



COBAR COMMUNITY SERVICES DIRECTORY

2017

The Cobar Community Services Directory is an initiative of the Western NSW Integrated Care Strategy.

Western NSW Integrated Care Strategy - launched by Health Minister, Jillian Skinner MP in December 2014 – aims to better integrate health care services and improve the health outcomes of patients suffering from a chronic disease. Cobar was selected as one of five sites in Western NSW to demonstrate this exciting initiative.

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Aboriginal Services

Service Name	Aboriginal Funeral Transport
Contact Details	1300 361 787
Program Overview	Transport NSW will support 100% of the cost of return tickets for individuals and groups travelling to a funeral using an existing public service e.g. NSW Trainslink or bus services
Criteria	Aboriginal and Torres Strait Islander
Cost	Free

Service Name	Catholic Community Service Aboriginal Dementia Advisory Service (ADAS)
Contact Details	6881 3700
Program Overview	ADAS Aim is to support Aboriginal people with dementia educate them on what is dementia, how to go about reducing the risk of dementia. The program provides skill base training for carers to help them better understand the kind of dementia there love one has to having the skills to look after that person with dementia. The program educates community on dementia awareness, how to go about getting a diagnosis, who to see if you have cognitive decline, Referral by email is welcomed.
Criteria	Need to have dementia and be of Aboriginal decent. Program can support mainstream clients during education session but not one on one.
Cost	Free

Service Name	Carers NSW Older Parent Carer Support Coordination Program
Contact Details	1800 242 636 (F) 6881 6080 Email: contact@carersnsw.org.au
Program Overview	Carers are assisted with planning for the future needs of their child, set up transition or emergency plans, and purchase items that are required immediately to assist them with the care they provide.
Criteria	45 and over if Aboriginal caring for an adult son or daughter with a disability or long term condition.
Cost	Free

Service Name	Cobar Primary Health Care Centre Aboriginal Health Worker
Contact Details	Cobar Primary Health Care Centre 6836 5500
Program Overview	Aboriginal and Torres Strait Islander Health Assessments, Close the Gap sign up, Care Coordination and Supplementary Services program
Criteria	Aboriginal and Torres Strait Islander
Cost	free

Service Name	Ngangana Community Options Aboriginal Community Options
Contact Details	6872 0007 (F) 6872 0019 katrina.tiffen@facs.nsw.gov.au
Program Overview	Home care & Community Options Assessed for personal care, domestic assistance, meals and transport, Respite, equipment. Living independently and keeping people at home.
Criteria	Have a Disability
Cost	Individually negotiated with the clients according to their capacity to pay. No one will be denied service if they cannot afford to make contribution.

Service Name	Department of Ageing Disability & Home Care Aboriginal Flexible Respite Program
Contact Details	1300 134 450 (F) 6841 1591 AFRP.Western@fac.s.nsw.gov.au
Program Overview	Some respite options can include, Emergency respite, Out-of-home respite, special circumstances, social inclusion and recreation get away. Each person is assessed and their respite needs then taken into consideration.
Criteria	Assessed on a needs by needs basis
Cost	Free

Service Name	Integratedliving Staying strong with Telehealth
Contact Details	0418594115 or 1300 782 896 Suman Sedhain, RN E:ssedhain@integratedliving.org.au
Program Overview	This is a Commonwealth government funded HAAC program providing Telehealth monitoring of consumer vital signs – Know your Five; Blood Pressure, Pulse, Respirations, BGLs and BMI and symptoms in their home. Monitoring kit includes tablet, internet & wireless Bluetooth equipment to measure vital signs Monitored by RN business hours Mon to Fri. Parameters set by consumers GP with regular reporting & feedback given to GP. Proactive self-management that is safe & secure. Aimed at improving health and the prevention of unplanned/unnecessary hospital admissions
Criteria	65 & over or 50 & over for ATSI clients with chronic conditions You can refer yourself or referrals may be made by health professionals, health services or community groups, provided you have given consent for the referral.
Cost	The Australian Government funds HACC service providers so that they can deliver affordable services to you. There is usually a small fee for each service and the amount depends on your income

Service Name	Legal Aid Civil Law Service for Aboriginal Communities
Contact Details	1800 793 017
Program Overview	Helps with concerns around housing, Centrelink & money worries
Criteria	Aboriginal and Torres Strait Islander
Cost	free

Accommodation

Service Name	Cobar Shire Council Lilliane Brady Village Residential Aged care
Contact Details	Sharon Huon Director of Nursing 02 6836 3059 (F) 6836 4398 cobarlbv@bigpond.net.au
Program Overview	Permanent Residential Aged Care, Respite Care, Day Respite Care Accommodating those with high care needs, low care needs, dementia care needs and disability care needs
Criteria	65yrs over & ACAT assessment Self-Referral, GP referral, ACAT referral
Cost	As per schedule of fees and charges published by Commonwealth Department of Social Services, available on 'My Aged Care' website www.myagedcare

Service Name	Dubbo Base Hospital Tooraweena Lodge
Contact Details	6885 8666 Dubbo Base Hospital Myall St Dubbo
Program Overview	The Tooraweena Lodge is for emergency accommodation only. You can ring the number and ask to speak with the social worker or aid on shift. It needs to be approved by the social worker for you to access accommodation. If you arrive at DBH unexpected a social worker will be called to help sort out accommodation. If this doesn't happen please request this yourself. Each room contains bathroom and fridge with tea and coffee facilities. There is a shared common room with TV and cooking facilities.
Criteria	This is for emergency accommodation when you are un-expectantly coming to Dubbo Base Hospital from a rural and remote area.
Cost	Cost is covered by IPTAAS scheme yet you need to pay upfront and then keep receipt to claim. \$20 key deposit required \$30 per night

Service Name	Lourdes Hospital Christine Griffith Units – Dubbo
Contact Details	6841 8500 Lourdes Hospital, 4 Tony McGrane Place Dubbo If you arrive out of business hours and have no accommodation you can go to the ward and a key is left there each night IF a unit is available.
Program Overview	Offering 7 Units, each unit contains 2 single beds, bathroom and fridge with tea and coffee facilities. There is a shared common room with TV and cooking facilities. Cost is 100% covered by IPTAAS scheme yet you need to pay upfront and then keep receipt to claim. Units are located at the old Lourdes Hospital Site, you will need to still go to the new hospital to pick up keys at reception.
Criteria	You are eligible to stay at the Units if you are traveling over for a specialist Doctors appointment, hospital admission in any of the Dubbo hospitals. The same criteria as IPTAAS
Cost	\$43 night single or \$60 night double NO EFTPOS, cash or cheque only

