

LOCAL SERVICES

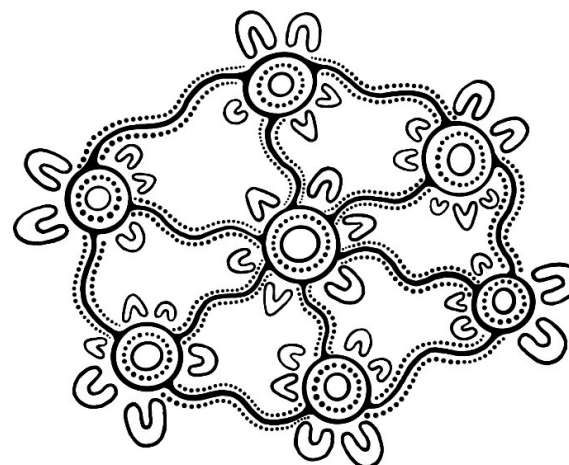
Ambulance / Emergency	'000' Mobiles Dial '112'
Bay of Isles Community Outreach (BOICO)	9072 1072
Centrelink now Services Australia	58 The Esplanade 132 468
Cannery Arts Centre	9071 3599
Carers Gateway	1800 422737
Centrecare (Counselling)	Suite 22A Dutton Arcade 91 Dempster St 90832600
Child Care <ul style="list-style-type: none"> - Outside School Hours Care - Lingalonga - Cubby House Learniversity 	<ul style="list-style-type: none"> - 9071 7227 or 0409 832 125 - 9071 2281 - 9071 7789
Population Health (Community Health)	Forrest Street, 9071 0400
Department of Communities Child Protection and Housing	Windich Street 62773844
Department of Communities Housing <ul style="list-style-type: none"> - Maintenance 	1300 137 677
Court House / Victim Support / Department of Justice	9071 6318 or 0439 946 321
Esperance District Health Campus (Hospital)	90798000
Esperance Care Services (ECS)	Gilpin Street, 9071 6310
Esperance Community Arts	9072 1158
Esperance Crisis Accommodation	9071 4395
Esperance District Education	9071 9100
Esperance Shire	90710666
Esperance Volunteer Resource Centre	90831540
Esperance Tjaltjraak Native Title Aboriginal Corporation	90720094
Hope Community Services and HEADSPACE	90345160
GIFSA	Lotteries House, 9072 1726
Esperance Home Care	9083 1800
Leisure Centre (Swimming Pool / Gym)	Black Street, 9083 1700
Mudjar Aboriginal Corporation	90715823
MAX Employment Disability Employment Services	90831475
Mental Health	9071 0444
Playgroup	Black Street, 0427 907 216
Police	9079 8999
Senior Citizens	9071 2268
SMYL Community Services	90931350

ESPERANCE SERVICES BOOKLET

PROVIDED BY ESCARE INC.

SUPPORTING THE ESPERANCE COMMUNITY SINCE 1982

*INCREASING THE CAPACITY OF INDIVIDUALS AND FAMILIES, TO ASSIST
WITH DAILY LIVING CHALLENGES AND TO ENRICH COMMUNITY LIFE.*



Our Funded Services:
Empowering Communities
Family & Community Support
Financial Counselling
Out of School Hours
Youth at Risk

Get in Touch:
Unit 8, Balmoral Square
53 The Esplanade
Esperance WA 6450

9071 3110 / 0419 905 233

www.escare.org.au / contact@escare.org.au

Follow us on Facebook

Published September 2022

*Drawing by Nanapa/ Jennell Reynolds
depicting Escare Inc. in the community*



Escare Inc. services are primarily funded by
WA Department of Communities

CHILDREN AND FAMILIES

"New Parent" Group

For parents with babies 0 - 6 months.

Thursdays, 10.00am - 12.00pm. Offered by Population Health. Contact 9071 0400 for more information.

Esperance Early Years Network

Connecting, supporting and strengthening children in the Esperance region to thrive in early years.

Contact Escare 9071 3110

To download the 'Kids Stuff' booklet visit: www.escare.org.au

PARENTING WORKSHOPS, GROUPS & SERVICES

Population Health

For further information on a variety of individual and group programs to support families and children, please speak with your child health Nurse or phone 9071 0400.

Escare Incorporated

Protective Behaviours Parent Course and Esafety

Register your interest by calling 9071 3110

Ngala Country Families

Ngala Raising Happiness. Ngala help with children from birth to 8 years in regional areas.

www.ngala.com.au/program/country-services

Parenting Connection WA

Local parenting services to suit your local community. Parenting Connection WA runs workshops, groups and activities to help you be the best parent you can be.

