

Blue Mountains City Council's
**Guide to Services and Activities
for Children and Families**



2014

2nd edition This booklet was produced by Blue Mountains City Council.

To download a copy of this booklet: www.bmcc.nsw.gov.au
(go to 'Council Services' then 'Community Services' then 'Children's Services')
or www.strongerfamilies.co (go to 'child friendly city')

For enquiries or orders contact: **4780 5542**
Postal address: **Locked Bag 1005, Katoomba NSW 2780**



Blue Mountains City Council

For more information on services
and facilities available go to
www.bmcc.nsw.gov.au

Alternatively contact Council's Child
and Family Services Development
Officer on 4780 5542.

The Blue Mountains City Council
recognises the Gundungurra and
Darug people as the traditional
custodians of the Blue Mountains.

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Welcome

This Blue Mountains City Council guide connects you with everything the community has to offer you and the children you care about!

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Childcare and Preschool Services (0-6 years)

LONG DAY CARE CENTRES

Provide long day, permanent, part-time and emergency care for children 0-6 years. All services offer an early childhood education program.

Community Managed Long Day Care Centres

Bunya Child Care Centre 4754 3065

54 Whitecross Road, Winmalee
7.00am-6.00pm; 0-6 years

Carinya Neighbourhood Children's Centre 4751 4473

16 Raymond Road, Springwood
7.00am-6.30pm; 0-6 years

Euroka Children's Centre 4739 3688

Hope Street and Great Western Highway,
Blaxland
7.00am-6.00pm; 6 weeks-6 years

Hazelwood Child Care Centre 4758 7382

Village Shopping Centre, Great Western
Highway, Hazelbrook
7.00am-6.00pm; 0-6 years

Katoomba Children's Cottage 4782 2156

5 Westend Street, Katoomba
6.30am-6.00pm; 0-6 years

KU Falconbridge Children's Centre 4751 9059

Meeks Crescent, Falconbridge
7.00am-6.00pm; 6 weeks-6 years

Possum Early Childhood Centre 4758 9966

48-50 Oaklands Road, Hazelbrook
8.30am-4.30pm; 3-6 years

Possum's Patch Children's Hub 4787 1202

Mount Victoria Public School Grounds,
Mount Victoria
7.00am-6.00pm; 0-6 years

Uniting Kids Care 4751 9314

4 Lewin Street, Springwood
7.30am-6.00pm; 2-5 years

Privately Owned Long Day Care Centres

Bright Horizons Australia Childcare 4782 5195

43 Wilson Street, Katoomba
7.00am-6.00pm; 0-6 years

Bush Babies Childcare 4753 6822

89-91 Rickard Road, Warrimoo
7.00am-6.00pm; 0-5 years

Cherry Blossom Early Learning Centre 4784 2472

16a Grose Street, Leura
7.30am-5.30pm; 0-6 years

Early Explorers Children's Services 4739 8828

33 Layton Avenue, Blaxland
7.30am-6.00pm; 0-5 years

Little Miracles Child Care Centre 4739 0990

28-30 Layton Avenue, Blaxland
7.00am-6.30pm; 6 weeks-6 years



Little Munchkins Preschool and Day Care

4751 1569

10 Springwood Avenue, Springwood
7.30am-6.00pm; 2-5 years

Little Superstars Early Learning Centre

4739 9466

10 Normic Avenue, East Blaxland
7.00am-6.00pm; 2-6 years

Lizzards Preschool and Long Day Care

4754 4320

846 Hawkesbury Road, Hawkesbury Heights
7.00am-6.30pm; 2-5 years

PRESCHOOLS

Provide short day care beginning from ages 2-3 to enhance developmental outcomes and school readiness. Some operate during school terms only.

Community Managed Preschools

Blackheath Kookaburra Kindergarten

4787 8977

9-11 Park Avenue, Blackheath
9.00am-3.00pm; 3-5 years

Blaxland Preschool Kindergarten

4739 2086

Corner Boorea Street and Park Avenue,
Blaxland
9.00am-3.15pm; 3-5 years

Blue Gum Montessori Children's House

4787 5075

95 Wentworth Street, Blackheath
9.00am-3.00pm; 3-6 years

Blue Mountains Steiner Wattleglow Preschool

4758 6044

83 Clearview Parade, Hazelbrook
9.00am-3.00pm Mondays and Tuesdays/
Thursdays and Fridays; 3-5 years.

Glenbrook Preschool

4739 1531

Corner Deane and Lennox Streets, Glenbrook
9.00am-3.00pm; 3-6 years

Katoomba/Laura Preschool

4782 1639

32-36 Lett Street, Katoomba
8.15am-4.20pm; 3-6 years

KU Bilya Gulyangarri Preschool

4782 5847

Corner Verdun and Barton Streets,
North Katoomba
9.00am-3.00pm Mondays-Thursdays;
3-5 years

KU Hazelbrook Preschool

4758 7888

48-50 Oaklands Road, Hazelbrook
9.00am-3.00pm; 3-6 years

Lapstone Preschool

4739 2606

173 Explorers Road, Lapstone
8.45am-2.45pm; 3-5 years

Lawson Community Preschool

4759 1776

16 Honour Avenue, Lawson
9.00am-3.00pm; 3-6 years

**Springwood and District
Preschool Kindergarten**

4751 3360

9 Macquarie Road, Springwood
9.00am-3.00pm; 3-5 years



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Wentworth Falls Preschool Kindergarten
4757 1044

*Corner Day and Armstrong Streets,
Wentworth Falls*
9.00am-3.00pm; 3-5 years

Winmalee Community Preschool
4754 1737

Whitcross Road, Winmalee
8.30am-3.30pm; 3-6 years

Privately Owned Preschools

Alasan Cottage Preschool
4739 1008

8 Tabor Street, Glenbrook
8.00am-4.00pm; 2-6 years

**Blue Mountains Grammar School
Pre Kindergarten**

4757 9000 or 4751 1266
Matcham Avenue, Wentworth Falls
8.45am-3.10pm
Tusculum Road, Valley Heights
8.30am-3.00pm

Children's House Montessori
4751 5991

Rear of 7-9 St Georges Crescent, Faulconbridge
8.00am-4.00pm; 2 years 9 months-6 years

Rainbow Preschool
4754 4910

53 Singles Ridge Road, Winmalee
8.00am-3.30pm; 3-5 years

FAMILY DAY CARE

A home based child care service run by Blue Mountains City Council. Care provided for children aged 0-14 years in the homes of registered Family Day Care educators, supported by a specialist coordination and resource team. Services offered include Long Day Care and In Home Care, where children are cared for in their own home; and flexible care including weekend, overnight and emergency. Family Day Care also offers School Hours Care (OOSH) and Vacation Care.

Blue Mountains Family Day Care Scheme
4780 5280

*Corner San Jose Avenue and Loftus Street,
Lawson*

OCCASIONAL CARE

Shorter hours, irregular days and/or occasional day care for children 0-6 years.

**Blue Mountains Occasional
Child Care Service**
0412 932 801

Offers a fully accredited childcare program regularly at the locations below. Suitable for all families but has the flexibility to provide additional support for families experiencing stress such as shift work, multiple birth, many young children or bereavement.

Blackheath

Baptist Church, Kubya Street
Fridays 9.30am-1.00pm

Lawson

Mid Mountains Community Centre, New Street
Wednesdays 9.30am-2.00pm

Winmalee

Presbyterian Church, High School Drive
Thursdays 9.30am-2.00pm

CHILDCARE SUBSIDIES

The Federal Government's Child Care Benefit (CCB) is available to eligible families using long day care centres, occasional care, outside school hours care and family day care services. The Federal Government's Child Care Rebate is paid in addition to CCB and covers 50% of out-of-pocket expenses.

For more information on childcare subsidies for parents, visit www.humanservices.gov.au or call the Family Assistance line on 136 150 TTY 1800 810 586.

Blaxland

St Johns Road Complex, St Johns Road
Mondays 9.30am-1.00pm

Mikayla Children's Centre

4782 4220

2 Edward Street, Katoomba

Mondays-Fridays 8.30am-5.30pm. Occasional and permanent bookings available.

Mountain Mobile Minders (MMM)

4758 6833, 4758 6811 or 0412 697 557

Service run by Mountains Outreach Community Service offering onsite child-minding to non-profit services running community groups and meetings.

CHOOSING AN EARLY CHILDHOOD SERVICE

All Children's Services provide both care and education to children. In NSW, long day care, preschool, occasional care and family day care services are required to provide an early childhood education program as part of their service.

Receiving a high quality early childhood education has many long-term developmental benefits for children. All children are influenced by the quality of the early childhood education and care they receive.

The overall quality of a children's service is determined by six factors:

- **Level of staff training and qualifications**
Higher training and qualifications of staff influence the effectiveness of staff working with children.

- **Ratio of staff members to children**

Smaller ratios are more beneficial for children, particularly those under 3.

- **Group size**

Small group sizes are beneficial to children, particularly those under 3.

- **Staff turnover**

Children need secure, trusting and responsive relationships with staff. It takes time to build good relationships; low staff turnover is therefore better for children.

- **Working conditions for staff**

Positive work conditions, such as access to training and appropriate remuneration, support staff commitment to their work.

- **High-quality programs based on good relationships**

Children learn through strong, positive relationships with staff who respond to their needs and provide play opportunities which help stimulate development.

