

Emergency Numbers

Ambulance, Police, Fire	➤ Free call – emergencies only	☎ Dial 000 (triple zero)
Breastfeeding Help Line	➤ Counselling (formerly Nursing Mothers Association)	☎ Toll Free - 1800 686 268
Child Protection	➤ Child Protection Helpline (Community Services) ➤ Child Abuse Prevention Service [CAPS]	☎ 132 111 [7 days 24 hrs] ☎ 9716 8000 [7 days 24 hrs]
Chemist	➤ After Hours Information (Pharmacy Guild)	☎ 1300 882 294 [7 days 24 hrs] ☎ 9467 7100 [Mon-Fri 9.00am to 5.00pm]
SIDS	➤ Sudden Infant Death Syndrome Association of NSW [SIDS and Kids]	☎ Toll Free - 1800 651 186 [24 hrs] ☎ 1300 308 307 [7 days 24 hrs]
Dental	➤ After Hours Emergency Information [Australian Dental Association] ➤ Public Dental Service Health Care Card, Pensioner Concession Card or Health Benefit Holders Only	☎ 9369 7050 [24 hrs] ☎ 1300 134 226 [Mon-Fri 8.15am to 4.00pm]
Domestic Violence	➤ NSW Domestic Violence Advocacy Service [Mon – Fri 9.30am to 12.30 1pm to 4.30pm] ➤ Domestic Violence Counselling Line [Provides access to safe accommodation & advice]	☎ 1800 810 784 ☎ Toll Free - 1800 656 463 [24 hrs] [7 days]
Hospitals	➤ Sydney Children’s Hospital, Randwick ➤ Royal Hospital for Women, Randwick	☎ 9382 1111 ☎ 9382 6111
Interpreting Service	➤ Telephone Translating & Interpreter Service	☎ 131 450 [7 days 24 hrs]
Lifeline	➤ Counselling	☎ 131 114 [24 hrs]
Poisons Information		☎ 131 126 [24 hrs]
Police	➤ Bondi Police ➤ Rose Bay Police ➤ Waverley Police	☎ 9365 9699 ☎ 9362 6399 ☎ 9369 9899
Pregnancy Helpline		☎ 1300 139 313 [24 hrs]
Rape Crisis Centre	➤ Counselling service	☎ 1800 424 017 [24 hrs]
Refuges	➤ Homeless Persons Info Centre ➤ [Telephone referral service, listing of vacancies] ➤ Women’s Refuge and Resource Centre [Domestic Violence Line – NSW vacancy list]	☎ 9265 9081 ☎ 1800 656 463

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Introduction

This directory describes the range of services available in the Waverley area for children aged 0 to 5 and their families. In some cases services located at various metropolitan locations have also been included where it is felt they meet a particular need not catered for in the local area.

The information has been revised and updated by Waverley Council's Community Development Worker. Every effort has been made to provide accurate and up-to-date information. **We welcome any advice on errors, omissions or changes.**

Please email to millhilla@waverley.nsw.gov.au

For the most up-to-date information please contact the listed services directly.

Copies of this directory and advice on services for children, youth, older people and community services generally can be obtained from:

- Waverley Council's – Mill Hill Community Centre
Ground Floor, 31-33 Spring Street
Bondi Junction, 2022 Ph: 9083 8999
- Waverley Council Library (Ron Lander Centre)
32-48 Denison Street
Bondi Junction, 2022 Ph: 9083 7777

An electronic version of this directory is also available on the Council's website.

For a larger-print version of this directory please telephone 9083 8999.

In addition to the Kids Book, Waverley Council produces the following publications:

- Directory of Multicultural Services & Ethnic Groups
- Services for Older People
- Services for Young People Brochure
- Directory of Services for Deaf Hearing & Impaired

Child Care Services

Child Care Benefit Information

Child Care Benefit (CCB)

CCB is available to parents or other legal guardians of children attending registered or approved child care services. Eligibility and work test requirements apply, and the benefit received varies with family income, the number of children in care and the type of care used.

Child Care Rebate (CCR)

In addition to Child Care Benefit (CCB) you may be able to receive the Child Care Rebate. The rebate is 50 percent of out - of - pocket child care expenses. You receive Child Care Rebate if both parents are working, looking for work, studying or training or doing voluntary work to improve work skills. Those ineligible for CCB may still be eligible for the Child Care Rebate.

Eligibility and Entitlements

You may be eligible for CCB/CCR if:

- you use an approved or registered child care service
- you or your partner live permanently in Australia
- you are an Australian or New Zealand citizen, holder of a permanent visa or an appropriate temporary visa, an Australian Government sponsored student, or in other special circumstances.
- your child is immunised or exempt from immunisation requirements
- you are liable for child care fees.

For information on eligibility or entitlements, or to lodge a claim for CCB, call Families on **136 150**, visit their office in your local Medicare, Centrelink or Taxation Office, or go to the Department of Human Services:
https://www.humanservices.gov.au/customer/theses/families?utm_id=10

Long Day Care Centres

Long day care services provide care and educational programs in the early years of a child's life (from 0 to 5 years). Services provide all day or part-time care and education for children of working families and the general community. They open at least 8 hours per day, 49 weeks per year. Private operators, local Councils, community organisations, employers or non - profit organisations may operate these services.

Services are operated according to the Education and Care Services National Regulations 2011 that is under the Education and Care Services National Law Act 2010. These Regulations determine a set of minimum standards in relation to how the services should be run. These include for example, child numbers and staffing, safety of children and educational programs, aspects of the building and the keeping of records. The new National Quality Framework is underpinned by the National Law and National Regulations. Together they set new National Quality Standards for long day care services in all states and territories that require a whole range of practices relating to all aspects of the centres' operations to ensure a very high standard of care for children.

Few centres care for 0 - 2 year olds and it may be difficult to find a place for children under 3. Parents are always advised to put their child's name on a number of waiting lists as early as possible.

The Australian Government, Department of Education has "Priority of Access Guidelines" for allocating child care places on their website:
<https://www.education.gov.au/priority-allocating-places> These guidelines only apply to Child Care Benefit approved child care.

**Long Day Care Centres
Community Based or Not for Profit**

Waverley Council operates four community based long day care centres:

- 1. Bronte Early Education Centre**
42 St Thomas Street, Bronte 2024
(ph) 9083 8810
(e) bronte.children@waverley.nsw.gov.au
Monday to Friday: 8.00am - 6.00pm
(For children 2-5 years)
Also offers a small number of pre-school places (8.30am - 4.30pm) at a lower fee for children with additional needs.
- 2. Gardiner Early Education Centre**
6 Gardiner Street, Bondi Junction 2022
(ph) 9083 8830
(e) gardinerc@waverley.nsw.gov.au
Monday to Friday: 8.00am - 6.00pm
(For children aged 6 months - 5 years)
- 3. Mill Hill Early Education Centre**
25 Ebley Street, Bondi Junction 2022
(ph) 9083 8902
(e) mheec@waverley.nsw.gov.au
Monday to Friday: 8.00am – 6.00pm
(For children aged 6 months - 5 years)
- 4. Waverley Early Education Centre**
Clementson Park, Newland Street, Bondi Junction 2022
(ph) 9083 8800
(e) waverleyc@waverley.nsw.gov.au
Monday to Friday: 7.45am - 5.45pm
(For children aged 6 months - 5 years)

Fees for Council Child Care Centres
0 month - 2 years \$ 108.00/day
2 - 5 years \$ 103.00/day

See also Council's website at:
http://www.waverley.nsw.gov.au/community/children_youth_and_family_support/Children_and_families/long_day_care

Iluka Uniting Early Learning Centre
73-75 Roscoe Street, Bondi Beach 2026
(ph) 9130 6024
(e) ilukael@uniting.org

Monday to Friday: 7.30am - 6.00pm
0 month - 2 years \$ 124.00/day
2 - 3 years \$ 115.00/day
3 - 5 years \$ 105.00/day

Kindamindi Co-op
1 Illawong Avenue, Tamarama 2026
(ph) 9365 6600
(e) kindimindiccc@optusnet.com.au

