

Community Information

Eastwood Police – 9858 9299

Fire, Ambulance and Police (Emergency) - 000

Information and services focused on ADD&ADHD.

<http://www.adhdguide.com.au/websites/>

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

Dr Justin Needs – Consultant Paediatrician, 731 Pittwater Road, Dee Why 2099. Ph: 9982 8288

Dr Paul Duffy – Paediatrician – 729 Pittwater Road, Dee Why 2099. Ph: 9982 8388

Dr Shan Ong – Paediatrician – Carringbah. Ph: 9540 9000

Dr Alaric Koh (Sydney Kids Clinic) – Consultant developmental Paediatrician – 56 Neridah Street, Chatswood 2067. Ph: 9412 2822

More Information on Sydney Kids Clinic - <https://www.sydneykidsclinic.com.au/>

Caroline Stevenson & Associates – Psychology Practice –49 Frenchs Forest Road East, Frenchs Forest 2086. Ph: 9453 5735

Allergies

Coeliac

<https://nswact.coeliac.org.au/>

<https://www.coeliac.org.au/>

Referral Service

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

Autism

Communication Flash Cards:

What is Autism? <http://www.autismnsw.com>

Thinking and learning in Autism [information sheet]

<https://www.aspect.org.au/content/fact-sheets>

Strategies which may help you include a child with Autism Spectrum Disorder

<https://www.playworks.org/?s=autism>

Top tips for working with a preschool child who has ADS

<https://www.autismhelp.info/>

Teaching Tips for Children and Adults with Autism Temple Gradin

<https://www.iidc.indiana.edu/pages/Teaching-Tips-for-Children-and-Adults-with-Autism>

Sue Larkey Practical strategies for home and school for Autism Spectrum Disorders

<https://suelarkey.com.au/tip-sheet/>

Child development

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-primary-school-children-about-sex>

<https://bodytalk.org.au/tools-for-teachers/resources/>

Dental

The child dental benefits Schedule

<https://www.humanservices.gov.au/individuals/services/medicare/child-dental-benefits-schedule>

Oral Health through Everyday Care

<https://www.colgateprofessional.com.au/education/patient-education/topics/oral-hygiene-basics>

Dieticians

<http://newage.net.au/Joomla/>

Concept Nutrition – 74 Rawson Street, Epping, 2121 – Ph: 9887 0006

Changing Shape Diet and Exercise Specialist – 5/74-76 Rawson Street, Epping 2121 – Ph: 9869 1970

Concept Dietician – 31 Hannah Street, Beecroft 2119 – Ph: 8097 9114

Shirley Chan Accredited Dietician – 16 Castle Hill Road, West Pennant Hills 2125 – Ph: 0491 020 128

Disabilities.

The Inclusion of People with Disabilities: <https://www.facs.nsw.gov.au/about/media/releases/linking-people-with-disability-to-the-community>

https://www.cerebralpalsy.org.au/wp-content/uploads/2013/04/early_school_years_fact_pack.pdf (PAGES: 23-26)

<https://www.health.nsw.gov.au/disability/Pages/default.aspx>

Information about National Disability Insurance Scheme NSW: <https://ndis.nsw.gov.au/>

DOCTORS/ gps ECT

Peter Gill Medical Centre – General Practitioner – Address: 2/2 Pembroke St, Epping 2121 – Ph: 9869 8111.

Health First Medical Practice – Medical Clinic – 25/74 Rawson St, Epping 2121 – Ph: 9877 0006.

Rawson Medical Centre - Dr Sesh Prabhala – 23/74 Rawson Street, Epping 2121 – Ph: 9868 1823

Genesis Medical Practice – 29/74-76 Rawson Street, Epping 2121 – Ph: 9869 4112

Carlingford Epping Surgery – 42 Rawson Street, Epping, 2121 – Ph: 9876 2367

Epping Eye Surgery – 40 Essex Street, Epping 2121 – Ph: 9868 2333

Dr Lawrence Welyczko – 41 Boronia Avenue, Epping, 2121 – Ph: 9868 3616

<http://www.healthfirstmedical.net.au/>

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

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

<http://www.dhm.com.au/cst/patients.aspx>

<https://www.health.nsw.gov.au/heal/pages/default.aspx>

Vio<https://www.healthdirect.gov.au/after-hours-gp-helpline> - After Hours GP Helpline – PH: 1800 022 222

[http://www.dhm.com.au/media/117997/pathcollection\(dhmp\).pdf](http://www.dhm.com.au/media/117997/pathcollection(dhmp).pdf)

<https://www.cancercouncil.com.au/wp-content/uploads/2012/03/Save-Your-Own-Skin-2014.pdf>

[https://www.allergy.org.au/images/stories/pospapers/Vale_et_al-2015-Journal of Paediatrics and Child Health.pdf](https://www.allergy.org.au/images/stories/pospapers/Vale_et_al-2015-Journal_of_Paediatrics_and_Child_Health.pdf)