For more information visit

www.rch.org.au/ccch

(go to 'Resources and Publications' and then 'Policy Briefs').

The National Quality Framework applies to most long day care, family day care and preschool services. Requirements such as qualifications, educator-to-child ratios and other key staffing arrangements are being phased in over time. Services are currently being assessed and rated against each of the seven Quality Areas of the National Quality Standard and the National Regulations and then given an overall rating.

School Aged Care and Support Services (5-12 years)

OUT OF SCHOOL HOURS (OOSH) SERVICES

Blue Mountains Grammar School 4757 9000

Matcham Avenue, Wentworth Falls
3.30pm-5.30pm

For Grammar students only.

Blue Mountains Grammar Preparatory School 4751 1266

Tusculum Road, Valley Heights
7.30am-8.30am/3.00pm-6.00pm

For Grammar students only.

Blaxland YMCA OSHC Centre 4739 8092

Mount Riverview Public School, Rusden Road, Mount Riverview
6.30am-9.00am/2.30pm-6.30pm

BOOSH Kids 4787 7150 or 0438 099 006

The Principal's Cottage, opposite Blackheath Public School, Blackheath
7.00am-9.00am/3.00pm-6.00pm

Camp Australia 0413 811 568

Lawson Public School, Lawson
6.30am-8.30am/2.45pm-6.30pm

Faulco Friends 0413 055 772

Faulconbridge Public School, Grose Road, Faulconbridge
2.55pm-6.00pm

Fisill Before and After School Care 0404 637 402

Warrimoo Public School, Florabella Street, Warrimoo
7.00am-8.30am/3.00pm-6.00pm

Katoomba Out of School Hours Care 4782 2533

10 Station St, Katoomba
7.00am-9.30am/2.30pm-6.00pm

Lapstone Out of School Hours Care 4739 0410

Lapstone Public School, Explorers Rd, Lapstone
6.45am-8.45am/3.00pm-6.30pm

Mid Mountains Out of School Hours Service (MMOOSH) 4758 8751

Hazelbrook Parade, grounds of Hazelbrook Public School
6.30am-9.00am/3.00pm-6.30pm

Mountain Kidz OSHC 0401 270 570

Korowal School, 54 Hall Parade, Hazelbrook
6.30am-9.00am/3.00pm-6.30pm
Mondays-Thursdays and 6.30am-9.00am/
1.00pm-6.30pm Fridays

Noiseworks OOSH Inc 4739 8039

72-74 Old Bathurst Road, Blaxland East
6.30am-9.00am/3.00pm-6.30pm

Pinnaroo OSHC Care 4754 1543

Winmalee Public School, Leslie St, Winmalee
6.30am-9.30am/2.30pm-6.30pm

Possum's Patch Children's Hub 4787 1202

107 Great Western Highway, Mount Victoria
7.00am-9.00am



Tanderra Out of School Hours Care
4751 5215

14 Raymond Road, Springwood
6.30am-9.30am/2.30pm-6.30pm

Wentworth Falls OSHC/Mooridani Bambini

0420 975 761

Wentworth Falls Public School, Falls Road,
Wentworth Falls
2.30pm-6.00pm

VACATION CARE

Long day care and activities during school holidays for children 5-12 years.

BOOSH Kids

4787 7150 or 0438 099 006

The Principal's Cottage, opposite Blackheath
Public School, Blackheath
8.00am-6.00pm

Blaxland YMCA OSHC Centre
4739 8092

Mount Riverview Public School, Rusden
Road, Mount Riverview
7.00am-6.00pm

Camp Australia

0413 811 568

Lawson Public School, Lawson
7.00am-6.00pm

Katoomba Out of School Hours Care
4782 2533

10 Station Street, Katoomba
7.00am-6.00pm

Lapstone Out of School Hours Care
4739 0410

Lapstone Public School, Lapstone
7.30am-6.00pm

Mid Mountains Out of School Hours Service
4758 8751

Hazelbrook Parade, grounds of Hazelbrook
Public School, Hazelbrook
7.00am-6.00pm

Mountain Kidz OSHC
0401 270 570

Korowal School, 54 Hall Parade, Hazelbrook
7.00am-6.00pm

Noiseworks OOSH Inc
4739 8039

72-74 Old Bathurst Road, Blaxland East
8.00am-6.00pm

Pinnaroo OSHC Care
4754 1543

Winmalee Public School, Winmalee
6.30am-6.30pm

Tanderra Out of School Hours Care
4751 5215

14 Raymond Road, Springwood
7.00am-6.30pm

Wentworth Falls OSHC/Mooridani Bambini
0420 975 761

Wentworth Falls Public School, Wentworth Falls
8.00am-6.00pm



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FAMILY DAY CARE

Home based OOSH and Vacation Care services run by Blue Mountains City Council. Care provided for children aged up to aged 14 in the homes of registered Family Day Care educators, supported by a specialist coordination and resource team. Service can include group care for siblings 0-14, transport and flexible care including weekend, overnight and emergency. Family Day Care also offers Long Day Care and In Home Care, where children are cared for in their own home.

Blue Mountains Family Day Care Scheme 4780 5280

*Corner San Jose Avenue and
Loftus Street, Lawson*

CHOOSING AN OUT OF SCHOOL HOURS CARE SERVICE

Out of School Hours Services (OOSH) provide play, care and recreation for primary school aged children outside of school hours. OOSH services provide children with opportunities to:

- > Develop a strong sense of identity and wellbeing
- > Connect with and contribute to their world
- > Become confident and involved learners
- > Communicate effectively

A quality OOSH service should achieve these outcomes in a safe, caring and fun environment where there is experienced staff, a happy atmosphere, child-centred programs, approachable management and effective policies and procedures. The National Quality Framework applies to most OOSH services. Requirements such as qualifications, educator-to-child ratios and other key staffing arrangements are being phased in over time. Services are currently being assessed and rated against each of the seven Quality Areas of the National Quality Standard and the National Regulations and then given an overall rating.

MORE INFORMATION

Blue Mountains City Council

For more information on services and facilities available go to www.bmcc.nsw.gov.au

Alternatively contact Council's Child and Family Services Development Officer on **4780 5542**.



TRANSITION TO SCHOOL PROGRAMS

Transition to School programs are run for children in the six months leading up to their first day of school. Programs assist children and their families make a positive and happy adjustment to school life. Programs foster positive relationships between families and school staff and provide a gradual introduction to the school environment.

Transition to School programs are of particular benefit to children who have not accessed early childhood education through formal centre-based settings.

School Run Transition to School Programs

Most primary schools run their own Transition to School programs. Contact your preferred school for more information in the middle of the year before your child starts school.

Connect Child and Family Services

4758 9966

48-50 Oaklands Road, Hazelbrook

Runs specialist Transition to School programs, and is available to give schools advice.

Katoomba North Transition to School

Katoomba North Public School, Barton Street, Katoomba

Terms 3 and 4 each school year.

Katoomba Public Transition to School

Katoomba Public School, Merriwa Street, Katoomba

Terms 3 and 4 each school year.

Kids on the Move Transition to School Project

A specialist program for children with disabilities. Contact Connect for more information.



PRIMARY SCHOOLS

Orientation days and open days for children starting kindergarten in the following year are held by most schools, ring for details. If you are new to the area call the school(s) where you are considering enrolling your child to arrange a time to visit.

- 10**
- Blackheath Public School**
4787 8253
 - Blaxland East Public School**
4739 1766
 - Blaxland Public School**
4739 2817
 - Blue Mountains Grammar School:**
Wentworth Falls 4757 9000
Valley Heights 4751 1266
 - Blue Mountains Home Education Network**
<http://bmhen.org>
 - Blue Mountains Steiner School, Hazelbrook**
4758 6044
 - Ellison Public School**
4751 5099
 - Faulconbridge Public School**
4751 2208
 - Glenbrook Public School**
4739 1288
 - Hazelbrook Public School**
4758 6120
 - Katoomba North Public School**
4782 2743
 - Katoomba Public School**
4782 1226
 - Kindlehill School, Wentworth Falls**
4757 4402

- Korowal School, Hazelbrook**
4758 7466
- Lapstone Public School**
4739 2208
- Lawson Public School**
4759 1196
- Leura Public School**
4784 1251
- Megalong Public School**
4787 9159
- Mount Riverview Public School**
4739 2180
- Mount Victoria Public School**
4787 1255
- Mountains Christian College, Blackheath**
4787 8645
- Our Lady of the Nativity School, Lawson**
4759 1787
- Springwood Public School**
4751 1333
- St Canice's Primary School, Katoomba**
4782 1260
- St Finbar's Primary School, Glenbrook**
4739 1796
- St Thomas Aquinas Primary School, Springwood**
4754 2554
- Warrimoo Public School**
4753 6182
- Wentworth Falls Public School**
4757 1604
- Winmalee Public School**
4754 1574
- Wycliffe Christian School, Warrimoo**
4753 6422

Services for Families

PRENATAL SERVICES

For information, advice and referral during pregnancy, see your local general practitioner. Alternatively, contact one of the services below:

Blue Mountains Homebirth Group

Family day care room, corner San Jose Avenue and Loftus Street, Lawson.

A group run by parents who believe in gentle homebirth. Meets fortnightly on Thursday mornings. Meetings involve discussions on birth and parenting, including time to chat and play. For more information, visit bluemountainhomebirth.com.au.

