

BUNDABERG COMMUNITY SUPPORT GUIDE



Delivering the NDIS in your community

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Emergency Assistance <i>(homelessness, violence, sexual abuse)</i>
Police, Fire, Ambulance PH: 000
Kids HelpLine PH: 1800 551 800
Lifeline 24 Hour Crisis Helpline: 131 114
OzCare Bundaberg 73 Woongarra Street, Bundaberg PH: 4131 4250
Homeless Men's Hostel 14/16 Skyring Street PH: 4130 8970 <i>(Emergency homelessness support, men only)</i>
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985
QLD Health Bundaberg Base Hospital Bourbong Street, Bundaberg PH: 4150 2222
Centrelink 26 Woongarra Street, Bundaberg PH: 13 17 94
Phoenix House Association Inc 8 Barolin Street, Bundaberg PH: 4153 4299 Helpline: 1800 737 732 Open - 8.30am to 4.30pm Mon - Fri
EDON Place Domestic & Family Violence Centre Inc PH: 4153 6820 - PH in advance Open: 8.30am - 12.30pm, 1.30pm - 5.00pm Mon - Thurs 8.30am - 12.30pm, 1.00pm - 3.00pm Fri. <i>(Emergency support for victims of DV, homelessness.)</i>
St Vincent De Paul Bundaberg Emergency Support 18 McLean Street, Bundaberg PH: 4151 5455 Helpline: 1800 846 643
Rape and Incest Survivors Support Centre PH: 3391 0004 / 3391 2573
Salvation Army Youth Refuge 71 Woongarra Street, Bundaberg PH: 4151 3400
Salvation Army Financial Relief PH: 1300 371 288 Mon-Fri, 9:00am - 5:00pm

Accommodation
Bundaberg Housing Services 254 Bourbong Street, Bundaberg PH: 4153 1239 E: info@bundaberghousing.org.au
Burnett Respite Services (Carinbundi) 52A Hinkler Avenue, Bundaberg PH: 4151 3510 <i>(May charge for respite)</i>
Department of Housing & Public Works PH: 41315417 / 1800 809 835
Homestay (Tenancy Support) 79 Woongarra Street, Bundaberg PH: 4131 6871 <i>(Dispute resolution, tenancy support)</i>
Host Home Program PH: 3901 1165 / 0411 197 165 E: recruitment@carerslink.com.au <i>(Crisis accommodation, respite)</i>
Q Build – Burnett District Office 85 Dr Mays Road, Bundaberg PH: 4151 9770 <i>(CALD friendly, housing repairs, government housing, branch of Department of Housing and Works)</i>
Regional Housing Limited 30 Tantitha Street, Bundaberg PH: 1300 642 123 Open: 9:00am- 4:30pm <i>(Connects in-need people with housing options, as well as offering free breakfasts, crisis accommodation and disability housing)</i>
Rent Connect – Bundaberg Housing Service Centre PH: 4131 5990 / 1800 809 835
Residential Tenancy Authority PH: 1300 366 311
Tenant Advise & Advocacy Service 30 Tantitha Street, Bundaberg PH: 4153 2957

Advocacy
Bundaberg Region Individual Advocacy Service – People with Disability Australia Unit 14, Bundaberg Enterprise Centre, Cnr Quay & Tantitha Street, Bundaberg. PH: 1800 422 015 E: LukeG@pwd.org.au
Commonwealth Respite & Carelink Centre 4 Adams Street, Bundaberg PH: 1800 052 222
Parent to Parent Association QLD P: 5472 7072 / 1800 777 723 E: parent@parent2parent.org.au
Queensland Aged & Disability Advocacy (QADA) Unit 10, 107 Boat Harbour Drive, Pialba. PH: 1800 818 338 E: info@qada.org.au <i>(aged, disability)</i>

AOD & Rehabilitation
Bridges Aligned Services Cnr O'Connell Street & River Terrace, Bundaberg PH: 1300 707 655 E: admin@bas.org.au Open: 9:00am – 5:00pm, Mon-Fri. <i>(AOD, rehab, recovery groups, first-respond/intervention groups, counselling, quit smoking, mental health, psychology, mental health rehab, psychology practice, clinic, (14 and older)</i>

CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985 Open: 8.30am - 4.30pm, Mon - Fri <i>(Counselling, family, AOD support)</i>
IWC 184 Barolin Street, Bundaberg PH: 1300 492 492 <i>(Counselling, family AOD support, youth, CALD support)</i>
Salvation Army, Bundaberg (TQCC) 8 Killer Street, Bundaberg PH: 4153 3557 Open: 9:00am – 4.30pm <i>(Emergency relief, family store, Tom Quinn community centre, church services, TQ Café, Disability Services, Youth refuge, Bungarra Independent School, workshop facilities)</i>

CALD focused
Bundaberg Settlement Grants Program 111 Targo Street ,Bundaberg PH: 4153 1614 / 0411 784 760 E: sgp@kenalwynbnc.org.au Open: 9:00am - 2.30pm, Mon - Thur <i>(Assists recent migrants with settlement and local supports, government-funded)</i>
Gidarjil 53 Walker Street, Bundaberg South PH: 4130 7700 Hours: 9:00am- 5:00pm <i>(Training and employment, land care, culturally responsive training, activities, Sea Rangers program)</i>
HIPPY Bundaberg 14 Fitzgerald Street, Bundaberg PH: 4152 9233 E: Info@familydaycarebundaberg.com.au Open: 8.30am - 3:00pm, Mon - Fri, <i>(Pre-prep literacy and education support group/preparation, ATSI focus, all welcome)</i>
IWC 184 Barolin Street, Bundaberg PH: 1300 492 492
Bundaberg Nepalese Community Inc. 93 Woongarra Street, Bundaberg PH: 0407 520 638 / 0423 162 350 E: bundabergnepalese@gmail.com Meets: Varies – call for info
Bundaberg and District Australian Filipino Association Inc 111 Targo Street, Bundaberg PH: 0438 579 623 E: mtv08@bigpond.com Meets: First Saturday of every month, <i>(Social gathering every three months)</i>
Multicultural Community Worker 111 Targo Street, Bundaberg PH: 4153 1614 / 0413 918 087 E: multicultural@kenalwynbnc.org.au Open: 9:00am – 3:00pm
PCCC – Port Curtis and Coral Coast Trust PH: 4159 5589 <i>(Indigenous only, Education Grants & Scholarships, Funeral Assistance, GPC ILUA Fund, White Goods)</i>
Translating & Interpreting Services (TIS National) PH: 13 14 50

Carer Support
ARAFMI QLD PH: 3254 1881 Callers from outside the Brisbane area can access the 1800 toll free service: 1800 35 1881. Link: http://www.arafmiql.org <i>(For carers only)</i>
Boystown (parentline) PH: 1300 301 300
Carers Queensland: Carers Support Group Wide Bay Ostomates 88A Crofton Street, West Bundaberg PH: 4124 0922 / 0408 233 690 E: lmoustakis@carersqld.asn Meets: 10:00am second Fri of the month
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985 <i>(Carer Support Group)</i>
Commonwealth Respite & Carelink Centre PH: 1800 052 222 <i>(Mobile information unit, carebus, information, respite options, carer support)</i>
Home & Community Care (HACC) – Commonwealth Carelink Centre 79 Woongarra Street, Bundaberg PH: 1800 200 422 <i>(Assists frail, young, at risk, elderly. Also offers carer support, independent living support. Government funded)</i>
Personal Helpers & Mentors Program (PHaMs) – IMPACT Community Services 108 Bargara Road, Bundaberg PH: 4153 4233 E: mail@impact.org.au Open: 8:00am – 5:00pm, Mon – Thurs, 8:00am – 4:30pm, Fri <i>(Carer support, gov funded, mums and bubs program available)</i>
STEPS Social & Community 3/2 Bourbong Street, Bundaberg PH: 4150 1900 (Head office: 9 George Street Caloundra) Open: 8:30am – 5:00pm, Mon – Fri. <i>(Community, not-for-profit, care for carers, support groups, NDIS, disability employment, counselling, ASD social groups)</i>
Suncare Support Services PH: 1800 786 227 <i>(All staff work remotely from home, no local office)</i>

