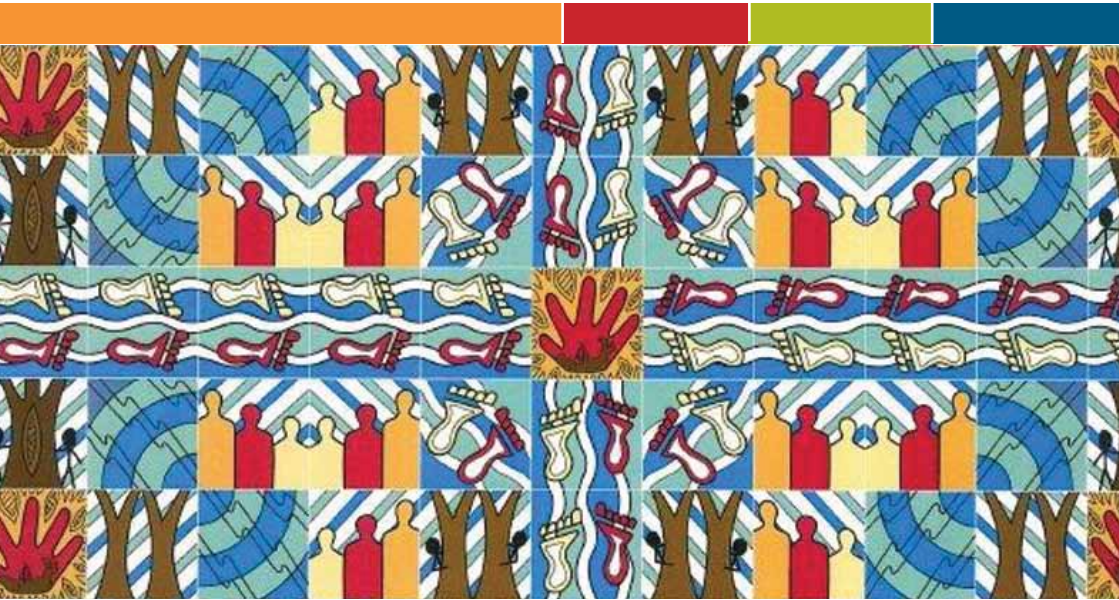


ECHUCA MOAMA *Early years Directory*



*A services guide for families
in the Echuca Moama area*





Introduction

This directory has been prepared by the Aboriginal Health Partnership Group – Child and Maternal Health working group. It includes service contact details and service descriptions for the Echuca Moama area to support parents and families to know about what services are available in their local area.

ACKNOWLEDGEMENT OF COUNTRY



The working group respectfully acknowledges the traditional Aboriginal owners of country and pay our respects to them, their living culture and Elders past, present and future. We also acknowledge the Wallithiga/Wollithiga peoples and the Yorta Yorta Nation as the traditional Owners of the land.

OTHER ACKNOWLEDGEMENTS

Printing for this directory has been funded by the Echuca Moama Community Planning group – Committee for Echuca Moama (C4EM).

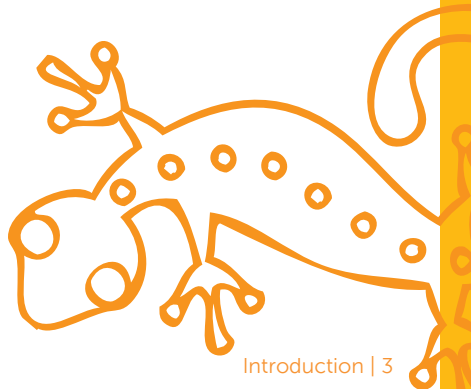
Please note that fees apply to some services – check with your service provider.

Information in this booklet is correct at the time of printing however this may change over time (printed in June 2017).

For an up to date listing of services, health services directories exist in Victoria and nationally and are user-friendly, web-based directories;
<http://humanservicesdirectory.vic.gov.au/Home.aspx>
<http://www.nhsd.com.au/>

FRONT COVER ARTWORK

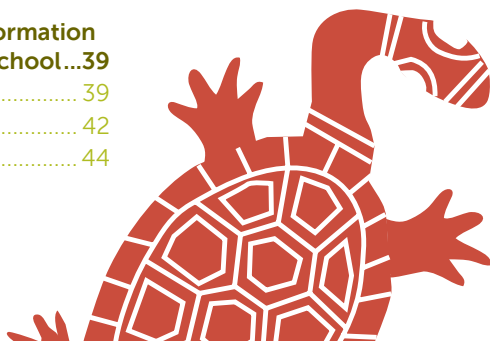
Artwork by Aunty Vera Cooper.





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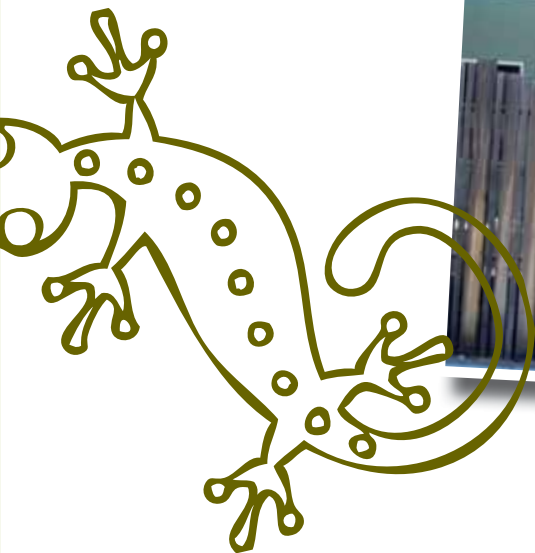


Emergency Numbers

Ambulance Fire Police (112 from mobile)	000
Victoria Police www.police.vic.gov.au	
Echuca Police Station	5483 1500
Moama Police Station	5482 0099
SES (State Emergency Services)	132 500
Echuca Regional Health (Hospital/Emergency)	5485 5000
Maternal and Child Health 24 Hour Phone Service	13 22 29
Pregnancy birth & Baby	1800 882 436
Nurse on Call	1300 606 024
Poisons Information Line	13 11 26
Parent Line.....	13 22 89
Breast Feeding Help Line.....	1800 686 268
Post Natal Depression (PANDA)	1300 726 306
Life Line	13 11 14
Kids Help Line	1800 551 800
Mens Line.....	1300 789 978
Safe Steps Family Violence Response Centre	1800 015 188
Women's Domestic Violence Crisis Service	1800 015 188
Sexual Assault Crisis Line (SACL).....	1800 806 292
1800 RESPECT	1800 737 732
Suicide Help Line.....	1300 651 251
Rape and Domestic Violence Services Australia	1800 211 028
Victorian Center Against Sexual Assault	1800 806 292
Gambler's Statewide Helpline.....	1800 858 858

Njernda Aboriginal Medical Centre	54806 252
Echuca Moama Family Medical Practice	5480 6001
Echuca Moama Family Medical Practice - Moama	5480 2933
Echuca Medical Centre (Amcal).....	5480 2685
Echuca Primary Care Clinic – Echuca Regional Health Medical Consulting Suites	5485 5864
Rich River Health Group	5480 6700
GP on Call	1800 022 222
www.healthdirect.gov.au/after-hours-gp-helpline	
Carer's Gateway.....	1800 422 737
After Hours Emergency Carer Support	1800 068 978

For Private service providers please refer to your local phone book



Map

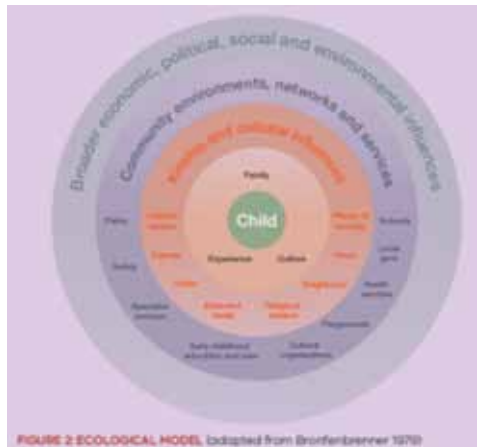
- 1 Njernda Medical Centre
- 2 Echuca Regional Health
- 3 Echuca Consulting Suites
- 4 Echuca Moama Family Medical
- 5 Rich River Health Group
- 6 Echuca Medical Centre
- 7 Martin St Medical Practice
- 8 Chemist Warehouse
- 9 Moama Village Pharmacy
- 10 Echuca 208 Primary School
- 11 St Marys Primary School
- 12 Echuca Specialist School
- 13 Echuca East Primary School
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- 27 Campaspe Community Childrens Centre (MCH + Childcare)
- 28 Goodstart Echuca
-  Baby change Facility / Restrooms
-  Breastfeeding Stations



Children are influenced and affected by the environments that surround them. The Ecological Model (Bronfenbrenner 1979) underpinning the Victorian Early Years Learning and Development Framework (VEYLDF) acknowledges the life of each child within a social, environmental, political and economic context. This provides a visual understanding of the strong network of community, services and programs that support children’s learning and development.

- Each child’s sense of belonging, being and becoming is shaped by their family, culture and experience. These relationships, experiences and opportunities will influence children’s learning and development, within the context of the family and kinship members.
- Each adult, including professionals, around the child actively invest in supporting the child’s learning and life successes.
- Local community environments, networks and services reinforce belonging and wellbeing for children and families.
- Broader interrelated systems and current policy represent a clear vision for children’s learning outcomes

The Victorian Early Years Learning and Development Framework p.5 (VEYLDF)



Ecological Model (adapted from Bronfenbrenner 1979)

Children learn about themselves and construct their own identity within the context of their families and communities. This includes their relationships with people, places and things and the actions and responses of others. Identity is not fixed. It is shaped by experiences.

When children have positive experiences they develop an understanding of themselves as significant and respected, and feel a sense of belonging. Relationships are the foundations for the construction of identity – ‘who I am’, ‘how I belong’ and ‘what is my influence?’


(Belonging, Being and Becoming – The Early Years Learning Framework for Australia p.2).



Echuca Regional Health

← EMERGENCY

← Main Entrance

← S2  Carpark S1  →



before your baby is born

ANTENATAL CARE

It is important to have regular check-ups during pregnancy. There are a number of options for antenatal care. Midwife Antenatal Clinics are held at Echuca Regional Health, Rich River Health Group, Echuca Moama Family Medical Centre, and at Njernda Aboriginal Corporation, specifically for Aboriginal women. Alternatively, you may choose to see your GP/Obstetrician for all appointments during your pregnancy or in combination with one of the midwife clinics.

Njernda Medical Centre	5480 6252
Echuca Regional Health Maternity Unit	5485 5310
.....	5485 5301

Echuca Regional Health Midwife Antenatal Clinic is a free service that operates every Tuesday from 11.30am-6.30pm

GENERAL PRACTICES/DOCTORS CLINICS

Njernda Medical Centre 84 Hare Street Echuca	5480 6252
Echuca Moama Family Medical Practice 179/177 – 183 Annesley Street Echuca.....	5480 6001
Echuca Moama Family Medical Practice 1 Martin Street Moama	5480 2933
Echuca Medical Practice – Amcal Chemist 192 Hare Street Echuca	5480 2685
Echuca Primary Care Clinic - Echuca Regional Health 25 Francis Street Echuca	5485 5864
Rich River Health Group 214 Ogilvie Avenue Echuca.....	5480 6700
Viney Morgan Aboriginal Medical Service Cummeragunja 10 Tongala Avenue Barmah Cummeragunja	5869 3343

MIDWIFE & CHILDBIRTH EDUCATION

Offers services throughout pregnancy, birth and parenting. Access to information and referrals for antenatal education and services. Also for postnatal, breastfeeding support, and other services

Echuca Moama Family Medical Practice	54806 001
Rich River Health Group	5480 6700
My Midwives – Echuca	0419 246 303

Echuca Regional Health

Echuca Regional Health (ERH) has a range of services that support women through pregnancy, birthing and after birth. To find out more about ERH use the following link, <http://www.erh.org.au/> and select "Our Services" then "Maternity Unit" for information about birthing at ERH and to access the ERH Antenatal Booklet.