Blue Mountains Women's Health and Resource Centre

4782 5133

124 Lurline Street, Katoomba

Services include pregnancy testing, pregnancy and termination advice and referral and contraceptive advice.

Emergency Contraception

Pharmacies can supply emergency contraception without a prescription. Alternatively, see your general practitioner or family planning clinic.

Family Planning NSW The Warehouse

4749 0500

13 Reserve Street, Penrith

Contraception, pregnancy testing, pregnancy counselling, pre and post natal checks.

MATERNITY HOSPITALS

Blue Mountains District ANZAC

Memorial Hospital

4784 6500

Corner Woodlands Road and Great Western Highway, Katoomba

Antenatal clinic and classes, birthing and maternity services.

Nepean Hospital

4734 2000

Derby Street, Kingswood

Antenatal clinic and classes, full range of birthing and maternity services including perinatal ultrasound, neonatal intensive care and an adolescent support midwife.

Nepean Private Hospital

4732 7333

1-9 Barber Avenue, Kingswood

Antenatal classes, birthing and maternity services, post-discharge drop-in centre.

MotherSafe Hotline

9382 6539 or 1800 647 848

Provides information on drug use in pregnancy and while breastfeeding.

CARING FOR BABIES AND TODDLERS

Australian Breastfeeding Association:

Breastfeeding Helpline

1800 686 268

Lower Mountains Groups

4753 6883

Upper Mountains Groups

4758 7945

Breast pump hire, breastfeeding education, access to breastfeeding counsellors and informal groups.

Community Health and Early Childhood Service

Central intake, information and referral line

1800 222 608

Katoomba Community Health Service

4782 2133

93 Waratah Street, Katoomba

Springwood Community Health Services

4751 0100

288 Macquarie Road, Springwood

Free services for children including monitoring health and development of children 0-5, immunizations, new baby groups, enjoy your toddler groups, speech therapy, occupational therapy, hearing service, a counselling, drug and alcohol and mental health service.

Lactation Consultants

International Board Certified Lactation Consultants provide professional support to breastfeeding mothers. They can be employed by the local health district or be in private practice. To find a lactation consultant locally, visit www.ilca.org.

MotherSafe Hotline

9382 6539 or 1800 647 848

Provides information on drug use in pregnancy and while breastfeeding.

Multiple Birth Association: Nepean

0432 854 017 or 1300 886 499

A volunteer organisation established and run by parents of multiple births to provide support, resources and education.

Lavanderia Nappy Care

1300 853 309

Eco-friendly washing and pick-up/delivery service for cloth nappies, including hire of modern cloth nappies.

Pharmacies

Many pharmacies employ an early childhood nurse to weigh babies and provide information and advice to new parents. Check at your local pharmacy for session times.

Tresillian

4734 2124

1b Barber Avenue, Kingswood

A centre for families with children 0-3 years providing guidance on parenting issues such as breastfeeding, sleep, settling and postnatal depression. For residential programs a referral from a GP or child and family health nurse is required.



PARENTING SUPPORT

Aboriginal Culture and Resource Centre 4782 6569

Clairvaux, 14 Oak Street, Katoomba
Aboriginal Family Support Worker available to support Aboriginal families with children aged 0-8 years with information, referral and advocacy. Playgroup offered for all.

Blue Mountains Family Support 4782 1555 TTY 4782 1671

10 Station Street, Katoomba
Parenting advice and early intervention support, referral, parenting groups, emergency food parcels, emergency financial assistance, energy and water vouchers for families and individuals in the Upper Blue Mountains.

Brighter Futures Program 4758 9966

The Brighter Futures program offers multiple types of support to families who have children aged eight years or younger, or who are expecting a baby. Families facing drug and alcohol problems, mental health issues, parents with significant learning difficulties, experiencing domestic violence or needing help with parenting skills will also be able to join the program.

Community Health Mental Illness Team **Access Team central intake line** 1800 650 749

Katoomba Community Health Service 4782 2133 *93 Waratah Street, Katoomba*

Springwood Community Health Services 4751 0100

288 Macquarie Road, Springwood
Initial entry to service is through the Access Team (see above). Case management for clients with mental health issues. Information and referral to other services.

Connect Child and Family Services 4758 9966

Bungarabee Centre, 48-50 Oaklands Road, Hazelbrook
Provides a variety of programs to support parents, including early childhood disability services, transition to school programs, playgroups, a community toy library and a program for families with sleepless babies (You Ask, We Nurture).

Counselling Service

Free access to counselling for children, young people and adults experiencing stressful life circumstances or mental health issues under the Access to Allied Psychological Services (ATAPS) and Better Access Programs. Both programs provide Medicare funded individual and/or group sessions with private and allied health professionals. Referral is through your GP.

Family Relationship Advice Line 1800 050 321 TTY 1800 555 677

Confidential advice about the family law system for all people affected by family relationship or separation issues and difficulties. Open Saturdays.

**Family Relationship Centre**

4720 4999

27 Lawson Street (Corner Henry St), Penrith
Information, support and referral for families about starting relationships, making relationships stronger, relationship difficulties and parental separation. Parents separating can access professional support in dispute resolution and making a parenting plan. Therapeutic groups available for children.

Gateway Family Services

4739 5963 or 1300 316 746

70 Old Bathurst Road, Blaxland
Parenting groups, support and advice for families with children 0-16 years, referral, early intervention, emergency food relief and financial assistance for families and individuals.

The Gunedoo Project

4782 5326 or 4739 5963

Clairvaux, 14 Oak Street, Katoomba
The Gunedoo Project provides counselling, limited case management and parenting groups for families with children 0-16.

Mountains Outreach Community Services (MOCS)

4758 6811

48-50 Oaklands Road, Hazelbrook
Runs parenting groups, supported playgroups including Parenting Young, the Mid Mountains School Community Hub and other community development projects.

Possum Community Toy Library

4758 9966

Connect Child and Family Services, 48-50 Oaklands Road, Hazelbrook
A mobile service which loans toys and resources for children 0-12 years, also supported playgroups, family fun days and home visits for isolated families.

School Counsellors District Officer

4751 2208

All public schools provide assessment services for children with learning difficulties and counselling for children and families. For an appointment, contact the number above or your local public school.

Wesley Dalmar Nepean Adolescent and Families Service

4723 9277

Level 1, 148 Henry Street, Penrith
Early intervention case management, therapeutic counselling, referral and practical assistance for young people. Also art therapy for young people.

MORE INFORMATION

Blue Mountains City Council

For more information on services and facilities available go to www.bmcc.nsw.gov.au

Alternatively contact Council's Child and Family Services Development Officer on **4780 5542**.



COMMUNITY HUBS AND GROUPS FOR PARENTS AND CHILDREN

Stronger Families Alliance School Community Hubs

Hubs work together through the Stronger Families Alliance to provide programs for babies, children and carers in community spaces and schools. Activities include supported playgroups, community drop-in rooms in schools, transition to school programs, parent programs, fun events and supported referral to universal and targeted services. For an update of the School Hub program each term go to www.strongerfamilies.co/school-hub-program.html.

Blackheath and Mount Victoria Community Hub

Convener: Blackheath Area Neighbourhood Centre
4787 7770

Katoomba and North Katoomba Community Hub

Convener: Connect Child and Family Services
4758 9966

Lower Mountains Community Hub

Convener: Gateway Family Services
4739 5963 or 1300 316 746

Mid Mountains Community Hub

Convener: Mountains Outreach Community Service
4758 6611

Winmalee Community Hub

Convener: Gateway Family Services
4739 5963 or 1300 316 746

Supported Playgroups

Supported playgroups are run by community organisations and provide opportunities for 0-5 year old children to play and parents to meet informally. All groups are subject to change, so call for the latest information.

Aboriginal Cultural and Resource Centre (ACRC)

4782 6569

Katoomba Koori Playgroup

Katoomba Neighbourhood Centre,

6-10 Station Street, Katoomba

Mondays from 10.30am; school terms

Transport to this playgroup is available - please call ACRC.

Blackheath Area Neighbourhood Centre

4787 7770

Play and Chat

Mount Victoria Public School

Wednesdays 9.15am-11.15am; school terms

Play and Chat/Toy Borrowing

Blackheath Public School

Mondays 9.00am-11.00am; school terms

Connect Child and Family Services

4758 9966

Play and Chat

Next to Katoomba Children's Cottage,

Westend Street, Katoomba

Tuesdays 10.00am-2.30pm; school terms

Play and Chat

Katoomba Public School, Merriwa Street,

Katoomba

Thursdays 9.15am-11.30am

Play and Chat (plus toy library bus on Tuesdays)
North Katoomba Community Hub at Katoomba North Public School, Barton Street, North Katoomba
 Tuesdays and Thursdays 9.15am-12.00pm

My Time for children with disabilities or chronic illness
Next to Katoomba Children's Cottage, Westend Street, Katoomba
 Fridays 10.00am-12.00pm

Dads and Kids Play and Chat (plus toy library bus)
Bungarabee Centre, 48-50 Oaklands Road, Hazelbrook
 Saturdays 10.00am-11.30am; school terms

Paint and Play (plus toy library bus)
Buttenshaw Park, Springwood
 Fridays 10.00am-11.30am

Gateway Family Services
 4739 5963 or 1300 316 746

Multicultural Playgroup
Blue Mountains Family Support Service, 2 Station Street, Katoomba
 Fortnightly on Fridays 10.00am-12.00pm; school terms

Play and Chat Blaxland
Blaxland Public School
 Thursdays 9.15am-11.15am school terms.

