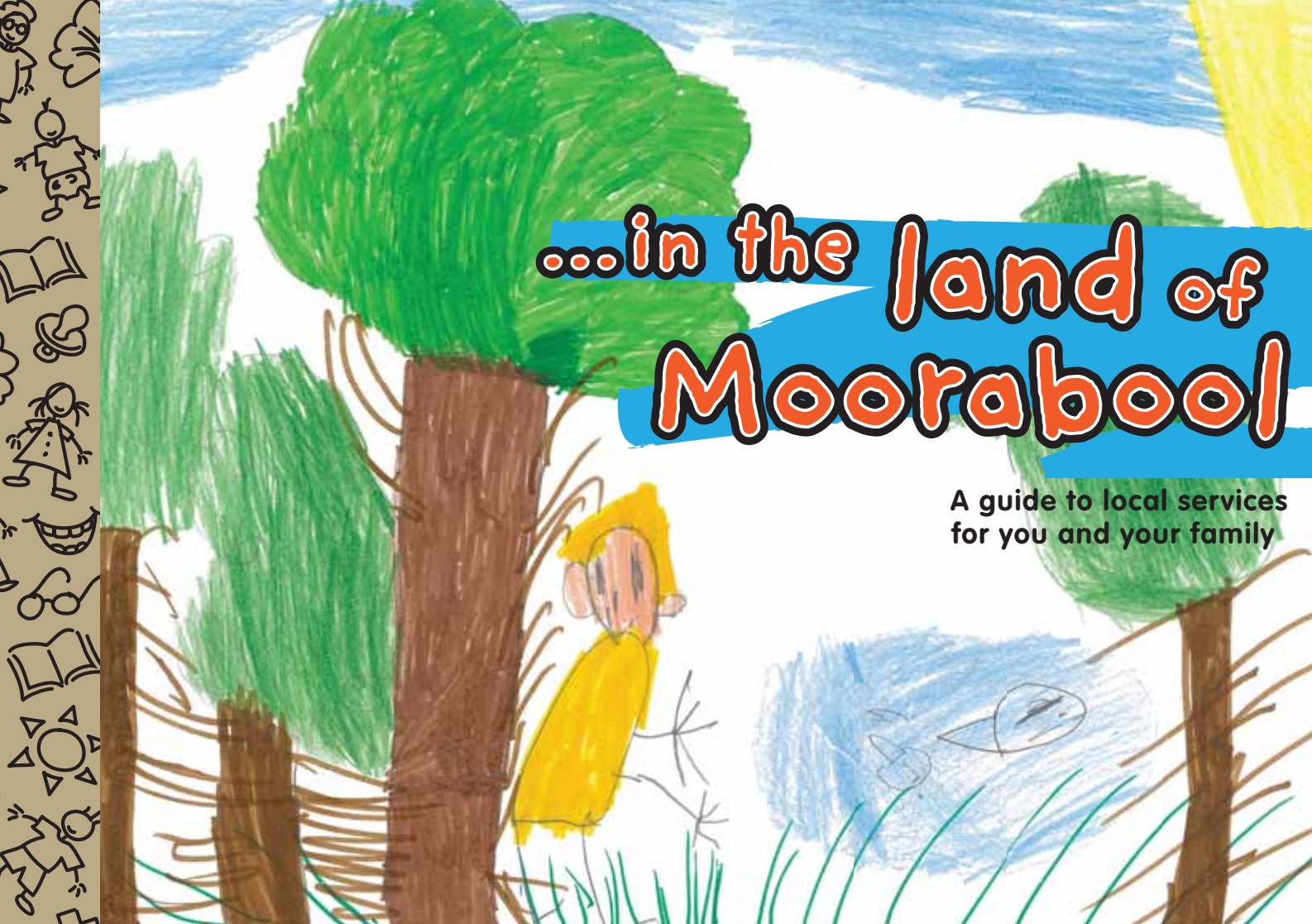


**...in the land of Moorabool**

A guide to local services  
for you and your family



**...in the land of Moorabool**

A guide to local services  
for you and your family



Welcome to the 'Land of Moorabool', a booklet of information and local services designed to help you in the important job of raising or caring for a family.

This Early Years Guide originated from the Moorabool Shire Best Start Program, which consists of a partnership of local agencies working together to make services more responsive to the needs of children and families.

For many, finding the right support network, program or facility to assist us as we go about our daily lives, is not always easy. Doctors, teachers, Maternal & Child Health Nurses are often a good place to start. If you can't find the information you're looking for, try ringing Moorabool Shire Council on 5366 7100, and ask to speak to someone in Early Years.

This booklet is also available online at [www.moorabool.vic.gov.au](http://www.moorabool.vic.gov.au)

Printed July 2015



If you think any information in this booklet is not accurate, is out of date, or missing all together, please let us know. Whatever your suggestion, we'd love to hear from you.

**The Best Start Facilitator**  
**Moorabool Shire Council**  
**PO Box 18**  
**Ballan Victoria 3342**  
**p. 5366 7100**  
**e. [earlyyears@moorabool.vic.gov.au](mailto:earlyyears@moorabool.vic.gov.au)**

For more information on the Moorabool Shire Best Start Program visit:  
**[www.moorabool.vic.gov.au](http://www.moorabool.vic.gov.au)**

When this program began, artists up to the age of 10 years were invited to illustrate the ways in which they belong in the land of Moorabool. A warm thank you goes to the many creative and talented children who helped to bring this resource booklet to life with their artwork. Their work also helps to remind us as parents, of the importance of simple things to our children – like family, friends and pets.

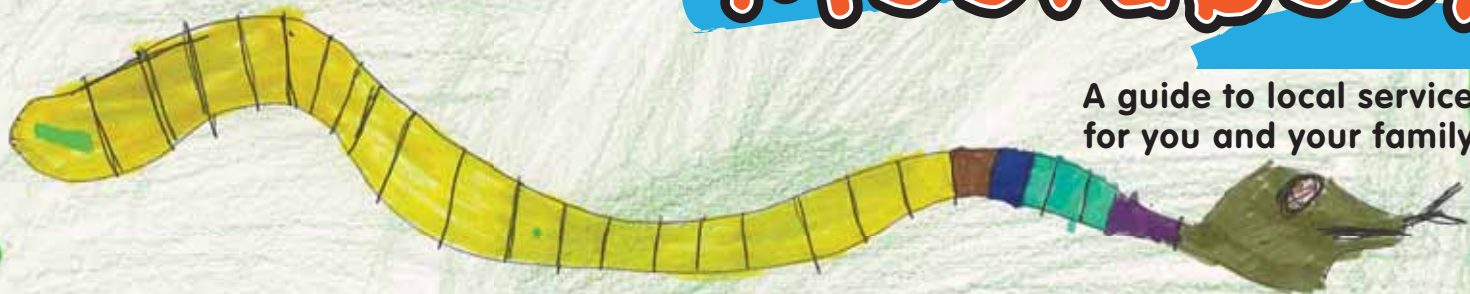
Thanks also go to the parents, workers and volunteers who contributed their ideas and feedback. Thank you for helping to make the Land of Moorabool a better place for all families.

Front cover illustration by James Prosser, age 6  
Graphic design: Kylie Wealands 0405 097 830

# ...in the land of Moorabool

A guide to local services  
for you and your family

Nathaniel Gibbs, age 8  
"There was a snake at our school.  
We watched it crawl away."





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Colors help you identify each section  
Services are listed alphabetically

**M** Indicates services within the Moorabool Shire

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Charlotte Prendergast, age 6  
“I like playing hopscotch in the garden.”



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back cover

## Finding it tough?

All parents find parenting difficult at times. If you don't have supportive family and friends around, this can sometimes make parenting overwhelming. It is hoped this book will assist you in finding the support you deserve. All parents want the best for their children and this can be especially true for parents who have had a difficult childhood themselves. Doing one or two simple and fun things a day with your children can make a big difference to their development and their future.

- Give your child a hug and tell them how proud you are of them.
- Encourage your children to clean their teeth after eating lollies.
- Talk about the pictures in a story book together.
- Go for a walk together with the dog.
- Encourage your child to try new things at home – running, skipping, drawing, cutting or painting – to help your child develop skills for school.
- Play footy or cricket in the park together.
- Plant some seeds together in plastic pots.

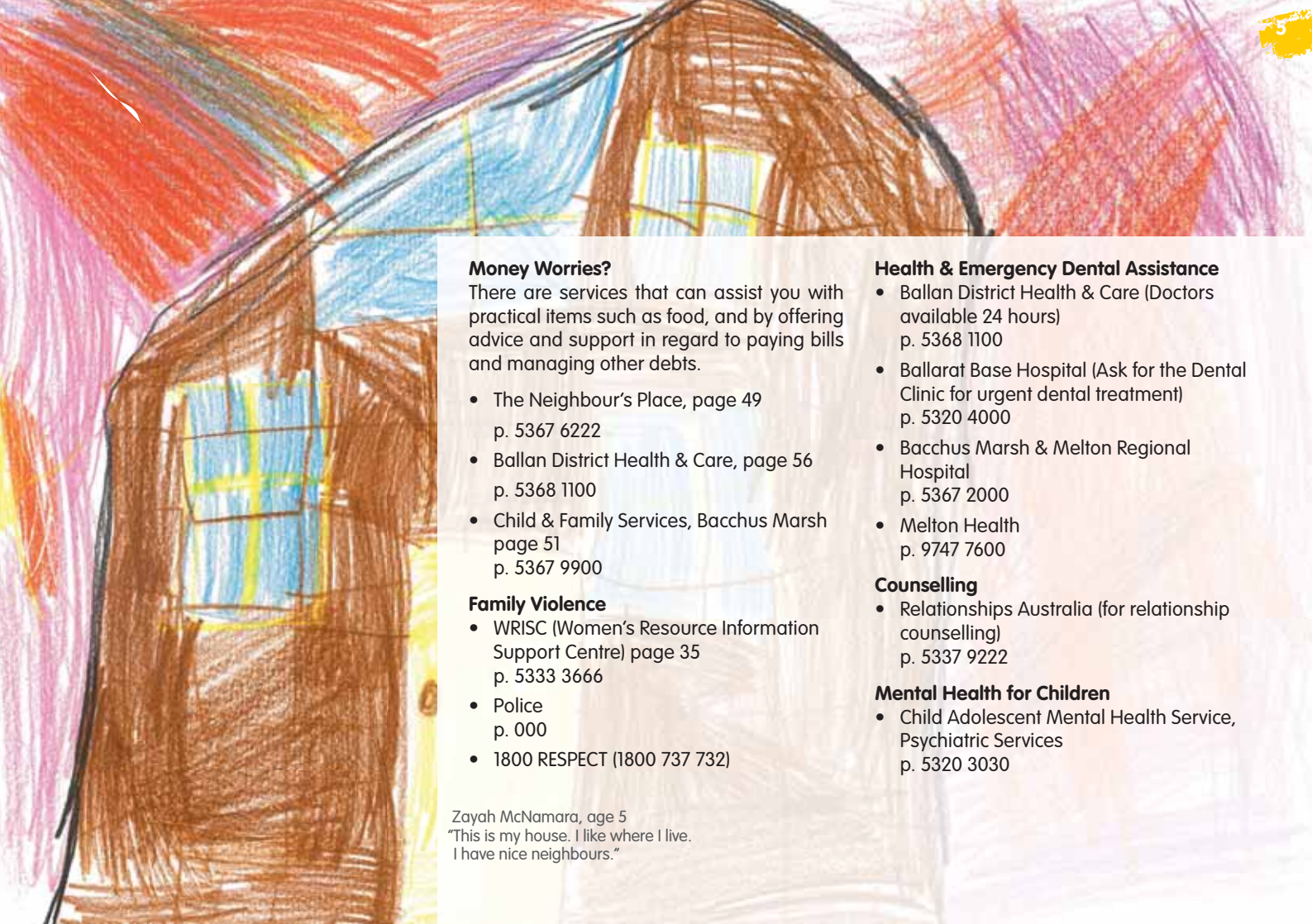
Parenting can be tiring and frustrating. So it's important that you get the support you need to help you do the best you can for your kids.

- Develop your own interests, such as getting involved with a community project, training, or work. When you feel better about yourself your whole family benefits.
- Find someone who can help you visit your local kinder and find ways that will make it easier for your child to be involved.
- Visit your Community House and ask about courses, or offer your skills as a volunteer. Once you've had experience in something, you can get a reference to help you find work.
- Get to know other families in your neighbourhood by attending local church fetes, your child's football matches or school activities such as concerts.
- Reach out and ask for help if you are really overwhelmed and not coping. There are services that can support you with long term, complicated family problems.



**walk for  
wellness.**

Marcus  
"I like my dog."



### **Money Worries?**

There are services that can assist you with practical items such as food, and by offering advice and support in regard to paying bills and managing other debts.

- The Neighbour's Place, page 49  
p. 5367 6222
- Ballan District Health & Care, page 56  
p. 5368 1100
- Child & Family Services, Bacchus Marsh  
page 51  
p. 5367 9900

### **Family Violence**

- WRISC (Women's Resource Information Support Centre) page 35  
p. 5333 3666
- Police  
p. 000
- 1800 RESPECT (1800 737 732)

### **Health & Emergency Dental Assistance**

- Ballan District Health & Care (Doctors available 24 hours)  
p. 5368 1100
- Ballarat Base Hospital (Ask for the Dental Clinic for urgent dental treatment)  
p. 5320 4000
- Bacchus Marsh & Melton Regional Hospital  
p. 5367 2000
- Melton Health  
p. 9747 7600

### **Counselling**

- Relationships Australia (for relationship counselling)  
p. 5337 9222

### **Mental Health for Children**

- Child Adolescent Mental Health Service, Psychiatric Services  
p. 5320 3030

Zayah McNamara, age 5  
"This is my house. I like where I live.  
I have nice neighbours."

# Parenting Programs

## M IMAGINATION MAGIC

**I**magination Magic is a performing arts program for children (from birth to 5 years of age) and their mums, dads and carers who live in the Moorabool Shire. Sessions are held monthly in Bacchus Marsh and Ballan with occasional performances in outlying communities. Imagination Magic allows you to meet other mums and dads and to make friends - particularly if you are new to the community. Children participate in music, dance, drumming, storytelling and creative activities. Early Years staff and a Maternal and Child Health nurse are present to help answer any questions you may have about your baby, child's or your own wellbeing. Participating in the program is a great way to interact with your child, helping them to develop language, social skills and imagination. Grandparents and carers welcome. Contact customer service at Moorabool Shire Council p. 5366 7100 to book your free ticket.

Alkira

"I like living in Mt Egerton, because there is a little city and lots of friends too."



## M LIBRARY SERVICES FOR CHILDREN

**T**he Moorabool Shire Library Services provide all children with access to a broad range of learning and information, including books, DVD's, CD's, magazines, newspapers, audio books and more. Moorabool Shire Library Service offers the following programs:

### Baby Rhyme Time

For Children aged 0-2 years

Lerderderg Library, Bacchus Marsh  
Tuesday 10.30am  
Ballan Library, Ballan  
Wednesday 10.00am

### Pre School Story Time

For Children aged 3- 5 years

Lerderderg Library, Bacchus Marsh  
Thursday 10.30am  
Ballan Library, Ballan  
Wednesday 10.30am

### Holiday School Program

The library is an exciting place to learn something new and have some fun during the school holidays with a variety of activities and workshops available.

Phone 5367 2533 or email  
[info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au) for more  
information.



**Spending time  
with young children  
is more valuable  
than spending money  
on expensive toys.**

## **M NEW PARENTS' GROUP**

**T**he New Parents' Group offers a series of eight weekly workshops that allow new parents to explore issues such as settling, nutrition, breastfeeding and any of the other common concerns that are part and parcel of becoming a parent. A Family Support Officer and Maternal and Child Health nurse run the sessions. This group is a great way to meet other mums or dads and to ask questions and receive valuable resources and advice, all in an informal and relaxed environment. Many of the participants in these groups go on to form playgroups or continue to meet long after the sessions have finished. The group is a great way to share hints and tips that can help you with your baby in the first six months. A library of books is available for borrowing. Groups are held regularly within Moorabool Shire.

For further information contact Maternal and Child Health Admin, at Moorabool Shire Council on 5366 7100 or email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

Matilda, age 5  
"Because you get to skip in  
lots of flowers."

## Even Superheroes Need Regular Health Checks!

All children develop at different rates. By four years of age your child has already developed enormously. Three to four year olds love dress ups and pretending to be superheroes. They can run, jump, ride a three wheeler and stand on one foot for a few seconds. They can talk in simple sentences, ask heaps of questions and can talk about what happened yesterday. They have vivid imaginations and sometimes strong fears. They are developing a sense of humour and learning to play co-operatively with other children some of the time.

The 3 1/2 year old health and developmental assessment is one of the key visits offered by your Maternal and Child Health Nurse. The assessment includes vision and hearing tests which are crucial in ensuring your child can see and hear properly. Correct sight and hearing means your child will be able to communicate with others, follow instructions and learn to read. This in turn helps make kindergarten and school an enjoyable experience. Your MCH nurse can talk with you about any worries you may have about your child's readiness for kindergarten or school. And of course any of those superhero health issues...

If you are unable to attend the centre, arrangements can be made for your child to be assessed at their pre-school or child care facility within the Moorabool Shire.

Contact Early Years at Moorabool Shire Council on 5366 7100 or email [earlyyears@moorabool.vic.gov.au](mailto:earlyyears@moorabool.vic.gov.au)

**Keep your balance,  
eat a variety of fruit and  
vegetables every day.**

Kai Beaton, age 6  
"I can pat my cat."



# Believe It or Not, Kindergarten Makes Happier Adults!

The one thing all parents have in common is the desire to give their children the best possible chance for a happy life. Some parents have not had an ideal childhood so they work particularly hard to improve opportunities for their children.

One way of doing this is to ensure your children go to 4 year old kindergarten. The main way your children learn new things is through play. Research shows that kindergarten can help prepare your children for learning at school as well as later in life. It can also improve your children's skills and behaviour and help them develop positive relationships with others.

At kindergarten your children will learn many things such as:

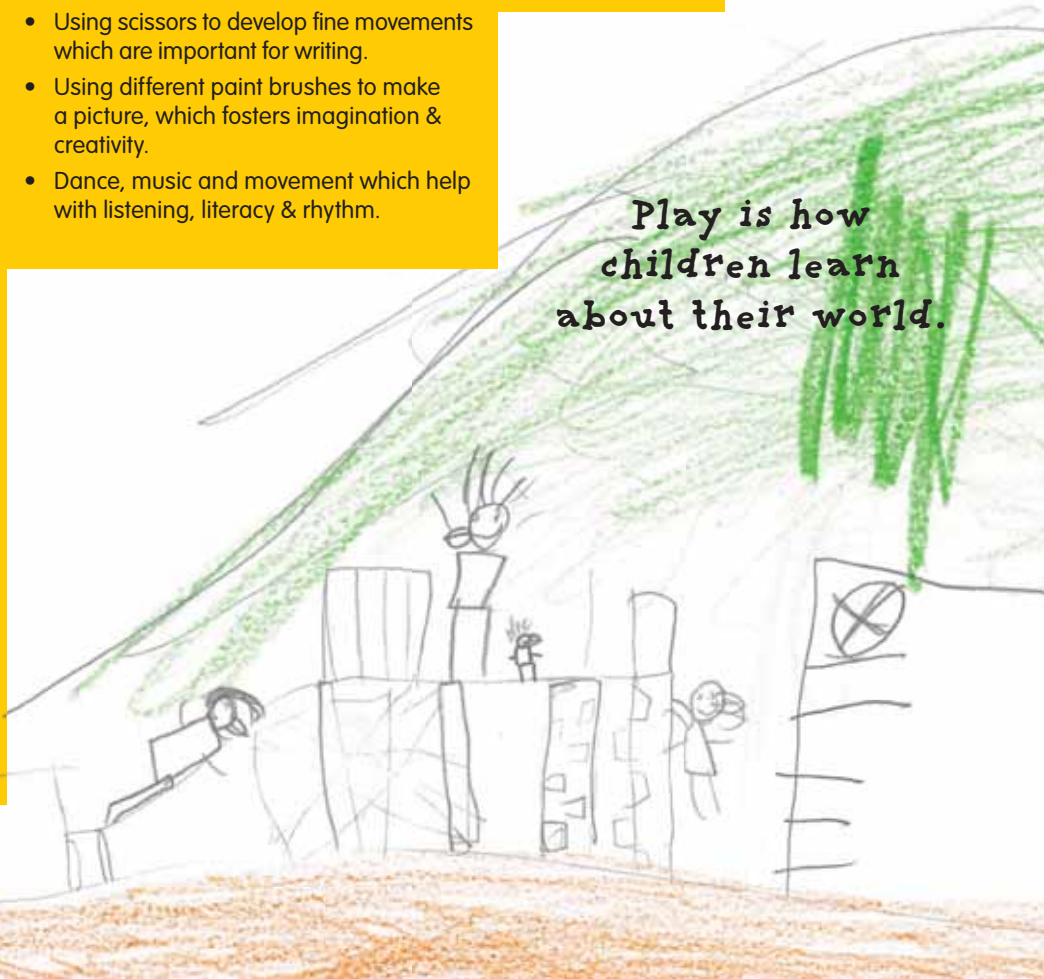
- How to play with other children & be part of a group.
- How to understand their own feelings.
- The joy of reading stories, talking together & making things.
- Climbing & jumping, which help develop co-ordination & balance.

- Using scissors to develop fine movements which are important for writing.
- Using different paint brushes to make a picture, which fosters imagination & creativity.
- Dance, music and movement which help with listening, literacy & rhythm.

**Play is how  
children learn  
about their world.**

Cody

"I like living in Gordon because it has  
heaps of kangaroos and koalas."



# Choosing a Kindergarten?

## SOME QUESTIONS TO ASK:

1. Do you have a licence to operate and are you government funded?
2. What qualifications do the staff have?
3. What are the group sizes?
4. When do the children attend?
5. What sort of program do you offer? For example, do you offer open-ended or structured activities?
6. What do you do if a child has difficulty separating from mum or dad at the start of the year?
7. What sort of parent involvement do you have?
8. How do you raise money?
9. How do you provide feedback to parents about their child's progress?
10. How do you handle parents' questions or concerns?
11. How do you discipline the children?
12. Do you support the development of literacy, numeracy and language?
13. Does the kindergarten have a school transition program towards the end of the year?

## AFTER YOUR VISIT:

1. What were your first impressions?
2. Was the kindergarten welcoming?
3. What did you think of the room, the outdoor play area and the facilities?
4. Did you see staff interacting with the children? Was it positive?
5. How did the room look? Was there art work on display?

**Parents are a  
child's first and most  
important teachers.**

Carly McCausland, age 5  
"This is our school. We live in the country  
and have koalas and kangaroos visit us."



# Choosing a Child Care Centre?

## SOME QUESTIONS TO ASK:

1. Am I welcome to visit my child at any time?
2. Is my child made to feel welcome?
3. Do carers speak with children in a warm and friendly way?
4. How will my child be supervised?
5. Are family members encouraged to participate in activities?
6. Is information shared between the staff, carers and families?
7. What feedback will be given about my child's day and how will this information be communicated?
8. What happens if my child is on medication, becomes sick or has an accident while at the centre?
9. What happens if my child is still having a bottle or being breast fed?
10. How will my child be assisted with toilet training?
11. Are meal and snack times pleasant?
12. How will I be informed of my child's eating and sleeping patterns?
13. What are the sleeping arrangements for my child and what happens if my child doesn't want to sleep?
14. Is information readily available about the service's policies?
15. Are families informed about proposed changes to policies?
16. Is there a planned program of day to day activities for my child?
17. Am I encouraged to talk to staff and carers about the programs?
18. Do the activities interest my child?
19. Will my child have opportunities for self expression, self direction and self discipline?
20. Will my child's individual needs be met?
21. Are the children encouraged to explore and take on new challenges?
22. Are there opportunities for my child to become familiar with the broader community?
23. Are the equipment and play spaces safe for children?
24. Are there clear procedures for raising concerns I may have?

Elspeth, grade 3

"There are lots of beautiful sunsets. I see them out my bedroom window."

**Children have  
views that need  
to be voiced.**

### Information about Kindergartens and Childcare can be found at:

Early Learning Association Australia  
p. 9489 3500 or 1300 730 119  
e. [earlyyears@moorabool.vic.gov.au](mailto:earlyyears@moorabool.vic.gov.au)  
[www.elaa.org.au](http://www.elaa.org.au)  
[www.mychild.gov.au](http://www.mychild.gov.au)  
[www.education.vic.gov.au](http://www.education.vic.gov.au)

## Teenagers

### Young People 12 – 25 Years of Age

**Y**outh Services works together in partnership with a number of groups and organisations to provide a range of programs for Moorabool's youth. These programs change from time to time so please contact Youth Services on the number below to check what is happening and for any other information on youth events, programs or issues "Like" us on Facebook at Youth Moorabool's.