Anglicare Kalgoorlie 9068 1821 / goldfieldsesperance.pcwa@Anglicare.org.au

MensLine Australia

1800 789 978

Red Nose Grief and Loss

Supporting you on your journey after the death of a child.

24/7 Helpline: 1300 308 307 / www.rednose.org.au sands.org.au

Yorgum Healing Services

Counselling and healing for Aboriginal People

42 Wilson Street Kalgoorlie, visits Esperance

1800 469 371 or 0436462016

Goldfields Rehabilitation Service: Visiting Services 90214732

Detoxification Program/Drug & Alcohol Rehabilitation/Transitional housing and support

Standby www.standbysupport.com.au 0419186782

To support those impacted or bereaved by suicide.

Information WA wide: mycommunitydirectory.com.au

Aboriginal Legal Service of WA	90213666 or 1800 019 900
Association for the Blind WA	1800 658 388
COVID19 24 hours :Information Hotline	1326843
Breastfeeding Helpline	1800 686 268
Cancer Council Helpline	131 120
Carers Counselling Line - 24 Hrs	1800 007 332
Carers Helpline * Face to Face	1300 227 377
Child Abuse Prevention Service	1800 688 009
Crisis Care/ After Hours	1800 708704
Dads in Distress	1300 853 437
Domestic Violence Hotline	1800 007 339
MEN'S Helpline	1800 000 599
DVAssist	1800080083 / www.dvassist.org.au
Equal Opportunity	1800 198 149 / www.equalopportunity.wa.gov.au
Family Court Matters:	1800 199 228
Family Court Counselling service	1800 050 321
Family Law Hotline	1300 650 579 / www.familycourt.gov.au
Legal Aid	1300 139 188 / www.legalaid.wa.gov.au
Family Help Line	1800 643 000
Family Relationships Advice Line	1800050321
Financial Counselling Hotline	1800 889 364
Goldfields Community Legal Service	1300 139 188
Health Direct (24 hr Nurse triage)	1800 022 222
"Hey Dad"	1800 111 545
Isolated Parents Association	90785035
Kids Helpline	1800 551 800
Lifeline 24 Hours Crisis Support and Suicide Prevention	131 114
National Debt Hotline	1800 007007
Ngala Helpline	1800 111 546
Ombudsman	9287 300 / 1800 117 000
The Commonwealth Ombudsman	1300 362 072 / www.comb.gov.au
Parent Drug Information Service	1800 653 203 / 9442 5050
Parent Helpline	1800 654 432
Poisons	131 126
Psychiatric Emergency Service	1800 676 822
Read Write Now	1800 018 802
Samaritans Suicide Emergency & Youth line	1800 198 313 / 907121297
QLife counselling and referral service for LGBTIQ+ individuals	1800 184 527
Tenancy Advice Service:	1300 139188
Goldfields Community Legal Service Kalgoorlie	1800 621 888 / www.taswa.org

YOUTH

Escare Youth Service

Escare runs a part-time Youth Service that offers a regular group, information, referrals, advocacy, one to one assistance and recreational activities to young “at risk” people, ages between 12-18 years, in Esperance.

Esperance Headspace 18 Andrew Street. 90345160 (Lead agency Hope Community Services)

Child and Adolescent Mental Health Service (CAMHS)

Located at Esperance Hospital, Hicks Street / 9071044

Mudjar Aboriginal Corporation/ Moorditj Moort Strong people Program

Providing Truancy Outreach support to school aged youth to assist them with attending school and educational opportunities . 4 Woods Street 90715823

Tor Youth Shed

Corner of Milner and Pink Lake Road Saturday Nights. Follow on Facebook.

Esperance Private Practises:

Registered Psychologist : Clare Franklyn; 90553013

This Gen Counselling and Psychotherapy; Counsellor: Steven Eime 0466402199

Regional Rainbows Esperance Facebook Page and LGBTea and Coffee events.

Living Proud

Support services for the LGBTQI + community

www.livingproud.org.au

BeyondBlue

Provides information on depression, anxiety and how to help a friend.

1300 22 4636 / www.youthbeyondblue.com

Kids Helpline

Kids Helpline is Australia’s only free, private and confidential, phone counselling service specifically for young people aged between 5 and 25. Any time. Any reason.