Echuca Regional Health	5485 5000
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Enhanced Maternity Care Program (EMCP)	5485 5310
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This program offers extra support for women with complex medical or social issues. This program is co-ordinated by a midwife and Integrated Family Services worker who will formulate a plan to offer support during your pregnancy.

Midwife – Antenatal Care - Njernda



Provides support for pregnant Aboriginal women and pregnant women with Aboriginal husbands/partners. Midwives are available to give one to one care through pregnancy. Services provided include antenatal care, booking into hospital, child birth education, postnatal domiciliary home visiting. Follow up maternal & child health care is provided after birth.

Njernda Medical Centre

84 Hare Street, Echuca	5480 6252
------------------------------	-----------

Viney Morgan Aboriginal Medical Service Health Clinic (located at Cummeragunja)

Offers a range of health services, visiting Doctors and community programs for clients in the district.

Open Monday to Friday. Please call to find out more.

10 Tongala Avenue, Barmah Cummeragunja	5869 3343
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'BOOKING IN' TO HOSPITAL

You must 'book in' to the hospital to have your baby and this can be arranged by contacting the hospital and making an appointment to see the Booking/Home Care Midwife. Ideally we recommend that you 'book in' between 12-14 weeks gestation.

At 'booking in' preferences for antenatal care, birthing and any special needs are discussed.

ERH Maternity Unit 5485 5310
or 5485 5301

ABORIGINAL BEST START PROGRAM

Aboriginal Best Start – Njernda 

Best Start is a prevention and early intervention project that aims to improve the health, development, learning and wellbeing of all Victorian children from conception through to transition to school (usually 0-8 years old). It supports communities, parents and service providers to improve universal early year's services so they are responsive to local needs. It has a strong emphasis on prevention and early intervention.

Best Start Facilitator

Njernda Family Services

86 Hare Street, Echuca 5482 6566

Email: beststart@njernda.com.au

www.njernda.com.au



PRENATAL TESTS

Prenatal tests are tests done while you are pregnant to assess the health and development of your baby.

Screening tests

A screening test can indicate a need for further testing (called diagnostic testing), but it can't tell if your baby definitely has a particular condition. You can choose whether or not you have a prenatal screening test.

Screening tests may be performed from 11 weeks of pregnancy and may include:

- ultrasound examination of developing baby and blood tests for you
- a nuchal (pronounced new-cal) translucency ultrasound which is sometimes combined with a blood test for the mother. This screening test is performed in the first trimester
- a maternal serum test which tests the mother's blood in the second trimester

Ultrasound testing

Most women will be offered at least one ultrasound before they are 20 weeks pregnant. The times when you may be offered an ultrasound are:

1st trimester:

- If you're not sure when you became pregnant, your GP or midwife might recommend an early ultrasound to confirm your estimated date of birth.
- For the nuchal translucency ultrasound at around 12 weeks. This test can tell if a baby has an increased risk of certain physical and/or intellectual conditions..

2nd trimester:

Your midwife or doctor will offer you an ultrasound at approximately 18-20 weeks. As with any test in pregnancy, it is good to ask why you should have it and whether there are any risks you need to know about.

This ultrasound can check important aspects of your baby's physical development. It can:

- check for some structural problems with the baby (but ultrasound can't detect all problems)
- see if there's more than one baby
- see where the placenta is growing
- measure how much fluid is around the baby.

Echuca Radiology

Service Street Echuca.....5485 5900

Murray Valley Imaging

251 Ogilvie Avenue 5480 0793

Testing for gestational diabetes

During pregnancy, women are generally offered a test to screen for glucose (called a Glucose Challenge Test). The screening test can identify women who may have elevated blood sugars. If you have elevated blood sugar levels you will be offered a Glucose Tolerance Test (GTT). The GTT assesses how your body responds to a 'glucose load' or how efficiently the glucose is moved from your blood to your body's cells. You are required to fast for 8 to 12 hours and then you have a blood test. After the blood test you have a drink that contains glucose. One or two hours after you have the drink another blood test is done. Gestational diabetes will be diagnosed if your blood sugar levels are above what they should be.

Body Mass Index (BMI)

BMI is calculated at the beginning of each woman's pregnancy to determine if they are at risk of any complications relating to being overweight. You need to know your height (without shoes) and weight (in light clothing) to calculate your BMI.

Most pregnancies are uncomplicated. However, being over your most healthy weight or gaining too much weight during pregnancy increases your risk of a number of pregnancy complications. The higher your BMI, the more your risk will increase.

Women with a BMI over 35 will need to have increased monitoring during their pregnancy to help prevent some of these complications. Women with a BMI over 40 will not be able to give birth in Echuca as they have a much higher risk of developing complications that can only safely be managed at a higher level hospital.

Streptococcal infection - group B (GBS)

Pregnant women are generally screened for GBS infection to reduce the risk of infection in newborn infants. This usually occurs at 35 to 37 weeks. If they are found to be positive for the bacteria, pregnant women are treated with antibiotics when labour begins, to reduce the risk of GBS infection in the newborn. The main screening test is a swab of the vagina.

WOMEN'S ALCOHOL & DRUG SERVICE (WADS)

Provides medical care, counselling and support to women with complex substance use, dependence and assessment and care of infants exposed to drugs and alcohol during pregnancy.

WADS is the only state-wide drug and alcohol service providing specialist clinical services to pregnant women with complex substance use dependence.

Access via Njernda Medical Centre – Midwife	5480 6252
and Echuca Regional Health – Maternity unit.....	5485 5310
Enhanced Maternity Care Program.....	5485 5310

QUIT SMOKING CESSATION

Quitting at any time during your pregnancy reduces the risk of harm to your baby. Planning to quit as early as you can is the decision most health professionals recommend.

QUITline has specially-trained advisors to help you during your pregnancy, whether you're ready to quit or if you're not sure. There is an app for smart phones called "Quit for You, Quit for Two" made to assist pregnant women. The Aboriginal QUITline is accessed by calling the QUITline and identifying as Aboriginal and/or Torres Strait Islander.

All health professionals can also offer information and support for you and your family; your doctor, midwife, pharmacist.

The day you quit your body will start to get rid of all the harmful chemicals found in cigarettes.

Quitline	13 78 48
Njernda Medical Centre	5480 6252
Echuca Regional Health	5485 5000

WHEN

WILL IT

BEE

MY

BIRTHDAY



WILL IT





After your baby is born

POSTNATAL CARE

Home Care Midwife Service

The Home Care Midwife will check both you and your baby, answer any questions you have that may have arisen since you returned home, and assist you with any concerns.

The service operates Monday-Friday and a limited service is sometimes available on the weekend. If you need help at any other time you can contact the midwives on the Maternity Unit and they will assist you.

Echuca Regional Health	5485 5310
Njernda Maternity Program	5480 6252

Maternal and Child Health home visit

The Maternal and Child Health Nurse (MCHN) will also contact you and arrange to visit you at home. Thereafter you will attend the MCHN centre. You are able to make an appointment to see the MCHN whenever you feel you need to. The MCHN is there as support and to help you with parenting.

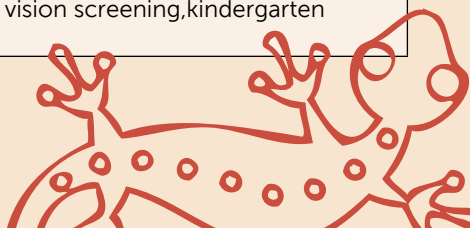


MATERNAL AND CHILD HEALTH (MCH) – BIRTH TO PRE-SCHOOL/0-6 YEARS

The Maternal & Child Health Nurses empower and support parents to meet the demands of early parenthood by monitoring the health, growth, development and wellbeing of the infant, child and family. This free service provides 10 Key Age and Stage consultations in Victoria. www.education.vic.gov.au

10 key age & stage visits

1.	Home visit	Introducing and linking to local services, safe sleeping checklist, breastfeeding support, parenting support
2.	2 weeks	Growth, development, safety, nutrition and feeding, hearing review, parenting support
3.	4 weeks	Growth, maternal health review, nutrition and feeding, parenting support, safety
4.	8 weeks	Growth, development, nutrition and feeding, parenting support, link to parent groups, immunisations, safety
5.	4 months	Growth, development, nutrition and feeding, parenting support, safety, Young Readers Program – Rhyme time booklet and DVD
6.	8 months	Growth, development, nutrition and feeding, parenting support, safety, hearing review, oral health
7.	12 months	Growth, development, nutrition and feeding, parenting support, immunisations, safety
8.	18 months	Growth, development, nutrition and feeding, parenting support, safety, oral health, playgroups
9.	2 years	Growth, development, nutrition and feeding, parenting support, safety, kindergarten enrolment, Young Readers Program – book
10	3-5 years	Growth, development, nutrition and feeding, parenting support, safety, oral health, vision screening, kindergarten information



Central Booking Maternal & Child Health at Shire of Campaspe1300 644 964
Available week days between 9am –3.45 pm.
www.campaspe.vic.gov.au/live/services/children-and-families/maternal-and-child-health

Njernda Medical Centre
Maternal Child Health Nurse visits from Campaspe Shire
Every Tuesday and 2nd and 4th Monday 5480 6252

The Moama Child and Family Health Service 5482 4354
www.families.nsw.gov.au/support/child-health-services.htm

Maternal Child & Health Line 24hrs..... 13 22 29
The Maternal and Child Health (MCH) Line is a 24 hour, 7 day a week statewide telephone service available to Victorian families with children from birth to school age.

Pregnancy Birth & Baby 1800 882 436
www.pregnancybirthbaby.org.au

NEWBORN HEARING SCREEN

A newborn hearing screen is one of the routine health checks babies have soon after birth. It is a free, quick and simple way to check your baby's hearing. The newborn hearing screen identifies those babies who need to go on to have a full hearing test. In Victoria, the newborn hearing screen is done by the Victorian Infant Hearing Screening Program (VIHSP).

An appointment is made during your stay in hospital for the hearing screening test and conducted at the ERH Hopwood Centre, Leichardt St Echuca.

BREASTFEEDING SUPPORT

Australian Breastfeeding Association

The Australian Breastfeeding Association (ABA) is Australia's leading authority on breastfeeding, providing support and education and advocacy.

ABA Echuca-Deniliquin is a local group of parents who meet face-to-face for support and information about breastfeeding and other aspects of parenting. Meetings are

open to ABA members and non-members; partners, friends and children are also most welcome.

The Echuca-Deniliquin group runs discussion meetings, coffee mornings and provides breastpump hire. They also have a Facebook Page that you can 'like' to stay up-to-date with our local activities: 'Australian Breastfeeding Association Echuca-Deniliquin Group' or contact abaechucadeni@yahoo.com.au.

The Australian Breastfeeding Association (ABA) provides free breastfeeding support 24 hours a day, 7 days a week through the Breastfeeding Helpline
1800 mum 2 mum 1800 686 268
www.breastfeeding.asn.au

Echuca 0427 732 623
Deniliquin 0409 955 563
24 hour hotline 1800 686 268

Lactation consultant

Echuca Regional Health has a lactation consultant available between 8.00am-4.30pm Monday-Friday. Please phone the Maternity Unit to arrange a time to see the lactation consultant or talk to a midwife any other time.