Service Name	Royal Prince Alfred Hospital Accommodation for Country People
Contact Details	02 9515 9901
Program Overview	The Royal Prince Alfred Hospital has a 26 room accommodation building off site. They run a shuttle bus 4 times a day to the hospital.
Criteria	For country patients coming for appointments or admissions at the Royal Prince Alfred Hospital.
Cost	They do bulk bill under IPTAAS, there is a small out of pocket expense \$2 single night \$5 Double night ONLY for RPA patients

Service Name	Ronald McDonald House
Contact Details	https://www.rmhc.org.au/our-programs 1300 307 642
Program Overview	Ronald McDonald Houses are attached to major women's or children's hospitals and provide a home away from home for seriously ill children and their families.
Criteria	families of children receiving hospital treatment for serious and life threatening conditions
Cost	Discuss with each facility: Canberra, Newcastle, Orange, Tamworth, Randwick, Wagga Wagga & Westmead

Service Name	The Bill Brennan Centre Accommodation
Contact Details	Linsley St 6836 2762 or 0427 314 288
Program Overview	The Bill Brennan Centre (Cobar Senior Citizens Amenities Organisation Inc) consists of 18 modern single units to suit aged pensioners for moderate weekly rental in close proximity to the CBD and their Amenities Centre used for card games, entertainment with television and lounges and for general meeting use.
Criteria	Aged Pensioners
Cost	Weekly rent

Aged Care Services

Service Name	Australian Unity Home and Disability Services Community Transport – Local Transport
Contact Details	1300 295 806 dial option 1. Relief Service Coordinator Jenny Martin Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Community Transport provides a local transport service to aged, younger people with a disability, transport disadvantaged persons and carers to access their needs and services within their community. Community Transport utilises local contracted Taxi Providers to deliver this service.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over. For people under this age bracket assessment is completed locally with the Service Coordinator.
Cost	\$3.00 contribution plus taxis voucher per trip.

Service Name	Australian Unity Home and Disability Services Community Transport – Out of Town transport
Contact Details	1300 295 806 dial option 1. Relief Service Coordinator Jenny Martin Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Community Transport provides Health Related Transport for medical appointments in Bourke, Nyngan and Dubbo. Destinations are determined by bookings and is on a first in first serve basis. Spare seating availability also allows eligible clients to travel to the daily destination if spare seats are available.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over. For people under this age bracket assessment is completed locally with the Service Coordinator.
Cost	Varies depending on the destination. Dubbo \$30.00 per day, Nyngan and Bourke \$20.00 per day. Carers \$15.00 per day.

Service Name	Australian Unity Home and Disability Services Food Service
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Food Service is a member of the national Meals on Wheels organisation. This service provides clients with fresh, hot meals delivered to their door three times a week by our dedicated volunteers. Frozen meals can also be provided for your convenience.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices

Service Name	Australian Unity Home and Disability Services Social Support
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Social Support is a service to assist meeting a person's need for social contact and participation in community life, whilst living within a home environment. Services available include: <ul style="list-style-type: none"> • Shopping, bill paying and banking assistance • Reading, companionship and social company • Writing, addressing and posting mail • Visiting • Telephone social contact • Assistance to attend appointments • Social outings – support to attend an activity of your choice
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices

Service Name	Australian Unity Home and Disability Services Assisted Living, Home & Community Nursing, Out & About, Home Beautiful, My Home, My Garden, Happy Pets, and Healthy Body & Mind
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone for service outside these times.
Program Overview	Our broad range of flexible services are suitable for people of all ages and abilities who would like some extra support to get the most out of life and to stay living at home. We offer everything from qualified nursing and support with everyday activities like showering and cleaning through to physiotherapy, podiatry and gardening. <ul style="list-style-type: none"> • Assisted Living: Flexible, dignified support with everyday activities in the comfort of your own home. • Home & Community Nursing: Qualified nursing care to support your health at home. • Out & About: Flexible support for you in your community so that you can enjoy activities and time with friends and family. • Home Beautiful: Home and garden maintenance services to keep your home the way you like it. • Happy Pets: Regular loving care for your furry friend in your home. • Healthy Body & Mind: Flexible allied healthcare delivered at home so you can stay fit and healthy.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices.

Service Name	Australian Unity Home and Disability Services Respite Services
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone for service outside these times.
Program Overview	Centre Based Day Care (Group Based Program) Held at Hospital Activity Rooms Monday and Friday 9.30am to 2.30pm Pick up from and drop off to client homes. Activities include: Bingo, movies, games, picnics and other outings as can be organised. In Home Respite (one on one service). Qualified staff go into client's home to stay with the client so the carer can have a break. Ongoing regular service, cannot be used for one off situations. Out of Home Respite (one on one service). Qualified staff take a client on social outings to allow the carer to have a break. Ongoing regular service, cannot be used for one off situations.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people of 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices.

Service Name	Western NSW Local Health District Transitional Aged Care Packages
Contact Details	1800 942 433
Program Overview	ACAT assessment required. Service brokerage to local providers must be a hospital inpatient at time of assessment. Provides up to 12 weeks of service to support slow stream rehab post hospitalisation.
Criteria	Aged Care
Cost	Free

Service Name	Aged Care Information Service Golden West Financial Solutions
Contact Details	6884 5788
Program Overview	Can talk you through over 55 retirement villages and aged care facilities around payments and how it impacts on your financial situation
Criteria	Community
Cost	Fees to be discussed with Golden West

Service Name	Catholic Community Services Overnight Respite
Contact Details	6881 3710
Program Overview	Overnight respite is available in a home-like cottage environment with trained staff on-hand 24 hours to assist with the needs of the care recipient. The cottage is available to support Carers of the frail aged including people with dementia. Weekends once a fortnight
Criteria	Frail aged and Dementia
Cost	Fees are determined by Government guidelines

Service Name	Catholic Community Services Long Day Respite Care
Contact Details	6881 3710
Program Overview	The Long Day Care is a planned and coordinated centre based respite program providing extended respite hours. Mon, Tues, Wed and Friday times negotiated and Thursday 8.30am – 6.00pm. activities and meals provided
Criteria	Dementia
Cost	Fee negotiated prior to attendance

Service Name	Catholic Community Services In-Home Dementia Respite
Contact Details	6881 3710
Program Overview	The In-Home Dementia Respite program is a planned and coordinated service to assist carers to take regular breaks from their caring role.
Criteria	Dementia
Cost	Fee negotiated prior to attendance

Service Name	Catholic Community Services Consumer Directed Care – Respite Care
Contact Details	1800 052 222
Program Overview	Enabling carers to actively choose planned respite services they receive to optimise the support options available for carers. Carers will be able to control the expenditure of their individual respite budget through active involvement in the design of an agreed respite plan.
Criteria	Carers & families of people with Dementia
Cost	Packages as per assessment

