

# About This Directory

This directory has been produced to assist, support, provide links and partnerships to schools with local community health service providers.

This directory will hopefully provide a good starting point for obtaining support for students and families, by improving knowledge of available services and enhancing access of information and resources.

*Please note* -it is important to make enquiries as to the suitability of a service and many listings may have a waiting period. It is recognised that this list is not complete and is intended as a guide only. Information is subject to change without notice.

As health service providers, we aim to support schools in being Health Promoting Schools. A Health Promoting School is one that takes up the challenge of establishing a supportive environment and promoting the health and well being of all members of the school community. The health promoting schools framework advocates that the curriculum, the school physical and social environment and the school-home-community partnerships are all used to promote health.

If you have any enquiry about any of the services listed or any aspect of the Health Promoting Schools Program please contact;

Justine Gowland-Ella  
Schools Health Promotion Officer  
Health Promotion Unit  
Central Coast Health  
Ph: 4349 4815  
Email: [jgowland@nscchahs.health.nsw.gov.au](mailto:jgowland@nscchahs.health.nsw.gov.au)



**Health Promoting  
School Model**

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# Aboriginal Health

**CONTACT** Laverne Bellear  
Area Director

## CONTACT NUMBERS

Phone: 43203602  
Pager: 43202111 / quote 185666  
Fax: 43202695  
Email: [lkbellear@nsccahs.health.nsw.gov.au](mailto:lkbellear@nsccahs.health.nsw.gov.au)

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community in Northern Sydney and the Central Coast.

## LOCATION

"Nunyara" 81 Holden Street Gosford  
Nunyara's role is to act as an advocate and support service for Aboriginal and Torres Strait Islander people and their families. We liaise and assist families in relation to accessing health services, provide health education and programs, and referral to relevant agencies and services.

## SERVICE PROVISION TO SCHOOLS

- Responsible for liaison and advice about all Central Coast Health matters relating to Aboriginal Health on the Central Coast. Advocates for Aboriginal Health improvement, Aboriginal Health policy and its implementation.

## RESOURCES AVAILABLE

Culturally appropriate health promotion materials on:

- General Aboriginal health

## LIMITATIONS

- Some assembly type presentations

# Aboriginal Alcohol and Other Drugs

**CONTACT** Steve Ella  
Aboriginal Alcohol & Other Drug worker  
Email: [sella@nsccahs.health.nsw.gov.au](mailto:sella@nsccahs.health.nsw.gov.au)

Michelle Ellis  
Female Aboriginal Drug & Alcohol worker  
Email: [mellis@nsccahs.health.nsw.gov.au](mailto:mellis@nsccahs.health.nsw.gov.au)

## CONTACT NUMBERS

Phone: 4320 3057  
Fax: 4320 2423

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community on the Central Coast

## SERVICE PROVISION TO SCHOOLS

- Contact point for AEA's (Aboriginal Education Assistant) on drug and alcohol issues
- Substance abuse counselling -negotiable if suitable
- Support for Aboriginal drug and alcohol clients and families
- Liaise and refer aboriginal drug and alcohol clients to appropriate services

## RESOURCES AVAILABLE

Culturally appropriate health promotion materials on:

- Alcohol and other drugs
- General Aboriginal health

## LIMITATIONS

- Time availability to be discussed with inquiry
- Any D&A Presentations will be negotiated for their suitability.

# Aboriginal Health Health Education

**CONTACT** Sharni Jones  
Senior Aboriginal Health Education Officer

## CONTACT NUMBERS

Phone: 9926 6975  
Fax: 9926 6279  
Email: [SJJones@nsccahs.health.nsw.gov.au](mailto:SJJones@nsccahs.health.nsw.gov.au)

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community in the North Shore.

## SERVICE PROVISION TO SCHOOLS

- Support community initiatives addressing Aboriginal Health in collaboration with other health care providers
- Provide primary health care to the Aboriginal community

# Aboriginal Hospital Liaison

**CONTACT** Roberta Swan  
Aboriginal Hospital Liaison Officer (Central Coast)

Belinda Brown  
Aboriginal Hospital Liaison Officer (Northern Sydney)

## CONTACT NUMBERS

Phone: 43202957  
Fax: 43202695  
Email: [rswan@nsccahs.health.nsw.gov.au](mailto:rswan@nsccahs.health.nsw.gov.au)

Phone: 9926 6279

Email: [BKBrown@nsccahs.health.nsw.gov.au](mailto:BKBrown@nsccahs.health.nsw.gov.au)

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community on the Central Coast.

## SERVICE PROVISION TO SCHOOLS

- Support patients and their families and assist them in understanding hospital procedures.

# Aboriginal Maternal Health

**CONTACT** Constance Mundy  
Aboriginal Maternal Health Educator  
Eleanor Duncan Health Centre

**CONTACT NUMBERS**  
Phone: 43203602

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community on the Central Coast.

## SERVICE PROVISION TO SCHOOLS

- Provide support when women present for antenatal appointments and delivery.

# Aboriginal Mental Health

**CONTACT** Aboriginal Mental Health Intake

**CONTACT NUMBERS**  
Phone: 43203500  
Fax: 4323 6228

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community on the Central Coast.

## SERVICE PROVISION TO SCHOOLS

- Liaise with Aboriginal mental health clients and their families, and mental health staff
- To educate Aboriginal community about mental health issues and services available

# Aboriginal HIV / Sexual Health & Harm Minimisation

**CONTACT** Dianne O'Brien  
Aboriginal Sexual Health Educator (Mon, Tues, Wed)  
and Harm Minimisation Worker (Thurs, Fri)

## CONTACT NUMBER FOR SEXUAL HEALTH / HARM MINIMISATION

Phone: 43203721  
0414193906  
Fax: 43203163

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community on the Central Coast.

## SERVICE PROVISION TO SCHOOLS

- Liaise with relevant agencies and individuals to develop prevention strategies.
- Make referrals and provide relevant education, advice, information and support for Aboriginal people with HIV/STD/HCV issues.
- To reduce harm from injection drug use, encourage safe disposal of injecting equipment
- Provide resources and education to enhance safer behaviour through harm minimisation

# Aboriginal Chronic Care

**CONTACT** Coralie Lifu  
Aboriginal Vascular Health Co-ordinator

**CONTACT NUMBERS**  
Phone: 4320 2692  
Email: [clifu@nscchhs.health.nsw.gov.au](mailto:clifu@nscchhs.health.nsw.gov.au)

## TARGET GROUP

- Aboriginal/Torres Strait Islander Community on the Central Coast.

## SERVICE PROVISION TO SCHOOLS

- To educate Aboriginal community about risk of chronic care and co-ordination of services available

# Aboriginal Youth Health

**CONTACT** Lisa Hamilton  
Aboriginal Youth Health Worker

**CONTACT NUMBERS**  
Phone: 43569333  
Fax: 43569350

**TARGET GROUP**

- Aboriginal/Torres Strait Islander Community on the Central Coast

**SERVICE PROVISION TO SCHOOLS**

- Develop accessible and youth appropriate services for young Aboriginal people
- Inform Aboriginal youth of health issues, services and their rights and responsibilities.

# Aged care

**CONTACT NUMBERS**  
Phone: 4304 0700  
Fax: 4304 0701

**TARGET GROUP**

- Secondary students and staff

**SERVICE PROVISION TO SCHOOLS**  
Presentations to groups on the following topics:

- Ageing
- Dementia
- Elder abuse

**RESOURCES AVAILABLE**

- Pamphlets and articles on ageing, dementia, elder abuse
- Pamphlets on residential facilities

**LIMITATIONS**

- Bookings must be made 4 weeks prior in order to accommodate for staff availability

# Alcohol and Other Drugs Intake Service

**CONTACT** Intake Worker

**CONTACT NUMBERS**  
Phone: 43944880  
Fax: 43948181

**TARGET GROUP**

- People experiencing problems related to drugs or alcohol

**SERVICE PROVISION TO SCHOOLS**

- Intake aims to be the first point of contact for the Alcohol and Other Drugs Service by providing telephone access for those in the community who are experiencing problems related to drugs or alcohol.

The Intake Service will link the caller to the most appropriate treatment option either within the Alcohol and Other Drugs Service or by referral to an external agency. General information and advice is also provided.