#### **M** Youth Services

Moorabool Shire Council  
p. 5366 7100  
e. [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

#### **M** FReeZA Program

Is run by a committee of young people from the Moorabool Shire and is supported by Moorabool Shire Youth Services. The committee plans and runs approximately 4 music or cultural events each year. This is a lot of work, but is also a lot of fun, so if you are aged between 12 and 25 Years of age and would like to plan music and cultural events in Moorabool then please contact Youth Services as we are always looking for young people to help run these events.

#### **M** Blue Light Discos

If you are a little younger then there is the Blue Light Discos which are run in both Bacchus Marsh and Ballan. These discos are run by Victoria Police together with a community committee and with the support of Moorabool Youth Services.

Blue Light Discos are held four times each year in both Ballan and Bacchus Marsh.

#### **M** Youth Week

Youth Services work together with a number of partners and young people to coordinate Moorabool Youth Week in April each year. In the past we have run Skate, BMX and Scooter Competitions, Young people Vs Agency staff / Police and Teachers Basketball and Netball Competitions. Hip Hop and Music workshops, youth forums, cooking competitions and try out days for tennis, cricket and golf.

We work with Schools to deliver a number of programs including Mental Health programs (ACTIVE8) and Primary to Secondary transition programs.

For more up to date information either contact Moorabool Shire Council on 5366 7100 or "Like" us on the Young Moorabool's Facebook site. You can also email: [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

**Respond to what  
children are interested  
in. It helps them to  
grow and learn.**

Lachlan Carlson, age 10

"Local reservoirs are great places to visitl."

# How to Build a Child Friendly Street

From: National Association for Prevention of Child Abuse and Neglect (Napcan)  
www.napcan.org.au

1. Meet your neighbours. Say hello! Remember their names.
2. Introduce your kids in your street. Make sure everyone's got friends to play with.
3. Welcome newcomers. Make up a Welcome Pack with information about local schools, playgroups, child health centres, kids sporting clubs, music lessons, the closest all-night chemist etc.
4. Involve kids in the life of your street. Help them organise a child friendly activity.
5. Get the kids in your street to map your neighbourhood. Ask them to identify the places where they don't feel safe. And do something about it!
6. Care for your street.  
Hold a 'clean up your street' day.
7. Exercise together.  
Organise a weekly walk.
8. Show kids you value them. Ask for their opinion, send the kids you know a birthday card – or just a note to say "well done" to celebrate their achievements!
9. Watch out for kids. Drive slowly!
10. Be generous with your neighbours.  
Share your time, share your toys, share your pets!

## The Child Friendly Challenge for Individuals

1. Smile at a child - you were a child once.
2. Let a parent with kids ahead of you in the queue.
3. Donate your clothing, furniture or toys for use by another family.
4. Cook a meal for parents with a newborn baby.
5. Tell a child a story from your childhood.
6. Ask kids what they need to grow up well.

## The Child Friendly Challenge for Communities

1. Make your street child friendly.
2. Organise a child friendly art exhibition.
3. Hold a barbecue & talk with your neighbours about how to make your street more child friendly.
4. Promote local services that provide support & care for children & families.
5. Hold parenting nights to support new parents.
6. Form a child friendly communities action network.



Harry, age 6  
"I like playing cricket with my friends."

## Television – How Much?

From: kidshealth.org

Most kids plug into the world of television long before they start school.

The first 2 years of life are considered a critical time for brain development. TV and other electronic media can get in the way of exploring, playing, and interacting with parents and others, which encourages learning and healthy physical and social development.

As kids get older, too much screen time can interfere with activities such as being physically active, reading, doing homework, playing with friends, and spending time with family.

Of course, television, in moderation, can be a good thing. Preschoolers can get help learning the alphabet on television, older children can learn about wildlife on nature shows, and parents can keep up with current events on the evening news. TV can be an excellent educator and entertainer.

But despite its advantages, too much television can be detrimental.

- Children who consistently spend more than 4 hours per day watching TV are more likely to be overweight.

- Kids who view violent acts are more likely to show aggressive behavior but also fear that the world is scary and that something bad will happen to them.
- TV characters often depict risky behaviors, such as smoking and drinking, and also reinforce gender-role and racial stereotypes.

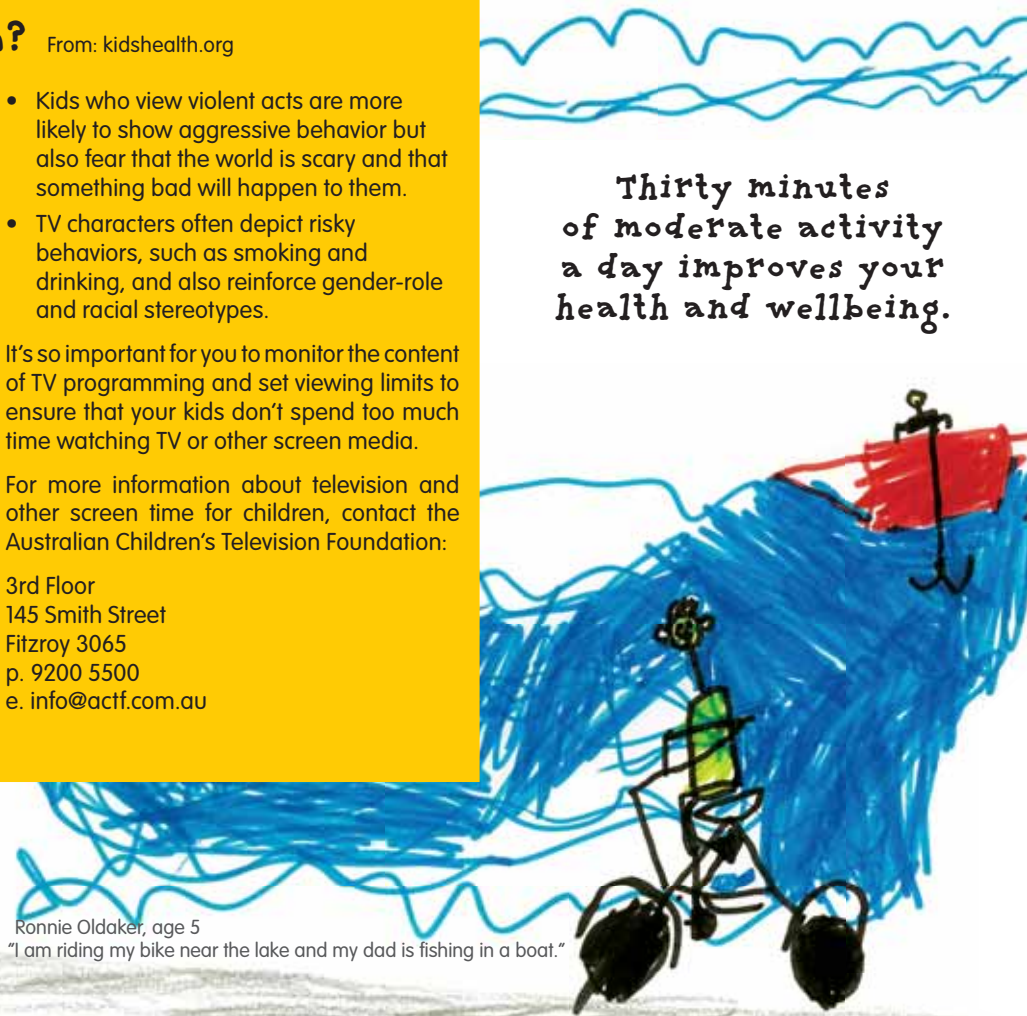
It's so important for you to monitor the content of TV programming and set viewing limits to ensure that your kids don't spend too much time watching TV or other screen media.

For more information about television and other screen time for children, contact the Australian Children's Television Foundation:

3rd Floor  
145 Smith Street  
Fitzroy 3065  
p. 9200 5500  
e. [info@actf.com.au](mailto:info@actf.com.au)

**Thirty minutes  
of moderate activity  
a day improves your  
health and wellbeing.**

Ronnie Oldaker, age 5  
"I am riding my bike near the lake and my dad is fishing in a boat."



# A Book a Day Keeps the Doctor Away!

**D**id you know that being able to read lowers your risk of heart disease, going to court/jail and being unemployed? Despite living in an age where children have access to computers and technology, with the right encouragement, children can still love curling up in bed with a good book.

So how do we encourage children to develop reading and counting skills?

- Spend time with your baby, naming things & talking about what you & your baby are doing.
- Point to & name pictures, tell nursery rhymes, play games like peek-a-boo.
- Read a book a day with your child before starting school. Talk about the pictures. Discuss what happened.
- Visit your local library for a free story-telling session.
- Have dinner together as a family & talk together about your day. This helps develop reading skills by encouraging self expression in a safe environment.
- Share daily experiences, such as shopping or banking with your children. Give them a few items to find in the supermarket or play games in the car such as I-Spy.

- Make up silly poems or songs about daily activities.
- It's okay to let children read comics, footy cards & video game cheats. Encourage them to read anything that interests them.
- Show your children that you love to read too.

**Literacy learning  
begins at birth.**

Bailey Mitchell, grade 3

"There are many kookaburras in our area and I love hearing them laugh. They sit on our fence."





# Children's Services



## Baby Massage

A great way to invest time and touch into your relationship with your baby and to mix with other parents. Infant massage therapy aims to promote bonding, interaction and positive parent/baby relationships in a relaxed and friendly atmosphere. The focus is on parent/baby communication, touch and understanding of baby needs.

Contact individual services for information regarding charges and session times. There are also a number of private practitioners that provide this service, along with Council's MCH service. Email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au) for more information.

### St John of God Health Care

Women's Health Unit  
101 Drummond Street North  
Ballarat 3350  
p. 5320 2110

Three week course, one-hour sessions. Charges apply.

## Baby Settling

### Day Stay

Child & Family Services Ballarat  
515 Chisholm Street  
Ballarat 3350  
p. 5327 1100

Day stay is a regional program that aims to provide parenting support to families with children from birth to two years. Priority is given to infants under two months. Day Stay operates out of the Child and Family Services (CAFS) Chisholm Street site where programs are specifically dedicated to the needs of infants, young children and their parents.

Parents who have concerns with an unsettled baby, feeding difficulties, sleeping difficulties, toddler behaviour and parenting skills attend the program. The skills are put into practice during the day.

### Melton Infant Settling & Feeding Clinic

Djerriwarrr Health Services  
Melton Health Clinic  
195 – 209 Barries Road  
Melton West 3337

### M Lerderderg Consulting Rooms

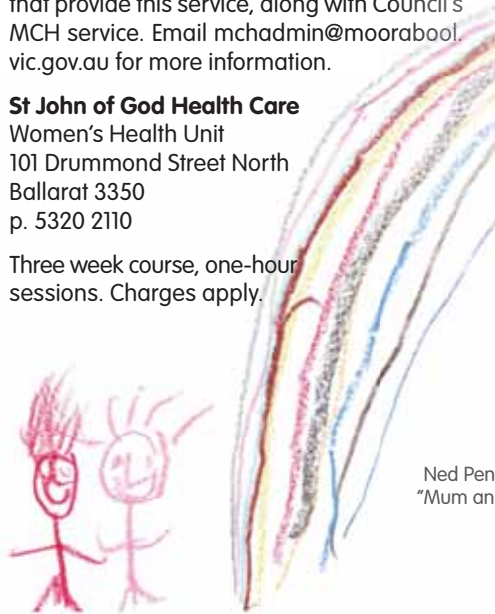
Cnr Gell & Lerderderg  
Bacchus Marsh 3340  
p. 9747 7600 (Reception)  
[www.meltonhealth.com.au](http://www.meltonhealth.com.au)

Provides support and advice for families with babies from birth through to 12 months.

The clinic is run in conjunction with Tweddle Child and Family Health Service and is specially designed to help families who are having issues with infants up to 12 months old, including;

- Settling & sleeping difficulties
- Breast feeding difficulties
- Bottle feeding difficulties
- Concerns with nutrition
- Mild postnatal depression & anxiety

By appointment, the free Infant Settling and Feeding Clinic is run at Melton Health and The Lerderderg Consulting Rooms, Bacchus Marsh. Qualified staff address each family's issues and educate family members both theoretically and practically on new parenting skills. The clinic's staff also call each attendee within two weeks following the program to check on their progress and answer any further questions.



Ned Pengelly, age 6  
"Mum and I are watching a rainbow."

**St John of God Health Care**

Baby Settling Class  
 Women's Health Unit  
 101 Drummond Street North  
 Ballarat 3350  
 p. 5320 2110  
[www.sjog.org.au](http://www.sjog.org.au)

This class deals with settling strategies and routines as well as some common newborn challenges such as reflux, snack feeding and night owl babies. Ideal for parents of babies from 4-6 weeks of age. A charge applies but there is no charge for parents who have attended St John's pre-natal classes.

## Breastfeeding Support

**Australian Breastfeeding Association**

24 Hour Helpline 1800 686 268  
[www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

The Ballarat group of Australian Breastfeeding Association provides a range of services for new and expectant parents. These services include a calendar of events in the local area, breastfeeding classes endorsed by local hospitals, parenting information evenings, coffee mornings (toddlers and babies welcome) breast pump hire and access to the 'Shop at Home' service.

**Australian Breastfeeding Association Classes**

Breastfeeding, while natural, is still a learned skill. The Australian Breastfeeding Association offers breastfeeding classes for accurate and practical information and ongoing support. The class will help you understand why breastfeeding is important, how breastfeeding works, how your breasts make milk, correct positioning and attachment and how to ask for and get help if problems occur.

**Ballarat Health Services****Breastfeeding Support Unit**

Drummond Street North  
 Ballarat 3350  
 p. 5320 4977

The unit offers support, education, practical assistance and personalised care to breastfeeding mothers. Lactation Consultants provide consultations at any stage of pregnancy or after birth including pre-natal education and advice, postnatal education and advice and practical help when learning to breastfeed. Assistance is also provided for mothers who are breastfeeding premature or unwell babies and for breastfeeding mothers who are unwell/require hospitalization. Advice regarding breastfeeding and working and studying can also be provided. There is no charge for the service. Mothers who have given birth elsewhere can also use the service and mothers can self-refer.

The unit also provides a Breastfeeding Day Stay support service. The service is provided by experienced Lactation Consultants who provide education, practical assistance and personalised care to women who are having difficulties with any aspects of breastfeeding. The service involves a four to six hour admission to the Maternity Unit and mothers and babies are admitted as standard patients, therefore no personal cost is involved.



Claire Lee, age 6  
 "I am sleeping in my bed at night."

### **M Moorabool Breastfeeding Support Service**

Staffed by lactation consultants, services provided include;

- Breastfeeding support
- Ante-natal information
- Books and resources
- Information for families and the community on how to support breastfeeding
- Breastfeeding and returning to work
- Breastfeeding and multiple Births

Bookings available by phoning Maternal and Child Health Administration on 5366 7100. Email [earlyyears@moorabool.vic.gov.au](mailto:earlyyears@moorabool.vic.gov.au) or visit Council's families & children Facebook page for more information.

### **M Australian Breastfeeding Association**

Mum to mum support and breastfeeding help. Meetings held monthly.

p. 5366 7100 – Maternal Child Health  
e. [abawyndhamgroup@yahoo.com.au](mailto:abawyndhamgroup@yahoo.com.au)

### **St John of God Health Care**

Breastfeeding Clinic  
101 Drummond Street North  
Ballarat 3350  
p. 5320 2110

The clinic is staffed by a Lactation Consultant and assists women having difficulties breastfeeding. Women may self refer. There may be a cost if health fund deems an excess to be paid each hospital admission.



Asher, prep  
"Because I can play with  
my special rabbit."

## Child Care

In recent years, the number of children obtaining childcare in Australia – from newborn to primary school age – has increased dramatically due to growth in the number of working parents. There are a variety of childcare options available within the Moorabool Shire to suit a range of needs, whether you are returning to work, undertaking further education or just wanting some time out for appointments or outings.

Depending on the type of service, childcare can be Commonwealth or State funded. It includes Family Day Care, Long Day Care and Occasional Care. Family Day Care and Long Day Care operators must be registered under the quality improvement system known as National Childcare Accreditation.

### FAMILY DAY CARE

Family Day Care is a childcare service that provides quality care for children up to 12 years of age in the homes of Family Day Care providers.

The following organisations offer Family Day Care in the Moorabool Shire:

#### **Early Childhood Management Service (ECMS) Family Day Care**

p. 9731 7948  
e. [fdc@ecms.org.au](mailto:fdc@ecms.org.au)

#### **Kids Matter Family Day Care**

p. 5821 4949

#### **Panda Family Day Care**

p. 1300 872 632

#### **Early Learning Family Day Care**

p. 9449 9974  
e. [enquiries@elfdc.com.au](mailto:enquiries@elfdc.com.au)

### LONG DAY CARE CENTRES

Long Day Care primarily caters for children from birth to school age. They are open at least eight hours a day, five days a week and 48 weeks a year. The services are regulated by the state and undertake a formal quality assurance system implemented by the National Childcare Accreditation Council.

#### **Early Learning Centre Bacchus Marsh**

59-63 Grey Street  
Bacchus Marsh 3340  
p. 5367 3822  
[www.kidsincare.com.au](http://www.kidsincare.com.au)

#### **Early Learning Centre Maddingley**

18 Harry Vallence Drive  
Maddingley 3340  
p. 5367 1521  
[www.kidsincare.com.au](http://www.kidsincare.com.au)

#### **Bacchus Marsh Childcare & Kindergarten**

6 Clifton Drive  
Bacchus Marsh 3340  
p. 5367 3936  
[www.bacchuskinderchildcare.com.au](http://www.bacchuskinderchildcare.com.au)

#### **Ballan Childcare Centre**

88a Simpson Street  
Ballan 3342  
p. 5368 1811

#### **Pentland Childcare Centre & Kindergarten**

138-140 Halletts Way  
Bacchus Marsh 3340  
p. 5367 5248  
[www.pentlandchildcare.com.au](http://www.pentlandchildcare.com.au)

### HOLIDAY CARE SERVICES

During school holidays, recreational care programs are run for 5 - 12 year olds. Holiday Care is a fun and educational way for children to spend their holidays. Holiday Care allows children to try new activities and have fresh experiences, whilst making new friends. Holiday Care gives children the opportunity to enjoy their holidays with their peers in a safe and nurturing environment.

**M Bacchus Marsh Primary School**

World For Kids Bacchus Marsh  
54-62 Lerderderg Street  
Bacchus Marsh 3340  
p. 0405 640 148

School holiday programs are run over a two-week period for each of the school term holidays and for two weeks in January.

**M Darley Primary School**

21 Nelson Street  
Darley 3340  
p. 0408 361 325  
www.darleyprimary.vic.edu.au

**YMCA Ballarat**

Gillies Street North  
Ballarat 3350  
p. 5329 2800  
e. Ballarat@ymca.org.au  
www.ballarat.ymca.org.au

**OCCASIONAL CARE**

Occasional Care is supported by Commonwealth, State and Local Government and community groups. It caters for children from birth to school age, providing short-term care on a regular or irregular basis. Hours of operation vary, so please contact individual services for more information.

**M Bacchus Marsh Leisure Centre**

Belgravia Health & Leisure  
5-15 Labilliere Street  
Bacchus Marsh 3340  
p. 5367 6650  
e. bacchusmarsh@belgravialeisure.com.au  
www.bacchusmarshlc.au

Offers occasional care Monday to Friday from 9.00am to 12.00pm. You do not have to be a member to use this service.

**M Darley Neighbourhood House and Learning Centre**

33-35 Jonathon Drive, Darley 3340  
p. 5367 4390 (office hours 9.30am-3.30pm)  
www.darleylearning.com

Offers occasional care Thursdays 9.00am-2.00pm & Friday 9.00am-12.00pm. Term and weekly bookings are available.

**M Lerderderg Children's Centre \***

75 Albert Street  
Darley 3340  
p. 5366 7100  
e. earlyyears@moorabool.vic.gov.au

The centre offers short-term child care to children up to six years of age.

\* Moving to Darley Early Years Hub (182 Halletts Way, Darley) in 2016

**BEFORE & AFTER SCHOOL CARE**

Before and after school care offers children a range of activities including sports, art and craft, cooking, games and free play. Programs are inclusive and cater for children's individual skills and abilities and includes breakfast and/or afternoon tea.

**M Bacchus Marsh Child Care & Kindergarten**

6 Clifton Drive  
Bacchus Marsh 3340  
p. 5367 3936  
e. bmckc@hotmail.net.au

Provides Child Care, Pre-School, Before and After School Care.

**M Ballan and Gordon Outside School Hours Care**

8-14 Duncan Street  
Ballan 3342  
p. 5368 2525  
m. 0419 653 342

Provides Before and After School Care.

**M Bacchus Marsh Primary School**

World For Kids Bacchus Marsh  
54-62 Lerderberg Street  
Bacchus Marsh 3340  
p. 0405 640 148

Offering Before and After School Care for children attending Bacchus Marsh Primary School.

**M Bacchus Marsh Grammar Active Learning**

Bacchus Marsh Grammar School  
South Maddingley Road  
Bacchus Marsh 3340  
p. 5366 4800  
e. school@bmg.vic.edu.au  
www.bmg.vic.edu.au

**M St Bernards School Outside Hours Care**

St Bernards Primary School  
Gisborne Road  
Bacchus Marsh 3340  
p. 5367 2379

Offering After School Care for children attending St Bernards Primary School.

**CHILD CARE INFO & CONTACTS****Childcare Benefit Family Assistance Office**

Located at any Centrelink or Medicare Office  
p. 13 61 50  
www.familyassist.gov.au

Most families are eligible for some fee relief from the Federal Government to cover the cost of childcare.

**M Centrelink – Ballan**

Mechanic's Institute  
143 Inglis Street  
Ballan 3342  
p. 1800 050 004

A Centrelink agency operates from the Mechanics Institute in Ballan Mondays–Fridays, 9.30am–1.30pm. You can lodge paperwork, access a computer to search for a job, type up a resume etc. A phone is also available if you need to ring a Centrelink Office.

**Department of Human Services**

State Government Offices  
Corner Mair & Doveton Streets  
Ballarat 3350  
p. 5333 6530  
www.humanservices.gov.au

The Department of Human Services regulates children's services, kindergartens, long day care centres and occasional care services. There are several Children's Services Advisors in the Grampians region who are available to help advise committees of management, staff and parents on issues relating to children's services.

**Inclusion Support Agency**

Noah's Ark  
Moorabool Region  
15 Dawson Street South  
Ballarat 3353  
p. 5338 8854  
www.noahsarkinc.org.au

The inclusion support program provides assistance to help childcare services include children with additional needs in childcare. Services covered include long day care, occasional care, family day care, outside school hours care and holiday care. Inclusion Support Agencies focus on the following priority groups: Children from cultural and linguistically diverse backgrounds; Children with ongoing high support needs, including children with a disability; Aboriginal and Torres Strait Islander children.

# Disability & Specialist Children's Services

## EARLY CHILDHOOD INTERVENTION SERVICES

Early Childhood Intervention Services support children with a disability or developmental delay, and their families from birth to school entry. These services are provided by Specialist Children's Services teams and Early Childhood Intervention agencies. Some therapy and intervention is also provided through hospitals, Child and Mental Health Services and private therapists.

### Specialist Children's Services

Department of Education & Early Childhood Development  
109 Armstrong Street North  
Ballarat North 3350  
p. 5337 8444

Specialist Children's Services is a program funded through the Department of Education and Early Childhood Development providing early childhood intervention for families in and around Ballarat. Specialist Children's Services supports children with a disability or developmental delay from birth to school entry and their families.

The overall aim of Specialist Children's Services is to provide parents and families with the knowledge, skills and support to meet the needs of their child and to optimise the child's

development and ability to participate in family and community life.

Services provided by Specialist Children's Services may include:

- developmental assessments & programs
- recommendations/strategies & reviews
- behaviour & cognitive assessments
- family service coordination & case management
- family support & counselling
- parent support
- specialist playgroups
- individual & group programs
- home, centre based or community based children's services
- preparation & transition to kindergarten/school consultancy

### M Bacchus Marsh Autism Awareness Support Group

Darley Neighbourhood House & Learning Centre

For information and support contact  
Deb p. 5367 3360 or Irene p. 5367 4380.

Mia Fitchie, age 8  
"I think the birds are very beautiful.  
They go to their bird house."