Service Name	LiveBetter Community Services COMPAKS
Contact Details	1800 942 433
Program Overview	Recipient must be in hospital at time of referral. Provides up to 6 weeks of low level support at home post discharge from hospital
Criteria	Community
Cost	Free

Service Name	Cobar Shire Council Lilliane Brady Village Residential Aged care
Contact Details	Sharon Huon Director of Nursing 6836 3059 (F) 6836 4398 cobarlbv@bigpond.net.au
Program Overview	Permanent Residential Aged Care, Respite Care, Day Respite Care. Accommodating those with high care needs, low care needs, dementia care needs and disability care needs
Criteria	65yrs over & ACAT assessment Self-Referral, GP referral, ACAT referral
Cost	As per schedule of fees and charges published by Commonwealth Department of Social Services available on 'My Aged Care' website www.myagedcare

Service Name	My Aged Care
Contact Details	1800 200 422
Program Overview	There are many different services that may support you to stay in your own home for longer, including: help with housework help with personal care such as bathing and dressing help with meals and food preparation help staying physically active social support and activities help with transport, taxi vouchers locally or out of town medical appointment transport nursing care allied health support such as physiotherapy, podiatry or a dietician maintenance and modifications to your home goods and equipment to help you Counselling services.
Criteria	Aged 65 years and over (or 50 years and over for Aboriginal and Torres Strait Islander people)
Cost	If your personal circumstances allow, it is expected you will contribute to the cost of your care if you can afford to do so. Any fees and eligibility for subsidies will be discussed and agreed upon with your service provider before you receive the relevant services.

Service Name	Integratedliving Staying strong with Telehealth
Contact Details	0418594115 or 1300 782 896 Suman Sedhain, RN E:ssedhain@integratedliving.org.au
Program Overview	This is a Commonwealth government funded HAAC program providing Telehealth monitoring of consumer vital signs – Know your Five; Blood Pressure, Pulse, Respirations, BGLs and BMI and symptoms in their home. Consumers receive training & the system is set up with them so they can do their own monitoring Monitoring kit includes tablet, internet & wireless Bluetooth equipment to measure vital signs Monitored by RN business hours Mon to Fri. Parameters set by consumers GP with regular reporting & feedback given to GP. Proactive self-management that is safe & secure. Aimed at improving health and the prevention of unplanned/unnecessary hospital admissions
Criteria	65 & over or 50 & over for ATSI clients with chronic conditions You can refer yourself or referrals may be made by health professionals, health services or community groups, provided you have given consent for the referral.
Cost	The Australian Government funds HACC service providers so that they can deliver affordable services to you. There is usually a small fee for each service and the amount depends on your income

Service Name	Sector Support and Development Officer (SSDO) – Orana Far West
Contact Details	(M) 0408 500 378 Office: 6832 2890 Email: Cheryl.burns@livebetter.org.au
Program Overview	The SSDO's Development Officer's role is to provide a range of support, resources and information to agencies/service providers funded through the Commonwealth Home Support Program (CHSP), Home Care Packages Program (HCP) and the Community Care Support Program (CCSP)
Criteria	Target group: HCP, CCSP & CHSP funded service providers.
Cost	Free

Service Name	Western NSW Local Health District ACAT Assessments – All assessments need to be booked through My Aged Care
Contact Details	1800 200 422
Program Overview	<p>If you need some help at home or are considering moving into an aged care home, you may first need a free assessment with a member of an Aged Care Assessment Team (ACAT)*. An ACAT will talk to you about your current situation and work out if you are eligible to receive government-subsidised aged care services.</p> <p>If you can receive aged care services, an ACAT assessment will help you access the right services for your needs and the care you require.</p> <p>You will need an ACAT assessment if you want to:</p> <ul style="list-style-type: none"> access aged care services through any type of Home Care Package receive services through the Transition Care Program receive certain respite services enter into an aged care home.
Criteria	looking at accessing aged care services
Cost	Free

Carers

Service Name	Catholic Community Services Dementia Counselling
Contact Details	6881 3704 Kath Readford kreadford@chcs.com.au
Program Overview	Education, support, information & counselling for carers & families of people with dementia. Will also support dementia carers support groups.
Criteria	Carers & families of people with Dementia
Cost	Free

Service Name	Catholic Community Services Consumer Directed Care – Respite Care
Contact Details	1800 052 222
Program Overview	Enabling carers to actively choose planned respite services they receive to optimise the support options available for carers. Carers will be able to control the expenditure of their individual respite budget through active involvement in the design of an agreed respite plan.
Criteria	Carers & families of people with Dementia
Cost	Packages as per assessment

Service Name	Carers Morning Tea / Support Group Integrated Care Program
Contact Details	0407 201 568 Kelly
Program Overview	Providing Carers an opportunity to meet monthly, know they are not alone, and enjoy a morning out with a free morning tea provided. Opportunities to find out about what services are offered for Carers to help them in their caring role.
Criteria	Families, friends and carers caring for a loved one who has a disability, frail aged, mental illness or terminal illness
Cost	Free Meeting first Friday of every Month

Service Name	Carers NSW Better Start for Children with Disability Initiative
Contact Details	1800 242 636 (F) 6881 6080 Email: contact@carersnsw.org.au
Program Overview	\$12000 is available for each child for early intervention services such as audiology, Occupational therapy, physiotherapy, families living in the Orana area are eligible for a one off payment of \$2000, to assist with the additional expenses associated with accessing services.
Criteria	Parents and families who are caring for a child with cerebral palsy, deaf or blindness, down syndrome, fragile X syndrome, or hearing or vision impairment. Eligible children must register before they turn 6
Cost	Free

Service Name	Carers NSW Carers Line 1800 242 636 Talk it over, Counselling for Carers
Contact Details	1800 242 636 (F) 6881 6080 contact@carersnsw.org.au
Program Overview	Talking to a counsellor can help make a difference to your caring role. Sessions are confidential. Counselling can help with: Managing stress Anxiety & Depression Isolation Grief and loss Finding balance & coping skills
Criteria	Anyone who cares for a family member or friend with a disability, mental illness, drug or alcohol dependency, chronic condition, terminal illness or who is frail aged
Cost	Free call except from mobile phones

Service Name	Carers NSW Together Program
Contact Details	1800 242 636 (F) 6881 6080 contact@carersnsw.org.au
Program Overview	The Together Program aims to resource a network of carer support groups for carers of people with a disability by linking them with local organisations across NSW. To find out more about the together program visit. www.togethersupportgroups.net.au
Criteria	Carers
Cost	Free

Organisation	Carers NSW
Service Name	Older Parent Carer Support Coordination Program
Contact Details	1800 242 636 (F) 6881 6080 contact@carersnsw.org.au
Program Overview	Carers are assisted with planning for the future needs of their child, set up transition or emergency plans, and purchase items that are required immediately to assist them with the care they provide.
Criteria	50 and over or 45 and over if Aboriginal caring for an adult son or daughter with a disability or long term condition.
Cost	Free

