



EHOSHC- COMMUNITY LINKS

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ADD & ADHD

Information

ADHD guidelines- <https://adhdguideline.aadpa.com.au/>

Child development clinic- <https://www.childdevelopmentclinic.com.au/>

Specialist Paediatricians

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

The Children's Doctor- <https://thechildrensdoctor.com.au/>

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

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

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

Allergies

Allergy and Anaphylaxis- <https://allergyfacts.org.au/>

Allergy testing- <https://www.healthdirect.gov.au/allergy-testing>

Coeliac disease information- <https://coeliac.org.au/learn/coeliac-disease/>

Autism Spectrum Disorder

Behaviour Strategies- <https://thespectrum.org.au/autism-strategy/autism-strategy-behaviour/>

Parent of a child with ASD- <https://reframingautism.org.au/service/i-am-a-parent/>

Teaching Tips for Children and Adults with Autism- <https://education.nsw.gov.au/campaigns/inclusive-practice-hub/all-resources/secondary-resources/understanding-disability/autism/evidence-based-strategies>

Thinking and learning in Autism fact sheets- NEED NEW

What is Autism? <https://www.aspect.org.au/about-autism/what-is-autism>

Child Development

Ages and stages of development- <https://childdevelopmentinfo.com/ages-stages/>

Puberty and relationships- <https://kidshealth.org/en/parents/talk-about-puberty.html>

Community access

Epping Community Noticeboard- <https://www.facebook.com/groups/1558325971102796/>

Epping Family and Community Centre- <https://www.whittlesea.vic.gov.au/Things-to-see-and-do/Community-centres/Epping-Views-Family-and-Community-Centre>

Domestic Violence Support

Child Protection Helpline: 13 21 11

Domestic Family and Sexual Violence Counselling Service- <https://www.1800respect.org.au/>

Domestic Violence Helpline: 1800 656 463

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

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

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

Disabilities

Cerebral Palsy information- <https://cerebralpalsy.org.au/>

Disability services and support- <https://raisingchildren.net.au/grown-ups/services-support/services-families/disability-services-family>

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

National Disability Insurance Scheme NSW- <https://www.health.nsw.gov.au/disability/pages/ndis.aspx>

Parenting with a disability- <https://www.pregnancybirthbaby.org.au/parenting-with-a-disability>

Support groups for parents- <https://www.mytime.net.au/>

What is Special Needs- <https://kidshealth.org/en/kids/special-needs.html>

Education

Homework help- <https://kidshealth.org/en/parents/homework.html>

Homework help- <https://raisingchildren.net.au/school-age/school-learning/school-homework-tips/homework>

Struggling in school support- <https://kidshealth.org/en/parents/school-struggles.html>

Tutoring- <https://www.matrix.edu.au/nsw/epping-tutoring/>

Tutoring- <https://www.talent-100.com.au/epping-tutoring/>

Emergency Services

Eastwood Police – 9858 9299

Fire, Ambulance and Police (Emergency) – 000

Local Sport

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

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

Football, Netball Club- <http://eppingfc.com.au/>

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

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

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

Karate- <https://www.eppingshotokan.com.au/>

Karate- <https://www.gkrkarate.com/locations/listing/gkr-karate-epping-prime/>

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

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

Physie Dance- <https://physicalculture.com.au/>

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

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

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

Swimming lessons- <https://www.carlile.com.au/>

Swimming lessons- <https://www.kingswim.com.au/centre/swimming-lessons-in-epping/>

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

Mental Health

Services

All different services- <https://mhaustralia.org/need-help>

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

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

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

Mental Health Service in Epping NSW – The resilience centre – 401/51 Rawson Street
Epping, 2121 – Ph: 9869 0377 <http://www.theresiliencecentre.com.au/>

Information

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

Fact sheets- https://www.who.int/health-topics/mental-health#tab=tab_1

Eating Disorders- <https://www.healthdirect.gov.au/eating-disorders>

Parenting

Behaviour Management- <https://childmind.org/guide/parents-guide-to-problem-behavior/>

Parenting information- <https://raisingchildren.net.au/>

Prevent child abuse and neglect- <https://www.napcan.org.au/>

Resources for parents- <https://www.qld.gov.au/families/babies/advice/resources>

Support for parents- <https://raisingchildren.net.au/grown-ups/services-support>

Physical Health

Medical Centres/Practices

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

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

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

Nuvo Health Medical Centre - 24 Oxford St, Epping NSW 2121 – Ph: 9876 2367

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

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

Dental

Information

Oral Health through Everyday Care-

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

The child dental benefits Schedule-

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

Practices

Epping Advanced Dentistry – 35 Beecroft Road, Epping NSW 2121 – Ph: 9876 1333

Epping Family Dental – 149 Pennant Parade, Epping NSW 2121 – Ph: 9868 6288

Rawson Dental – 45 Beecroft Rd, Epping NSW 2121 – Ph: 9868 3937

Diet and Nutrition

Information

<https://www.healthdirect.gov.au/healthy-eating-for-children>

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/nutrition-for-kids/art-20049335>

https://www.rch.org.au/kidsinfo/fact_sheets/Nutrition_older_children/

Practices

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

KW Family Nutrition – Shop 7, Tower A/22-28 Cambridge St, Epping NSW 2121 – Ph: 0422 232 539

Shirley Chan Accredited Dietician – Victoria Rd, West Pennant Hills NSW 2125 – Ph: 0491 681 195

Physical Therapy

Physiotherapy

Active Lifestyle Physiotherapy – 21/74 Rawson St, Epping NSW 2121 – Ph: 9869 1970

Myphysio Epping – G02/2 Pembroke St, Epping NSW 2121 – Ph: 9869 2572

Chiropractic

Epping Family Chiropractic Clinic – Suite 1, Level 1/49 Beecroft Rd, Epping NSW 2121 – Ph: 9868 1998

Keystone Chiropractic and Yoga – Shop 13/28 Cambridge St, Epping NSW 2121 – Ph: 9868 2260
Epping Family Wellness Centre – Suite 12, First Floor/41 Rawson Street, Epping NSW 2121 – Ph: 9011 5380

Hannah Beauty, Massage & Healthcare – 1/27 Oxford Street, Epping NSW 2121 – Ph: 0423 327 799

Recreational Activities

Parks

<https://www.cityofsydney.nsw.gov.au/playgrounds/sydney-park-playground>

<https://www.parraparents.com.au/parks-playgrounds/domain-creek-playground-parramatta-park/>

<https://www.parraparents.com.au/parks-playgrounds/fairfield-adventure-park-fairfield/>

<https://www.sydneyolympicpark.nsw.gov.au/parks-and-playgrounds/blaxland-riverside-park>

<https://www.sydneyolympicpark.nsw.gov.au/parks-and-playgrounds/linear-park>

Physical activities

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

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

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

<https://www.cityofparramatta.nsw.gov.au/the-pac>

Animals

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

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

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

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

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

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

Other

<https://thornleighgolfcentre.com.au/mini-golf/>

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

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

<https://www.visitwollondilly.com.au/experience/plants-farms-and-produce/berrylicious-strawberries/>