Monday to Friday: 8.00am - 6.00pm
0 - 5 years \$ 95.00/day

North Bondi Kindergarten
Cnr Warners Ave & Niblick St,
North Bondi 2026
(ph) 9130 3194
(e) elnorthbondi@uniting.org
Monday to Friday: 8.30am - 4.30pm
3 - 5 years \$ 68.00/day

St Mary's Child Care Centre
240 Birrell St, Waverley 2024
(ph) 9389 0853
(f) 9389 0191
(e) pam@stmaryschildcarecentre.org.au
Monday to Friday: 8.00am - 5.30pm
2 - 5 years \$ 97.00/day

**Long Day Care Centres
Private**

Goodstart Early Learning
• **Goodstart Early Learning South**
Suite 1200, Tower 2, 520 Oxford Street,
Bondi Junction 2022
(ph) 9387 5673
(e) juc_admin@goodstart.org.au
Monday to Friday: 7.30am - 6.00pm
(For children aged 0 - 5 years)

Fees for Goodstart Early Learning Centres
0 - 2 years \$ 145.50/day
2 - 3 years \$ 130.50/day
3 - 5 years \$ 122.50 - \$ 129.00/day

• **Goodstart Early Learning North**

Tower 2, Level 12, 101 Grafton Street,
Bondi Junction 2022
(ph) 9387 3088
(e) juc_admin@goodstart.org.au

Monday to Friday: 7.30am - 6.00pm
(For children aged 0 - 5 years)

Fees for Goodstart Early Learning Centres

0 - 2 years \$ 145.50/day
2 - 3 years \$ 130.50/day
3 - 5 years \$ 122.50 - \$ 129.50/day

• **Goodstart Early Learning West**

Shop 6016, Level 6, 520 Oxford Street,
Bondi Junction 2022
(ph) 9386 0855
(e) juc_admin@goodstart.org.au

Monday to Friday: 7.00am - 6.00pm
(For children aged 0 - 5 years)

Fees for Goodstart Early Learning Centres

0 - 2 years \$ 145.50/day
2 - 3 years \$ 130.50/day
3 - 5 years \$ 125.00/day

Bennett Street Child Care Centre

43 Bennett Street, Bondi 2026
(ph) 9386 4440
(e) bennettstreet@ozemail.com.au

Monday to Friday 8.00am – 5.30pm
2 - Over preschool age \$ 120.00/day

Bronte Kids Preschool

41A Murray Street, Bronte 2024
(ph) 9389 9418
(e) info@brontekids.com.au

Monday to Friday: 8.30am - 5.30pm
3 - 5 years \$ 115.00/day

Castlefield Kindergarten

Cnr Castlefield & Miller Street, Bondi 2026
Ph: 9365 3289
(e) castlekindy@gmail.com

Monday to Friday: 7.30am - 5.30pm
3 - 5 years \$ 95.00/day

Rose Bay Cottage

469 Old South Head Road, Rose Bay 2029
(ph) 9371 0498
(e) rosebaycottage@activekidsgroup.com.au

Monday to Friday: 7.00am - 6.00pm
0 - 3 years \$ 155.00/day
3 - 5 years \$ 140.00/day

Cherub's Childcare Vaucluse

691 Old South Head Road, Vaucluse 2030
(ph) 9337 6175
(e) cherubsvaucuse@bigpond.com

Monday to Friday: 8.00am - 5.30pm
3 - 5 years \$ 115.00/day

Clyde Street Childcare

140 Clyde St, North Bondi NSW 2026
(ph) 9300 0015 / 0416 277 730
(e) clyde.street@bigpond.com

Monday to Friday: 8.00am - 6.00pm
0 - 3 years \$ 120.00/day
3 - 5 years \$ 115.00/day

HUG-A-BUB Bondi Long Day Care

46 Blair Street, Bondi 2026
(ph) 9300 0179 / 0425 845 613
(e) hugabub.bondi@bigpond.com

Monday to Thursday: 8.00am - 5.00pm
Fridays (reduced fee): 8.00am - 4.00pm
0 - 2 years \$ 150/day
2 - 3 years \$ 130/day
3 - 5 years \$ 125/day

Only About Children Rose Bay

70-74 Dover Road, Rose Bay NSW 2029
(ph) 8968 1500
(e) rosebay@onlyaboutchildren.com.au

Monday to Friday: 7.00am - 6.00pm
0 - 5 years please call for fee details

London Carriage Pre-School

23 Jackaman Street, Bondi 2026
(ph) 9387 6757
(e) londoncarriage@optusnet.com.au

Monday to Friday: 7.00am - 6.00pm
2 - 5 years \$ 110.00/day

Marli Marli Daycare

1 Waiora Avenue, North Bondi 2026
(ph) 0412 717 343 / 9130 4677
www.marlimarlidaycare.com.au

(e) marlimarlidaycare@bigpond.com
Monday to Friday: 8.30am – 5.00pm
2 - 4 years \$ 126.00/day

Mother Goose Child Care Centre

19 Violet Street, Bronte 2024
(ph) 9389 8187

Monday to Friday: 8.00am - 6.00pm
0 - 5 years please call for fee details

Ocean St Long Day Care Preschool

34A Ocean Street, Bondi 2026
(ph) 9386 1948
(e) oceanstreet.preschool@gmail.com

Monday to Friday: 7.30am - 6.00pm
2 - 5 years \$ 125.00/day

Rochie's Creche

15 Gowrie Avenue, Bondi Junction 2022
(ph) 9340 1180 / 0452 130 770
(e) rochiescreche@gmail.com

Monday to Thursday: 8.00am - 4.30pm
Friday: 8.00am - 4.00pm
15 months - 3.5 years \$ 150.00/day

Wee Care Kindergarten

7 St Mary's Avenue, Bondi Junction 2022
(ph) 9389 4993
(e) weecare@weecare.com.au

Monday to Friday: 8.30am - 4.30pm
3.5 - 5 years \$ 127.00/day

Wee Care 2 Child Care Centre

2 St Mary's Avenue, Bondi Junction 2022
(ph) 9389 8228
(e) weecare2@weecare.com.au

Monday to Friday: 8.00am - 5.00pm
2 - 4 years \$ 127.00/day

NOTE

Most long day care centres close for approximately 2 - 3 weeks over the Christmas / January period.

Vacation care may be available at some locations for parents who are unable to find alternative care.

For further information call Waverley Council on 9083 8000

**Pre-Schools & Kindergartens
Community Based or Not for Profit**

Usually open between 9.00am and 3.00pm during school terms only. Care for 3-5 year olds is provided on a sessional basis either as a morning or afternoon session or a full day, with some centres offering both. In Waverley, pre - schools offering a shorter day program are government subsidised. Fees are based on a means test.

The Grace Child Care Centre

Clementson Park, Newland Street, Bondi Junction 2022
(ph) 9387 2769
(e) thegrace@optusnet.com.au

Monday to Friday
Approved Care
7:30am - 6.00pm \$ 122.00/day

Registered Care
7:30am - 6.00pm \$122.00/day

Montessori East Primary & Pre School

8 Wellington Street, Bondi 2026
(ph) 9130 8313
(f) 9130 8353
www.montessori.nsw.edu.au
(e) admin@montessori.nsw.edu.au

3 - 4 years 8.30am - 12.00pm
5 - 12 years 8.30am - 3.00pm
Fees not provided call for details

Kesser Torah College

Cnr Blake & Napier St, Dover Heights 2030
(ph) 9301 1111, 9301 1128
(f) 9301 1199
www.kessertorah.nsw.edu.au
(e) info@ktc.nsw.edu.au

Monday to Friday: 8.00am - 4.00pm
2 - 3 years (Fees not provided call for details)

Mt Zion War Memorial Kindergarten

30 Bondi Road, Bondi Junction 2022
(ph) 9387 2658
(e) mtzionbondi@bigpond.com.au

Monday to Thursday: 8.30am - 3.30pm
Friday: 8.30am - 3.00pm
3 - 5 years please call for fee details

Dover Heights Community Preschool

22 Napier Street, Dover Heights 2030
(ph) 9371 8843

www.doverheightspreschool.com.au

(e) admin@doverheightspreschool.com.au

Monday to Friday: 9.00am - 3.00pm
3 years \$ 67.00/day
Turning 4 years before 31/7 \$ 62.00/day
Special rates for Health Care Card Holders.