Service Name	Commonwealth Respite & Carelink Centre Orana Respite Service
Contact Details	1800 052 222 carerespite@chcs.com.au
Program Overview	Respite involves carers taking a break from their caring role, some respite options are: In home respite Day care Respite Residential Respite Flexible Respite 24 hour emergency respite Call to find out what you are eligible for
Criteria	For carers providing ongoing, full-time care for someone who is frail aged, has a disability, chronic or mental illness or palliative care needs.
Cost	Some respite options do ask for a contribution

Service Name	Family & Community Services Orana Far West Dementia Respite Service
Contact Details	1800 288 300 02 5852 0101 Megan megan.harrison@fac.s.nsw.gov.au 02 63732902 Jemma
Program Overview	The Orana Far West Dementia Respite Service aims to support Carers by providing an In-home and out of home respite for carers of people with Dementia. OFWDRS also provides support and information for carers. Particularly carers on farms and in remote communities where distance prevents access to other services.
Criteria	Carers of people with Dementia
Cost	Ask carers to contribute to the cost of respite, this will be negotiated with each carer and will be based on what is reasonable and affordable. The fee maybe waved in instances of financial difficulty.

Service Name	House With No Steps Mental Health Respite Program
Contact Details	6852 2399 (M) 0409 762 136 westernnsw@hwns.coma.u
Program Overview	Offer a range of flexible respite options such as: Brokerage services for carers , families and young people based on need Educational programs that increase knowledge Counselling to decrease anxiety and depression Social and recreational activities
Criteria	Families and carers caring for a loved one with Mental Illness, at risk of Mental illness, intellectual disability or autism
Cost	Free

Service Name	Western NSW LHD Family & Carer Mental Health Program
Contact Details	Western NSW LHD Carer Coordinator 0419 869 961 CentaCare Wilcanna-Forbes 6883 4600
Program Overview	Supporting families, carers and friends of someone living with Mental Illness. Offering one on one support, referrals into appropriate services and links into Respite options.
Criteria	Families & carers, young carers & grandparent carers caring for a loved one with mental illness
Cost	Free

Child & Adolescent Services

Service Name	Ad Altoria Psychology-Claire Wood
Contact Details	0477023290
Program Overview	I work with identifying strengths, values and building resilience in conjunction with evidence based therapies for stress, anxiety, PTSD, Bipolar Disorder and Depression. I liaise with other professionals to provide assessments, reports and treatment plans for children neurological developmental disorders (Autism, ADHD/ADD, Intellectual delay etc.).
Criteria	GP Medicare referrals (Bulk billing), EAP Programs, VCT, Workers Compensation
Cost	Contact Claire

Service Name	Barnardos Australia
Contact Details	02 6836 2511 Email:zclements@barnardos.org.au 23 Marshall St Cobar
Program Overview	Barnardos Australia helps to stop child abuse. We find safe homes for abused children and young people, work with families to prevent abuse and use our knowledge to improve the future of disadvantaged Australian children. Cobar Programs: Brighter Futures(0-8yrs), Reconnect Cobar (12-18yrs), Arts in the Dust (8-12yrs)
Criteria	Children & Youth
Cost	Free

Service Name	Uniting Family Referral Service
Contact Details	6885 888, 1300 339 016
Program Overview	Family Referral Service provides an augmented FRS with an Aboriginal focus and offers a point of contact between families and relevant support services and community resources to assist with the safety and wellbeing of children and young people.
Criteria	All families
Cost	Free

Service Name	LiveBetter Community Services Early Links
Contact Details	6882 7839 bonny.stephens.cw.org.au
Program Overview	The program provides support for families who have a concern about their child's development. The program will provide information and assist families to access mainstream and disability specific services within their local area.
Criteria	Families with children 0-8 years
Cost	Free

Service Name	Carers NSW Better Start for Children with Disability Initiative
Contact Details	1800 242 636 (F) 6881 6080 contact@carersnsw.org.au
Program Overview	\$12000 is available for each child for early intervention services such as audiology, Occupational therapy, physiotherapy, families living in the Orana area are eligible for a one off payment of \$2000, to assist with the additional expenses associated with accessing services.
Criteria	Parents and families who are caring for a child with cerebral palsy, deaf or blindness, down syndrome, fragile X syndrome, or hearing or vision impairment. Eligible children must register before they turn 6
Cost	Free

Service Name	CenataCare Wilcannia – Forbes Families NSW
Contact Details	68 721551 Belinda Cunningham
Program Overview	PEDAL play group Visiting Service to the Cobar Catholic School, St Johns.
Criteria	Babies to school aged children
Cost	Free

Service Name	Cobar Community Health Child and Adolescent Mental Health Service (CAMHS) Western NSW Local Health District
Contact Details	6881 4000 (F) 6881 4080
Program Overview	Services may include: assessment and mental health intervention with children, adolescents and their families; consultation and liaison with other professionals, agencies and the broader community; early intervention and education.
Criteria	Children and adolescents aged 0-18 years with emerging, identified or risk of mental health problems
Cost	FREE

Service Name	Cobar Community Health Child & Family Health Nurse
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	Baby Health Checks 0-5, (blue book checks)
Criteria	Children 0-5, self-referral or referral from GP
Cost	Free

Service Name	Cobar Community Health Immunisation Clinic
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	Every Friday 11-12:30 No appointment necessary bring blue book and Medicare card
Criteria	0-4 years
Cost	Free

Service Name	Cobar Community Health Paediatric Outpatients Unit - Dr Jaqueline Askwith
Contact Details	Dubbo Base Hospital, Myall St Dubbo NSW 2830 6841 5590 (F) 6841 558
Program Overview	Dr J Askwith visits Cobar Community Health visits Cobar every three months dependant on numbers.
Criteria	Referral from GP
Cost	Bulk Billed

Service Name	Cobar Mobile Children's Service
Contact Details	6836 2845 0429 362 845
Program Overview	Educational play sessions for children in the Cobar Shire. Service area around 40,000km, 3 bush sessions a week.
Criteria	Birth – 12 years
Cost	Free

Service Name	Cerebral Palsy Alliance Rural Therapy Services – Orana Far West
Contact Details	6882 1077
Program Overview	The Spastic Centre Rural Therapy Services Team is based in Dubbo and does rural and remote visits roughly every 5 weeks to provide therapy to children 0-18years. Speech, Occupational Therapy & Physiotherapist.
Criteria	Child with a disability 0-18 years
Cost	Free

Service Name	Home-Start Western Area Inc.
Contact Details	6832 1905 0409 314 281 admin@homestartwestern.com.au
Program Overview	Home-Start family workers deliver programs and support services that promote positive approaches to parenting, child and family wellbeing, early childhood development and connecting the community.
Criteria	Expecting a new baby or with a dependent child under the age of 8
Cost	Free