Play and Chat Winmalee (plus toy library bus)
Pinnaroo OOSH Centre, next to Winmalee Public School
 Wednesdays 9.15am-11.15am; school terms.

Play and Chat Warrimoo
Fisill Before and After School Care room
 Tuesdays 9.15am-11.15am; school terms.

Mountains Outreach Community Service
 4758 6811

Scouthall Playgroup
70 Railway Parade, Hazelbrook
 Thursdays 10.00am-12.00pm; school terms.

Play and Chat
Lawson Public School, OSCH room
 Wednesdays 9.00am-11.00am; school terms.

Play in the Park
Golden Horizons Park, Blue Hills Road/Red Gum Avenue, Hazelbrook
 Tuesdays 10.00am-10.30am; school terms weather permitting.

Other Groups for Children and Families

Australian Breastfeeding Association
 4753 6883, 4758 7945 or 1800 686 268
 Informal group meetings for parents with young children across the Blue Mountains.

Kids with Courage
 4751 3951
Springwood Uniting Church, 4 Lewin Street, Springwood
 Seven week group programs for primary-school aged children run across the Blue Mountains. Focussed on resilience and self-esteem when families have been under stress.

Little Sprouts Steiner Playgroups
 4758 7866 or 4758 6044
83 Clearview Parade, Hazelbrook
 Tuesdays, Thursdays and Fridays 9.30am-12.30pm; school terms.

Provide a connection for parents and an experience of the Steiner approach.



Playgroups NSW

9684 5273 or 1800 171 882

Parent and carer-run playgroups in the Blue Mountains area can be found through Playgroups NSW. They can also assist those setting up new playgroups. Alternatively, inquire at your local church, school or neighbourhood centre about local playgroups.

Playgym

4782 2133

Katoomba Community Health Centre, 93 Waratah St, Katoomba
Also at Blackheath Public School, Great Western Highway, Blackheath
Movement and fun programs for children aged 2-5 years with their carers. Runs during school terms.

Parenting Young

4758 6811

Under Lawson library, corner San Jose Avenue and Loftus Street, Lawson
Fridays 10.00am-12.00pm; school terms.
For parents under 24 years of age.

HEALTH SERVICES

Aboriginal Liaison Officer

4759 8700

Lawson Community Health Centre, 8-12 Honour Avenue, Lawson
Aboriginal liaison worker for advice, consultations and referrals for the Aboriginal community.

Blue Mountains Aboriginal Healthy for Life Program

4725 3166 ext 3

Based at Hazelbrook - servicing Lapstone to Mount Victoria
Child and family health related services: providing home visits, support and assessment for Aboriginal and Torres Strait Islander families.

Child and Adolescent Development Unit

4784 6671

Blue Mountains Anzac Memorial Hospital, Woodlands Road, Katoomba
Services for 0-18 year olds with mild developmental delays and disorders. Also physiotherapy, nutritional dietetic service, workshops about feeding babies and toddlers and playgroups for children who have mild developmental delays provided for all families.

Commonwealth Care-link and Respite Centre

1800 059 059 (outside business hours)
TTY 1800 555 677

General information about the range of carers, mental health, disability and aged services available.

Services for Families

Community Health and Early Childhood Service

Central intake, information and referral line
1800 222 608

Katoomba Community Health Service
4782 2133

93 Waratah Street, Katoomba

Springwood Community Health Services
4751 0100

288 Macquarie Road, Springwood

Free services for children include monitoring health and development of children 0-5, immunizations, new baby groups, enjoy your toddler groups, speech therapy, occupational therapy, hearing service, A counselling, drug and alcohol and mental health service.

Counselling Service

Free access to counselling for children, young people and adults experiencing stressful life circumstances or mental health issues under the Access to Allied Psychological Services (ATAPS) and Better Access Programs. Both programs provide Medicare funded individual and/or group sessions with allied health professionals. Referral is through your GP.

MENTAL HEALTH SERVICES

Access Team

1800 650 749

Community Assessment Liaison Centre,
Barber Avenue, Nepean Hospital, Penrith
24 hours/7 days

Mental health assessment and referral service. First point of contact for the range of mental health services available.

Adult Relatives and Friends of the Mentally Ill

1800 655 198

An information service for people in relationships with those with mental health issues. Can recommend local support groups.

Beyondblue

1300 224 636

TTY 133 677 ext 1300 224 636

A national organisation that works to increase awareness about depression and anxiety in the community and to provide information about effective treatment options.

Child and Youth Mental Health Service

4732 9800

Level 3, Borec House 23 Station St, Penrith
Mondays-Fridays 8.30am-5.00pm.

Assessment and therapy services for children and young people. Access by referral from a health practitioner.

Children of Parents with a Mental Illness (COPMI)

4725 9800

Provides consultation, supervision and advocacy for children whose parents have a mental illness. Also groups for children, adolescents and parents.



Commonwealth Care-link and Respite Centre

1800 052 222 (business hours)
1800 059 059 (outside business hours)
Coordinates information, support and respite for carers of people with a mental illness or disability.

**Community Health Mental Illness Team
Access Team central intake line**
1800 650 749

Katoomba Community Health Service
4782 2133
93 Waratah Street, Katoomba

Springwood Community Health Services
4751 0100

288 Macquarie Road, Springwood
Initial entry to service is through the Access Team (see above). Case management for clients with mental health issues. Information and referral to other services.

Counselling Service

Free access to counselling for children, young people and adults experiencing stressful life circumstances or mental health issues under the Access to Allied Psychological Services (ATAPS) and Better Access Programs. Both programs provide Medicare funded individual and/or group sessions with private and allied health professionals. Referral is through your GP.

Headspace
4720 8800

606 High Street, Penrith
Mondays-Fridays 9.00am-5.00pm
Headspace Penrith is a voluntary service which supports young people 12 to 25 years with general health, mental health and sexual health concerns. Headspace Penrith can also assist with education and employment and drug and alcohol counselling.

CHILD DEVELOPMENT AND DISABILITY SERVICES

Disability and Special Needs Services

ADHC Intake
9407 4650

Ageing Disability and Homecare have free community support teams providing therapy and case management to children and adults with intellectual disabilities and their families living in the Blue Mountains area.

Child and Adolescent Development Unit
4784 6671

*Blue Mountains Anzac Memorial Hospital,
Woodlands Road, Katoomba*

Intensive services for children and young people with mild developmental delays and disorders (paediatrician referral required). Monthly groups providing specialist support for children who have had a difficult start to life. Anyone can refer or attend.

Connect Child and Family Services
4758 9966

48-50 Oaklands Road, Hazelbrook
Screening and assessment, home visits, Early Learning Program to prepare children for entry into early childhood services, information on and access to the Helping Children with Autism and Better Start for Children with Disability funding packages, support groups for carers of children with a disability, play group for children with chronic illness and disability, Kids on the Move transition to school assistance for children with high support needs moving into mainstream kindergarten classes.

**Lapstone Preschool**

4739 2606

173 Explorers Road, Lapstone

Special services for children with additional needs include: an early development program, early childhood assessment and referral, integration support, early childhood advisory service, home visits and playgroup.

**Nepean Community Care:
Community Options Program**

4751 7617

381 Great Western Highway, Springwood

Provides community support packages, information and referral for children and young people with moderate to severe disabilities.

School Counsellors District Officer

4751 2208

All public schools provide assessment services for children with learning difficulties and counselling for children and families. For more information contact your local public school and ask for the school counsellor.

Springwood Children's Centre

4751 4642

70 Macquarie Road, Springwood

Speech therapy for children up to 5 years, counselling for children, music therapy, remedial assessment and tutoring.

Vision Australia

1300 847 466

TTY 9334 3260 or 133 677

Provides a range of blindness and low vision services for children and adults.

Disability Respite Care Services**Anglicare Westlink Respite Services**

8805 0916 or 8805 0917

91a Kurrajong Avenue, Mount Druitt

Mondays-Fridays 9.00am-4.30pm

Covering the Nepean area, the Host Family Program offers regular, planned respite to families who have a child (0-18) with a disability. Respite is proved by carefully selected, trained local volunteers. Respite can be in the volunteer's home, the child's home or in the community. Care may be for a few hours, a whole day or a weekend. RIAP referral not required. Small fee applies.

Barnardos Penrith Children's Family Centre

4729 1211

Hosking Street, Cranebrook

Mondays-Fridays

9.00am-1.00pm/2.00pm-5.00pm.

Offers vacation care for children from the Blue Mountains with disabilities up to 18 years.

Commonwealth Respite and Carelink Centre

1800 052 222 or 1800 059 059

TTY 1800 555 677

Coordinates information, support and respite for carers of people with a mental illness or disability. Also emergency respite.

Hawkesbury Penrith Respite Services Inc

4577 2150

1 Anschau Crescent, Windsor

Mondays-Fridays 9.00am-4.30pm.

A community service offering respite options to people with disabilities and their carers. Respite Intake and Allocation Program (RIAP) referral required.