### M Embrace ASD (Autism Spectrum Disorder)

Community Room  
Ballan Primary School  
8-14 Duncan Street  
Ballan 3342

Hours: 11am – 1pm on the 2nd Thursday of every month.

p. 0431 048 632  
Facebook page – Embrace ASD  
[www.embraceasd.net](http://www.embraceasd.net)

Embrace ASD, is a support network designed to help parents, family members, friends and educators in which Autism touches. At Embrace we offer funds to help equip those who miss out on government funding. Embrace ASD runs a monthly 'get together' (support group and borrowing library).



**M Merrimu**

2 Bacchus Street  
Maddingley 3340  
p. 5366 3000  
www.merrimu.org

Merrimu supports Victorians from 18+ years with a physical, sensory or intellectual disability – including those with complex support needs, acquired injuries or autism. We also provide transitional support to school leavers.

For 40 years, we've been working with adults, their families and their support people to achieve what is important to them.

We help people access services that provide them with their choice of experiences, including:

- building life skills
- vocation and education participation
- connecting with community
- recreation and social opportunities.

Through planning, facilitation and mentoring, we ensure people have choice about the things they need to reach their goals.

We plan and facilitate programs in group or individual settings, and continue to provide ongoing mentoring to ensure the program

is working well. We also build strong community partnerships to help people access the things they need.

And not only do we create a tailor-made program that's unique for each person, we also help them get to where they need to be with our SmartRun transport service.

**Noah's Ark Inclusion Support Agency**

C/- Noah's Ark Inc  
Central Highlands Wimmera Region  
15 Dawson Street  
Ballarat 3350  
p. 5338 8854 fax. 5338 8546  
e. isa.wimmera@noahsarkinc.org.au  
www.noahsarkinc.org.au

Inclusion Support Agencies (ISA) work in partnership with all eligible Australian Government funded Child Care and Early Learning Services to build their capacity to include children with additional needs, including those with a disability.

**Pinarc Support Services  
Early Childhood Services (0 – 6 years)**

20 King Street North  
Ballarat 3350  
p. 5329 1300 or program enquiries  
p. 5329 1398  
e. admin@pinarch.org.au  
www.pinarch.org.au

Pinarc provides a range of services for children with disability and developmental concerns, and their families, to assist them to maximise their potential. Services also assist the inclusion of children within the community settings such as childcare centres and kindergartens. Services include:

- Case management – assists parents/carers to understand service options available to the child & their family. It can also help with identification of those services best suited to the family's lifestyle & best able to meet the needs of their child. A case manager is also able to help families access other community services including childcare, respite care & counselling.
- Occupational therapy – assists children to achieve their highest potential in play, education & self-care. The occupational therapist is experienced in working with children who have additional needs & with their families to maximise their independence e.g. eye & hand co-ordination; fine motor control; body awareness; perception; movement planning sensation; personal care i.e. eating, dressing, toileting; table top skills; suitable furniture, e.g. chairs, strollers, bath seats; assistive devices; access, e.g. kindergarten, day care, home.

- Speech pathology – a speech pathologist can provide families with information, material and skills to best assist their child's communication development. Speech pathologist can provide a range of services including assessment, group programs, parent education sessions, home programs and individual therapy, as well as providing consultation to other services such as kindergartens and childcare centres.
- Physiotherapy – Pinarc physiotherapists are experienced in childhood development and can offer a range of advice, exercises and equipment to meet the needs of children and their families.
- Specialist Teaching – specialist teachers work with families and members of the community to offer opportunities that promote each child's development.
- Preschool Field Officer – a qualified and experienced professional who can assist children with special needs and advise preschools and families regarding children with a disability or special need who are attending/starting funded preschool programs.

## **SUPPORT SERVICES FOR CHILDREN WHO ARE HEARING IMPAIRED**

### **Australian Hearing Services**

808 Sturt Street

Ballarat 3350

p. 131 797

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

Australian Hearing is a Commonwealth Government authority that is dedicated to helping people manage their hearing impairment to improve their quality of life. Australian Hearing provides a full range of hearing services exclusively to children and young people up to age 21, aged pensioners and most war veterans. Australian Hearing has a wide range of hearing aids and assistive listening devices including the latest digital hearing aids. University-trained Paediatric Audiologists work with children and their families to address their hearing rehabilitation needs.

### **Ballarat Hearing Clinic**

22 Drummond Street North

Ballarat 3350

p. 5333 2999

e. [reception@ballarathearingclinic.com.au](mailto:reception@ballarathearingclinic.com.au)

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

The clinic provides hearing services throughout the Grampians Health Region. Free hearing services provided for infants, preschoolers and pensioners.

### **Deaf access VICTORIA (daV)**

p. 5320 5606

Deaf access VICTORIA (daV) is a free service that supports rural and regional communities to develop strategies that enable deaf and hard of hearing people to become more included in their local community. daV covers all areas including; access and advocacy, information and interpreting, communication, education and training, sport recreation and the arts, community awareness, accommodation, housing transport.

Tehya Seccull, age 8  
"I'm jumping on the  
trampoline with my dog."



**Deaf Children Australia**

Free call Helpline 1800 645 916

p. 03 9539 5300

e. [helpline@deafchildren.org.au](mailto:helpline@deafchildren.org.au)

[www.deafchildrenaustralia.org.au](http://www.deafchildrenaustralia.org.au)

All families require help with their children from time to time. Deaf Children Australia's Helpline assists families of deaf and hearing-impaired children to make the best choices for their children by providing information. The Helpline is available to families of deaf and hearing-impaired children and young adults. Our Helpline operators can also answer questions from professionals, students and the public on deafness and hearing impairment. The Helpline provides:

- Access to services provided by Deaf Children Australia
- Information on & contact details for specialised services that families may need
- Advice on parenting issues.

**SUPPORT SERVICES FOR CHILDREN WHO ARE VISUALLY IMPAIRED****Vision Australia**

Low Vision Services

1300 Howitt Street

Wendouree 3355

p. 5337 4555

[www.visionaustralia.org.au](http://www.visionaustralia.org.au)

Vision Australia is committed to providing services, resources and information which enable people who are blind or vision impaired to maximise their independence and quality of life. Services include:

- Regional services – Orthoptics
- Early Childhood Education
- Visiting Teacher Service
- Occupational Therapy
- Orientation and Mobility
- Counselling
- Library Service
- Employment
- Training and Advice
- Adaptive Technology Support
- Low Vision Equipment
- Braille Training
- Volunteer Support

All services are free except for Low Vision Clinic visits, which are bulk billed to Medicare. There is a charge for aids and equipment. To access services ask to speak to the Intake worker. Services can be provided at the centre or the client's home.

**SUPPORT SERVICES****Direct2Care**

Incorporating Carelink

907 Sturt Street

Ballarat 3350

p. 1300 121 121

[www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

Monday – Friday 9.00am – 5.00pm

Nationwide program providing free information and referrals on community, aged care, disability and other support services. Includes the range of services available, contact details, eligibility and costs if applicable. Can be accessed by the general public (including family members and carers) service providers, health care professionals and GPs. A local person with local knowledge answers the phone or if information is required in another area, the call can be transferred free of charge.

**PINARC Support Services**

20 King Street North  
Ballarat East 3350  
p. 5329 1300  
or program enquiries p. 5329 1398  
e. admin@pinarc.org.au  
www.pinarc.org.au

Provides bed-based respite, day outings, in-home and emergency respite. Also school holiday camps, weekend, recreational and social activities for different age groups.

**RESPITE & HOME CARE SERVICES****Calkendren Respite (SCOPE)**

209 Otway Street South  
Ballarat 3350  
p. 5331 7655

Provides planned respite for carers of children and adults with disabilities aged 6 - 65 years. Self-referrals and referrals from services and doctors accepted.

**Carers Respite & Support Services**

106 Market Street  
Ballarat 3350  
p. 1800 059 059 Free Call

Provides support and assistance for carers of people with a disability, frail aged, palliative care, mental health and chronic illness. Short term, episodic support for carers, booking respite, linking to services and provision of services via brokerage.

**Emergency After Hours Response Service**

Annecto – the People Network  
p. 1300 487 017  
www.annecto.org.au

Provides free after hours emergency and crisis support the frail aged and their unpaid carers. EARS provides short term personal care, telephone and in-home support, when most services are closed. EARS operates from 5.00pm to 9.00am Monday to Friday and 24 hours on weekends and public holidays.

**E W Tipping Foundation**

42 Eastwood Street  
Ballarat 3350  
p. 1300 885 152  
e. info@tipping.org.au  
www.tipping.org.au

E W Tipping Foundation is a not for profit organisation, governed by volunteer community members and with extensive volunteer community involvement. The Foundation provides person-centered support to people with disabilities and their families. Services are focused on supporting individuals to achieve their aims and realise their dreams. Includes In-Home and Community Based Support and respite services through a range of in-home or community based settings. Wherever possible, the concept of person-directed services is supported.

** E W Tipping Foundation**

Respite House  
4 Joan Court  
Bacchus Marsh 3340  
p. 5367 2227

Facility only open on weekends. For more information during the week, call the Foundation in Ballarat.



Jackson  
"Playing football."

### **M Moorabool Shire Council Aged & Disability Services**

PO Box 18  
Ballan 3342  
p. 5366 7100

Provides respite for families and carers of children and adults with disabilities who reside in the Shire of Moorabool including in-home respite, group activities, community access, Teenage and Kidz Klub for children and some school holiday programs.

### **Department of Human Services - Disability Services**

State Government Offices  
Corner Mair & Doveton Streets  
Ballarat 3350  
p. 5333 6530  
p. 1800 783 783 - Intake  
p. 5333 6632 - Respite Coordinator  
[www.dhs.vic.gov.au/disability](http://www.dhs.vic.gov.au/disability)

Provides services for people with an intellectual disability and their families as well as information and assistance to people with other disabilities. These services include access and response, case management, respite accommodation and specialist behaviour services.

### **Department of Human Services - Respite Facilities**

There are three facilities for respite services located in Ballarat. The first provides support for children 6 – 18 years and has 5 respite beds and an emergency bed.

The second provides support for adults 18 – 65 years and has 5 respite beds and an emergency bed.

The third provides support for adolescents 12 – 18 years and has 4 respite beds.



### **MELBACC Respite House**

5 Henry Street  
Melton 3337  
p. 9747 9058

Provides bed-based respite on weekends and holidays for adults with a disability aged 18-65 years. Transitional support for young people will be considered.

### **PINARC Support Services**

20 King Street North  
Ballarat East 3350  
p. 5329 1300  
e. [admin@pinarc.org.au](mailto:admin@pinarc.org.au)  
[www.pinarc.org.au](http://www.pinarc.org.au)

Provides bed-based respite, day outings, in-home and emergency respite. Also school holiday camps, weekend, recreational and social activities for different age groups.

Ned Pengelly, age 6  
"I can meet new friends."

## Foster Care

### Child and Family Services Ballarat

115 Lydiard Street North  
Ballarat 3350  
p. 5327 1100  
www.cafs.org.au

Provides accommodation for children 0-17 years of age in homes with well-trained and supported volunteer caregivers. The overall goal of foster care is the reunification of children with their family of origin.

## Immunisation

Immunisation protects children and adults against harmful infections before they come into contact with them in the community. Immunisation uses the body's natural defence mechanism to build resistance to specific infection.

The Moorabool Shire Council provides a comp-rehensive immunisation service for infants, children, adolescents and adults. Free public sessions are held each month at;

### M Bacchus Marsh sessions

Lerderderg Library (James Young Room)  
215 Main Street  
Bacchus Marsh 3340

First Tuesday of every month 10.00am – 11.00am  
(Second Tuesday in November due to Melbourne Cup)

### M Ballan sessions

Ballan District Health and Care  
33 Cowie Drive  
Ballan 3342

Third Wednesday of every month from  
10.00am - 10.45am

Non-scheduled Immunisation such as Influenza and Chicken Pox are also available at a cost. For any other information on Immunisation for infants through to adults, please contact the Moorabool Shire's Environmental Health Officer on 5366 7100 or email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

If you miss these sessions vaccinations are available through your local doctor.



Elijah Muir, age 8

"I like living in the Moorabool Shire because there are lots of good views. I can see the Mt. Mercer Wind Farm and Black Hill from my place."

## Maternal & Child Health

The Maternal and Child Health Service (MCH) is a free service for families with infants and children aged from birth to six years. The service promotes the health and wellbeing of families through support, information, health promotion, early identification and intervention. There are four centres in the Shire of Moorabool that provide centre visits and/or home visits.

Maternal and Child Health services are an excellent referral point for a variety of other services. In Moorabool the Maternal and Child Health Service conducts New Parents Groups, Infant Massage Classes, Sleep Settling Classes and can assist with referrals into other groups such as Play Groups. To find out more about this service, contact Moorabool Shire Customer Service on 5366 7100 or email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

**M Ballan Maternal & Child Health Centre**  
88 Simpson Street  
Ballan 3342  
p. 5366 7100  
e. [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

**M Darley Maternal & Child Health Centre\***  
75 Albert Street (Lerderderg Children's Centre)  
Darley 3340  
p. 5366 7100  
e. [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

\* Moving to Darley Early Years Hub  
(182 Halletts Way, Darley) in 2016

**M Gell Street Maternal & Child Health Centre**  
15 Lerderderg Street  
Bacchus Marsh 3340  
p. 5366 7100  
e. [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

**M Wallace Maternal & Child Health Centre**  
729 Bungaree-Wallace Road  
Wallace 3352  
p. 5366 7100  
e. [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

The Maternal and Child Health Service offers an initial home visit and 11 consultations at key stages. Consultations occur at: 2 weeks, 4 weeks, 8 weeks, 3 months, 6 months, 8 months, 12 months, 18 months, 2 years and 3.5 years. If additional support is needed extra visits are provided.

**M The Enhanced Home Visiting Service**  
The Enhanced Home Visiting Service provides intensive support for families experiencing difficulties in caring for children and for families who have complex needs or require additional support and guidance. This service is available via referral on a needs basis. For more information contact your nearest Maternal and Child Health Nurse or ring Moorabool Shire's Customer Service on 5366 7100.

### **M Emotional Well Being Group**

A group for women experiencing post natal depression or emotional concerns. The group is facilitated by a Family Support Worker and Maternal and Child Health Nurse and aims to help ease the transition to parenthood and provide a place where women can express their feelings around motherhood. It provides transition into a supported playgroup called Connect & Play. Referrals are made through your Maternal & Child Health Nurse. Contact Early Years at Moorabool Shire Council on 5366 7100 or email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

### **Maternal & Child Health Line**

p. 132 229

Available throughout Victoria for the cost of a local call 24-hours a day.

### **Indigenous Maternal & Child Health Service**

For information contact:  
Ballarat & District Aboriginal Co-operative  
5 Market Street  
Ballarat 3350  
p. 5331 5344

A Mums & Bubs group for indigenous families is run Monday 11.00am - 1.00pm by a midwife & MCH Nurse.

Email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au) or visit Council's families & children Facebook page.

# Parent Advice & Support

## **M 123 Magic**

A parenting program that provides parents with positive strategies to deal with challenging behaviours in young children. This program builds confident parents. Contact Early Years at Moorabool Shire Council for more information and bookings on 5366 7100 or email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

## **Family Assistance**

[www.familyassist.gov.au](http://www.familyassist.gov.au)

An Australian Government site with a wealth of information on a range of family related topics including parenting.

## **M Family Services Program**

Child and Family Services Moorabool  
52 Grant Street  
Bacchus Marsh 3340  
p. 5367 9900  
p. 1300 783 341 (Child First Intake)  
e. [bm@cafs.org.au](mailto:bm@cafs.org.au)

Referrals to this program are made by telephoning the Child First Intake. Self-referral is welcomed and referrals can be made by anyone who is concerned about a child's wellbeing. Family Services workers are able to visit families in their own home or

other 'safe' places in the community, provide sound practical support and impart skills that assist families to improve their parenting and circumstances.

## **Grampians Regional Parent Resource Service**

Centacare  
4-6 Peel Street  
Ballarat 3350  
p. 5337 8999

The Grampians Regional Parent Resource Service provides groups, workshops, individual parenting consultations and resources and information for parents with children of all ages.

Courses and workshops include:

- Living with your First Baby
- Living with Toddlers & Pre-Schoolers
- Living with Preps
- Making Stepfamilies Work
- Building Positive Relationships
- Parenting after Separation
- Living with Girls (primary)
- Living with Boys (primary)
- Life coaching for parents & teenagers
- Separation Recovery

Programs can also be tailor-made to suit the specific needs and interests of school or community groups.

Staff at the service acknowledge that parents are the 'experts' when it comes to their children and families. Their aim is to support parents in their roles and remind parents of the skills and strengths they already have and build upon these to increase confidence. Staff also encourage parents to care for themselves and to have fun with their families.

## **Parentline**

p. 13 22 89  
[www.parentline.vic.gov.au](http://www.parentline.vic.gov.au)

Parentline is a statewide service available to families with children from birth to eighteen years within Victoria. Parentline operates seven days a week providing counselling by professional telephone counsellors, information and contact details for community services.

Parentline respects the confidentiality and right to privacy of callers.

8.00am – 12.00 midnight, 7 days a week

**Rainbow Families Council**

[www.rainbowfamilies.org.au](http://www.rainbowfamilies.org.au)

This site provides information, support, networking and resources for parents, partners and prospective parents who identify as being GLBTI (Gay, Lesbian, Bisexual, transgender and intersex) and their families, friends and allies.

**Raising Children Network**

[www.raisingchildren.net.au](http://www.raisingchildren.net.au)

An Australian parenting website offering comprehensive, practical, expert child health and parenting information and activities covering children aged 0-8 years.

## Playgroups

Playgroup is for babies, toddlers and pre-schoolers and their parents or carers. They are informal, low cost and run by parents and carers in venues across Moorabool such as kindergartens, halls, community centres, primary schools and churches.

Parents and carers stay with their children at playgroup. This gives them the chance to meet other people going through similar experiences as them and to provide play experiences for their children in a relaxed friendly environment. Families can also find out about community, health and support services while they are at playgroup.

Playgroup aged children are going through a stage of rapid brain and skill development. Babies at playgroup are offered play experiences to stimulate their senses. Toddlers practise using their hands, problem solve and use their emerging language skills. Preschool children practise social skills an important preparation for kindergarten and school.

At playgroup children

- make new friends
- have new experiences
- gain self confidence
- develop physically, socially, emotionally and intellectually
- develop their skills of cooperation through music, group singing, free play and snack time
- develop verbal and non-verbal communication skills through their contact with other children and adults
- develop fine and gross motor skills
- gain better body control, hand to eye coordination, spatial awareness and balance when they play with balls, sand, blocks, puzzles, playdough, paint and paste

Harriet  
"I like Gordon because  
it's a fun place."



- discover shape, size, texture, quantity and consistency when they play with dough and clay
- learn to recognise colours, develop fine motor skills and express emotions by experimenting with paint, collage, chalk, crayons and stamps
- extend their experience of literacy in a social environment.

Families seeking information about starting or joining a community playgroup please contact Council's Playgroup Development Officer on 5366 7100 or email [earlyyears@moorabool.vic.gov.au](mailto:earlyyears@moorabool.vic.gov.au)

### SUPPORTED PLAYGROUPS

Council facilitates supported playgroups for families seeking additional support. These groups meet throughout the school term and provide families with the opportunity to connect with other families and engage with community health and support services.

For more information about supported playgroups please contact Council's Playgroup Development Officer on 5366 7100 or email [earlyyears@moorabool.vic.gov.au](mailto:earlyyears@moorabool.vic.gov.au)

Holly Boyd, age 8

"I can ride my bike up and down my street.  
I'm riding past Harry's place."

### PLAYGROUP VICTORIA

Playgroup Victoria is a non for profit organisation that helps families to find, join, start and run playgroups. Playgroup Victoria membership provides families with insurance when attending playgroup and also access to many other benefits for more information go to [www.playgroup.org.au](http://www.playgroup.org.au)

#### Playgroup Victoria

346 Albert St  
Brunswick, 3056  
p. 1800 171 882  
[pgvic@playgroup.org.au](mailto:pgvic@playgroup.org.au)  
[www.playgroup.org.au](http://www.playgroup.org.au)

### Indigenous Children's Playgroup

Ballarat & District Aboriginal Co-operative  
5 Market Street  
Ballarat 3350  
p. 5331 5344

A fun, fully supported playgroup for children occurs on four mornings a week at the Co-op. Transport assistance is available. New families welcome. Contact the Co-op for more information.

### Mothers of Preschoolers (MOPS)

MOPS is a church-based program designed for mothers with babies and children under school age. Mothers do not have to be a member of the church to attend. To find out if there is a MOPS operating in your area visit the MOPS website; [www.mops.org.au](http://www.mops.org.au)



# Protection of Children

## **Ballarat Family Services Intake & Referral Service**

p. 5337 3333

Centacare and Child and Family Services Ballarat in partnership. Ballarat Family Services Intake and Referral Service is the initial contact for Family Services Programs at Centacare and Child and Family Services Ballarat. The service provides assessment, advice and referrals for children and families in a variety of situations, including relating to children who may be at some risk of harm. When a formal notification is not required workers will assist by providing a referral to an appropriate service.

## **Centre Against Sexual Assault (CASA)**

Ballarat Health Services, Sebastopol Complex  
Corner of Vale & Edwards Street  
(Edwards Street Entrance)

Sebastopol VIC 3353

p. 5320 3933

p. 1800 806 292 (24 hour crisis care line after hours – free call)

e. [casa@bhs.org.au](mailto:casa@bhs.org.au)

Free and confidential support for victims/survivors or sexual assault including counselling and advocacy and 24-hour crisis care. CASA provides information, support groups, visiting services to Ararat, Bacchus Marsh and Daylesford. Community and professional education, support for partners, families and friends is also offered.

## **M Child & Family Services Moorabool**

52 Grant Street

Bacchus Marsh 3340

p. 5367 9900

p. 1300 78 33 41

[www.cafs.org.au](http://www.cafs.org.au)

An outreach service from the Ballarat Centre Against Sexual Assault (CASA) is available through CAFS Moorabool.

CAFS will support the safety of those at risk from family violence and places the responsibility for violent and controlling behaviours on the perpetrators of those behaviours. CAFS provides programs and services that are designed specifically to fulfill this commitment such as, Family Violence Court Counselling Service, Family Violence Prevention Network and Voluntary Men's Behaviour Change Program.

## **M Child FIRST**

Child and Family Services Moorabool

52 Grant Street

Bacchus Marsh 3340

p. 1300 78 33 41

[www.cafs.org.au](http://www.cafs.org.au)

CAFS hosts an Intake and Referral service for people requiring family services who live in Moorabool and surrounding districts. This is part of the family services partnership and is

known as Child FIRST. Child FIRST provides a central intake and referral point for families where the wellbeing of a child is at risk (note; where the safety of a child is at risk, Child Protection is the appropriate service to contact). To make a referral or inquiry to Child and Family Services in Moorabool or surrounding districts, ring the Child FIRST Intake number on 1300 783 341.

## **Child Protection Service**

Department of Human Services

State Government Offices

Cnr Mair & Doveton Streets

Ballarat 3350

p. 5333 6530 or 1800 000 551

p. 13 12 78 (State-wide after hours service, urgent matters)

[www.dhs.vic.gov.au](http://www.dhs.vic.gov.au)

Child Protection Services are responsible for the investigation and management of children and young people (birth–16 years) who are at risk of significant harm as a result of abuse and/or neglect. In the event of abuse, DHS has a legal mandate to assess, investigate and, if necessary, intervene. Plans are made in collaboration with families and community agencies to ensure the immediate and ongoing safety of children and young people. Calls can be made to the numbers above to make a notification.

### **Family Violence Counselling - for Women & Young People**

Ballarat Community Health Centre  
10 Learmonth Road  
Wendouree 3355  
p. 5338 4500  
www.bchc.org.au

The program offers individual counselling, and support groups for women who have experienced family violence.

### **Mother Support Program**

Centacare  
4 - 6 Peel St North  
Ballarat 3350  
p. 5337 8999

Support and community case management for women who are living with a mental illness who have dependent children in their care and who live within the local government area of Ballarat. The Mother Support program playgroup and other special interest groups are run regularly for the benefit of mothers and their children. Participation in our program is on a voluntary basis. Mothers Support is a free service.

Centacare is the social welfare service of the Catholic Diocese of Ballarat. Centacare delivers a range of programs and services to families and individuals, throughout Western Victoria.

### **NAPCAN – National Association for Prevention of Child Abuse and Neglect**

www.napcan.org.au

NAPCAN produces national campaigns and distributes free resources that promote positive and practical actions to stop child abuse.

### **Sexual Offences & Child Abuse Unit (Police)**

p. 5336 6055

This unit deals with the investigation of adult sexual assaults and child physical and sexual abuse. The police officers are experienced in welfare and family problems.