Service Name	Interrelate Family Mental Health Support - Connect
Contact Details	Katrina Ward – Manager: 0475 983 916 katrinaw@interrelate.org.au
Program Overview	The Connect service works with families, young people, schools, facilitate groups re mental health, wellbeing, bullying, helping young people improve coping mechanisms to deal with bullying / mental health, provides support, provides information about and links to existing services, connects to appropriate services, liaises and advocates with schools and on behalf of the young person.
Criteria	Connect provides support and early intervention to families where children and young people (0-18) are affected by or at risk of mental illness
Cost	Free Service

Service Name	Life without Barriers
Contact Details	6809 9500
Program Overview	Offers a variety of disability programs and support programs for foster families
Criteria	Disability & Foster Families
Cost	Free

Service Name	Western Family Referral Service – Uniting
Contact Details	02 5834 7900
Program	Western FRS is a gateway into the service system for families in need of support. Western FRS will actively engage with the family, their child or young person or extended family by providing case management to help address the families / child's needs.
Criteria	Families / children / young people
Cost	Free

Service Name	MacKillop Rural Community Services EARLY CHILDHOOD INTERVENTION SERVICES
Contact Details	Marina Linke Program Manager Nyngan 0428 322 699
Program Overview	<p>Our early intervention staff work closely with the children and their families in their natural environments focusing on goals and priorities they have identified. The following services are provided:</p> <ul style="list-style-type: none"> • Information on special needs/disabilities /therapy ideas and other services families can access • Access to therapists for assessments and therapy programs • Guidance through any assessments and reports • Regular therapy sessions to help the child's development and learning • Assist with transition to preschool and school • Ongoing support at preschool and school • Support with inclusion in the community • Assist communities and services to build capacity
Criteria	Our <i>Early Childhood Intervention</i> (ECI) services provide support for children from birth to eight years with a disability and/or developmental delay, and their families.
Cost	Free

Service Name	Royal Far West
Contact Details	(02) 89668500 or 1800 500 061 19-21 South Steyne Manly
Program Overview	Royal Far West is a non-government organisation that has been providing health services to children living in rural and remote New South Wales. Working in partnership with families and their local health and education providers to complement existing services within the community. Every year, thousands of country children who have non-acute developmental, behavioural, learning, emotional, and mental health disorders and limited access to local services, benefits from Royal Far West's integrated clinical and educational model of care. We believe that every child deserves access to specialist healthcare regardless of where they live.
Criteria	non-acute developmental, behavioural, learning, emotional, and mental health disorders
Cost	IPTAAS Covers cost of accommodation and some travel

Chiropractor & Massage Services

Service Name	Awakening Health
Contact Details	27 Linsley Strett Cobar 6884 5328
Program	Offering weekly chiropractic services to Cobar. They will be practicing from Sundara Massage 27 Linsley Street, Cobar.
Criteria	Community
Cost	Contact Provider

Service Name	Enlightened Therapies Jennifer Barton
Contact Details	0409 992 762
Program	Bowen Therapy, reiki & massage
Criteria	Community
Cost	Contact Provider

Service Name	Fuzzy Art Healing 44 Marshall St – Belle Visage
Contact Details	0439 471 830
Program	Offering Reiki
Criteria	Community
Cost	Contact Provider

Service Name	Chiropractor Klyie Hough
Contact Details	6882 6533
Program Overview	Family Chiropractic Care, contact Kylie for Cobar Dates In Cobar second Tuesday of the month.
Criteria	Community
Cost	\$85 first consult, \$60 after will provide receipts to claim Health Fund Rebates

Service Name	Christine Bush Reiki
Contact Details	0458 477 255
Program	Portable Reiki, can come to you.
Criteria	Community
Cost	Contact Provider

Service Name	Sundara Massage 27 Linsley St
Contact Details	0422 869 879
Program Overview	Remedial, relaxation, sports, deep tissue, dry needling, cupping and Lymphatic massage. 30, 60 & 90mins on request.
Criteria	Community
Cost	Health Fund rebates on all remedial treatments Starting price for 30min \$40

Churches

Cobar Baptist Church	The Cobar Baptist Church is committed to proclaiming and demonstrating the Gospel of Jesus Christ as revealed in the Scriptures.	9-11 Harcourt Street Church Service Sunday School and Kids Club is held on Sundays at 10am. 02 6836 2616
Cobar Christian Fellowship	The Cobar Christian Fellowship is a Pentecostal church associated with the Australian Christian Churches	The fellowship meets every Sunday at 10am. Sunday School is held through sermon during school terms. Bible Study is held at the end of the Sunday Service. Lynda Dickson 6836 1892 Mobile: 0438 920 450
Cobar Seventh-Day Adventist	Cobar Seventh-Day Adventist Group is a Christian group who get together either weekly or bi-weekly every Saturday Morning to have bible study and share the love of God with each other. We welcome everyone to join us as we study the bible together in small groups and share the experiences of the week with each other. We have lunch together after the meeting.	Uniting Church Hall 41 Barton Street John Sipendi 0437 809 813
St Laurence O'Toole Catholic Church	St Laurence O'Toole Catholic Church is in the diocese of Wilcannia-Forbes and aims to know love and serve Jesus Christ.	2 Prince Street Mass is held on Saturdays at 6pm and Sundays at 9am and once a month 02 6836 2780
St Pauls Anglican Church	St Pauls Anglican Church's ambition is to serve Christ faithfully in the circumstances of their daily lives. They are committed to obeying the commands of Christ teaching his doctrine and administering the sacraments of Baptism and Holy Communion.	33-35 Barton Street Sundays at 9am 6832 1019
Uniting Church	Members of the Uniting Church work in partnership with Frontier Services to support a patrol ministry in the Cobar/Nyngan townships and surrounding districts.	41 Barton Street Worship is held on Sundays at 9am. 6836 2682

Cobar Community Health

Service Name	Cobar Community Health Adult Mental Health Service
Contact Details	1800 011 511 Mental Health Line or 6881 4000
Program Overview	Contact Dubbo Community Health or the Mental Health Line to discuss intake and options to see the Adult Mental Health Service.
Criteria	Community Gp Referral If you have concerns about yourself or a relative you can contact Dubbo Community Mental Health Team on (02) 68 81 4000 between the hours of 8:30am – 5 pm or the 1800 011 511 24 hour Mental Health Information and Support Line.
Cost	Free

Service Name	Cobar Community Health Asthma Management
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	By appointment Education and Asthma Management Plans
Criteria	Anyone on an Asthma plan
Cost	Free