1800 55 1800, via email or WebChat

ReachOut

Australia’s leading online youth mental health service, where you can get the help you need, where and when you need it. <https://au.reachout.com/mental-health-issues>

eHeadSpace

eHeadSpace is a confidential, free and secure space where a young person or their family can web chat, email or speak on the phone with a qualified youth mental health professional.

www.eheadspace.org.au / 1.00pm - 1.00am AEST or 1800 650 890 10.00pm - 1.00pm AEST

FOR CHILDREN & FAMILIES

Esperance Playgroup

Corner Black Street and Jane Street

esperanceplaygroup@gmail.com

Contact Playgroup WA to find out about a playgroup near you –

www.playgroupwa.com.au

Wanslea Early Learning and Development Goldfields – Family Day

Care *Grandcarers and other support*

9000 3070 / www.wanslea.asn

Lingalonga Early Years Learning Centre – Child Care 0-5

9071 2281

Cubbys Learnaversity – Child Care 0-11

9071 7789

Esperance Outside School Hours Care

For primary school aged children

After school care and Vacation care – 9071 7227 or 0409 832 125

Esperance Toy Library

Looking for an inexpensive way to provide educational toys for your kids? Come and join the Esperance Toy Library. Open Saturdays, 9.30am – 11.00am at Noel White Pavilion, Greater Sports Group, Black Street. Look up on Facebook and DM or email; esptoylibrary@gmail.com

MyTime

MyTime groups provide support for mothers, fathers, grandparents and anyone caring for a child (up to the age of 16) with a disability or chronic medical condition. Meets weekly.

For more information contact Escare 9071 3110.

Story Time and Rhyme Time at Esperance Public Library

Story Time 2-5 years: come along and join in the fun at our story and activity session for about an hour.. Every Thursday at 10.30am.

Rhythm and Rhyme 0-2 years about 30 minutes. Fridays 10.30am.

9083 1500 / www.library.Esperance.wa.gov.au

One and All Community Program; Escare and Shire of Esperance, contact 90713110 . Free Inclusive activities for One and All during School Holidays

PAINT ESPERANCE REaD: Escare Inc 90713110

Early literacy Project Whole of Community with the local Esperance Early Years Network.

Mainly Music Esperance Wednesdays Bay Of Isles Christian Fellowship, Jacaranda drive.

URGENT SUPPORT

Esperance Crisis Accommodation Service Inc: (ECAS)

9071 4395 / ecass@wn.com.au. 14 Emily Street. Services include:

- **Mara Women's Safe House:** Provides safe emergency accommodation to women and children escaping domestic violence and women and children in crisis. 24/7 access. Support, referrals, advocacy and information. 90714395
- **Lachie's House:** Short-term, crisis accommodation for families, men, women and children
- **DV Assist:** Information if you are in crisis (Domestic Violence) and debriefing for people working in the Family Violence area. 1800 080 083 or www.dvassist.org.au
- **1800RESPECT:** National Sexual Assault, Domestic Family Violence Counselling Service 1800 737 732

Aboriginal Family Legal Services

1800 469 246 / www.afls.org.au

Goldfields Community Legal / Tenants Advice Centre

Visits Esperance Call the Esperance Court House for appointments.

1300 139 188. admin@gclc.com.au / www.gclc.com.au

Women's Community Legal Service WA

9272 8800 or email us at info@wlswa.org.au

Department of Communities (Child Protection and Housing)

86B Windich Street, Esperance or call Kalgoorlie Duty Officer on 9022 0700

After Hours Call Crisis Care: 1800 708 704

MENTAL HEALTH

Esperance Community Mental Health

Forrest Street / 9071 0444

Child and Adolescent Mental Health Service (CAMHS)

Located at Esperance Hospital, Hicks Street / 9071 0444

Centrecare

Individuals, Couples, Families, Carers, Groups, Workshops, Community Development. Unit 22a, 91 Dempster Street, Dutton Arcade, Esperance (08) 90832600

Esperance headspace: 8 Andrew Street. 9034 5160

Lifespan Esperance: Suicide Prevention Network lifespanesperance@gmail.com

Contact Escare: 90713110

Neami National Step up/Stepdown Kalgoorlie 08 63238987

Short term residential support to prevent hospital admission, support early discharge and promote recovery in the community. In Recovery program. Mental Health Commission funded.

BEGA Garnbirringu: Visiting programs including social and emotional counselling.