..... 5485 5310

IMMUNISATION

Why are vaccinations so important?

Vaccination is one of the most effective interventions to prevent disease worldwide. Immunisation not only protects those people who have been vaccinated, it also protects those in our community who may be unable to receive vaccines themselves, by reducing the prevalence and spread of disease.

Shire of Campaspe Immunisation

The immunisation program is provided by accredited nurse immunisers who offer information, education and vaccination services to infants, schools, work places and adults.

Immunisation is a simple, safe and effective way of protecting children and adults against certain diseases. Immunisations Schedules can be found on the Shire of Campaspe website.

Contact..... 1300 666 535
www.campaspe.vic.gov.au

Shire of Campaspe sessions are held on the following days in your area:
Please note, session times may be subject to change, refer to Council website for confirmed times.

Echuca

First Thursday of each month
Campaspe Regional Library
9.00am to 10.30am

Third Thursday each month
Campaspe Regional Library
6.00pm to 7.00pm

or contact your GP Practice/Clinic * refer to General Practices listed on pg 13
Njernda Medical Centre..... 5480 6252

The Victorian and New South Wales Governments passed new immunisation legislation named 'No Jab, No Play', from on 1 January 2016. 'No Jab, No Play' aims to reduce the risk of vaccine-preventable diseases through increased immunisation rates in the community.

The legislation requires all children enrolling in early childhood education and care services to be up to date with their vaccinations or to have an approved exemption. This includes long day care, kindergarten, occasional care and family day care.

<https://www2.health.vic.gov.au/public-health/immunisation/vaccination-children/no-jab-no-play/frequently-asked-questions>

www.health.nsw.gov.au/immunisation/Pages/child-care-enrolment-changes-2016.aspx



CHILD SAFETY – CAR RESTRAINTS

If you are intending to take your baby home by car, you are required by law to have a baby seat or capsule fitted in the car. The RACV and Vic Roads have jointly established a network of restraint fitting stations throughout Victoria to assist the public in the correct installation of approved restraints.

This is located at Morley Ford, 35 Northern Highway Echuca 5483 0400
NSW residents can make enquiries through the Murray River Council 5482 1400

You can find information about baby capsules and child restraints on
www.vicroads.vic.gov.au/safety-and-road-rules/vehicle-safety/child-restraints/children-from-birth-to-4-years

www.roadsafety.transport.nsw.gov.au/stayingsafe/children/childcarseats

DEVELOPMENT IN THE EARLY YEARS

Baby (Birth-12 months)

Your child will grow and learn more in their first 12 months than at any other time of their life. This is a period where they begin to make connections to the world around them and to their emotions. Physical development can include laughing out loud, rolling, crawling and assisted walking. From four months on babies sleep less during the day and the majority of babies will start to sleep through the night by 6–8 months.

Some weeks you may see amazing changes and some weeks none. Don't worry, you'll no doubt soon see progress again. Remember that if your child has additional needs, they may take longer to achieve certain milestones.

Reading to your child is recommended from birth. Parents are encouraged to read with young children from birth and recognise this as a vital part of every child's development. This is a fun activity to do with children and is an important part of a child's daily routine which supports them to develop emergent literacy skills and provides the building blocks for when they start school (Lets Read Murdoch Children's Research Institute and the Smith Family).

"Let's Read Campaspe" shares the Let's Read vision, for all children to share books,

stories and nursery rhymes every day from birth, with the most important people in their lives. Resources and support are available and can be provided to families at 4 months, 12 months, 18 months and 3 ½ years.

www.letsread.com.au/Communities/Let-s-Read-in-the-community/Victoria/Campaspe

During this period you have the opportunity to get advice and review your baby's health and development at your Maternal and Child Health nurse appointments.

Toddler (1-3 years)

Language is one of the most exciting parts of your child's development. This is the period where their understanding and use of words builds rapidly. At one year of age most children can say two or three recognisable words and by the time they're three they will have progressed to conversations of two or three sentences.

Physically their skills and coordination are also rapidly increasing: learning how to kick a ball, climb stairs and grasp a pencil to scribble. They show their independence by saying "no" and begin to pretend when they play.

Remember that children develop at different rates. Don't worry if your child hasn't reached certain milestones that other children the same age have. And keep in mind that development is a journey, not a race.

You know your toddler best, so if you have concerns or questions about your child's development, talk to your Maternal and Child Health nurse. Your eighth and ninth Maternal and Child Health appointments fall within this age bracket at 18 months and two years.

Pre-schooler (3-5 years)

Your child is now developing more socially, has real friendships and understands the causes of feelings. Physically they are much more coordinated in high energy activities such as running and climbing and may have progressed to riding a tricycle.

All children develop at different rates, however, in this age range there are some skills that are especially important for your child's self-esteem and learning. For example, being able to speak clearly is important in order to be understood by others.

If you are worried about your child's development, speak to your Maternal and Child Health nurse. Your final recommended Maternal and Child Health appointment is at three and a half years of age.

School Age (5-8 years)

Your child will most likely start school at five and by now they have developed enough independence to be away from you during the day. At five many children are natural problem solvers. Having fun problems to solve at home helps with school learning as do learning experiences outside of school like playing the piano or starting a vegetable patch.

Your child will be learning to read, write and use numbers and it is helpful for them to get practice at home. Continuing to read to them, as well as listening to them read to you, will help them learn.

Physically your child will have improved their balance and coordination skills so they can now use a skipping rope, play well with a ball, swim and may be ready to ride a bike.

To find out more about booking your Key Age and Stage Visits, please contact your Maternal and Child Health Nurse

Maternal & Child Health at Shire of Campaspe1300 644 964

Njernda Medical Centre

Maternal Child Health Nurse visits from Campaspe Shire

Every Tuesday and 1st and 3rd Monday 5480 6252

The Moama Child and Family Health Service 5482 4354



SUPPORT FOR ABORIGINAL FAMILIES AND CHILDREN

Njernda Aboriginal Corporation provides a number of community based programs including Health, Housing, Childcare and Family Services.

Baroona Healing Centre

Provides a safe and confidential place for young people aged between 14 –25 yrs. The centre offers a 16 week Residential Journey to Heal the Spirit. The stay is then followed by a Post Support Program over a time decided by staff and the young person themselves.

.....5481 3100

Berrimba Childcare

Berrimba Child Care Centre is a Multifunctional Aboriginal Children’s Service based in Echuca. Berrimba means “Forever Learning” and has been an important part of the Echuca community for over 30 years. It provides a culturally safe, welcoming and supportive learning environment for many Aboriginal children to start their life-long journey with education. The staff work hard to make the children and families feel welcome and part of the community, providing them with a quality program, access to early intervention services including speech and audiology and connecting them to culture.

Berrimba provides a range of services, including Long Day Care, Kindergarten, outside school hours care and holiday programs. The Berrimba bus provides transport to and from the Centre, and Berrimba supports families transitioning to mainstream kindergarten and school with their own Aboriginal Best Start worker and Koori preschool assistant. Berrimba is so much more than a Child Care Centre it’s more like a family, with local Aboriginal Elders and community members always dropping by. Sharing our culture is an important part of everyday life at the centre.

..... 5481 1900

Case Management

Care Connect..... 4444 2680

Emergency Relief Program

Provides resources to support Community Members facing emergency hardship situations.

Njernda Aboriginal Corporation Echuca..... 5482 6252

Family Support

Provides help to individuals & families to strengthen, empower and be in charge of their destiny. Programs include Stolen Generation/Bringing Them Home, Spiritual Emotional and Wellbeing, Youth Worker and Community Support Workers.

..... 5481 0611

Housing/SAAP Program

To assist community in transitional housing such as: Emergency accommodation, crisis housing and all temporary housing. Also to assist and support in the Office of Housing matters.

Njernda Aboriginal Corporation Echuca..... 5480 6252

Care Connect..... 4444 2680

Justice

The Local Justice Program supports Aboriginal community members with court matters and with community based orders including young people.

Njernda Aboriginal Corporation Echuca..... 5480 6252

Legal Advice

Victorian Aboriginal Legal Service1800 064 865

Aboriginal Family Violence Prevention and Legal Service Victoria1800 105 303

Medical Centre..... 5480 6252

Yakapna Healing Centre

Provides an Intensive Support Service coupled with Culturally Sensitive Therapeutic Practices preventing the need for children to be placed away from home because of safety concerns; or enabling the safe return of children to the care of their family following placement in the out of home care system.

..... 5480 7847

Viney Morgan Aboriginal Medical Service Cummeragunja

10 Tongala Avenue Barmah Cummeragunja 5869 3343

Murrumbidgee Local Health District Aboriginal Health Services

www.mlhd.health.nsw.gov.au/services/aboriginal-health

Aboriginal Health Worker based at Deniliquin covers the Moama area5882 2913

NSW Child, youth and family support

Child, Youth and Family Support (CYFS) is an early intervention program. It delivers a broad range of services to meet the needs of vulnerable children, young people and families who fall below the threshold for statutory child protection intervention. FACS funds non-government organisations and local councils to deliver CYFS services across NSW.

There are two streams of service delivery. The Child and Family Support (CFS) stream targets families with children aged 0 to 12 years. The Youth and Family Support (YFS) stream targets young people aged 12 to 17 years or families with young people in this range. Parents are engaged in early intervention services for young people under the program.

Services available under this model include: advice and referral; assessment, case planning and case management; parenting programs and parent support groups; skills focussed groups for young people; counselling; and home visiting.

Families receive priority of access to services if they:

- are referred by a Family Referral Service
- are referred by a Specialist Homelessness Service
- are Aboriginal or Torres Strait Islander
- have been on the eligibility list the longest

Intereach (03) 5890 5200



FAMILY AND PARENT SUPPORT SERVICES

Family Support - Njernda



Provides help to individuals & families to strengthen, empower and be in charge of their destiny. Programs include Stolen Generation/Bringing Them Home, Spiritual Emotional and Wellbeing, Youth worker, Kinship care and Community Support Workers.

Njernda 5481 0611
www.njernda.com.au/family-support

Child FIRST (Child & Family Information Referral & Support Team)

The Child FIRST program provides a central, community-based referral point to a range of Family Support services and other supports for vulnerable children and families within Victoria. It is a program that enables families to access the services and supports they need, at the time they need them, to build the capacity of families to support their children's development and safety. It aims to connect vulnerable children and families through appropriate and timely referral to a range of support services, based on need and safety issues for children.

Anglicare 1800 260 338
..... 5440 1147

Echuca Regional Health - Social Services 5485 5800
www.anglicarevic.org.au/what-we-do/supporting-families/

Parenting Services

Provides information, education and support for parents of children aged 0-18 years through groups and individual consultations.

CatholicCare Sandhurst Loddon Mallee Regional 1800 461 444
Community Living and Respite Services 5480 2388
Parentline 13 22 89
Maternal Child & Health Line 24hrs 13 22 29
Pregnancy, Birth & Baby 1800 882 436
Loddon Mallee Region Strengthening Parents Support Program –
Supporting Children and Families for all levels of disability 1800 224 799
Echuca Neighbourhood House 5482 6914
Echuca Regional Health 5485 500

Emotional Support - Perinatal Services

The following support lines can be contacted for information and support:

SANDS Australia: Miscarriage, Stillborn & Newborn Death Support	1300 072 637
Perinatal Anxiety & Depression Association (PANDA)	1300 726 306
SIDS & Kids bereavement support.....	1300 308 307
Heart felt - stillbirth photography	1800 583 768
www.heartfelt.org.au/	

HEALTH SERVICES

Aboriginal Health



Allied health services are available for Aboriginal and Torres Strait Islanders, providing counselling, information, support and advice, as well as standard medical services with general medical practitioners. Available for consultations with families and singles of the Aboriginal community.