Waterford Pre-School

44 Henrietta Street, Waverley 2024
(ph) 9389 2094

www.waverley.nsw.edu.au

(e) waterfordpreschool@waverley.nsw.edu.au

Monday to Friday: 8.00am - 3.30pm
(School terms only)

Priority for additional needs children and children 1 year before starting school.

**Pre-Schools & Kindergartens
Private**

Gan Yeladim Centre

14 Anglesea Street, Bondi 2026
(ph) 9369 3617
Email: vickibassin@gmail.com

Monday to Friday: 8.00am - 5.00pm
13 months - 35 months \$ 150.00/day
Kosher food supplied.

Moriah College Pre-School

115 Glenayr Ave, Bondi 2026
(ph) 9375 1600
(f) 9387 3490
(e) ijoseph@moriah.nsw.edu.au

Monday to Thursday: 8.30am - 3.30pm
Friday: 8.30am - 3.00pm
Fees not provided.

Family Day Care

Family Day Care Schemes are government funded and licensed services. It operates according to the Education and Care Services National Regulations 2011 that is under the Education and Care Services National Law Act 2010. These regulations determine a set of minimum standards in relation to how the services should be run relating to all aspects of the centres' operations to ensure a very high standard of care for children. Children 0-5 years are cared for in groups of up to 4 children in the Educator's home. Educators are available in a variety of locations.

Waverley Council manages a Family Day Care Scheme through a Co-ordination unit. Educators are registered with Council and the service provides supervision and support through Child Development Officers who visit the home regularly. The scheme also provides play sessions for educators and children. Part time or full time care can be provided as well as before and after school care.

Waverley Family Day Care

28 Ebley Street, Bondi Junction 2022
(ph) 9083 8785
www.waverley.nsw.gov.au
(e) fdc@waverley.nsw.gov.au

0 - 5 years (recommended) \$ 10.50/hour
Admin Levy \$ 10.50/day

Occasional Care

Care is provided for short periods of time on an occasional or emergency basis. At some centres this may be limited to a session or a few hours per week. Parents may be able to use this type of care on a regular basis and for whole days. Ideal for shopping, appointments or a respite break.

Bondi Beach Cottage Family Support & Occasional Childcare Centre

42 Brighton Boulevard, North Bondi 2026
(ph) 9365 1607
www.bondibeachcottage.com.au
(e) childcare@bondibeachcottage.com.au

Monday to Friday: 0 - 5 years
8:30am - 12:30pm or
12:30pm - 4:30pm \$ 47/session
8:30am - 4:30pm \$ 82 full session
Bookings essential. Open school holidays.

Babysitting

Home Help (Metropolitan area) Casual Babysitting and Nanny Service

(ph) 9221 3644
(f) 9221 8544
(e) homehelp@bigpond.com.au
Monday to Friday 9.00am- 5.00pm. Services include cleaners, companions, day child carers, housekeepers, nannies and babysitters.

Mothercraft and Nannies Pty Ltd

(ph) 9663 4570
www.mothercraft.com.au
(e) info@mothercraft.com.au
Monday to Friday 8.30am-4.30pm.
Casual mothercraft nurses, nannies, mothers' helps or babysitters.

Nannies and Helpers Pty Ltd

The Edgecliff Centre 203 - 233 New South Head Rd, Edgecliff 2027
(ph) 9363 4221 (f) 9410 0725
www.nanniesandhelpers.com.au
(e) nannies@nanniesandhelpers.com.au
Babysitters, after school carers, live-in or out child carers and companions on temporary or permanent basis. Holiday and emergency care.

Private Home Based Carers

These carers are licensed by the NSW Department of Education to care for up to 4 children, mostly under-3's, in their own homes. Hours and fees vary. Child Care Benefit (CCB) is **not** available.

Anne Solomon's Day Care

5 Brassie Street, North Bondi 2026
(ph) 9130 4092
(e) anne.solomon@live.com.au

Di's Day Care

7 Stephen Street, Bondi 2026
(ph) 9369 1615 / 0404 278 098

Miri's Creche

107 Brook St, Coogee 2034
(ph) 0411 743 783
Monday to Friday: 8.00am - 4.45pm
9 months - 4 years \$140.00/day

Rina's Place

14 Hewlett Street, Bronte 2024
(ph) 9387 6246 / 0425 766 484
(e) joshuarina@optusnet.com.au

Playgroups

Playgroup NSW Inc

(ph) 1800 171 882, 9684 9500

(f) 9684 5613

www.playgroupaustralia.com.au/nsw

(e) admin@playgroupnsw.org.au

Two hour sessions for parents/ carers and their children aged 0 - 5 years meet and play.

Rose Bay Playgroup

The Cottage, Rose Bay Golf Club, O'Sullivan Road, Rose Bay 2029

(ph) 9391 7170

www.rosebayplaygroup.weebly.com

(e) rbplaygroup@hotmail.com

CMP Playgroup

Level 2, Church in the Marketplace
400 Oxford St Mall, Bondi Junction
2022

(ph) 9387 2300

www.cmponline.net

(e) reception@cmponline.net

Ages 0 - 5 years. Prices: \$6 – 1 child, \$8 – 2 children, \$12 – 3 or more children, \$50 – 10 sessions pass. Time: 9.30am – 11.30am during school terms.

Francis Street Playgroup

Thomas Hogan Reserve, Francis St,
Bondi 2026

(ph) 0429 521 982

(e) info@bondibeachplaygroups.org.au

Bondi North

Hall Early Childhood Centre
Cnr Brighton Blvde & Wairoa Ave,
Bondi North 2026

(ph) 0425 226 386

www.bondibeachplaygroups.org.au/north-bondi

(e) info@bondibeachplaygroups.org.au

Mobile Play Bus

Phone: 0422 377 574

(e) mobileplaybus@savethechildren.org.au

Free playgroup for local families with young children. Located Dudley Page Reserve, cnr Military Rd & Lancaster Rd, Dover Heights, 10am to noon on Thursdays, School term only. Run by Save The Children.

Bondi Yeshiva Tots

Yeshiva Centre

36 Flood Street, Bondi NSW 2026

(ph) 0409 555 999

(e) shainadfeldman@gmail.com

Emergency Assistance

Salvo Care Line Crisis Services

Provides 24 hour telephone crisis counselling, information and referrals:

- **1300 36 36 22** Salvo Care Line
- **13 11 14**
- **1800 55 1800** LifelineKids Help Line
- **1300 659 467** Suicide Call Back Service (Professional call back service referral line – seven days a week)
- **1300 789 978** Mensline Australia (24 hour professional phone counselling and referral)
- **1800 011 046** Veterans Line (after hours professional telephone crisis counselling for veterans and their families)

St Vincent de Paul Referral Centre

Ground Floor, 332-342 Oxford St
Bondi Junction 2022
(ph) 9387 5614
(f) 9387 4442

Opening Hours

Monday - Friday: 10am - 1pm, 1.30pm - 3pm

Clients need a Centrelink referral for assessments, ring for appointment. Assistance emergency relief maybe given depending on assessment. Financial assistance support may include providing food or food vouchers, clothing, furniture, budget support, assistance with utility bills, information and advocacy. Home visitation may be necessary after assessments have been done. Offers referrals for budget counselling, financial counselling, and counselling.

Emergency Care

Barnardos Sydney Metro Care

Level 1, 60 - 64 Bay St, Ultimo 2007
GPO Box 9996, Sydney 2001
(ph) 9218 2358 (f) 9211 0188
A/H 0400 380 939
(e) sydneymetro@barnardos.org.au

Offers short term foster care for children and weekend ongoing respite care for families at risk of breakdown.

Child Protection Services

Barnardo's South East Sydney Temporary Family Care

60 - 62 Bay Street, Ultimo 2007
(ph) 9218 2358
www.barnardos.org.au
(e) sydneymetro@barnardos.org.au

Temporary Family Care - short term foster care for children 0- 12 years. Home visiting support to families with children & adolescents in eastern, southern & inner Sydney areas. Foster care is provided in the homes of professionally recruited, assessed and trained carers.

Child Abuse Prevention Service (CAPS)

PO Box 1235, Ashfield 2131
(ph) 1800 688 009
(ph) 9716 8000
(f) 9716 8159
www.childabuseprevention.com.au
(e) mail@childabuseprevention.com.au

24 hour crisis support service providing assistance to prevent child abuse in families suffering stress.

