Colac-Otway

Early Years Directory 2015



A guide to services for families within our community



Emergency Numbers

Forrest

Birregurra

Ambulance, Fire	e, Police	000	500
Police Stations:			EMEDCENCY
Colac	Crn Dennis & Queen St	5230 0000	EMERGENCI
Apollo Bay	31 Nelson St	5237 6750	
Beeac	63 Main St	5234 6255	

5236 2034

5236 6372

CRISIS INFORMATION/SUPPORT

89 Main St

47 Station St

Lavers Hill 62 – 66 Great Ocean Rd 5237 3200

1800RESPECT Counselling- 24 hour	1800 737 732
Australian Breastfeeding Association Helpline	1800 686 268
Child Protection Crisis Line - 24 hour	13 12 78
Colac Area Health	03 5232 5140
Crisis Accommodation Homelessness - 24 hour	1800 825 955
Department of Immigration and Border Protection	13 18 81
Geelong Hospital – Barwon Health	03 4215 0000
Kids Helpline - 24 hour	1800 551 800
Lifeline - 24 hour	13 11 14
Maternal and Child Health Line- 24 hour	13 22 29
Men's Referral Service	1300 766 491
National Relay Service – 24 hour	13 36 77
National Perinatal Depression Helpline (Panda)	1300 726 306
Nurse-On-Call – 24 hour	1300 606 024
Otway Health - Apollo Bay	03 5237 8500
Parentline Victoria – 8am - midnight	13 22 89
Safe Steps Family Violence Response Centre- 24 hour	1800 015 188
Sexual Assault Crisis Line 5pm – 9am	1800 806 292
Victorian Poisons Information – 24 hour	13 11 26
Victorian State Emergency Services – 24 hour	13 25 00

Introduction

This information booklet should be used as a guide only and is provided in the interest of the community.

Amendments to Directory

The content of the Colac Otway Shire 'Early Years Directory' was correct at the time of printing. If you find any details have changed, forward the correct details to:

Colac Otway Shire

Contact: Barbara Paine

Address: 2-6 Rae St Colac Vic 3250

Phone: 5232 9429

Email: barbara.paine@colacotway.vic.gov.au

To download or print a copy of the directory-

Colac Otway Shire website: www.colacotway.vic.gov.au.

Click on Family & Children's Services in left hand column, then choose Early Years Directory.

Kids Early Years Services (KEYS): Colac District 0-8yrs

"Early Years, the KEY to life"

The focus of this network is to support the creation of positive environments for all children.

Chairperson 2013: Sharyn Ryan, Family & Children Services Coordinator, Colac Otway Shire

Email: sharyn.ryan@colacotway.vic.gov.au

Kids Early Years Services (KEYS): Southern 0-8yrs

The focus of this network is on healthy growth and development of children aged 0-8 years.

Chairperson 2013: Tanja Brunner, Otway Health

Email: otwayhealth@swarh.vic.gov.au





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Aboriginal Services

Wathaurong Aboriginal Co-Operative

Community Services

Health Services

Family Services

Address: 62 Morgan St Geelong North Vic 3215

Phone: 5277 0044

Email: admin@wathaurong.org.au



Services Offered at Colac Area Health:

Aboriginal Heath Workers

Other services offered:

G.P. Service

Health Education

Immunisation

Men's Health

Women's Health

Children's Health

Drug & Alcohol Worker

Best Start Program

Needle Exchange Program

HACC

Housing

Community Justice Program

Language Program

Education Development Officer

Mentoring Program

Preschool Officer

Aboriginal Family Violence Prevention & Legal Service Victoria

1800 105 303

Child Care

A range of child care services are available in the Colac Otway Region. Council or private owned

Name of facility	Contact	Email & Address of Venue	Services
Apollo Bay Children's Centre	Otway Health 5237 8500	otwayhealth@swarh.vic.gov.au Apollo Bay Children's Centre 4 Pengilley Avenue, Apollo Bay	Child Care 0-12yrs Monday to Friday 8.30am – 5.30pm
Bluewater Fitness Centre Crèche	Bluewater Fitness Centre 5232 9551	bwf@colacotway.vic.gov.au Bluewater Fitness Centre Crèche Youth Club Myers Street, Colac	0-5yrs Tuesday – Friday 9.00am- 11.30am
Colac Family Day Care	Colac Otway Shire 5232 9400	inq@colacotway.vic.gov.au Colac Otway Shire 2-6 Rae Street, Colac Vic 3250	Child Care 0-12yrs In a home style environment
Cororooke In-Venue Family Day Care	Corangamite Shire 5593 7100	shire@corangamite.vic.gov.au Cororooke Community Health Centre Corangamite Lake Road, Cororooke	Child Care 0-12yrs
Forrest Occasional Care	Forrest Primary School 5236 6540	forrest.ps@edumail.vic.gov.au Forrest Primary School 10 Grant Street, Forrest	Child Care 1-5yrs Mon, Tue, Wed 9am-2pm School Terms Only
Forrest Primary School After School Care	Forrest Primary School 5236 6540	forrest.ps@edumail.vic.gov.au Forrest Primary School 10 Grant Street, Forrest	After School Care 5-12yrs 3.30pm-6.00pm School Terms Only
Millville Child Care Centre	5232 2550	millvillecc@bigpond.com Millville Child Care Centre 23 Hart Street, Colac	Child Care 0-6yrs Long Day Care Monday-Friday 8am-6pm
The Cubby House at Colac	5231 4811	director@thecubbyhouseelc.com.au The Cubby House 91-97 Pound Road, Colac	Child Care 0-6yrs Mon-Fri 7am-6pm After School Care & School Holiday
Wydinia Kindergarten & Early Learning Centre	5231 4552	wydinia.kin@kindergarten.vic.gov.au Wydinia Kindergarten 19 Dunoon Street, Colac	Child Care 0-6yrs Long Day Care Monday- Friday 8.15am-5.15pm
Champs Out of School Hours Care	0409 992 544	s.hamill@champsoshc.com St Mary's Community Centre	School Holiday Program After School Care 4-12yrs