Nepean Area Disabilities Organisation (NADO)

1300 738 229 or 9623 9855

28 Gidley Street, St Marys.

Keen Teens funded respite service for families with a teenager with a disability needing flexible respite. Respite Intake Allocation Process (RIAP) referral required. Also Teen Time After School and Vacation Care program for teenagers with a disability at Blaxland High School.

Respite Intake and Allocation Process (RIAP)

9841 9354

RIAP is a centralised contact point to access flexible respite. It is operated by Family and Community Services' Ageing, Disability and Home Care. It provides 2-3 hours of home-based respite weekly. To be eligible carers need to be living fulltime with a person with a diagnosed disability. Intake is on an annual basis beginning in July each year.

Sunnyfield

9677 7037

Head office: 184 Allambie Road, Allambie Heights.

Home based or community based respite for people with an intellectual disability in the Nepean area. Respite Intake Allocation Process (RIAP) referral required.

For information on other disability services and activities, contact the Ageing and Disability Services Development Officer, Blue Mountains City Council, on 4780 5546.

YOUTH SERVICES

Artspace

4782 5133

Blue Mountains Women's Health & Resource Centre, 124 Lurline Street, Katoomba
Thursdays 3.30pm-5.30pm; school terms.

For young women 25 years and under. Opportunities to draw, paint and create.

Blue Mountains Family Support

4782 1555

TTY 4782 1671

10 Station Street, Katoomba

Parenting advice and early intervention support, referral, parenting groups, emergency food parcels, emergency financial assistance, energy and water vouchers for families and individuals in the Upper Blue Mountains.

Gateway Family Services

4739 5963 or 1300 316 746

70 Old Bathurst Road, Blaxland

Parenting groups, support and advice for families with children 0-16 years, referral, early intervention, emergency food relief and financial assistance for families and individuals.

The Glue Factory

4782 4436

31 Waratah St, Katoomba

Drop in Mondays-Thursdays 9.30am-11.30am. By appointment at other times.

Supports young people aged 12 to mid-20s with a range of issues including accommodation, health, income support, access to education/training/employment, alcohol and other drugs support, mental health support, recreational resources, life skills, legal, parenting and general welfare support.



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The Gunedoo Project

4782 5326 or 4739 5963

Clairvaux, 14 Oak Street, Katoomba

The Gunedoo Project provides counselling, limited case management and parenting groups for families with children 0-16.

Katoomba Youth Centre

4782 2875

31 Waratah St, Katoomba

Wednesdays-Thursdays 3.00pm-6.00pm, Fridays 3.00pm-8.00pm. Extra programs during school holidays.

Free drop-in after school activities, internet and referral to other services.

Lower Mountains Adolescent and Family Counselling Service

4754 5411

56 Whitecross Road, Winmalee

Counselling services for young people about parent-child communication difficulties, family crises and change, including separation, leaving home, death and blended families. Covers Lapstone to Faulconbridge.

Mountains Youth Services Team (MYST)

4754 5125 or 4782 6562

Mobile 0413 099 947

Operates the youth centre in Katoomba, outreach services in Springwood and Winmalee, adolescent and family counselling, in-school and early school leaver personal support programs and outdoor recreation programs.

Parenting Young

4758 6811

Under Lawson library, cnr. San Jose Avenue and Loftus Street, Lawson

Fridays 10.00am-12.00pm; school terms.

For parents 24 years and under.

Upper Mountains Adolescent and Family Counselling Service

4782 4436

31 Waratah Street, Katoomba

Counselling services for young people about parent-child communication difficulties, family crises and change, including separation, leaving home, death and blended families. Covers Woodford to Mount Victoria.

Young Women's Clinic

4782 5133

Blue Mountains Women's Health and Resource Centre, 124 Lurline Street, Katoomba

Thursdays 3.30pm-5.30pm; school terms.

For young women 25 years and under.

No appointment necessary to see a doctor or nurse. Free counselling also available.

For information on other youth services and activities, contact the Youth Services Development Officers, Blue Mountains City Council, on 4780 5546 or 5545.

Also go to www.mountainsofhelp.org.au

MORE INFORMATION

Blue Mountains City Council

For more information on services and facilities available go to www.bmcc.nsw.gov.au

Alternatively contact Council's Child and Family Services Development Officer on **4780 5542**.



WOMEN'S HEALTH AND SUPPORT SERVICES

Aboriginal Culture and Resource Centre 4782 6569

Clairvaux, 14 Oak Street, Katoomba
Aboriginal women's group.

Blue Gum Women's Housing Service 4782 3553

23 Waratah Street, Katoomba
Tuesdays-Fridays 9.30am-4.30pm
Provides medium-term supported housing for women and their dependent children who have experienced domestic violence. Drop in and outreach support services. Support to women and families who are experiencing domestic violence and homelessness.

Blue Mountains Women's Health and Resource Centre 4782 5133

124 Lurline Street, Katoomba
A community-based organisation providing free women's health clinics, counselling, acupuncture, massage therapy, information and referral. Also provides a wide range of women's groups and runs women's events throughout the year. Free library service and child-minding for women accessing services.

Community Health and Early Childhood Service

Central intake, information and referral line
1800 222 608

Katoomba Community Health Service
4782 2133

93 Waratah Street, Katoomba

Springwood Community Health Services
4751 0100

288 Macquarie Road, Springwood
Free services for children include monitoring health and development of children 0-5, immunizations, new baby groups, enjoy your toddler groups, speech therapy, occupational therapy, hearing service, A counselling, drug and alcohol and mental health service.

Dianella Cottage 4782 3887

Based in Katoomba, Dianella Cottage provides a group-based day program for women over 18 years with drug and alcohol issues.

Domestic Violence 24-hour Information Service 1800 810 784

Information, advice and referral services for women experiencing domestic violence.

Penrith Women's Health Centre 4721 8749

Corner Station and Henry Streets, Penrith
Community-based medical, alternate therapy, counselling, information and referral services for women.



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Wimlah Specialist Domestic Violence Service, Katoomba

4782 9158

Crisis accommodation and support services for women and children escaping domestic violence. Also outreach, drop-in services and groups.

Drop-in services:

Freelander Cottage, 5 Freelander Avenue, Katoomba

Tuesdays and Wednesdays 1.00pm-4.00pm

Women's Domestic Violence Court Advocacy Program

1300 363 967

Lithgow and Katoomba Courts

4782 5133 or 0405 901 207

Penrith and Mount DrUITT Courts

4731 5098

Provides assistance to women involved in court proceedings around relationship violence.

MEN'S HEALTH AND SUPPORT SERVICES

Aboriginal Culture and Resource Centre

4782 6569

Clairvaux, 14 Oak Street, Katoomba

Aboriginal men's group.

Blackheath Area Men's Shed

4787 5773

8 Bundarra Street, Blackheath

Mondays-Thursdays 9.30am-3.30pm.

Saturdays 8.00am-12.30pm.

Community Health and Early Childhood Service

Central intake, information and referral line

1800 222 608

Katoomba Community Health Service

4782 2133

93 Waratah Street, Katoomba

Springwood Community Health Services

4751 0100

288 Macquarie Road, Springwood

Free services for children include monitoring health and development of children 0-5, immunizations, new baby groups, enjoy your toddler groups, speech therapy, occupational therapy, hearing service, A counselling, drug and alcohol and mental health service.

Dads and Kids Play and Chat

(plus toy library bus)

4758 9966

Bungarabee Centre, 48-50 Oaklands Road, Hazelbrook;

Saturdays 10.00am-11.30am school terms.

Run by Connect Child and Family Services.

Katoomba Men's Shed

4782 7433

6 Orient St, Katoomba

Mondays-Thursdays 9.00am-3.00pm. Courses may run on Fridays.

Offers woodwork, metalwork, leatherwork, use of computers, men's health information, TAFE outreach courses, support and advice for men and boys. Membership based.

Lower Mountains Men's Shed

4751 8884

Blue Mountains Woodcraft Centre,

19 Calver Avenue, Mount Riverview

1st and 3rd Monday of the month, and

2nd and 4th Saturday of the month;

9.00am-12.00pm.

Fosters friendship, health, support and wellbeing. Practical projects for local community groups.

Emergency Contacts and Information



CHILD PROTECTION

Child Protection Helpline

(for the general public)

132 111

TTY 1800 212 936

24 hours/7 days

Ring to report suspected child abuse.

Child Protection Helpline

(for professionals working with children)

132 627

Keep Them Safe Support Line

(for mandatory reporters)

1800 772 479

Mandatory reporters (professionals in contact with children) are encouraged to use the Mandatory Reporter Guide to guide their decision making and determine whether or not to report to the Child Protection Helpline. The Guide can be found at:

http://www.keepthemsafe.nsw.gov.au/v1/online_mandatory_reporter_guide

Child Abuse Prevention Service (CAPS)

1800 688 009

Mondays-Fridays 9.00am-5.00pm

Telephone support workers offer information, referral and ongoing support to those affected by child abuse, concerned about the welfare of a child, or needing family or parenting support.

