both one-on-one and groups.

Relationships Australia

Phone	1300 364 277
Website	www.rasa.org.au
Description	Not for profit, community based organisation focussing on improving health and wellbeing. Services include counselling.

Uniting Country SA Family and Relationship Services (FaRS)

Phone	0437 425 690
Address	Shop 13 Harwill Court, Port Lincoln
Description	Providing programs that enhance family relationships, provide skills, education, information and support to families.

Victims Support Services

Address	52 Mortlock Terrace, Port Lincoln
Website	www.victimsa.org
Description	Provides free and confidential help to adult victims of crime, witnesses, their family.

West Coast Youth Services

Phone	8683 0072
Address	1/7 Mortlock Terrace, Port Lincoln
Website	www.wcyics.com.au
Description	Supporting young people 12 to 25 years and their families on the Lower Eyre Peninsula in the transition to adulthood and independence, providing a range of services to meet their needs.

Yarredi

Phone	8683 0311
Address	13 Dutton Terrace, Port Lincoln
Website	www.yarredi.org.au
Description	Counselling support for young women experiencing domestic violence, and for children who have witnessed violence, plus a range of other programs.

ONLINE & PHONE SUPPORT SERVICES

Parent Help Line

Phone	1300 364 100
Website	www.parenting.sa.gov.au/helpline
Description	Counselling service for parents, and people working with children aged from birth to 12 years, providing information about health, behaviours and relationships.

Regional Access

Phone	1300 032 186
Website	www.saregionalaccess.org.au
Description	Free professional telephone and online counselling 24 hours a day, seven days a week for people 15 years and older living or working in regional South Australia.

Smiling Minds (online)

Website	www.smilingmind.com.au
Description	An app for daily mindfulness and meditation.

Crisis Care

Phone	8688 3344 (local DCP) or 131 611 (after hours)
Website	www.dcp.sa.gov.au
Description	Telephone support service for when things go wrong and people require emergency support.

Beyond Blue

Phone	1300 224 636
Website	www.beyondblue.org.au
Description	24 hour counselling service for all ages and locations.

Black Dog Institute

Phone	Reception (02) 9382 4530
Website	www.blackdoginstitute.org.au
Description	Non emergency online service for mental health.

Kids Helpline

Phone	1800 551 800
Website	www.kidshelpline.com.au
Description	Free online counselling service specifically for young people aged 5-25 years.

Life Line

Phone	131 114
Website	www.lifeline.org.au
Description	24 hour counselling service for all Australians experiencing a personal crisis.

Dads in Distress (Parents beyond breakup)

Phone	1300 853 437
Website	www.dadsindistress.asn.au www.parentsbeyondbreakup.com
Description	24 hour counselling service for fathers who are separated from partners and children.

eHeadspace

Phone	1800 650 890
Website	www.headspace.org.au/eheadspace/
Description	Offers 1:1 and group counselling via phone or chat.

Rural and Remote Mental Health Triage

Phone	13 14 65
Description	Providing mental health services to people across rural and remote SA.

Griefline

Phone	1300 845 745
Website	www.griefline.org.au/
Description	Provides online supports for grief, loss, trauma, financial hardship and major changes.

PHONE APPS

Headspace

Website www.headspace.com
 Description An app to improve the health and happiness of the world.

Happify

Website www.happify.com
 Description Learn positive psychology and overcome negative thoughts through brain training and activities.

Moodgym

Description Helps with depression and anxiety. Builds strategies for emotional stress.

HelloMind

Description Provides 10 sessions at no cost for help with anxiety, stress and sleeping.

What's Up?

Description Interactive games to cope with stress and anxiety.

MoodMission

Description Teaches coping techniques for low moods, stress and anxiety, provides activities for mindfulness and wellness.

Tide

Description Helps to increase mindfulness, and improve focus, concentration and productivity.

Calm

Description Helps to reduce anxiety, stress and worries, increase mindfulness and introduce breathing exercises.

Beyond Now

Description Created by Beyond Blue as a safety planning app for managing thoughts and feelings of suicide.

Pacifica

Description Provides tools for managing stress, anxiety and depression. Also includes mindfulness meditation.

Smiling Mind

Description Teaches mindfulness and meditation for managing symptoms of depression and anxiety.

Reach Out

Description Helps to reduce anxiety through breathing exercises, and support through panic attacks.

ActivOT Occupational Therapy

Phone	0427 220 028
Address	3 Barry Avenue, Port Lincoln
Website	www.activot.com.au
Description	Assessment and intervention services within the home for: specialised equipment, scooter and mobility assessment and training, home modifications, rehabilitation programs, back care management, specialist seating and wheelchairs.