Child Protection Unit

Level 1, Emergency Wing, Sydney Children's Hospital, High St, Randwick 2031
(ph) 9382 1412 (Office Hours)
A/H 9382 1111
(f) 9382 1410
www.sch.edu.au

Provides clinical assessment and therapeutic interventions to maltreated children and their families. Evaluation of children who have experienced or are at risk of abuse or neglect. Provides consultative service for anyone who would like an opinion on what to do in cases where abuse or neglect is uncertain.

Department of Family and Community Services

Child Protection Helpline: 13 21 11 (24 hours)
www.facs.nsw.gov.au

24 hour helpline for child protection issues. Staff take all reports relating to child protection issues within NSW and refer these reports so that appropriate action is taken. Covers young people at risk including those in the care of the Director General (previously known as State Wards).

Other contact details:
Children's Services Team
(ph) 8303 7622
Domestic Violence Counselling Line:
1800 656 463 (24 hours)

Eastern Sydney Scarba Service

Level 1, 188 Oxford Street (PO Box 171),
Paddington, NSW 2021
(ph) 8262 3400
(f) 93602319
www.benevolent.org.au

A service of the Benevolent Society who works with high risk families where children have been abused or neglected. To promote positive change and in particular with the care givers so that they may provide a more safe and nurturing environment for their children.

SDN Brighter Futures Program Central & Eastern Sydney

141-145 Pitt Street, Redfern 2016
(ph) 9698 3144
www.sdn.org.au
(e)
brighterfuturescentralandeastern@sdn.org.au

Brighter Futures is a voluntary program for families who are expecting a child or have children up to and including nine years of age, and who are facing problems that are affecting their ability to care for their children.

The program provides families with the necessary support and services to help prevent an escalation of the problems they are facing. We recognise that supporting families before problems reach a crisis improves family resilience, promotes healthy child development, and reduces child abuse and neglect.

Mychild.gov.au

(ph) 1800 670 305

The mychild.gov.au website is Australia's online child care portal. On this website you will find information on different types of child care and how to get assistance with the cost of child care. You can also search a database to find child care centres in your local area. In many cases, you will also be able to find the services' vacancy and fee information.

The site also has information and links to other useful websites about children's health and wellbeing, parenting and family support services.

Early Childhood Intervention Services & Support

Services for Children with Additional Needs

Early Childhood Intervention Infoline

(ph) 1300 656 865

For referral to local intervention services. Funded by Ageing Disability & Home Care (ADHC), run by Lady Gowrie Child Centre.

Early Childhood Intervention Services are designed to assist families with children from birth until they enter the school system. These services are for children who:

- Have a developmental delay or a disability
- Require specialised services without which it is likely that developmental milestones may not be achieved, and/or are at risk of developing a developmental, disability /delay.

Autism Spectrum Australia

Building 1, Level 2, 14 Aquatic Drive, Frenchs Forest 2086
(ph) 1800 277 328 (9.00am – 5.00pm)
If you are in crisis, please contact your local hospital, emergency or **Life Line on 13 11 14**.
www.autismspectrum.org.au

Provides services and training on Autism Spectrum Disorders. Includes Autism Information Line, Centre for Autism Learning, early intervention services, assessment, school outreach services, employment opportunities and community options for adults.

Bondi Rainbow Club

(ph) 0417 221 119
www.rainbowclubaust.com.au
(e) info@rainbowclubaust.com.au

Helping children with a disability learn to swim. Classes held at Wairoa School on Saturday afternoons. Please register online at <http://rainbowclubaust.com.au/index.php/registration>

Cystic Fibrosis New South Wales

(ph) 8732 5700 (f) 8732 5799
Free call: 1800 650 614
www.cysticfibrosis.org.au
(e) admin@cfns.org.au

Provides services to people & families with children with CF. Information for professionals and the public on research, education, advice and support.

Down Syndrome NSW

Level 6, 410 Church Street North Parramatta, NSW, 2151
(ph) 9841 4444 (Sydney Metro)
(ph) 1800 811 629 (Outside Sydney Metro)
www.downsyndromensw.org.au
(e) admin@dsansw.org.au

Parent support association encouraging people with down syndrome to take their place in the community and raise community understanding.

Eastern Respite and Recreation

Suite 602, Level 6,
806-812 Anzac Parade, Maroubra 2035
(ph) 8347 7000 (Mon - Fri: 9.00am – 5.00 pm)
(f) 1300 886 894
www.easternrespite.com.au
(e) err@easternrespite.com.au

Provides range of recreation, respite & skills development programs to assist people with disabilities and their primary carers. Services include in-home respite, one-to-one support to access community facilities, group activities, peer support, carer support program, evening, weekend and school holiday programs.

Epilepsy Action

Suite 8, 44-46 Oxford St, Epping 2121
(ph) 9856 7090 (f) 9869 4122
www.epilepsy.org.au
(e) epilepsy@epilepsy.org.au

Provides range of support services for people with epilepsy and their families. Epilepsy educators help people adjust to living with epilepsy and offers guidance & information to the community.

Family Assistance Office

(ph) 13 61 50 (Mon – Fri: 8.00am – 8.00pm)
(f) 9391 4345
www.humanservices.gov.au

Helps families with the cost of raising children, through family assistance payments. Eligibility may include the following payments: Family Tax Benefit A (helps families with the cost of raising children), Family Tax Benefit Part B (gives help to families with one main income) and Child Care Benefit (helps families with the cost of child care).

Lifestart Eastern Sydney

Chifley Public School, Mitchell St (enter via Macquarie St. gates), Malabar 2036
139 Garden St, Maroubra 2035
(ph) 9311 0177
www.lifestart.org.au
(e) easternsydney@lifestart.org.au

Provides services to families who have a child with an intellectual disability or delay in development. Families have access to the services & skills of special educators, speech pathologists, physiotherapists & occupational therapists, as well as specialists in behaviour & program development.

RIDBC Matilda Rose Centre

125 Birrell St, Waverley 2024
(ph) 9369 1423 (f) 9872 0335
<http://www.ridbc.org.au/>
(e) info@ridbc.org.au

Provides an environment where hearing impaired children, including those with additional needs, and their families, receive specialised, integrated and intensive programs to optimise listening, relating and communicating. The Centre is staffed by an experienced transdisciplinary team including special educators, speech and language pathologists, audiologists, occupational therapists and physiotherapists.

Muscular Dystrophy Association of NSW

Suite 101, 5 Bay Drive, Meadowbank, 2114
Free call: 1800 635 109
(ph) 9888 5711 (f) 9887 4423
www.mdnsw.org
(e) info@mdnsw.org.au

Support and information for families affected by neuromuscular disorders. Includes support networks, events, seminars, workshops and a quarterly newsletter. May also assist with funding of equipment for members.

Northcott Society

The Northcott Building, 1 Fennell St,
North Parramatta 2151
(ph) 9890 0100 (f) 9683 2827
www.northcott.com.au
(e) northcott@northcott.com.au

Provides a range of services to people with disabilities. Includes early childhood support, individual & family support, respite, recreation, post school options, community living, information, rural services, equipment, technology and computer assessments.

Royal Institute for Deaf & Blind Children

361 - 365 North Rocks Rd North Rocks 2151
(ph) 9871 1233 (f) 9871 2196
www.ridbc.org.au
(e) info@ridbc.org.au

Provides early intervention, pre-school and school-aged educational programmes for children with hearing and/or vision impairment. Services include centre-based and home-based programs, an audiology clinic and a research and professional training centre.

Cerebral Palsy Alliance

187 Allambie Rd, Allambie Heights 2100
(ph) 1300 888 378
(f) 9451 6731
www.cerebralpalsy.org.au
(e) info@cerebralpalsy.org.au

Cerebral Palsy Alliance offers best practice early childhood and school based programs to children living with a range of physical, sensory, intellectual and behavioural disabilities. The highly skilled team includes speech pathologists, occupational therapists, physiotherapists, psychologists, exercise physiologists, early educators, social workers, and therapy support staff. Our specialist team is dedicated to helping children with a range of supports.