Child Protection and Family Violence Services

Centre Against Sexual Assault – BCASA

Crisis support to recent victims of sexual assault

Phone: 5222 4318

After Hours: 1800 806 292 - 24 Hour

Address: Level 1, 59-63 Spring Street Geelong West, 3220

Email: admin@barwoncasa.org
Colac Area Health Phone: 5232 5100



Child Protection Unit - DHS

Child Protection Intake Phone: 1800 075 599 After Hours Emergency Phone: 13 12 78 Geelong Intake Phone: 5226 4540 Colac Intake Phone: 5231 4350



Family Violence Counselling- Community Services

Address: Colac Area Health, 2 - 28 Connor Street Colac

Phone: 52325140 or 5232 5180

Domestic Violence Outreach Services

Provides support, information and referrals for women who are experiencing or who have experienced domestic violence

Geelong Phone: 5224 2903

Immigrant Women's Domestic Violence Service

- Counselling and support to immigrant and refugee women and children
- Legal Advocacy
- Casework consultation / partnership with other services

Phone: 8413 6800 Free call: 1800 755 988 Mon-Fri 9:15-5:15pm

Men's Referral Service

Provides anonymous and confidential telephone counselling, information and referrals to men to help them take action to stop using violent and controlling behavior.

Jenavioi.

Phone: 1300 766 491

Minerva Community Services – Zena Geelong

Provides free information and support to women and their dependent children, who have experienced family violence. The service also provides access to high security refuge accommodation to women assessed as being at high risk of further harm.

Service Hours: 9am-4.30pm Monday to Friday

Phone: 5224 2903

Postal Address: PO Box 908, Geelong 3220

Email: admin@minerva.org.au



Safe Steps Family Violence Response Centre

Be the voice for the prevention and elimination of violence against women and children by providing a state-wide immediate response that informs, protects and

connects women and children so they are safe

Phone: 1800 015 188 24 hour Email: <u>admin@safesteps.org.au</u> Web: www.safesteps.org.au



Aboriginal Family Violence Prevention and Legal Service

The Aboriginal Family Violence Victoria (FVPLS) provides legal advice, counselling, information, referral and support to Aboriginal victims/survivors or people at immediate risk of family violence and sexual assault as well as to parents/carers of Aboriginal children.

Phone: 1800 105 303 Web: wwwfvpls.org

Disability and Special Needs

Colac Otway Shire All Abilities Support Services

Registered Provider with Disability Care Australia

Respite support provided to Carers of children with a disability, including Autism Spectrum

Disorder.

Address: 2 – 6 Rae St Colac VIC 3250

Phone: 52 329420

Email: inq@colacotway.vic.gov.au

National Disability Insurance Scheme

The National Disability Insurance Scheme is the new way of providing individualized support for eligible people with permanent and significant disability, their families and carers.

Hours: 8:30am - 5:00pm

Address: 13 Connor Street Colac 3250 Phone: 03 5233 5100 or 1800 800 110

National **disabilityinsurance**Scheme

Gateways Support Services

Kindergarten Inclusion Support Service
 Support provided to integrate children with severe disabilities into Kindergartens
 Services, for children 0-6 years with a developmental delay or disability including
 Autism Spectrum Disorder.

 Strengthening Parent Support Program
 Provide access to information and support for families and children with disabilities or additional needs.

Interchange

Respite care available to carers of a child with a disability.

Autism Spectrum Disorder

Assessment and Diagnosis of Children, 0 yrs-Schools Entry.

Address: Shop 3/58 Hesse St Colac VIC 3250

Phone: 5232 2001

Email: colac@gateways.com.au Website: <u>www.gateways.com.au</u>



Colac Early Education Program

Supports children (2.8 years to 6 years of age) and their families who may have a disability or developmental delay. Special education programs, speech, occupational therapy, physiotherapy, service planning and coordination, assistance and support to access services such as kindergarten and child care services are available.

Address: Colac Specialist School, 120A Wilson Street, Colac

Postal: PO Box 307, COLAC 3250

Phone: 5231 1055 Fax: 5232 1911

Email: colac.ss@edumail.vic.gov.au

Website: www.colacspecialistschool.vic.edu.au

Family and Parent Support Service

Barwon Housing and Homelessness Support

People experiencing homelessness or a housing crisis in Geelong, Colac, the Surf Coast and surrounding areas are able to access. Self-referral

Ph: 1800 825 955

Adult Location Salvo Connect

2A Settlement Road

Belmont, 3216

Youth Location Barwon Youth

12-14 Halstead Place

Geelong West, 3220

Hours: 9:00am to 5:00pm, Mon to Fri

Beeac Community Health Centre

Address: 31 Lang St, Beeac, VIC 3251

Phone: 5267 1270

Bethany - Barwon South West Region

Bethany Community Support offers a broad range of high quality services to families and individuals. Early years services provided in Colac include:

- Barwon Victims Assistance and Counselling
- Children's Contact Service
- Community Kitchens
- Family Violence After Hours Service
- Men's Behaviour Programme
- Outreach Service
- Kinship Care Support 1300 557 611

Address: Colac Outreach – Colac Area Health, 2-28 Connor Street, Colac Vic 3250

Phone: 5278 8122

Birregurra Community Health Centre

Early Years services provided:

Maternal Child Health Nurse – 2nd and 4th Monday afternoon of Month

Address: 28 Strachan Street, Birregurra VIC 3242

General Enquiries Phone: 5236 4009

• Doctor Private General Practice:

Phone: 03 5236 2000

Hours: Monday- Friday 9am – 5pm Email: birregurra.cah@swarh.vic.gov.au

Colac Area Health

Family and Community Programs:

- Alcohol and other Drugs
- Barwon South West Children's Resource Program
- ChildFIRST Intake
- Community/Adolescent Nurse
- Family Support Service
- Family Violence Counselling
- Financial Counselling





- Generalist Counselling
- Transitional Housing
- Women's Counselling
- Youth and Children's Counselling

Family Planning and Early Parenting Clinic

• Aboriginal Heath Worker

Allied Health Services:

- Community Dental Clinic
- Infant Hearing Screening
- Health Promotion
- Nutrition
- Occupational Therapy
- Physiotherapy
- Podiatry
- Social Work
- Speech Pathology
- SPOT Therapy group
- PODDS

Fee: Many of our services for families are low cost and children are free

Address: 2 - 28 Connor Street, Colac Vic 3250

Phone: 5232 5140

Email: cah@swarh.vic.gov.au

Website: <u>www.colacareahealth.com.au</u>

OZ Child (previously known as Community Connections)

 Social Inclusion and Emotional Development Strategy Program-assisting parents in their interactions with their children

Foster care

Address: 140 Manifold Place Camperdown Vic 3260

Phone: 9695 2200 or 1800 727 141

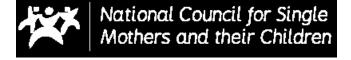
National Council of Single Mothers and their Children

Eliminate and respond to violence, hardship and single inequality for single mother and their children

Phone: 1800 758 150

Email: ncsmc@ncsmc.org.au

Website: www.ncsmc.org.au



Centrelink

CatholicCare - Catholic Diocese Ballarat

Delivers programs and services to support individuals and families to increase their quality of life and reduce social isolation and disadvantage.

Individual and couples therapy

Fee: \$30 Employed and \$15 Health Care Card Holders, per session

Address: St Mary's Church Parish Office, 3 Gellibrand Street, Colac Vic 3250

Phone: 03 5327 7960 Contact: Lauren

Email: vana.manelle@centacareballarat.org.au

Website: www.ccam.org.au

Centrelink- Customer Service Centre Colac

Assist with personal, family, financial or accommodation problems

Hours: 8:30am - 4:30pm

Address: 108 Bromfield Street Colac Vic 3250

Phone: Families 136 150, Financial Information 132 300, Emergency Help 132 850



Cherish

A bereavement support group for parents who have experienced the death of a child. Carmel offers support in your own home

Phone: 5235 4217

Child First – Child and Family Information Referral and Support Team

Support for vulnerable children, young people (0-18yo) and their families

Address: Colac Area Health, 2 - 28 Connor Street Colac

Phone: 5232 5500

Creative Living Centre -Baptist Church Centre

Family therapy available on Mondays Address: Crn Hesse and Dennis Street

Phone: 5232 1717 (leave your name and number)

Drug & Alcohol Family Outreach Program

Support for families experiencing the impacts of drug and alcohol misuse Address: Barwon Child, Youth & Family 52B Rae Street, Colac Vic 3250

Phone: 5231 4740

Website: http://www.bcyf.org.au

Family Relationship Centre

• Strengthening family relationships

• Helping families stay together

Assisting families through separation

Parenting Orders

• Family Dispute Resolution

Address: Suite 2, 27 -31 Myers St Geelong 3220

Phone: 5246 5600 or 1300 656 043

Email: geelongfrc@centacaremelbourne.org.au

Website: www.familyrelationships.gov.au

National Family Relationship Advice Line: 1800 050 321 (for after hours free

information, advice or referrals)

Address: 4 Miller Street Colac Vic 3250

Phone: 5231 4740

Hour: Thursday 10am – 4pm

Federation of Community Legal Services Victoria

Free legal advice and assistance to anyone who lives, works or studies within their catchment area i.e Law, Crimes Compensation, Debts and any other area

Phone: 9652 1500

Email: administration@fclc.org.au
Web: www.communitylaw.org.au



Barwon Child, Youth & Family – Early Years Services

Provide programs for children (0-8yo) and their families. These are aimed at promoting early childhood development, and supporting parents to provide a positive home learning environment.

- PLAY
- Bush Groups
- Let's Read
- HIPPY
- Smalltalk
- Leapin Lizards
- Kindergarten Cluster ManagementAddress: 52B Rae Street Colac 3250

Phone: 5231 4740

Website: http://www.bcyf.org.au



Home & Away Baby Hire

For the hire of capsules, cat seats, high chairs, portable cots around Colac & Otway

Contact: Philippa Jordan Phone: 0488 673 050

Email: geelong@babyhire.com.au Website: www.babyhire.com.au



Otway Health

Provides short term practical assistance, advocacy, information and support. Early Years Services provided:

- Child Care long day and after school hours
- Counselling and Support Services
- Family Support Services
- Centrelink Agent
- Chronic Disease Management i.e. Diabetes
- Health Promotion
- Occupational Therapy
- Physiotherapy
- Podiatry
- Maternity Services and Parent Support Programs
- Eyecare to You
- Hearing Australia

Address: 75 McLachlan St Apollo Bay Vic 3233

Phone: 5237 8500 Fax: 5237 6172 Email: otwayhealth@swarh.vic.gov.au Web: www.otwayhealth.com.au

Regional Parenting Service (Barwon South Western Region)

Is committed to improving the level of parenting skills in the community through ensuring that parents of children from 0 -18 years have access to high quality parenting information and support. Parent education activities and programs in a group setting.

Phone: City of Greater Geelong 5272 4817 or 1800 111 078



GEELONG

Tweedle

Every year Tweddle's specialised team of maternal and child health nurses, mothercraft nurses, psychologists, social workers and early childhood professionals provide support to over 4,000 families facing parenting challenges.

These challenges are commonly underpinned by isolation compounded by health issues, addiction, family instability and violence, sleep deprivation, feelings of being unable to cope and the complexities that can arise from financial stress, age, ethnicity and other factors.