Country Health Connect - Community Health Services

Phone	8683 2200
Address	Oxford Terrace, Port Lincoln Hospital
Description	Providing a range of services including Physiotherapy, Speech Pathology, Occupational Therapy, Social Work, Dietician, Podiatry, visiting Paediatrics support and more.

ISAAD - ABA services

Phone	0447 250 755
Website	www.isaad.org
Description	Applied Behaviour Analysis (ABA) Intervention.

Novita

Phone	1300 668 482
Address	2/18 King Street, Port Lincoln
Website	www.novita.org.au/
Description	Offering physiotherapy, occupational therapy, psychology, speech pathology and support coordination to the Port Lincoln area.

Social Steps

Phone	0458 833 898
Description	Offering a range of disability support services for children/ teenagers working one to one or in small groups with a focus on life and social skill development along with social and community participation.

Tobruk Centre for Children's Development

Phone	8683 4488
Address	11 Tobruk Terrace, Port Lincoln
Website	www.tobrukcentre.com.au
Description	Services including Speech Pathology, Occupational Therapy, Developmental Educator support, Youth Development Practitioner, Social Work and Allied Health Assistant.

Young pOTential

Phone	0400 031 523
Website	www.youngpotential.com.au
Description	Working with children and their families to overcome difficulties in the areas of: retained primitive reflexes, fine and gross motor coordination, sensory processing, play, self-care, learning, behaviour, attention, social skills and more.

Department of Child Protection

Phone 8688 3344
 Address 71 Tasman Terrace, Port Lincoln
 Website www.dcp.sa.gov.au
 Description Child protection.

Housing SA

Phone 131 299
 Address 10 Hallett Place, Port Lincoln
 Website www.dcsi.sa.gov.au/services/housing-sa
 Description Provision of housing assistance to eligible families.

Medicare Local

Phone 13 24 68
 Address 8 Edinburgh Street, Port Lincoln
 Website www.humanservices.gov.au/customer/subjects/medicare-services
 Description Making it easier for patients to navigate the Primary Health Care System, liaise with health care professionals and services.

Port Lincoln City Council

Phone 8621 2300
 Address 60 Tasman Terrace, Port Lincoln
 Website www.portlincoln.sa.gov.au/
 Description Council services to the township of Port Lincoln.

Autism SA Visiting Assessment Team

Phone 8379 6976
 Description Visiting assessment team. A written referral is required. Parents and professionals can make the referral. Phone Autism SA to access forms and to discuss.

Child Development Unit

Phone 8683 2200
 Address Port Lincoln Hospital, Oxford Terrace, Port Lincoln
 Description Offer single and dual opinion assessments at no cost. Supported by Speech Pathologists from Country Health Connect and Tobruk Centre, and Paediatricians from Women’s and Children’s Hospital. GP referral required.

Novita

Phone 1300 668 482
 Address 2/18 King Street, Port Lincoln
 Website www.novita.org.au
 Description Offer visiting psychologist to conduct single opinion.

Tobruk Centre for Children’s Development

Phone 8683 4488
 Address 11 Tobruk Terrace, Port Lincoln
 Website www.tobrukcentre.com.au
 Description Offer single and dual opinion assessments with Speech Pathologist and Psychologist.

VISITING PAEDIATRICIANS (GP referral required)

Child Development Unit (CDU)

Dr Andrew Tidemann & Dr Deidre White

Phone 8683 2722 (CDU Co-ordinator)
 Address Port Lincoln Health Services

Port Augusta Regional Paediatric Unit

Phone 8668 7720
 Address Port Augusta Health Services

Centrelink

Phone 13 24 68
 Address 8 Edinburgh Street, Port Lincoln
 Description Delivering a range of payments and services for people at times of major change. Families may be able to access financial support including: Carer Allowance, Carer Payment, Carer Adjustment Payment.

National Disability Insurance Scheme (NDIS)

Phone 1800 800 110
 Website www.ndis.gov.au
 Description To ensure people with a disability receive the support they require. Funded by the Federal Government.

Medicare Australia

Phone 132 011
 Address 8 Edinburgh Street, Port Lincoln
 Description Universal health care system that provides eligible Australians with affordable health care. Assistance available for families to access therapy services, through a range of schemes including the EPC and HCWA schemes.

CentaCare Catholic Family Services

Phone 8683 0733
 Address 32 Mortlock Terrace, Port Lincoln
 Website www.ccsa.org.au
 Description Working with individuals, families and communities to counsel, support and educate. A range of programs are available.