Spina Bifida Group of NSW

1 Fennell St, North Parramatta 2151
(ph) 1800 506 071
(f) 9683 2827
www.northcott.com.au
(e) sbgroup@northcott.com.au

Aims to assist parents and others who care for spina bifida children to understand and cope with the many problems they face.

Cerebral Palsy and Movement Disorders at Rehab2Kids

Rehab2Kids, Level 2,
Ainsworth Wing
Sydney Children's Hospital
High St, Randwick 2031
(ph) 9382 1685 (appointments)

Provides a consultative multidisciplinary assessment in the management of movement disorders in cerebral palsy. Referrals by GP.

Tumbatin Developmental Clinic

Child development services (Tumbatin Clinic) at Sydney Children's Hospital, Randwick
CNR Avoca St and Barker St, Randwick 2031
(ph) 9382 8189/8191 (f) 9382 8188
<http://www.schn.health.nsw.gov.au/parents-and-carers/our-services/developmental-delay-and-intellectual-disability/sch>

Diagnosis and assessment of children with suspected developmental delay or a known disability. GP Referral to Tumbatin is necessary.

Vision Australia

4 Mitchell St, Enfield NSW 2136
(ph) 1300 847 466
(f) 9747 5993
TTY: 9334 3260
www.visionaustralia.org (e)
info@visionaustralia.org

Provides a range of services for children and adults who are blind or vision impaired. Includes counselling, employment support, computer training, a talking book library and newspaper service. Also provides low vision aids and strategies for managing everyday activities and retaining independence.

Family Support and Advice

Waverley Council's Family & Community Support Worker

1st Floor, 31 - 33 Spring Street
Bondi Junction, 2022
(ph) 9083 8927/8938

Council provides a family support service including counselling, parenting programs and information sessions to families of children enrolled in Council's Children's Services. It also assists in providing priority of access to children with additional needs into Council's Early Education Centres.

Australian Multiple Birth Association - National Office

(ph) 1300 886 499
www.amba.org.au
(e) secretary@amba.org.au

Provides support to parents expecting or who have multiple births (twins, triplets, quads and quins). Includes information, equipment hire, bereavement support and support for those with special needs. Can provide contact details of local groups throughout NSW.

Barnardo's South East Sydney

60-62 Bay St, Ultimo 2007
(ph) 9218 2358 (24 hours)
(f) 9599 0469
www.barnardos.org.au
(e) rhamill@barnardos.org.au

Operates family support program offering short-term crisis care for children 0 - 12 with

professional foster families. Ongoing planned respite care provided to families under stress.

Bondi Beach Cottage Family Support and Occasional Childcare Centre

42 Brighton Boulevard, Bondi Beach 2026
(ph) 9365 1607
(f) 9365 1366
www.bondibeachcottage.org.au
(e) bbc@bondibeachcottage.org.au

Provides counselling and referral also holding social and group activities throughout the year. Occasional child care for 0 - 5 year olds. Bookings essential. Groups available for women, social activities, parent & baby support, and domestic violence support. Support is offered for parenting, legal matters, housing and cross-cultural issues.

Carers NSW

(ph) 1800 242 636 (9.00am – 5.00pm)
For carers wanting emergency respite call 1800 052 222
After hours service call Lifeline 13 11 14
www.carersnsw.asn.au

Carers NSW is an association for relatives and friends caring for people with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who are frail.

Lady Gowrie Children's Services - Child & Family Infoline

(ph) 8571 9783
(f) 1800 803 820
www.gowrie-sydney.com.au
(e) reception@gowriensw.com.au

A free service assisting families to make informed decisions about child care and related family issues. Trained staff provides information about a range of children's services including Long Day Care centres, Vacation Care, Out of School Hours Care and children with special needs.

Child & Family East (Randwick) Cafe

Sydney Children's Community Health Centre
Cnr Barker St & Avoca St, Randwick 2031
(ph) 9382 8213
(f) 9382 8105

Combined children's and adolescent clinic. Assessment and help with emotional and behavioural difficulties as well as assessment of children with learning difficulties.

Dads in Distress (DIDs)

2 Duke St, Coffs Harbour NSW 2450
Ph: 1300 853 437 (Mon-Fri: 9.00am – 5.00pm)
www.dadsindistress.asn.au
(e) enquiries@dadsindistress.asn.au

DIDs, by its very name is focused mainly on supporting men through separation from their partner and/or children, however they also have the health, safety and well-being of ALL the family uppermost in our mind.

Department of Family and Community Services

4-6 Cavill St Avenue, Ashfield NSW 2131
(ph) 13 21 11 (f) 9633 7666

Experienced workers are available at the Department of Community Services to assist families having difficulties with children or experiencing domestic violence. Information, support and referral available to community. Support services available for children and families.

Other contact details

Child Abuse Reporting Line: 13 21 11
Children's Services Team: 8303 7622
Domestic Violence Counselling Line:
1800 656 463 (24 hours)

Family Court of Australia

97-99 Goulburn St, Sydney 2000
(ph) 1300 352 000 (f) 9217 7136
www.familycourt.gov.au
(e) enquiries@familylawcourts.gov.au

Set up under the Family Law Act to deal with problems relating to the breakdown of a marriage, i.e. the residence & contact of children and maintenance & the split up of property after marriage. Parramatta Registry, 1-3 George St Parramatta.

Holdsworth Community

64 Holdsworth St, Woollahra NSW 2025
Ph: 9302 3600 (Mon - Fri: 09.00am – 5.00pm)
(f) 9327 5298
www.holdsworth.org.au
(e) info@holdsworth.org.au

Provides a range of services to families with young children with the aim of assisting them to deal effectively with the daily demands of parenting. We seek to promote effective parenting skills through building on strengths and social supports.

Jewish Care Family Services

3 Saber Street, Woollahra 2025
(ph) 1300 133 660 / 8305 8021 (A/H)
www.jewishcare.com.au
(e) firstcall@jewishcare.com.au

Social welfare for the Jewish Community offering counselling and support. Russian speaking workers available. Offers group programs for people with intellectual and psychiatric disabilities and employee facilities for people with an intellectual disability.

Karitane Family Care Cottage

146 Avoca St, Randwick 2031
(ph) 9399 6999
(f) 9399 8510
www.karitane.com.au

Day service providing support and education for families with children aged 0-5 years. Caters for families with special needs. Programs include: post-natal depression, sleep & settling education, emotional & psychological difficulties, toddler & sibling management and lactation.

Kids Helpline

(ph) 1800 551 800 (24 hours)
www.kidshelpline.com.au
(e) admin@kidshelp.com.au

Australia's only free, private and confidential, telephone and online counselling service specifically for young people aged between 5 and 25. Any time. Any reason.

Lifeline

(ph) 13 11 14 (24 hours)
www.lifeline.org.au

A national charity providing all Australians experiencing a personal crisis with access to 24 hour crisis support and suicide prevention services. You can call Lifeline's 24 hour crisis line about Suicidal thoughts or attempts, Personal crisis, Anxiety, Depression, Loneliness, Abuse and trauma, Stresses from work, family or society and for Self-help information for friends and family.

Mensline

(ph) 1300 789 978
www.mensline.org.au

MensLine Australia is a professional telephone and online support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

Post Adoption Resource Centre

(ph) 9504 6788
(f) 9570 2699
www.benevolent.org.au
(e) parc@benevolent.org.au

Provides telephone and face to face counselling including information and support for adults affected by adoption.

Relationships Australia (Eastern Suburbs)

Level 2, 175 - 181 Castlereagh St, Sydney, 2000
(ph) 1300 364 277 / 8362 2888
(Mon - Fri: 09.00am – 5.00pm)
www.relationships.org.au

Provides individual, couple or family counselling. Groups are offered for separated people, couples with communication problems, children of separated or divorced parents & family violence prevention.

SDN Brighter Futures

(ph) 9698 3144
www.sdn.org.au
(e) brighterfuturescentralandeastern@sdn.org.au

Voluntary program for families who are expecting a child or have children up to and including eight years of age, and who are facing problems that are affecting their ability to care for their children.

SIDS and Kids

(ph) 02 85858700 or 1300 308 307 (24 hours)
(f) 02 85858791
www.sidsandkids.org
NSW Information:
www.sidsandkids.org/offices/new-south-wales/contact-us/
(e) sydney@sidsandkids.org

Provides support to families who experience the death of a baby or child during conception up to 6 years of age.