People are advised to speak to an intake worker before self referring to residential detoxification or rehabilitation services.

All inquiries for Alcohol and Other Drug issues can be made through the Intake Service on 43944880.

# Asthma Education

**CONTACT** Linda Birch  
*Paediatric Asthma Educator*  
Ken Langbridge  
*Adult Asthma Educator*  
Naomi Fenton  
*Community Outreach Asthma Educator*

**CONTACT NUMBERS**  
Phone: 43287976 Paediatric  
43203410 Adults  
43569408 Community  
Fax: 43287925 Paediatric  
43203350 Adults  
43569401 Community  
email: [lbirch@nscchahs.health.nsw.gov.au](mailto:lbirch@nscchahs.health.nsw.gov.au)  
[klandbridge@nscchahs.health.nsw.gov.au](mailto:klandbridge@nscchahs.health.nsw.gov.au)  
[nfenton@nscchahs.health.nsw.gov.au](mailto:nfenton@nscchahs.health.nsw.gov.au)

**TARGET GROUP**

- Primary and Secondary Schools

**SERVICE PROVISION TO SCHOOLS**

- Promoting asthma awareness and guidelines for the implementation of asthma management plans and first aid kits
- Teacher, parent groups and school first aid assistants – updates on asthma and its management

**RESOURCES AVAILABLE**

- A resource folder and posters are available from the asthma education service – CCAHS
- Videos and audio's for teachers also available

**WEBSITES**

- [www.asthmansw.org.au](http://www.asthmansw.org.au)

**LIMITATIONS**

- Need a minimum of 1 hour duration to present
- No student group presentation for primary schools

# Audiology

**CONTACT** Barbara Nudd  
Winnie Chan

## CONTACT NUMBERS

Phone: 4320 3121 (Gosford office for all enquiries & bookings)  
Fax: 4320 3505  
Email: [bnudd@nscchahs.health.nsw.gov.au](mailto:bnudd@nscchahs.health.nsw.gov.au)  
[wchan@nscchahs.health.nsw.gov.au](mailto:wchan@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- Audiology services available to all ages at Gosford Hospital and Wyong Hospital.
- 0-6 yr olds are first priority, with limited appointments for older children and adults.
- 1 clinic a month run by Eleanor Duncan Aboriginal Health Centre, Wyong, at Audiology, Wyong or Gosford Hospitals. Targets all ages. Aboriginal clients can contact EDHC on Ph 4351 1040 to book for this clinic, or phone Audiology to attend at any other time.

## SERVICE PROVISION

- Priority is up to 6 years. Some appointments for older children and adults

## RESOURCES AVAILABLE

- Phone or fax Audiology above for current 'options' list of other audiology services.

## LIMITATION

- 2 audiologists only to service the Gosford and Wyong LGAs. A waiting list for appointments usually applies

# Blood Bank

**CONTACT** Nurse Unit Manager

## CONTACT NUMBERS

Phone: 43203401  
Fax: 43202300  
Email: [gosbts@arcbs.redcross.org.au](mailto:gosbts@arcbs.redcross.org.au)  
Information No: Tollfree 131495

## TARGET GROUP

- Year 11 and Year 12 students, teachers and parents

## SERVICE PROVISION TO SCHOOLS

- A donor mobile collection service is available to visit Central Coast High Schools to collect blood donations.

## RESOURCES AVAILABLE

- Education Officer – Aust. Red Cross Blood Service, Sydney / Newcastle to conduct lectures prior to visit
- Toll free number for information 131495

## WEBSITE

- [arcbs.redcross.org.au](http://arcbs.redcross.org.au)

## LIMITATIONS

- 16 & 17 year older must have the enrolment form signed by a parent, giving permission to donate.

# Chaplains Department

**CONTACT** Rev. Ken Shakespeare

## CONTACT NUMBERS

Phone: 43202253 / 43202111  
Pager: 43202111 ask for pager 18700  
Fax: 43202406

## TARGET GROUP

- All students Kindergarten to Year 12

## SERVICE PROVISION TO SCHOOLS

- Support to school counsellors
- Contact for all Clergy on the Central Coast
- Debriefing help in times of community crisis / trauma / accidental death / suicide etc, eg. school children or teacher

# Child & Family Health Nurse

## CLINICS LOCATED AT:

Area	Phone	Fax
Gosford (School Health Co-Ordinator)	43287900	43287925
Kincumber	43692355	43692373
Long Jetty	43367800	43367840
Woy Woy	43448432	43448666
Wyong Central	43569300	43569305
Lakehaven	43937777	43917700
Erina	43679600	43675911

## TARGET GROUP

- Primary Schools

## SERVICE PROVISION TO SCHOOLS

- Targeted screening for vision to kindergarten children
- Information to teachers on health related issues of children
- Immunisation, information and co-ordination of childhood and school based clinics
- Presentation to parents at Kindergarten Orientation on health issues and immunisation (only for Schools as Communities)

## Other Services

- **Child Health Clinics & Parenting groups** –for information & support for families with children 0-5, sleep feeding, post natal issues & immunisation
- **Family Care Cottage** – day stay facility for parents experiencing parental difficulties 0-5 years only
- **Community Paediatric Team** – home based nursing & counselling for families with children with special needs (congenital, physical disabilities)
- **Child birth education** – preparing for labour, birth & parenting

## RESOURCES AVAILABLE

- Health Department pamphlets & school health resource folder
- Referral where appropriate to secondary screeners for vision, hearing and speech

## LIMITATIONS

- Limited time to offer information sessions for parents or teachers

# Child & Family Health Counselling (FACETS)

FOR APPOINTMENTS AT ALL SERVICES ACROSS THE  
CENTRAL COAST PLEASE RING 4328 7988 (Message Bank)

## CONTACT NAME & CONTACT NUMBERS

Area	Phone	Fax
General enquiries	43287900	43287925
Intake Counselling appointments	43287988 (message bank)	43287925

## TARGET GROUP

- Primary Schools, parents of primary children

## SERVICE PROVISION TO SCHOOLS

- Anxiety & anger groups for children and parents, social skills & self-esteem groups
- Child and family assessment and counselling
- Asperger forums
- Groups for children and parents
  - anxiety
  - social skills
  - anger management / strong feelings
  - self esteem
  - parenting when facing behavioural challenges

## RESOURCES AVAILABLE

- Lectures
- Workshops / Forums
- Pamphlets

# Child Protection

## CONTACT NUMBERS

Phone: 4367 9600  
Fax: 4367 9642  
email : [chardiman@nscchahs.health.nsw.gov.au](mailto:chardiman@nscchahs.health.nsw.gov.au)

Central Coast Community Health Centre  
169 The Entrance Rd, Erina 2250

## TARGET GROUP

- This service has a number of roles within the area of child protection. The first is the provision of counselling and advocacy for children and families where there has been confirmed physical and/or emotional abuse, or neglect issues. Referrals for this service are solely via the Department of Community Services. Family members may be seen individually, together, or may utilise groups. The intervention is goal and medium term. This aspect of the service is known in some other area health services as PANOC (Physical Abuse and Neglect of Children). A further role of the service is in relation to child protection issues and policy with Central Coast Health generally. This service is available for consultation on child protection concern, and also has responsibility for identifying and assessing changes required to practice and policy within the Area Health System. Part of this wider role includes facilitating child protection.

## SERVICE PROVISION TO SCHOOLS

- Education provided in child protection and how to identify and notify child abuse and neglect.