Njernda Medical Centre

- Antenatal Care
- Diabetes Education
- Immunisations
- Maternal & Child Health Services
- Dietitian
- Pap Screening
- Podiatry
- Psychologist
- Paediatrician
- Dental
- Optometrist
- GP/Obstetrician
- GP/Paediatrician

Berrimba Child Care

- Speech therapist
- Audiology

Contact: 84 Hare Street, Echuca Vic 3564..... 5480 6252
www.njernda.com.au/berrimba-childcare-centre

Echuca Regional Health

A range of services including acute, emergency, primary care, aged care, and community health are available to people in the Shire of Campaspe and Murray River Council.

www.erh.org.au

226 Service Street Echuca Vic 3564	5485 5000
• Counselling	5485 5800
• Dental	5485 5820
• Dietetics	5485 5801
• Physiotherapy	5485 5801
• Speech Pathology	5485 5801
• Occupational Therapy	5485 5801

Aboriginal Liaison service

Provides support for Aboriginal people using services at Echuca Regional Health and assists Aboriginal people to access other services in the community, including:

- Njernda Health Services (Echuca)
- Viney Morgan AMS (Cummeragunja)
- Rich River Health Group (Echuca)
- Echuca Moama Family Medical Practice (Echuca & Moama)
- Rumbalara (Shepparton)

The service supports Echuca Regional Health staff to ensure culturally sensitive health services are provided

- To ensure appropriate referrals are made to other services
- Be an advocate for all Aboriginal People and carers within Echuca Regional Health
- Provide support to Aboriginal people following discharge from hospital
- Assist with transport of Aboriginal people to and from hospital

.....	5485 5836
.....	0400 051 962

Enhanced Maternity Care Program (EMCP) 5485 5310

This program offers extra support for women with complex medical or social issues. This program is co-ordinated by a midwife and Integrated Family Services worker who will formulate a plan that will offer you more support during your pregnancy.

Paediatrician

A local Paediatrician is located at the ERH consulting rooms. Referral is required from a GP.

Dr Brendan McCann

Echuca Regional Health 25 Francis Street Echuca 5485 5864

consultingrooms@erh.org.au

www.erh.org.au

Moama Community Health Centre

Shop 1, 7 Echuca Street, Moama NSW 2731..... 5482 4399

Child and Family Health..... 5482 4354

Speech pathology 5480 0239

THINGS TO DO...PAPERWORK

Maternity Payment and Family Tax Benefit

After your baby is born, you will receive forms from the Australian Government's Family Assistance Office to claim financial entitlements for you and your new baby.

You will need to have registered, or applied to register, the birth of your baby to receive:

- Parental Leave Pay
- Dad and Partner Pay, or
- Family Tax Benefit, including Newborn Upfront Payment and Newborn Supplement

Parental Leave Pay

Financial support for up to 18 weeks to help working parents care for a newborn or recently adopted child.

Dad and Partner Pay

Provides up to 2 weeks government funded pay to dads or partners caring for a newborn or recently adopted child.

Family Tax Benefit

A two part payment that helps with the cost of raising children.

Newborn Upfront Payment and Newborn Supplement

An increase to your Family Tax Benefit Part A when you have care of a baby or adopt a child.

For more information, visit www.humanservices.gov.au and click on 'Families', call the family assistance line on 136 150 or visit your local Family Assistance Office. Phone 131 202 for assistance and information in languages other than English for Centrelink payments and services. For information in languages other than English visit www.humanservices.gov.au and click on 'Information in other languages'.

Registering your baby

The hospital or midwife will give you a Birth Registration Statement form in an information pack when you have your baby. Please complete the form and send to the Registry of Births Deaths & Marriages in your state by following the instructions on the form.

- Birth registration is compulsory and free
- The hospital or midwife does not register the birth of your child
- You must register your child's birth within 60 days
- You must register your child to get a copy of their birth certificate (fees apply).

A birth certificate provides legal evidence of your child's age, place of birth and parent's details and is required for some government benefits, enrolment in school and sport, opening a bank account and to apply for a passport. Late birth registrations (after 60 days of the birth of your child) are accepted by the Registry.

Contact Njernda or Aboriginal Hospital Liaison officer for assistance if required

Njernda	5480 6252
Aboriginal Hospital Liaison Officer	5485 5836

Medicare and the Australian Immunisation Register

It is important to register your baby with Medicare as soon as possible after birth. Registering your child with Medicare automatically registers your baby on the Australian Immunisation Register. You will receive reminder notices when immunisations are due or overdue. Once registered, you will also be able to access up to date statements of your child's immunisation status online. To enrol your child in Medicare, create a Medicare online account through the myGov website at www.my.gov.au.



Growing Up -

SERVICES AND INFORMATION FOR INFANTS TO TODDLERS TO PRE-SCHOOL

CHILD CARE SERVICES

In Victoria, services that provide education or care for a number of children in the absence of their parents or guardians must generally have a service approval or license - this includes long day care centre's, occasional care, kindergartens, outside school hours care and family day care.

Regulation requires all child care services to operate in a way that ensures the safety, health and wellbeing of children.

Approved or licensed child care services must meet requirements for staff to child ratios and educator qualifications, and provide a learning program that is based on the needs, interests and experiences of each child.

Types of child care

Each family is different, the child care you choose will suit your own family's needs.

There are a range of child care types to choose from including:

- Long day care
- Outside school hours care
- Family day care
- In-home care

Choosing a quality service

Visiting the service is a great way to check for quality. It gives you the opportunity to see the service and observe the educators and children first hand. A visit also gives you the opportunity to ask questions.

When you visit, you may wish to focus on the room your child will be placed in upon enrolment.

On first entering a service or family day care residence you may notice a particular atmosphere, e.g. inviting/cold, relaxed/frantic, or happy/tense. You should expect educators to make you feel welcome and interact warmly with your child and with you.

Children who feel secure and content in a service will generally be engaged in the activities and relate freely and positively with educators and other children.

The service should be safe and comfortable – inside and outside. Children should have a choice of fun, interesting and challenging activities and choices for both quiet and active play.

Education and care services need a service approval. This service approval should be visible from the main entrance of the service.

For further information visit the following link:
www.education.vic.gov.au/Documents/childhood/parents/childcare/qualityservice.pdf

CHILDCARE AVAILABLE IN ECHUCA/MOAMA

Community Based Long Day Care Services

Campaspe Community Children's Centre

392 High Street ECHUCA 5483 9664
echuca ldc@campaspe.vic.gov.au
www.campaspe.vic.gov.au

Berrimba Childcare Centre



94 Hare Street Echuca 5481 1900
www.njernda.com.au/berrimba-childcare-centre

Privately Managed Long Day Care Services Childcare Centres

Goodstart Early Learning Echuca

112 Northern Highway Echuca 5482 1088
kds@goodstart.org.au
www.goodstart.org.au/centres/echuca/overview

Moama Good Start

1a Martin Street Moama 5480 9166
mma@goodstart.org.au

Pink & Blue Early Learning

255 – 257 Ogilvie Avenue Echuca..... 5480 1974
info@pinkandblue.com.au
www.pinkandblue.com.au

Family Day Care

Family Day Care is an approved form of child care that is provided in the family day care educators own home. Family day care educators are early childhood education and care professionals, registered with a family day care service that is responsible for approving, supporting, training and advising its educators.

Similarities to centre based child care

- Family day care provides early childhood education and care services for children across Australia.
- Family day care operates under the same National Quality Framework (NQF) as other forms of childcare; incorporating national regulations, quality and qualification standards, educational frameworks and an assessment and ratings process.
- Parents are eligible to the same Federal Government Child Care Benefit and Child Care Rebate subsidies.

Differences to other forms of child care

- Your child’s education and care is provided by an individual educator who is an approved, early childhood education and care professional, operating within their own home.
- Educators work with small groups of no more than four children under school age.*
- Educators work in partnership with a local approved service who provide regular visits to monitor the children’s progress and to provide support.

* An educator may care for 3 additional school age children, outside of school hours.

Family Day Care Service Operators

Bambini Child Care Services



20 Worthing Avenue Burwood East..... 0407 469 808
vicki@bambini.com.au, www.bambini.com.au

Intereach

Deniliquin 5890 5210
Direct line..... 5890 5237
Mobile.....0427 814 288
Email: rebeccal@intereach.com.au
www.intereach.com.au

PLAYGROUPS

Playgroup is an informal session where parents, carers, babies and children aged 0 to school age come together in a relaxed and friendly environment.

Playgroup gives children an opportunity to:

- have fun,
- make new friends, and
- develop new skills through informal play.

Playgroup provides parents and carers with:

- an opportunity to meet other parents and carers,
- make friends, and
- share ideas and experiences.

Playgroup also allows parents and carers to:

- spend quality time with their children,
- encouraging, helping or simply playing with their children.

Playgroups are:

- not-for-profit,
- are run by, and for the parents who attend.
- usually held once a week for a two hour session,

Held in a variety of venues such as church halls, community and neighbourhood centres, council halls, Scout or Guide halls, and in people's homes.

Playgroup Victoria..... 1800 171 882 toll free (within Victoria)
or (03) 9388 1599 (outside Victoria)
pgvic@playgroup.org.au



Playgroup NSW

Moama group - Monday, Tues, Thursday 9:30am at the Moama Public School.

www.playgroupnsw.org.au/Playgroup/Playgroups/Moama

We recommend that you contact the Playgroup to organise to visit a session with your child(ren). The Playgroup coordinator can provide you with a general idea of how the playgroup works, the ages of children attending, session fees, etc.

For contact details, call Playgroup NSW on 1800 171 882

Find your local playgroup www.playgroup.org.au

Njernda Best Start Program



Contact Best Start Co-ordinator 5481 1900

beststart@njernda.com.au

SAVE THE CHILDREN Intensive Play-Scheme Echuca

Save the Children Australia's Intensive Supported Playscheme (ISP) provides a flexible, regular playgroup style intervention for children and their parents/caregivers in a community setting. A Family Support Worker also attends the group and provides parents with advice, skills and links to other community services either at the group, or in a private setting.

Echuca 0408 375 916

Contact alice.saville@savethechildren.org.au

Supported Playgroups

The Supported Playgroup program is funded by the Department of Education and Training (DET) for families experiencing disadvantage, to support the learning, development, and wellbeing outcomes of children from birth up to four years of age. Support and education is provided to parents through the delivery of the Smalltalk program, strengthening their role as the child's first teacher.

Supported Playgroups also provide opportunities for parents to learn about relevant local services and to meet with other parents for emotional support and friendship and to build social support networks in the communities in which they live.

For further information contact:

Supported Playgroup Facilitator 5481 2200

..... 0439 981 390

supportedplaygroup@campaspe.vic.gov.au



KINDERGARTENS

Going to kindergarten is an important step for your child. It will help them learn skills that they will build on throughout their life.

At kindergarten your child will grow socially and emotionally. Their ability to think, use and recognise language and their fine motor skills will be developed through play, art, dance, music, movement and interacting with others. Most importantly, your child will be learning to become an effective learner as they develop and extend their communication skills, build their self-confidence, learn to be creative, and develop skills that assist them with reading, writing and mathematics.

Funded Kindergarten – 4 year old kinder

Your child is eligible to attend a funded kindergarten program if your child turns 4 years of age on or before 30 April in year of attendance. A total of 14 community kindergartens are offered across the Shire of Campaspe and Moama.