Clothing
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985 Open: 8.30-4.30pm, Mon – Fri <i>(Counselling, family, AOD support)</i>
Coral Coast Christian Church (Baptist) 596 Windemere Road, Bargara PH: (Brian Robertson) 0407 547 036 Meets: Tuesday and Thursday morning <i>(Morning tea, clothing swap)</i>
Endeavour Foundation 9 Nixon Street, Bundaberg PH: 1800-ENDEAVOUR E: postschoolloptions@endeavour.com.au
Salvation Army, Bundaberg (TQCC) 8 Killer Street, Bundaberg PH: 4153 3557 Open: 9:00am – 4.30pm <i>(Emergency relief, family store, Tom Quinn Community</i>

Centre, church services, TQ Café, Disability Services, Youth refuge, Bungarra Independent School, workshop facilities)

Counselling
Bridges Aligned Services Cnr O'Connell Street & River Terrace, Bundaberg PH: 1300 707 655 <i>(Counselling, family support, AOD)</i>
Carers Queensland: Carers Support Group Wide Bay Ostomates 88A Crofton Street, West Bundaberg PH: 4124 0922 / 0408 233 690 E: lmoustakis@carersqld.asn Meets: 10:00am 2nd Friday of the month
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985 Open: 8.30am – 4.30pm, Mon – Fri <i>(Counselling, family, AOD support)</i>
EDON Place Domestic & Family Violence Centre Inc PH: 4153 6820 – PH in advance Open: 8.30am – 12.30pm, 1.30pm to 5.00pm Mon – Thurs 8.30am – 12.30pm, 1.00pm – 3.00pm Fri. <i>(Emergency support for victims of DV, homelessness, counselling)</i>
Finding the Light Counselling & Coaching Unit 6 Bingera Court, 245 Bourbong Street, Bundaberg PH: 0407 585 497 E: findingthelight@bigpond.com Open: 8:00am – 5.30pm Wed – Fri 9am – 12pm Sat Out of hours by negotiation. <i>(Counselling, Critical Incident Debriefing, Conflict Resolution, Life Coaching, My Personality Explained, Premarital Counselling)</i>
HeadSpace Bundaberg 66 Woongarra Street, Bundaberg PH: 4152 3931 Suicide hotline: 0407 766 961 E: headspacebundaberg@unitedsynergies.com.au Open: 8.30am – 4.30pm, Mon – Fri <i>(Available to people aged 12-25, psychologists, mental health, social works, counselling, sex health screening, employment support, capacity building, Headspace Chill on Monday night 4.30-6.30pm, yoga 1st, 3rd and 4th Tuesday of the month, free, youth-friendly, decorated)</i>
IWC 184 Barolin Street, Bundaberg PH: 1300 492 492 <i>(Counselling, family AOD support, youth, CALD support)</i>
Just Sharing, Caring & Helping Inc 169 Wallace Road, Woongarra, Bundaberg PH: 4155 6779 / 0412 525 304 E: busyladybird@redzone.com.au Open: On call as necessary. <i>(One woman, Irene, runs a counselling service. Community, spiritual woman)</i>
Phoenix House Association Inc 8 Barolin Street, Bundaberg PH: 4153 4299 Hotline: 1800 737 732 E: admin@phoenixhouse.com.au Open: 8.30am – 4.30pm, Mon – Fri <i>(Public health, crisis support, sexual assault, incest and violence prevention – educational and prevention programs)</i>

Relationships Australia 78A Quay Street, Bundaberg PH: 1300 364 277 <i>(Relationship counselling hotline)</i>
St Johns Lutheran Community Care 30 George Street, Bundaberg PH: 4152 5900 E: office@stjohnsbundy.org.au Meets: Available on request. Varies. <i>(Relief, support and counselling on a case by case basis)</i>
STEPS Social & Community PH: 4150 1900 3/2 Bourbong Street, Bundaberg (Head office: 9 George Street Caloundra) Open: 8.30am - 5:00pm, Mon - Fri. <i>(Community, not-for-profit, care for carers, support groups, NDIS, disability employment, counselling, ASD social groups)</i>
Survivors of Suicide Bereavement Support Association (SOSBSA) 85 Childers Road, Bundaberg PH: 4155 1015 / 1300 767 022 E: longrifle@bigpond.com Meets: 10:00am Neighbourhood Centre, 111 Targo Street, Bundaberg, every second Wed of the month <i>(Has active facebook community, disability friendly, counselling)</i>
The Stillbirth & Neonatal Death Support PH: 3254 3422 Hotline: 1800 228 655 (24/7 support) E: admin@sandsqld.com
Uniting Care Community- Counselling Services 3A River Terrace, Bundaberg PH: 4153 8400 Open: 8:00am-5:00pm, Mon-Fri. <i>(Financial, divorce, gambling, family and relationship counselling. Costs vary based on income. Disability/wheelchair friendly)</i>

Disability
Autism Queensland Inc PH: 3273 0000 E: admin@autismqld.com.au
Blind & Vision Impaired Peoples Friendship Club Family Centre, Kensington Street, Bundaberg (near showgrounds) PH: 4151 6939 / 0407 499 031 E: Graemeraines@bigpond.com.au Meets: 10:00am – 2:30pm, third Wed of each month VIP SWISH: 9:30am – 12:00noon second Thurs each month. <i>(Social club for people who are vision impaired, sighted helpers welcome, BYO/BBQ lunches, mini-markets, board games, spelling bees/quizzes, exercise, bus trips, guest speakers/entertainers, raffle, magazines, newspapers, annual events, free transport in Bundaberg for meetings)</i>
Bundaberg Autism Spectrum Disorder Support Group 111 Targo Street, Bundaberg PH: 4155 1683 Meets: 7:00pm, second Wed of each month at Coffee and Chat meetings Meet: 9.30am to 12noon, second Fri of each month.
Bundaberg Play Connect Playgroup 111 Targo Street, Bundaberg PH:(07) 4153 1614/ 0434 942 236 E: agnes@kenalwynbnc.org.au