Address: 25 Thwaites Close Waurn Ponds Vic 3216 Phone: 5221 7333

Address: 46 Thompson Street Terang Vic 3264 Phone: 5592 0284

Web: www.tweddle.org.au

Geelong Area Multiple Births Association

GAMBA is a volunteer based community organisation offering support to families of multiples in the Greater Geelong region. Parents of twins, triplets and more in the Geelong area can access GAMBA for help, support, playgroup, capsule hire, social events and more.

Phone: 0447 658 436

Email: gambainfo@gmail.com
Web: http://gamba.amba.org.au/

Counselling Services

Barwon Health Child and Adolescent Mental Health Service – CAMHS (0-15 years)

Address: 115 Pakington Street Geelong West 3218

Phone: 4215 8600 or 1300 094 187

Colac Area Health (see page 5)

Colac/Corangamite School Social Worker / Psychologist (see page 22)

Hope Bereavement Care

Counselling, information and education are provided on related issues of grief and trauma for those who have experienced the death of an infant, child or young person under 18 years of age.

Address: Level 2, Kitchener House 289 Ryrie Street, Geelong Vic 3220

Phone: 4215 3358 or 1800 240 400 24 hour

Email: hope@bereavement.org.au Website: www.bereavement.org.au

Peri-natal Emotional Health Program (PEHP)- Barwon Health

Home visiting service for women and families during pregnancy and postnatal. This service is accessed via referral to Barwon Health Mental Health Triage Service.

Julie McNamara visiting Colac Otway on Tuesday

Phone: 4215 8600 Fax: 4215 8698 Email: pehp@barwonhealth.org.au



Child and Youth Psychiatric Triage

information, assessment, referral, continuing care case management services, clinical and consultancy 24 hours a day, 7 days a week Phone: 5226 7410

The Raphael Centre – St John of God Hospital

The Raphael Centre offers specialist counselling, support and information for parents affected by anxiety, depression, stress or difficulties in adjustment to parenthood, during pregnancy or in the two years following the birth of their baby.

Phone: 5221 7333

Address: Colac Maternal Child Health Centre on Wednesday AM

Colac Barwon Child, Youth & Family on Wednesday PM

Email: raphael.geelong@sjog.org.au

Victorian Legal Aid

Provide free legal information and education to all Victorians, with a focus on prevention and early resolution of legal problems.

Address: Level 2, 199 Moorabool St, Geelong VIC 3220

Phone: 5226 5666 or 1800 196 200 (toll free)

Private Phycology, Counselling and Therapy Services

Colac Otway Psychology

Julie Cochrane

Address: 398 Murray Street, Colac Vic 3250

Phone: 0424 220 314

Murray Street Allied Health

Address: 398 Murray Street, Colac Vic 3250

Phone: 5232 1542 and 0407 558 171

Maria Egerton- Psychologist (Tue and Wed)

Address: 26 Murray Street, Colac Vic 3250

Phone: 5229 5313

Otway Medical Clinic

Hours: Wednesday 8.45am-6.00pm

Address: 31-35 Connor Street, Colac Vic 3250

Phone: 5231 5300

Colac Counselling & Hypnotherapy Service

Address: Manifold St, Colac Vic 3250

Phone: 5232 2918

Marriage & Family Counselling – Centacare Ballarat

Address: St Mary's 3 Gellibrand St, Colac Vic 3250

Phone: 5231 2177 or 5327 7998

Tanya Harkness

Address: 355 Killala, Apollo Bay Vic 3233

Phone: 0419 002 661

Email: tkharkness@bigpond.com

Public Housing Services

Common Equity Housing Ltd (CEHL)

Providing a means for lower income earners to access rental properties

Phone: 1800 353 669

Website: <u>www.cehl.com.au</u>

Provides public housing and support for low income Victorians, targeted to those most in need. Also works directly in partnership with not-for-profit

registered housing agencies to provide community housing.

Address: 54B Bromfield St, Colac Vic 3250

Phone: 5231 4350 or 1300 650 172 Website: <u>www.dhs.vic.gov.au</u>

Health Services

Private Medical Clinics & General Practices

Apollo Bay General Practice

Hours: Monday – Friday 8.30am – 5.30pm and Saturday 9am – 11am

Address: 40 Pascoe Street, Apollo Bay Vic 3233

Phone: 5237 6844

Bulk Billing available on doctor's request and to those holding a pension card or

children under 16 years old

Dr Denes Borsos

Address: 105 Woodrowvale Road, Elliminyt Vic 3250

Phone: 5231 6664

Email: dborsos@bigpond.net.au

Website for Appointments: www.drborsos.com.au

Drs Jim & Meg Lawless

Hours: Mon, Tue, Thur & Fri 8.30am-7pm Sat 8.30am – 12pm

Address: 1 Moore Street, Apollo Bay Vic 3233

Phone: 5237 7296

Dr Ray Sarkis- Birregurra Community Health Centre

Hours: Monday –Friday 9am – 5pm

Address: 28 Strachan Street, Birregurra Vic 3242

Phone: 5236 2000

Colac Medical Centre (Bulk Billing Clinic)

Hours: Monday – Friday 8am – 8pm Sat – Sun 10am – 2pm

Address: 6 Murray Street, Colac Vic 3250

Email: colacmedical@gmail.com

Medicare bulk billing clinic, no out of pocket expense. Preferably by appointments but also taking walk-in patients. Can also book using www.healthengine.com.au

Corangamite Clinic

Hours: Mon- Fri 8.30am-9pm Sat 9am-12 midday Sun 10am-11am

Walk in / Sit and Wait appointments Monday – Friday 8.30am-4.30pm

Address: 12-14 Miller Street, Colac Vic 3250

Phone: 5231 5866 (also call for after hours, there always a doctor on call)

Email: mail@corangamiteclinic.com.au Website: www.corangamiteclinic.com.au

Otway Medical Clinic

Hours: Mon – Fri 8.45am – 5.30pm Emergency Walk-ins Sat 9am-12pm

Address: 31-35 Connor Street, Colac Vic 3250

Phone: 5231 5300

Paediatrician – GP referral required

Dr Chris Cooper

Address: Visiting Service to Corangamite Clinic Tuesday
And Visiting Service to Otway Health– 6 weekly on Thursday