### **Women's Domestic Violence Crisis Service of Victoria**

p. 1800 015 188  
p. 9322 3555  
p. 1800 RESPECT (1800 737 732)

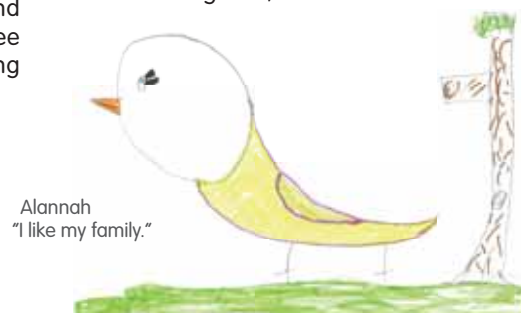
A 24 hour crisis line – 7 days a week. Provides information and support and offers women and children refuge and short-term accommodation. This is a free service for women and children escaping domestic violence.

### **Women's Resource Information & Support Centre (WRISC)**

WRISC Family Violence Support Service  
125 Eureka Street  
Ballarat 3350  
PO Box 1044  
Bakery Hill 3354  
p. 5333 3666  
f. 5332 7778  
e. wrisc@wrisc.org.au  
www.wrisc.org.au

WRISC provides a confidential and free service for women and children who have experienced domestic violence. WRISC provides counselling and support, court support, legal information and referrals. An outreach service can be provided to clients in Ballarat and outlying areas. WRISC also has an Indigenous worker to provide culturally sensitive support.

(See also Victims Assistance Program under Community Safety in the Family Services section of this guide.)



# Safety

## CHILD CAR RESTRAINTS

Child car restraints can be hired through the companies below that cover the Moorabool Shire.

<http://www.hireforbaby.com>

<http://www.abcnurseryhire.com/melbourne/suburbs>

### Car Restraint Fitting Stations

Restraint fitting stations can install your restraint for a small fee. You can also take in your vehicle and they will check if your restraint is correctly fitted. This is a free service but any adjustments will probably incur a cost.

#### **Bacchus Marsh RACV**

15 Station Street  
Maddingley 3340  
p. 5367 1866

For more information on child restraints and where to find your nearest child restraint fitting station.

Contact Vic Roads  
p. 1300 360 745

[www.vicroads.vic.gov.au/childrestraints](http://www.vicroads.vic.gov.au/childrestraints)

## INJURY PREVENTION

### CFA Midlands Wimmera Area – Community Education

209 Gillies Street North  
Ballarat 3350  
p. 5329 5510  
e. [c.carey@cfa.vic.gov.au](mailto:c.carey@cfa.vic.gov.au)  
[www.cfa.vic.gov.au](http://www.cfa.vic.gov.au)

The CFA provides free fire safety presentations to individuals and groups to assist them in developing fire safe behaviour and home escape plans. Contact the CFA community education coordinator.

### Child Safety Product – Local Retail Outlets

Child safety products are an excellent means of addressing child safety hazards in the home. A number of large chain stores, plumbing and hardware outlets & specialty children's stores in Ballarat stock child safety products for the home and car. These include safety gates, power outlet plugs, cupboard and drawer latches and hot water shut down valves. Your plumber will also be able to advise you how to reduce your hot water temperature and your electrician will be able to advise on installation of a safety switch.

### Kids Health Info Book Shop

Royal Children's Hospital  
Flemington Road  
Parkville 3052  
p. 9345 6429  
[www.rch.org.au/chas](http://www.rch.org.au/chas)

The Royal Children's Hospital Child Health and Safety Shop stocks an extensive range of child safety products. Services provided include: telephone advice, child safety support group directory and a safety showroom and displays. An Australia-wide mail order service is available.

### Consumer Affairs

For a comprehensive list of product recalls or information about toys and children's products, visit;  
[www.consumeraffairs.com](http://www.consumeraffairs.com)  
[www.choice.com.au](http://www.choice.com.au)

### Kids Foundation

1/37 Grandlea Drive  
Wendouree 3350  
p. 1300 734 733  
[www.kidsfoundation.org.au](http://www.kidsfoundation.org.au)

# Schools & Kindergartens

## KINDERGARTEN

The KIDS Foundation is a not for profit charitable organisation dedicated to childhood injury prevention and recovery. All programs promote health and safety. Their principal activity is promoting the prevention and control of physical, psychological and emotional trauma caused by injury from accident, with a focus on burn survivors.

### Poisons Information

24 hours a day, anywhere in Australia  
p. 13 11 26

### Return of Unwanted Medicines

You can take old and unwanted medications to your local pharmacy for safe disposal. This is a free service.

### State Emergency Service (SES)

Midwest Region Headquarters  
352 Dowling Street  
Wendouree 3355  
p. 5339 1122  
[www.ses.vic.gov.au](http://www.ses.vic.gov.au)

### Bacchus Marsh SES Unit

Storm & Flood Assistance  
p. 132 500

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.

Engaging children in high-quality learning experiences benefits all children and their families and can improve a child's learning and development outcomes, emotional wellbeing, their longer-term educational and social outcomes and life experience (DEECD, Kindergarten Guide 2014).

### When can my child attend?

A child who is four years of age by the 30th of April in the year they will attend is eligible to attend a funded 4 year old kindergarten program. You can enrol your child in a funded

kindergarten program in Moorabool in a kindergarten service or long day care facility. Enrolment procedures vary from service to service so please contact the Kindergarten of your choice for more information.

The Victorian Government contributes to the cost of a service providing a minimum of 15 hours (in 2013 some services may be funded to provide a minimum of 10.75 hours) of kindergarten (for eligible four year old children) per week. Funded programs must be planned for and delivered by a qualified kindergarten teacher and in an approved facility. Services also charge a fee to parents to cover the gap between the funding provided by government and the cost of providing the service. These fees vary from service to service for information about fees please contact the kindergarten.

### Kindergarten Programs in Moorabool

Kindergarten programs in Moorabool are offered through Kindergarten Services and long day care facilities, please see the following list for kindergarten programs in your area.

### **M Bacchus Marsh Child Care & Kindergarten**

6 Clifton Drive  
Bacchus Marsh 3340  
p. 5367 3936  
e. bmckc@hotmail.net.au

Provides Child Care, Pre-School, Before and After School Care.

### **M Bacchus Marsh Montessori Pre-School**

176 Gisborne Road  
Bacchus Marsh 3340  
p. 5367 7706  
www.bacchusmarshmontessori.com.au

Provides Pre-School, Toddlers, Early Learner's Program

### **M Ballan & District Pre-School**

88 Simpson St  
Ballan 3342  
p. 5368 1228  
e. ballan.kin@kindergarten.vic.gov.au

### **M Early Learning Centre Maddingley**

18 Harry Vallence Drive  
Maddingley 3340  
p. 5367 1521  
www.kidsincare.com.au

### **M Lerderderg Kindergarten \***

75 Albert Street  
Bacchus Marsh 3340  
p. 5367 2206  
p. 8481 1117 (Enrolments - Early Childhood Management Service)  
e. lerderderg.cc@kindergarten.vic.gov.au

\* Moving to Darley Early Years Hub  
(182 Halletts Way, Darley) in 2016

### **M Pentland Child Care Centre & Kindergarten**

138-140 Halletts Way  
Bacchus Marsh 3340  
p. 5367 5248  
e. info@pentlandchildcare.com.au

Provides Pre-School, Long Day Care and funded Childcare Program.

### **M Wallace & District Kindergarten**

729 Bungaree-Wallace Road  
Wallace 3352  
p. 5334 0268  
e. wallace.kin@kindergarten.vic.gov.au

### **M Young Street Kindergarten**

Corner Young & Bennett Streets  
Bacchus Marsh 3340  
p. 5367 2443  
e. young.st.kin@kindergarten.vic.gov.au

## **PRIMARY SCHOOLS**

Specific enrolment information, including information about your child's education, can be obtained by contacting the school principal at the school of your choice.

### **M Bacchus Marsh Grammar School**

South Maddingley Road  
Bacchus Marsh 3340  
p. 5366 4800  
www.bmg.vic.edu.au

### **M Bacchus Marsh Primary School**

54 Lerderderg Street  
Bacchus Marsh 3340  
p. 5367 2745  
www.bacchusmarshps.vic.edu.au

### **M Ballan Primary School**

8-14 Duncan Street  
Ballan 3342  
p. 5368 1072  
www.ballanps.vic.edu.au

### **M Balliang East Primary School**

4 School Road  
Balliang East 3340  
p. 5369 5148  
www.balliangeastps.vic.gov.au

**M Bungaree Primary School**

348 Bungaree-Wallace Road  
Bungaree 3352  
p. 5334 0253  
[www.bungareeps.vic.gov.au](http://www.bungareeps.vic.gov.au)

**M Coimadai Primary School**

86 Bennetts Lane  
Coimadai 3340  
p. 5367 2907  
[www.coimadaips.vic.gov.au](http://www.coimadaips.vic.gov.au)

**M Darley Primary School**

21 Nelson Street  
Bacchus Marsh 3340  
p. 5367 1558  
[www.darleyprimary.vic.edu.au](http://www.darleyprimary.vic.edu.au)

**M Glen Park Primary School**

265 Ralstons Road  
Glen Park 3352  
p. 5334 5360  
[www.glenparkps.vic.edu.au](http://www.glenparkps.vic.edu.au)

**M Gordon Primary School**

1 Dicker Street  
Gordon 3345  
p. 5368 9223  
[www.gordonps.vic.edu.au](http://www.gordonps.vic.edu.au)

**M Lal Lal Primary School**

12 Vaughan Street  
Lal Lal 3352  
p. 5341 7580  
[www.lallalps.vic.edu.au](http://www.lallalps.vic.edu.au)

**M Mount Egerton Primary School**

58 Church Street  
Mount Egerton 3352  
p. 5368 9357  
[www.mteertonps.vic.edu.au](http://www.mteertonps.vic.edu.au)

**M Myrniong Primary School**

Blow Street  
Myrniong 3341  
p. 5368 7232  
[www.myrniongps.vic.edu.au](http://www.myrniongps.vic.edu.au)

**M Pentland Primary School**

164 Halletts Way  
Bacchus Marsh 3340  
p. 5367 6080  
[www.pentlandps.vic.edu.au](http://www.pentlandps.vic.edu.au)

**M St Bernard's Parish Primary School**

19a Gisborne Road  
Bacchus Marsh 3340.  
p. 5367 2379  
[www.sbbacchusmarsh.catholic.edu.au](http://www.sbbacchusmarsh.catholic.edu.au)

**M St Brendan's Primary School**

1 Ti Tree Road  
Dunnstown 3352  
p. 5334 7604  
[www3.sbdunnstown.catholic.edu.au](http://www3.sbdunnstown.catholic.edu.au)

**M St Brigid's Primary School**

98 Inglis Street  
Ballan 3342  
p. 5368 1015  
[www3.sbballan.catholic.edu.au](http://www3.sbballan.catholic.edu.au)

**M St Mary's Primary School**

131 Powells Road  
Clarkes Hill 3352  
p. 5334 5280  
[www3.smclarkeshill.catholic.edu.au](http://www3.smclarkeshill.catholic.edu.au)

**M St Michael's Primary School**

783 Springbank Road  
Springbank 3352  
p. 5334 0344  
[www.smspringbank.catholic.edu.au](http://www.smspringbank.catholic.edu.au)

**M St Patrick's Primary School**

1564 Old Melbourne Road  
Gordon 3345  
p. 5368 9495  
[www.spgordon.catholic.edu.au](http://www.spgordon.catholic.edu.au)

## SECONDARY SCHOOLS

### **M** Bacchus Marsh College

73 Grant St  
Bacchus Marsh 3340  
p. 5367 2955  
e. bacchus.marsh.co@edumail.vic.gov.au  
www.bmsc.vic.edu.au

### **M** Bacchus Marsh Grammar

South Maddingley Rd  
Bacchus Marsh 3340  
p. 5366 4800  
e. school@bmg.vic.edu.au  
www.bmg.vic.edu.au

## HOME SCHOOLING

### **Home Education Network**

1 Pye St  
Garden City 3207  
p. 9517 7107  
www.home-ed.vic.edu.au

Home Education Network is a voluntary, non-profit organisation that provides information and support for home educating (home-schooling) families. Information is provided through the website or by free information sheets which can be mailed out. (Send a stamped, self-addressed envelope to the above address.)

## SPECIALIST SCHOOLS

### **Ballarat Specialist School**

25 Gillies Street North  
Lake Gardens 3350  
p. 5334 1302  
e. ballarat.ss@edumail.vic.gov.au  
www.ballaratss.vic.edu.au

Ballarat Specialist School provides educational programs for students between the ages of five and 18 with mild, moderate or profound intellectual disabilities associated with physical, social, emotional, behavioural, sensory and multiple impairments.

### **Ballarat Deaf Facility Primary**

Forest Street Primary School  
Corner Forest & Hancock Streets  
Wendouree 3355  
p. 5339 1202  
www.foreststreetps.com

The facility aims to give students who are deaf or hearing impaired, the best possible access to mainstream education. Teachers of the deaf and communication aides support students in their regular classroom and provide programs to meet individual needs in language and speech development. The facility caters for both sign and oral communication.

Alyssa, age 7

"We can have chickens and sheep in the paddock."

### **Melton Specialist School**

159 - 211 Coburns Road  
Melton 3337  
p. 9743 4966  
e. melton.ss@edumail.vic.gov.au

### **Western Autistic School**

Corner Garnet & Teague Streets  
Niddrie 3042  
p. 9337 9175  
www.westernautisticschool.vic.edu.au

Western Autistic School (WAS) delivers highly successful educational programs to students who have an Autism Spectrum Disorder (ASD). Their unique model is widely recognised as best practice in the education of students with an ASD, enabling them to commence integration into mainstream or generic special schools with provision for ongoing support to staff and students.



## EDUCATION INFORMATION & SERVICES

### Catholic Education Office, Ballarat

5 Lyons Street South  
Ballarat 3350  
p. 5337 7135  
[www.ceoballarat.catholic.edu.au](http://www.ceoballarat.catholic.edu.au)

The office provides broad ranging support to schools, including curriculum advice, educational psychological assessment, speech pathology and visiting teacher services. All services may be accessed through individual Catholic schools.

### Department of Education & Early Childhood Development

109 Armstrong Street North  
Ballarat North 3350  
p. 5337 8444

The Department of Education and Early Childhood Development provides policy advice and support in relation to student enrolment, participation and wellbeing in State Government schools. This includes access to Student Support Services including assessments for the Program for Students with Disabilities and students with special learning needs. Parents and caregivers initiate student enrolments by contact with the principal of their local government school.

### Gifted Children Website

[www.vgac.asn.au](http://www.vgac.asn.au)  
[www.education.vic.gov.au](http://www.education.vic.gov.au)

A communication channel for those involved with gifted children.

Eden Blazko, age 8

"There is always plenty of wildlife around my house. When we first came to our property there was a kookaburra out the back so we tamed it."



### Early Learning Association Australia

Level 3, 145 Smith Street  
Fitzroy VIC 3065  
p. 9489 3500  
[www.elaa.org.au](http://www.elaa.org.au)

Early Learning Association Australia provides a range of management support and training to early childhood services. ELAA is a not-for-profit, non-government organisation that aims to promote, develop and sustain quality early childhood education.

## Indigenous Services

### **Ballarat & District Aboriginal Cooperative**

5 Market Street  
Ballarat 3350  
p. 5331 5344  
e. badac@badac.ballarat.net.au

The Ballarat and District Aboriginal Cooperative was set up to provide assistance to Aboriginal people in the Ballarat district. The Cooperative delivers a range of services in the areas of health, welfare, art, culture, education and social well-being. Some of the services provided include:

**Health Services** – regular GP, counselling and podiatry clinics and transport to dental services in Melbourne.

**Early Childhood & Youth Services** – provide a regular playgroup, preschool assistance and holiday programs.

**Home & Community Care (HACC)** – provide home help and property maintenance services to the elderly/disabled.

**Arts & Culture** – the Community Arts Officer provides support, advice and resources to local Koori artists. See Also:

- Koori Education
- Maternal & Child Health
- Playgroups
- Koori Antenatal care

### **Koorie Engagement Support Officer**

Department of Education & Early Childhood  
Field Officer  
109 Armstrong Street North  
Ballarat North 3350  
p. 53372135  
e. foy.nicole.m@edumail.vic.gov.au  
www.deecd.vic.gov.au

Facilitates access and participation in four year old kindergarten for aboriginal children and their families. Also provides culturally appropriate resources and program information to kindergartens.

### **Koori Education Coordinator, South Western Region**

Department of Education  
& Early Childhood Development  
109 Armstrong Street North  
Ballarat North 3350  
p. 5337 8491  
e. pickford.marjorie.a@edumail.vic.gov.au

The role of the Koori Education Development Officer is to:

- support Koori students in education decision-making
- liaise with parents & staff in primary & secondary schools that have Koori student enrolment
- liaise with Koori Educators that work in primary & secondary schools

The officer also supports and promotes the implementation of Koori Education policy and participates in the planning, development and coordination of Koori Education programs in schools within the region.

### **Midwife for Aboriginal Health**

Ballarat Health Services  
Drummond Street North  
Ballarat 3350  
p. 5320 4971

Working in a community based collaborative model with Aboriginal women and their families in all aspects of ante & postnatal care and support.

### **Teenage Antenatal Clinic & Koori Antenatal Clinic**

109 Ascot Street  
Ballarat 3350  
p. 5320 4971 (Ballarat Health Services)

The Little Clinic offers teenage and Koori women comprehensive antenatal care in a community setting. This is a collaborative program between Ballarat Health Services – Base Hospital & Ballarat Community Health.

## Toy Libraries

### Program Officer Student Wellbeing & Disabilities

Department of Education & Early Childhood Development (DEECD)  
109 Armstrong Street North  
Ballarat North 3350  
p. 5337 8402

Provision of support and advice associated with the Department of Education and Training Program for Students with Disabilities (PSD) and Students with Special Educational Needs Programs.

### School Nursing Program

Department of Education & Early Childhood Development (DEECD)  
109 Armstrong Street North  
Ballarat North 3350  
p. 5337 8444

The School Nursing Program offers a free service to all Victorian primary schools and English Language Centre Schools. The service offers health assessments and provides health promotion, information and support to schools, children and their families. All primary school students are eligible for services whenever there is a concern about a child's health. All that is required is a referral from parents and/or teachers. In the first year of primary school a health assessment is offered to all children.

Play (and toys) are very important for children's intellectual, physical, emotional and social development. Through play, young children learn about their environment – social and physical, and develop skills such as language, socialization, fine and gross motor coordination, perception and cognition.

### **M** The Embrace ASD (Autism Spectrum Disorder) 'Wellbeing Library'

Community Room, Ballan Primary School  
8-14 Duncan Street  
Ballan 3342  
Hours: 11am – 2pm on the 2nd and 4th  
Thursday of every month.  
p. 0430 343 473  
e. [ambadawn81@outlook.com](mailto:ambadawn81@outlook.com)  
[www.embraceasd.net](http://www.embraceasd.net)

The wellbeing library is a sensory library which has been set up to offer a huge range of books, dvd's, occupational therapy equipment, games and sensory aids to borrow. The library is open to all Victorian residents.

### Melton Toy Library

p. 0413 015 903  
[www.melton.vic.gov.au](http://www.melton.vic.gov.au)

Toy Library promotes the importance and value of play. It provides an opportunity for children aged 0-6 to play with a variety of equipment without the expense of purchasing. For a small membership fee, families and organisations can borrow toys and resources on a fortnightly basis. Party packs are also available to help with organising entertainment at your child's party. There are a number of quality resource books for parents on parenting and behaviour.

### Toy Libraries Australia

p. 0468 367 345  
[www.toylibraries.org.au](http://www.toylibraries.org.au)



Jarra  
"I like playing with the Wii  
and playing with my animals."



# Family Services



# Accommodation & Housing

## PACT Community Support

Public Housing Advocacy Program  
1/15 Main Rd  
Ballarat 3350  
p. 5309 1900  
[www.pactcs.org.au](http://www.pactcs.org.au)

The public housing advocacy program is independent of government, and provides information, advice, support and advocacy to current, prospective and past Office of Housing tenants. Staff can assist with issues relating to a wide range of tenant concerns, including repairs, rent, and housing applications. Tenants are welcome to contact the service directly. PACT also operates the Ballarat Community Gardens.

## Berry Street Young Persons Housing Programs

728 Barkly Street  
Ballarat 3350  
p. 5330 5000  
[www.berrystreet.org.au](http://www.berrystreet.org.au)

Berry Street housing provides support to young people under the age of 21 years, who are in need of urgent assistance because of physical, emotional or sexual abuse, financial difficulties, eviction and homelessness. The support worker assists young people to develop skills to enable them to remain

living independently within the transitional/emergency-housing program. Lisa Lodge provides a range of family and young people's services. Reception will be able to assist you to locate an alternative service if you are ineligible for the agency's programs.

## Office of Housing

Department of Human Services  
State Government Offices  
Corner Mair & Doveton Streets  
Ballarat 3350  
p. 5333 6660  
[www.dhs.vic.gov.au](http://www.dhs.vic.gov.au)

Services provided by the Office of Housing include provision of secure, affordable and appropriate housing for low-income persons, assistance in obtaining private rental by way of the bond loan scheme and provision of movable units for older persons.

## Ballarat North Community House – Karinya

The Salvation Army  
6 Crompton Street  
Soldiers Hill 3350  
p. 5329 1100  
e. [neighbourhoodhouse@aus.salvationarmy.org](mailto:neighbourhoodhouse@aus.salvationarmy.org)

Services provided include:

- Emergency Accommodation and Outreach Service – this service for homeless women with children provides emergency accommodation for up to six weeks, outreach support and assistance and support to service users in the process of attaining suitable, affordable, long-term housing.
- Transitional Housing Program – a program for homeless young mums 16 to 25 years of age. The service provides transitional accommodation with intensive support to develop life skills, equipping service users to live independently in the community. Assistance is provided to attain suitable, affordable long-term housing.
- Access to other programs including occasional childcare, recreational activities and mentoring programs, education and support services.

Claire Lee, age 6  
"I am in my garden."



**Uniting Care Outreach**

Family Assistance Program  
105 Dana Street  
Ballarat 3350  
p. 5332 1286

Or Telephone the statewide Homeless Crisis Response number 1800 825 955, Monday to Friday 9am to 5pm - this number will direct you to your nearest homelessness service. After business hours, your call will be directed to the St. Kilda Crisis Centre.

Provides support to families who are homeless or at risk of homelessness.

Angus Tuohy, age 7

"I like playing footy with my friend who lives across the road."



## Alcohol & Other Drug Services

**Al-Anon & Alateen Family Groups**

p. Helpline 9642 3330

Helps families and friends who live, or have lived in a 'drinking' environment. Telephone for a meeting place near you.

**M Alcoholics Anonymous**

Senior Citizens Centre  
10 Bennett Street  
Bacchus Marsh 3340  
p. 9429 1833 or 1300AAHOPE (24 hour helpline)  
[www.aavictoria.org.au](http://www.aavictoria.org.au)

**Australian Drug Foundation**

p. 1300 85 85 84  
[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

Information and education service relating to alcohol and other drug issues.

**The Back Door Youth Health Service**

Melton Community Health Centre  
Cnr High & Yuille Streets  
35 Unitt St  
Melton 3337  
p. 8746 1100

The Backdoor is a health service for young people 12 to 24 years old. Staff include youth-

friendly doctors, nurses and counsellors and you can also be referred to a dietician. Having your Medicare card number is useful but not necessary. Bulk Billing is available and appointments aren't essential. The service is confidential and privacy is protected. If you have difficulties with transport, let the clinic know and they might be able to help. You can visit the Backdoor for a range of youth-related services including drugs and alcohol related issues. The clinic also offers a same-sex attracted and transgender youth friendly service.

**Home Based Withdrawal Nurse**

Ballarat Community Health Centre  
710 Sturt Street  
Ballarat 3350  
p. 5338 4500

**M Hospital Detox**

Bacchus Marsh Medical Centre  
Turner Street  
Bacchus Marsh 3340  
p. 5367 3333

**M Moorabool Alcohol & Other Drug Counselling**

Bacchus Marsh Community Health Centre  
Turner Street  
Bacchus Marsh 3340  
p. 5367 9674

**M Narcotics Anonymous**

St Andrews Uniting Church  
Gisborne Road  
Bacchus Marsh 3340  
p. 9525 2833 or 1300 652 820  
[www.na.org.au](http://www.na.org.au)

**M Needle & Syringe Program**

Bacchus Marsh Community Health Centre  
Turner Street  
Bacchus Marsh 3340  
p. 5367 9674

**M Needle & Syringe Program**

Bacchus Marsh & Melton Regional Hospital  
Emergency Department  
Clarinda Street  
Bacchus Marsh  
p. 5367 2000

Needle Syringe Programs provide free needles, swabs and syringes for injecting drug use, as well as providing a return facility for safe disposal of used syringes and needles.