Service Name	Cobar Community Health Australian Hearing
Contact Details	131 797 visiting site every 3 months
Program Overview	Australian Hearing provides hearing services to clients eligible under the Australian Government Hearing Services Program. If you are a new client you will need to get a medical certificate / GP referral.
Criteria	Pensioner Concession Card holders. Department of Veterans' Affairs Gold Repatriation Health Card holders. Recipients of a sickness allowance from Centrelink.
Cost	Free

Service Name	Cobar Community Health Diabetic Educator
Contact Details	Diabetic Educator 6830 2100
Program Overview	Visiting service from Dubbo, ring Cobar Community Health to make appointment
Criteria	Referral from GP
Cost	Bulk Billed

Service Name	Cobar Community Health Cardiac/ Pulmonary Rehabilitation
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	Monday & Wednesday 9:00am -10:30am, Hospital Exercise room Personalised Cardiac or Pulmonary Exercise Program Appointment will be made for assessment before commencing.
Criteria	Referral by GP only or Specialist
Cost	Free

Service Name	Cobar Community Health Child and Adolescent Mental Health (CAMHS) Western NSW Local Health District
Contact Details	6881 4000 (F) 6881 4080
Program Overview	Services may include: assessment and mental health intervention with children, adolescents and their families; consultation and liaison with other professionals, agencies and the broader community; early intervention and education.
Criteria	Children and adolescents aged 0-18 years with emerging, identified or risk of mental health problems.
Cost	Nil

Service Name	Cobar Community Health Child & Family Health Nurse
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	Baby Health Checks 0-5, (blue book checks)
Criteria	0-5 years
Cost	Free

Service Name	Cobar Community Health Home Visits
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	Home visits are and assessed on a needs basis or as requested by GP. Services provided include: Frail aged & disabled care Palliative Care Integrated Care & DVA
Criteria	As per above, GP referral or phone Community Health
Cost	Free

Service Name	Cobar Community Health Immunisation Clinic
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	Every Friday 11-12:30 No appointment necessary bring blue book and Medicare card
Criteria	0-4 years
Cost	Free

Service Name	Cobar Community Health Integrated Ambulatory Care Clinic
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	Monday, Wednesday and Fridays 9:00am -12:00pm Drop in clinic to have any wounds checked and redressed. For any wound management requirements. Wound Management, IV antibiotics, IMI injections, Venesection, BP/BGL checks, Preop ECG Flu vaccine for 65+
Criteria	Community
Cost	Free

Service Name	Cobar Community Health Paediatric Outpatients Unit
Contact Details	Dr Jaqueline Askwith Dubbo Base Hospital, Myall St Dubbo NSW 2830 6841 5590 (F) 6841 558
Program Overview	Dr J Askwith visits Cobar Community Health visits Cobar every three months dependant on numbers.
Criteria	Referral from GP
Cost	Bulk Billed

Service Name	Cobar Community Health Smoking Cessation
Contact Details	6830 2100 (F) 6836 4025 Hospital Grounds Lerida Rd
Program Overview	By appointment
Criteria	Anyone wanting to quit smoking
Cost	Free

Service Name	Western NSW LHD / Cobar Community Health Women's Health Nurse
Contact Details	6830 2100
Program Overview	Women's Health, pap smears, sexual health advice, menopause call for more information appointment only
Criteria	Community
Cost	FREE

Service Name	Western NSW Local Health District Breast Screen NSW Mobile Van – Every 2 years
Contact Details	132 050 magaret.hamilton@health.nsw.gov.au
Program Overview	Breast Screen NSW is part of Breast Screen Australia. Early detection of Breast Cancer. Free Screening Mammograms to women 40 years and over.
Criteria	40 + no referral required
Cost	Free

Service Name	Western NSW LHD / Cobar Community Health Drug & Alcohol Line
Contact Details	1300 887 000 or 6881 4000
Program Overview	For Drug & Alcohol help call the line 8:30- 5:00pm Monday to Friday (excluding public holidays)
Criteria	Community
Cost	FREE

Service Name	Western NSW LHD / Cobar Community Health Mental Health Line
Contact Details	1800 011 511
Program Overview	This is a 24-hour mental health telephone access service. If in a life-threatening situation please call 000 to receive immediate help.
Criteria	Community
Cost	FREE

Cobar Primary Health Care Centre

Service Name	Cobar Primary Health Care Centre Aboriginal Health Worker
Contact Details	6836 5500
Program Overview	Aboriginal and Torres Strait Islander Health Assessments, Close the Gap sign up, Care Coordination and Supplementary Services program.
Criteria	Aboriginal and Torres Strait Islander
Cost	free

Service Name	Cobar Primary Health Care Centre Audiologist Connect Hearing
Contact Details	6836 5500 (F) 6836 1274 cphcc@outbackdivision.org.au
Program Overview	Visits approximately every 3 -6 months. Audiologists are trained in the diagnosis, treatment and management of hearing loss, balance disorders and other associated conditions. Audiologists are trained to carry out detailed assessments by performing a number of specialised auditory (hearing) and vestibular (balance) tests. Audiologists are trained to fit hearing aids and help you adjust to the hearing aid gradually with a program of rehabilitation.
Criteria	Self-Referral or GP referral for pensioner voucher
Cost	Accepts Pensioner Vouchers. Ask for cost when booking appointment

Service Name	Cobar Primary Health Care Centre Cardiologist
Contact Details	6836 5500 (F) 6836 1274 cphcc@outbackdivision.org.au
Program Overview	Visits Monthly Cardiologists are doctors who specialize in not only the heart but also the entire cardiovascular system, including blood vessels and veins.
Criteria	Referral from GP
Cost	Bulk billed if requested by the GP Or you will be sent an invoice

Service Name	Cobar Primary Health Care Centre Dietitian Chronic Disease Management Program
Contact Details	6836 550 (F) 6836 1274 cphcc@outbackdivision.org.au
Program Overview	The Dietician visits fortnightly Dieticians provide food and nutrition information to help people improve their health. Qualified dieticians also have the clinical training to modify diets to treat or help to manage conditions such as: Diabetes, Heart disease, Overweight and obesity Cancer Food allergies and intolerances.
Criteria	Referral from GP
Cost	Varies Dieticians are included in some Health funds dependant on level of cover. Dieticians can be listed on a Chronic Care Plan

Service Name	Cobar Primary Health Care Centre Mental Health Nurse Incentive Program MHNIP
Contact Details	6836 5500
Program Overview	MHNIP is designed to assist people whose mental health condition is significantly impacting on their social, personal and work life.
Criteria	People with persistent mental illness / health
Cost	Free

Service Name	Cobar Primary Health Care Centre Naturopath – Kelvyn McCarroll
Contact Details	6836 5500
Program Overview	As a Naturopath, Kelvyn can help you consider your whole health picture, including your diet, lifestyle, energy levels, sleep quality, stress levels and medical conditions. She can then work with you, combining her herbal and nutritional knowledge with your preferences to make positive changes to your health and wellbeing.
Criteria	Self-referral
Cost	Discuss with reception at time of booking