Phone: 5222 2222 Fax: 5222 4311

Colac Area Health - Address: 2-28 Connor Street, Colac Vic 3250

Health Services – Phone 5232 5100

- Acute Care
- Day Surgery
- Urgent Care
- General Medicine
- Haemodialvsis
- Midwifery Services
- Obstetrics and Gynaecology
- Surgery Dental, Endoscopic
- General Gynaecology, Ophthalmology, Orthopaedic
- Urology
- Rehabilitation
- Pathology, Radiology, Medical Imaging

Community Nursing – Phone 5232 5140

- Continence Support
- Wound Management Resource
- Hospital in the Home
- Home Nursing
- Diabetes Education

Colac Youth Health Hub

Improving the health and wellbeing of the youth of our community 14 – 25 Years

Hours: 9am – 5pm

Address: 15-17 Miller Street Colac, 3250

Phone: (03) 5232 5520 Email: yhh@cah.vic.gov.au

PASS - Paediatric and Adolescent Support service

Working with chronic illness and disability

Address: 15 Pakington Street, Geelong West Vic 3220

Phone: 03 4215 8600

Speech Therapist – Private

Simone Hay: Speech-Language Pathologist

"Talk to Me" Speech Pathology

Address: 6 Hart Street, Colac Vic 3250

Phone: 5231 1885 Fax: 5231 1888 Mob: 0418 178 784

Website: www.talktome.net.au

Women's Health Nurse

Pap smears, breast checks, contraception and pre-pregnancy counselling

Address: Corangamite Clinic, 12-14 Miller Street Colac Vic 3250

Phone 5231 5866

Chemists

Colac Chemmart

Hours: Mon-Fri 8.30am - 6.30pm Sat 9am - 5pm Sun10am - 4pm

Address: 52 Bromfield Street Colac Vic 3250

Phone: 5231 4022

Colac Pharmacy

Hours: Mon-Fri 8.30am - 6.30pm Sat 9am - 5pm Sun10am - 4pm

Address: 327 Murray Street Colac Vic 3250

Phone: 5232 2399

RP Hynes Pharmacy

Hours: Mon-Fri 9.00am - 5.30pm Sat 9am - 12pm Address: 56 Corangamite Street Colac Vic 3250

Phone: 5231 2041

Community Care Chemist Apollo Bay

Hours: Mon-Fri 9.00am - 5.30pm Sat 9am - 2pm Sun-Seasonal

Address: 121-123 Great Ocean Road Apollo Bay Vic 3233

Phone: 52376 312

Birregurra Pharmacy - Craig Walker

Hours: Mon-Fri 9.30am - 12.30pm 1.30pm - 5.30pm Sat 9am - 11am

Address: 40 Main Street, Birregurra Vic 3262

Phone: 5236 2288

Dentists

Colac Dental Practice - Address: 36 Hesse St Colac Phone: 52312 755 **Hart Street Dental Clinic -** Address: 15 Hart Street Colac Phone: 5232 5352

Purely Dental - Address: 18 Miller Street Colac Phone: 5231 2600 **Public Dental Clinic** – Colac Area Health Phone: 5232 5100

School Dental Service - Phone: 1300 360 054

Optometrists

Specsavers

Hours: Mon – Fri 9am-5.30pm

Address: 71 Gellibrand Street Colac Vic 3250

Phone: 5231 2974

Otway Optical

Hours: Mon – Fri 9am-5.30pm Sat 9am-12pm Address: 143 Murray Street, Colac Vic 3250

Phone: 5231 4075

Otway Health

Nurse Clinic

- Wound Clinic
- Urgent Care
- Community Nursing

Address: 75 McLachlan Street, Apollo Bay Vic 3233

Phone: 5237 8500

Email: otwayhealth@swarh.vic.gov.au Website: www.otwayhealth.com.au

Kindergartens

Alvie and District Kindergarten Inc (3 & 4 Year Old Program)

Address: 725 Lake Corangamite Road Coragulac Vic 3249

Phone: 5233 1436 Fax: 5233 1436

Email: alvie.kin@kindergarten.vic.gov.au

Apex Preschool (3 & 4 Year Old Program)

Address: 7 Howarth Street Elliminyt Vic 3250

Phone: 5231 4271 Fax: 5232 2782

Email: apex.kin@kindergarten.vic.gov.au Website: www.apexpreschool.com

Apollo Bay Preschool (3 & 4 Year Old Program)

Address: McLachlan St Apollo Bay Vic 3233

Phone: 5237 6494

Email: apollo.bay.kin@kindergarten.vic.gov.au

Facebook.com/ApolloBayPreschool

Birregurra Preschool Centre Inc (3 & 4 Year Old Program)

Address: 95 Main Street Birregurra Vic 3242

Phone: 5236 2096 Fax: 5236 2108

Email: birregurra.kin@kindergarten.vic.gov.au

Colac East Kindergarten (3 & 4 Year Old Program)

Address: 1 Polwarth St Colac Vic 3250

Phone: 5231 2617

Email: colac.east.kin@kindergarten.vic.gov.au

Forrest Preschool (3 & 4 Year Old Program)

Address: 12 Grant St Forrest Vic 3236

Phone: 5236 6540

Email: preschool@forrestps.vic.edu.au

Lavers Hill & District Pre-School (3 & 4 Year Old Program)

Address: P-12 College, 5 College Drive, Great Ocean Road Lavers Hill 3238

Phone: 5237 3229

Email: kinder@lavershillp12c.vic.edu.au

Milville Child Care Centre- Kindergarten Program (3 & 4 Year Old Program)

Address: 23 Hart Street, Colac Vic 3250

Phone: 52322550

Email: millvillecc@bigpond.com

The Cubby House at Colac (4 Year Old Program)