**QUIT**

p. 13 78 48  
[www.quit.org.au](http://www.quit.org.au)

**Youth Outreach Services**

Ballarat Community Health Centre  
710 Sturt Street  
Ballarat 3350  
p. 5338 4500 24 Hour Telephone Support  
p. 1800 888 236 Direct Line

An alcohol and drug counselling and referral service administered by Turning Point Drug and Alcohol Centre.

**Drug Info Line**

p. 1300 858 584  
[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)

Information service about drug and alcohol issues administered by the Australian Drug Foundation.

**Family Drug Help Line**

p. 1300 660 068  
[www.familydrughelp.org.au](http://www.familydrughelp.org.au)

Funded by the Department of Human Services and staffed by volunteers/peers support workers, this service provides referral, support and information.

**Kids Help Line**

p. 1800 55 1800

**Life Line**

p. 13 11 14

**Needle Disposal Help Line**

p. 1800 552 355

**Poisons Information Centre**

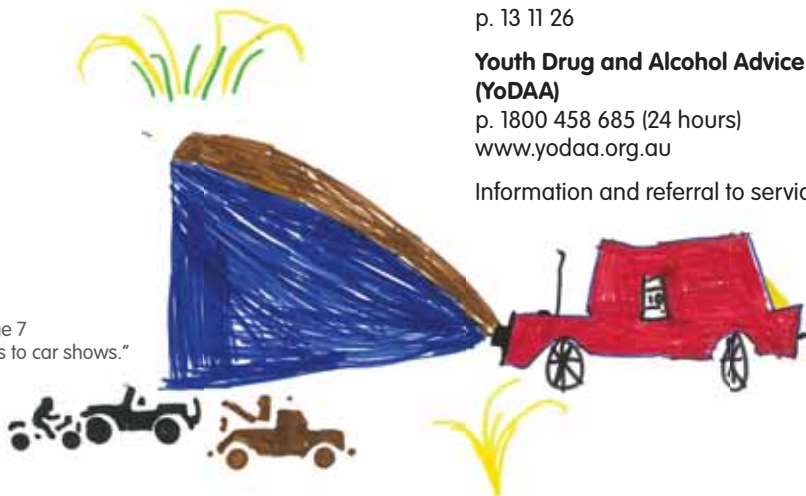
p. 13 11 26

**Youth Drug and Alcohol Advice Service (YoDAA)**

p. 1800 458 685 (24 hours)  
[www.yodaa.org.au](http://www.yodaa.org.au)

Information and referral to services.

Rylan Trigg, age 7  
"My family goes to car shows."



## Community Houses

Community Houses provide a range of support, information, networking and educational activities to meet the needs of families. Contact individual Community Houses for details of current activities and programs.

### **M Bacchus Marsh Community College**

"The Laurels"

229 Main Street

Bacchus Marsh 3340

p. 5367 1061

e. [info@thelaurels.org.au](mailto:info@thelaurels.org.au)

[www.thelaurels.org.au](http://www.thelaurels.org.au)

### **M Ballan & District Community House**

76 Steiglitz Street

Ballan 3342

p. 5368 1934

e. [support@bchvic.org](mailto:support@bchvic.org)

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

### **M Darley Neighbourhood House**

33 – 35 Jonathan Drive

Darley 3340

p. 5367 4390

e. [darleynhlc@westnet.com.au](mailto:darleynhlc@westnet.com.au)

[www.darleylearning.com](http://www.darleylearning.com)

## Emergency Relief & Financial Counselling

### **Anglicare**

14 Victoria Street

Bakery Hill 3350

p. 5338 8651

Offers assistance with emergency food relief Monday to Thursday 10.00am-2.00pm. No appointment necessary.

### **M Ballan District Health & Care**

Emergency Relief Program

33 Cowie Street

Ballan 3342

p. 5368 1100 for appointment

An emergency relief and material aid program operates through Ballan District Health & Care, two afternoons a week (Monday & Wednesday from 2 – 3pm) by appointment. The objective of the program is to assist residents within the Ballan, West Moorabool Shire and nearby districts who are in immediate financial crisis.

### **Centrelink**

**M** Centrelink – Ballan

Mechanic's Institute

143 Inglis Street

Ballan 3342

p. 1800 050 004

A Centrelink agency operates from the Mechanics Institute in Ballan Mondays to Fridays, 10am to 2pm. You can lodge paperwork, access a computer to search for a job, type up a resume etc. A phone is also available if you need to ring a Centrelink Office.

Centrelink – Melton

Melton-Woodgrove Shopping Centre

535 – 555 High Street

Via Barries Rd

PO Box 312

Melton 3337

p. 1800 050 004

Centrelink – Ballarat

12 Albert Street

Ballarat 3350

p. 1800 050 004

[www.humanservices.gov.au](http://www.humanservices.gov.au)

Centrelink offers a range of services for individuals and families and can provide helpful information and advice.

Rhyder, prep  
"My dada, a house  
and a bird doing poo!"



**Child & Family Services Ballarat**

Financial Counselling  
115 Lydiard Street North  
Ballarat 3350  
p. 5337 3333  
www.cafs.org.au

This service is free, confidential and provides information, options & strategies, advocacy and support to people who are trying to resolve their financial problems. This service is provided by qualified financial counsellors.

**M Child & Family Services Moorabool**

52 Grant Street  
Bacchus Marsh 3340  
p. 5367 9900  
p. 1300 783 341 (Child First)  
www.cafs.org.au

The program is to assist residents within the Moorabool Shire and nearby districts who are in immediate financial crisis.

**The Salvation Army**

Ballarat Family Support Services  
102 Eureka Street  
Ballarat 3350  
p. 5337 0600  
www.salvationarmy.org.au

The Salvation Army provides budget education and case management to assist people on low incomes to gain control of their household finances.

**Society of St Vincent de Paul**

p. 5334 2844

Provides support and practical assistance to families. Please ring and leave a message and someone will phone back as soon as possible.

**M The Neighbour's Place**

77 Main Street  
Bacchus Marsh 3340  
p. 5367 6222  
e. neighbourspl@iinet.net.au

The Neighbour's Place (TNP) is a Christian not-for-profit organisation whose aim is to serve disadvantaged and at-risk people of the Moorabool Shire without prejudice or judgement. They will happily assist those who require emergency food and referral information for any resident of the Moorabool Shire who is unable to purchase adequate food because of financial hardship. This crisis may be as a result of unexpected or unplanned events which adversely impact on a person's financial situation. While the Foodbank is usually accessed by Centrelink cardholders, others on low incomes are eligible.

**Uniting Care Outreach – Welfare Program**

105 Dana Street  
Ballarat 3350  
p. 5332 1286

Uniting Care Outreach has a number of programs which provide emergency relief and material aid. The Emergency Relief Program provides support and assistance to those in crisis and/or experiencing difficulties meeting basic needs. Assistance includes food, vouchers, prescriptions, etc. The White Good Loan Scheme provides interest free loans to low income families to facilitate access to white goods. Family Ties is a program that links families in need of assistance with sponsors who assist them with resources. The identities of the families and the sponsors remain anonymous, all contact occurs through the coordinator of the program. The Breezeway – Meals for Homeless People program provides nutritious meals for people who are homeless, have no access to cooking facilities or do not have the skills required to prepare a meal. The service operates seven days a week. 10.30am to 1.00pm

# Family Planning/Sexual Health Services

## The Back Door Youth Health Service

Melton Community Health Centre  
Cnr High & Yuille Streets and  
35 Unitt St  
Melton 3337  
p. 8746 1100

The Backdoor is a health service for young people 12 to 24 years old. Staff include youth-friendly doctors nurses and counsellors and you can also be referred to a dietician. Having your Medicare card number is useful but not necessary. Bulk Billing is available and appointments aren't essential. The service is confidential and privacy is protected. If you have difficulties with transport, let the clinic know and they might be able to help. You might visit the Backdoor for; sexual health information, emergency contraception, pregnancy tests, counselling and referrals, contraception, STD tests, pap smears, 'goodie bags' (condoms) sexuality and relationship issues, mood swings and depression, risk minimization – piercing and tattooing, drugs and alcohol, nutrition and body-image and needle and syringe program. The clinic also offers a same-sex attracted and transgender youth friendly service.

## Family Planning & Sexual Health Clinic

Ballarat Community Health Centre  
710 Sturt Street  
Ballarat 3350  
p. 5338 4500  
e. [info@bchc.org.au](mailto:info@bchc.org.au)  
[www.bchc.org.au](http://www.bchc.org.au)

The Family Planning & Sexual Health Clinic provides sexual and reproductive health and family planning services including:

- contraception
- pregnancy testing and counselling
- STD testing and treatment
- pap tests
- breast checks
- telephone counselling and information

## **M** Women's Health Services

Bacchus Marsh Community Health Centre  
- contact  
Melton Community Health  
Unit Street Campus  
Melton 3337  
p. 8746 1100

Elsbeth, grade 3  
"There are lots of beautiful sunsets.  
I see them out my bedroom window."



# Family Support Services

## **M Bacchus Marsh Community Health Centre**

Turner Street  
Bacchus Marsh 3340  
p. 5367 9674

The Bacchus Marsh Community Health Centre offers a variety of services and programs that aim to enhance and promote health and wellbeing of individuals, families and the community, while preventing illness, disease and injury. Counselling and social support services available.

## **M Child & Family Services Moorabool**

52 Grant Street  
Bacchus Marsh 3340  
p. 5367 9900  
[www.cafs.org.au](http://www.cafs.org.au)

Child and Family Services provide a range of programs and services that support children, young people and families. Workers provide assessment, casework, case management and counselling services to assist families referred by agencies or themselves. Services are provided at Child and Family Services or in the family home. Parenting groups are also held from time to time.

**Intake and Referral Service** – provides information and advice with possible referral to Child and Family Services programs or brief counselling. The Intake and Referral

Service will work with families to ensure the most effective service response is identified to meet the needs of the parents/children/family. Workers are available by phone or appointment each weekday.

**Supported Accommodation Assistance Program (SAAP)** – offers transitional and crisis support services to people aged 16 and over (including young people, families, single parents, and elderly people) who are either homeless or at risk of becoming homeless.

**Financial Counselling** – this service can assist individuals, couples and families on low income with gambling related issues, or who are experiencing financial hardship. The Financial Counsellor can provide information, options or make appropriate referrals relating to the issue. The aim of this service is to assist people in regaining control of their finances eg – utilities, credit cards, fines, bankruptcy, harassment by creditors or other credit related issues.

**Reconnect Program** – a service for 12 – 18 year olds and their families. The Reconnect Program assists young people who are becoming disconnected from family, school and/or their work environment. It is a preventative/early intervention program aimed at improving relationships particularly where there is risk of young people leaving home prematurely without the support of their family. It also assists families where

young people have recently left home under these circumstances.

**Creating Connections** – a program for young people who require extra support to sustain independent living. The target group is young people 15 – 21 who are homeless or at risk of homelessness & who require additional skill development/ intensive case management to be able to sustain long term housing.

**Men and Family Relationship Service** – the Men and Family Relationship Program promotes and supports the health and wellbeing of men and their families. It provides counselling for men on a range of family relationship issues including; conflict resolution, separation, parenting, step-parenting, depression, suicide. The program can also provide professional consultancy, training support and information services on a variety of issues relating to men and their family relationships.

**Family Services Program** – referrals to this program are made by telephoning the Child First Intake. Self-referral is welcomed and referrals can be made by anyone who is concerned about a child's wellbeing. Family Services workers are able to visit families in their own home or other 'safe' places in the community, provide sound practical support and impart skills that assist families to improve their parenting and circumstances.

**Family Relationship Centre**

34 Peel St North  
Ballarat 3350  
p. 1300 303 988  
[www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

A federal government service that strengthens family relationships, helps families to stay together and assists families through separation. It is a first point of call for families needing support, information and referral. Most services are free.

Family Relationship Advice Line 1800 050 321

**M Visiting Services at CAFS Moorabool**

include:

Centre Against Sexual Assault (CASA)  
Child & Adolescent Mental Health Services (CAMHS)  
Housing Program (Uniting Care)  
Relationships Australia & Gamblers Help Counselling  
Women's Resource Information Support Centre (WRISC)

**Centacare**

4-6 Peel Street  
Ballarat 3350  
p. 5337 8999  
e. [centacare@centacareballarat.org.au](mailto:centacare@centacareballarat.org.au)  
[www.centacareballarat.org.au](http://www.centacareballarat.org.au)

Centacare's Family Services provide comprehensive, client focused services for individuals, couples, families, youth and children.

Our services are informed by an approach that values human dignity and the belief that positive relationships lead to positive lives and wellbeing. The service design aims to ensure that our programs are inclusive, responsive to the needs of clients and operate at the highest levels of quality and professionalism. The services are integrated, strengths-based and provided by staff who are trained and qualified.

For detailed information on our extensive range of programs and specialist services please go to our website.

Centacare offers a variety of services to Ballarat and surrounding districts. These include:

**Counselling**

- Family, relationship and individual counselling service.

**Employment Services**

- Community Business Employment
- Job Placement Employment and Training

**Parenting Services**

- Grampians Regional Parent Resource Service provides information, group

training, support and resources for parents. It also runs Seasons for Growth, for young people and parent/carer information sessions, which is a program that explores the effects of change/loss and grief.

**Marriage and Relationship Education**

- Marriage Enrichment programs and Pre-Marriage Education

**Peplow House**

- Crisis accommodation centre for homeless single men 18 years and over.

**Psychiatric Disability Support Service**

- Planned respite care
- Residential Rehabilitation for Young Adults
- Supported Housing

**Family Support Program**

- Launched as a joint venture between Centacare in Ballarat and Djerriwarrh Community Health Service in Bacchus Marsh.

**Mother Support Program**

- Support program for mothers with a psychiatric illness, who have children under five years of age.

**Youth Justice**

- Assistance with legal / justice system.

**VACP (Victims of Crime)**

- Support program for Victims of Crime

## Family Violence Support Services

### **M Family Services Program**

Centacare  
52 Grant Street  
Bacchus Marsh 3340  
p. 5367 9908  
e. centacare@centacareballarat.org.au

This Program provides assistance to families where there is concern for children's wellbeing. Assistance is given through home visits and linking families with other community services. Family Services workers support and assist families to strengthen their parenting skills & address situations affecting the wellbeing of the family. Family members or those concerned for a child's wellbeing may make a referral to this program.

Referrals to Child FIRST phone 1300 783 341.

### **M Child and Family Services Moorabool**

52 Grant Street  
Bacchus Marsh 3340  
p. 5367 9900  
www.cafs.org.au

CAFS provides programs and services that are designed specifically to fulfill this commitment such as, Family Violence Court Counselling Service, Family Violence Prevention Network, Voluntary Behaviour Change Program.

### **M Men's Behaviour Change & Women's Family Violence Support**

Bacchus Marsh Community Health Centre  
Turner St  
Bacchus Marsh 3340  
p. 5367 9674  
p. 1800 RESPECT (1800 737 732)

The Bacchus Marsh Community Health Centre offers a variety of services and programs that aim to enhance and promote health and wellbeing of individuals, families and the community, while preventing illness, disease and injury. Counselling and social support services available.

Melton Community Health Centre  
Cnr High & Yuille Streets and  
35 Unitt St  
Melton 3337  
p. 8746 1100

Djerriwarrh Health Services provides services such as: Counselling and Financial Counselling and Family Violence Prevention Program.

### **Family Violence Support Network**

125 Eureka Street  
Ballarat 3350  
p. 5333 3666  
p. 1800 RESPECT (1800 737 732)  
e. wrisc@wrisc.org.au  
www.wrisc.org.au

### **Men's Behaviour Change Child and Family Services Ballarat**

Ludbrook House  
115 Lydiard Street North  
Ballarat 3350  
p. 5337 3333  
e. ceo@cafs.org.au  
www.cafs.org.au

A support and discussion group for men who recognise that they have been controlling, abusive or violent to their family or partner, and who want to change their behaviour.



Daniel F  
"I like playing with my friends."

## Gambler's Help Services

### **M Gambler's Help Access Program**

Child and Family Services Moorabool  
52 Grant Street  
Bacchus Marsh 3340  
p. 5367 9900  
[www.cafs.org.au](http://www.cafs.org.au)

A free and confidential service for people of culturally diverse background who want to control or stop gambling activities. The access program provides:

- Individual support and assistance to the gambler or family
- Referral to specialist gambling and financial counsellors
- Community development with multicultural communities
- Outreach service to Daylesford, Ararat & Bacchus Marsh
- Advocacy and referral to a range of services
- Interpreting service available on request

### **Financial Counselling for People with Gambling Issues**

A free and confidential service offering information, options and strategies on dealing with debt problems and income and asset protection, to gamblers and their families.

### **Gambler's Help – Relationships Australia**

116 Lydiard Street North  
Ballarat 3350  
p. 1800 243 696 (Victoria)  
p. 5337 9222 (Ballarat)  
e. [ballarat@rav.org.au](mailto:ballarat@rav.org.au)  
[www.relationships.com.au](http://www.relationships.com.au)

A free, confidential counselling service for people concerned about gambling issues relating to themselves or family members. No fees apply.

### **Gambler's Help Line – 24 hours 7 days**

p. 1800 156 789  
[www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au)

Gambler's Help is a 24-hour, anonymous and confidential telephone advice service, providing information and referral to counselling, if your gambling is a problem.

## Government Support Services

### **CENTRELINK**

#### **M Centrelink - Ballan**

Mechanic's Institute  
143 Inglis Street  
Ballan 3342  
p. 1800 050 004  
[www.humanservices.gov.au](http://www.humanservices.gov.au)

A Centrelink agency operates from the Mechanics Institute in Ballan Mondays to Fridays, 9.30am to 1.30pm. The agency provides a free face-to-face service to the community, information products and forms, access to a telephone, internet-enabled computer and printer for government business and Medicare claiming facilities. Agents can also accept Centrelink claim forms and documentation, respond to customer enquiries and provide assistance, guidance or referral as appropriate.

#### **Centrelink – Ballarat**

Ballarat Centrelink Office  
12 Albert Street  
Ballarat 3350  
p. 1800 050 004  
[www.humanservices.gov.au](http://www.humanservices.gov.au)

#### **Centrelink – Melton**

Shop OFF01 External via Barries Road  
Woodgrove Shopping Centre  
533-555 High Street  
Melton 3337  
p. 1800 050 004  
[www.humanservices.gov.au](http://www.humanservices.gov.au)

#### **GOLD (Government On-Line Directory)**

[www.gold.gov.au](http://www.gold.gov.au)

Provides a listing of government departments and agencies.

## Grandparents

### Grandparents Victoria

The needs of families are becoming more complex and the support grandparents can offer to their own family and to other families is significant. Through acting together grandparents are becoming strong advocates. They are the custodians of considerable wisdom, compassion and skills that are being put to good use in activities to support families and to benefit the wider community.

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

### Grandparent Information Sessions

Women's Health Unit  
St John of God Health Care  
101 Drummond Street North  
Ballarat 3350  
p. 5320 2110

Offers a monthly invitation to grandparents to discuss current care and management of birth and babies and the ways grandparents can contribute to this special time. No charge for St John of God clients.

### Little Owls Playgroup

p. 5366 7100  
e. [earlyyears@moorabool.vic.gov.au](mailto:earlyyears@moorabool.vic.gov.au)

Little Owls Playgroup for grandparents and children is run through Moorabool Shire Council.

## Grief and Loss

### Compassionate Friends

24 Hour Grief Support  
p. 9888 4944  
p. 1800 641 091  
[www.compassionatefriendsvictoria.org.au](http://www.compassionatefriendsvictoria.org.au)

The Compassionate Friends Victoria Inc. is part of a world-wide organisation offering friendship and understanding to families following the death of a son or daughter, brother or sister. The Compassionate Friends offers support in the grief and trauma which follows the death of a child at any age and from any cause.

### SANDS Victoria – Miscarriage, Stillbirth & Newborn Death Support

p. 1300 072 637  
e. [info@sandsvic.org.au](mailto:info@sandsvic.org.au)  
[www.sandsvic.org.au](http://www.sandsvic.org.au)



Amelia  
"I like living on a farm and seeing lots of animals."

### SIDS & Kids

p. 1300 308 307  
p. 1800 240 400 – 24 hour bereavement support line

Bereavement services for any person who has been affected at any time, by the sudden and unexpected death of an infant or child due to stillbirth, peri-natal, SIDS, sudden illness, motor accident, drowning or any other cause. Counselling and support is available for parents, siblings, extended family, friends, emergency service personnel and health professionals.

### Solace

[www.solace.org.au](http://www.solace.org.au)

Solace is a Grief Support Group where weekly meetings are focused on the aspects of loss and grief. The meetings of Solace are designed to offer support and encouragement to those who grieve over the death of their husband, wife or partner.

### National Missing Persons Unit – NMPU

p. 1800 000 634  
[www.missingpersons.gov.au](http://www.missingpersons.gov.au)

# Health Services

## COMMUNITY HEALTH

### **M Bacchus Marsh Community Health Centre**

Turner St  
Bacchus Marsh 3340  
p. 5367 9674  
www.djhs.com.au

The Bacchus Marsh Community Health Centre offers a variety of services and programs that aim to enhance and promote health and wellbeing of individuals, families and the community, while preventing illness, disease and injury. A range of primary care, allied health, including dietetics, diabetes education, physiotherapy, podiatry, speech pathology, occupational therapy, community health nursing, women's and youth health, Needle Syringe Program, counselling, alcohol and other drug and support services available.

### **M Ballan District Health & Care**

33 Cowie Street  
Ballan 3345  
p. 5368 1100  
www.ballanhospital.com.au

A service dedicated to the highest levels of personal and community centered acute hospital, community health and aged care. Services incorporate respite and special care for people with

dementia as well as 24 hour medical emergency care. Community Health Services include: community health nursing; health promotion; physiotherapy, podiatry, dietetics, occupational therapy, psychologist, welfare support, district nursing and youth support.

### **Melton Community Health Centre**

Cnr High & Yuille Streets and  
35 Unitt St  
Melton 3337  
p. 8746 1100  
www.djhs.com.au

Djerriwarrh Health Services include Backdoor Youth Health Service, Community Health Nursing, Counselling and Financial Counselling, Dietetics, Occupational Therapy, Speech Pathology, Podiatry, Physiotherapy, Family Violence Prevention Program, Health Promotion, Needle Syringe Program.

## CONTINENCE SERVICES

Incontinence is a very common condition. Many women experience urinary incontinence during pregnancy or after birth. There are many health professionals qualified to assist adults and children with bladder and bowel control problems. With assistance, incontinence can be treated, more effectively managed and frequently cured.

### **M Bacchus Marsh Community Health Centre**

Turner St  
Bacchus Marsh 3340  
p. 5367 9674

A service for people with urinary, bowel or flatulence problems.

### **Ballarat Health Services**

Grampians Regional Continence Services  
Ballarat Health Services – Queen Elizabeth Centre  
102 Ascott Street South  
Ballarat 3350  
p. 5320 3795

The Grampians Regional Continence Service provides an assessment and management service for people of all ages with bladder and bowel incontinence and associated problems such as constipation. The staff have expertise in working with children with both day and night-time wetting or common problems such as fecal soiling or children with incontinence issues associated with a disability. The service also offers support for women with bladder and bowel problems in the ante and post-natal periods.

### **National Continence Helpline**

p. 1800 330 066

**Ballarat Urology Clinic**

1328 Sturt Street  
Ballarat 3350  
p. 5331 4811

**DENTAL SERVICES****Ballarat Community Dental Clinic**

Dental Health Services Victoria – Ballarat  
Clinic  
1st Floor Ballarat & Health Services  
1 Drummond Street  
Ballarat 3350  
p. 5320 4225

The Dental Health Services Victoria – Ballarat Clinic has four programs which provide dental care to the Ballarat community. The Early Childhood Program targets children attending a four-year-old kindergarten program but is available to all preschoolers or those referred by health professionals. The School Dental Service provides dental care for all children attending Primary School and children with a concession card in Years 7 and 8. Emergency care is offered daily. Programs are free to concession card holders and a modest fee applies to non-concession card holders.

The Youth Dental Program provides dental care for children in Years 9, 10, 11 and 12 with a concession card. Care is free and there

is no waiting list. Emergency care is also offered daily. The Adult Dental Care program is available to concession card holders and listed dependants only. Emergency Dental Care is also offered daily. General Dental Care is subject to a waiting list. Dentures are subject to a waiting list and variable cost applies.

**Daylesford Community Health Centre**

13 Hospital St  
Daylesford 3460  
p. 5348 1785

Clients need to hold a pensioner or health care card or be dependents of card holders.

Secondary school students in Year 9 and above are eligible if they or their parents/guardians hold a pensioner or health care card.