Salvation Army

Phone 8682 6724
 Address 41-45 Marine Avenue, Port Lincoln
 Website www.salvationarmy.org.au/portlincoln/
 Description Access short-term financial assistance in the form of food parcels and vouchers. Music program for pre schoolers and their parent/caregiver.

Uniting Country SA

Phone 1300 067 777
Address 3-5 Eyre Street, Port Lincoln
Description Providing a range of financial aid programs to those in need.

Uniting Communities

Phone 8682 3571
Address 41 Edinburgh Street, Port Lincoln
Website www.unitingcommunities.org
Description Offering programs and support to the local community, including short term emergency respite and other respite programs.

Empowrd

Phone 8683 4401
 Address 10B Washington Street, Port Lincoln
 Website www.empowrd.com.au
 Description Independent National Disability Insurance Scheme (NDIS) registered service provider and Plan Management and Support Coordination services.

Eyre Futures

Phone 8682 4177
 Address Unit 3/80 Tasman Terrace, Port Lincoln
 Website www.eyrefutures.com.au
 Description Plan Management for NDIS. SLES (School leavers employment service), DES (Disability employment services). Wheels in motion, assist learner drivers to complete 75 hours of compulsory driving.

Country & Outback Health

Phone 8621 3800
 Address 21 Oxford Terrace, Port Lincoln
 Website www.cobh.com.au
 Description Provides mental health and general health programs across rural South Australia. Also provides Support Coordination and Plan Management for NDIS clients.

Novita

Phone 1300 668 482
 Address 2/18 King Street, Port Lincoln
 Website www.novita.org.au
 Description Offering physiotherapy, occupational therapy, psychology, speech pathology and support coordination to the Port Lincoln area.

Strive Disability Support Services

Phone 0411 507 174
 Address PO Box 2479, Port Lincoln
 Website www.strivesupport.com.au
 Description Provides Developmental Education, Social Work and Support Coordination (for NDIS clients).

Advocacy for Disability Access and Inclusion Inc

Phone	8340 4450
Website	www.advocacyfordisability.org.au
Description	Advocacy support for people with a disability and their family. May travel to regional areas to provide face to face support.

Port Lincoln Aboriginal Health Services

Phone	8683 0162
Address	19A Oxford Terrace, Port Lincoln
Website	www.plahs.org.au/
Description	Providing advocacy support and counselling.

Port Lincoln Aboriginal Community Council (PLACC)

Phone	8682 6677
Address	30 Ravendale Road, Port Lincoln
Website	www.placc.com
Description	Liaises and communicates with local, state and federal departments to support and provide programs and services to meet the needs of the community.

Bloom

Phone	8682 6966
Address	Civic Centre, Shop 6/60 Tasman Terrace, Port Lincoln
Description	Offering free hearing tests, thorough examinations and diagnosis, with leading solutions to correct hearing.

Hearing Australia Port Lincoln

Phone	8383 8800
Address	52 Mortlock Terrace, Port Lincoln
Description	Audiology, hearing Aids, hearing tests.

National Hearing Care Port Lincoln

Phone	(08) 7130 3760
Address	3-5 Eyre Street, Port Lincoln
Description	Hearing Tests.

Port Lincoln Aboriginal Health Services

Phone	8683 0162
Address	19A Oxford Terrace, Port Lincoln
Website	www.plahs.org.au
Description	Providing quality, holistic primary health care services to the Aboriginal community including advocacy, support and counselling.

Shine SA

Phone	1300 883 793
Website	www.shinesa.org.au
Description	Providing sexual health services and information to the community.

South Australian Cochlear Implant Centre

Phone	8379 4500
Address	52 Mortlock Clinic, Port Lincoln
Website	www.sacic.com.au
Description	Assessment form hearing implant technology. Visits Port Lincoln four times a year.

Autism SA

Phone 1300 288 476
 Website www.autismsa.org.au
 Description Infoline available from 9am to 4pm Monday to Friday.

Early Days

Phone 8379 6976 (via Autism SA)
 Website www.autismsa.org.au/early-days
 Description Access to online learning, and where possible, face to face learning through workshops. A range of topics are available.

Eyre Carers

Phone 8683 4477
 Address 1/18 King Street, Port Lincoln
 Website www.carers-sa.asn.au/carer-support/port-lincoln
 Description Support to people who are carers via information and a range of programs.

One Heart

Phone 8683 1929
 Address 55 Mortlock Terrace, Port Lincoln
 Description Goods and service assistance to local welfare groups. Funding support for community service organisations.