Service Name	Cobar Primary Health Care Centre Obstetrics & Gynaecologist
Contact Details	Dr Dianne Avery 6836 5500
Program Overview	Starting in August, visiting 3 rd Thursday of each Month
Criteria	Gp Referral
Cost	As per request

Service Name	Cobar Primary Health Care Centre Private Clinical Psychologist
Contact Details	6836 5500
Program Overview	Clinical Psychology service for Adults, young people and children.
Criteria	Gp Referral or self-referral
Cost	Discuss with reception on booking

Service Name	Cobar Primary Health Care Centre Ophthalmologist
Contact Details	6836 5500 (F) 6836 1274 cphcc@outbackdivision.org.au
Program Overview	The visits once every three months. An Ophthalmologist is an eye doctor who has specialized in the field of ophthalmology. Some of the procedures they perform include: Eye surgery Screening Treating eye diseases Eye examination and prescription of eye glasses and contact lenses.
Criteria	Referral from GP or Optometrist
Cost	Bulk bill first appointment.

Service Name	Cobar Primary Health Care Centre Podiatrist
Contact Details	6836 5500 (F) 6836 1274 cphcc@outbackdivision.org.au
Program Overview	A Podiatrist visits cobar 2 weeks out of every month. General podiatry care encompasses the routine care of feet and nails including, corn and callus debridement, bunions, cracked heel management, dry skin and all nail care. Services included in this category are generally noninvasive. Some other services include: Children Podiatrist Services Diabetic Foot Care Orthotics
Criteria	Referral from GP or Self-Referral
Cost	Varies \$50 Private Bulk billed under an EPC Plan, under 5 allied health visits a year.

Service Name	Cobar Primary Health Care Centre Osteopath – Kylie Read
Contact Details	6836 5500
Program Overview	Osteopathy is a drug-free, non-invasive manual therapy that aims to improve health across all body systems by manipulating and strengthening the musculoskeletal framework.
Criteria	Community
Cost	Discuss cost with reception or Kylie at time of appointment

Service Name	Cobar Primary Health Care Centre On The Move Physiotherapy – Meredith Schwilk
Contact Details	6836 5500
Program Overview	Visiting Physiotherapy service. Work physical medical exams, pain management, mobility, Falls prevention, strength, balance, injury's and pain.
Criteria	Community
Cost	Accepts EPC's. Discuss cost with reception

Service Name	Cobar Primary Health Care Centre Mobile Rehab Physiotherapy
Contact Details	07 3856 5428
Program Overview	Visiting Physiotherapy service accepting private patients for all physio needs including pain management, rehabilitation post injury, surgery and illness, disease management, exercise prescription, advice and education to assist in self-management and falls prevention.
Criteria	Community
Cost	DVA card – No charge \$126 initial, follow up \$79.50. Medicare EPC \$79.50, Pensioner initial \$82.50, pensioner follow up \$66.00 Please note this is a rough guide please ask Mobile Rehab Physiotherapy

Service Name	Cobar Primary Health Care Centre Telehealth
Contact Details	6836 5500 (F) 6836 1274 Email: cphcc@outbackdivision.org.au
Program Overview	Telehealth appointments can be arranged with requested by your GP for such services as: Counselling (Juvenile & Adults only) Psychology Psychiatrist And other specialist appointments
Criteria	Dependant on service
Cost	Pension card holders or health card holders Bulk billed Others may vary

Service Name	Cobar Primary Health Care Centre Ultrasound - Country Imaging Australia
Contact Details	6836 5500 (F) 6836 1274 cphcc@outbackdivision.org.au
Program Overview	Services offered: Pelvic Ultrasound (male, Female – Gynaecological or Obstetric Nuchal Translucency Screening Abdominal and Renal Ultrasound Small parts studies such as Thyroid, Breast or Testes All musculoskeletal exams such as shoulders, elbows etc Interventional procedures such as corticosteroid injection Autologous Blood and PRP Upper and lower limb Arterial and Venous Doppler Studies Carotid Arteries Renal Artery and Aorto-Iliac Doppler Studies All patient preparation advice supplied at time of booking.
Criteria	Community members Cobar Monday & Tuesday
Cost	\$30 booking fee, cash or cheque Bulk Billed under Medicare Cost if not under Medicare

Community Activities

BINGO	Fun social activity \$6 includes 6 games & raffles Lunch provided, served 1pm	Cobar Bowling & Golf Club Tue & Thur 12:30pm-2:30pm 6836 2214
Copper City Men's Shed	The Copper City Men's Shed is a community based organisation committed to promoting men's health and wellbeing in the local community. The Shed also provides a venue where men of all ages and diverse backgrounds can meet socially and work on various community projects or own hobbies. FREE	Ward Oval, Maidens Avenue Tue & Fri 8:30am – 12pm Gordon Hill 6836 3002 0428 363 022
Carers Support Group	Meets 1 st Friday of each month at Gumnut Café 10am. A relaxing time out, have a cuppa and a piece of cake and meet other carers in your community. Opportunities to find out about local services in the Cobar Community.	Cobar Primary Health Centre 10am Gumnut Café 1 st Friday of every Month
Cobar View Club	VIEW aims to enrich Australia's future with The Smith Family, and to work with other organisations in local communities	Empire Hotel 3 rd Tuesday Month Margaret 6836 3246
Cobar Probus	Probus is an association of active retirees who join together in clubs. Its basic purpose is to provide for its members regular opportunities to keep their minds active expand their interests and to enjoy the fellowship of new friends	Cobar Memorial Services club 2 nd Wed Monthing 11am Sue Cox 68363284
Card Games	Card Games are held on Wednesdays 10am in the Amenities Centre	Bill Brennan Centre Wednesday 10:00am
Cobar Bookaholics	The Cobar Bookaholics has free monthly meetings for avid readers to share reading experiences and enjoy some cake and coffee. FREE	Cobar Shire & Tafe Library 1 st Thursday Month 10:00am Jane Siermans 02 6836 2744 or 02 6836 1118