Information available about sleeping babies safely, sudden unexpected infant death (SUDI/SIDS) and care of bereaved families.

Safe Sleeping and Bereavement resources available on the web site.

South Eastern and Northern Sydney Family Referral Service

(ph) 1800 066 757
www.barnardos.org.au/barnardos/html/family_referral_services.cfm
(e) sensfamilyreferral@barnardos.org.au

Helps families link with a wide variety of services including: Mental Health, Alcohol and Other Drugs, Domestic Violence, Counselling, Housing and Accommodation, Budgeting, Playgroups, Education, Disability, Respite, Parenting, Youth Support, Education and Employment.

St Vincent's Community Health Centre - Waverley Centre

301 Forbes St, Darlinghurst 2010
(ph) 8382 1988 (Intake) Fax: 8382 1997

Services located at the Waverley Centre are WAVES (Hydrotherapy), School Health Nurses, the Parent Support Team, and the Families First Team. Other services include general nursing, occupational therapy, physiotherapy or social work.

The Benevolent Society - Commonwealth Carer Respite Centre

Locked Bag 6002, Hurstville, NSW, 1481
(ph) 1800 052 222 / 1800 917 139
www.benevolent.org.au
(e) access@benevolent.org.au

Provides short-term planned and emergency respite for carers living in South Eastern Sydney, including specialist respite for carers of people with dementia, older people, and people with disabilities. They support carers, including young people caring for a parent or relative, and ageing parent carers. They also provide centre-based day care for older people in the St George area. To also help support carers, they hold many Carer's Events throughout the year such as Carer Retreats, Family Fun Day and Dementia Carer's Workshops.

The Benevolent Society Dads Talk

(ph) 8314 9400
www.benevolent.org.au

Free workshops specifically designed for men, and run by men, to tackle the issues that new fathers commonly face, and help equip them with practical skills such as settling techniques for baby, learning and bonding through play, and baby massage. Run weekly on Wednesdays, 6:30pm to 8pm. To register or for more information, contact Jason or Tim on 02 8314 9400 or 0419 461 422.

The Benevolent Society Family Preservation

(ph) 8262 3400
www.benevolent.org.au

Family preservation services, known as Scarba, work intensively with parents of children at risk to change their behaviours so they can provide a safe and nurturing home.

The Benevolent Society Kids in Focus

(ph) 8262 3400
www.benevolent.org.au

Kids in Focus ensures children living in families where there is drug or alcohol abuse are safe and cared for.

The Benevolent Society Respite for Children & Younger People (CYC) with Disabilities

(ph) 1800 917 139
www.benevolent.org.au

Respite for Children and Younger People (CYP) with Disabilities is delivered from the Hurstville office as part of the Carer Respite Centre group of programs. The program assists carers/parents of children and younger people with severe and profound disability. It provides short-term and emergency respite and care- planning with carers and referral to and work in partnership with case-management and other respite programs. Clients are referred via assessment, external community care services, diagnostic centres and health services (e.g.: paediatrician).

The Benevolent Society Volunteer Home Visiting Service

(ph) 8262 3400 Fax: 9360 2319
www.benevolent.org.au

Our trained volunteers visit new parents who don't have much support to assist with everything from looking after the children while parents do housework or shopping to helping families get involved in local activities or providing companionship and advice.

Tresillian Family Care Centres

(ph) 9787 0800 / 1300 272 736
www.tresillian.net
(e) tresillian@sswahs.nsw.gov.au

Each year Tresillian assists close to 80,000 families with young children across New South Wales. They pride themselves on offering a caring and personalised service to parents in the early years as they help them gain confidence in their own parenting abilities.

Vincentian House

(ph) 9357 1533
www.vinnies.org.au/vincentian-house-nsw

Vincentian House is a crisis accommodation, case management and outreach Support Service for families and women. They specialise in supporting families, women, children through a dedicated team of support workers and partnerships with visiting clinicians and specialised services. Their crisis service is staffed 24 hours a day, 7 days a week. Vincentian House welcomes families who are experiencing homelessness or are at immediate risk of homelessness. Vincentian House will also accept referrals for, and consider, other family groups who are having difficulty accessing assistance from other services.

Volunteer Home Visiting - Eastern Sydney

Benevolent Society, 24A Ocean St,
Bondi 2026
(ph) 8262 3400
www.benevolent.org.au
(e) stellad@bensoc.org.au

For families experiencing stress around the birth of a new baby and young children. This may be due to isolation, a disability in the family, multiple births or difficulty accessing services because of a culturally and linguistically diverse background. Trained volunteers spend a couple of hours a week offering support and may be with the family anywhere from six to eighteen months. Volunteers provide general support and talk through parenting issues with families.

Domestic Violence Support Groups

If you, or another adult or child, are in immediate danger call 000.

Bondi Beach Cottage Family Support and Occasional Childcare Centre

42 Brighton Blvd, Bondi Beach 2026

(ph) 9365 1607

(f) 9365 1366

(e) admin@bondibeachcottage.org.au

www.bondibeachcottage.org.au

Counselling services to those affected by domestic violence, depression, anxiety and a variety of issues.

Jewish Care

Community Aged, Disability, Children, Family and Community, mental Health and Wellbeing and Corporate

3 Saber St Woollahra Cnr Newland St

PO Box 647 Bondi Junction 1355

(e) firstcall@jewishcare.com.au

(ph) 1300 133 660 / 8305 8021 (After hours)

The Jewish Care Domestic Violence program assists women and children in domestic violence situations, generally by the provision of casework and counselling by professional social workers.

Justice Precinct Office

Level 1, 160 Marsden St, Parramatta
Locked Bag 5118, Parramatta NSW 2124

Enquiries & Support

(ph) 1800 933 063

(f) 02 8688 9632

www.victimsservices.justice.nsw.gov.au

(e) vs@justice.nsw.gov.au

Victims of crime can contact the office directly to obtain a range of support services.

NSW Domestic Violence

NSW Domestic Violence Crisis Line

(ph) 1800 656 463 (24 hours)

www.domesticviolence.nsw.gov.au/home

Provides crisis counselling, referral and information on women's refuge accommodation.

Sisters of Charity Outreach Service

438 Victoria St, Darlinghurst 2010

(ph) 8382 6430

Fax: 8382 6432

www.sistersofcharityoutreach.com.au

(e) outreach@stvincents.com.au

Provides referral service and short term crisis accommodation in a safe environment to women experiencing domestic violence.

Eastern Sydney Staying Home Leaving Violence

PO Box 6322

Alexandria

(ph) 8374 4000

www.anrows.org.au/eastern-sydney-staying-home-leaving-violence

Support women who want to stay in their own home (or a home of their choice) and leave domestic violence.

The Deli Women & Children's Centre

72 Maloney St, Eastlakes 2018

(ph) 9667 4664

www.thedeli.org.au

The Deli offers domestic violence counselling, supported playgroups, education family support, advocacy, referrals and groups for women and children.

The Junction Neighbourhood Centre (JNC)

JNC Bondi Junction,

59 Newland St, Bondi Junction 2022

(ph) 9349 8200

www.jnc.org.au

JNCs provide one-to-one casework for families with children under 12. JNCs are located in Maroubra, Randwick and Bondi.

Waverley Police Domestic Violence Liaison Officer

Waverley Police Station

153 Bronte Rd, Waverley 2024

(ph) 9369 9899

Access to the liaison officer is made via the Waverley Police.

USEFUL NUMBERS

- **9287 7505** Domestic Violence Court Advocacy Service
- **9386 0770** Jewish Home (Bondi)
- **1800 656 463** NSW Domestic Violence Crisis Line Women's
- **0432 630 359** Community Shelters
- **1800RESPECT (1800 737 732)**

Pregnancy and Childbirth

Antenatal education for expectant parents are encouraged to access sessions from the hospital in which they are birthing.

Health/Antenatal Education for the public hospitals in SESLHD, here is the link: www.seslhd.health.nsw.gov.au/Young_Parents/links.asp.

Australian Breastfeeding Association - ACT NSW Branch Office

76 Glenhaven Road, Glenhaven, NSW 2156
(ph) 02 9634 3915 or 02 9680 2797
www.breastfeeding.asn.au
(e) actnswoffice@breastfeeding.asn.au

Provides mothers with practical mother-to-mother support and information, enabling them to establish and continue breastfeeding.