Unfunded Kindergarten – 3 year old kinder

A number of community Kindergartens offer a program for child children who turn 3 years of age on or before 30 April in year of attendance.

For information regarding kindergartens in the Shire of Campaspe please request to speak to the Children's Services Coordinator, 1300 666 535 or access Councils website www.campaspe.vic.gov.au or alternatively for Moama

Early Start Kindergarten Funding – Free 3 year old Kindergarten

Early Start Kindergarten provides free or low cost kindergarten to eligible three year old children where programs are offered by a qualified teacher. Some services will be able to offer your child a place in a program for four year olds or a mixed age group.

Your child is eligible for Early Start Kindergarten if they are aged three by 30 April in the year they will be attending a kindergarten program, and:

- Your child is Aboriginal and/or Torres Strait Islander, or
- Your family has had contact with Child Protection (or been referred by them to Child FIRST).

..... 1300 666 535
www.education.vic.gov.au/childhood/parents/kindergarten/Pages/earlystart.aspx

Central Enrolment Application for Kindergartens

www.campaspe.vic.gov.au/live/services/children-and-families/kindergartens

The goal of the Kindergarten Central Enrolment Scheme is to ensure that all children who turn or have turned 4 by 30 April in the year of attending have access to a kindergarten experience regardless of their gender, level of ability, religion, social or ethnic background. Applications are processed in line with the priority access guidelines based on current legislation.

- Applications for kindergartens are available on Campaspe Shire Council's website <https://www.campaspe.vic.gov.au> in hard copy or web format, for those that participate in Central Enrolment (see below)
- Eligibility documentation is required at the time of applying
- An application fee is charged, unless you are a concession card holder
- Enrolment applications open in April and close 31 July, the year prior to your child attending kindergarten
- Offers are made to families and once accepted places are reserved and information is provided to the Kindergarten Services / Early Years Manager
- Parents are then contacted by the individual kindergarten and advised of orientation and commencement dates and relevant information

Kindergartens participating in Central Enrolment include;

Community Based

Echuca Central Kindergarten; 287 Anstruther St, Echuca	5482 2284
Echuca South Kindergarten 232 High St, Echuca.....	5482 1740
Echuca East Kindergarten 115 Stawell St, Echuca	5482 2783
Berrimba (Echuca)  94 Hare St, Echuca	5481 1900
Rochester Kindergarten Fraser St, Rochester	5484 1532

Lockington Kindergarten
8 Burns St Lockington 5486 2585

Tongala Kindergarten
8 Nihill St, Tongala 5859 0268

Gunbower Kindergarten
1 Wilson St, Gunbower 5487 1382

Private

Goodstart Early Learning Echuca
112 Northern Highway Echuca..... 5482 1088
kds@goodstart.org.au
www.goodstart.org.au/centres/echuca/overview

Moama Good Start
1a Martin Street Moama..... 5480 9166
mma@goodstart.org.au

Pink & Blue Early Learning
255 – 257 Ogilvie Avenue Echuca..... 5480 1974
info@pinkandblue.com.au
www.pinkandblue.com.au

Other

Moama & District Preschool
Regent St, Moama NSW 2731..... 5482 1224
moamapreschool.com.au/

Moama Public School Pre-school
Is a designated Aboriginal pre-school (aboriginal children have priority for places at the pre-school).

- It is a 4 year old pre-school (children must turn 4 by 1 July in the year that they attend).
- There are 20 places at the pre-school.
- There is a 50% reduction in fees for Aboriginal children (full price is \$600 per term, so Aboriginal children are charged \$300 per term).
- The pre-school is open to NSW residents only.
- The second staff member is Aboriginal (education officer, pre-school trained).

Simms Street Moama NSW 2731..... 5482 1564

PRIMARY SCHOOLS

208 Echuca Primary School 413-431 High St, Echuca VIC 3564 www.echucaps.vic.edu.au	5483 0700
Echuca East Primary School 21-31 Eyre St, Echuca VIC 3564 www.echucaeastps.vic.edu.au	5482 2588
Echuca South Primary School McKenzie St, Echuca VIC 3564 www.echucasouth.vic.edu.au	5482 3024
Echuca West Primary School Echuca West School Rd & Stratton Rd, Echuca VIC 3564 http://echucawestps.vic.edu.au	5482 2263
St Mary's Catholic Primary School Bridlington Avenue, Echuca VIC 3564..... www3.smechuca.catholic.edu.au	5482 1342
Moama Public School Simms St Moama NSW 2731..... www.moama-p.schools.nsw.edu.au	5482 1564
Moama Anglican Grammar (P-12) 2 Kirchhofer Street Moama NSW 2731 www.moamagrammar.nsw.edu.au	5480 5900
Echuca Specialist School High St, Echuca VIC 3564 www.echucass.vic.edu.au/	5482 2769
River City Christian College (P-12) 29 Rose Street Echuca www.rccc.vic.edu.au	5482 4594

OUT OF SCHOOL HOURS CARE (OSHC)

Echuca Holiday & Afterschool Care Programs
 54 Sutton St, Echuca VIC 3564 5482 4503
www.echildcare.com.au/echuca-oosh

YMCA OSHC
 208 Echuca Primary School (School Office) 5483 0700
 413 - 431 High St, Echuca VIC 3564
 (Bendigo Regional YMCA Office) 5445 6666
www.echildcare.com.au/echuca-high-oosh/

Moama Public School (School Office) 5482 1564
 25 Simms St, Moama NSW 2731
 (YMCA Lightening Ridge Office) 5444 6666
www.vacationcarecentres.com.au/service/moama-oosh.html

Berrimba Childcare Centre
 Aboriginal child care service providing care and education in a safe, stimulating and
 enriching environment which strengthens Aboriginal identity.
 5481 1900

Community Living and Respite Services 5480 2388

CHILD PROTECTION AND FAMILY VIOLENCE

Emergency 000
 Child Protection - Victoria 13 12 78
 Child Protection - NSW 13 21 11
 Anglicare Child First 1800 260 338
 Safe Steps - Family Violence Response Service 1800 015 188
 Centre for Non Violence– Emergency Accommodation & Support 1800 884 292

Family Support Services

Integrated Family Services offers support and assistance for families with children under the age of 18. Integrated Family Services aims to work with the most vulnerable families of the community in a way that identifies and addresses their needs in order for them to build capacity in order to meet the needs of the children. Family Support Services are funded by Department of Human Services and are free to eligible community members.

Echuca Regional Health.....	5485 5800
Njernda Family Services.....	5482 6566
Kyabram Community Learning Centre.....	5852 0000

Family Violence Helplines

1800 RESPECT.....	1800 737 732
Kids Helpline.....	1800 551 800
Sexual Assault (CASA).....	1800 806 292
Victims Assistance Program.....	1800 819 817
Australian Childhood Trauma Group.....	03 9415 6066
Mensline.....	1300 789 978
Mens Referral Service.....	1300 766 491
Rape and Domestic Violence Services Australia.....	1800 211 028
Relationships Australia.....	1800 052 674
Victorian Centres Against Sexual Assault.....	1800 806 292

Out of Home Care

Bendigo – Anglicare.....	5440 1100
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DISABILITY AND DEVELOPMENTAL DELAYS

Early Childhood Intervention Services (EICS) – Intake Team

Parents who have concerns regarding children with developmental delays/disability, aged 0 – 6 years may refer their child to ECIS. It is recommended that you consult with your child’s paediatrician, maternal and child health nurse educational or health professional and seek their assistance to complete the application.

Central Intake.....	1300 36 35 14
NDIS/ Intereach (From July 2017).....	1300 968 140

Campaspe Early Childhood Intervention Service (CECIS)

CECIS provides early intervention services and support for children with disability or developmental delays, from birth to school entry, living in Campaspe Shire. The service is based at Kyabram District Health Service and includes Speech Pathology, Occupational Therapy, Physiotherapy, support for early learning and play/social development. It also includes support for children in kindergarten, childcare and children transitioning to school.

Referrals to CECIS can be completed by parents with the assistance of professionals including maternal and child health nurses, paediatricians, general practitioners, kinder teachers and childcare workers.

For enquiries, call Kyabram District Health Service5857 0261

Pre-School Field Worker

Anglicare provide a preschool field officer in the Campaspe area to work closely with 'early childhood' staff in preschools and kindergartens and families to support children who attend preschool and have 'additional needs'.

The experienced preschool field officer takes the time to observe and assess the children in a preschool setting, identifying a child's strengths and needs. Assistance is also provided to Early Childhood Educators to plan and develop positive learning experiences for each child, while offering support and information to the families.

Anglicare Echuca 5482 0900
51-55 Heygarth St, Echuca VIC 3564

Disability Support

Community Living & Respite Services5480 2388

Provide support to people who have sensory, physical, and/or intellectual disabilities or an acquired brain injury through wide variety of services including homecare, personal care, respite and group activities. Services are also available through brokerage including Department of Veterans Affairs, Post Acute Care and Transport Accident Commission as well as provision of services purchased through Home Care Packages and other funding arrangements.

MyTime – Parent Support Group for parents/carers of children with disability or chronic illness. Groups in Echuca and Kyabram.

Supporting Parents of Autism and Aspergers Syndrome (SPOCAAS) – Parent support group aimed at information provision and peer support around pre-diagnosis, post diagnosis and life transitions of persons with Autism Spectrum Disorder.

Autism Family Services Coordination – Provision of information regarding Autism Spectrum Disorder, local services and supports and referral to associated services.

Community Activities such as RecyclAbility and Healthy Eating Active Lifestyle groups.

Interchange Loddon Mallee Region Inc.....	1300 799 421
.....	5441 1599
National Disability Insurance Scheme (NDIS).....	1800 800 110
Intereach (Local area coordination NDIS and Early Childhood Intervention Intake) 208 Hare Street, Echuca.....	1300 968 140
Murray Human Services Kyabram	5853 1990
Echuca.....	5480 6611
Shire of Campaspe.....	1300 666 535

National Relay Service

Phone solution for people who are deaf or who have a hearing or speech impairment
24-hour relay call numbers

TTY/voice calls.....	133 677
Speak & Listen.....	1300 555 727
SMS relay.....	0423 677 767
.....	http://relayservice.gov.au/

National Auslan Interpreter Booking and Payment Service (NABS)

NABS is funded by the Australian Government to provide interpreters FREE of charge to people who use sign language to communicate and would like to book an interpreter for private health care appointments.

This is a FREE service to Sign Language Users and Health Care Providers.

All interpreting services to Aboriginal and Torres Strait Islander Sign Language users are provided FREE for both public and private health care appointments

.....	1800 246 945
bookings@nabs.org.au, www.nabs.org.au	

Victorian Deaf Society (Vicdeaf) Loddon Mallee

Case Management for Deaf or Hard of Hearing People in Victoria is a free and confidential service providing assessment, support, advocacy and referral. A Case Manager can also provide information about working with deaf people. Clients may be visited at home, or come to the Vicdeaf Office. It is preferable to make an appointment, however a drop in service is available.


389 Hargreaves Street Bendigo	5441 7677
www.vicdeaf.com.au/	

DENTAL CARE

Echuca Regional Health – Public Dental Services

The Dental Clinic treats patients of all ages. The team consists of dentists, dental hygienists and dental assistants. Areas of service include Early Childhood, School Dental Service and Youth and Adult Dental (must have Health Care Card/ Pension Card). The Dental Clinic is located in Leichardt Street at the Hopwood Centre building, Echuca Regional Health.