Address: 91-97 Pound Rd Colac VIC 3250

Phone: 5231 4811

Email: thecubbyhouse@internode.on.net

Winifred Nance Kindergarten (3 & 4 Year Old Program)

Address: 5 Gilmartin Street Colac Vic 3250

Phone: 5231 4749 Fax: 5231 6902

Email: winifred.nance.kin@kindergarten.vic.gov.au

Wydinia Kindergarten (3 & 4 Year Old Program)

Address: 19 Dunoon Street Colac Vic 3250

Phone: 5231 4552

Email: wydinia.kin@kindergarten.vic.gov.au

<u>Additional Kindergarten Support Programs are available through:</u>

Early Start Kindergarten Initiative

- Early Start Kindergarten funding is available to all 3 year old Aboriginal and Torres Strait Islander children and other children who are involved with Child First and/or Child Protection
- Early Start enables children to attend a kindergarten program for up to 10 hours and 45 minutes a week free of charge.

Phone: 5330 8601 Kerry McCarthy Email: swvr@edumail.vic.gov.au

Preschool Field Officer- Gateways Support Services Inc

*Preschool Field Officer's offer assistance to children, their families and kindergarten staff, to promote inclusion within the kindergarten setting. Observations and assessments are provided to assess a child's level of development.

*Outcomes from this can be a referral for more specialised assessment, recommendation of a second year of kindergarten and planning within the kindergarten program.

Address: 10 - 12 Albert Street Geelong West 3218 Phone: 5221 2984

Transport

Taxi- Apollo Bay Phone: 0417 109 686

Taxi- Colac Phone: 13 22 27

Taxi- Geelong Phone: 13 10 08 Geelong Maxi Phone: 52785785

Public Transport Victoria Timetables Phone: 1800 800 007 6am - midnight

Vline Colac Station Phone: 5231 4603 Address: 102 Gellibrand Street Colac Vic

Hutchinson Busline Phone: 5236 2210

Christians Bus Company Phone: 5231 2203

Library Services

Corangamite Regional Library Corporation - Public Libraries

Public Libraries provide a range of special library services for children in the municipality. Membership to the public library is free and the service is open to all.

Colac Community Library and Learning Centre

Hours: During term Mon-Thurs 8:30-5:30 School Holidays Mon -Thurs 9:30-5:30

Address: 173 Queen Street, Colac Vic 3250

Phone: 5231 4613

Email: <u>colc@corangamitelibrary.vic.gov.au</u>
Website: <u>www.corangamitelibrary.vic.gov.au</u>

Fri 8:30-7:00 Sat 10:00-12:00 Fri 9:30-7:00 Sat 10:00-12:00



Early Childhood Programs provided at this Colac branch:

- <u>Story time</u>: Encourages Preschoolers (3-5 years) to develop a love of books and helps them develop pre-reading skills. Every Tuesday 10:30am (not in school holidays)
- Rhyme time: 0-3 years of age Children (and parents) will learn songs, rhymes and finger plays. Every Wednesday 10.30am (not in school holidays)
- <u>Baby Bounce</u>: For babies under 12 months of age, learn a variety of rhymes, songs and games for Mum and Dad to play and sing with their baby. Every Thursday at 10.30am during March, May, August and November.

Colac Library Annex

Hours: Mon- Fri 10:00 -2:00 pm Sat 10:00 – 12:00 Address: 105 Gellibrand Street, Colac Vic 3250

Phone: 5232 2631

Email: colacannex@corangamitelibrary.vic.gov.au

Apollo Bay -Library

Hours: Wed 11:00am - 1:00pm &1:30pm - 6:00pm

Fri 10:00am – 1:00pm &1:30pm - 5:00pm

Sat 10:00am - 12:00pm

Address: Marrar Woorn Neighbourhood House 6 Pengilley Ave, Apollo Bay Vic 3233

Phone: 5237 1013

Email: abaylib@corangamitelibrary.vic.gov.au

Library Outreach & Home Services Van

Address: 173 Queen Street Colac, Victoria 3250

Phone: 5231 4613 – for timetable

Mobile: 0408 525 538

Email: outreach@corangamitelibrary.vic.gov.au

Toy Library Inc. Colac

Toy Libraries promote the importance of play in a child's development.

Once you become a member of a Toy Library there are many wonderful toys suitable for children of all age groups to borrow.

Address: Community Library and Learning Centre 173 Queen Street, Colac 3250

Hours: 10am – 11pm Fridays Phone: Tony Hayes 0429 012 185

Maternal and Child Health Services

Australian Breastfeeding Association

The Australian Breastfeeding Association (ABA) is a mother to mother support group offering counselling, community education, electric breast pup hire and breastfeeding resources

Phone: 1800 686 268- 24 hours breastfeeding support helpline on MUM 2 MUM

Website: www.breastfeeding.asn.au

BPAC - Barwon Post Acute Care

In-home housekeeping post baby delivery

Address: Colac Area Health, 2-28 Connor Street Colac Vic 3250

Phone: 5232 5100

Colac Toyota RACV Approved – fitters and installers of Child Restraints

Address: 43 Corangamite Street, Colac

Phone: 5231 5222

Colac Area Health Midwifery Unit (24 hrs)

Ante natal, child health, sleep settling and lactation Address: Colac Area Health 2-28 Connor Street, Colac

Phone: 5232 5100

Lactation Consultants (Maternal & Child Health Nurse-see page 17)

Baby Equipment Hire (Home & Away Baby Hire- see page 7)

Feeding and Change Rooms

Colac Area Health-Community Services

Address: 2 - 28 Connor Street, Colac Vic 3250

Colac Community Library and Learning Centre

Hours: During term Mon-Thurs 8:30am-5:30pm Fri 8:30-7pm Sat 10am-12pm School Holidays Mon -Thurs 9:30am-5:30pm Fri 9:30–7pm Sat 10am-12pm