## RESOURCES AVAILABLE

- Videos
- Books
- Pamphlets
- Articles
- One off training / education sessions

## WEBSITES

- [www.community.nsw.gov.au](http://www.community.nsw.gov.au) (DOCS)
- [www.jannawi.com.au](http://www.jannawi.com.au)
- [www.childsafe.net.au](http://www.childsafe.net.au)

# Continence

**CONTACT** Mary Kelly / Lindy Lawler – Wyong  
Jacqui Swindells – Gosford

## CONTACT NUMBERS

Phone: 43569300 – Wyong  
43679600 – Gosford  
Fax: 43675911

## TARGET GROUP

- 16 years and older with bladder and bowel problems

## RESOURCES AVAILABLE

- 2 Specialist Nurses Books
- Pamphlets/Fact sheet on:
  - pelvic floor exercises
  - bladder training
  - constipation

## LIMITATIONS

- Time and availability to be discussed with inquiry

# Diabetes

## CONTACTS

Name	Phone	Fax
Secretary	43203321	43202944
Bev McElhone Nurse Manager	43203324	43202944

## TARGET GROUP

- Preschool, Primary and High Schools

## SERVICE PROVISION TO SCHOOLS

- Education and support provided to staff regarding children with diabetes
- Inservices can be arranged on request
- Telephone inquiries
- Paediatric Outreach Clinics for children with Diabetes – appointments necessary

## RESOURCES AVAILABLE

- School Kits
- Information Videos

## LIMITATIONS

- N/A

# Division of General Practice

**CONTACT** Paul Warwick  
Chief Executive Officer

## CONTACT NUMBERS

Phone: 43652294  
Fax: 43653836  
Email: [ccdgp@ccdgp.com.au](mailto:ccdgp@ccdgp.com.au)

## LOCATION

Suite 4  
Erina Plaza  
210 The Entrance Road  
Erina 2250

## TARGET GROUP

- Primary and Secondary schools

## SERVICE PROVISION TO SCHOOLS

- G.P. related issues/primary health care issues
- "One-off" talks / presentations on a wide variety of health issues to students, staff and parents on:
  - HIV/AIDS
  - Alcohol and other drugs
  - Contraceptives
  - Sport medicine
  - Suicide
- Possible involvement/consultation in health related projects

## RESOURCES AVAILABLE

- General Practitioners (G.P.'S)

## LIMITATIONS

- Difficult for G.P.'s to undertake activities during surgery hours.

# Domestic Violence

**CONTACT** Tamara Lee

## CONTACT NUMBERS

Phone: 43203585  
Fax: 43203179

## TARGET GROUP

- Community workers & agencies, individuals seeking information & referral to domestic violence services

## SERVICE PROVISION TO SCHOOLS

- Education and training information for teachers and students on issues of violence in the family

## RESOURCES AVAILABLE

- Videos (not for loan to students)
- Small group exercises and programs
- Up to date research & articles
- Health promotional material eg posters, booklets, bookmarks

## WEBSITES

- [www.stepstorespect.org.au](http://www.stepstorespect.org.au) (Central Coast Info)
- [www.lawlink.nsw.gov.au/dvlink](http://www.lawlink.nsw.gov.au/dvlink)
- [www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)
- [www.womens.nsw.gov.au/student/student2/htm](http://www.womens.nsw.gov.au/student/student2/htm)
- [www.dvrc.org.au](http://www.dvrc.org.au)
- [www.austdvclearinghouse.unsw.edu.au](http://www.austdvclearinghouse.unsw.edu.au)
- [www.ecav.health.nsw.gov.au](http://www.ecav.health.nsw.gov.au)

## LIMITATIONS

- Small team – therefore prior notice is required.

# Eating Disorders & Body Image

**CONTACT** Eating Disorder Early Intervention Outpatient Service

## CONTACT NUMBERS

Phone: 4356 9418 (hotline) or  
4356 9413 (Co-ordinator)  
Fax: 4356 9350

## TARGET GROUP

- Central Coast Community

## SERVICE PROVISION TO SCHOOLS

- Early Intervention Outpatient Service for people exhibiting high risk behaviours for eating disorders or who are diagnosed with eating disorders and support therapy for parents and families  
Criteria: Anorexia Nervosa less than 1 year / Bulimia Nervosa less than 5 years
- Support for school counsellors
- Training for staff on recognition of early signs and appropriate interventions
- Health Promoting Schools Framework for Body Image available

## RESOURCES AVAILABLE

- Information pack

## WEBSITES

- [www.ifnotdieting.com.au](http://www.ifnotdieting.com.au)  
Website for Dr Rick Kausman, the author of "If Not Dieting then What?". Information on a 'no-dieting' approach. Information on nutrition, recipes, self-esteem etc.
- [www.edf.org.au](http://www.edf.org.au)  
Eating Disorder foundation of NSW inc. Information about ED and support groups for people with ED, friends or family.
- [www.ceed.org.au](http://www.ceed.org.au)  
Centre of Excellence for Eating disorders provides information for health and welfare professionals.

# Genetic Counselling

**CONTACT** Robin Hay  
Associate Genetic Counsellor

## CONTACT NUMBERS

Phone: 4328 7994  
Fax: 4328 7925  
email: [rhay@nscchahs.health.nsw.gov.au](mailto:rhay@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- High School students
- Families with hereditary conditions

## SERVICE PROVISION TO SCHOOLS

- Available to talk to school children regarding constructing family trees, with the aim of placing a human focus on genetics

## RESOURCES AVAILABLE

- Pamphlets

## USEFUL WEB SITES

- [www.genetics.com.au](http://www.genetics.com.au) (NSW Genetics Education Unit)
- [www.ncbi.nlm.nih.gov/omim](http://www.ncbi.nlm.nih.gov/omim) (Online Mendelian Inheritance in Man)

## LIMITATIONS

- Only available 3 days per week (Wed, Thurs & Fri)

# Health Promotion Unit Alcohol

**CONTACT** Anthony Smith  
Health Promotion Officer

## CONTACT NUMBERS

Phone: 43494819  
Fax: 43494866  
Email: [amsmith@nscchahs.health.nsw.gov.au](mailto:amsmith@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- Secondary students and teachers

## SERVICE PROVISION TO SCHOOLS

- Supply of portable alcoholisers for use at school functions – free of charge

## RESOURCES AVAILABLE

- Alcoholisers, stand and hand held breath test units free of charge
- Brochures on alcohol and drink driving
- 'Supply Means Supply' secondary supply of Alcohol resource including interactive CD-Rom

## LIMITATIONS

- No one-off student presentations

# Health Promotion Unit Injury Prevention

**CONTACT** Annie Warn

## CONTACT NUMBERS

Phone: 43494811  
Fax: 43494866  
Email: [awarn@nscchahs.health.nsw.gov.au](mailto:awarn@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- Teachers and parents

## SERVICE PROVISION TO SCHOOLS

- Consultancy to school regarding playground safety
- Consultancy regarding school safety in general, for example school crossings
- Address staff meetings / P & C re: playground/school safety

## WEBSITES

- [www.standards.org.au](http://www.standards.org.au)
- [www.kidsafensw.org.au](http://www.kidsafensw.org.au)

## LIMITATIONS

- Not available for talks to students

# Health Promotion Unit Childhood Obesity

## CONTACT NAME AND NUMBERS

	Phone	Fax
Leanne Andrew (Tu, Wed, Thur)	43494869	43494866
Email:	<a href="mailto:landrew@nsccahs.health.nsw.gov.au">landrew@nsccahs.health.nsw.gov.au</a>	

Nigel Tebb (M-F)	43494826	43494866
Email:	<a href="mailto:ntebb@nsccahs.health.nsw.gov.au">ntebb@nsccahs.health.nsw.gov.au</a>	

## TARGET GROUP

- Primary and secondary schools

## SERVICE PROVISION TO SCHOOLS

- Assistance to schools in promoting healthy lifestyles & healthy environments to students and the broader community to prevent overweight and obesity by:
  - providing current information on overweight & obesity
  - promoting & providing relevant resources on physical activity and fundamental movement skills through the Q4 Coast in Motion Campaign (Term 3&4)
- Providing limited resources for the Q4: Live Outside the Box 2-week Challenge in Secondary schools
- Follow up on the Q4: Lunch box look activity and short report generation about what food students bring from home.