EMERGENCY SERVICES

Bush Fire Information Line

1800 679 737

Fire/Ambulance/Police Emergencies

000

State Emergency Service

132 500

Origin/Integral Energy Emergency

131 003

PHONE INFORMATION AND SUPPORT

Access Team (Mental Health)

1800 650 749

Adult Relatives and Friends of the

Mentally Ill

1800 655 198

Beyondblue

1300 224 636

TTY 133 677

Blue Mountains City Council

Lower Mountains 4723 5000

Upper Mountains 4780 5000

Breastfeeding Helpline

1800 686 268

Child Abuse Prevention Service

1800 688 009

Child Care and Family Info Line

1800 803 820

Child Protection Helpline

132 111

TTY 1800 212 936

Child Support

131 272

**Commonwealth Care-link
and Respite Centre**

1800 052 222
TTY 1800 555 677

Community Health Intake Number

1800 222 608

Dads in Distress

1300 853 437

Domestic Violence Line

1800 656 463

Domestic Violence Legal Advice Line

1800 810 784

Family Assistance Line

136 150
TTY 1800 810 586

Family Relationship Advice Line

1800 050 321
TTY 1800 555 677

Family Drug Support

1300 368 186

Gambling Help

1800 858 858

GROW (Mental Health)

1800 558 268

Homeless Persons Information Centre

1800 234 566

Karitane Careline (parenting)

1800 227 464

Kids Help Line

1800 551 800

Law Access NSW

1300 888 529
TTY 1300 889 529

Legal Aid Youth Hotline

1800 101 810

Lesbian and Gay Counselling Service of NSW

1800 184 527

Lifeline Counselling Service

131 114

Men's Line

1300 789 978

MotherSafe (Drug information for
pregnancy/breastfeeding)

1800 647 848

Parent Line

1300 130 052

Poisons Information Centre

131 126

Pregnancy, Birth and Baby Helpline

1800 882 436

Quitline (Support to stop smoking)

137 848

Salvation Army Hotline

137 258

Salvo Youthline

8736 3293

SANE (Mental Health)

1800 187 263

Tresillian Parents' Helpline

1800 637 357

Wimlah Specialist Domestic Violence Service

4782 9158

Wesley Credit Line (debts and financial
counselling)

1800 808 488

Yconnect Line (accommodation)

1800 424 830

General Services Directory



ABORIGINAL COMMUNITY

The Gundungurra and Darug people are recognised as the traditional owners of the Blue Mountains area.

Aboriginal Culture and Resource Centre 4782 6569

Clairvaux, 14 Oak Street, Katoomba

Informal and friendly gatherings and discussions, including an Aboriginal playgroup, men's group and women's group. Aboriginal Family Support Worker available to support Aboriginal families with children aged 0-8 years with information, advocacy and referral.

Aboriginal Liaison Officer 4759 8700

*Lawson Community Health Centre,
8-12 Honour Avenue, Lawson*

Aboriginal worker for advice, consultations and referrals for the Aboriginal community.

Aboriginal Healthy for Life Program 4725 3166 ext 3

*Based at Hazelbrook, servicing Lapstone -
Mount Victoria*

Child and family health related services providing home visits, support and assessment for Aboriginal and Torres Strait Islander families.

Blue Mountains Aboriginal Health Coalition 4758 9711

*Blue Mountains GP Network, Level 1,
192 Great Western Hwy, Hazelbrook*

Aims to improve access to and provision of health services to local Aboriginal people.

Darug Custodians Aboriginal Corporation 4577 5181

PO Box 81, Windsor NSW 2756

Promotes community awareness and understanding of Darug culture.

Darug Tribal Aboriginal Corporation 9622 4081

PO Box 441, Blacktown NSW 2148

Resources and information on the Darug people.

Deerubbin Local Aboriginal Land Council 4724 5600

2/9 Tindale Street, Penrith NSW 2750

Provides housing for Aboriginal people in the Land Council's area and protects the interests of all Aboriginal people within their area.

Gundungurra Aboriginal Heritage Association Incorporated 4757 3223

PO Box 31, Lawson NSW 2783

Promotes awareness of the culture, land and heritage of the Gundungurra people.

Gundungurra Tribal Council Aboriginal Corporation 4782 2413

Clairvaux, 14 Oak Street, Katoomba

Records and maintains all traditional Gundungurra sacred sites and land and consults on matters relating to Gundungurra people and culture.

Link Up 1800 624 332 or 4759 1911

PO Box 93, Lawson, 2783

Counselling and support, reunions, corrective support services, assistance for Aboriginal foster carers and children and young person in out of home care, support for possible kinship options when a child or young person has been removed from their birth parents. Family trees for Aboriginal and Torres Strait Islander children and young persons in out of home care.



Wentworth Community Housing
4782 6479

Shop 2, 23-27 Cascade Street, Katoomba

**Borec House, 29-57 Station Street,
Penrith**
4777 8000

A non-profit public company providing secure, affordable and subsidised rental accommodation for low-to middle-income earners, including housing and social programs for Aboriginal people.

GOVERNMENT SERVICES

Local Government

**BLUE MOUNTAIN CITY COUNCIL
COMMUNITY OUTCOMES TEAM**

Aboriginal Community Development Officer
4780 5560

**Aged and Disability Services
Development Officer**
4780 5546

**Children and Family Services
Development Officer**
4780 5542

Youth Services Development Officer
4780 5546

The Community Outcomes Team provides information, research, best practice policy and practice advice, leadership, management support and networking for stakeholder organisations and groups that contribute to community well-being. The Team facilitates direct community development projects, brokers new projects to meet unmet community need and specialises in the resolution of complex social problems requiring a multi-stakeholder solution. The Team convenes the following projects.

Domestic Squalor/Hoarding Working Group
4780 5546

A network of organisations that meet regularly to work together on the issue of squalor and hoarding affecting disadvantaged members of the local community.

Stronger Families Alliance
4780 5542

The Stronger Families Alliance is a network of government, non-government and voluntary organisations that work together to support families and children throughout the Blue Mountains.

www.strongerfamilies.co

Youth Council
4780 5546

The Youth Council exists to express the views of young people on issues affecting them and the local area, and to advise Council on issues and policy related to young people. Membership of the Youth Council is open to young people aged between 12 and 17 years.

**Youth Mental Illness Substance Abuse
Network (YMISA)**
4780 5637

YMISA is a network of service providers with an interest in youth mental health issues.

State Government

NSW Family and Community Services

The Department of Family and Community Services delivers services to support individuals, families and communities in NSW. It includes the following government services:

- > Community Services - promotes the safety and wellbeing of children and young people.

MORE INFORMATION

Blue Mountains City Council

For more information on services and facilities available go to www.bmcc.nsw.gov.au

Alternatively contact Council's Child and Family Services Development Officer on **4780 5542**.

- > Ageing Disability and Home Care - supports older people and people with a disability and their carers.
- > Housing NSW - provides housing services for people in need.
- > Aboriginal Housing Office - develops affordable and culturally appropriate housing and employment for Aboriginal people.
- > Businesslink - provides outsourced business services.
- > Women NSW - promotes gender equality and social justice for women.

NSW Community Services Centres

Blue Mountains Community Services Centre
4752 2600

435-437 Great Western Highway, Faulconbridge

Penrith Community Services Centre
4722 7300

2-6 Station Street, Penrith

Child Protection Helpline

132 111

TTY 1800 212 936

Mandatory Reporters Helpline

132 627

Federal Government

DEPARTMENT OF HUMAN SERVICES

This Department of Human Services delivers national social and health-related payments and services. It includes the following government services:

Child Support

131 272

Information, payments and support for separated families.

Family Assistance

136 150

Information and assessment of eligibility for benefits such as parenting payment, youth allowance, paid parental leave, family tax benefit, child care benefit, child care rebate, carer allowance and child disability assistance.

Medicare

132 011

Information and access to free or lower-cost medical, optical and hospital care.

HOUSING AND ACCOMMODATION

Blue Gum Women's Housing Service
4782 3553

23 Waratah Street, Katoomba

Provides medium-term supported housing for women and their dependent children who have experienced domestic violence.

Blue Mountains Youth Accommodation and Support

4782 3646 or 4751 3105

Short to medium term accommodation in a home environment for youth 15-18 years.

Domestic Violence Line

1800 656 463

Counselling service for women requiring urgent housing assistance, also referral to refuges. 24 hours/7 days.

Homeless Persons Information Centre

1800 234 566

Provides information and referral to crisis accommodation for homeless people and families. 7 days 9.00am-10.00pm

**Housing NSW**

1300 468 746 or 4721 6422

*Suite 2, Level 3, Government Office Building,
2-6 Station Street, Penrith*

Provides low-income-earning individuals and families with affordable housing opportunities.

Wentworth Community Housing

*Shop 2, 23-27 Cascade Street, Katoomba
4782 6479*

*Borec House, 29-57 Station Street, Penrith
4777 8000*

A non-profit public company providing secure, affordable and subsidised rental accommodation for low-to middle-income earners, including housing and social programs appropriate for Aboriginal people.

Wimlah Specialist Domestic Violence Service, Katoomba

4782 9158

Provides crisis accommodation for women with children escaping domestic violence.

LEGAL SERVICES**Children's Legal Service (Youth Hotline)**

1800 101 810

Mondays-Fridays 9.00am-midnight,
24-hour service from Friday 9am to Sunday
midnight and public holidays.

The Children's Legal Service (CLS) of Legal Aid NSW advises and represents children and young people under 18 involved in criminal cases in the Children's Courts. They provide access to solicitors for young people at any stage of legal proceedings.

**Elizabeth Evatt Community Legal Centre
4782 4155**

*4 Station Street, Katoomba
Mondays-Thursdays 9.00am-5.00pm,
Fridays 9.00am-12.30pm.*

Provides free legal support, education, information and referral services.