Port Lincoln Aboriginal Health Services

Phone 8683 0162
 Address 19A Oxford Terrace, Port Lincoln
 Website www.plahs.org.au
 Description Providing quality, holistic primary health care services to the Aboriginal community including advocacy, support and counselling.

Positive Partnerships

Phone 1300 881 971
 Website www.positivepartnerships.com.au
 Description Information, fact sheets, tools, online learning, and resources to support school aged students on the Autism Spectrum, and their families.

Raising Children Network

Website raisingchildren.net.au/
 Description An online resource for parenting from infants through to teens.

Uniting Care Wesley Adelaide

Phone 8682 7900
 Address Shop 3-5 Eyre Street, 13 Harwill Court, Port Lincoln
 Website www.ucscsa.org.au
 Description Provision of information and support across a broad variety of areas, including disability.

Uniting Communities

Phone 8682 3571
 Address 41 Edinburgh Street, Port Lincoln
 Website www.unitingcommunities.org
 Description Offering programs and support to the local community, including short term emergency respite, and other respite programs.

CARA

Phone	8347 4588 (Adelaide Office)
Address	Shop 10, Civic Centre, 60 Tasman Terrace, Port Lincoln
Website	www.cara.org.au
Description	Respite support for children 5-16 years who are registered with Disability SA.

Eyre Carers

Phone	8683 4477
Address	1/18 King Street, Port Lincoln
Website	www.carers-sa.asn.au/carer-support/port-lincoln
Description	Support to people who are carers via information and a range of programs.

GoNADS

Phone	0480 194 120
Website	www.gonads.com.au
Description	Specialising in the care and support of individuals living with a disability.

HEMOCARE +

Phone	8683 3188
Address	25 Napoleon Street, Port Lincoln
Website	www.homecareplus.asn
Description	Provision of staff to assist families with respite care, and other supports. Funding is required to access supports, this may come from Disability SA, NDIS, etc.

Uniting Communities

Phone	8682 3571
Address	41 Edinburgh Street, Port Lincoln
Website	www.unitingcommunities.org
Description	Offering programs and support to the local community, including short term emergency respite, and other respite programs.

Siblings Australia

Phone	8253 4937
Website	www.siblingsaustralia.org.au
Description	Support, information and resources for siblings.

Eyre Carers– Young Carers Program

Phone	8683 4477
Address	1/18 King Street, Port Lincoln
Website	www.carers-sa.asn.au/carer-support/eyre
Description	Providing information, support and access to activities for young people (aged 7-25) who provide significant care to a parent or sibling with special needs or illness.

Uniting Communities– Young Carers Program

Phone	8202 5111
Website	www.unitingcommunities.org
Description	Assistance to access funding for things such as tutoring, respite, etc. Designed to assist a young person who may be caring for a parent or a sibling with special needs to have a break from their role as carer.

Eyre Carers

Phone	8683 4477
Address	1/18 King Street, Port Lincoln
Website	www.carers-sa.asn.au/carer-support/eyre
Description	Provision of information and support to carers.

Kaleidoscope

Facebook	www.facebook.com/kids.kaleidoscope
Description	Parent/carer based support group, providing support and information, meetings are held monthly.

My Time

Phone	0417 774 993 (Colleen Lynch)
Address	Unity Hill Church New West Road, Port Lincoln
Website	www.mytime.net.au
Description	Weekly meetings during school terms for parents to share information and support each other.

West Coast Youth & Community Support

Phone	8683 0072
Address	1/7 Mortlock Terrace, Port Lincoln
Website	www.wcyics.com.au/
Description	Youth Programs. Youth shelter and emergency accommodation for people ages 15 to 17 experiencing homelessness. Case management.

Port Lincoln Gymnastics Club - Kindergym and Gymnastics Program

Phone	8683 3055
Address	50 Coronation Place, Port Lincoln
Description	A range of programs available, including special needs gym.

Riding for the Disabled

Phone	8682 4544
Address	Ravendale Park Pony Club, Proper Bay Road, Port Lincoln
Website	www.rdasa.org.au/
Description	Horse riding (places are limited).

Port Lincoln Leisure Centre

Phone	8683 4949
Address	2 Jubilee Drive, Port Lincoln
Description	Hydrotherapy program and heated pool. LEAD swimming lessons.

Baptist Care

Phone	8683 4464
Address	14 Edinburgh Street, Port Lincoln
Website	www.baptistcaresa.org.au
Description	Tumbelin - a therapeutic Adventure based program for young people (aged 13-18 years) living in the Eyre Region.