All preschool children are eligible.

**Melton Health**

195-209 Barries Road  
Melton West 3337  
p. 9747 7617

Djerriwarrh Health Services has 12 public dental chairs located at Melton Health which offer general, denture and emergency treatment to eligible patients including children aged from Preschool to 12 years. Due to high public demand, there is a waiting list with priority treatment for children.

**Royal Dental Hospital of Melbourne**

720 Swanston Street  
Carlton 3053  
p. 9341 1000

The RDHM is the state's leading teaching facility for oral health professionals. It provides emergency, general and specialist care for concession card holders and their dependents.

**DOCTORS****M Bacchus Marsh Medical Centre**

Turner Street  
2 Turner Street  
Bacchus Marsh 3340  
p. 5367 3333

**M Darley Clinic**

147 Gisborne Road  
Darley 3340  
p. 5367 5000

**M Ballan District Health and Care**

164 Inglis St  
Ballan 3342  
p. 5366 7999

**M The Elms Family Medical Centre**

Suite 1 Bacchus Marsh Village  
160 Main Street  
Bacchus Marsh 3340  
p. 5367 6662

**M Gell Street Medical Centre**

12 Gell Street  
Bacchus Marsh 3340  
p. 5367 8000

**M Grant Street Medical Centre**

54 Grant Street  
Bacchus Marsh 3340  
p. 4367 7555

**M Rapha Bulk Billing Medical Centre**

162 Gisborne Road  
Darley 3340  
p. 5367 5969

**HEALTH INFORMATION****The Asthma Foundation of Victoria**

p. 1800 278 462  
[www.asthma.org.au](http://www.asthma.org.au)

**Australian Red Cross Victoria**

[www.redcross.org.au](http://www.redcross.org.au)

Red Cross runs a number of services to support the health and well-being of community members. These include:

- Patient Transport Service – to assist isolated people to attend essential medical appointments, where other options i.e. access to public transport etc are not available. p. 0407 820 276

- Telecross Service – a free service which provides calls to isolated community members on a regular basis, to check on their well-being. p. 1300 885 698

**Better Health Channel**

[www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)

Reliable health information and services – quality assured by the Victorian Government.

**The Cancer Council Victoria**

Cancer Helpline 13 11 20  
[www.cancer.vic.org.au](http://www.cancer.vic.org.au)

**Diabetes Australia – Victoria**

p. 1300 136 588  
[www.diabetesvic.org.au](http://www.diabetesvic.org.au)

**Health Direct**

[www.healthdirect.gov.au](http://www.healthdirect.gov.au)  
p. 1800 022 222

This Australian Government website has reliable up-to-date information on important health topics including heart disease, diabetes, mental health and children's health.

**Royal Children's Hospital**

[www.rch.org.au](http://www.rch.org.au)  
p. 9345 5522

**HEARING SERVICES****Djerriwarrh Health Services**

Audiology Clinic (Hearlink)  
Melton Health  
195-209 Barries Road  
Melton West VIC 3337  
p. 9747 7609  
Referral and Appointment Service  
Private Appointments – Hearlink (9326 2231)  
[www.djhs.com.au](http://www.djhs.com.au)

The Audiology Clinic (services provided by HEARLINK) is undertaken using a "sub-contractor" model to provide hearing assessments for children less than 16 years of age. We give priority to infants referred to us by the Victorian Infant Hearing Screening Programme (VIHSP), children whom have been referred to us by an Ear Nose and Throat specialist, as well as children with developmental delays, other disabilities, or who otherwise require a hearing assessment.

**M Ballan District Health & Care**

General Practice  
164 Inglis Street  
Ballan 3345  
p. 5366 7999  
[www.ballanhealth.com.au](http://www.ballanhealth.com.au)

An audiologist visits this service. Appointments can be made through Australian Hearing, Sturt Street, Ballarat on 5333 0200.

**Australian Hearing**

808 Sturt Street  
Ballarat 3350  
p. 5333 0200

Australian Hearing works with pharmacies, general practitioners, social groups and aged care providers to promote good hearing health. We want to ensure that free hearing checks are readily available to all Australians.

**Better Hearing Australia (Victoria) Inc**

[www.betterhearing.org.au](http://www.betterhearing.org.au)  
p. 1300 242 842

Advisory service that offers free, independent information and advice on managing hearing loss and other ear and hearing related problems.

**M Bloom Hearing Specialists**

2 Gell Street  
Bacchus Marsh 3340  
p. 5367 6188

**Vicdeaf**

15 Dawson Street South  
Ballarat 3350  
Voice/TTY 5364 2947  
Head Office Voice/TTY 1300 780 225  
m. 0428 671 012  
[www.vicdeaf.com.au](http://www.vicdeaf.com.au)

Vicdeaf provides support, advocacy, assessment and referral for clients who are aged 18yrs + and who are deaf or hard of hearing, and their families. The service is based in Ballarat two days a week with frequent trips around the Grampians region. If urgent assistance is required outside of these two days, please ring Head Office for enquiries and appointments.

Riley, prep  
"Because there's lots of rabbits."

**HOSPITALS****M Bacchus Marsh & Melton Regional Hospital**

Grant Street  
Bacchus Marsh 3340  
p. 5367 2000  
[www.djhs.com.au](http://www.djhs.com.au)

**M Ballan District Health & Care – Hospital**

33 Cowie Street  
Ballan 3342  
p. 5368 1100  
[www.bdhc.com.au](http://www.bdhc.com.au)

**Ballarat Base Hospital**

Ballarat Health Services  
Drummond Street North  
Ballarat 3350  
p. 5320 4000

**St John of God Ballarat Hospital**

101 Drummond Street North  
Ballarat 3350  
p. 5320 2111  
[www.sjog.org.au](http://www.sjog.org.au)

**Sunshine Hospital**

Western Health  
176 Furlong Road  
St Albans 3021  
p. 8345 1333  
[www.westernhealth.org.au](http://www.westernhealth.org.au)



## Women's Health

### Royal Women's Hospital

p. 8345 3037

[www.thewomens.org.au](http://www.thewomens.org.au)

### Well Women's Clinic

Bacchus Marsh Community Health Centre

35 Grant Street (enter via Turner Street)

Bacchus Marsh 3340

p. 5367 9674

### Well Women's Clinic

Melton Community Health Centre

Cnr High & Yuille Streets and

35 Unitt Street

Melton 3337

p. 8746 1100

The Well Women's Clinics provide a woman-centred service that allows you time to discuss health matters that may concern you. The service is provided by a female Community Health Nurse who is experienced in women's health issues. Referral to other services is also available.

### Women's Health Information Centre

Royal Women's Hospital

p. 1800 442 007

[www.thewomens.org.au](http://www.thewomens.org.au)

The Women's Health Information Centre (WHIC) is a free confidential, state-wide service offering information, individualized support and referral options on a wide range of women's health issues.

### Women's Health Grampians

2 Drummond Street South

Ballarat 3350

p. 1800 013 432

[www.whg.org.au](http://www.whg.org.au)

Women's Health Grampians provides information, support and educational services for women.

### Women's Health Victoria

[www.whv.org.au](http://www.whv.org.au)

Women's Health Victoria is a not-for-profit organisation focussed on improving the lives of Victorian women.

We undertake strategic health promotion and advocacy to improve women's health and provide a number of direct services.

(See also Family Planning/Sexual Health Services, page 50 of this guide)

Riley Young, age 8

"I belong in the land of Moorabool because there is lots of nature"

## Indigenous Services

### Ballarat & District Aboriginal Cooperative

5 Market Street

Ballarat 3350

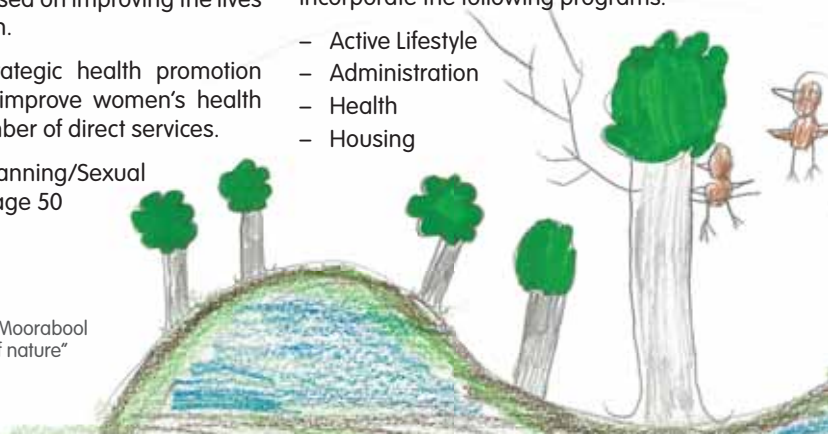
p. 5331 5344

[www.badac.net.au](http://www.badac.net.au)

The Ballarat and District Aboriginal Co-operative (BADAC) was established by members of the Ballarat and district Aboriginal community in 1979, and is incorporated under the Associations Incorporation Act 1981 to deliver health, social, welfare and community development programs to local Aboriginal people.

Since 1979, the organisation has grown considerably and now delivers a wide range of services, underpinned by its adaption of the Social Inclusion principles, which incorporate the following programs:

- Active Lifestyle
- Administration
- Health
- Housing



### **Koori Children Support**

Ballarat & District Aboriginal Co-operative  
Cnr Armstrong & Market Streets  
BALLARAT VIC 3350  
p. 03 5331 5344 (ext 9)

The Koori Children Support program has been created to provide support and practical assistance to parents experiencing significant difficulties that impact on their abilities to care for their children.

- Aboriginal Family Decision Making
- Integrated Family Services
- Kinship Care
- Youth Justice

### **Koori Family Services**

115-117 Beverin St  
Sebastopol 3356  
03 5335 8025

Koori Family Services is for Aboriginal people requiring assistance relating to the health, wellbeing and social inclusion of Koori families - from babies to elders - in the Ballarat and district area. Currently, we offer the following services, with the aim of expanding as needed in the future.

- Home and Community Care (HACC)
- Junior Youth Group
- Mums & Bubs/ Family Playgroup

### **M Djerriwarrh Health Service**

Appointments  
p: 9747 7609

Melton Community Health Centre  
35 A Unitt St, Melton or  
Corner High St and Yuille St  
Melton 3337

Bacchus Marsh Community Health Centre  
Turner St  
Bacchus Marsh 3340

Bacchus Marsh and Melton Regional Hospital  
Grant St  
Bacchus Marsh 3340

Melton Health  
195-209 Barries Rd  
Melton 3337

Djerriwarrh Health Service provides specialist medical, nursing, dental and allied health services to residents within the City of Melton and Moorabool Shire.

Aboriginal specific services include:

#### **– Aboriginal Health Support Nurse**

The Aboriginal Health Support Nurse delivers health assessments and care coordination for clients requiring additional support to access health services and manage complex health

issues. The Aboriginal Health Support Nurse can link clients in with relevant health services to assist clients better manage their condition.

#### **– Aboriginal Health Promotion and Chronic Care Program (AHPACC)**

The AHPACC program aims to work with the Aboriginal community to plan and deliver culturally appropriate chronic disease prevention and management programs including cooking groups, physical activity programs and social support groups.

### **GROUP PROGRAMS**

#### **The Djerriwarrh Health Service Men's Group**

The Men's Group is a social support group to assist men with addressing issues affecting their health and wellbeing while participating in local projects to build community connections and resilience.

#### **The Djerriwarrh Health Service Parents Group**

The Parents Group is a social support group for parents and families to come together, share experiences and address issues affecting the health and wellbeing of their family while strengthening connections with community and culture.

### Marla Women's Group

The Marla Women's Group is a social support group where women can share stories, discuss health issues and participate in activities to connect with culture and promote social and emotional wellbeing.

### Midwife for Aboriginal Health & Antenatal Clinic

Ballarat Health Services  
Drummond Street North  
Ballarat 3350  
p. 5320 4355

Working in a community based collaborative model with Aboriginal women and their families in all aspects of ante & postnatal care and support.

## Men's Services

### M Men and Family Relationships Service

Child and Family Services Moorabool  
52 Grant Street  
Bacchus Marsh  
p. 5367 9900  
[www.cafs.org.au](http://www.cafs.org.au)

Men can enter the service either by self-referring (phone or call in yourself) or through contact with another professional or community agency. Provides an intake service where you talk to a men's intake worker, to ensure your needs are met in the best possible way. Some services may require a fee.

Gracie Fox, age 8  
"When we had a fire near our house the CFA came quickly to put it out."

CAFS will support the safety of those at risk from family violence and places the responsibility for violent and controlling behaviours on the perpetrators of those behaviours. CAFS provides programs and services that are designed specifically to fulfill this commitment such as, Family Violence Court Counselling Service

### MensLine Australia

p. 1300 78 99 78

MensLine Australia is the national telephone and online support, information and referral service for men with family and relationship concerns. The service is available from anywhere in Australia and is staffed by professional counsellors, experienced in men's issues. Through our dedicated counselling services, available through a range of modalities, MensLine provides:

- A safe and private place to talk about concerns;
- Confidential, anonymous and non-judgmental support;
- Coaching and practical strategies for managing personal relationship concerns;
- Relevant information and linkage to other appropriate services and programs as required.



# Mental Health Services & Support Groups

## Aprotch

Ballarat Community Health Centre  
42a Dyte Parade  
p. 5338 4500  
www.bchc.org.au

APROTCH provides psychosocial rehabilitation, including vocational, educational, recreational and individual support to meet the complex needs of consumers. The programs at APROTCH are tailored to meet the specific needs of people suffering from a serious mental illness with the aim of enabling the people to fully reach their potential and capabilities despite suffering mental illness. Criteria for entry to APROTCH are: age 16-64 years old and have a serious mental illness.

## M Bacchus Marsh Carer Support Group

Quamby Room  
10 Bennett Street  
Bacchus Marsh 3340  
p. 5333 7104  
p. 1800 059 059

The Carer Support Group is for people who care for someone with a disability, if frail aged, has dementia or a mental illness. "If you are to give the best to the person you care for, you must first acknowledge your own needs." Meetings are held once a month.

## M Bacchus Marsh Community Health Centre

Turner Street  
Bacchus Marsh 3340  
p. 5367 9674

## M Ballan District Health & Care

Community Health  
Psychology Service  
p. 5366 7999

Psychology Counselling Program provides free one-on-one professional psychology and counselling services for the general public for adults and children over the age of 7 years.

Group sessions are also offered periodically including topics like sleep, parenting and stress.

## Ballarat Health Services - Psychiatric Services

Sturt Street  
Ballarat 3350  
p. 5320 4100  
p. 1300 661 323 - 24 hours a day, 7 days a week  
www.bhs.org.au

## Child & Adolescent Mental Health Services (CAMHS)

CAMHS is a free service which helps children, adolescents (aged 0-18 years) and their families where the child has an emotional, social, behavioural or developmental problem.

## Adult community Mental Health Services

Adult Community Mental Health Services provide assessment and treatment to residents of the Grampians Region who are aged between 16-65 years who may be developing (or have) a mental health problem. The services are community based and flexible, drawing upon a range of mental health professionals according to the needs of each client. The multidisciplinary team includes staff from the following disciplines: Psychiatrists, Medical Officers, Social Workers, Psychologists, Psychiatric Nurses and Occupational therapists.

Each client is individually assessed. A plan of care and treatment is then developed in conjunction with the client and significant others.

## Carer Respite Centre

Market Street  
Ballarat 3350  
p. 5333 7104  
p. 1800 059 059

Assistance for those who care for someone who has a mental illness.

**Salvo Care Line**

p. 1300 36 36 22 (24 hour)  
[www.salvos.org.au/salvocareline](http://www.salvos.org.au/salvocareline)

During times of crisis, loneliness, depression or feelings of isolation, it is a comfort to know there is someone you can call, someone who cares.

Trained counsellors at the Salvo Care Line are available 24 hours a day, 365 days a year. Our counsellors will offer a listening ear and help you work through a range of options which might include information and referrals to empower you to change your situation.

**LifeLine Ballarat**

p. 13 11 14 (24 hour counselling service)  
 p. 5332 1009 (administration)  
[www.lifeline.org.au/ballarat](http://www.lifeline.org.au/ballarat)

Lifeline Ballarat provides a 24 hour confidential telephone counselling service to the people of Ballarat and the Grampians region.

**Melton Community Health Centre**

Cnr High & Yuille Streets and  
 35 Unitt St  
 Melton 3337  
 p. 8746 1100

Contact the Melton Community Health Centre for information regarding counselling and depression.

**M Outbacc Group**

Darley Neighbourhood House & Learning Centre  
 33-35 Jonathon Drive  
 Darley 3340  
 p. 9747 6337 Odile

A support group for people living with a diagnosed mental illness. Meets every Wednesday 11.00am-3.00pm. Great activities in a safe supportive environment.

**Reconnexion**

**(Panic, Anxiety, Depression Assistance & Tranquilliser Dependency)**

222 Burke Road  
 Glen Iris 3146  
 p. 1300 273 266 or 9886 9400  
[www.reconnexion.org.au](http://www.reconnexion.org.au)

**Pomegranate House**

Community Psychology Services  
 103 Webster Street  
 Ballarat 3350  
 p. 5320 2260  
 e. [pomegranatehouse.ballarat@sjog.org.au](mailto:pomegranatehouse.ballarat@sjog.org.au)

Pomegranate House provides psychological interventions to low income earners in the Grampian Region, in relation to mental health issues for adults, young adults, children and/or their families. Fees are based on family income.



Grace, prep  
 "Because we live in the bush  
 and we can splash in puddles."

# Pregnancy & Birth

## SANE Mental Health Information Line

p. 1800 187 263  
www.sane.org

## Suicide Line

p. 1300 651 251

Victorian 24-hour suicide helpline, 7 days a week. See also:

- Postnatal Depression, page 68 (Family Support Services)

## Werribee Mercy Hospital

Mother Baby Unit (Mental Health)

298 Princes Highway  
Werribee 3030  
p. 9216 8465 or 1300 657 259

Mercy Mental Health Mother Baby Unit is a specialist mental health service available to women and babies up to 12 months of age in western metropolitan Melbourne.

The Mother Baby Unit at Werribee is an eight bed, eight cot inpatient unit that provides the following services:

- Antenatal and postnatal psychiatry
- Mother baby psychiatry and infant mental health
- Assessment and management of psychiatric disorders in pregnancy and post birth

## ANTENATAL EDUCATION & INFORMATION

### Bacchus Marsh & Melton Regional Hospital

Grant Street  
Bacchus Marsh 3340  
p. 5367 2000

An antenatal clinic run by Djerriwarrh Health through Melton Health providing specialist obstetric and midwifery care. A wide range of antenatal care options and choices of hospital for birthing are offered. Eligibility: Self referral or shared care with general practitioner. For more information call the Bacchus Marsh and Melton Regional Hospital (above) or call Melton Health on 9747 7609.

### Preparing for Birth & Parenting Classes

Assists newly pregnant women and their partners prepare for childbirth and parenting. Classes are available on weeknights and some weekends. Eligibility: Self referral. For more information call the Bacchus Marsh and Melton Regional Hospital 5367 2000 or Melton Health on 9747 7609.

## Breastfeeding Information Evenings

### Ballarat Health Services

Drummond Street North  
Ballarat 3350  
p. 5320 4977

The breastfeeding education sessions are facilitated by a lactation consultant for expectant parents, grandparents and friends who wish to learn more about breastfeeding. Topics covered include benefits to mother and baby, how to get off to a good start, how to avoid problems, father's participation and where to get help. Bookings are essential.

## Breastfeeding Classes

### Australian Breastfeeding Association

p. 9885 0855  
p. 1800 686 268 Breastfeeding Helpline  
www.breastfeeding.asn.au

Breastfeeding, while natural, is still a learned skill. Breastfeeding classes can help you with any queries you may have about breastfeeding either before or after your baby is born.

Matilda, age 5



### Having a Baby in Victoria

[www.health.vic.gov.au/maternitycare](http://www.health.vic.gov.au/maternitycare)

A Victorian Government site providing information for Victorian women who are having a baby or thinking about having a baby and for the professionals who provide their maternity care. This useful site contains details of the types of pregnancy and birth care available in hospitals, information on pregnancy and care during pregnancy, research articles and links to other sites.

### Childbirth Education Classes

#### Ballarat Health Services, Maternity Unit

Drummond Street North  
Ballarat 3350  
p. 5320 4533

Ballarat Health Services provide a range of evening and weekend education sessions in pregnancy, birth and early parenting for women and their partners. Grandparents and preconception information sessions are also available.



### Midwife for Aboriginal Health & Antenatal Clinic

Ballarat Health Services  
Drummond Street North  
Ballarat 3350  
p. 5320 4355

Working in a community based collaborative model with Aboriginal women and their families in all aspects of ante and postnatal care and support.

### MATERNITY FACILITIES

#### Bacchus Marsh & Melton Regional Hospital

Grant Street  
Bacchus Marsh 3340  
p. 5367 2000

#### Ballarat Health Services

Base Hospital Maternity Unit  
Drummond Street North  
Ballarat 3350  
p. 5320 4533

#### St John of God Health Care

Women's Health Unit  
101 Drummond Street North  
Ballarat 3350  
p. 5320 2110

Sebastijan, prep  
"Because there is lots of bush here."

### Sunshine Hospital

Western Health  
Furlong Road  
St Albans 3021  
p. 8345 1333

### Werribee Mercy Hospital

Maternity  
300 Princes Highway  
Werribee 3030  
p. 8754 3000 (General)  
p. 8754 3400 (Child Birth Centre)  
[www.mercy.com.au](http://www.mercy.com.au)

### POSTNATAL CARE

#### Day Stay

Child and Family Services Ballarat  
115 Lydiard Street  
Ballarat 3350  
p. 5337 3333

Day stay is a regional program that aims to provide parenting support to families with children from birth to two years. Priority is given to infants under two months. Day Stay operates out of the Child and Family Services (CAFS) Chisholm Street site where programs are specifically dedicated to the needs of infants, young children and their parents. Parents who have concerns with an

unsettled baby, feeding difficulties, sleeping difficulties, toddler behaviour and parenting skills attend the program. The skills are put into practice during the day.

**M Domiciliary Midwifery  
- Postnatal Support**

Bacchus Marsh & Melton Regional Hospital  
Grant Street  
Bacchus Marsh 3340  
p. 5367 2000

Postnatal support at home is provided for women who have had a baby at the Bacchus Marsh and Melton Regional Hospital. The Domiciliary Midwife Service (Domcare) provides midwifery care in your home in the early days after your discharge from hospital. Contact your maternity ward for details.

**Melton Infant Settling & Feeding Clinic**

Djerriwarrah Health Services  
Melton Health Clinic  
195 – 209 Barries Road  
Melton West 3337

**M Lerderderg Consulting Rooms**

Cnr Gell St and Lerderderg Street  
Bacchus Marsh 3340  
p. 9747 7600 (Reception)  
[www.meltonhealth.com.au](http://www.meltonhealth.com.au)

Provides support and advice for families with babies from birth through to 12 months. The clinic is run in conjunction with Tweddle Child and Family Health Service and is specially designed to help families who are having issues with infants up to 12 months old, including;

- Settling and sleeping difficulties
- Breast feeding difficulties
- Bottle feeding difficulties
- Concerns with nutrition
- Mild postnatal depression and anxiety

By appointment, the free Infant Settling and Feeding Clinic is run at Melton Health and The Lerderderg Consulting rooms, Bacchus Marsh. Qualified staff address each family's issues and educate family members both theoretically and practically on new parenting skills. The clinic's staff also call each attendee within two weeks following the program to check on their progress and answer any further questions.

**M Maternal & Child Health Services**

See listing, page 30 (Children's Services)

**M Moorabool Breastfeeding  
Support Service**

A breastfeeding clinic is staffed by lactation consultants. Service provided includes;

- Breastfeeding support
- Ante-natal information
- Books and resources
- Information for families and the community on how to support breastfeeding
- Breastfeeding and returning to work
- Breastfeeding and multiple Births

Bookings available by phoning Maternal and Child Health Administration on 5366 7100. Email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au) or visit Council's families & children Facebook page.

**St John of God Health Care**

Baby Settling Class  
Women's Health Unit  
101 Drummond Street North  
Ballarat 3350  
p. 5320 2110  
[www.sjog.org.au](http://www.sjog.org.au)

This class deals with settling strategies and routines as well as some common newborn challenges such as reflux, snack feeding and night owl babies. Ideal for parents of babies from 4-6 weeks of age. A charge applies but there is no charge for parents who have attended St John's pre-natal classes.

## POSTNATAL DEPRESSION (PND)

There are many services including GPs, hospitals and Maternal and Child Health, who are aware of the issues surrounding PND for women, their partners and extended family. As it is important that those affected by PND receive appropriate help as early as possible, we encourage anyone concerned to seek assistance.