<https://www.coordinare.org.au/assets/Uploads/Resources/Tools-for-general-practice/Quality-and-safety/nsw-immunisation-schedule.pdf>

<https://www.health.nsw.gov.au/immunisation/Pages/immunisation-in-schools.aspx>

Mental Health

Mental Health Service in Epping NSW – The resilience centre – 401/51 Rawson Street Epping, 2121 – Ph: 9869 0377

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

Mental Health Information:

<https://mhaustralia.org/need-help>

<https://www.beyondblue.org.au/>

<https://www.blackdoginstitute.org.au/>

<https://www.lifeline.org.au/>

<https://headtohealth.gov.au/mental-health-difficulties/what-should-you-know-about-mental-health-conditions-and-disorders>

Domestic Violence

Sexual Assault: <https://au.reachout.com/articles/sexual-assault-support>

Domestic Violence: <https://www.facs.nsw.gov.au/domestic-violence>

Child Protection Helpline: 132 111

Domestic Violence Helpline: 1800 656 463

<https://www.facs.nsw.gov.au/housing/help/ways/domestic-violence>

<https://www.1800respect.org.au/>

Nutrition

<https://www.healthyfoodguide.com.au/articles/2010/november/research-update-food-and-childrens-behaviour>

<https://www.eatforhealth.gov.au/>

www.foodauthority.nsw.gov.au

www.vitalhealthzone.com

www.nutritionaustralia.org

https://www.google.com.au/search?q=food+pyramid&rlz=1C1CHBF_en-GBAU747AU747&source=lnms&tbm=isch&sa=X&sqi=2&ved=0ahUKEwjF-PKQqJnfAhViMOwKHTucAWAQ_AUIDigB&biw=1536&bih=723#imgrc=78XIUHcBLdlRTM:

Parenting

<https://www.napcan.org.au/abuse-and-neglect-australias-child-protection-crisis/>

<https://kidshealth.org/en/kids/special-needs.html>

<https://www.kidsmatter.edu.au/families/enewsletter/supporting-children-parents-mental-illness>

<https://www.napcan.org.au/>

<https://www.dss.gov.au/our-responsibilities/families-and-children/publications-articles/inclusion-support-subsidy-rates-for-centre-based-care-services>

<https://www.inclusionagency.nswact.org.au/home>

<https://www.facs.nsw.gov.au/families/resources/fostering-our-future/previous-issues/issue-45/chapters/kids-with-challenging-behaviours>

<https://www.betterhealth.vic.gov.au/health/healthyliving/talking-to-primary-school-children-about-sex>

<https://www.todaysparent.com/family/parenting/age-by-age-guide-to-talking-to-kids-about-sex/>

PHYSIO/CHIRO/MASSAGE

http://healthwiseonline.com.au/chiropractic/?gclid=EAIAIQobChMIp6ieuOyb3wIVSAwrCh3rowbEEAAYASAAEgIC4_D_BwE

Balance Chiropractic – 19/74 Rawson Street, Epping 2121 – Ph: 9868 2509

Epping Family Chiropractic Clinic – 1/49-51 Beecroft Road, Epping 2121 – 9868 1998

Compton & Ellis Chiropractic – Suite 37 Upper Ground, 74 Rawson Street, Epping 2121 – Ph: 9868 2260

Natural Care Remedial Massage – 34 Langston Place, Epping 2121 – Ph: 9008 2763

Rush-In Thai Massage – 74 Beecroft Road, Epping 2121 – Ph: 9869 7623

ESSP Epping Spinal and Sport Physiotherapy – 3 Carlingford Road, Epping 2121 – Ph: 9876 3144

Active Lifestyle Physiotherapy – 5/74 Rawson Street, Epping 2121 – Ph: 9869 1970

Education – Art And Craft, Becklyn, Childcare, Epping Heights Public School, Fao, Government, Music, Tutoring.

<https://www.asg.com.au/asg-home>

<https://www.education.gov.au/my-time-our-place>

<https://www.acecqa.gov.au/>

<https://eppinghts-p.schools.nsw.gov.au/>

<https://www.fairtrading.nsw.gov.au/>

<https://www.humanrights.gov.au/convention-rights-child>

<https://www.australia.gov.au/information-and-services/family-and-community>

<https://www.weasydney.com.au/>

http://www.eppingmusicstudio.com.au/main/page_contact_us.html

<https://www.matrix.edu.au/>

Recreation – Animal Parks, Bowling/Laser Tag, Bushwalking/Outdoor Rec, Child-Friendly Parks, Family Friendly Holidays, Fruit-Picking, Horse Riding/Quad Biking Indoor Rec Centres, Rock Climbing

<https://reptilepark.com.au/>

<https://www.featherdale.com.au/>

<https://koalapark-sanctuary.com.au/>

<https://taronga.org.au/>

<https://www.wildlifesydney.com.au/>

<https://www.sydneyaquarium.com.au/>

<https://www.strikebowling.com.au/>

<http://www.mcs1.org.au/>

<https://www.rbgsyd.nsw.gov.au/>

<https://www.sydneyolympicpark.com.au/Parks/Blaxland-Riverside-Park>

<http://www.canoelandsorchard.com/>

<http://bilpinfruitbowl.com.au/pick-your-own.php>

<https://glenworth.com.au/>

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

Sports- Afl, Basketball/Netball, Gymnastics/Dance, Physical Culture, Hockey, Rugby, Soccer, Swimming, Tennis, Yoga.