## RESOURCES AVAILABLE

- Resources on fundamental movement skills for families through the Q4: The Coast in Motion Campaign (Term 3 & 4 2007)

## WEBSITES

- Campaign website:
- [www.healthpromotion.com.au](http://www.healthpromotion.com.au)
- [www.health.nsw.gov.au/obesity](http://www.health.nsw.gov.au/obesity)
- [www.bosnsw-k6.nsw.edu.au/pdphp/pdhpe-index.html](http://www.bosnsw-k6.nsw.edu.au/pdphp/pdhpe-index.html)
- [www.sports.det.nsw.edu.au/sportsedu/wspa/intro.html](http://www.sports.det.nsw.edu.au/sportsedu/wspa/intro.html)

## LIMITATIONS

- No presentations to class groups

# Health Promotion Unit School Resources

CONTACT Di Twomey  
Mike Smith

## CONTACT NUMBER

Phone: 43925000

## LOCATION

Wadalba Community School – PE Department

## RESOURCES AVAILABLE

- Books
- Kits
- Any school on the coast may borrow the resources

# Health Promotion Unit Physical Activity

CONTACT Gina Stuart  
Health Promotion Officer

## CONTACT NUMBERS

Phone: 43494813  
Fax: 43494866  
Email: [gstuart@nsccahs.health.nsw.gov.au](mailto:gstuart@nsccahs.health.nsw.gov.au)

## TARGET GROUP

- School staff, school students

## SERVICE PROVISION TO SCHOOLS

- Assistance to schools in providing and promoting participation in physical activity and sport by:
  - providing current physical activity information
  - raising awareness of benefits of physical activity
  - linking physical activity with other health issues
  - provision of local PDHPE network to assist teachers with:
    - professional development
    - provision & promotion of physical activity
    - achieving recommended levels of physical activity in schools

## RESOURCES AVAILABLE

- Central Coast PDHPE network, term meetings

## WEBSITES

- [www.health.nsw.gov.au](http://www.health.nsw.gov.au) For health publications & statistics
- [www.achper.org.au](http://www.achper.org.au) Resources for teachers
- [www.chw.edu.au](http://www.chw.edu.au) (factsheets on physical activity & kids)
- [www.ausport.gov.au](http://www.ausport.gov.au) Click on teachers/educators for info on Active After Schools Communities & other resources
- [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au) NSW Sport & Recreation
- [www.kidshhealth.org](http://www.kidshhealth.org) A site mainly for kids. Click on kids, then staying healthy
- [www.walk.com.au](http://www.walk.com.au) Walk safely to school & work website
- [www.bosnsw-k6.nsw.edu.au/pdhpe/phdpe\\_index.html](http://www.bosnsw-k6.nsw.edu.au/pdhpe/phdpe_index.html) (K-6 educational resources)
- [www.health.nsw.gov.au/obesity/](http://www.health.nsw.gov.au/obesity/) Info on obesity, BMI calculator
- [www.healthpromotion.com.au](http://www.healthpromotion.com.au)
- [www.smartplay.net/](http://www.smartplay.net/) Info & fact sheets on sport & sport safety
- [www.smansw.com.au](http://www.smansw.com.au) Sports medicine information
- [www.heartfoundation.com.au](http://www.heartfoundation.com.au) (Info for teachers & kids, click on schools)
- [www.healthyactive.gov.au](http://www.healthyactive.gov.au) Info re grants for schools, Active After Schools communities, & the National healthy Active Schools Competition
- [www.healthykids.nsw.gov.au](http://www.healthykids.nsw.gov.au) Information on healthy eating & physical activity for schools, parents & kids.
- 

## LIMITATIONS

- Time & availability to be discussed with enquiry
- No presentations to class groups

# Health Promotion Unit Schools

**CONTACT** Justine Gowland-Ella  
Health Promotion Officer – Schools

## CONTACT NUMBERS

Phone: 43494815  
Fax: 43494866  
Email: [jgowland@nscchahs.health.nsw.gov.au](mailto:jgowland@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- Primary and Secondary schools

## SERVICE PROVISION TO SCHOOLS

- Assistance is given to promote the health of the whole school community following the 3 strands of the Health Promoting School Framework; Curriculum, teaching & learning, environment / ethos and School / Community Partnerships.
- Health issues include; Nutrition (Canteens), Physical Activity, Injury Prevention, Childhood Obesity prevention
- Inservices for teachers, parents and SRC to update on these health issues may be arranged
- Health Promoting High School Network allows communication of relevant adolescent health issues between health and education workers.
- Canteen Worker Network meetings are arranged for both Primary & High Schools at a different location each term
- Contact point for other health resources / services
- Primary and Secondary Teacher PDHPE Network meetings – 3 meetings / year
- Telephone and consultancy on canteen / nutrition issues.

## RESOURCES AVAILABLE

- Nutrition Newsletter snippets
- Variety of canteen resources
- Guide to Healthy Fundraisers

## WEBSITE

- [www.hlth.gut.edu.au/ph/ahpsa](http://www.hlth.gut.edu.au/ph/ahpsa)
- <http://www.schools.nsw.edu.au/studentssupport/studentwellbeing/schoolcanteen/index.php>
- <http://www.healthykids.nsw.gov.au/>
- [www.health.nsw.gov.au/obesity/adult/](http://www.health.nsw.gov.au/obesity/adult/)
- [www.nutritionaustralia.org](http://www.nutritionaustralia.org)
- <http://www.curriculumsupport.education.nsw.gov.au/primary/pdhpe/index.htm>
- [www.healthpromotion.com.au](http://www.healthpromotion.com.au)
- [www.schoolcanteens.org.au](http://www.schoolcanteens.org.au)

## LIMITATIONS

- No one-off or general presentations to students- must be part of a planned program

# Health Promotion Unit Suicide Prevention

**CONTACT** Anthony Smith  
Health Promotion Officer

## CONTACT NUMBERS

Phone: 43494819  
Fax: 43494866  
Email: [amsmith@nscchahs.health.nsw.gov.au](mailto:amsmith@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- All age groups

## SERVICE PROVISION TO SCHOOLS

- The HPU is involved in the Suicide Safety Network (Central Coast) inc. The network is a community based group working to develop & implement strategies for reducing suicide on the Central Coast.
- The network is working with the Dept. of Education and local schools to provide support for teachers and students in the area of suicide prevention (Refer to School Links program)
- Interested people are invited to become part of the Suicide Safety Network.

## RESOURCES AVAILABLE

- Contact with other Government and Non Government organisations
- Resources on suicide prevention and bereavement
- Local suicide statistics
- Suicide Safety Network Newsletter

## WEBSITES

- [www.suicidepreventionaust.org](http://www.suicidepreventionaust.org)

## LIMITATIONS

- Not available for counselling or crisis intervention
- No presentations to class groups

# Health Promotion Unit

## Sun Protection

**CONTACT** Helen Kale (part-time)  
Health Promotion Officer

### CONTACT NUMBERS

Phone: 43494814  
Fax: 43494866  
Email: [hkale@nscchahs.health.nsw.gov.au](mailto:hkale@nscchahs.health.nsw.gov.au)

### TARGET GROUP

- Primary and Secondary Schools

### SERVICE PROVISION TO SCHOOLS

- Contact for consultancy and advise on all issues regarding sun protection, ie policy, shade etc
- Workshops conducted on sun protection
- Ideas for SRC involvement
- Special projects targeting schools

### RESOURCES AVAILABLE

- Wide range of pamphlets, posters etc available
- Curriculum materials
- Videos and books for loan from Health Promotion Unit

### WEBSITE

- [www.nswcc.org.au](http://www.nswcc.org.au)
- [www.sunsmart.com.au](http://www.sunsmart.com.au)
- [www.melanoma.com](http://www.melanoma.com)
- [www.bom.gov.au/weather/national/charts/UV.shtml](http://www.bom.gov.au/weather/national/charts/UV.shtml)
- [www.dermcoll.asn.au](http://www.dermcoll.asn.au)
- [www.skincancer.org](http://www.skincancer.org)
- [www.statistics.cancerinstitute.org.au](http://www.statistics.cancerinstitute.org.au)

### LIMITATIONS

- No student presentations
- No sunscreen samples

# Health Promotion Unit

## Tobacco

**CONTACT** Don Cook

### CONTACT NUMBERS

Phone: 43494812  
Fax: 43494866  
Email: [dcook@nscchahs.health.nsw.gov.au](mailto:dcook@nscchahs.health.nsw.gov.au)

### TARGET GROUP

- Teenagers (volunteers) teachers, parents

### SERVICE PROVISION TO SCHOOLS

- The Unit is involved in monitoring compliance with the legislation prohibiting tobacco sales to minors and persecuting offenders. Students and teachers interested in supporting this activity are encouraged to contact the Unit.
- The Unit is becoming involved in monitoring "best practice" in school tobacco policy and providing a referral point for local schools on this issue.
- The Unit monitors local teenage smoking behaviour to evaluate effectiveness of current interventions. Five Central Coast schools currently participate in this research. Others are welcome to apply.

### RESOURCES AVAILABLE

- The Unit is a reference and access point for tobacco control resources.