Address: 173 Queen Street, Colac 3250

Phone: 03 5231 4613

Colac Neighbourhood House

Hours: Mon, Tue Wed and Thur 9am – 4pm Fri 9am – 1pm

Phone: 5232 5210

Address: 23 Miller Street, Colac 3250

Colac Performing Arts Centre

Hours: Mon – Sun 9am- Late

Address: Crn of Rae & Gellibrand Street, Colac Vic 3250

Phone: 5232 9418

Email: copacc@colacotway.vic.gov.au

Maternal and Child Health Centre

Address: 49 Queen Street, Colac Vic 3250

Change room Mon-Fri 9am - 4 pm

Phone: 5232 9570

Otway Health– Apollo Bay

Hours: Mon-Fri 9am-5pm

Address: 75 McLachlan St Apollo Bay Vic 3233

Phone: 5237 8500

Memorial Square Colac- Public Toilets - Open 24 hours

Address: Gellibrand Street, Colac Vic 3250

Comfort Station (next to Kanyana)

Hours: 8am – 6:30pm

Address: 55 – 59 Hesse Street Colac

Colac Botanic Gardens- Open 24 Hours

Address: 1 Fyans Street Colac Vic (Lake Foreshore/ Carpark / Playground)

The National Public Toilet Map - https://toiletmap.gov.au/

Immunisation

Free Immunisation Sessions on the first Thursday of each month from 10.30-11.30am and the third Monday of each month from 2.30pm -4.30pm

Address: COPACC, Crn Rae and Gellibrand Street, Colac Vic 3250

Phone: 5232 9429

Immunisation at Apollo Bay can be arranged Maternal and Child Health Nurse on a Monday

Maternal and Child Health Service

A comprehensive free service for families with children from birth to 6 years. Health monitoring, screening, development, parenting support, education and referral are available. Centre based and home visiting available.

All Centres by appointment only (some centres do have drop-in sessions available) After Hours 24hr Maternal Child Health Phone Line 13 22 29

Locality	Address	Contact
Apollo Bay	Otway Health Pengilley Ave Apollo Bay	0427 344 606
Beeac	Beeac Community Health 45 Duverney St Beeac	0427 344 606
Birregurra	Birregurra Community Health Strachan St Birregurra	0427 344 606
Carlisle River	Carlisle River Hall 35 Gellibrand Valley Road Carlisle River	5232 9570
Colac	Colac Maternal Child Health Centre 49 Queen St Colac	5232 9570
Cororooke	Cororooke Community Health 580 Corangamite Lake Rd Corangamite	5232 9570
Forrest	10 Grant St Forrest	0427 344 606
Lavers Hill	Lavers Hill Preschool 10 College Drive, Lavers Hill	0427 344 606
Swan Marsh	Swan Marsh Community Hall 598 Swan Marsh Rd, Swan Marsh	5232 9570

Masada Private Hospital- Mother & Baby Unit

Infant sleep disorder, settling difficulties, adjusting to parenting, reflux and colic

Phone: 03 9038 1413

Web: http://www.masadaprivate.com.au/Mother-Baby-Unit/default.aspx

Email: MBU.msp@ramsayhealth.com.au

Australian Multiple Birth Association Phone: 1300 886 499 (24hr answering service)
Multiple Birth Association – Geelong Area Phone: 0447658436 (see page 10)

Tweedle - Geelong Phone: 5221 7333 (see page 9)

Neighbourhood Houses

Services provided by Neighbourhood House may include:

- Internet access
- Community garden
- Community kitchen
- Gardening equipment for loan at low cost
- Education programs
- Playgroups
- Interest groups
- Social groups
- Volunteer opportunities

Contact your local neighbourhood house below for more information:

Colac Neighbourhood House

Address: 23 Miller Street Colac Vic 3250

Phone: 5232 5210

Cressy and District Neighbourhood House

Address: 6 Duverney Streets Cressy Vic 3322

Phone: 5238 8338

Forrest and District Neighbourhood House

Address: Forrest Hall, Forrest Vic 3236

Phone: 5237 8500

Gellibrand Community House

Address: 5 Main Street Gellibrand Vic 3239

Phone: 5235 8348

Lavers Hill and District Community House

Address: Lavers Hill Hall, Lavers Hill Vic 3238

Phone: 0417 948 522

Marrar Woorn Neighbourhood House

Address: 6 Pengilley Avenue Apollo Bay Vic 3233

Phone: 5237 8500



Playgroups

Playgroups provide parents and caregivers with the opportunity to meet new people, gain support and ideas. They allow babies, toddlers and pre-schoolers to socialise as they play and learn together. All playgroups are different, but the emphasis is on fun and friendship.

Barwon Child, Youth & Family Communities Active in Play program can assist existing or establishing playgroups with a trained facilitator Phone 5231, 4740.