Family Relationship Advice Line

1800 050 321

Mondays-Fridays 8.00am-8.00pm,
Saturdays 10.00am-4.00pm

Confidential advice about the family law system for all people affected by family relationship or separation issues and difficulties.

Legal Aid NSW

1800 888 529

Advice on legal issues, factsheets and resources, help at court from lawyers and telephone advice.

**Women's Domestic Violence Court
Advocacy Program**

1300 363 967

Lithgow and Katoomba Courts

4782 5133 or 0405 901 207

Penrith and Mount Druitt Courts

4731 5098

Provides assistance to women dealing with court proceedings in relation to relationship violence.

MORE INFORMATION

Blue Mountains City Council

For more information on services and facilities available go to www.bmcc.nsw.gov.au

Alternatively contact Council's Child and Family Services Development Officer on **4780 5542**.



NEIGHBOURHOOD CENTRES

Neighbourhood Centres provide local information, host groups, run courses, provide internet access, low cost loans and emergency relief, volunteering opportunities and much more.

Blackheath Area Neighbourhood Centre 4787 7770

Corner Gardiner Crescent and Great Western Highway, Blackheath
Mondays-Fridays 9.30am-5.00pm

Katoomba Neighbourhood Centre 4782 1117

8 Station Street, Katoomba
Mondays-Fridays 9.30am-5.00pm

Lower Blue Mountains Neighbourhood Centre 4739 1164

33 Hope Street, Blaxland
Mondays-Thursdays 9.30am-4.30pm,
Fridays 9.30am-12.30pm

Mid Mountains Neighbourhood Centre 4759 2592

9 New Street, Lawson
Mondays-Fridays 9.00am-4.00pm

Springwood Neighbourhood Centre 4751 3033

595 Springwood Avenue, Springwood
Mondays-Tuesdays 9.15am-4.30pm
Wednesdays 9.15am-12.30pm
Thursdays-Fridays 9.15am-4.30pm

Winmalee Neighbourhood Centre 4754 4050

62 Whitecross Road, Winmalee
Mondays-Fridays 8.30am-4.00pm

STRONGER FAMILIES ALLIANCE

The Stronger Families Alliance (SFA) is an open network of 46 organisations and networks from the community, government, business and voluntary sectors. SFA members work collaboratively to build strong and resilient Blue Mountains children, families and communities. The SFA's blueprint for action is the Child and Family Plan. The Plan has three parts, each with its own implementation group lead by the following:

Creating Neighbourhood Service Networks and Community Hubs

Blue Mountains City Council
4780 5542

Moving Children Beyond Vulnerability

Gateway Family Services
4739 5963

Creating Child Friendly Communities

Mountains Outreach Community Services
4758 6811

Stronger Families Alliance Convener

4780 5542

To find out how you can get involved visit www.strongerfamilies.co or call **4780 5542**

Children's Recreational and Fun Activities

BIKE TRACKS FOR CHILDREN

Council facilitates a community development program aimed at getting children onto their bikes and making our roads safer for children, especially those biking to school.

BMX Track

Wilson Street, Lawson, at the end of Lawson Oval in Ferris Lane.

Churchill St Netball Courts

Springwood, close to Aquatic Centre
Old tennis courts have been marked up as a bike loop.

Lapstone Netball Courts

Lapstone
Older courts can be used by bike riders (unmarked).

Lennox Park

Near Matthew Parade, Blaxland
Bike loop installed.

Old Catalina Racetrack

Frank Walford Park, Katoomba
Over a kilometre-long track with some steep sections.

Wentworth Falls Lake

Wentworth Falls Lake Park, Sinclair Crescent.

NATURE ACTIVITIES AND BUSHWALKS FOR CHILDREN

The Blue Mountains city is located in a World Heritage National Park that is co-managed by Blue Mountains City Council and the National Parks and Wildlife Service. Spending time in nature and the bush is fun for children and provides a wide range of developmental benefits. When bush walking children should be closely supervised, particularly on bush walks not rated child friendly. See Bush Trackers Programs for child friendly bushwalks.

Bush Trackers: Bush Walks for Kids by Kids

A suite of child friendly bushwalk maps produced in collaboration with Blue Mountains children. Each map shows what children say are the highlights of each walk.

To download maps: www.bushtrackers.com.au

Purchase maps from National Parks and Wildlife Offices.

Bushwalks Graded Easy

The following walks do not yet have a Bush Trackers Program map (see above) but have been endorsed as child friendly. As a general guide pre-scholars can manage easy graded walks with assistance. For a list of medium graded walks that will be more challenging for 8-12 year olds go to www.bluemts.com.au/tourist/thingstodo/bushwalks



SELECTED EASY/MEDIUM BUSHWALKS:

Knapsack Gully Viaduct

Glenbrook/Warrimoo

Approx 2 km return. Time to walk: 1 hour

Lapstone Zig Zag/Knapsack Gully Viaduct

Glenbrook/Warrimoo

Approx 3 km return. Time to walk: 1 hour

Madoline Glen/Birdwood Gully

Springwood

Approx 2.5 km circuit. Time to walk: 1.5 hours

Gordon Falls to Leura

Leura

Length: 2km one way. Time to walk: 1 hour

Leura Cascades to Bridal Veil Falls

Leura

Approx 1 km return. Time to walk: 1 hour

For more bushwalking suggestions, visit www.bluemts.com.au/tourist/thingstodo/ bushwalks

Sublime Point Look Out

Leura

Approx 0.5km return. Time to walk: 30mins

Three Sisters Walk

Katoomba

Approx 1km return. Time to walk: 30mins

Katoomba Falls Cliff View Lookout

Katoomba

Approx 1 km circuit. Time to walk: 1 hour

Fairfax Heritage Track

Blackheath

Approx 3km return. Time to walk: 1 hour

Cathedral of Ferns

Mount Wilson

Approx 0.5km return. Time to walk: 30mins

Blue Mountains City Council

nature programs

4780 5000

Council runs a number of programs for children that connect children to the outdoors, nature, sustainability and the bush. Programs include Active Transport 'Walk or Bike to School', Bush Care Program, Eco Choices Workshops and Nature based cultural activities. Call Council for more information.

National Parks and Wildlife Offices

Provides products, information and programs about bushwalks and the eco-system within the Blue Mountains National Park.

Blackheath

4787 8877

Govetts Leap Road, Blackheath

Katoomba

4784 7300

39 Whitton Street, Katoomba

Glenbrook

4739 2950

Bruce Road, Glenbrook

LIBRARY AND CULTURAL SERVICES

Blue Mountains Cultural Centre

4780 5410

30 Parke St, Katoomba

Mondays-Fridays, 10am-5pm

Saturdays and Sundays, 10am-4pm

Public Holidays, 10am-2pm (closed Good Friday and Christmas Day)

The Blue Mountains Cultural Centre offers an art gallery, World Heritage interactive exhibition, a museum shop, art programs for children, meeting rooms, free Wi-Fi throughout and a child friendly café that welcomes informal parent groups and breast feeding mothers. The Cultural Centre is co-located in the same space as the Katoomba Library.



Libraries

Blackheath 4787 8893

Community Hall, Great Western Highway, Blackheath
Mondays and Thursdays: 10.00am-2.00pm,
Tuesdays and Fridays 1.00pm-5.00pm,
Saturdays 9.00am-12 noon.

Blaxland 4739 4284

Community Centre, 33 Hope Street, Blaxland
Mondays-Fridays 10.00am-5.30pm,
Saturdays 9.00am-4.00pm

Katoomba 4780 5750

Blue Mountains Cultural Centre, Parke Street, Katoomba
Mondays-Fridays 10.00am-5.00pm,
Saturdays 10.00am-4.00pm,
Sundays 12.00-4.00pm

Lawson 4759 1446

Corner San Jose Ave and Loftus Street, Lawson
Mondays and Tuesdays 1.00pm-5.00pm,
Wednesdays-Fridays 10.00am-5.00pm,
Saturdays 9.00-12.00 noon

Springwood 4723 5040

104 Macquarie Road, Springwood
Mondays-Fridays 10.00am-5.30pm,
Saturdays 9.00am-4.00pm

Wentworth Falls 4757 2095

Wentworth Falls School of Arts, Great Western Highway, Wentworth Falls
Mondays and Thursdays 1.00pm-5.00pm,
Tuesdays and Fridays 10.00am-2.00pm,
Saturdays 9.00am-12 noon

For more information call the Community Information Librarian on 4723 5028.

The Council libraries offer resources to cover all reading levels from babies to young adults. CDs, DVDs, talking books, free internet access and large print books also available.

Library Programs

Art Classes

Springwood Library
Thursdays 4.00pm-5.00pm; school terms.
Art for children aged 5-12 years. Bookings required and small fee payable.

Babytime Sessions

Katoomba Library
last Friday of every month
Springwood Library
1st and 3rd Friday of every month
For parents and their children 0-2 years. Library staffs read books, tell tales, sing songs and finish with open discussion time and gentle baby massage.

Free Internet Access

Available during library opening hours. Bookings required.

School Holiday Programs

Low cost activities for 6-12 year olds during NSW school holidays.

Special Events

Special sessions for groups, playgroups and preschools available on request. Call the Children's and Youth Services Librarian on 4780 5036.