### WEBSITES

- <http://tc.bmjournals.com/> (Tobacco Control Journal)
- <http://www.tobacco.org/> (Tobacco BBS)
- <http://www.tobacco.neu.edu/links/tlinks.htm> (useful website)
- <http://www.health.usyd.edu.au/tobacco/> (Tobacco Control Super Site – Australian)
- <http://ash.org/> (ASH USA)
- <http://www.ash.org.uk/> (ASH UK)
- [www.ashaust.org.au](http://www.ashaust.org.au) (ASH Australia)

### LIMITATIONS

- Not available for PD/H/PE guest speaker presentations
- Not available to conduct smoking cessation programs in schools

## HIV and Related Programs

**CONTACT** Julie Asprey  
Health Education Officer

**CONTACT NUMBERS**  
Phone: 4320 2999  
Fax: 4320 3163

**TARGET GROUP**

- PD/H/PE Teachers and librarians – Secondary Schools

**SERVICE PROVISION TO SCHOOLS**

- Referral to health services
- Resource support (pamphlets / posters / red ribbons) for World AIDS Day
- Provision of information on epidemiology
- Professional Development – annual teacher training

**RESOURCES AVAILABLE**

- Wide range of resources including pamphlets, videos and fact sheets
- Lending library
- HOT Game

**LIMITATIONS**

- Bookings required 4-6 weeks in advance for Positive Speakers

## Immunisation

**CONTACT** Colleen Gately

**CONTACT NUMBERS**  
Phone: 4349 4845  
Fax: 4349 4850  
email: [cgately@nscchahs.health.nsw.gov.au](mailto:cgately@nscchahs.health.nsw.gov.au)

**TARGET GROUP**  
Whole population – infants to aged population

**SERVICE PROVISION TO SCHOOLS**

- Adolescent vaccinations funded by the Commonwealth
- Contact point for immunisation inquiries and advice for special situations

**RESOURCES AVAILABLE**

- Websites:  
[www.immunise.health.gov.au](http://www.immunise.health.gov.au)  
[www.health.nsw.gov.au/living/immunisation](http://www.health.nsw.gov.au/living/immunisation)

## Learning & Development Unit

**CONTACT** Debbie Bailey  
Work Experience Co-Ordinator – Non Nursing

**CONTACT NUMBERS**  
Phone: 43202119  
Fax: 40202226

**TARGET GROUP**

- Years 10, 11 & 12 Secondary students

**SERVICE PROVISION TO SCHOOLS**

- First contact point for all career advisors regarding work experience for Central Coast. Including: Bateau Bay, Gosford, Kincumber, Toukley, Woy Woy and Wyong sectors.  
For example:
  - Domestic Services
  - Maintenance
  - Physiotherapy
  - Health Promotion Unit
  - Occupational Therapy
  - Pathology
  - Clerical – some area eg Clinical Information
  - Biomedical engineering
  - X-Ray
  - ECG
  - Pharmacy
  - EEG

**LIMITATIONS**

- At least one months notice must be given in writing

## Mental Health Community Worker

**CONTACT** Peter Gurren  
Community Mental Health Worker (Wyong)

**CONTACT NUMBERS**  
Phone: 43944947  
Fax: 43944884

**TARGET GROUP**

- Primary and Secondary Schools with an emphasis on Years 10 & 11

**SERVICE PROVISION TO SCHOOLS**

- Information on mental illness – types, prevalence, contributing factors, treatment and prevention
- “What can you do to improve or maintain your mental health”
- Information on Anorexia, Bulimia & Suicide
- Mental Health & social justice issues – disadvantages, discrimination, social contact & client rights
- Advice on curriculum and policy development
- Introduction to a person with mental illness
- School gardening project: partnership between students and people with a mental illness.

**RESOURCES AVAILABLE**

- Pamphlets
- Videos – “Back on Track”
- Assistance with 11 & 12 PIP’s.

**LIMITATIONS**

- Time required = 1 period minimum
- 48-72 hours advance notice if possible

# Mental Health - Children and Young People's Mental Health Prevention, Projects and Early Intervention

**CONTACT** Ruth Phelan  
Parenting and COPMI  
Prevention, Projects and Early Intervention Team

## CONTACT NUMBERS

Phone: 4304 7878  
Fax: 4304 7800  
Email: [rphelan@nscchahs.health.nsw.gov.au](mailto:rphelan@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- Families where a parent is experiencing a mental health problem or disorder and in which there are dependent children or young people

## SERVICE PROVISION TO SCHOOLS

- Position available to give information, training and consultation to schools around the needs of the target population

## RESOURCES AVAILABLE

- Resource Kit: Parenting, Children and Mental Illness

## WEBSITE

- [www.copmi.net.au](http://www.copmi.net.au)
- [www.champsworldwide.com](http://www.champsworldwide.com)
- [www.couns.uiuc.edu](http://www.couns.uiuc.edu)  
(information on a range of mental health topics, including children who have a mentally ill parent)
- [www.state.sc.us/dmh/schoolbased/thingstoknow.htm](http://www.state.sc.us/dmh/schoolbased/thingstoknow.htm)  
(Tips for children on how to cope with a parent affected by mental illness. Home Page lists a range of other mental health topics.)
- [www.thesource.gov.au](http://www.thesource.gov.au)  
(mental health information that kids can understand and access themselves)
- [www.aacap.org/factsfam](http://www.aacap.org/factsfam) (Family fact sheets)

## LIMITATIONS

- Non Clinical Position

# Mental Health - Children and Young People's Mental Health (CAMHS)

**CONTACT** Esthel De Toffol – Team Leader

## CONTACT NUMBERS

Phone: 4304 7878  
Fax: 4304 7800

NB: new referrals need to go through Central Intake -4320 3500

## TARGET GROUP

- Children and Young People (aged 12-17) with moderate to severe Mental Health concerns
- Assessment, Crisis intervention and follow-up for young people via outreach intensive case management.

## SERVICE PROVISION TO SCHOOLS

- Provide counselling for young people in school environment with permission from parents.
- Liaison and consultation with school, especially school counsellors, where appropriate on mental health issues.

## RESOURCE AVAILABLE

- Junior Dumping Depression Pamphlets.
- Pamphlets on range of mental health issues.

## USEFUL WEBSITE

- [www.parenting.sa.gov.au/pegs.html](http://www.parenting.sa.gov.au/pegs.html)
- [www.healthinsite.com.au](http://www.healthinsite.com.au)
- [www.cyh.com](http://www.cyh.com)
- [www.ybblue.org.au](http://www.ybblue.org.au)
- [www.reachout.com.au](http://www.reachout.com.au) (provides support & resources for young people related to mental health & suicide)
- <http://makesanoise.ysp.org.au> (a youth focused site aimed at promoting help seeking behaviour by providing access to information)
- <http://www.kidshelp.com.au> (this is the web site for the national phone counselling service for children and young people age 5-18. It includes information, profiles of typical phone calls and counselling statistics for their clients)
- [www.yppicentre.com](http://www.yppicentre.com) (resource for children to young people, parents and teachers)

# Mental Health - Children and Young People's Mental Health Early Psychosis Intervention (YPPI)

## YOUNG PEOPLE AND EARLY PSYCHOSIS INTERVENTION (YPPI)

**CONTACT** Tim Moore

### CONTACT NUMBERS

Phone: 4304 7878  
Fax: 4304 7800

### TARGET GROUP

- Young people 12-24 with early/first episode Psychosis. It is youth orientated, mobile, community based early intervention program. Clients may stay with the YPPI program for up to a period of two years

### SERVICE PROVISION TO SCHOOLS

- Assessment and consultation via Y-Page.
- Direct consultation via mental Health Central Intake on (02)43203500
- Education

### RESOURCES AVAILABLE

- Pamphlets – wide variety of pamphlets covering several issues including drug use etc
- Education via in-services etc

### WEBSITE

- [www.reachout.com.au](http://www.reachout.com.au)
- [www.eppic.org.au](http://www.eppic.org.au)
- [www.sane.org](http://www.sane.org)
- [www.psychosissucks.ca](http://www.psychosissucks.ca)
- [www.headroom.net.au](http://www.headroom.net.au)
- [www.beyondblue.org.au](http://www.beyondblue.org.au)
- [www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)
- [www.ysas.org.au](http://www.ysas.org.au)
- [www.itsallright.com.au](http://www.itsallright.com.au)
- [www.cyh.com](http://www.cyh.com)

# Mental Health Health Promotion

**CONTACT** Jenice Alliston

### CONTACT NUMBERS

Phone: 4320 2941  
Fax: 4320 3832  
Email: [jalliston@nsccahs.health.nsw.gov.au](mailto:jalliston@nsccahs.health.nsw.gov.au)

### TARGET GROUP

- Central Coast Community

### SERVICE PROVISION TO SCHOOLS

- Information and resources suitable for adults, eg: parents and teachers

### RESOURCES AVAILABLE

- For Adults
  - Mental Illness – the facts
  - What is Schizophrenia?
  - What is Depression?
  - What is an Eating Disorder?
  - What are anxiety disorders?
  - What is Bipolar Mood Disorder?