Meets: 10.00am - 12.00noon , Tues. <i>(Free, ASD-friendly play group, \$2.50 per session)</i>
Bundaberg Spinal Life 290 Bourbong Street, Bundaberg PH: 0427 237 619 (Pat Allison - Care Facilitator) E: wmcathy12@bigpond.com.au brantwood45@bigpond.com.au Meets: 10:30am, third Tues of the month. <i>(Call Pat to organise social outings. Members support groups, guest speakers and information sessions available. All mobility-impaired welcome)</i>
Bundaberg Stroke Support Group 4 Crane Street, Bundaberg PH: 4153 4672 / 0419 669 243 E: mndcgaw@bigpond.net.au Meets: 9.30am to 12noon, fourth Thurs morning of each month. <i>(Morning teas, guest speakers, networking, support material, carers welcome)</i>
Community Care Unit (CCU) 97 Woondooma Street, Bundaberg PH: 4303 9700 <i>(Mental Health support service for families)</i>
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985
Choice Passion Life (CPL – former Cerebral Palsy League) 4 Adams Street, Bundaberg PH: 1800 275 753 Open: 8.30am - 4.30pm, Mon-Fri <i>(Carer support, disability, NDIS, elderly, frail, employment, disability employment, garden work team)</i>
Community Lifestyle Support 48 Ashfield Road, Kalkie PH: 1300 257 753 Open: Varies <i>(skills, capacity building, cooking, health workshops, parenting workshops, disability friendly)</i>
Deaf Services Queensland 111 Targo Street, Bundaberg PH: 4121 5222 / 0430 227 160 E: cherie.wilkie@deafsq.org.au Meets: 3:00pm – 5:00pm, Fortnightly, Tues.
Endeavour Foundation 9 Nixon Street ,Bundaberg PH: 1800-ENDEAVOUR E: postschoolloptions@endeavour.com.au <i>(Extensive disability support options).</i>
IDSS- Integrated Disability Support Services 42 Bourbong Street, Bundaberg PH: 4303 7969 E: idss.bundaberg@outlook.com Open: 8.30am - 5:00pm, Mon - Fri. <i>(not for profit, In home support, social, respite, capacity building, mental health support, healthy living, hydrotherapy, exercise programs, group, classes, movie nights, tai chi)</i>
IMPACT Community Services 108 Bargara Road Bundaberg PH: 4153 4233 E: mail@impact.org.au Open: 8:00am – 5:00pm, Mon -Thurs. 8:00am - 4.30pm, Fri. <i>(Community, skills development, family, disability, social inclusion support)</i>
IWC 184 Barolin Street, Bundaberg PH: 1300 492 492 <i>(NDIS support)</i>
Parkinson's Queensland Inc

<p>PH: 0418 232 257 E: pqi@parkinsons-qld.org.au Open: 9:00am – 5:00pm, Mon - Fri (Fees apply, can visit anywhere)</p>
<p>Queensland Aged and Disability Advocacy (QADA) Unit 10, 107 Boat Harbour Drive, Pialba. PH: 1800 818 338 E: info@qada.org.au (Aged, disability)</p>
<p>Rum City Reds 2 Avokahville Avenue, Avoca. PH: 4155 0764 / 0477 707 262 (Lucy Van Damme) Meets: Social events. (Over 50s social club, disability/wheelchair friendly, purple/red dress code. Waiting list for joining society)</p>
<p>Sailability Bundaberg 66 Strathdees Road, Burnett Heads PH: 0421 329 935 (Offers people with a disability an opportunity to sail. Volunteers welcome.)</p>
<p>Salvation Army, Bundaberg (TQCC) 8 Killer Street, Bundaberg PH: 4153 3557 Open: 9:00am – 4.30pm (Emergency relief, family store, Tom Quinn community centre, church services, TQ Café, Disability Services, Youth refuge, Bungarra Independent School, workshop facilities).</p>
<p>STEPS Social & Community PH: 4150 1900 3/2 Bourbong Street, Bundaberg (Head office: 9 George Street Caloundra) Open: 8.30am - 5:00pm, Mon - Fri. (Community, not-for-profit, care for carers, support groups, NDIS, disability employment, counselling, ASD social groups)</p>
<p>YMCA 7 Quinn Street, Bundaberg PH: 4132 8222 (60 and better, gym, exercise, wellbeing, affordable)</p>

<p>Equipment, Aid & Modifications</p>
<p>Bundaberg Disability Resource Centre 127 Woondooma Street, Bundaberg PH: 4153 2909 E: Bundabergtoylibrary@bigpond.com (Toys, therapy equipment loans)</p>
<p>Bundaberg Mobility Centre Shop 4/52 Enterprise Street, Bundaberg PH: 4153 6536</p>
<p>Bundaberg Talking Newspaper PH: 4159 3262 / 4131 5817 (Tapes of newspapers mailed to vision impaired clients)</p>
<p>Childers Neighbourhood Centre 69 Churchill Street, Childers PH: 4130 4960 / 0427 262 464 E: cnc@bundaberg.qld.gov.au (Social activities, elderly, disability, Monday Social Group, referrals, Centrelink, meals on wheels, medical aid hire, tax help, HACC services, respite, yard maintenance, home care)</p>
<p>Disability Aids Equipment www.mobsol.com.au</p>
<p>Home Modifications Service 133 Adelaide Street, Maryborough PH: 4123 5927 E: MajorMods@homssa</p>
<p>Medical Aid Subsidy Scheme (MASS) PH: 3136 3636 / 1800 052 222</p>

<p>(Aged, medical)</p>
<p>National Relay Service PH: 133 677 Speak and listen: 1300 555 727 (Allows deaf or hearing/speech impaired to make phone calls with assistance)</p>
<p>Technical Aid to the Disabled – TADQ 10 Waterloo Street, Newstead. PH: 3216 1733 / 1300 663 243 E: kimberley@tadq.org.au (Modifies equipment, volunteers)</p>
<p>Wide Bay Incontinence Advisory Service PH: 4131 8750 E: s.ilett@bluecare.org.au</p>

<p>Family Support</p>
<p>Australian Breastfeeding Association 36 Avoca Street, Bundaberg PH: 4159 6378 Helpline: 1800 686 268 E: aba.tami@bigpond.com Meets: West Baptist Church 3rd Monday of the month</p>
<p>Bridges Aligned Services Cnr O'Connell Street & River Terrace, Bundaberg PH: 1300 707 655 (Counselling, family support, AOD)</p>
<p>Bundaberg Child & Family Centre 111 Targo Street, Bundaberg PH: 4153 1614</p>
<p>Bundaberg Multiple Birth Association Inc Bundaberg & District Neighbourhood Centre, 111 Targo Street, Bundaberg PH: 4153 1120 E: michael.medlock@bigpond.com Meets: Monthly (ring for details) - Fees apply</p>
<p>Bundaberg Neighbourhood Centre- Playgroup PH: 4153 1614 111 Targo Street, Bundaberg E: info@kenalwynbnc.org.au Open: 9.30am - 11.30am, Tues, (0-5 years, free, playgroup, facilities available)</p>
<p>CAMS Mobile Playgroup Alexandra Park West, Quay Street, Bundaberg PH: 4153 1614 E: info@kenalwynbnc.org.au Open: 9.30am-11.30am, Fri. (Free, 0-5 years, kitchen, facilities available)</p>
<p>Community Care Unit (CCU) 97 Woondooma Street, Bundaberg PH: 4303 9700</p>
<p>Coral Coast Christian Church (Baptist) 596 Windemere Road, Bargara PH: (Brian Robertson) 0407 547 036 (Mums and bubs group, counselling, skills development)</p>
<p>Department of Communities First Floor Claude Wharton Building 46 Quay Street, Bundaberg PH: 4131 5417 (Child safety, disability)</p>
<p>Family Relationship Centre 5 Bingera Street, Bundaberg PH: 4130 7500 / 1300 885 373</p>
<p>Heritage Christian Church 58 Woondooma Street, Bundaberg Central PH: 4153 1649 (Youth, family, mums'n'bubs, counselling)</p>
<p>HIPPY Bundaberg 14 Fitzgerald Street, Bundaberg PH: 07 4152 9233</p>