### **M** Bacchus Marsh Community Health Centre

Turner Street  
Bacchus Marsh 3340  
p. 5367 9674  
[www.djhs.com.au](http://www.djhs.com.au)



### **M** Ballan District Health & Care Community Health

Psychology Service  
p. 5366 7999

Contact Ballan District Health and Care Psychology Services for information / appointments for counselling and post natal depression.

### **Beyond Blue**

p. 1300 224 636  
[www.beyondblue.org.au/postnataldepression](http://www.beyondblue.org.au/postnataldepression)

### **M** Emotional Wellbeing

A group for women experiencing post natal depression or emotional concerns. The group is facilitated by a Family Support Worker and Maternal and Child Health Nurse which aims to help ease the transition to parenthood and provide a place where women can express their feelings around motherhood. It provides transition into a supported playgroup called Connect & Play. Referrals are made through your Maternal and Child Health Nurse. Contact Early Years at Moorabool Shire Council on 5366 7100 or email [mchadmin@moorabool.vic.gov.au](mailto:mchadmin@moorabool.vic.gov.au)

Annabelle, prep  
"Because of blue sky and when it rains it makes lots of puddles."

## Maternal & Child Health Services

See listing, page 30 (Children's Services)

### **Melton Community Health Centre**

Cnr High & Yuille Streets and  
35 Unitt St  
Melton 3337  
p. 8746 1100

Contact the Melton Community Health Centre for information regarding counselling and postnatal depression.

### **Post & Ante Natal Depression Association (PaNDa)**

810 Nicholson Street  
North Fitzroy 3068  
p. 9481 3377  
Helpline 1300 726 306  
e. [info@panda.org.au](mailto:info@panda.org.au)  
[www.panda.org.au](http://www.panda.org.au)

PaNDa is a Victorian, statewide, not-for-profit association which works with women and their families affected by ante natal and postnatal mood disorders. PaNDa offers confidential support, education and information to callers.

(See also Mental Health Services and Support Groups in the Family Services Section.)

## Relationships

### Werribee Mercy Hospital

Mother Baby Unit (Mental Health)  
298 Princes Highway  
Werribee 3030  
p. 9216 8465  
p. 1300 657 259

Mercy Mental Health Mother Baby Unit is a specialist mental health service available to women and babies up to 12 months of age in western metropolitan Melbourne.

The Mother Baby Unit at Werribee is an eight bed, eight cot inpatient unit that provides the following services:

- Antenatal and postnatal psychiatry
- Mother baby psychiatry and infant mental health
- Assessment and management of psychiatric disorders in pregnancy and post birth

### M Child & Family Services Moorabool

52 Grant Street  
Bacchus Marsh 3340  
p. 5367 9900  
p. 1300 783 341 (Child First)  
www.cafs.org.au

A worker is based at CAFS Moorabool for relationship counselling.

### Centacare

4-6 Peel Street  
Ballarat 3350  
p. 5337 8999 (Ballarat)  
p. 5637 9908 (Bacchus Marsh)  
e. centacare@centacareballarat.org.au  
www.centacareballarat.org.au

Relationship Counselling and Conciliation Service. Centacare provides a generalist counselling service to individuals, couples and families struggling with relationship issues.

Conciliation is a specific service for parents who are separated and wish to reach an agreement with an ex-partner about issues such as care and contact of children. Conciliation is designed to allow parents to reach agreements themselves in the best interest of children without the complexity of court proceedings.

### Relationships Australia (Victoria)

116 Lydiard Street North  
Ballarat 3350  
p. 1300 364 277  
p. 5337 9222 (Ballarat)  
www.relationshipsvictoria.com.au

Relationship Counselling service and Mediation services. Counselling is available for couples, individuals and families, relating to relationship and family matters. Issues such as loss, grief, family trauma, sexuality, abuse, separation and a range of other associated issues are dealt with in the context of family relationships.

Family mediation is available for couples deciding to separate or who have already separated. Mediation can assist couples to reach agreement on children's issues, or financial or properly trained and qualified in the specialised areas of relationship and mediation work.



Kieran, age 8  
"I like living in Gordon  
'cos I have lots of friends."

## Safety & Crime Prevention

### Crimestoppers

p. 1800 333 000

### Neighbourhood Watch

Police Pro Active Unit

Ballarat

p. 5335 9503

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

Neighbourhood Watch is a community based crime prevention program which aims to improve the quality of life within a neighbourhood by minimising preventable crime and promoting closer community ties. The program relies on the community and the Police working together in a partnership to achieve these aims. For more information about the Neighbourhood Watch Program in your area contact the Neighbourhood Watch Police Coordinator, (Ballarat Division) S/C Janine Walker on 5332 9400 or ring the area Coordinator on the number/s above.

### Centacare

4-6 Peel Street

Ballarat 3350

p. 5337 8999

e. [centacare@centacareballarat.org.au](mailto:centacare@centacareballarat.org.au)

[www.centacareballarat.org.au](http://www.centacareballarat.org.au)

### VACP (Victims of Crime)

Support program for Victims of Crime

p. 1300 033 818

Victims of Crime Helpline

p. 1800 819 817

## Separated Parents & Stepfamilies

### Ballarat Children's Contact Service

Child and Family Services Ballarat

Ludbrook House

115 Lydiard Street North

Ballarat 3350

p. 5337 3333

[www.cafs.org.au](http://www.cafs.org.au)

Operates on weekends from a purpose built facility at the Ballarat office, assisting separated parents to safely and appropriately manage contact arrangements for their children. We provide both supervised visits and weekend facilitated changeovers for children without parents meeting one another. Referrals are received from the Family Law system, community agencies or family members themselves.

### Stepfamilies Australia

195 Drummond St

Carlton 3053

p. 9663 6733

[www.stepfamily.org.au](http://www.stepfamily.org.au)

This service provides support and information to stepfamilies.



Jasmine Harrison, age 7

"We always see koalas at our school."

## Teenagers

For information about youth services within the Moorabool Shire, see page 12. For information about sexual health services including contraception, see Family Planning on page 50.

## Twins & Multiple Births

### Australian Multiple Birth Association

[www.amba.org.au](http://www.amba.org.au)

AMBA affiliated clubs offer a range of emotional and practical support programs for their member families, including regular social interaction; home visits; phone contact; coffee mornings; playgroups; parents nights out; education programs e.g. expectant parent sessions or first-food introduction classes; breastfeeding support; and equipment hire. These services go a long way to help multiple birth families in raising their children.

Kasey Prendergast, age 7  
 "I love the trees and the paddocks around  
 where I live and the rainbows in the sky."





General



# Community Events

## REGULAR EVENTS

### **M Bacchus Marsh and Melton Poultry Club Inc.**

Bacchus Marsh Poultry Pavilion,  
Racecourse & Recreation Reserve  
Bacchus Marsh  
p. 9746 7137  
[www.psbev.com.au/club information](http://www.psbev.com.au/club-information)

Date: 3rd Sunday of the month  
Time: 2.00pm

### **M Ballan Makers Market**

Mill Cottage, Ballan  
p. 0403 040 533

Date: 2nd Saturday of every month  
Time: 9.00am – 1.00pm

### **M Ballan Farmers Market**

Mill Cottage, Ballan  
p. 0408 218 954  
[www.ballanfarmersmarket.com](http://www.ballanfarmersmarket.com)

Date: 2nd Saturday of every month  
Time: 9.00am – 1.00pm

Full of community spirit – brimming with fresh produce. Held in the beautiful surrounds of Mill Cottage café. 30+ stallholders.

### **M Ballan Market**

Inglis St, Ballan

Date: 1st Saturday of every month  
Time: 8.00am – 1.00pm

Local crafts and second hand treasures - a popular Ballan Lions Club initiative.

### **M Blacksmith's Cottage Museum**

Bacchus Marsh  
p. 5367 1124  
[www.cottageandforge.com](http://www.cottageandforge.com)

Date & Time: Monthly (closed July)

Step back in time and experience life from a bygone era - heritage buildings, interpretive displays and exhibitions.

### **M Blackwood Academy of Bluegrass & Old Time Music**

Blackwood Uniting Church  
p. 5368 6888 or 0421 593 998  
[www.blackwoodacademy.org](http://www.blackwoodacademy.org)

Date: One Sunday per month  
Time: 1.00pm – 4.00pm

Music sessions and workshops on shape note singing, fiddle and Banjo.

### **M Book Barn in the Old Forge**

Bacchus Marsh  
p. 5367 0481  
[www.cottageandforge.com](http://www.cottageandforge.com)

Date: Friday & Sunday 12.00pm – 4.00pm  
Saturday 10.00am – 2.00pm

Select from a wide range of pre-loved books in the historic Old Forge situated alongside the Blacksmith's Cottage Museum.

### **M Country Craft Market**

Bacchus Marsh Village Shopping Centre  
p. 5367 6200

Date: 2nd Thursday of the month  
Time: 10.00am – 5.00pm

Featuring a wide range of craft goods.

### **M Darley Market**

Darley Park, Bacchus Marsh  
p. 0488 345 145

Date: 1st & 3rd Saturday of the month  
Time: 7.00am – 1.00pm

Wide variety of stalls selling handmade crafts and preserves, clothes, plants, books and more.



### **M Marsh Chooks Poultry Club**

Racecourse & Recreation Reserve  
Bacchus Marsh  
p. 9741 9705  
[www.marshchooks.webs.com](http://www.marshchooks.webs.com)

Date: 2nd Sunday of the month  
Time: 10.00am – 2.00pm

Information talks on Poultry Husbandry Incubation, breeding and general poultry welfare.

## **YEARLY EVENTS**

### **M Bacchus Marsh Harvest Festival**

Enjoy our bountiful harvest. Tread grapes, tour farms, taste produce and have a day full of entertainment. This event is held in March each year and for further information visit [www.visitbacchusmarsh.com.au](http://www.visitbacchusmarsh.com.au)

### **M Bacchus Marsh Rotary Art Show**

This is a huge Art Show and is held in the Bacchus Marsh Public Hall over the Queen's Birthday long weekend in June. It attracts artists from all over Victoria and interstate. Over the 3 day weekend, a large number of visitors attend the show. For more information visit [www.rotary.bacchusmarsh.org.au](http://www.rotary.bacchusmarsh.org.au)

### **M Ballan Autumn Festival**

The Festival includes a big parade, bands, amusements, concerts, art show and much more. The Autumn Festival is held late March. For more information visit [www.ballanautumfestival.org](http://www.ballanautumfestival.org)

### **M Ballan Vintage Machine Rally & Tractor Pull**

This event features the best Vintage Tractor Pull in Victoria. Vintage classes (pre 1953) and Classic classes (1953 – 1959)... see 'em snort! Also exhibited are beautifully restored classic and vintage cars, unique Aussie utes, magnificent old trucks, superb motor cycles, rebuilt old vintage engines, great displays of old machines and memorabilia and the big old Ruston Engine in the shed.

### **M Blackwood Easter Woodchop**

The annual Blackwood Easter Woodchop is renowned state-wide and is a popular tourist destination each Easter. The Woodchop is held annually on Easter Sunday.

### **M David Calleja Memorial Car Show**

See more than 700 rare and unique cars, trucks and motorcycles on display at a fun family day. Held early February at Maddingley Park, Bacchus Marsh. For more information visit [www.showandrally.com.au](http://www.showandrally.com.au)



Zac Harrison, age 10  
"This is our school highlighting  
our potato plants."

### **M Moorabool Literacy Trail**

Usually held late August/early September in Bacchus Marsh or Ballan during National Literacy and Numeracy Week. The Literacy Trail is open to school children, kindergartens, child care centres, playgroups, community members and families. The event offers a range of performances to encourage reading and counting, such as storytelling, dance, music and street performers. For more information, contact the Best Start Community Facilitator at Moorabool Shire on 5366 7100 or email [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

### **M Moorabool's Longest Lunch**

Usually held the first Friday in March, renowned Chef Mark Mills and a passionate hospitality team will provide a cutting edge lunch with seasonal food matched by local wines. Served by Bacchus Marsh Grammar students and entertained by live music, you'll enjoy St Anne's Winery at this popular luncheon that helps raise funds for medical equipment at Djerriwarrh Health Services. For further information visit [www.djhs.org.au](http://www.djhs.org.au)

### **M Mountain of Fun Run**

Enjoy a walk or run from Dunnstown through lush countryside to the top of Mt Warrenheip. Held during the month of March. For more information visit [mountainoffunrun.com](http://mountainoffunrun.com)

### **M Myrniong Historic Car Sprint**

Run by the Austin 7 Club in early April each year. Vintage and historic racing cars, sprints and displays. Good company, food and a good day out. For more information visit [www.austin7club.org/Myrniong](http://www.austin7club.org/Myrniong).

### **M Relay for Life**

Internationally recognized event where teams from local communities raise funds for cancer research. This event is held in September in Maddingley Park, Bacchus Marsh. For more information visit [www.relay.moorabool.org.au](http://www.relay.moorabool.org.au)

### **M Show & Shine & Swap Meet**

See hundreds of Hot Rods and bikes and the winners of the annual Marsh Rodders Show and Shine Award. Grab a bargain at the swap meet stalls. This event is held in October and for more information visit [www.marshrodders.com.au](http://www.marshrodders.com.au)

### **M Spring/Autumn Festival at the Garden of St Erth**

Celebrate springtime and autumn by visiting the Garden of St Erth. The garden is one of Australia's most exciting botanical treasures. The event offers lectures, poetry recitals, displays by local artists. For more information telephone 5368 6514.

### **M Strawberries and Cherries Festival**

Sample succulent fruits, pick your own locally grown produce and enjoy a wide range of festival activities including entertainment, fireworks and more. This event is held in November and for more information visit [www.visitbacchusmarsh.com.au](http://www.visitbacchusmarsh.com.au)

Further details of these events are available in a publication called Moorabool365. Copies are available from The Visitor Information Centre p. 5367 7488, Moorabool Council Offices p. 5366 7100 or email: [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au) or visit [www.moorabool.com.au](http://www.moorabool.com.au) or facebook; [moorabool365](https://www.facebook.com/moorabool365).

## Interpreter Services

### Telephone Interpreting Service

VITS Language Link  
p. 9280 1941  
[www.vits.com.au](http://www.vits.com.au)

A 24 hours, 7 days a week language service for customers that require an interpreter to communicate their requests/issues.

Vietnamese, Bosnian, Amharic	9280 1901
Greek, Somali, Korean	9280 1902
Turkish, Polish, Cambodian	9280 1903
Arabic, Serbian, Mandarin	9280 1904
Italian, Macedonian, Cantonese	9280 1905
Spanish, Croatian, Russian	9280 1906
Dari, Dinka, Sudanese	9280 1908
Persian, Burmese, Thai	9280 1909
All Other Languages	9280 1907



## Legal Services

### Central Highlands Community Legal Centre

15 Dawson Street North  
Ballarat 3350  
p. 5331 5999  
[www.chclc.org.au](http://www.chclc.org.au)

Central Highlands Community Legal Centre provides free legal advice and referral by appointment only. The service also provides legal education, workshops and advocacy in areas of public interest and social justice issues. Some specialisation in family law and victims compensation and intervention orders. Community legal education in areas of victims of sexual assault, family violence and youth. Intervention Order Court Support Service provides legal support and assistance to applicants only.

### Women's Legal Service Victoria

p. 9642 0877  
[www.womenslegal.org.au](http://www.womenslegal.org.au)

Face to face and telephone legal advice on Family Law matters and intervention orders for women. This is a free service.

Emily Murphy, age 8  
"My Dad works at the shire. He fixes the roads.  
He used to work at the tip."

## Library Services

The Moorabool Shire Library Services provide all community members with access to a broad range of learning and information including books, DVD's, C.D's, magazines, newspapers, audio books and more.

There are three Library facilities within the Moorabool Shire Region:

### **Lerderderg Library**

215 Main Street  
Bacchus Marsh 3340  
p. 5367 2533  
e. [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

Open Monday-Friday 8.30am – 5.00pm  
Saturday 10.00am – 4.00pm

### **Ballan Library**

142 Inglis Street  
Ballan 3342  
p. 0419 519 650  
e. [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

Refer to [www.moorabool.vic.gov.au](http://www.moorabool.vic.gov.au) for opening hours.

### **Rural Mobile Library Service**

p. 0419 519 650

Refer to [www.moorabool.vic.gov.au](http://www.moorabool.vic.gov.au) for details.

Moorabool Shire Library Services offer the following:

- **Baby Rhyme Time:** For children aged 0 – 2 years, Lerderderg Library, Tuesday 10.30am and Wednesday 10.00am at Ballan Library
- **Pre school Story Time:** For children aged 3 – 5 years, Ballan Library, Wednesday 10.30 am & Lerderderg Library, Thursday 10.30am
- **MoorArt Space:** A space where local artists and community groups can exhibit their art for free.
- **BacchChat:** An event held on the first Saturday of the Month (excluding January) from 1 – 3pm. BacchChat provides a forum to learn about and discuss books, poetry, social and local issues, philosophy and culture
- **School Holiday Program:** The library is an exciting place to learn something new and have some fun during the school holidays with a variety of activities and workshops available.
- **Outreach Program:** The Library currently runs an outreach program with the help of volunteers, providing a delivery service to the elderly or housebound.
- **Free Internet:** Including free wireless and laptop access.

Moorabool Shire Council Libraries are a part of the Central Highlands Library Group. For additional information on any of our libraries and the resources available please go to [www.centralhighlandslibraries.org.au](http://www.centralhighlandslibraries.org.au) or phone 5367 2533. You can also email [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

Ella, age 7

"I am riding my horse. I ride at horse shows."



## Multicultural Services

### Ballarat Regional Multicultural Council (BRMC)

102 English Street  
Golden Point  
Ballarat 3350  
p.5332 5941  
[www.brmc.org.au](http://www.brmc.org.au)

BRMC provides information, support and advocacy for residents of culturally diverse backgrounds. The Council can also provide agencies with advice on the social, legal, cultural, educational, health and welfare needs of residents of diverse backgrounds with an emphasis on equitable access to services. Programs provided by BRMC include an Immigration Law Service and TELELINK, in addition to the services listed below.

English Classes – informal and ongoing English classes for migrants are held at the centre a couple of evenings a week. Home tutoring is also available. Contact BRMC for information on the language classes or on becoming a volunteer tutor.

'Helping Hand' Mentoring Program – this program aims to welcome recently arrived immigrants and assist families in overcoming isolation by linking them with a volunteer who will provide friendly support and link them with community services. If you require support, or would like to become a volunteer, contact BRMC.

### Migrant Women's Support Group

Eureka Memorial Hall  
Stawell Street  
Ballarat 3350

This support group offers migrant women the opportunity to get together to share information, socialise and make friends while participating in cultural activities such as cooking, dancing and crafts. All welcome. For more information, contact BRMC on p. 5332 5941

## Newsletters

### Moorabool for Mothers Inc.

<http://mooraboolformothers.blogspot.com>

A website newsletter for mothers by mothers in Moorabool.

Subscribe on the website to receive email newsletter updates. The website provides information on events, activities and issues for parents in Moorabool.

Holly Boyd, age 8  
"I am walking my dog."



## Pets

### Animal Breed Information

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

### Responsible Pet Ownership

[www.petnet.com.au](http://www.petnet.com.au)  
[www.pets.dpi.vic.gov.au](http://www.pets.dpi.vic.gov.au)

### RSPCA

Ballarat Shelter  
115a Gillies Street South  
Ballarat 3350  
p. 5334 2075  
[www.rspcavic.org.au](http://www.rspcavic.org.au)

### Moorabool Shire Council Pound

Osborne Street  
Maddingley 3340  
p. 5366 7100  
e. [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

Have you considered adopting a pet? Pets provide love and companionship for people of all ages. They can add enjoyment to your life and bring you years of pleasure. The Council Pound often has pets available for adoption. The pets available can change on a daily basis. To report a lost or found animal contact Moorabool Shire Community Safety on 5366 7100, email [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au) or visit Council's pet adoption Facebook page.

## Support Groups

### **ADHD Information Group**

PINARC Support Services  
p. 5329 1300 (Pinarc)  
[www.pinarc.org.au](http://www.pinarc.org.au)

Information for parents of children affected by Attention Deficit Hyperactivity Disorder.

### **Asperger/Autism Parent Support Group**

PINARC Support Services  
p. 5329 1300 (Pinarc)  
[www.pinarc.org.au](http://www.pinarc.org.au)

### **M Bacchus Marsh Carer Support Group**

Quamby Room  
10 Bennett Street  
Bacchus Marsh 3340  
p. 5333 7104  
p. 1800 059 059

The Carer Support Group is for people who care for someone with a disability, if frail aged, has dementia or a mental illness. The philosophy of this group is that you must first acknowledge your own needs before you can give the best to the person you care for. Meetings are held once a month.

### **Ballarat Autism Network**

p. 5341 2768  
p. 0417 413 994 Chris Schmidt  
[www.ballaratautism.com](http://www.ballaratautism.com)

Family support, information and resources.

### **Ballarat & District Multiple Birth Association**

[www.amba.org.au](http://www.amba.org.au)

### **M Bacchus Marsh Parent's Support Group**

Quamby Room  
10 Bennett Street  
Bacchus Marsh 3340  
p. 5329 1300 (Pinarc)  
[www.pinarc.org.au](http://www.pinarc.org.au)

Support group for parents who have a child or adult with a disability. Meets third Tuesday of the month.

### **M Carers Support Group**

Darley Neighbourhood House & Learning Centre  
33-35 Jonathon Drive  
Darley 3340  
p. 5367 4390

Meets the 4th Monday of the month 10.30am-12.30pm.

### **Cerebral Palsy Support Network**

p. 9478 1001 or  
p. 1300 277 600  
[www.cpsn.org.au](http://www.cpsn.org.au)

The Cerebral Palsy Support Network (CPSN) is a not-for-profit organisation providing information and support services to people living with cerebral palsy and their families. We help empower individuals to lead more independent lives and provide support in a variety of ways to their families.

The CPSN office is based in Melbourne, Australia and offers people a number of programs and services throughout Victoria.

### **Down Syndrome Support Group**

p. 5329 1300 (Pinarc)  
[www.pinarc.org.au](http://www.pinarc.org.au)

Support group for parents and families of children with Down Syndrome.

### **M Bacchus Marsh Autism Awareness Support Group**

Darley Neighbourhood House & Learning Centre  
33-35 Jonathon Drive  
Darley 3340

For information and support contact Deb 5367 3360 or Irene 5367 4380.



### **M Embrace ASD (Autism Spectrum Disorder)**

Community Room  
Ballan Primary School  
8-14 Duncan Street  
Ballan 3342

Hours: 11am – 1pm on the 2nd Thursday of every month.

p. 0431 048 632

Facebook page – Embrace ASD  
[www.embraceasd.net](http://www.embraceasd.net)

Embrace ASD, is a support network designed to help parents, family members, friends and educators in which Autism touches. At Embrace we offer funds to help equip those who miss out on government funding. Embrace ASD runs a monthly 'get together' (support group).

### **M Outbacc Group**

Darley Neighbourhood House & Learning Centre  
33-35 Jonathon Drive  
Darley 3340  
p. 9747 6337 Odile

A support group for people living with a diagnosed mental illness. Meets every Wednesday 11.00am – 3.00pm. Great activities in a safe supportive environment.

Monica Warden, age 8

"I like living here because you can explore in the bush.  
I can play with my friend next door."

### **Parents Without Partners**

p. 5338 2978

[www.pwppvic.com](http://www.pwppvic.com)

Parents Without Partners (PWP) provides single parents and their children with an opportunity for enhancing personal growth and self-confidence. Whether divorced, separated, widowed or never married, PWP provides a range of social and educational activities for parents and children from all walks of life.

### **M Women's Cancer Support Group (Ballan)**

Ballan District Health and Care

p. 5366 7981 – Health Promotion Officer

Ballan's only Cancer Support Group is a free group run in partnership with BDHC and McGrath Foundation and is a recognized support group by the Cancer Council. This support group is open to women with, or who have had cancer and female carers or any females who has been affected by cancer. This group is completely confidential and maintains privacy for women who wish to attend.

## Swimming Pools & Swim Schools

### **M Bacchus Marsh Leisure Centre**

Belgravia Leisure  
5 Labilliere Street  
Bacchus Marsh 3340  
p. 5367 6650  
[www.bacchusmarshlc.com.au](http://www.bacchusmarshlc.com.au)

### **M Bacchus Marsh Swimming Pool - Outdoor**

Grant Street  
Bacchus Marsh 3340

Open every day (except Christmas Day) from the first Saturday in December to the second Sunday in March. 33.3 metre pool and toddler's pool, change rooms and kiosk facilities. Open 11.00am to 7.00pm with some variation to hours on very hot days.