### LIMITATIONS

- Please allow at least a week for resource to be sent out

### NOTE

When people have a mental health problem, the Mental Health Service is available for them 24 hours a day, 7 days a week through the Central Intake system on 4320 3500.

# Multicultural Health

**CONTACT** Nerilyn Lee  
Edna Wachter

### CONTACT NUMBERS

Phone: 43202972  
Fax: 43202562

### TARGET GROUP

- Culturally and linguistically diverse communities of the Central Coast
- Staff of Northern Sydney Central Coast Health

### SERVICE PROVISION TO SCHOOLS

- None specifically but can be provided upon request

### RESOURCES AVAILABLE

- Advice, pamphlets, referral information
- Staff training
- Inservice
- Co-ordination of interpreter service

# Needle Syringe Program Harm Minimisation Team

**CONTACT** Eric McLean  
Manager Harm Minimisation

Garry Van Dyk  
Links Officer (Assessment and Referral)

## CONTACT NUMBERS

Phone: 4320 3399 Manager  
Fax: 4320 3163  
E-mail: [emclean@nscchahs.health.nsw.gov.au](mailto:emclean@nscchahs.health.nsw.gov.au)

Phone: 4320 2753 Links Officer  
Fax: 4320 2020  
E-mail: [gvandyk@nscchahs.health.nsw.gov.au](mailto:gvandyk@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- Injecting drug users (IDU's)
- Service providers with clients/customers who may be injecting drug users / potential injecting drug users (such as welfare organisations, churches, law enforcement organisations, health workers, young workers, teachers)
- Cleaners, garbage collectors and any other services that may be potentially exposed to needle stick injury

## SERVICE PROVISION TO SCHOOLS

- In-service presentations about: What are Needle Syringe Programs (NSP'S) and what is their role?
- Issued (psychosocial) for IDU's
- Health risks associated with injecting drug use and needle stick injuries (eg risks of HIV, Hepatitis C, Hepatitis B, collapsed veins etc)
- Safe disposal of syringes and how to safely pick up and dispose of discarded syringes

## RESOURCES AVAILABLE

- Information on NSP's and their efficacy
- Information on various illicit drugs
- Information on picking up syringes
- Information on Hepatitis C
- Information on safe injecting, and other health issues for IDU's (including steroid injecting)
- Information on detox and rehab services
- Safe sex information
- Chlamydia screening

## WEBSITE

- [www.hepatitis.org.au](http://www.hepatitis.org.au)
- [www.anex.org.au](http://www.anex.org.au)

## LIMITATIONS

- Presentations to service providers only. Availability Monday to Friday must be organised well in advance

# Nursing Development Unit - Education

## CONTACT AND CONTACT NUMBERS

Name	Position	Phone	Fax
Vee Brown	Nurse Educator	43203678	43202226
Carolyn Elwin	Nurse Educator	43203673	43202226
Kathie Hardy	Clinical Nurse Educator	43203593	43202226
Penny McCulloch	Nurse Ed Midwifery	43202788	43202226
Debbie Saner	Secretary	43203679	43202226

## TARGET GROUP

- Year 11 and Year 12 students

## SERVICE PROVISION TO SCHOOLS

- Information on entry to nursing and Midwifery requirements
- Information re entry to enrolled Nursing and requirements
- Work experience for Nursing for Year 11 & 12 Students only
- AIN Traineeship

## RESOURCES AVAILABLE

- Handouts on different level of nursing
- Website – CCAHS / Uni of Newcastle / UTS

# Nutrition Department

**CONTACT** Jane Whatnall,  
Public Health/Community Nutritionist

**CONTACT NUMBERS**  
Phone: 4320 2037  
Fax: 4320 2828

**TARGET GROUP**

- Primary and secondary schools

**SERVICE PROVISION TO SCHOOLS**

- Health Promoting High School Network allows communication of relevant adolescent health issues between health and education workers.
- Canteen Network meetings for both Primary & High Schools at a different location each term in conjunction with Health Promotion Unit
- Seminars held on nutrition information updates for high & primary school teachers
- Nutrition input into childhood obesity campaigns in conjunction with Health Promotion Unit
- Telephone and consultancy on canteen / nutrition issues
- Nutrition snippets for school newsletters
- Contact for curriculum advice on technical nutritional issues

**RESOURCES AVAILABLE**

- List of Nutrition Resources and websites for schools
- "Nutrition News" inserts for school newsletters
- Australian Guide to Healthy Eating/
- Go for 2 & 5 resources
- Lunchbox ideas flyer
- Guide to healthy fundraisers

**WEBSITE**

- [www.nhmrc.health.gov.au](http://www.nhmrc.health.gov.au) (Dietary Guidelines for Australians, Children & Adolescents, Older Australians)
- [www.nutritionaustralia.org](http://www.nutritionaustralia.org) (Nutrition Australia)
- [www.schoolcanteens.org.au](http://www.schoolcanteens.org.au) (NSW School Canteen Association)
- [www.fandvforme.com.au](http://www.fandvforme.com.au) (Sydney Market Authority F & V)
- [www.healthykids.nsw.gov.au/](http://www.healthykids.nsw.gov.au/) (Healthy Kids Portal)
- [www.meerilinga.org.au/Nutrition.aspx](http://www.meerilinga.org.au/Nutrition.aspx) (Lunchbox World)
- [www.health.nsw.gov.au/obesity/adult/about.html](http://www.health.nsw.gov.au/obesity/adult/about.html) (NSW Health Childhood Obesity)

**LIMITATIONS**

- No one-off presentations to student groups

# Occupational Therapy

## CONTACT AND CONTACT NUMBERS

Area	Name	Phone	Fax
Gosford Outpatients at Gateway Centre	Penny Howard	4328 7915	43287925
Wyong Outpatients		4394 8302	43938040
Long Jetty		4336 7800	4336 7840
East Gosford Support Unit		43234604	43243896

## TARGET GROUP

- Children 0 – 13 years with physical disabilities, learning and co-ordination difficulties

## SERVICE PROVISION TO SCHOOLS

- Consultation for school program if requested
- School visits and environmental assessment for physically disabled children integrated into mainstream
- School based assessment and therapy provided at Gosford East Support Unit
- Health Service based assessment and therapy programs

## LIMITATIONS

- Low ratio of staff to client population results in fluctuating waiting list for therapy

# Oral Health Services

Area	Name	Phone	Fax
Gosford	Manager Child Dental Services Kay Franks	43203881	43203709

## Clinics are located at

East Gosford Child Dental Clinic

The Entrance Child Dental Clinic

Woy Woy Child Dental Clinic

Wyong Child Dental Clinic

Central Intake Number 1300 789 404

## TARGET GROUP

- All Infants and Children 0-17 years of age

## SERVICE PROVISION TO SCHOOLS

- Central Coast Oral Health Service
- Oral Health Promotion
- Dental Health Education
- Dental treatment available on a needs basis from all child Oral Health Clinics
- THIS IS A FREE SERVICE

## RESOURCES AVAILABLE

- Various pamphlets, videos, stencils etc (free of charge). Contact Child Oral Services Manager

## LIMITATIONS

- Out of hours presentations (8am – 4pm)  
Contact Child Oral Health Services Manager

# Orthoptist

## CONTACT AND CONTACT NUMBERS

Location	Name	Phone	Fax
Orthoptic Clinic Gateway Centre Level 1 237 Mann St Gosford	Tonia Chandler Robyn Davies for Appointments	43287900	43287925

## TARGET GROUP

- Babies and pre-school aged children with a family history of eye problem
- Infants (especially kindergarten) and primary school children
- Early Intervention – pre school aged children (developmental delay)

## SERVICE PROVISION TO SCHOOLS

- Targeted vision screening of Kindergarten children
- Screening of Early Intervention class children for visual defects
- Advice given to parents (and teachers if necessary) on follow up treatment

## RESOURCES AVAILABLE

- Outpatients clinic available (appointments only) for any children requiring a visual assessment including babies, preschoolers, infants, primary and secondary students to age 13.