<p>E: Info@familydaycarebundaberg.com.au Open: 8.30am to 3:00pm, Mon – Fri. <i>(Pre-prep literacy and education support group/preparation, ATSI focus, all welcome)</i></p>
<p>IWC 184 Barolin Street, Bundaberg PH: 1300 492 492</p>
<p>Meals on Wheels Bundaberg: 4151 5825 Childers: 4130 4690 Gin Gin: 4157 3324</p>
<p>MyTime Program PH: 4153 1614 111 Targo Street, Bundaberg E: info@kenalwynbnc.org.au Open: 9.30am-12.30pm, Wed. <i>(Free, entertainment and support from professionals, disability friendly, parent focused, social, unwinding opportunity)</i></p>
<p>Parent & Friends of Lesbians & Gays (PFLAG) PH: 3017 1739 Helpline: 0400 767 832</p>
<p>Parent to Parent Association QLD P: 5472 7072 / 1800 777 723 E: parent@parent2parent.org.au</p>
<p>Phoenix House Association Inc 8 Barolin Street, Bundaberg PH: 4153 4299 Hotline: 1800 737 732 E: admin@phoenixhouse.com.au Open: 8.30am to 4.30pm, Mon - Fri <i>(public health, crisis support, sexual assault, incest and violence prevention – educational and prevention programs)</i></p>
<p>Positive Start Parenting - IMPACT Community Services 108 Bargara Road, Bundaberg PH: 4153 4233 E: mail@impact.org.au Meets: Wed Open: 8.00am - 5.00pm, Mon - Thurs 8.00am - 4.30pm, Fri</p>
<p>Relationships Australia 78A Quay St, Bundaberg PH: 1300 364 277</p>
<p>Suncare Support Services PH: 1800 786 227 <i>(All staff work remotely from home, no local office)</i></p>
<p>Child and Family Connect PH: 133 264 <i>(hotline)</i></p>

<p>Health & Fitness</p>
<p>B Transformed 47 Bourbong Street, Bundaberg PH: 4154 3223 <i>(multi-faceted wellbeing centre and gym, extended health care plan compatible)</i></p>
<p>Bundaberg Dragon Boat Club Inc. PH: (Doreen Brame) 4157 7167 / 0481 175 686 / 4159 4942 / 0405 103 061 E: info@bundydragons.org Meets: Lions Park, North Bundaberg. <i>(Paddlers welcome, 12 to 70+, fun or fitness, training over summer months)</i></p>
<p>IDSS- Integrated Disability Support Services 42 Bourbong Street, Bundaberg PH: 4303 7969 E: idss.bundaberg@outlook.com Open: 8.30am-5:00pm, Mon-Fri.</p>

<p><i>(Not for profit, In home support, social, respite, capacity building, mental health support, healthy living, hydrotherapy, exercise programs, group, classes, movie nights, tai chi)</i></p>
<p>Sailability Bundaberg 66 Strathdees Road, Burnett Heads PH: 0421 329 935 <i>(Offers people with a disability an opportunity to sail. Volunteers welcome.)</i></p>
<p>YMCA 7 Quinn St, Bundaberg Central PH: 4132 8222 <i>(Disability, gym, exercise, social support, disability friendly)</i></p>

<p>Home Care</p>
<p>Blue Care Bundaberg Community Care 341 Bourbong Street, Bundaberg PH: 1300 980 613 <i>(Home care for disability and aged)</i></p>
<p>CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985</p>
<p>Home And Community Care (HACC) Commonwealth Carelink Centre PH: 1800 200 422</p>
<p>IDSS- Integrated Disability Support Services 42 Bourbong Street, Bundaberg PH: 4303 7969 E: idss.bundaberg@outlook.com Open: 8.30am-5:00pm, Mon-Fri. <i>(Not for profit, In home support, social, respite, capacity building, mental health support, healthy living, hydrotherapy, exercise programs, group, classes, movie nights, tai chi)</i></p>
<p>IMPACT Community Services 108 Bargara Road Bundaberg PH: 4153 4233 E: mail@impact.org.au Open: 8:00am – 5:00pm, Mon –Thurs. 8:00am - 4.30pm, Fri</p>
<p>IWC 15 McLean Street, Bundaberg PH: 1300 492 492 <i>(Services through Community Home Support Program, State Community Unders)</i></p>
<p>OzCare Bundaberg 73 Woongarra Street, Bundaberg PH: 4131 4250 <i>(Home care for people with HACC package)</i></p>
<p>Suncare Support Services PH: 1800 786 227 <i>(All staff work remotely from home, no local office, respite, in-home care)</i></p>

<p>Neighbourhood Centres</p>
<p>Bundaberg and District Neighbourhood Centre 111 Targo St, Bundaberg PH: 4153 1614 E: info@kenalwynbnc.org.au <i>(Literacy, numeracy, speech therapy, tax help, social, venue hire, CALD, migrant settlement, family, legal advice)</i></p>
<p>Childers Neighbourhood Centre 69 Churchill St, Childers PH: 4130 4960 / 0427 262 464 E: cnc@bundaberg.qld.gov.au <i>(Social activities, elderly, disability, Monday Social)</i></p>

Group, referrals, Centrelink, meals on wheels, medical aid hire, tax help, HACC services, respite, yard maintenance, home care)
Gin Gin Neighbourhood Centre 39 Mulgrave Street, Gin Gin PH: 4130 4630 (Centrelink, women's support, Centacare, disability, tax help, solicitor, job network, legal aid, housing, skills)

Medical
Australian Hearing 62 Woondooma Street, Bundaberg PH: 4152 3833
Better Hearing Australia Bundaberg 78 Woongarra Street, Bundaberg PH: 4153 4699
B'R'est Friends Hope Street Oral Health and Cancer Services Building PH: (Ann) 4151 1278 / (Maxine) 4153 1447 Meets: 9.30am-11.30am, first Monday of the month. (Support, friendship, information sharing for women who have had breast cancer)
Bundaberg and District Lung Support Group Inc PH: 4159 5004 E: rozferg@alphalink.com.au Meets: 10.15am, Community Room, Hinkler Central Shopping Centre, third Monday of each month, (Fees, education, social, peer support)
Bundaberg and District Prostate Cancer 37 Henricksens Road, Sharon PH: 41 59 9419 / 0428 599 411 E: ra.mcculloch@bigpond.com Meets: 10:00am-11.30am, fourth Thurs of the month, Family Centre, Kensington Street (opposite Burrum Medical Practice), (Health focus, peer support).
Bundaberg ATODS 312 Bourbong Street, Bundaberg PH: 4150 2892 (Open 24 hours, 7 days, AH Needle Dispensing Machine)
Bundaberg Spinal Life 290 Bourbong Street, Bundaberg PH: 0427 237 619 (Pat Allison - Care Facilitator) E: wmcCarthy12@bigpond.com.au brantwood45@bigpond.com.au Meets: 10:30 am, third Tues of the month. (Call Pat to organise social outings. Members support groups, guest speakers and information sessions available. All mobility-impaired welcome)
Bundaberg Stroke Support Group 4 Crane Street, Bundaberg PH: 4153 4672 / 0419 669 243 E: mndcgaw@bigpond.net.au Meets: 9.30am to 12:00noon, fourth Thurs morning of each month (Morning teas, guest speakers, networking, support material, carers welcome)
Bundaberg Volunteer Branch of Cancer Council Queensland Margaret Ross Building 312 Bourbong Street, Bundaberg PH: 4152 0388 Helpline: 13 11 20 Meets: 6:00pm, third Wed of each month. (Peer support)
Bush Kids 110 Targo Street

