



# 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 – Suite 7, Level 6, Northern Beaches Hospital, 105  
Frenchs Forest Road, Frenchs Forest 2086. Ph: 9008 1368

Dr Shan Ong – Paediatrician – 120 The Boulevard, Caringbah NSW 2229. 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

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

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: <https://raisingchildren.net.au/autism/learning-about-autism/about-autism/learning-strengths-asd>

## Child Development

Ages and stages of development: <https://emergingminds.com.au/families/child-development>

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

## Community Access

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

West Epping Community Centre:

<https://www.cityofparramatta.nsw.gov.au/community/places-for-hire/community-centres-and-event-spaces/west-epping-community-centre>



# Domestic Violence Support

Child Protection Helpline – [13 21 11](tel:132111)

Domestic Violence Helpline – [1800 737 732](tel:1800737732)

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

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/>

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/>

I can Read: <https://www.icanreadsystem.com/>

# 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/>

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://www.woods.rugby/juniors/>

Soccer: <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

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

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

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

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

The Resilience Centre – 401/51 Rawson Street, Epping, 2121. Ph: 9869 0377

<https://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/>

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/>

# Medical Centres/Practices

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

<https://www.eppingeye.com/>

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

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

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

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

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

<https://nuvohealth.com.au/medical-centre/epping/>

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

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

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

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



# 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

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

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

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

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

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

# Diet and Nutrition

## Information

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

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

Nutrition for older children:

[https://www.rch.org.au/kidsinfo/fact\\_sheets/Nutrition\\_older\\_children/](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

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

Shirley Chan Accredited Dietitian – Telehealth Consultations, West Pennant Hills NSW 2125. Ph: 0491 681 195

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

# Physical Therapy

## Physiotherapy

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

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

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

<https://my-physio.com.au/location/epping-physio-clinic/>

## Chiropractic

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

<https://balancechiropractic.net.au/>

Epping Family Wellness Centre – 12 /41 Rawson Street, Epping NSW 2121. Ph: 9011 5380

<https://thefamilywellnesscentre.com.au/epping-family-wellness-centre/>

Keystone Chiropractic and Yoga – 13/28 Cambridge St, Epping NSW 2121. Ph: 9868 2260

<https://www.keychiro.com.au/home/>



# 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://bounceinc.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/>

<https://www.goldenridgeanimalfarm.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/>