Playgroups Victoria Website-: www.playgroup.org.au

Name	Venue	Address	Contact No.	Day/Time
Steiner Playgroup by the Sea	Uniting Church Hall	Nelson St Apollo Bay	5237 7195	Tue 10am -12
Apollo Bay Preschool Roster Playgroup	Apollo Bay Preschool	69 McLachlan St Apollo Bay	5237 6494	Thu 9am-12
Apollo Bay Playgroup	St Aiden's Anglican Church Hall	187 Great Ocean Rd Apollo Bay	0429977364	Wed 10am-12
Birregurra Playgroup	Birregurra Community Health Centre	Strachan St Birregurra		Fri 10.30am-1.30 fortnightly
Children at Play	Beeac Community Health Centre	31 Lang St Beeac	5267 1270	Fri 10.30am- 12.30 fortnightly
Carlisle River Playgroup	Carlisle River Hall	35 Gellibrand River St Carlisle River	5238 3278	Fri 11am-1pm
Colac Neighbourhood House Supported Playgroup	Neighbourhood House	23 Miller St Colac	5232 5210	Thursday 10am -12pm
Cororooke Playgroup	St Brendan's Hall	727 Lake Corangamite Rd Coragulac	5233 1000	Tues 10.30am-12pm Each fortnight
Lavers Hill & District Playgroup	Lavers Hill Pre-school	10 College Drive Lavers Hill	5237 3213	Wednesday 9.30am -11.30
Red Rock Playgroup	Alvie Primary School	40 Wool Wool Rd Alvie	5234 8256	Wed 1:30-3pm
Sacred Heart Playgroup	Sacred Heart Primary School	125 Hart St Colac	0419317792	Monday 10.30am-12pm
Smalltalk Supported Playgroups	Colac Otway District	Barwon Child, Youth & Family	5231 4740	Contact Kim Mitchem
St John's Playgroup	St John's Hall	Pollack St Colac	0418140317	Every Tues 1pm-3pm
MOPS Mothers of Pre School Children	Christian Family Church	33 Cants Rd Colac	0413693274	
Bubs @ The Hub	Colac Community Hub Inc	23 Miller St Colac	5231 2822	
Warrion Playgroup	Sunday School Hall	603 Coragulac- Beeac Rd Warrion	5234 8440	Tuesday 10.30am-12pm

Primary Schools - Government

Alvie Consolidated School

Address: 40 Wool Wool Road, Alvie Vic 3249

Postal: Private Bag 2, Colac 3249

Phone: 5234 8256 Fax: 5234 8410

Email: alvie.cs@edumail.vic.gov.au Website: www.alvie-cs.vic.edu.aau

Apollo Bay P-12 College

Address: Pengilley Avenue, Apollo Bay Vic 3233

Phone: 5237 6483 Fax: 5237 6065

Email: apollo.bay.p12@edumail.vic.gov.au Website: www.apollobayp12.vic.edu.au

Beeac Primary School

Address: 35 Lang Street, Beeac Vic 3251

Phone: 5234 6463 Fax: 5234 6522

Email: beeac.ps@edumail.vic.gov.au Website: www.beeacps.vic.edu.au

Birregurra Primary School

Address: 56 Beal Street, Birregurra Vic 3242

Phone: 5236 2222 Fax: 5236 2028

Email: birregurra.ps@edumail.vic.gov.au Website: www.birregurraps.vic.edu.aau

Carlisle River Primary School

Address: 49 Moomowroong Road, Carlisle River Vic 3239

Phone: 5235 0261 Fax: 5235 0245

Email: carlisle.river.ps@edumail.vic.gov.au Website: www.carlisleriverps.vic.edu.au

Colac Primary School

Address: 53-65 Murray Street, Colac Vic 3250

Postal: PO Box 325, Colac 3250

Phone: 5231 2560 Fax: 5231 1913

Email: colac.ps@edumail.vic.gov.au Website: www.colacps.vic.edu.au

Colac South West Primary School

Address: 238 Wilson Street, Colac Vic 3250

Postal: PO Box 40, Colac 3250

Phone: 5232 1170 Fax: 5232 1901

Email: colac.sw.ps@edumail.vic.gov.au Web : www.colac-sw-ps.vic.edu.au

Colac West Primary School

Address: 12 Ligar St Colac Vic 3250

Postal: PO BOX 268 Phone : 5231 2479 Fax : 5232 1908

Email: colac.west.ps@edumail.vic.gov.au Website: www.colacwest.vic.edu.au

Elliminyt Primary School

Address: 135 Slater Street, Elliminyt Vic 3250

Postal: PO Box 359, Colac 3250

Phone: 5231 5208 Fax: 5232 1943

Email: elliminyt.ps@edumail.vic.gov.au Website: <u>www.elliminyt.vic.edu.au</u>

Forrest Primary School

Address: 10 Grant Street Forrest Vic 3236

Phone: 5236 6393 Fax: 5236 6470

Email: forrest.ps@edumail.vic.gov.au Website: www.forrestps.vic.edu.au

Lavers Hill P-12 College

Address: Great Ocean Road, Lavers Hill Vic 3238

Phone: 5237 3213 Fax: 5237 3232

Email: lavers.hill.p12@edumail.vic.gov.au Website: www.lavershillp12c.vic.edu.au

Colac Specialist School & Colac Early Education Program

Address: 120A Wilson Street, Colac Vic 3250

Postal: PO Box 307, Colac 3250

Phone: 5231 1055 Fax: 5232 1911

Email: colac.ss@edumail.vic.gov.au

Website: www.colacspecialistschool.vic.edu.au

Service Description: A government specialist school that provides academic, life skills and therapy programs for students with disabilities and impairments from Early Education 2.8yrs to Year 12

Primary Schools - Non Government

Sacred Heart Primary School

Address: 125 Hart St Colac Vic 3250

Phone: 5231 5292 Fax: 5231 1369

Email: principal@shcolac.catholic.edu.au Website: www.shcolac.catholic.edu.au

St. Mary's Primary School

Address: 15-27 Calvert St Colac Vic 3250

Postal: PO Box 24, Colac 3250

Phone: 5231 3640 Fax: 5232 1268

Email: office@smcolac.catholic.edu.au Website: www.smcolac.catholic.edu.au

St .Brendan's Catholic Primary School

Address: 727 Corangamite Lake Road Coragulac Vic 3249

Phone: 5233 1464 Fax: 5233 1579

Email: cororooke@ballarat.catholic.org.au Website: www.sbcoragulac.catholic.edu.au

School Support Services

Colac & Corangamite Student Support Services-

Department of Education and Early Childhood Development

Services are available for school aged children to support their development and wellbeing at school.

- -School Psychologist / Social Worker
- -Speech Pathologist
- -Visiting Teacher for visual, hearing and physically impaired students

Phone: 5234 3600

Primary School Nursing Program

Health assessments are available to all primary school children and information, advice, and links to health and wellbeing services in the community

Phone: 5215 5436

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