PH: (07) 4111 1655 (Assists families with special needs children)
Child Youth and Mental Health Bundaberg Hospital, Bourbong St, Bundaberg PH: 4150 2620
Community Mental Health 275 Bourbong Street, Bundaberg PH: 4150 2600. Inpatient Unit – 4150 2500. After hours – 4150 2500
Deaf Services Queensland 26 Wilson Street, Maryborough PH: 4121 5222
Diabetes Education Outreach Service Unit 12 Bundaberg Business Enterprise Centre Cnr Quay & Tantitha Streets PH: 4153 1536 / 0418 149 081 E: diabetes01@bigpond.com.au Open: 9:00am-3:00pm, Mon-Fri (Diabetes management, education, consultation, health professional education, group consultation, nurse home visits)
Genesis SleepCare Bundaberg 72 Barolin Street, Bundaberg PH: 4199 7080 Hotline: 1800 155 225 E: QLDRegionalSleep@genesiscare.com.au (Sleep apnoea support)
Gracie Dixon Centre 45 Woondooma Street, Bundaberg PH: 4130 4120 E: graced@bundaberg.qld.gov.au Meets: 8.00am - 3.30pm, Mon-Fri. (social, elderly, frail, accommodation, dementia cafe)
Guide Dogs Queensland PH: 3261 7555 / 1800 810 122 E: admin@guidedogsqld.com.au
Heart Support Australia 66 Crofton Street Bundaberg PH: (Kerry Spiteri) 4155 1326 Open: 24/7. Meets 9.30am, on the fourth Monday of each month.
Huntingtons Queensland Brisbane-based PH: 3391 8833 E: admin@huntingtonsqld.com (Call-in service, Support, information, advice and referral for people affected by Huntington's Disease)
IWC 184 Barolin Street, Bundaberg 1300 492 492
Lions Low Vision Clinic Bourbong Street, Bundaberg PH: 4150 2590 / 0428 196 042
Lymphoedema Support Group Recreation Room Mater Hospital, Hope Street, Bundaberg PH: 4152 8507 / 4152 1713 E: info@lymphqld.org Open 9.30am, on the third Mon of every second month. Morning tea is provided.
Medicare PH: (02) 6289 4297
Multiple Sclerosis Support Group Bundaberg 51 Harvey Street, Bundaberg PH: Daphne 4152 3667 / 0413 193 632 / 0401 436 347 E: daphcoop@hotmail.com Meets: The Young Australian (North Bundaberg, in the Bistro Area) Open: 12:00noon, 1st Friday of each month

(check with Daphne if meeting) (Support Group for people with MS and their families and friends)
QLD Health Bundaberg Base Hospital Bourbong Street, Bundaberg PH: 4150 2222
Queensland Coeliac Society Inc Brisbane-based. PH: 3839 5404 E: qld@coeliacsociety.com.au Link: Open: 9:00am-3:00pm, Mon - Fri. (Peer support)
Sexual Health Q Clinic Margaret Rose Building 312 Bourbong Street, Bundaberg PH: 4150 2754
Spectacle Supply Scheme 111 Targo Street, Bundaberg PH: 4153 1614 E: info@kenalwynbnc.org.au Open: Fortnightly Fridays. (Basic prescription spectacles, needs concession card, prescription, paperwork – free service, disability friendly)
Spinal Injuries Association PH: 4156 1639
Spiritus Community Care 3/245 Bourbong Street, Bundaberg PH: 4186 9101 / 0414 501 833 (In-home care, nursing, transport, social, depends on need)
Wide Bay Ostomates Association 88A Crofton Street, Bundaberg PH: 4152 4715 E: wbestomy@bigpond.com Meets: 8.30am - 3:00pm, Tues, Wed & Thurs (Stomal nurse, supports, bowel cancer, bladder surgery recovery)

Men
Bundaberg Central Men's Shed Association Inc. Community Centre 146 Enterprise Street, Norville Phone: 4152 4406
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985
Coral Coast Men's Shed Coral Coast Christian Church (Baptist) 596 Windemere Road, Bargara PH: (Brian Robertson) 0407 547 036 Meets: 8:00am – 11.30am, Tues, Wed, Thurs, & Sat. (Skills development, social, small fees apply)
Gracie Dixon Centre 45 Woondooma Street, Bundaberg PH: 4130 4120 E: graced@bundaberg.qld.gov.au Meets: 8.00am to 3.30pm, Mon-Fri. (Social, elderly, frail, accommodation, dementia café, men's groups)
IWC 184 Barolin Street, Bundaberg 1300 492 492 (Indigenous men's group)
Ozcare Homeless Men's Hostel 14/16 Skyring Street, Bundaberg PH: 4130 8970 (Emergency homelessness support, men only)

Mental Health
ARAFMI QLD PH: (07) 3254 1881 Callers from outside the Brisbane area can access the 1800 toll free service 1800 35 1881. Link: http://www.arafmiqlld.org (For carers only)
Artius - Psychology 61 Barolin St, Bundaberg PH: 1300 278 487 Open: Mon-Fri, 9am-5pm (Psychology services, suicide prevention, funded)
Bridges Aligned Services Cnr O'Connell Street & River Terrace., Bundaberg PH: 1300 707 655 (Counselling, family support, AOD, Partners In Recovery, Bridges Clubhouse)
Child Youth and Mental Health Bundaberg Hospital, Bourbong Street Bundaberg PH: 4150 2620
Community Care Unit (CCU) 97 Woondooma Street, Bundaberg PH: 4303 9700 (Mental Health support for any breakdown)
Community Mental Health Unit Bundaberg Hospital, Bourbong Street, Bundaberg PH: 4150 2500
GROW Bundaberg – Mental Health Support Impact Skills Centre 108 Bargara Rd, Bundaberg. PH: 07 3394 4344 Open: 10.30am-12.30pm, Mon. (Mental health, greens, environment, based at Impact)
IMPACT Community Services - Partners in Recovery (PIR) 108 Bargara Road, Bundaberg. PH: 07 4153 4233 E: mail@impact.org.au Open: 8:00am – 5:00pm, Mon-Thurs. 8:00am - 4.30pm, Fri. (IMPACT is a host partner of the Partners in Recovery (PIR) program that aims to support people with severe and persistent mental illness with complex needs)
Kickstart – Weekly Social Group 1 Maynard St, Bundaberg PH: 4151 0811
MENTAL HEALTH CARERS (ARAFMI QLD) PH: Dell (07) 4151 4605 24 Hour Carer Support: 1800 351 881 E: dell.1@bigpond.com Link: http://www.arafmiqlld.org Meets: 7:00pm, two meetings per month, second Mon social night at McDonald's City 9:30am - 11:30am, School of Arts every fourth Fri
Mental Illness Education QLD PH: 4151 0831 E: mattvicanna@bigpond.com
Oasis House – peer support group 1 Maynard Street, Bundaberg PH: 4151 0811 / 4159 7173 E: ramjviss@skymesh.com.au
Richmond Fellowship Queensland 5/131 Bazaar Street, Maryborough PH: 3363 2644 Also at: Bundaberg Business Enterprise Centre PH: 4153 2333 (Partner In Recovery, mental health)
STEPS Social & Community 3/2 Bourbong Street, Bundaberg (Head office: 9 George Street Caloundra) Open: 8.30am-5:00pm, Mon-Fri. PH: 4150 1900

<i>(Community, not-for-profit, care for carers, support groups, social groups)</i>
Suncare Support Services PH: 1800 786 227 <i>(All staff work remotely from home, no local office, respite, in-home care)</i>
Survivors of Suicide Bereavement Support Association (SOSBSA) 85 Childers Road, Bundaberg PH: 4155 1015 / 1300 767 022 E: longrifle@bigpond.com Meets: 10:00am, Bundaberg Neighbourhood Centre, 111 Targo Street, Bundaberg, Second Wednesday of the month. <i>(Active Facebook community, disability friendly, counselling)</i>
Women's Mental Health Support Group 6 Lovejoy Street, Bundaberg PH: 4151 4605 E: dell.1@bigpond.com Meets: Stirling Centre, Uniting Church, Barolin Street, Bundaberg Meets: 10.00am - 12.00noon on the first and third Thurs of each month. <i>(Opportunity to extend friendship network, access to information, books and videos, emotional support and education. Morning Tea provided)</i>
Young Lives Mental Health & Wellbeing Assessment Service PH: 4123 5077 / 0422 318 473 <i>(25 and under)</i>
Youth Services Bundaberg – Youth Mental Health 2-3/46 Maryborough Street, Bundaberg PH: 4151 7773 / 4153 2227 / 0407 371 802 E: administration@youthservices.com.au <i>(12-24 years)</i>