Echuca Regional Health Dental clinic 5485 5820

Rumbulara Dental Van 
 Visits Njernda Medical Centre every Wednesday 5480 6252


DRUG AND ALCOHOL SERVICES

Alcohol and other drug counselling for individuals and their families. Also provides community education and information, group programs for alcohol and other drug withdrawal.

ACSO Connect Intake & Referral 1300 022 760
 Direct Line..... 1800 888 236

Echuca Regional Health..... 5485 5800

- Counselling
- Referrals
- Youth Rural Outreach Worker
- Drug Diversion Program
- Community Education and Information

Njernda drug & alcohol counsellor  5480 6252

Rural Drug & Alcohol Withdrawal Service

Rochester & Elmore District Health Service 5484 4465

Other crisis & counselling help lines

1800 ICE ADVICE 1800 423 238

Family Drug Help..... 1300 660 068

NSW - for support or referral to specialist services for drug and alcohol issues, please dial: AccessLine 1800 800 944

EMERGENCY RELIEF PROVIDERS


Salvation Army Echuca- Moama 5482 6722

50-52 Sturt Street Echuca

www.salvationarmy.org.au/echuca

www.dosomethingnearyou.com.au/None/organisation/food-aid-with-the-salvation-army-echuca-moama-1464229

Aspects of the service include food, emergency relief and support programs to people in need.

Njernda Food Bank  5480 6252

86 Hare Street Echuca

www.njernda.com.au

Njernda offer emergency food relief in the way of food parcels. Appointments are necessary through Family Services reception. This service is available to the Koori community.

St Vincent De Paul Echuca 5480 7621

11 Nish Street Echuca

www.vinnies.org.au

St Vincents can offer assistance for food parcels, blankets, household goods and furniture.

STEPS 5480 2357

Corner Hare and Pakenham Streets Echuca

STEPS is a drop in centre held in the lower hall at Echuca Moama Uniting Church from 10:30am – 2:00pm each Wednesday, Thursday and Friday. STEPS offers snacks, chiropractic treatment, referral to donated podiatry services, massage footcare, hairdressing, reiki, kinesiology and bower treatments.

Echuca Neighbourhood House 5482 6914

261 High Street Echuca

www.enh.org.au

Echuca Neighbourhood House holds 'Lunch with Friends' every Monday from 12:15pm, excluding public holidays and school holidays, for the cost of a gold coin donation.

Echuca Moama Uniting Church 5482 1430

Corner Hare and Pakenham Streets, Echuca

www.echucamoamauca.org.au

Meals are available for a gold coin donation on some days throughout the week.

Food Bank Echuca Community Church 5480 6853
 123 Campaspe Esplanade Echuca
 Operates alongside Foodbank out of home garage. Provide seasonal fruit, vegetables and packaged goods. Open to all in need.

FINANCIAL COUNSELLING AND SUPPORT SERVICES

Financial Counselling – Anglicare

Trained financial counsellors provide a free and confidential service to families and individuals experiencing financial difficulties, including those in difficulty because of problem gambling.

This service can offer:

- Advice about laws relating to payment and recovery of debts and bills
- Assistance in exploring options to deal with difficult financial circumstances
- Negotiation and advocacy on behalf of clients, if requested
- Ensuring people are receiving correct entitlements and concessions
- Assistance with consumer problems

Financial counsellors can also assist with accessing small loans when credit cannot be granted through traditional sources such as banks. Up to \$1500 can be borrowed through the No Interest Loan Scheme (NILS) and up to \$3000 in a low-interest loan through the Inroads program.

Anglicare Victoria 5482 0900
 51-55 Heygarth Street, Echuca

No Interest Loans Scheme (NILS)

The Echuca Neighbourhood House is accredited with Good Shepherd Microfinance to provide loans to people on low incomes or pensions. First loans are for up to \$800 for one item, subsequent loans are available up to \$1,000 per loan and may be for more than one item. However, each application is assessed on an individual basis. Loans can be used to purchase a variety of household and other necessary items.

Echuca Neighbourhood House 5482 6914

Saver Plus – Berry Street

Assists individuals and families on lower incomes to build assets and improve financial capability, and has supported thousands of lower income earners to develop a lasting savings habit.

Saver Plus offers:

- up to \$500 in matched savings for education costs
- fun, free and informal financial education workshops
- assistance and support from a local Saver Plus Worker to establish a savings goal and develop a savings habit.

Participants make regular deposits towards a savings goal over a 10-month period and attend workshops to build their financial management skills. When participants reach their savings goal, ANZ matches the amount - up to \$500 - towards education costs including uniforms, text books, laptops, sports equipment, music tuition, TAFE or apprenticeship costs, and much more.

To participate you need

- A Centrelink Health Care Card or Pensioner Concession Card
- to be at least 18 years old
- have some regular income from work (you or your partner) including casual, part-time, full-time or seasonal employment
- to have a child at school or attend vocational education yourself

Berry Street 1300 610 355
.....(03) 9429 9266
www.bsl.org.au/Saver-Plus

Rural Financial Counselling Service

provides service to primary producers and small business

..... 1300 834 775



GAMBLERS HELP

This is a free and confidential service that is available to all people affected by gambling including family members and friends. Provides a service, advice and counselling for individuals and families.

Anglicare Victoria Problem Gambling Counselling 1800 244 323
Gambler's Help Statewide Helpline 1800 858 858

HOUSING SERVICES

Njernda SAAP Program



To assist community in transitional housing such as: emergency accommodation, crisis housing and all temporary housing. Also to assist and support in the Office of Housing matters.

86 Hare Street, Echuca 5482 6566

Anglicare Victoria

Specialist Homelessness Services / Youth Homelessness Action Plan – YHAP / National Partnership Agreement on Homelessness – NPAH

Based in Echuca, this program is for individuals and/or families who are homeless or at risk of being homeless. Support can also be provided to young people at risk of homelessness, or at risk of disengaging with education.

To provide assistance with;

- Public Housing Applications - VIC and NSW
- Tenancy Bond Loan Applications -VIC
- Rent Start Bond Loan Applications – NSW
- Domestic Violence / Housing issues
- Support in household related matters and problems
- Advocacy
- Emergency Accommodation issues
- Support to young people at risk of Homelessness.
- Referral support for tenancy rights issues in Vic and NSW
- Referral to other support services as required
- Assist young people to remain engaged in education

This program can assist to provide short term crisis accommodation, and support for people and families to assist them in times of need. It also provides assistance for people to develop more permanent housing options.

Anglicare Victoria 5482 0900
 51-55 Heygarth Street Echuca

Centre for Non Violence – Emergency Accommodation & Support..... 5430 3000

Haven; Home, Safe – Echuca (Homelessness Support) 5482 2720

Vinnies Services Deniliquin

Vinnies Services Deniliquin offers a range of services together with the communities of the south west Riverina region including outreach within the local government areas of Deniliquin, Berrigan, Jerilderie, Hay, Balranald, Conargo, Wakool, and Murray Shires.

Main programs include:

- Vinnies Homelessness Service, which provides early intervention, crisis accommodation, and long term support to assist people find safe and stable housing
- Vinnies Reconnect program, which offers opportunities, choices and support to young people and their families to prevent homelessness

Contact.....5881 7411



LEGAL SERVICES

Echuca Magistrates Court

The paramount duty of courts remains the impartial administration of case-by-case justice. The Court also has an important responsibility for delivering high quality registry services. The Court values the strong engagement it has with the community and will use this website and other means of communication to build confidence in the justice system and greater community understanding of both the judicial role and the significance of an independent court system for the whole Victorian community.

Contact 5480 5800
Heygarth Street Echuca
www.magistratescourt.vic.gov.au/court/echuca-magistrates-court

Victims Assistance Program

This program works with people who have been victims of a violent crime. It helps people to overcome the negative effects, trauma and harm due to this violent crime. A victim may include those directly affected by crime, or their family and friends. It also includes witnesses to a crime or relatives of a person who dies as a result of crime. It does not include property crimes.

The program provides information about:

- Police and court processes
- Victims' rights
- Victims of Crime Assistance Tribunal applications
- Support agencies and services

The program provides: Counselling, Advocacy, Practical Support & Court Support

Contact
Victims Assistance Helpline.....1800 819 817
Anglicare5448 1000

Victorian Aboriginal Legal Service



The Victorian Aboriginal Legal Service Co-operative Limited provides legal advice and representation for the Koori community.

.....1800 064 865
vals.org.au

Aboriginal Family Violence Prevention and Legal Service Victoria



The Aboriginal Family Violence Prevention and Legal Service Victoria (FVPLS Victoria)

provides assistance to Aboriginal and Torres Strait Islander victims/survivors of family violence and sexual assault and works with families and communities affected by violence.

Contact1800 105 303
www.fvpls.org

Justice - Njernda



The Local Justice Program supports Aboriginal community members with court matters and with community based orders including young people.

Contact 5480 6252
www.njernda.com.au/justice

Loddon Campaspe Community Legal Centre

Loddon Campaspe Community Legal Centre provides free legal information and advice to Central Victorians who can't afford a lawyer or who can't get legal aid.

Loddon Campaspe Community Legal Centre is based in Bendigo. Lawyers provide legal outreach to Echuca, Kyneton, Maryborough and Swan Hill, deliver community legal education and promote justice through our law reform program.

You do not need a referral to access these services. Loddon Campaspe Community Legal Centre is a program of the Advocacy and Rights Centre (ARC). ARC is a non-profit community organisation dedicated to human rights and social justice.

Contact 1800 639 121
lcccl.org.au

NSW Indigenous Women's Legal Program



<http://www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program/>

The aim of the Indigenous Women's Legal Program is to provide services that best meet the needs of Aboriginal and Torres Strait Islander women. The program was developed in 1995, in consultation with Aboriginal women.

The Indigenous Women's Legal Program is staffed by Aboriginal women and offers free services including:

- Free legal advice via the Indigenous Women's Legal Contact Line
- Assistance in finding a lawyer
- Training and community workshops across NSW
- Resources and information about the law
- Face-to-face advice from solicitors through IWLP Outreach Clinics

NSW Indigenous Women’s Legal Contact Line:



Free confidential legal information, advice and referrals for Aboriginal and Torres Strait Islander women in NSW with a focus on domestic violence, sexual assault, parenting issues, family law, discrimination and victim’s support.

..... (02) 8745 6977
..... 1800 639 784

Mondays: 10am–12:30pm
Tuesdays: 10am–12:30pm
Thursdays: 10am–12:30pm

Hume Riverina Community Legal Service

Offers free and confidential legal advice to individual and community groups who can’t afford to pay for a lawyer in the Southern Riverina of NSW and North-East Victoria. No referral is required, call to book a free appointment. Moama is within the catchment of this service.

..... 1800 918 377
..... <http://hrcls.org.au/>

LIBRARY SERVICES

Campaspe Regional Library

The Campaspe Regional Library Service covers all of the Shire of Campaspe and also Moama. There are 11 service points, including Library Branches in Echuca, Kyabram, Rochester, Rushworth and Tongala and smaller Library Depots in Colbinabbin, Girgarre, Gunbower, Lockington, Stanhope and Toolleen.

They provide a public library service to those who visit, live and work in the Shire of Campaspe and offer free access to a wide range of information, leisure and technology in a welcoming environment. Facilities include spaces for meeting, studying and training, as well as opportunities for social interaction and lifelong learning. Membership to the library is free and everyone is welcome and encouraged to utilise the services.