## LIMITATIONS

- No treatment is available in the school setting
- Only visit infant / primary schools and Early Intervention classes.

# Psychology

**CONTACT** Steve Wigley

## CONTACT NUMBERS

Phone: 43203161  
Fax: 43202844  
Email: [swigley@nscchahs.health.nsw.gov.au](mailto:swigley@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- Teachers, Welfare Staff, Home School Liaison Officers

## SERVICE PROVISION TO SCHOOLS

- We are able to provide information / training in the following-

Eating disorders	Drug and alcohol issues
Anxiety	Sexual assault
Relationships	Stress management
Decision Making	ADHD
Depression	Domestic violence
Suicide	Critical incident stress debriefing
Schizophrenia	Bereavement
Self assertion	Obsessive Compulsive Disorder
Communication	Gay / Lesbian issues
Relationship between learning difficulties and problems at home	

## LIMITATIONS

- Each request to be negotiated on an individual basis

# Public Health Food Inspection

Now under:  
**NSW FOOD AUTHORITY**  
Sydney  
1300552406  
<http://www.foodauthority.nsw.gov.au/>

# Public Health Unit Environmental Health

## CONTACT AND CONTACT NUMBERS

Position	Name	Phone	Fax
Senior Environmental Health Officers	John James	4349 4845	43494850

Environmental Health Officers	Adam McEwen Kerry Spratt Samuel Curtis
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## TARGET GROUP

- Primary and secondary schools

## SERVICE PROVISION TO SCHOOLS

- Offer advice on environmental health issues with emphasis on:
  - safe drinking water
  - hygiene and sanitation standards
  - mosquito control
  - air monitoring

## RESOURCES AVAILABLE

- Items associated with the above – videos, pamphlets, journal articles
- Mosquito awareness kit – includes a computer package and video

## WEBSITE

- [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

# Public Health Unit Infectious Diseases

**CONTACT** Lucy Cook  
Infectious Disease Officer

Linda Granger  
Paul Cook

## CONTACT NUMBERS

Phone: 43494845  
Fax: 43494850  
Email: [lcook@nscchahs.health.nsw.gov.au](mailto:lcook@nscchahs.health.nsw.gov.au)

**CONTACT** Colleen Gately  
Immunisation Co-ordinator

## CONTACT NUMBERS

Phone: 43494845  
Fax: 43494850  
Email: [cgately@nscchahs.health.nsw.gov.au](mailto:cgately@nscchahs.health.nsw.gov.au)

## TARGET GROUP

- preschools, primary and secondary schools

## SERVICE PROVISION TO SCHOOLS

- Health issues regarding infection and infectious diseases
- Immunisation requirements, exclusion periods for children at risk
- Available for informal and formal discussion
- Teacher and student information available

## LIMITATIONS

- N/A

## School Link

**CONTACT** Andrew Sozomenou – High School  
Carol Jennings – Primary School

### CONTACT NUMBERS

#### Health

Phone: 4304 7878

Fax: 4304 7800

Email: [asozemenou@nscchahs.health.nsw.gov.au](mailto:asozemenou@nscchahs.health.nsw.gov.au)

[cmjennings@nscchahs.health.nsw.gov.au](mailto:cmjennings@nscchahs.health.nsw.gov.au)

### TARGET GROUP

- High School communities, students, teachers, schools
- Selected primary schools for pilot program

### SERVICE PROVISION TO SCHOOLS

- Prevention, early intervention, management of depression and related disorders in schools
- Education, program development promoting emotional wellbeing

### RESOURCES AVAILABLE

- 2 staff member full time
- Training packages on depression, suicide prevention, promotion of whole of school approaches to mental health eg Mind Matters
- Specific resources promoting resilience, Dumping Depression pamphlets, Intergalactic Guide to Relationship, Outasite: transition to high school CD rom
- Set programs are being offered to selected primary schools such as Transition, Transfer/Welcoming program, Transition calendar for students starting Kindergarten, Who's Who in School parent leaflet, SKIPS program and Mental Health First Aide training.

### WEBSITE

- [www.curriculum.edu.au/mindmatters](http://www.curriculum.edu.au/mindmatters)

### LIMITATIONS

- Project **does not** provide direct clinical services to young people
- There are 11 Primary schools that have been selected for a pilot project.

## Sexual Health

### HIV and related programs

See Page 11

## Speech Pathology

**CONTACT** Intake Officer (Speech Pathologist)

### CONTACT NUMBERS

Phone: 4328 7999 (Intake Line)

4320 3626 (Manager)

Fax: 4320 3694 (Manager)

### TARGET GROUP

- Speech Pathology services provided to children aged from 0 – 14 years with communication or feeding difficulties

### SERVICE PROVISION TO SCHOOLS

- The Speech Pathology Department is involved in the following classes:
  - Support Class Language at Chertsey PS and Northlakes PS
  - Support Unit Physically Handicapped at East Gosford PS
  - Hearing Impaired Classes at Chertsey PS
  - Early Intervention classes at Woy Woy, Narara, The Entrance and Lake Munmorah Public Schools

Within the role of the part time school based services position, there is also capacity for provision of school programs for children. This service is open to all schools within the Central Coast Health boundaries. The school based Speech Pathologist will provide school speech pathology programs for children who have already completed a formal language assessment with an assessment report available. This speech pathologist may also be able to provide training and inservicing for teachers and teachers' aides.

To access the school based speech pathologist ring the Learning Support Centre on 4324 5308 or contact Gateway Child and Family Health on 4328 7900.

### RESOURCES

- Speech pathology assessments for school aged children are provided through local Community Health centres. To refer a child for a speech pathology assessment phone 4328 7999 Wednesday or Friday between 1pm - 4pm. Referrals must be made by the parents.

### LIMITATIONS

- There is a waiting list for speech pathology initial assessments and therapy services within the community health setting. The school based position is part time and carries a heavy clinical load.

## Women's Health

**CONTACT** Cecily Rempe  
Trish McGill  
Women's Health Nurses

**CONTACT NUMBERS**  
Phone: 43203741  
Fax: 43202901  
Email: [crempe@nsccahs.health.nsw.gov.au](mailto:crempe@nsccahs.health.nsw.gov.au)

### TARGET GROUP

- Secondary school

### SERVICE PROVISION TO SCHOOLS

- Staff
- Resources and counselling on women's health issues including"
  - Pregnancy issues -Cervical Cancer
  - Pre menstrual syndrome -Contraception
  - Breast Cancer -Post Natal issues
  - Menopause / HRT
- Students – topics as above
  - Limited materials and advice available for school projects and assignments. Student with defined topic and prior arrangements made for an interview.
  - Single presentation to students available (on request)
- Parent Associations – topics as above
- Single presentations to groups available (on request)
- Can assist with the development of programs for peer/staff presentation

### RESOURCES AVAILABLE

- Range of some pamphlets, books, videos and cassettes
- Some items are available for short term loan

### LIMITATIONS

- Student presentations are negotiable. Reasonable notice and student supervision is necessary.