Peer support
Blind and Vision Impaired Peoples Friendship Club Family Centre, Kensington St, Bundaberg (near showgrounds) PH: 4151 6939 / 0407 499 031 E: Graemeraines@bigpond.com.au Meets: 10.00am - 2.30pm, third Wed of each month. VIP SWISH: 9:30am – 12:00noon second Thurs each month. <i>(Social club for people who are vision impaired, sighted helpers welcome, BYO/BBQ lunches, mini-markets, board games, spelling bees/quizzes, exercise, bus trips, guest speakers/entertainers, raffle, magazines, newspapers, annual events, free transport in Bundaberg for meetings)</i>
B'R'est Friends Hope Street (Oral Health and Cancer Services Building) PH: (Ann) 4151 1278 / (Maxine) 4153 1447 Meets: 9:30am – 11:30am, first Mon of the month. <i>(Support, friendship, information sharing for women who have had breast cancer)</i>
Bundaberg & District Cancer support for Men & Women Margaret Rose Building 312 Bourbong Street, Bundaberg PH: (Moyra Moller) 4155 0726 / 4152 3629 (Des Wust) 4153 5655 E: bndscg4mnw@hotmail.com Meets: 6:00pm, first Tues of the month, 41/42 Woongarra Street, Bundaberg.

<i>(Peer support, friendship, cancer)</i>
Bundaberg and District Lung Support Group Inc PH: 4159 5004 E: rozferg@alphalink.com.au Meets: 10:15am, Community Room, Hinkler Central Shopping Centre, third Mon of each month. <i>(Fees, education, social, peer support)</i>
Bundaberg Parkinson's Support Group YMCA Community Centre, 7 Quinn Street, Bundaberg PH: (Cherie Henderson) 4152 0312 (Megan Amies) 41 528 8811 E: bradykinpsq@gmail.com Open: 10:00am – 12:00noon, 3rd Mon of the month <i>(Guest speakers, carer support, social, fellowship, free)</i>
Bundaberg Region Arthritis Support Group Catholic Community Centre, Centacare, Room 3 Cnr Barolin & Maynard Street, Bundaberg PH: 4129 8399 / 0409 347 048 E: aneoils@bigpond.com <i>(Peer support, information sharing, arthritis specific, guest speakers, social, games, singing, exercise, all welcome, \$5 join fee)</i>
Bundaberg Scleroderma Support Group 55 Fairway Drive, Bargara, PH: 4159 1238 (may be difficult to contact) Open: Meets the last Thursday of each month at participants' homes. <i>(Social, peer support, free)</i>
Bundaberg Spinal Life 290 Bourbong Street, Bundaberg PH: 0427 237 619 (Pat Allison - Care Facilitator) E: wmcathy12@bigpond.com.au brantwood45@bigpond.com.au Meets: 10:30am, third Tues of the month. <i>(Call Pat to organise social outings. Members support groups, guest speakers and information sessions available. All mobility-impaired welcome)</i>
Bundaberg Stroke Support Group 4 Crane Street, Bundaberg PH: 4153 4672 / 0419 669 243 E: mndcgaw@bigpond.net.au Meets: 9:30am – 12:00noon, fourth Thurs morning of each month <i>(Morning teas, guest speakers, networking, support material, carers welcome)</i>
Bundaberg Volunteer Branch of Cancer Council Queensland Margaret Ross Building 312 Bourbong Street, Bundaberg PH: 4152 0388 Helpline: 13 11 20 Meets: 6:00pm, third Wed of each month <i>(Peer support, cancer, carers)</i>
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985 <i>(Counselling, peer support)</i>
GROW Bundaberg – Mental Health support Impact Skills Centre 108 Bargara Road, Bundaberg. PH: 3394 4344 Open: Monday, 10.30am - 12.30pm <i>(Peer support group, recovery, mental health, friendship, social, free)</i>
Multiple Sclerosis Support Group Bundaberg 51 Harvey Street, Bundaberg PH: Daphne (07) 4152 3667 / 0413 193 632 /

0401 436 347 E: daphcoop@hotmail.com Meets: The Young Australian (North Bundaberg, in the Bistro Area) Open: 12:00noon, first Fri of each month (check with Daphne if meeting) (Support Group for people with MS and their families and friends)
Rum City Reds 2 Avokahville Avenue, Avoca. PH: 4155 0764 / 0477 707 262 (Lucy Van Damme) Meets: Social events. (Over 50s social club, disability/wheelchair friendly, purple/red dress code. Waiting list for joining society)
STEPS Social & Community PH: 4150 1900 3/2 Bourbong Street, Bundaberg (Head office: 9 George Street Caloundra) Open: 8.30am - 5:00pm, Mon - Fri. (Community, not-for-profit, care for carers, support groups, child-friendly, NDIS, disability employment, counselling, ASD social groups, monthly meetings, government funded)
YMCA 7 Quinn Street, Bundaberg PH: (07) 4132 8222 (60 and better, gym, exercise, wellbeing, affordable)

Respite
Bagara Day Respite PH: 4130 4120 E: gradied@bundaberg.qld.gov.au
Blue Care 341 Bourbong Street, Bundaberg PH: 4131 8700 / 4152 7440 / 0417 776 434
Carers Queensland: Carers Support Group Wide Bay Ostomates 88A Crofton Street, West Bundaberg PH: 4124 0922 / 0408 233 690 E: Imoustakis@carersqld.asn Meets: 10:00am second Fri of the Month.
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985
Commonwealth Respite & Carelink Centre PH: 1800 052 222 (Mobile information unit, carebus, information, respite options, carer support)
Coolibah Family Support Program 38 East Street, Lutwyche PH: 3857 0377 (Four houses available for respite purposes in Brisbane)
Host Home Program PH: 3901 1165 / 0411 197 165 E: recruitment@carerslink.com.au (Crisis accommodation, respite)
ISIS Community Care 69 Churchill Street, Childers PH: 4130 4690/ 0427 586 420 E: hacc@bundaberg.qld.gov.au
Kolan Community Options 39 Mulgrave Street, Gin Gin PH: 4130 4626 / 0414684797 (Respite, social, home support, transport)
MyTime Program PH: 4153 1614 111 Targo Street, Bundaberg

E: info@kenalwynbnc.org.au Open: 9.30am - 12.30pm, Wed. (Free, entertainment and support from professionals, disability friendly, parent focused, social, unwinding opportunity)
Southern Cross Support Services 2B/9 Maryborough Street, Bundaberg Central PH: 4153 5887
Suncare Support Services PH: 1800 786 227 (All staff work remotely from home, no local office)
Wandiny Home & Community Care QRI Hall, McLean Street, Bundaberg PH: 4153 6616 / 4153 6670 / 0408 536 616

Seniors
Alzheimers Association of Queensland PH: 1800 639 331 E: helpline@alzheimeronline.org Meets: 1:00pm – 2:00pm last Wednesday of every month, (call to request address)
Bundaberg Region Arthritis Support Group Catholic Community Centre, Centacare, Room 3 Cnr Barolin & Maynard Streets PH: 4129 8399 / 0409 347 048 E: aneoils@bigpond.com (Peer support, information sharing, arthritis specific, guest speakers, social, games, singing, exercise, all welcome, \$5 join fee)
Elder Abuse Prevention Unit- UnitingCare Community PH: 1300 651 192 E: eapu@uccommunity.org.au Open: 9:00am – 5:00pm (abuse, prevention, intervention)
Gracie Dixon Centre 45 Woondooma Street, Bundaberg PH: 4130 4120 E: graced@bundaberg.qld.gov.au Meets: 8.00am - 3.30pm, Mon - Fri. (Social, elderly, frail, accommodation, dementia cafe)
Medical Aid Subsidy Scheme (MASS) PH: 3136 3636 / 1800 052 222 (Aged, medical)
MyAgedCare PH: 1800 200 422 (Government agency responsible for caring for over 65's)
Queensland Aged and Disability Advocacy (QADA) Unit 10, 107 Boat Harbour Drive, Pialba. P: 1800 818 338 E: info@qada.org.au (Aged, disability)
Rum City Reds 2 Avokahville Avenue, Avoca. PH: 4155 076 4/ 0477 707 262 (Lucy Van Damme) Meets: Social events. (Over 50s social club, disability/wheelchair friendly, purple/red dress code. Waiting list for joining society)
Seniors Network – Bundaberg U3A Training Rooms, 80A Woongarra Street, Bundaberg PH: 1300 883 699 E: comdev@bundaberg.qld.gov.au Meets: 2:00pm – 3:00pm, second Mon of each month. (Open forum for seniors and other interested persons to identify issues, responses to those issues, develop