<https://www.sportaus.gov.au/home>

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

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

<http://www.ner.org.au/netball/>

<https://nsw.netball.com.au/>

<https://www.ymcansw.org.au/centres/epping-ymca/programs/gymnastics/>

<https://tbda.com.au/>

<https://physicalculture.com.au/>

<https://physicalculture.com.au/find-a-club/nsw/epping-club/>

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

<http://www.nwshockey.com.au/home/>

<http://eppingrams.com/>

<https://eastwoodrugby.com.au/>

<https://www.eppingfootballclub.com.au/>

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

<https://www.cityofparramatta.nsw.gov.au/eppingaquaticcentre>

<http://www.carlile.com.au/carlingford/>

<https://www.vidatennis.com.au/tennis-lessons-epping/>

<https://hotshots.tennis.com.au/>

<https://connectkidsyoga.com.au/>

Community- Drop-In Centres, Gymnasiums, Red Cross/Salvation Army/St Vincent De Paul, Rsl, Scouts/Guides/Brownies, Surf-Clubs, Ymca, Youthservices/Groups.

<http://www.relationshipsnsw.org.au/>

<https://www.nationalsecurity.gov.au/Pages/default.aspx>

<https://www.crimestoppers.com.au/>

https://www.police.nsw.gov.au/safety_and_prevention/safe_and_secure/home

<https://hkws.org.au/>
<https://www.plusfitness.com.au/gyms/epping/>
<https://www.ymcansw.org.au/centres/epping-ymca/>
<https://www.redcross.org.au/>
<https://salvos.org.au/>
<https://www.vinnies.org.au/>
<http://www.eppingclub.com/>
<https://scouts.com.au/>
<http://www.eppingscouts.com.au/>
<https://www.girlguides.org.au/>
<http://surflifesavingsydney.com.au/>
<https://manlysurfschool.com/>
<https://www.ymcansw.org.au/centres/epping-ymca/>
<http://www.theshack.org.au/>
<https://www.barnardos.org.au/our-centres/sydney-youth-services/>

Culture- Aboriginal/Torres Strait Islander, Churches, Cultural Groups, Translation.

<http://ecsc.org.au/>
<http://www.wirringabaiya.org.au/>
<https://www.wlsnsw.org.au/legal-services/indigenous-womens-legal-program/>
<http://ecsc.org.au/wp-content/uploads/nsw-multicultural-resources-guide.pdf - Region 6>
<https://childcarelounge.com/pages/celebrating-chinese-new-year>
<https://www.echr.edu.au/docs/default-source/resources/ipspeexploring-celebrations-in-children's-services.pdf?sfvrsn=4>
<https://www.noodle.com/articles/early-childhood-lessons-on-diversity-activity-ideas-impact>
<https://koorimail.com/>
www.gadigal.org.au
<https://www.snaicc.org.au/>
<https://www.australia.gov.au/about-australia/our-country/our-people/apology-to-australias-indigenous-peoples>
<https://www.humanrights.gov.au/education/face-facts>
www.eccfcsc.org
www.ncac.gov.au

www.smokefreezone.org

www.damec.org.au

www.mdaa.org.au

www.kidsafensw.org/roadsafety/road_safety_publications

www.allergyfacts.org.au

www.rta.nsw.gov.au

www.nswtacs.org.au

www.directions.org.au/eventscalendar.htm

www.immi.gov.au/media/publications/multicultural/

www.mhcs.health.nsw.gov.au/

www.rch.org.au/ecconnections/publications/index.cfm?doc_id=11283

www.mylanguage.gov.au

www.indijreaders.com.au

www.dreamtime.net.au

www.edna.edu.au

www.fka.com.au

www.submissions.org

www.cityofsydney.nsw.gov.au

<https://www.awm.gov.au/commemoration/anzac-day/traditions>

<https://www.everystudent.com/features/connecting.html>

<https://www.everyculture.com/Ge-It/Indonesia.html>

<https://www.commisceo-global.com/resources/country-guides>

<https://www.fairtrading.nsw.gov.au/about-fair-trading/access-and-equity/think-smart-program/community-language-information>

https://www.refugeecouncil.org.uk/languages/language_id_chart

https://www.abcd.org.au/wp-content/uploads/2011/03/Biling_conf.pdf

<https://www.idra.org/resource-center/why-is-it-important-to-maintain-the-native-language/>