Echuca Library 5481 2400
310 Hare Street, Echuca



Library Services for Children

Provided are

- picture books
- easy readers
- nonfiction for assignments, comics, magazines
- audio books and DVDs.
- new parent talks,
- rhymetime, storytime
- holiday activities, lego club, tech zone 10+,
- summer reading club, Premiers Reading Challenge
- pre-school and school visits
- homework Help.
- 1000 Books Before School Program
- Storybox Library which is a range of beautiful picture books read by a number of well-known faces (authors, illustrators, performers and actors) that can be viewed on a mobile device or PC.

See library website for more information www.campaspe.vic.gov.au/library

Campaspe Regional Library 1300 666 535

TOY LIBRARY

Echuca Moama Toy Library Inc.

34-36 Heygarth St, Echuca 3564

Echuca Moama Toy Library aims to provide children between the ages of birth to six years with a variety of good quality, carefully chosen toys which foster the learning of specific skills, as well as providing the child with enjoyment and a sense of achievement through play. The Toy Library provide services and resources to families, community groups and organizations in a caring and friendly manner at reasonable cost. For further information; www.emtl.com.au

MEN'S SUPPORT SERVICES

Men's Line – Support for Australian men anywhere anytime.

MensLine Australia is a professional telephone and online support and information service for Australian men. The 24/7 Hotline covers topics ranging from separation, building relationships, adjusting to retirement, depression, first time dads support, parenting tips for separated dads, same sex relationships, Communication in relationships, support is also offered for indigenous males.

Contact.....1300 789 978
www.mensline.org.au

Men's Referral Service

The Men's Referral Service is an anonymous and confidential telephone service for men. It provides a central point of contact for men who are wanting to stop their violent or abusive behaviour towards their family members, but are not sure how or where to go for advice.

24 hours – Tasmania, New South Wales; 9am-9pm Monday-Friday – All other states
.....1300 766 491

Njernda Bullroarers Program



Then Njernda Bullroarer Program sets out to empower young men to take control over their lives by encouraging them to "recognize within themselves, the power and the resources to change for the better." It emphasizes the need to cultivate respect for self and then to pass that onto others. The program incorporates sacred objects and cultural practices to deliver the message of hope and resilience, and to allow participants to share their story in a safe and respectful environment.

Contact.....5480 6252

Echuca Moama Men's shed

Men's Sheds are a place of encouragement for all to take an interest in their own health and well-being. Good health is also based on many factors and becoming a member of a Men's Shed gives a person that safe and busy environment where many of these things can be found in an atmosphere of old-fashioned mateship. And, importantly, there is no pressure. You can just come and have a yarn and a cuppa if that is all you're looking for.

Members of Men's Sheds come from all walks of life - the bond that unites them is that they are people with time on their hands and they would like to do something meaningful with that time.

Monday & Tuesday's except public holiday's 9am - 3pm. If program falls on a public holiday the program will run on a Wednesday.

Factory 2/5 Bowlan St, Moama NSW

Contact..... 0419 641 961

MENTAL HEALTH SERVICES

For those at immediate risk to self or others 000
.....(112 from mobile)

"If you, or someone you know, is experiencing current difficulties with mental health, assistance is available 24 hours a day, 7 days a week over the telephone by trained mental health professionals".

Psychiatric Regional Triage Service - Victoria1300 363 788
AccessLine – New South Wales.....1800 800 944

Mental Health information or counselling can also be sought from:

- Echuca Regional Health counselling5485 5800
- NSW Rural Mental Health Support Line (support and referral) 1800 201 123
- Lifeline (confidential telephone counselling)13 11 14
- Kids Helpline (telephone counselling) 1800 551 800
- Beyondblue (information and referral line) 1300 224 636
- MensLine Australia (confidential telephone counselling for men)1300 789 978

Echuca Community Mental Health Service

Mental Health Services are provided to all age groups and in a variety of clinical settings. The clinicians working in these teams provide a full range of service from assessment to long term case management.

Contact 5480 7419

CRISIS LINE1300 363 788

14 Francis Street Echuca VIC 3564

www.bendigohealth.org.au/Psychiatric_Services

Youth Services

For children aged 0-18 years of age

Child & Adolescent Mental Health Service (CAMHS).....1300 363 788

Echuca Community Mental Health	1300 363 788
Headspace 12-25yrs of age	1800 650 890
Headspace Bendigo.....	5434 3939
Headspace Shepparton.....	5821 8678

For people aged 16 to 24 years of age

Short term residential treatment situated in Bendigo.

Youth Prevention & Recovery Care (YPARC).....	1300 363 788
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Youth Early Psychosis Service (YEPS).....	1300 363 788
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Assertive treatment for young people with emerging or untreated psychosis

Youth early Intervention Team (YEIT)	1300 363 788
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2 to 12 week intensive intervention for young people with anxiety, depression and other non-psychotic disorders.

Adult Community Mental Health

Adult Community Mental Health Services is a service for persons aged between 16 - 64 years.

Echuca Community Mental Health	1300 363 788
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Aged Persons Mental Health Service

For people aged over 65 years of age, provides specialist assessment and treatment for aged persons with a mental illness.

Echuca Community Mental Health	1300 363 788
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Mental Health Community Support Service

Referral through ACSO	1300 022 760
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Primary Mental Health (referral via GP only)	1300 363 788
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Partners in Recovery

Service Coordination for people experiencing acute and enduring mental illness and complex needs.	5441 7806
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Post-Natal Depression

Support for mothers experiencing post-natal depression. See also GPs/Medical Centres/ GP and Midwife & Childbirth Education.

Counselling - Echuca Regional Health	5485 5800
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PANDA – Perinatal Anxiety & Depression Association..... 1300 726 306

School wellbeing/support

School Wellbeing Officers are at the following schools;

Echuca College - Chaplain	5482 1133
Moama Anglican Grammar (P-12) - Welfare/Chaplain.....	5480 5900
St Joseph’s College - Wellbeing.....	5482 2577
River City Christian College (P-12) - Chaplain.....	5482 4594
208 Echuca Primary School	5483 0700
Echuca East Primary School.....	5482 2588
Echuca South Primary School.....	5482 3024
Echuca West Primary School.....	5482 2263
St Mary’s Catholic Primary School.....	5482 1342
Moama Public Primary School	5482 1564

A photograph of the Echuca East Primary School building. The building is a long, single-story structure with a reddish-brown facade. The name "ECHUCA EAST PRIMARY SCHOOL" is written in large, white, sans-serif capital letters across the upper portion of the wall. In the foreground, there is a chain-link fence with a gate. A sign on the fence reads "NO SMOKING" with a red circle and slash over a cigarette icon. To the right of the gate, there are two blue and red pillars, possibly part of a security system or entrance marker. A large, green, bushy plant is in the center of the fence line. In the background, there are two white air conditioning units on the roof, a tall antenna tower, and some trees under a clear blue sky.

ECHUCA EAST PRIMARY SCHOOL

NEIGHBOURHOOD HOUSES

Echuca Neighbourhood House

Advocate and supports the community by providing opportunities for participating, connecting, learning in an inclusive environment. Echuca Neighbourhood House runs a number of programs such as a community garden, health and fitness programs and cooking.

The Echuca Neighbourhood House is accredited with Good Shepherd Microfinance to provide loans to people on low incomes or pensions.

Contact 5482 6914
261 High St S, Echuca VIC 3564
www.enh.org.au
www.facebook.com/echucaneighbourhoodhouse

Crossenvale Community House

Provides a welcoming environment, which promotes a sense of belonging to the local community. A range of activities, learning opportunities, community programs and services are delivered within Crossenvale Community House and participation is encouraged.

For further information;
28 Boothman St, Echuca 5480 3583
www.facebook.com/CrossenvaleCommunityHouse

PHARMACY/CHEMISTS

Echuca

Amcal Pharmacy.....	5482 6666
Echuca Regional Health Pharmacy.....	5485 5000
Rich River Pharmacy.....	5482 3456
Coburn & Reid Pharmacy.....	5480 6011
Priceline Pharmacy.....	5482 3777
Chemist Warehouse Echuca.....	5482 1017

Moama

Moama Village Pharmacy Shops 9&10, Moama Market Place, 2 Perricoota Rd, Moama	5480 9555
Moama Pharmacy Meninya St, Moama	5480 6667

WOMEN'S SUPPORT SERVICES

Safe Steps Family Violence Response Centre

Is the state-wide not-for-profit service for women and children experiencing violence and abuse from a partner or ex-partner, another family member or someone close to them.

Safe Steps provides emergency accommodation, a free 24-hour crisis line, outreach services, advocacy, referral, and information and support services to enable women and children to become – and stay – free from violence.

Safe Steps is staffed by women and you can call confidentially 24 hours a day, 7 days a week for:

- Support, if you need to talk to someone about how you are feeling and what your options may be.
- Information on family violence support services, legal rights and accommodation options.

Contact.....1800 015 188
www.safesteps.org.au

Centre for Non Violence (CNV)

The Centre for Non-Violence (formerly EASE) delivers a range of quality services and programs that respond to family violence and homelessness.

CNV deliver these services and programs through a continuum of interventions: prevention, crisis response, case management, recovery, counselling and support. CNV also provides opportunities for change for men who use violence against family members with a strong emphasis on accountability.

Programs include:

- Support for women and their children experiencing family violence including assessment, safety planning, advocacy, referral, information about family violence, assistance to obtain accommodation and services that enhance safety non legal support and case coordination.
- A coordinated and integrated family violence system response
- The award-winning Solving the Jigsaw violence prevention program for schools
- Group and Case-management programs for men who use violence against women and children.
- Housing support programs for young women who are pregnant or parenting
- The Loddon Mallee Homelessness Network.

Email: reception@cnv.org.au

Women & Children’s Services.....	5430 3000
.....	1800 884 292

Prevention & Development

Men’s Programs.....	5434 3000
.....	1800 884 292

Women’s Health Loddon Mallee

Women’s Health Loddon Mallee (WHLM) is a non-government organisation that works in partnership with community health and health/welfare agencies to improve the status of women’s health in the Loddon Mallee Region. WHLM offers a variety of resources, programs and training as well as advocacy and research across our three priority areas. Priority areas include Sexual & Reproductive Health, Gender Equity and Prevention of Violence Against Women.

- Health information and community education
- Building the capacity of local agencies to consider gender equity in service planning and delivery
- Advocating for women to be in leadership
- Primary prevention of violence against women
- Direct service delivery such as; pap tests and counselling

- Training to service providers on women’s health issues
- Building collaborative partnerships with health providers to improve services and programs for women
- Research and advocacy on women’s health and wellbeing needs
- Well women’s clinic
- Gender Equity
- Sexual & Reproductive Health
- Prevention of Violence Against Women

Contact 1800 350 233
 5443 0233
 whlm@whlm.org.au

Women’s Health Clinic

The Well Women’s Clinic offers pap testing; breast self-examination instruction, pregnancy testing and information on contraception, menopause, continence, osteoporosis, sexually transmitted infections, and fertility awareness information.

Echuca Regional Health..... 5485 5801
 Women’s Health Loddon Mallee..... 5443 0233

White Ribbon

Is a world-wide campaign and is Australia’s only national, male-led campaign to end men’s violence against women. Its vision is for all women live in safety free from all forms of men’s violence by making women’s safety a man’s issue too. The campaign works to prevent men’s violence against women through education and raising awareness at schools, in workplaces and across the wider community.
www.campaspe.vic.gov.au

PHYSICALLY ACTIVE CHILDREN AND FAMILIES

Being physically active every day is important for the healthy growth and development of infants, toddlers and pre-schoolers. Children and families should be active every day in as many ways as they can, through play, transport and recreation. There are so many benefits to engaging children and young people in enjoyable and positive physical activity.