### **M Bacchus Marsh Learn to Swim**

11 Dundas Street  
Bacchus Marsh 3340  
p. 5367 3391



### **M Ballan Swimming Pool - Outdoor**

Millpark Reserve  
Simpson Street  
Ballan 3342

Open every day (except Christmas Day) from the first Saturday in December to the second Sunday in March. 33.3 metre pool and toddler's pool, change rooms and kiosk facilities. Open 11.00am to 7.00pm with some variation to hours on very hot days.

### **Melton Waves**

206 Coburns Rd  
Melton 3337  
p. 9747 4333  
[www.meltonwaves.com.au](http://www.meltonwaves.com.au)

### **M Paul Sadler Swimland**

30 Holts Lane  
Bacchus Marsh 3340  
p. 5367 6001  
[www.paulsadlerswimland.com](http://www.paulsadlerswimland.com)

### **Ballarat Aquatic & Lifestyle Centre**

YMCA Ballarat  
Gillies Street North  
Ballarat 3350  
p. 5334 2499  
[www.ballarataquatic.ymca.org.au](http://www.ballarataquatic.ymca.org.au)

Jack Murden, age 6  
"Me and my dog go to the pool."

## Volunteers






















If you would like to some information about volunteering in your local area go online at [www.volunteer.vic.gov.au](http://www.volunteer.vic.gov.au)

## Walking Groups & Trails

If you are interested in a walking group, join a Heart Foundation Walking Group. The walking groups are free and pram friendly. It's a great way to have fun, make friends and look after your health. New walkers are always welcome. If you would like to get involved, call Moorabool Shire Council on 5366 7100 for session group times or email [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

There are several good walking tracks within the Shire, many of which are pram friendly. The Visitor Information Centre located at 215 Main Street in Bacchus Marsh have several brochures and maps available. Contact the VIC on 5367 7488 or email [info@moorabool.vic.gov.au](mailto:info@moorabool.vic.gov.au)

# Maps

	Freeway/Highway
	Sealed Rd - Major
	Unsealed Rd - Minor
	Railway line
	Park/Reserve
	Waterbody
	School
	Major Shopping Centre
	River
	Hospital
	Hotel
	Kindergarten
	Maternal & Child Health Centre
	Playground
	Police
	Post Office
	Public Toilets
	Skate Park
	Town Hall
	Train Station
	Visitor Information

1

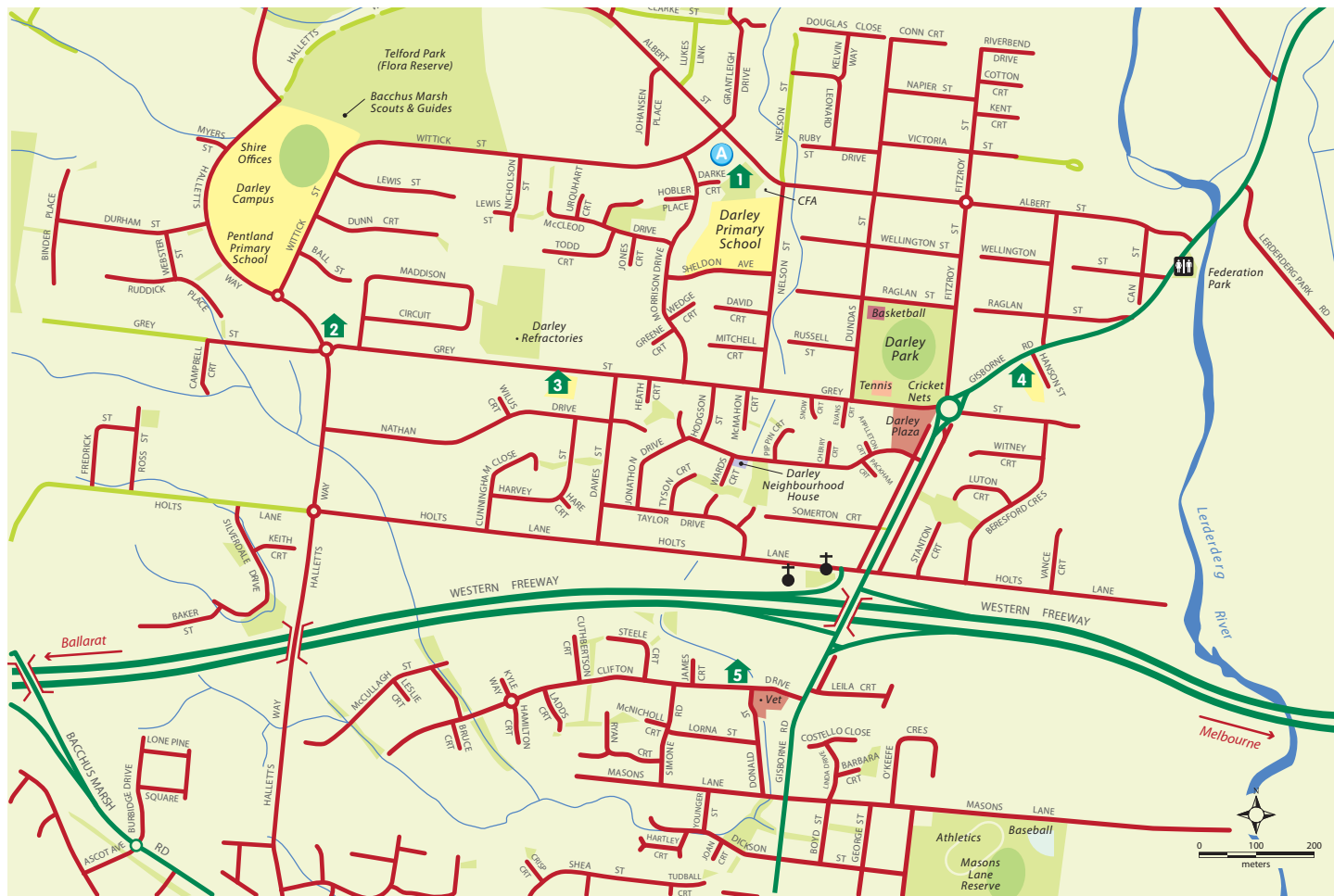
- Darley Pre-School**  
75 Albert Street  
Bacchus Marsh
- Pentland Child Care Centre & Kindergarten**  
138-140 Halletts Way  
Bacchus Marsh
- Early Learning Centre - Bacchus Marsh**  
59-63 Grey Street  
Bacchus Marsh
- Bacchus Marsh Montessori Pre-School**  
176 Gisborne Road  
Bacchus Marsh
- Bacchus Marsh Child Care & Kindergarten**  
6 Clifton Drive  
Bacchus Marsh

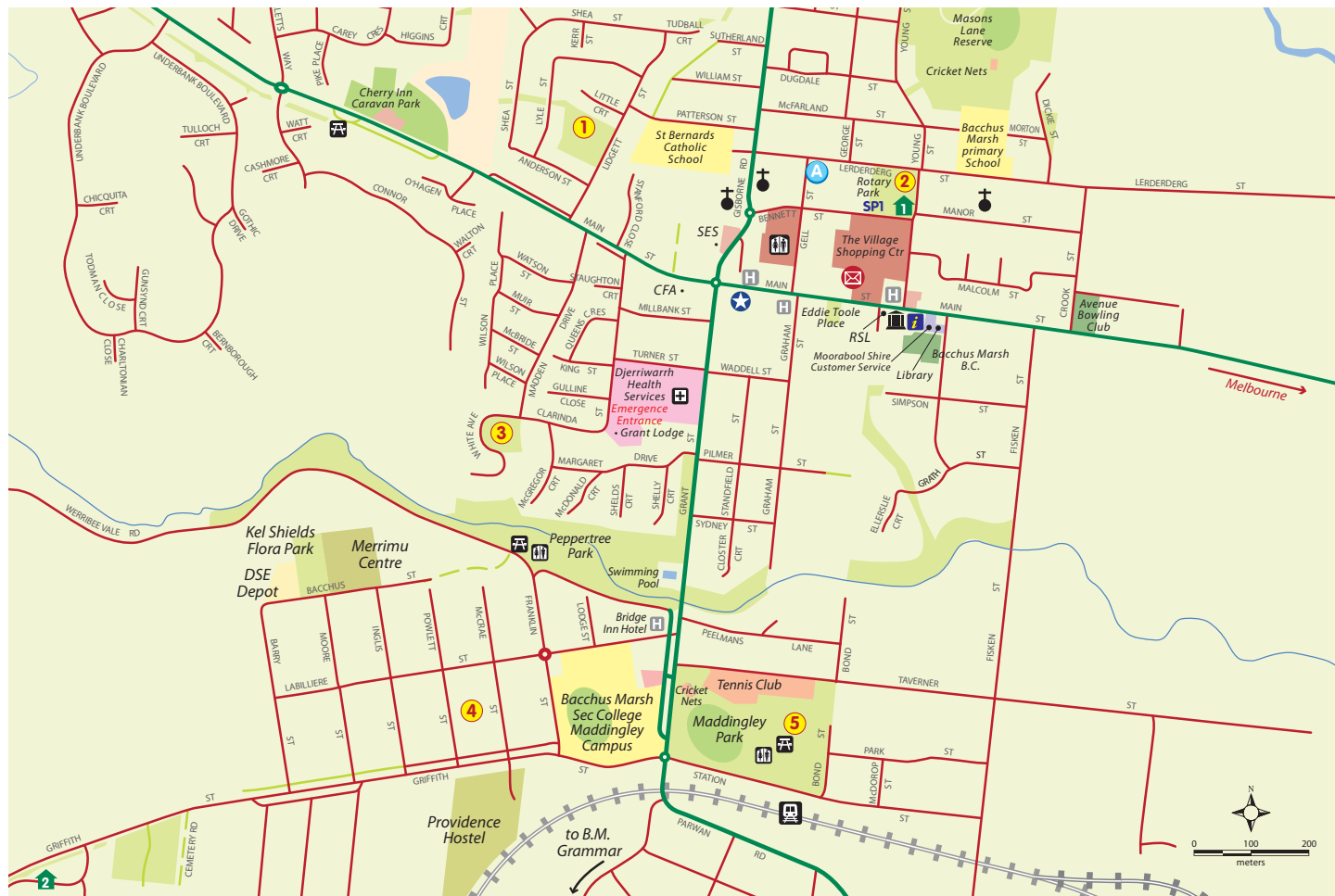
A

- A Lerderderg Children's Centre**  
75 Albert Street  
Bacchus Marsh

1

- Darley Civic & Community Hub**
- Darley Park**
- Federation Park**
- BMX Pump Track**







- 1 Young Street Pre-School**  
Corner Young & Lerderberg Streets  
Bacchus Marsh
- 2 Early Learning Centre Maddingley**  
18 Harry Vallence Drive  
Maddingley



- A Maternal & Child Health Centre**  
Gell Street, Bacchus Marsh



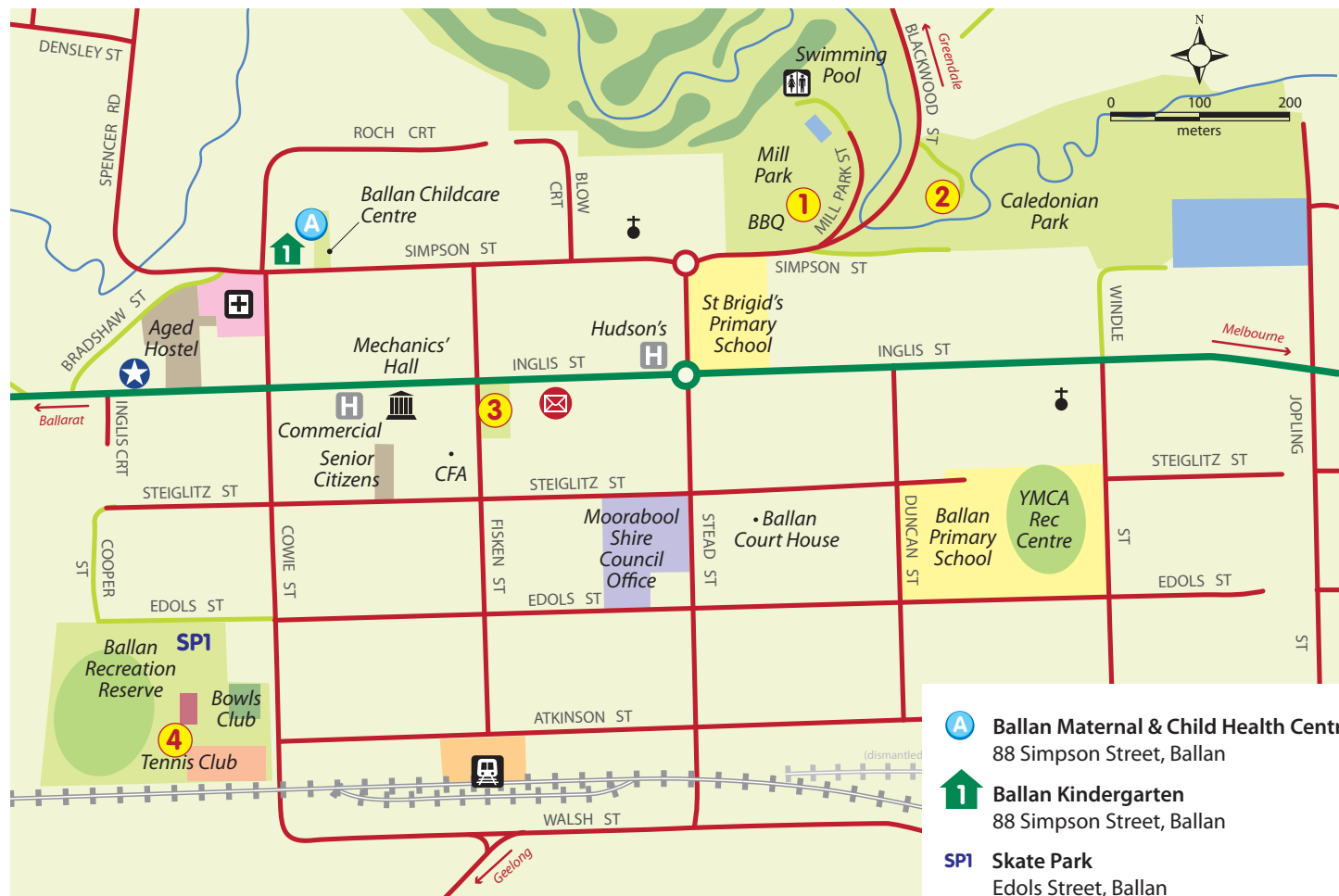
- 1** Lidgett Street, Bacchus Marsh
- 2 Rotary Park**  
Cnr Lerderberg & Young Street,  
Bacchus Marsh
- 3** White Avenue, Bacchus Marsh
- 4** Powlett Street, Bacchus Marsh
- 5 Maddingley Park**  
Bond Street, Bacchus Marsh

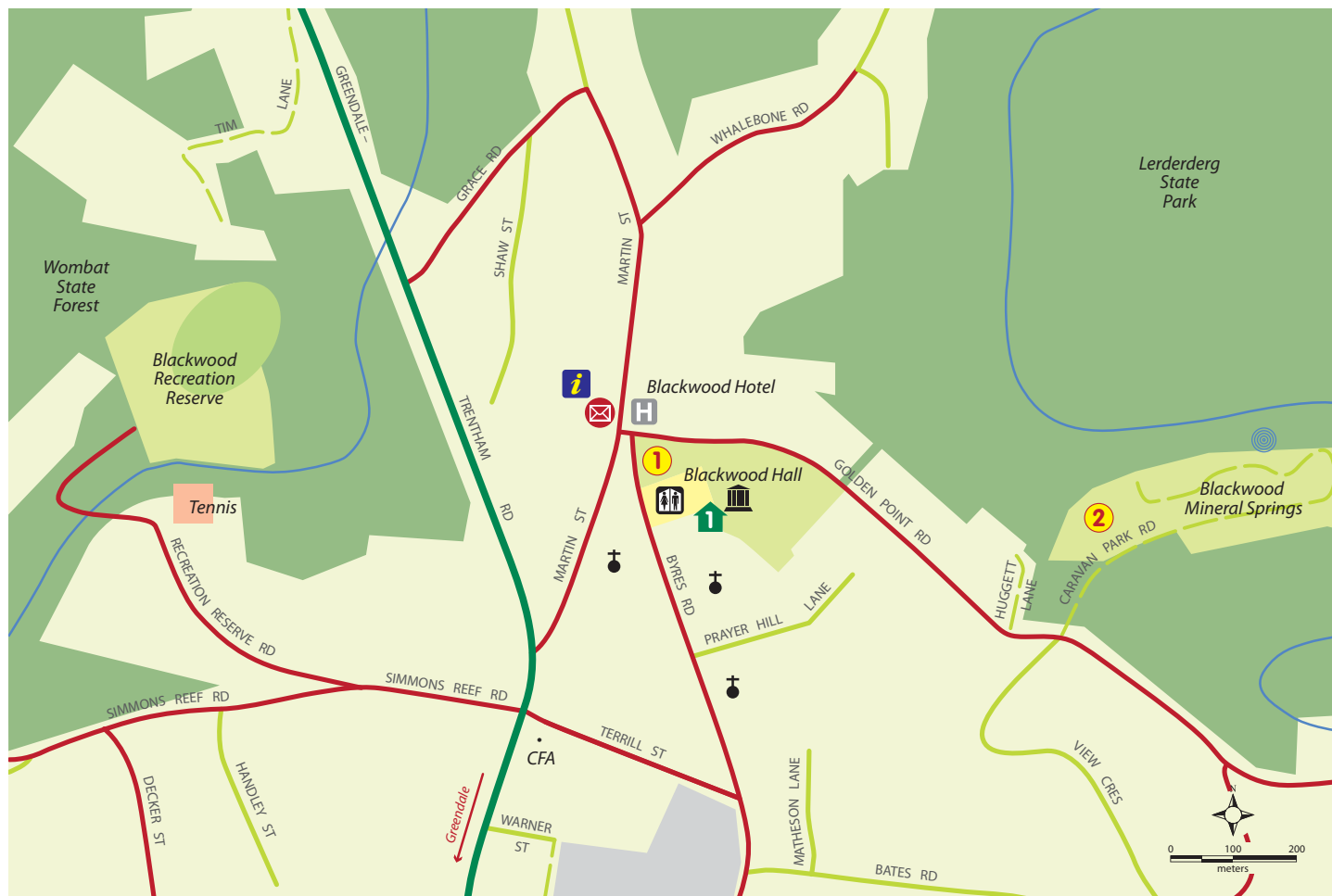


- 1 Rotary Park**  
Cnr Bennett Street,  
Bacchus Marsh



Mary, age 10  
"Netball training is lots of fun. I get to  
meet and interact with lots of people."



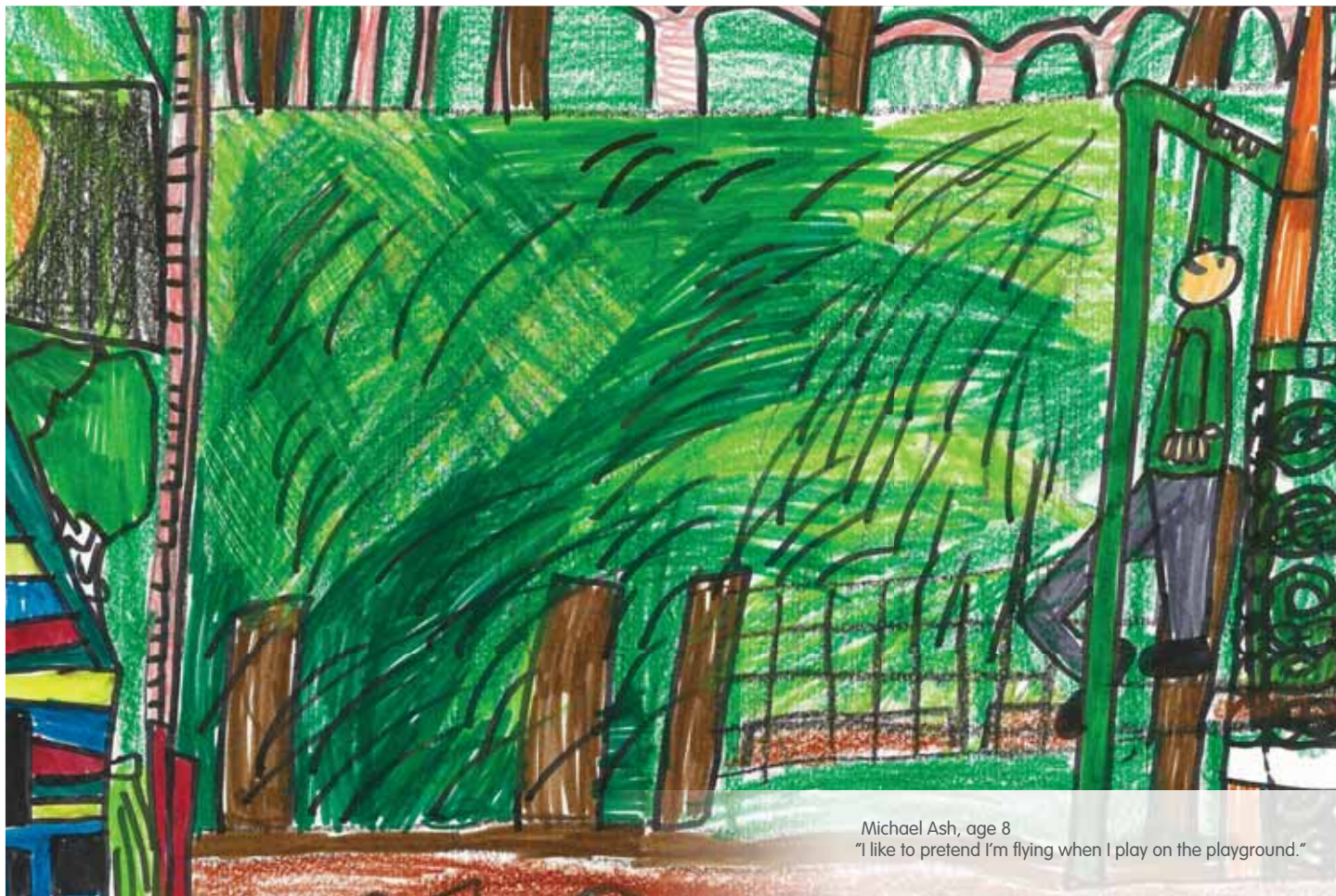




Brock Prendergast, age 9  
"My picture shows me playing footy  
with Bungaree at the Bungaree Oval."









Michael Ash, age 8  
"I like to pretend I'm flying when I play on the playground."



Jacob Lynch, age 8  
"In the Moorabool Shire there are many wild animals  
and I love them all."





-  **Wallace & District Kindergarten**  
729 Bungaree-Wallace Road, Wallace
  -  **Wallace Maternal & Child Health Centre**  
729 Bungaree-Wallace Road, Wallace



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### **The Moorabool Best Start Partnership consists of**

- Bacchus Marsh Schools Cluster
- Ballan District Health & Care
- Child & Family Services
- Centacare
- Department of Education & Training
- Djerriwarrh Health Services
- Early Childhood Management Services
- Moorabool Shire Council
- Moorabool for Mothers Inc

## LOCAL SERVICES

### QUICK REFERENCE

Bacchus Marsh & Melton Regional Hospital	<b>5367 2000</b>
Bacchus Marsh SES Unit Storm & Flood Assistance	<b>132 500</b>
Ballan Hospital	<b>5368 1100</b>
Centacare	<b>5367 9908</b>
CAFS	<b>5367 9900</b>
Moorabool Shire Council	<b>5366 7100</b>
WRISC	<b>53 333 666</b>
Pinarc	<b>5329 1300</b>



## EMERGENCY CONTACTS

Police / Fire / Ambulance	<b>000</b>
Ballarat Base Hospital	<b>5320 4000</b>
Ballarat Psychiatric Services	<b>5320 4100</b>
Beyond Blue	<b>1300 224 636</b>
Child Protection	<b>131 278</b>
Family Violence Info & Support	<b>1800 737 732</b>
Interpreter Service	<b>9280 1941</b>
Kids Help Line	<b>1800 551 800</b>
Lifeline	<b>131 114</b>
Maternal & Child Health Line	<b>132 229</b> (24 hours)
Mensline	<b>1300 789 978</b>
Nurse-on-call	<b>1300 606 024</b>
PANDA Helpline Post & Anti Natal Depression Association	<b>1300 726 306</b>
Parentline	<b>132 289</b>
Poisons Information Line	<b>131 126</b>
Sane	<b>1800 187 263</b>
St John of God Hospital	<b>5320 2111</b>
Suicide Helpline	<b>1300 651 251</b>