<i>strategies, and share information and resources. Free)</i>
Suncare Support Services PH: 1800 786 227 <i>(All staff work remotely from home, no local office)</i>
Time for Grandparents Program PH: 1300 135 500 E: grandparentsinfo@uccommunity.org.au Open: 9:00am-5:00pm, Mon - Fri <i>(Support line, social support)</i>
U3A Bundaberg 80A Woongarra Street, Bundaberg. Behind the Bundaberg City Library. PH: 41541572 Open: 9:00am - 4:00pm, Mon - Fri.
YMCA 7 Quinn Street, Bundaberg PH: 4132 8222 <i>(60 and better, gym, exercise, wellbeing, affordable)</i>

Skills & Education
Bundaberg Aero Club Bundaberg Airport, Clubhouse PH: 4155 1528 / 0419 668 019 E: bundyaeroclub@bigpond.com Meets: Clubhouse - Bundaberg Airport <i>(Flight training, private charter, social, competitions)</i>
Bundaberg Dragon Boat Club Inc. PH: (Doreen Brame) 4157 7167 / 0481 175 686 / 4159 4942/ 0405 103 061 E: info@bundydragons.org Meets: Lions Park, North Bundaberg. <i>(Paddlers welcome, 12 to 70+, fun or fitness, training over summer months)</i>
Bundaberg Simply Speaking Toastmasters Club PH: 0417 748 904 E: Bruce.BSS.Toastmasters@gmail.com Meets: 6:00pm - 8.30pm, Spotted Dog Tavern. Bi-monthly, every 2nd 4th & 5th Thurs. <i>(Guests visit free, public speaking)</i>
Coral Coast Men's Shed Coral Coast Christian Church (Baptist) 596 Windemere Road, Bargara PH: (Brian Robertson) 0407 547 036 Meets: 8:00am – 11.30am, Tues, Wed, Thurs, & Sat.
Heritage Christian Church 58 Woondooma Street, Bundaberg Central PH: 4153 1649 <i>(Youth, family, mums'n'bubs, counselling)</i>
IMPACT Community Services 108 Bargara Road, Bundaberg PH: 4153 4233 E: mail@impact.org.au Open: 8:00am – 4:30pm, Mon - Fri. <i>(Community, family, disability, social inclusion support)</i>
Landcare – Bundaberg 8 Killer Street Norville PH: 0429 355 664 / 4159 7720 E: redwine1947@gmail.com <i>(Landcare is a non-profit organisation dedicated to informing and involving the community in caring for our environment. The Association also operates a plant nursery. It meets on second Monday of each month)</i>
Latch-On 9 Nixon Street, Bundaberg PH: 4131 9606 / 0411 214 366 E: J.lyle@endeavour.com.au

<i>(Training in literacy and technology, personal development, social, community access, health)</i>
Literacy and Numeracy Program 111 Targo Street, Bundaberg PH: 4153 1614 E: info@kenalwynbnc.org.au Meets: 9:00am – 12:00noon, Mon – Thur. <i>(Literacy, language and numeracy programs, 20 years experience, small fees, neighbourhood centre facilities)</i>
MRAEL 106/108 Bargara Road, Bundaberg PH: 1300 467 235 <i>(Apprenticeships, networking, training)</i>
National Disability Coordination Officer PH: 4922 6122 / 0407 226 147 <i>(Transition to higher education, disability)</i>
PPP Parenting PH: 1300 301 300
Sailability Bundaberg 66 Strathees Road, Burnett Heads PH: 0421 329 935 <i>(Offers people with a disability an opportunity to sail. Volunteers welcome)</i>
State Emergency Service 7 Kendalls Road, Bundaberg PH: 132 500 Email: Bundaberg.ses@bundaberg.qld.gov.au Meets: 7.30pm - 9.30pm Mon. <i>(Volunteering, emergency services)</i>
STEPS Social & Community PH: 4150 1900 3/2 Bourbong Street, Bundaberg (Head office: 9 George Street Caloundra) Open: 8.30am – 5:00pm, Mon-Fri. <i>(Community, not-for-profit, care for carers, support groups, child-friendly, NDIS, disability employment, counselling, ASD social groups, monthly meetings, government funded)</i>
Transition Officer (Education QLD) Bundaberg Special School, Dr Mays Road, Bundaberg PH: 4155 5218 / 0409 721 158 <i>(assists students post-school find employment)</i>
U3A Bundaberg 80A Woongarra Street, Bundaberg. PH: 4154 1572. Teaching rooms are usually open during Queensland school terms, Mon to Fri,
Wide Bay Institute of TAFE 118 Walker Street, Bundaberg PH: 1300 656 188 E: enquiries.wbit@deta.qld.gov.au
Wide Bay Volunteers Resource Association 78 Woongarra Street, Bundaberg PH: 4151 6644 Open: 8.30am – 5:00pm, Mon - Fri <i>(Offers opportunities for people to volunteer, or to source volunteers for community events)</i>

Social Inclusion
Bundaberg Dragon Boat Club Inc. PH: (Doreen Brame) 4157 7167 / 0481 175 686 / 4159 4942 / 0405 103 061 E: info@bundydragons.org Meets: Lions Park, North Bundaberg. <i>(Paddlers welcome, 12 to 70+, fun or fitness, training over summer months)</i>

Bundy Deaf Community PH: 4151 6709 <i>(Social, bowling, inclusion)</i>
CentaCare 79 Woongarra Street, Bundaberg PH: 1300 523 985
Community Lifestyle Support 48 Ashfield Rd, Kalkie. PH: 1300 257 753 Open: Varies <i>(Skills, capacity building, cooking, health workshops, parenting workshops, disability friendly)</i>
Coral Coast Men's Shed Coral Coast Christian Church (Baptist), 596 Windemere Road, Bargara PH: Brian Robertson: 0407 547 036 PO Box 8203 Bargara. Open: 8:00am – 11:30am, Tues, Wed, Thurs, & Sat.
HeadSpace Bundaberg 66 Woongarra Street, Bundaberg PH: 4152 3931 Suicide hotline: 0407 766 961 E: headspacebundaberg@unitedsynergies.com.au Open: 8.30am - 4.30pm, Mon - Fri <i>(Available to people aged 12-25, psychologists, mental health, social works, counselling, sex health screening, employment support, capacity building, Headspace Chill on Monday night 4.30-6.30pm, yoga 1st, 3rd and 4th Tuesday of the month, free, youth-friendly, decorated)</i>
Holiday Accommodation Lot 1/642 Murphy Rd, Captain Creek (Agnes Waters) PH: 4974 7004 E: braeveheartretreat@bigpond.com <i>(Holiday retreat for disadvantaged people)</i>
IMPACT Community Services 108 Bargara Road, Bundaberg PH: 4153 4233 E: mail@impact.org.au Open: 8:00am – 5:00pm, Mon –Thurs. 8:00am - 4.30pm, Fri.
Rum City Reds 2 Avokahville Avenue, Avoca. PH: 4155 0764 / 0477 707 262 (Lucy Van Damme) Meets: Social events. <i>(Over 50s social club, disability/wheelchair friendly, purple/red dress code. Waiting list for joining society)</i>
Sailability Bundaberg 66 Strathdees Road, Burnett Heads PH: 0421 329 935 <i>(Offers people with a disability an opportunity to sail. Volunteers welcome)</i>
Special Olympics – Bundaberg PH: 4151 4947 / 0427 771 111 E: sobundaberg@hotmail.com
STEPS Social & Community PH: 4150 1900 3/2 Bourbong St, Bundaberg (Head office: 9 George Street Caloundra) Open: 8.30am – 5:00pm, Mon - Fri. <i>(Community, not-for-profit, care for carers, support groups, NDIS, disability employment, counselling, ASD social groups)</i>
YMCA 7 Quinn Street, Bundaberg PH: 4132 8222 <i>(60 and better, gym, exercise, wellbeing, affordable)</i>