9022 5500 / www.bega.org.au

13YARN: Crisis Support for First nations people. 13 9276

Kepa Kurl Keeping Strong Booklet: Mental Health Support for Local Aboriginal and Torres Strait Islander people found at www.escare.org.au

Qlife: Counselling and referral service for LGBTIQ+ individuals: 1800 184 527

FINANCIAL SUPPORT

Escare Inc, Financial Counselling

Access to WA No Interest Loans; budgeting, negotiation with creditors, community education. 90713110

ECS (Esperance Care Services)

Local ER support 90716310

Restore Hope Esperance

Providing Donated food to Homeless; 0458479926

Rural Financial Counselling WA

www.ruralwest.com.au / 1800 612 004

Consumer Protection

Know Your Rights (for Fuel Watch, Scam Net, etc.)

www.commerce.wa.gov.au / 1300 304 054

Salvation Army Goldfields

Emergency Relief and Accommodation. Transitional Support Service. Support young people in the transition into independent living. For Esperance contact Escare. Kalgoorlie 9021 2255

SPORT & RECREATION

Esperance Shire: Club & Community Development Officer 90710609

ADULT EDUCATION OPPORTUNITIES

Be Connected

Join thousands of Australians who are learning new skills on everything from how to access the internet, to using your device and keeping in touch with others online.

Your local Be Connected Networks are:

- Esperance Library 9083 1500
- Escare 9071 3110
- Esperance Community Arts 9072 1158

Escare Inc

Women's Learning groups. 9071 3110

Esperance Men-in-Sheds

907 Simpson Street / 9072 0012

South Regional Tafe

7 Connolly Street 6371 3500

SMYL Community Services

To make educational and occupational choices, Language Classes.

56 The Esplanade 9093 1350

MAX Employment Disability Employment Services

90831475 now at Balmoral Square.

APM Employment services / 1800 276 276 James Street

National Disability Services Job Matching Service 1800955711

WorkLink

75 Dempster Street /90716862

Workforce Australia employment Facilitator 0418525858

Forrest Personnel

Providing Disability Employment Network services

63a Dempster Street / 9071 5358

COMMUNITY ARTS

Cannery Arts Centre

Exhibition space, touring exhibitions, workshops, art and craft featuring local works for sale.
Norseman Road, Esperance 9071 3599

Esperance Community Arts

Access to arts and culture for everyone; variety of free Community Arts activities.
67 Dempster Street, Esperance 9072 1158.

Bijou Theatre

A theatre in a historic building. 150 seats, small reception room, entry/ticketing area, dressing rooms. 115 Dempster Street, Esperance WA 6450. 0497 032 814

Sing Australia Esperance

A singing group for all ages. Every Wednesday at 7.30pm Esperance Aged Care Facilities Activity Centre. 4 Randall Street, Esperance

DISABILITY SUPPORT

NDIS Registered Provider	Contact details	Support co-ordination?
Realise Ability	James Street 6244 8905 Lynda Paxton	Yes
Thrive Coordination Services (Thrive)	Liz Ayers 0431977264	Yes
BOICO (Bay of Isles Outreach)	9072 1072 56 The Esplanade	No
Cam Can Inc.	Jane Andrews 0427934155	Yes - on a case-by-case basis
Esperance Home Care Black Street	90831800 Support Coordinator; Brea Brewer	Yes
NDIS	ndis.gov.au 1800 800 110	
People with Disabilities WA Inc.	1800 193 331 (country callers)	
GIFSA Esperance (Goldfields Individual Family Support Association)	Lotteries House 9072 1726 Claire Mitchell	Yes
Life without Barriers	0472819953	Yes
Bega Garberringu Health	90225500 NDIS@bega.org.au	No

COMMUNITY SERVICES

Centrecare

Counselling & Support, Mental Health Portal, Footprints to Stronger Families, Unit 22a, 91 Dempster Street, Dutton Arcade, Esperance 9083 2600

Esperance Tjaltjraak Native Title Aboriginal Corporation

Acts as an agent for the Esperance Nyungar people's native title rights and interests.
9072 0095

Esperance Volunteer Resource Centre

Volunteers & potential volunteers are linked and supported.
9083 1540 - 77 Windich St (Esperance Library)

Education Department

For all information regarding schools, including; school Psychological services
School Drug Education and Road Aware program (SDERA)
0428 855 593, Education Support Centre: 9071 9560