Storytime Sessions

Blackheath Library
Tuesdays 10.30am-11.30am; school terms
Blaxland Library
Fridays 10.30am-11.30am; school terms



Katoomba Library

Wednesdays 10.30am-11.30am; school terms

Lawson Library

Wednesdays 10.30am-11.30am; school terms

Springwood Library

Thursdays 10.30am-11.30am; school terms

Wentworth Falls Library

Tuesdays 10.30am-11.30am; school terms

('Grandmas Read')

Weekly sessions filled with stories, songs and crafts for children 3-5 years.

Yoga Tales

Springwood Library

Tuesdays 10.00am-10.30am; school terms.

Yoga for children aged 3-5 years. Fee payable.

For more information call the Children's and Youth Services Librarian on **4723 5036**.

PARKS FOR CHILDREN

The following is a selection of parks around the Blue Mountains which are particularly suitable for children:

Arthur Street Park

Arthur Street, Warrimoo (wheelchair accessible)

Bike loop and playground.

Benoit Park

Cambridge Street, Valley Heights

Bike loop and play equipment.

Mount Victoria Memorial Park

Station Street, Mount Victoria

Small and large play equipment centre, picnic settings, shelters, toilets, BBQ and tennis court.

Blackheath Memorial Park

Prince Edward Street, Blackheath

Small and large play equipment centre, picnic settings, shelters, toilets, BBQ and access to Blackheath Pool.

Jubilee Park

Leichhardt Street, Blackheath

Large play equipment centre, picnic settings, shelters and toilets.

Lilianfels Park

Lilianfels Avenue, Katoomba

Picnic settings, shelters, toilets, close to bushwalks and great views of the Jamieson Valley.

Katoomba Falls Reserve

Cliff Drive, Katoomba

Large play equipment centre, picnic areas, shelters, access to kiosk, toilets and BBQs.

Leura Cascades

Cliff Drive, Leura

Picnic settings, toilets, swings, access to Leura Cascades and lookouts.

Gordon Falls Reserve

Lone Pine Avenue, Leura

Small play equipment centre, picnic settings, shelters, BBQ and access to bushwalk tracks.

Noble Street Park

Bullaburra

Large park with bike loop and play equipment.

Wentworth Falls Lake

Sinclair Crescent, Wentworth Falls

Two large play equipment centres, toilets, picnic settings, jetty, ducks and geese, bike track.

Wilson Park

Falls Road, Wentworth Falls

Play equipment centre, toilets, picnic settings, shelters and close to Charles Darwin Walk.

Wilson Park

Bernards Drive, Lawson

Large play equipment centre, toilets, picnic settings, shelters and easy access to Lawson Pool.



Golden Horizons Park

Blue Hills Road, Hazelbrook

Small and medium play equipment centres, unsheltered picnic settings and BBQ.

Gloria Park

Lester Road, Hazelbrook

Medium play equipment centre, toilets, picnic settings, shelters and sportsgrounds.

Glenbrook Park

Park Street, Glenbrook (wheelchair accessible)

Small and medium play equipment centres, toilets, picnic areas, shelters, small bike loop and BBQ.

Thomas Park

Boorea Street, Blaxland East

Small and medium play equipment centres, BBQs, picnic areas and shelters.

Else-Mitchell Reserve

Prince Street, Springwood

Medium play equipment centre, picnic area, shelters and BBQ.

Buttenshaw Park

Great Western Highway, Springwood

Large play equipment centre, benches, picnic areas, BBQs, toilets and access to Springwood Pool.

Jackson Park

Sir Henrys Parade, Faulconbridge

Medium play equipment centre, shelters, toilets and access to short bushwalk tracks.

Weroona Avenue Park

Weroona Avenue, Woodford

Play equipment, tennis court, taps, picnic tables.

Queens Oak Park

cnr. Honour Ave and Orient St, Lawson

Play equipment, tap, seat.

Bulls Camp Reserve

Great Western Highway, Woodford

Open grassy area with small lake, toilets, picnic settings and shelters.

SWIMMING POOLS AND RECREATION

All pools offer family passes and concessions, learn to swim programs and picnic areas, and can cater for birthday parties.

Blackheath Pool

4787 8018

Prince Edward Street, Blackheath

Open summer months only. Unheated 25m pool, toddler pool, leisure pool.

Community Buildings Hire

4780 5000

Blue Mountains City Council maintains and provides community buildings throughout the Mountains which can be hired by local groups or individuals.

Glenbrook Swim Centre

4739 5880

Corner Wascoe and Fletcher Streets, Glenbrook
Open year round.

Heated 50m pool, program pool, toddler pool, playground, indoor enclosure for winter months.

Katoomba Sports and Aquatic Centre

4780 5156

Catalina Avenue, Katoomba

Open every day except Christmas Day and Good Friday

Indoor heated 25m pool, toddler pool, spa, sauna, outdoor heated 50m pool and program pool. Tumbling and trampolining, fitness centre, Kids Kingdom play centre, child-minding, indoor sports courts, group fitness classes and personal training

Lawson Swim Centre

4759 1458

Wilson Park, St Bernards Drive, Lawson

Open October to April

Heated 50m pool, program pool, toddler pool, and playground.

MORE INFORMATION

Blue Mountains City Council

For more information on services and facilities available go to www.bmcc.nsw.gov.au

Alternatively contact Council's Child and Family Services Development Officer on **4780 5542**.



Pinerolo, the Children's Book Cottage 4787 8492

116 Shipley Road, Blackheath

Open by appointment. Groups welcome.

Look, listen and learn about children's picture books. Large collection of original artwork from some of Australia's most famous picture books.

Springwood Aquatic and Fitness Centre 4723 5111

Plateau Road, Springwood

Open every day except Christmas Day and Good Friday.

Indoor heated 25m pool, pool with ramp access, leisure pool with children's beach area, water slide, turbo pool, spa, sauna, steam room, fitness centre, group fitness classes, personalised exercise programs, child-minding, fully catered cafeteria and fitness accessories shop.

Recreational Programs for Children and Child-minding

Katoomba Sports and Aquatic Centre 4780 5156

Mondays-Fridays 9.15am-10.30am and 10.30am-11.45am. For users of Centre facilities only.

Springwood Aquatic and Fitness Centre 4723 5111

Mondays-Fridays 9.15am-10.30am, 10.30am-11.45am and Mondays only 11.30am-12.30pm. For users of Centre facilities only.

Kids Kingdom Indoor Play Centre 4780 5156

Katoomba Sports and Aquatic Centre, Catalina Avenue, Katoomba

Three storey indoor play centre with dedicated toddlers' area.

Learn to Swim

Learn to swim classes are available weekly during school terms and every weekday (excluding public holidays) during school holidays.

Glenbrook Swim Centre 4739 5880

Springwood Aquatic and Fitness Centre 4723 5111

Lawson Swim Centre 4759 1458

Katoomba Sports and Aquatic Centre 4780 5156

Tumbling and Trampolining

Springwood Aquatic and Fitness Centre 4723 5111

Katoomba Sports and Aquatic Centre 4780 5156

Tumbling and trampolining classes for children aged 2 years up. Aimed at developing gross motor skills.

MOVIE THEATRES

The Edge 4782 8900

225-237 Great Western Highway, Katoomba

Glenbrook Cinema 4739 4433

Corner Ross Street and Great Western Highway, Glenbrook

Hoyts 4732 1121

Westfield Shopping Centre, corner Riley and Jane Streets, Penrith

Mount Vic Flicks 4787 1577

2A Harley Avenue, Mount Victoria

Appendix

Other useful guides produced by Blue Mountains City Council Go to: www.bmcc.nsw.gov.au

A Guide to Community Care Services for frail older people, people with disabilities and their carers in the Blue Mountains

Aboriginal Blue Mountains - Aboriginal people, services, culture and heritage in the Blue Mountains

Bicycles for Mountains Kids!

Blue Mountains Transport Guide - A guide to current transport options for Blue Mountains residents

Community Directory - Information about community groups and services, including accommodation, education, environment and conservation, health and transport (online only)

Cycling in the Blue Mountains - Bicycle route map and general cycling information for the Blue Mountains

Domestic Squalor Information Package - A Guide for services to assist with identifying and dealing with domestic squalor in the Blue Mountains (online only)

Mental Health Resource Information Package - An information resource on mental health services in the Blue Mountains (online only)

Mountains of Help - A directory and advice about support services for young people in the Blue Mountains

Resourceful Living - A resource for people living with or recovering from mental health issues and their carers (produced by Mountains Community Resource Network)

Resources Recovery Guide - An annual guide to the waste and recycling services available to Blue Mountains households

Staying Physically Active - A physical activity directory of services and activities for older people in the Blue Mountains

INDEX OF TELEPHONE NUMBERS

All information correct at time of publication.

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Aboriginal Liaison Officer (Health)	4759 8700
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Alasan Cottage Preschool	4739 1008
Anglicare Westlink Respite services	8805 0916 or 8805 0917

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MORE INFORMATION

Blue Mountains City Council

For more information on services and facilities available go to www.bmcc.nsw.gov.au

Alternatively contact Council's Child and Family Services Development Officer on **4780 5542**.

Project Co-ordination: Tanya James,
Rhianna Reid and Helen Wilson
Editing: Community Outcomes, BMCC
Design: Pro Bono Publico
Printing: PLT Print Solutions
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