Birthing Rites Australia

10 Denison Street, Bondi Junction 2022
(ph) 9387 3615
www.birthingrites.com
(e) birthingrites@zipworld.com.au
Offers pre and post-natal classes.

Family Planning NSW

328 - 336 Liverpool Rd, Ashfield 2131
(ph) 1300 658 886
(f) 9716 6164
www.fpnsw.org.au
(e) fpnsw@org.au

Healthline staffed by Clinical Nurse Specialists, provides information on contraception, fertility, sterilisation, pap tests, sexual problems, vasectomy referrals, pregnancy, menopause and referral to other health and welfare providers.

MotherSafe

Royal Hospital for Women, Barker St,
Randwick 2031
(ph) 9382 6539 (f) 9382 6070

Free comprehensive counselling service for women concerned about exposure to medication, street drugs, infections, radiation and occupational exposures during pregnancy and lactation.

Royal Hospital for Women

Prince of Wales Hospital, Barker St, Randwick
(ph) 9382 6111
www.sesiahs.health.nsw.gov.au/rhw

Comprehensive range of women's health services including gynaecological, obstetric & fertility, parent craft lectures, lactation clinic, physiotherapy & counselling services and an outpatient clinic.

Baby Capsule Hire

Baby's Things - All Safe Child Restraints Kensington

145A Anzac Pd, Kensington 2033
(ph) 9663 2320 / 0418 201 778
(f) 9663 2372
www.babythings.com
(e) info@babythings.com.au

Hire, installation and sales of child car seat restraints and capsules. Contact the service prior to baby's birth. Some cars may need to be modified.

Hire for Baby - Bondi

(ph) 8011 4320
www.hireforbaby.com/branches/nsw/bondi

Short or long term hire for all baby equipment for newborns up to preschool. RTA trained accredited Infant Restraint Rental Plan providing free fitting of hired child restraints.

Paul Stewart Automotive

120 Birriga Rd, Bellevue Hill 2023
(ph) 9365 6609

Authorised child restraint fitting station, specialising in the installation of baby capsules, baby seats and booster seats in all cars, vans, mini buses.

Singles Parent Families

Parents Without Partners (PWP) NSW Inc.
(ph) 9833 2633
www.pwp-nsw.org.au

PWP-NSW is a not-for-profit organisation by parents – for parents, who organise social activities for single parents and children.

Health Services

Community Health Centres

These are multi-disciplinary teams which provide a range of services for individuals and families. Services are free and for children, can include assessment and treatment of speech disorders for which there is a long waiting list, assessment and treatment of emotional and behavioural difficulties, and physical screening and referrals.

Waverley Community Health Centre
War Memorial Hospital, Birrell Street,
Waverley 2024
(ph) 9369 0400 / 9369 0100

Provides selected child and family health services for local residents. Call for further information.

Child & Family East
Sydney Children's Community Health Centre
Cnr Avoca & Barker St, Randwick 2031
(ph) 9382 8213 / 9382 8288

Provides assessment and treatment of emotional/behavioural difficulties and speech and language problems mainly for children in the Randwick and Botany Local Government areas. Appointments via the Intake Officer.

Pre-school health and developmental assessments can be performed by the Pre-School Medical Officer in pre-school or long day care centres in the Waverley area.

Brief physical and developmental screening service is also available for under 2's. The School Health Unit which covers Waverley, provides a screening, (including vision & hearing), education and referral service for over 5's.

Early Childhood Health Centres (Baby Health Centres)

Advice on mothercraft, nutrition, immunisation, hygiene and feeding. Health checks for growth, hearing and development. Comfort and counselling for mothers. Suitable for mothers with children 0 - 4 years.

Bondi Beach Early Childhood Centre

Cnr Wairoa Ave & Brighton Bvd
Bondi Beach, 2026
(ph) 9130 2838 (f) 9130 4988

Opening Hours:

Monday – Friday, 8:30am – 5:00pm
Drop in: Monday 9am – 12pm, no appointment necessary
New Parents Group: Tuesday 10am – 12pm
at St Andrew's Church, Wairoa Ave, Bondi for parents of babies aged 0 – 3 months

Waverley Early Childhood Health Centre

25 Ebley St Street, Waverley, 2024
(ph) 9387 1981 For appt's (ph) 93820933

Opening Hours:

Monday – Friday, 8:30am – 5:00pm
Drop in: Tuesday 9am – 12pm, no appointment necessary
New Parents Group: Tuesday 2pm – 4pm for parents of babies aged 0 – 3 months
Information sessions: 1st Tuesday each month 2pm – 3pm (starting on solids)

USEFUL LINKS

Kids in the east (online magazine for families who live, work or play in Sydney's Eastern Suburbs.

https://issuu.com/kidsintheeast/docs/issue1_update

Public Health

South Eastern Sydney Public Health Unit Prince of Wales Hospital

(ph) 9382 8333 (f) 9382 8334
Monday to Friday 8.00am - 5.00pm

Provides a public health service to people in the Eastern Suburbs and St George areas. A major role is to provide information and assistance on a variety of public health issues including environmental health, infectious diseases, general safety, vaccination programs and food safety.

Hospitals

Sydney Children's Hospital

High Street, Randwick 2031
(ph) 9382 1111 (f) 9382 1451
www.sch.edu.au

Public hospital providing services in paediatric and adolescent medicine and surgery as well as child protection.

Royal Hospital for Women

Prince of Wales Hospital, Barker St
Randwick 2031
(ph) 9382 6111
(f) 9382 6513
www.seslhd.health.nsw.gov.au/rhw/

Public hospital with private beds and specialist clinics for gynaecological/obstetric health services.

Prince of Wales Hospital

Cnr Barker & High Street, Randwick 2031
(ph) 9382 2222

St Vincent's Public Hospital

390 Victoria Street, Darlinghurst 2010
(ph) 8382 1111
www.stvincents.com.au

Immunisation

Sydney Children's Hospital Immunisation Clinic

High Street Randwick, 2031
(ph) 9382 1470

Pre-school children Wednesday 8.30am - 9.00am
Children with no previous allergies
Friday's 8.00am - 11.00am

Immunisation enquiries requesting documentation, records etc contact South East Sydney Area Health Service on 9382 1470 which is based at Sydney Children's Hospital Immunisation Clinic.

General Enquiries
(ph) 9382 1461

Information and Resources Services

Bondi Beach Cottage Family Support and Occasional Childcare Centre

42 Brighton Bvd, Bondi 2026
(ph) 9365 1607 (f) 9365 1366
(e) admin@bondibeachcottage.org.au
www.bondibeachcottage.org.au

Provides referral and social and group activities throughout the year for different programs: Carer Support, Smart Parenting – Women As Mothers Group and Domestic Violence Information and Support.

Community Child Care Co-operative NSW

6/142 Addison Road, Marrickville 2204
(ph) 8922 6444
www.ccccnsw.org.au
(e) info@cccnsw.org.au

Involved in all aspects of Children's Services including: assisting community groups to develop local services, lobbying, providing a contact point, disseminating information & resources and training for community based & private services for child care centres.

The Junction Neighbourhood Centre (JNC)

JNC Bondi Junction,
59 Newland St, Bondi Junction 2022
(ph) 9349 8200
www.jnc.org.au

JNC has group activities, community information & referral, a neighbour aid service and other related activities. Groups include English conversation & creative arts. Tenancy advice and a list of local boarding houses are available. Practical assistance is provided for unemployed. Volunteers undertake a wide range of jobs within the Centre and through the neighbour aid service. Social support programs for older people.

Inner/Eastern Sydney Child and Family Interagency

(ph) 9213 2400
www.sdn.org.au

Provides coordination, information and support to the children services sector.

Lady Gowrie Children's Services

(ph) 1800 803 820

Early childhood intervention: 1300 65 68 65

Web: www.gowrie-sydney.com.au

Provides information, referral, advocacy and advice on various services for children particularly 0-5 year olds. Telephone Interpreter Service used for non-English speaking callers.