HOPE Community Services

Goldfields Community Drug and Alcohol Service. Services are available for individuals who are concerned about their alcohol or drug use. This may include counselling, information, referral or advocacy. Services are provided for families, concerned others and the general.
Counselling Office - Esperance Lotteries House 9071 5169

Aboriginal Legal Service of WA

Family Law Service; Child Protection; Parenting Orders; Recovery Orders; Other limited Family Law matters
42 Maritana Street, Kalgoorlie
9021 3666 or Freecall 1800 016 791

Mudjar Aboriginal Corporation

Art Gallery, Bush Tucker Garden, Educational groups
4 Woods Street / 9071 5823

Esperance Care Services

OP SHOP ~ DROP-IN ~ CHAT ~ FELLOWSHIP ~ FURNITURE EXCHANGE ~ EMERGENCY RELIEF
Gilpin Street, Esperance 9071 6310
Open Tuesday, Wednesday, Thursday, Friday 9.30am – 2.30pm

Red Cross Housing (visits Esperance)

Kalgoorlie 9026 1605 (visits Esperance from Escare Office)

Women's Community Legal Service WA

9272 8800 or info@wlsa.org.au

HEALTH MATTERS

COVID19 is 24 hours : 1326843

Esperance AOD Harm Reduction Group (EAODHRG)

Family Support Group: 9071 5169

BEGA Garnbirringu

Visiting programs including social and emotional counselling.

9022 5500 / www.bega.org.au

WA Primary Health Alliance (WAPHA)

Local contact – Raylene Craft - 0439 276 534

Local Health Service Directory – www.wapha.org.au

Population Health (WA Country Health Service)

Specialist health staff offer services to parents, families, individuals and groups which are free and confidential. Forrest Street, Esperance (opposite Boulevard Shopping Centre).

Monday – Friday, 8.30am – 4.30pm / 9071 0400

Specialty services include;

- **Child Health**
- **School Health**
- **Immunisation**
- **Enuresis Nurse (bed wetting)**
- **Audiology**
- **Dietitian**
- **Speech Pathology**
- **Occupational Therapy**

Nulsen Child Health Clinic

Wednesdays 9.00 – 10.30am, at Nulsen Kindy (not during school holidays)

Contact Population Health on 90710400

Breastfeeding Helpline

1800 MUM 2 MUM (1800 686 2 686)

Esperance Health Campus (WA Country Health Service)

Physiotherapy

Inpatients and outpatient and community services for referred patients. Group programs including Gait & Balance, Esperance Easy Breathers, Hydrotherapy.

Monday – Friday 8.30am – 4.30pm / 9071 8170

Social Work

Social Worker and Aboriginal Liaison Officer and staff and services.

Monday – Friday, 8.30am – 4.30pm / 90798199

Esperance Antenatal Classes

For further information contact Esperance Hospital Midwifery Unit – 9071 8000

HEALTH MATTERS cont...

PATS: Patient Assisted Travel Scheme

The Patient Assisted Travel Scheme (PATS) provides country residents in the WA Country Health Service region with financial assistance when travelling more than 100km to access the nearest eligible medical specialist service (including Telehealth). Speak to your practitioner or visit the website <http://www.wacountry.health.wa.gov.au>

Amity Health

Amity Health is a not-for-profit organization delivering a range of allied health and community services for children and adults. Amity is at Esperance Business Centre. Integrated chronic disease program – 9842 2797

Health Consumer Council: 1800620780 (free call)

To increase the capacity of all people to influence the future direction of health care and to make informed decisions.

CareOpinion; tell your health/ hospital story www.careopinion.org.au

CARERS

Carergateway

www.carergateway.gov.au / 1800 422 737

Including Better Start and Commonwealth Respite and Carelink Centre

Carers WA Advocating & Supporting Family Carers in WA - 1300 227 377

Centrecare: 91 Dempster Street, Dutton Arcade, Esperance (08) 9083 2600

Dementia Australia: Support for carers: 1800 100 500

My Time. Social group. Escare Inc 9071 3110

Support for anyone caring for a child (up to the age of 16) with a disability or chronic medical condition

GENERAL PRACTICE

Banksia Medical & Health

47 Dempster St – 9071 1511

Esperance Family Practise

116 Dempster St – 9071 3100

Genpar Medical Services

63 Dempster St – 9071 1956

Recherche Medical Centre

64 Windich St – 9071 7799

Bega Garnbirringu Health Services

Mobile Clinic: 1800 037 037 or 9022 5558 for schedule.

At Gum Tree Church Rouse St Nulsen.