Additional benefits can be gained from structured moderate to vigorous intensity physical activity such as sport, physical education, swimming, dance or other planned activity for three or more sessions of at least twenty minutes per week.

Physical Activity Recommendations

- Toddlers (1 to 3 years) and pre-schoolers (3 to 5 years) should be physically active every day for at least three hours, spread throughout the day.

Sedentary Behaviour Recommendations

- *Children younger than 2 years of age* should not spend any time watching television or using other electronic media (DVDs, computer and other electronic games).
- *For Children 2 to 5 years of age*, sitting and watching television and the use of other electronic media (DVDs, computer and other electronic games) should be limited to less than one hour per day.
- *Infants, toddlers and pre-schoolers* (all children birth to 5 years) should not be sedentary, restrained, or kept inactive, for more than one hour at a time, with the exception of sleeping.

Programs

A variety of national introduction programs exist for sports such as; Auskick, Milo Cricket, Net Set Go, Aussie hoops, Little Athletics, swimming, dance, baby gym, martial arts. To find out more contact your local sporting group or club.

Tumble Tots

Tumble Tots offers a fun and educational 'Movement Program' for crawlers up to 5 year olds. Tumble Tots strives to enable all children to experience endless movement opportunities and be encouraged to think, play, create, construct and solve problems with their own bodies and in turn build their coordination and confidence. Tumble Tots promotes the active participation of the child's mother, father or carer.

Play Sessions; Play from \$5.50.

- Mondays - 10.30-11.30am - 1-5 year olds & 11.30-12.30pm for Special Needs kids
- Tuesdays - 10.30-11.30am (1-2 y/o) & 11.30-12.30pm (3-5 year olds)
- Wednesdays - 10.30-11.30am (1-2 y/o)

Guided Play – Play from \$10.00 + Gym Vic annual registration required

- 11.30-12.30pm (3-5 year olds)

Cnr Echuca and Martin Streets, Moama (in the gym)..... 0428 990 819

Parks and recreation areas

- Apex Park High Street Echuca
- Alton Reserve
- Victoria Park
- Echuca central primary oval
- Hopwood Park
- Echuca East Recreation Reserve
- Adventure Playground Moama
- Moama Skate Park
- Moama swimming pool
- Crossenvale Park
- Campaspe Esplanade fitness and outdoor
- Echuca South Recreation
- Lions Park Campaspe Esplanade
- Echuca War Memorial Aquatic Centre
- Moama Public Swimming Pool

- Local neighbourhood parks

Campaspe Shire (Vic)

www.campaspe.vic.gov.au/live/recreation/parks-and-playgrounds

Murray River Council (NSW)

www.murrayriver.nsw.gov.au

HEALTHY FOODS

Childhood is a time of learning. Children who grow up in families that enjoy a variety of nutritious foods from the Five Food Groups are more likely to make their own healthy choices as they get older.

You can help by teaching your whole family to:

- Choose 'everyday foods' for home and school from the Five Food Groups.
- Save discretionary choices for special occasions.
- Provide a variety of types and colours of fresh vegetables and fruit that are in season.
- Enjoy reduced fat varieties of milk, yoghurt and cheese (once they are 2 years or older).
- Eat mainly wholegrain cereal foods and breads.
- Drink plenty of water instead of sugary drinks like cordial, energy drinks, sports drinks, fruit drinks, vitamin waters and soft drink.
- Eat a healthy breakfast every day.
- Learn about how foods are grown and where they come from.
- Try new foods and recipes – help with cooking and preparing foods and drinks too.
- Turn off the tv and computer at mealtimes – make this family time.
- Wash their hands before eating or cooking.
- Be physically active – play outside, walk the dog or run around at the local park.

The Australian Dietary Guidelines provide up-to-date advice about the amount and kinds of foods that we need to eat for health and wellbeing.

For more information visit: www.eatforhealth.gov.au

COMMUNITY KITCHENS AND COMMUNITY GARDENS

Community Gardens

Are places where people come together to grow fresh food, to learn new skills, relax and make new friends. Community Gardens can be a shared garden where people share the gardening and the harvesting; or an allotment garden where participants garden their own plot and share the maintenance of common areas; or a combination of both allotments and shared gardening space.

Echuca Neighbourhood House

261 High Street Echuca..... 5482 6914

Crossenvale Community House

Boothman Street Echuca 5480 3853

Moama Community Garden
 The Moama Community Garden is located behind the Moama Seniors Community Centre, Martin Street, Moama
 Contact Sue Portelli, Secretary supertelli@hotmail.com

Viney Morgan Aboriginal Medical Service  5869 3343
 Cummeragunja.....

Njernda Aboriginal Corporation  5480 6252

Community Kitchens

Are groups of a small number of individuals who come together on a regular basis to socialise and cook affordable and nutritious meals.

Echuca Neighbourhood House
 261 High Street Echuca..... 5482 6914

Crossenvale Community House
 Boothman Street Echuca 5480 3853

Viney Morgan Aboriginal Medical Service  5869 3343
 Cummeragunja.....





RESOURCES

GENERAL RESOURCES

Read more about helpful health and parenting information on the Raising Children Network website.

<http://raisingchildren.net.au/>



The Pregnancy, Birth and Baby helpline is available 24 hours a day, 7 days a week for pregnant women, partners and families or new parents who have a baby up to 12 months of age. The helpline offers information, referrals and support from qualified counsellors.

Read more about the helpline on the Pregnancy, Birth and Baby website.

www.pregnancybirthandbaby.org.au



The NHSD provides a nation-wide directory of services accessible to both consumers and professionals at www.nhsd.com.au



The Better Health Channel is a reliable information access point for consumers, and professionals to use at www.betterhealth.vic.gov.au

INFORMATION ABOUT PREGNANCY, BIRTH AND BABIES

Australian Government
www.australia.gov.au

The Cochrane Collaboration Consumer Network
www.cochrane.org

healthdirect Australia
www.healthdirect.org.au

NSW Health
www.health.nsw.gov.au/pubs
(02) 9391 9000

Victorian Government
www.betterhealth.vic.gov.au

Women's Health Victoria
<http://whv.org.au>

RESOURCES AND SERVICES FOR A HEALTHY PREGNANCY

Infections, genetic conditions and other health conditions
ACON (AIDS Council of NSW)
www.acon.org.au
(02) 9206 2000

Australian Action on Pre-eclampsia
www.aapec.org.au
(03) 9330 0441

Centre for Genetics Education
www.genetics.edu.au
(02) 9462 9599

Cystic Fibrosis (NSW)
www.cysticfibrosis.org.au
1800 650 614

Cystic Fibrosis (VIC)
www.cysticfibrosis.org.au
9686 1811

Australian Diabetes Council
www.australiandiabetescouncil.com
1300 342 238 (1300 DIABETES)

Down Syndrome NSW
www.downsyndromensw.org.au
(02) 9841 4444

Down Syndrome VIC
Downsyndromevictoria.org.au
info@dsav.asn.au
1300 658 873

Pre-eclampsia Foundation
www.preeclampsia.org

ALCOHOL, TOBACCO AND DRUGS

Alcohol and Drug Information Service
<http://yourroom.com.au>
(02) 9361 8000 or
1800 422 599

Women’s Alcohol and Drug Service (WADS) – Royal Women’s Hospital Melbourne

www.thewomens.org.au

Australian Drug Foundation

www.stvincents.com.au

www.adf.org.au

(03) 9611 6100

MotherSafe

www.mothersafe.org.au

(02) 9382 6539 or 1800 647 848

The Quitline

www.icanquit.com.au

13 78 48 (13 QUIT)

DIET AND PREGNANCY

Food Standards Australia New Zealand

www.foodstandards.gov.au

(02) 6271 2222

Nutrition Australia

www.nutritionaustralia.org

(02) 4257 9011

NSW Food Authority

www.foodauthority.nsw.gov.au

1300 552 406

Victoria Health Food Safety

<https://www2.health.vic.gov.au/public-health/%20food-safety>

1300 364 352

DOMESTIC VIOLENCE AND ASSAULT

Domestic Violence Line

1800 RESPECT

1800 737 732

NSW Rape Crisis Centre

www.nswrapecrisis.com.au

1800 424 017

Centre Against Sexual Assault (CASA)

www.casa.org.au

1800 806 292

GRIEF AND LOSS

SIDS and Kids NSW

www.sidsandkidsnsw.org

(02) 8585 8700 or 1800 651 186

SIDS and Kids Victoria

www.sidsandkids.org

1300 308 307

HEALTH AND SAFETY

The Children’s Hospital at Westmead

www.chw.edu.au/parents/factsheets

The Royal Children’s Hospital Melbourne Victoria

www.rch.org.au

(03) 9345 5522

Kids Health Info. Fact sheets (App. Available on google play and App. Store)
www.rch.org.au/kidsinfo/

Raising Children Network
www.raisingchildren.net.au

Better Health Channel
www.betterhealth.vic.gov.au

Roads and Maritime Services
[roadsafety.transport.nsw.gov.au/
stayingsafe/children/childcarseats](http://roadsafety.transport.nsw.gov.au/stayingsafe/children/childcarseats)
13 22 13

Vic. Roads
www.vicroads.vic.gov.au
13 11 71

Women's Health Centres
www.whnsw.asn.au
(02) 9560 0866

www.whv.org.au
(03) 9664 9300

LABOUR AND BIRTH

Homebirth Australia
www.homebirthaustralia.org
0427 792 686

MONEY MATTERS

Centrelink Families and Parents Line
www.humanservices.gov.au
136 150

Centrelink Multilingual Service
131 202

Multiple pregnancy
Australian Multiple Birth Association
www.amba.org.au
1300 886 499

PARENTING AND CARING FOR YOUR BABY

Families NSW
www.families.nsw.gov.au
1800 789 123

Parents Victoria
www.parentsvictoria.asn.au

Australian Breastfeeding Association
www.breastfeeding.asn.au
1800 686 268 (1800 mum2mum)

Family Planning NSW Healthline
www.fpnsw.org.au
1300 658 886

Family Planning Victoria
www.fpv.org.au 03 9257 0100

Infant Massage Information Service
www.babymassage.net.au
1300 558 608

Immunise Australia Program
www.immunise.health.gov.au
1800 671 811

NSW Health Immunisation website

<http://www.health.nsw.gov.au/immunisation/pages/default.aspx>

VIC Health Immunisation

VACS On time/Immunisation reminders for parents who live in Victoria (Australia) App. Available from Google Play and the App Store

Karitane Careline

www.karitane.com.au
1300 227 464 (1300 CARING)

Australian Scholarships Group Resources for Parents

www.asg.com.au/educational-resources

Lactation Consultants of Australia and New Zealand

www.lcanz.org
(02) 9431 8621

Parent line

13 22 89

Raising Children Network

<http://raisingchildren.net.au>

Relationships Australia

www.relationships.org.au
1300 364 277

L'il Aussie Prems Foundation

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

Tresillian Parent's Helpline

www.tresillian.org.au
1800 272 736

POSTNATAL DEPRESSION**Beyond Blue**

www.beyondblue.org.au
1300 224 636

Depression After Delivery

www.depressionafterdelivery.com

PRODUCT SAFETY AUSTRALIA**Australian Competition and Consumer Commission**

Keeping baby safe – a guide to infant and nursery products
www.productsafety.gov.au



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www.erh.org.au/maternity-unit.html

www.health.nsw.gov.au/kids-families/MCFhealth/Publications/having-a-baby.pdf

www.humanservices.gov.au/customer/subjects/having-baby

www.thewomens.org.au/health-information/fact-sheets/ thewomens.r.worldssl.net/images/uploads/fact-sheets/Family-violence_ATSI.pdf





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