## Women's Health

**CONTACT** Ann Conning  
Breast Cancer Support Service

**CONTACT NUMBERS**  
Phone: 43202308  
Fax: 43202901  
Email: [aconning@nsccahs.health.nse.gov.au](mailto:aconning@nsccahs.health.nse.gov.au)

### TARGET GROUP

- Staff and parents

### SERVICE PROVISION TO SCHOOLS

- Provide information and support for women with breast cancer
- Volunteers assist women at home, in hospital or by phone. Pre-operative or post-operative visits can be made
- Education programs are held regularly at Central Coast Health
- Support Groups meet monthly at Gosford and Wyong

### RESOURCES AVAILABLE

- A range of books, pamphlets, videos and audio tapes are available

### LIMITATIONS

- Students requesting information for assignments must be prepared to research the information. This unit carries research material.
- Assistance can be given with time limitations

## Violence Against Women

**CONTACT** Chris Smith  
Senior Regional Strategies Officer  
– Violence Prevention

**CONTACT NUMBERS**  
Phone: 43362421  
Fax: 4336 2402  
Email: [chris.smith@community.nsw.gov.au](mailto:chris.smith@community.nsw.gov.au)

### TARGET GROUP

- Women with a disability, older women, younger women, lesbians, ATSI women, NESB women

### SERVICE PROVISION TO SCHOOLS

- Community education – including programs to prevent sexual assault and domestic violence
- Information, resources

### RESOURCES AVAILABLE

- Community education and video about sexual assault in young people social environments
- Pamphlet on Good relationships
- Service Directory – services for women and children who experience domestic violence
- Programs and activities as they emerge

### WEBSITE

- [www.lawlink.nsw.gov.au/dvlink](http://www.lawlink.nsw.gov.au/dvlink)
- [www.vicnet.net.au.girlsown](http://www.vicnet.net.au.girlsown)
- [www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)
- [www.womens.nsw.gov.au/student/student2.htm](http://www.womens.nsw.gov.au/student/student2.htm)
- [www.dvrc.org.au](http://www.dvrc.org.au)
- [www.austdvdclearinghouse.unsw.edu.au](http://www.austdvdclearinghouse.unsw.edu.au)

### LIMITATIONS

- No direct client work – work in partnership with agencies to co-ordinate responses towards preventing violence against women

# Youth Health Service

## CONTACT

Youth Health Worker on duty Mon – Fri, 9 – 5  
(except public holidays)

## CONTACT NUMBERS

Phone: 43569333  
Fax: 43569350  
Email: [ccyhs@nscch.health.nsw.gov.au](mailto:ccyhs@nscch.health.nsw.gov.au)

## TARGET GROUP

- Young people 12 – 24 years, especially homeless, marginalised, Aboriginal or otherwise 'at risk'. Some parts of the Youth Health Service, such as primary health and counselling services have a more restricted age group of 14-19 years.

## SERVICE PROVISION TO SCHOOLS

The Youth Health Service aims to:

- Improve the health and well-being of young people
- Improve young people's access to health services
- Improve the quality of services provided to young people
- Promote partnerships within and outside NSCCH.

The Youth Health Service provides direct services for young people through:

- Primary health (Youth GP Clinics, Wyong Youth Sexual Health Clinic, programmes and initiatives promoting access to health services),
- Outreach (includes the Aboriginal Youth Health Worker), addressing health issues affecting homeless, Aboriginal and otherwise marginalised young people, especially same sex attracted, young parents and young people otherwise 'at risk'. Promoting access to health services.
- Counselling to young people on a range of issues and group programmes targeting anxiety management, anger management and living with a chronic illness.
- The Worker on Duty will provide:
  - Information about groups and programmes run by the Youth Health Service
  - Consultation on criteria for Youth Health Service programmes for teachers and School counsellors
  - Referral, if appropriate, to Youth Health Counsellors, Youth Health Outreach, Aboriginal Youth Health Worker, Adolescent Primary Health
  - Information about other services addressing young people's health.

## RESOURCES AVAILABLE

- Staff experienced with working with young people
- Resources and information on young people's health
- Links to other youth health services and resources in NSW
- Specific resources on access to health services.

## WEBSITES

- [www.caah.chw.edu.au](http://www.caah.chw.edu.au)
- [www.naah.org.au](http://www.naah.org.au)
- [www.youth.nsw.gov.au](http://www.youth.nsw.gov.au)
- 

## LIMITATIONS

- Request for group programmes need to be planned well in advance to fit in with other aspects of Youth Health Service. As a guide, one term to six weeks notice is required.
- Some Youth Health Services do not have immediate availability for new clients, such as for counselling. This can be discussed with the Worker on Duty, who will look at possible suitable alternatives with the caller.

# Youth Health Counsellors

## CONTACT

Youth Health Worker on duty Mon – Fri, 9 – 5  
(except public holidays)

## CONTACT NUMBERS

Phone: 43569333  
Fax: 43569350

## TARGET GROUP

- Young people 14 – 19 years

## SERVICE PROVISION TO SCHOOLS

- We are able to provide counselling and consultation for the following issues:
  - Improving self-confidence
  - Resolving conflict
  - Anger management
  - Grief & Loss
  - Anxiety & Depression
  - Families
  - Coping & Resilience
- Consultation / support for parents

## RESOURCES AVAILABLE

- Staff experienced with working with young people
- Information on various issues
- Tools / packages for working with young people
- Videos

## LIMITATIONS

- Contact Worker on Duty regarding any current groups

# Youth Health Outreach Team

## CONTACT

Worker on Duty: Mon-Fri

## CONTACT NUMBERS

Phone: 43569333  
Fax: 43569350

## TARGET GROUP

- Young people 12-24 who are homeless, at risk of homelessness or otherwise marginalised

## SERVICES PROVISION TO SCHOOLS

- Workshops on various health issues eg.
  - Alcohol & other drugs
  - Sexual health & sexuality
  - Relationships
- Consultation to teachers, school counsellors, parents or other care givers
- Support, advocacy, referral & brief intervention for students

## RESOURCES AVAILABLE

- Staff experienced with working with young people
- Information on various health issues
- Videos
- 'On the Edge' Game
- HOT Game

## LIMITATIONS

- Group size maximum 20-30
- Bookings for groups 6-8 weeks in advance, inquiries through Worker on Duty

# Central Coast Community Health Centres

## ERINA

169 The Entrance Road, Erina, 2250.  
Phone: 43679600  
Fax: 43675911

## KINCUMBER

Behind Kincumber Shopping Village near Michael Burns Children  
Centre, Avoca Drive.  
Phone: 43962355  
Fax: 43692373

## LAKEHAVEN

Stratford Avenue, Lakehaven, 2263.  
Opposite rear of car park of the Lakehaven Shopping Centre  
Phone: 43937777  
Fax: 43937700

## LONG JETTY

64 Wyong Road, Killarney Vale, 2263  
(Old grounds of Long Jetty Hospital)  
Phone: 43367800  
Fax: 43367840

## TOUKLEY

1A Hargraves Street, Toukley, 2263.  
Behind Coles car park, near Senior Citizens Centre  
Phone: 43965111  
Fax: 43972172

## WOY WOY

Woy Woy Hospital, Ocean Beach Road, Woy Woy. 2256  
Phone: 43448432  
Fax 43448666

## WYONG

Adjacent to Wyong Hospital, Pacific Highway, Kanwal. 2259  
Phone: 43948270  
Fax: 43948121

## WYONG CENTRAL COMMUNITY HEALTH

38A Pacific Highway, Wyong. 2259  
Phone: 43569300  
Fax: 43569305  
Contact Person: Lynne-Maree Horand

## RESOURCES AVAILABLE

A variety of pamphlets may be available depending on stock.

## DEPT OF HEALTH PAMPHLETS

NSW Health Better Health Centre  
Attention: Health Resources Officer  
Fax: (02) 98790994  
Phone: (02) 98790443  
Email: [tobin@doh.health.nsw.gov.au](mailto:tobin@doh.health.nsw.gov.au)

## Other Helpful Contacts

Use this section to list new contact numbers and service details.

Service Name: _____
Contact: _____
Address: _____ _____
Phone: _____
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# Evaluation

This directory has been produced with the intention of making it as useful as possible. Your views are valuable and will enable us to improve the quality of information you receive in future editions. This information can also be found on our website [www.healthpromotion.com](http://www.healthpromotion.com)

Please complete this form and **fax** it to:  
 Justine Gowland-Ella  
 Central Coast Health Promoting Schools Officer  
**Fax: 43494866**

Please circle the appropriate category

- How effective do you rate this publication as a resource in helping you locate a range of child, adolescent and family health services on the Central Coast.

Very good

Good

Fair

Poor

Very Poor

- Is it appropriate that you received a copy of this directory?      YES                      NO

If NO, please name the position of the person it should have been sent to:

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- Are there any changes to details listed in this directory?      YES                      NO

If yes, please specify:

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Any other improvements ?

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Thank you