Paratheatre

Phone	0428 111 201
Address	Light House Church Hall, Dutton Street, Port Lincoln
Description	For persons 16 and over, providing a place to learn or develop love of music, arts and creative expression. Held every Thursday of the school term between 4 and 6pm.

Immersion Therapy

Phone	0417 932 466
Website	www.determined2.com.au
Description	Immersion Therapy™ is a service that was developed to offer freedom of movement within the weightless environment of underwater using SCUBA equipment.

Red Cross

Phone 8683 0551
 Address 20 Edinburgh Street, Port Lincoln
 Website www.redcross.org.au
 Description Share the dignity, sanitary products free of charge, dispenser in store. Beach mating and wheelchair access to front beach in Port Lincoln (seasonal, Monday, Wednesday, Friday).

I H8 Cooking

Phone 0410 526 477
 Website www.facebook.com/ih8cooking.portlincoln/
 Description Nationally run program to help people by cooking food for them with the ingredients they already own.

Quirky Owl

Phone 0429 834 959
 Address Shop 2, 2-4 King Street, Port Lincoln
 Website www.facebook.com/quirkyowlstudioandgallery/
 Description Offers art classes, unique, handmade jewellery, accessories, homewares and artwork.

United We Made It

Phone 0429 822 829
 Address Shop 5-6 Harwill Court, 3 Eyre Street, Port Lincoln
 Website www.facebook.com/unitedwemadeit
 Description Create one-off pieces with an upcycling focus. Focused on achieving NDIS goals through artistic interests.

Bedford

Phone	8682 6011
Address	30 Coronation Place, Port Lincoln
Website	www.bedfordgroup.com.au
Description	Provide employment and day options for people with a disability from 16 years of age.

Community Bridging Services

Phone	8682 5939
Address	20 Napoleon Street, Port Lincoln
Website	www.communitybridgingservices.org.au
Description	Disability employment service provider.

Complete Personnel

Phone	8682 1698
Address	3, 8 –12 Napoleon Street, Port Lincoln
Website	www.complete-personnel.com.au
Description	Employment, recruitment and training service.

Job Access

Phone	1800 464 800
Website	www.jobaccess.gov.au/home
Description	National hub for workplace employment information for people with a disability, employers and service providers.

Job Active Website

Website	www.jobsearch.gov.au
Description	Job active supports job seekers to find work.

JobnetH

Phone	8682 5937
Address	20 Napoleon Street, Port Lincoln
Description	Disability employment service for students in their last year of school onwards.

Wise Employment

Phone	8621 2600
Address	80 Washington Street, Port Lincoln
Website	www.wiseemployment.com.au
Description	Programs and services, in support of and complementary to our free government-funded employment services.

Workskil Australia

Phone	(08) 7624 8200
Address	Shop 9-11 Harwill Court 3-5 Eyre Street, Port Lincoln
Description	Government funded employment services for people aged between 14 to 65 years.

Aboriginal Family Support Services

Phone	8683 1909
Address	21 Washington Street, Port Lincoln
Website	www.afss.com.au
Description	Providing support, assistance and advocacy to Aboriginal children, youth and families, including working with Families SA around the placement of Aboriginal children in foster care.

Awaken Wellness

Phone	0400 257 072
Website	www.awakenwellness.com.au
Description	Internationally recognised sleep consultant working with families to support children aged newborn to 12 years and their families to gain healthy sleeping habits. Phone app available on the Apple iTunes App Store.

Care Seekers

Phone	1300 765 465
Website	www.careseekers.com.au
Description	Support workers for people with a disability .

Community House

Phone	8683 4722
Address	14 Conrad Street, Port Lincoln
Description	Providing a wide range of services to the local community including computer classes, community meals, community garden, etc.

Hire Up (online service)

Website	www.hireup.com.au/register
Description	Online service platform for support workers and people with a disability.

Port Lincoln Library

Phone	8621 2345
Address	2 London Street, Port Lincoln
Website	https://onecard.network/client/en_AU/portlincoln/?dt=list
Description	Access to books with onecard. School holiday fun. Story telling for children.

Salvation Army

Phone	8682 6724
Address	41-45 Marine Avenue, Port Lincoln
Website	www.salvationarmy.org.au/portlincoln/
Description	Mainly music program for pre schoolers and their parent/ caregiver. Access short-term financial assistance in the form of food parcels and vouchers.

St Vincent de Paul (Vinnie's)

Phone	8682 3962
Address	7 Hallet Place, Port Lincoln
Description	Emergency Assistance to those in need with food, clothing and household items.