Waverley Library

32-48 Denison Street, Bondi Junction 2022

(ph) 9083 8777

www.waverley.nsw.gov.au

(e) library_enquiries@waverley.nsw.gov.au

Online database:

http://www.waverley.nsw.gov.au/services/library/reference_library/online_database

Provides a database of community information, including information on cultural and sporting activities, leisure and child care services.

Library Services

Waverley Library

The Ron Lander Centre

(ph) 9083 8777

32 - 48 Denison Street, Bondi Junction 2022

www.waverley.nsw.gov.au/library

Hours of Adult Lending Library

Monday to Friday: 9.30am - 9pm

Saturday: 9.30am - 3pm

Sunday: 1.00pm - 5pm

Children's Library

(Waverley Library)

(ph) 9083 8722

Hours:

Monday to Friday: 9.30am - 9pm

Saturday: 9.30am - 3pm

Sunday: 1.00pm - 5pm

Book Babies 0-2 years on Monday 9.30am, 10am, 10.30am and 11am (ticket required), Rocking Rhymetime 2-3 years on Thursday 10am and 10.45am (ticket required), Tales for Tykes 3-5 years on Tuesday 10am and 11am (ticket required).

Special activities for all ages during school holidays. A wide range of picture books, junior

fiction and non-fiction, DVDs audiobooks and information on reading to children and teaching them to read.

Bondi Toy Library

(In the Early Childhood Centre)

Cnr Wairoa Ave & Brighton Blvd,

Bondi Beach 2026

(ph) / (f) 9300 0087

(e) bonditoylibinc@optus.net.au

Facebook: [facebook.com/bonditoylib](https://www.facebook.com/bonditoylib)

Caters for children aged 0-6 years, including children with additional needs.

Tuesday, Thursday, Friday & Saturday:

9:30am – 12.00pm

Sunday, Monday & Wednesday: Closed

Government Departments

NSW Family & Community Services (FACS)

Child protection Helpline: (ph) 132 111

(24 hours/7days)

<http://www.facs.nsw.gov.au/>

Supervision and support for families where children have been physically, emotionally or sexually abused, neglected or are 'at risk'. Responsible for adoptions & fostering, Disability Services, licensing, monitoring & supervision of children's services and assistance & advice on child care matters.

NSW Family & Community Services: FACS Housing

(ph) 1300 HOUSING (1300 468 746)

www.housing.nsw.gov.au

Provides public housing with a range of assistance to eligible applicants and tenants including advice and referral on housing options, emergency housing and bond assistance for those whose needs cannot be met by the private rental market.

Australian Government

Department of Human Services

(ph) 136 150

Information for contacting Centrelink, Medicare or Child Support, and the Department of Human Services:

<https://www.humanservices.gov.au/customer/contact-us>

Phone during business hours for information about payments and services for Medicare, Centrelink or Child Support.

<https://www.humanservices.gov.au/customer/contact-us/phone-us>

Leisure Activities

General

Action Kids

(ph): 0418 682 093

(w) actionkids.com/

(e) adele@actionkids.com

Church in the Market Place
400 Oxford St, Bondi Junction 2022
(The pedestrian mall)

Monday to Friday: 9.30am – 10.30am

Music and movement classes for children 9 months to 4.5 years. Hand/eye co-ordination skills, puppets, balls, beanies, parachute, musical instruments and dancing and singing. Children with special needs welcome. No bookings required. Available during school holidays.

Art 'N' Move

40 Ebley St, Bondi Junction 2022

(ph) 8387 1303

www.artnmove.com.au

For ages 6 months to 6 years. Programs includes Interactive Play; Arts & Crafts; Movement & Music; Story Time; Games and School Readiness.

Bondi Pavilion Community Cultural Centre

Queen Elizabeth Drive, Bondi Beach 2026

(ph) 9083 8400

(e) bondipav@waverley.nsw.gov.au

Wide range of classes, exhibitions, concerts, and activities including adult education classes, arts & crafts, physical fitness (adults and children) and school holiday activities. Information on community arts and cultural activities.

Child's Play

Enquiries: contact Joy – (m) 0412 345 493

www.childsplay.net.au

(e) childsplay@iprimus.com.au

Child's Play is a program for pre-school children (1-5 years) involving movement and gymnastic skills. 4 classes are held each

Tuesday to Thursday at the PCYC Daceyville, 26a Bunnerong Rd, Daceyville.

Kid's Play, an extension of Child's Play, (5-9 yrs) has 3 classes (age specific) starting at 3:45pm. Bookings essential.

Eastern Suburbs Little Athletics

ES. Marks Athletics Field, Moore Park, NSW

(ph) 9746 1122

<http://eslac.com.au/>

Operates September to March for boys and girls aged 4 to 17 yrs and provides the opportunity to learn, train and compete in a full range of athletic events. Regular Friday night competitions take place at ES Marks Athletic Field.

Gymbaroo Bondi

Bondi Pavilion Community Cultural Centre

Queen Elizabeth Drive, Bondi Beach 2026

(ph) 0409 659 479

(e) info@gymbaroobondi.com

Enhances motor and social development and assists children to reach their full potential. Classes are held at Bondi Beach in the Seagull Room, 1st floor, Bondi Pavilion. Age appropriate classes: babies from 8 weeks to 5 years old, limited group sizes. Carers and grandparents welcome also. Bookings essential.

International School of Music (ISM), Bondi

Shop 1, 400 Oxford St, Bondi Junction 2022

(ph) 8086 8011

(e) ismbondi@ismaustralia.com

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

Specialise in children's group music classes for ages 2 and above. Group piano/keyboard tuition studying all styles of music from 4 years.

Mobile Play Bus

Ph: 0422 377 574

(e) mobileplaybus@savethechildren.org.au

Free playgroup for local families with young children. Located in Thomas Hogan Reserve (Francis St near Old South Head Road,

Bondi) 10am to 12.00pm on Thursdays,
School term only. Run by, Save The
Children.

Plaster Master Fun Centre

333 Old South Head Road, Bondi 2026
(ph) 9130 4855
(e) info@plastermasterfun.com.au

Children's parties, creative weekend and
holiday fun. Group bookings are welcome.

Tiny Tots Tennis

(ph) 9488 8195
www.tinytotstennis.com.au

Specially developed program of tennis related
activities and ball skills specifically tailored for
children who are 3 to 6 years old.

Swimming

Bondi Icebergs Pool

1 Notts Avenue, Bondi 2026
(ph) 9130 4804 Fax: 9130 7174
www.icebergs.com.au
(e) pool@icebergs.com.au
(e) info@icebergs.com.au
Opening Hours: The Pool
Mon - Fri: 6.00am - 6.30pm
Sat & Sun: 6.30am - 6.30pm

Bondi Rainbow Club

(ph) 0417 221 119
www.rainbowclubaust.com.au
(e) info@rainbowclubaust.com.au

Helping children with a disability learn to swim.
Classes held at Wairoa School on Saturday
afternoons. Please register online at
<http://rainbowclubaust.com.au/index.php/registration>

Des Renford Leisure Centre

Cnr Robey Street, Maroubra 2035
(ph) 9370 7600 / 9349 1106
(e) drlc@randwick.nsw.gov.au
<http://www.randwick.nsw.gov.au/drlc/about>

The Des Renford Leisure Centre (previously
known as Des Renford Aquatic Centre) is an
award winning gym, fitness and aquatic
centre located in Heffron Park, Maroubra.

Maroubra Swimming School

84 Maroubra Road, Maroubra 2035
(ph) 9344 5735
www.maroubraswimmingschool.com.au

Swimming lessons for babies, children and
adults. Year round lessons in an indoor
heated pool. Babies in groups of 3 with
parents. Older children in groups of 3 with a
teacher. Phone for details of cost and times.

NSW Office of Sport Sport & Recreation

(ph) 131 302
(ph) (02) 8754 7900
www.sportandrecreation.nsw.gov.au

Swim and Survive program classes cater for
children aged 18 months to 12 years for
beginners through to endurance classes.
Enrol online for upcoming lessons and to
search local centres and costs.

Platypus Swimming School

478 Old South Head Rd, Rose Bay 2029
(ph) 9371 4287
(e) judy@platypusswim.com

Classes from 1 year to 8 years. Two
children per class or three for stroke
practice. Year round in an indoor heated
pool. Phone between 4.00pm and 5.30pm
Monday to Thursday for details.

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