Volunteering and Employment
STEPS Employment Solutions 3/2 Bourbong Street, Bundaberg Central PH: 4150 1900 Open: 9:00am – 5:00pm, Mon - Fri <i>(Disability friendly, employment, apprenticeships, NDIS, cert 3 in disability, employability skills training, carer support, counselling, ASD, mental health, social, child-friendly, well-funded)</i>
Volunteer Marine Rescue Bundaberg VMR Base, The Esplanade, Burnett Heads PH: 4159 4349 / 0427 549 349 / 0427 009 266 / 0418 734 825 E: bundaberg@vmraq.org.au Radio monitoring: 6.00am - 6.05pm Daily Boat crew training: 8.30am - 11.30am Saturdays Volunteers admitted on Friday mornings (8.30am – 11:00am). <i>(Monitors marine radio frequencies for sea safety, provides weather reports and other information on request, assists sea emergencies)</i>
Wide Bay Volunteers Resource Association 78 Woongarra Street, Bundaberg PH: 4151 6644 Open: 8.30am – 5:00pm <i>(Offers opportunities for people to volunteer, or to source volunteers for community events)</i>
IMPACT Community Services 108 Bargara Road Bundaberg PH: 4153 4233 E: mail@impact.org.au Open: 8:00am – 5:00pm, Mon -Thurs. 8:00am - 4.30pm, Fri. <i>(Volunteer and: training opportunities, particularly .in disability)</i>
Choice Passion Life (CPL – former Cerebral Palsy League) 4 Adams Street, Bundaberg PH: 1800 275 753 Open: 8.30am - 4.30pm, Mon - Fri <i>(Carer support, disability, NDIS, elderly, frail, employment, disability employment, garden work team, volunteering)</i>
State Emergency Service (SES) 7 Kendalls Road, Bundaberg PH: 132 500 Email: Bundaberg.ses@bundaberg.qld.gov.au Meets: 7.30pm - 9.30pm, Mon. <i>(Volunteering, emergency services)</i>
BIGA LTD Shed K, 96 Mt Perry Road, North Bundaberg PH: 4152 7333 E: widebay@biga.com.au <i>(Apprenticeships, traineeships)</i>
Community Solutions Units 16/17 Bundaberg Enterprise Centre. PH: 4151 6155 / 0417 104 488 E: bbadmin@community-solutions.com.au
Endeavour Industries 7 Fitzgerald Street, Bundaberg PH: 4152 1570
Wide Bay Group Training 27A Electra Street, Bundaberg PH: 4153 4722
APM Employment Services ½ Barolin ST, Bundaberg Central QLD 4670

PH: 1300 276 456 / 4153 4776
 Open: Monday-Friday 9am- 5pm
(APM Employment services offer support with seeking employment. Individuals able to self-refer)

Women

CentaCare

79 Woongarra Street, Bundaberg
 PH: 1300 523 985

EDON Place Domestic and Family Violence Centre Inc

PH: 4153 6820 - PH in advance
 Open: 8.30am - 12.30pm, 1.30pm - 5.00pm
 Mon – Thurs
 8.30am – 12.30pm, 1.00pm - 3.00pm Fri.
(Emergency support for victims of DV, homelessness, counselling)

Phoenix House Association Inc

8 Barolin Street, Bundaberg
 PH: 4153 4299
 Helpline: 1800 737 732
 Open: 8.30am to 4.30pm, Mon - Fri.

Rum City Reds

2 Avokahville Avenue, Avoca.
 PH: 4155 0764 / 0477 707 262 (Lucy Van Damme)
 Meets: Social events.
(Over 50s social club, disability/wheelchair friendly, purple/red dress code. Waiting list for joining society)

Women's Mental Health Support Group

6 Lovejoy Street, Bundaberg
 PH: 4151 4605
 E: dell.1@bigpond.com
 Meets: 10:00am – 12:00noon Stirling Centre, Uniting Church, Barolin Street, Bundaberg.
 First and third Thurs of each month.
(Social, networking, information sharing, resources, morning tea provided)

Youth

Bundaberg Child & Family Centre

111 Targo Street, Bundaberg
 PH: 4153 1614
 E: bcac@kenalwynbnc.org.au
 Open: 9:00am – 3:00pm, Mon - Fri
 or by appointment
(Hub for families to access information, support and referrals to other services, including education and social support)

Bundaberg Multiple Birth Association Inc

PH: 4153 1120
 E: michael.medlock@bigpond.com
 Meets: Monthly (ring for details)
 Bundaberg & District Neighbourhood Centre,
 111 Targo Street, Bundaberg
(Social support, information sharing, fees apply)

Bundaberg Play Connect Playgroup

111 Targo Street, Bundaberg
 PH: 4153 1614 / 0434 942 236
 E: agnes@kenalwynbnc.org.au
 Meets: 10:00am – 12:00noon, Tues.
(ASD-friendly play group, \$2.50 per session)

CentaCare

79 Woongarra Street, Bundaberg

PH: 1300 523 985

Child Youth and Mental Health

Bundaberg Hospital, Bourbong Street, Bundaberg.
 PH: 4150 2620

Department of Communities

First Floor Claude Wharton Building
 46 Quay Street. Bundaberg
 PH: 4131 5417
(Child safety, disability)

EDON Place Domestic and Family Violence Centre Inc

PH: 4153 6820 – PH in advance
 Open: 8.30am - 12.30pm, 1.30pm - 5.00pm
 Mon – Thurs
 8.30am – 12.30pm, 1.00pm - 3.00pm Fri.
(Emergency support for victims of DV, children, homelessness, counselling)

HeadSpace Bundaberg

66 Woongarra Street, Bundaberg
 PH: 4152 3931
 Suicide hotline: 0407 766 961
 E: headspacebundaberg@unitedsynergies.com.au
 Open: 8.30am - 4.30pm, Mon - Fri
(Available to people aged 12-25, psychologists, mental health, social works, counselling, sex health screening, employment support, capacity building, Headspace Chill on Monday night 4.30pm - 6.30pm, yoga 1st, 3rd and 4th Tuesday of the month, free, youth-friendly, decorated)

Peirson Services

2 Normanby Square, Bundaberg
 Phone: 4151 2299
 Open: 8.30am - 5:00pm
(Youth, children, recovery, family, rehabilitation)

Salvation Army Youth Refuge

71 Woongarra Street
 PH: 4151 3400

Youth Insearch Foundation Inc.

PH: (02) 9659 6122
 E: admin@youthinsearch.org.au
 Open: 9:00am – 5:00pm, Mon-Fri.
 Weekend programs available.
(12-18 years welcome, weekend programs available, some fees apply)

Please note, this document is subject to change.

If you have a suggestion you wish to contribute please email it to alasdairy@iwc.org.au