Cobar Fergie's	The Cobar Fergie's is a local group who ride Ferguson tractors for a variety of charity events such as the Festival of the Miner's Ghost. They also participate in a Louth Field Day every 2 years on the June Long Weekend.	Melissa Lawrence 02 6836 1255 0428 361 245 Geoff (Jum) McLaughlin 02 6836 4039
Cobar Genealogy Group	The Cobar Genealogy Group is a local group dedicated to tracing family history.	Cobar Museum Wednesday 10:00am - 3:00pm Rita Stubbs 6836 2858
Cobar Quilt Shop Classes	Come along to a class that suits your schedule, have a cuppa and biscuit while learning a new skill or improving on your existing skills. \$15 per class after purchasing fabric from shop	Cobar Quilt Shop Tue, Wed & Thur 7:00pm -9:30pm Friday 10:00-12:30pm Colleen 6836 3606
Cobar Craft Group (CWA)	Come along and meet some new friends while doing some craft. Tea & Coffee & biscuit provided \$4 for the day Bring your own lunch	CWA Hall on the corner of Linsley and Becker Streets Cobar. Tuesday 10:00am Marie Hudson 6836 2455
Country Women's Association	The aim of the Country Women's Association is to work to improve conditions for country women and children. The Cobar Branch are involved in a variety of community activities including visiting the Lilliane Brady Village and hospital giving small Christmas gifts to all visiting homes providing a cooking stall at the Cobar Show and handicrafts.	CWA Hall on the corner of Linsley and Becker Streets Cobar.
Country Women's Association - Nymagee	The aim of the Country Women's Association is to work to improve conditions for country women and children. The Nymagee Branch organise a variety of community activities including the popular annual Flower Show.	CWA Rooms Hartwood Street Nymagee. 2 nd Wednesday of the Month 10:00am Dolly Betts 6837 3798
Cobar RC Cars	Remote control car track located at Cobar Memorial Services Club. You can access the track anytime, just sign into the club prior to going out to track. Join fb page to find out about race days. Need to be either a senior or junior member of the club	Cobar Memorial Services Club John Foster – via FB Or call the Club 6836 2102

Counselling Services

Service Name	Ad Altoria Psychology-Claire Wood
Contact Details	0477023290
Program Overview	I work with identifying strengths, values and building resilience in conjunction with evidence based therapies for stress, anxiety, PTSD, Bipolar Disorder and Depression. I liaise with other professionals to provide assessments, reports and treatment plans for children neurological developmental disorders (Autism, ADHD/ADD, Intellectual delay etc.).
Criteria	GP Medicare referrals (Bulk billing), EAP Programs, VCT, Workers Compensation
Cost	Contact Claire

Service Name	AWI Consulting PTY LTD Fee for Service – Psychology EAPs - Employee Assistance Programs
Contact Details	1300 363 577 0457 084 956 (F) (02) 4744 2614
Program Overview	Employee Assistance Programs (EAPs) for employees and family employed at Peak, Aurelia metals and Cobar Shire Council. (Those employed at other organisations such as CSA; Endeavor can apply to their HR manager for counselling sessions)
Criteria	Employees and direct family members (e.g. spouse, children) can self-refer, GP referral, manager/colleague referral.
Cost	Free. Up to 6 free sessions (sponsored by Employer) per calendar year. Further sessions can be requested from Employer’s HR department if required.

Service Name	AWI Consulting PTY LTD
Contact Details	1300 363 577 0457 084 956 (F) (02) 4744 2614
Program Overview	FREE – Psychology ATAOS /API
Criteria	Those who are low income and require mental health care. Require a GP Mental Health Care Plan referral for 6 sessions. Up to 12 further sessions may be allocated with additional GP Mental Health Care Plan Review.
Cost	Free – funded by the Primary Health Network

Service Name	Catholic Community Services Orana Dementia Counselling
Contact Details	6881 3704 Kath Readford
Program Overview	Dementia Counselling provides a free service for families and carers looking after a person with dementia, giving information, counselling and strategies to help manage this disease.
Criteria	People with Dementia, their families and Carers
Cost	Free

Service Name	Cobar Primary Health Care Centre Mental Health Nurse Incentive Program MHNIP
Contact Details	6836 5500
Program Overview	MHNIP is designed to assist people whose mental health condition is significantly impacting on their social, personal and work life.
Criteria	People with persistent mental illness / health
Cost	Free

Service Name	LUH Life Counselling Services
Contact Details	0405 235 411
Program Overview	Counselling Services to suit your needs.
Criteria	Community
Cost	According to income

Service Name	Rural Financial Counselling Service
Contact Details	6832 2169
Program Overview	Provides free support to Primary Producers who are suffering financial hardship who have no alternate source of impartial assistance to manage the challenges of change and adjustment.
Criteria	Farmers or small business reliant on Primary Industry.
Cost	Free

Dementia

Service Name	Alzheimer's Australia NSW
Contact Details	Jenny Roberts 0407 615 480 jenny.roberts@alzheimers.org.au
Program Overview	Crossing over all health areas and keeping everyone in the loop with latest information and research and working together to raise community awareness. This program is aimed at services providers to fill the gaps or weaknesses they feel exist in their programs. AlzNSW supports them in organising education for Carers, Professional and Volunteers, supplying resources, organising events such as memory walks and information days, traveling with the memory van etc. This also includes Younger Onset Dementia and can also support Carer Dementia Support Groups.
Criteria	Working with or caring for someone with Dementia Open to all ages
Cost	Free

Service Name	Australian Unity Home Care Services Orana Far West Dementia Respite Service (OFW DRS)
Contact Details	Megan 02 5852 0101 (M) 0417 176 531 megan.harrison@australianunityhcs.com.au
Program Overview	The OFW DRS aims to support carers by providing an in home – out of home respite service for carers of people with dementia.
Criteria	Carers of people with dementia
Cost	\$10.85 per hr – this is negotiable with each carer depending on financial circumstances and what is deemed reasonable and affordable.

Service Name	Catholic Community Services In-Home Dementia Respite
Contact Details	6881 3710
Program Overview	The In-Home Dementia Respite program is a planned and coordinated service to assist carers to take regular breaks from their caring role.
Criteria	Dementia
Cost	Fee negotiated prior to attendance

Service Name	Catholic Community Service Aboriginal Dementia Advisory Service (ADAS)
Contact Details	68813700 (M) 0428024866 bwilson@chcs.com.au
Program Overview	ADAS Aim is to support Aboriginal people with dementia educate them on what is dementia, how to go about reducing the risk of dementia. The program provides skill base training for carers to help them better understand the kind of dementia there love one has to having the skills to look after that person with dementia. The program educates community on dementia awareness, how to go about getting a diagnosis, who to see if you have cognitive decline, and referring to the appropriate support service.
Criteria	Need to have dementia and be of Aboriginal decent. Program can support mainstream clients during education session but not one on one.
Cost	Free

Service Name	Catholic Community Services Consumer Directed Care – Respite Care
Contact Details	1800 052 222
Program Overview	Enabling carers to actively choose planned respite services they receive to optimise the support options available for carers. Carers will be able to control the expenditure of their individual respite budget through active involvement in the design of an agreed respite plan.
Criteria	Carers & families of people with Dementia
Cost	Packages as per assessment

Service Name	Catholic Community Services Orana Dementia Counselling
Contact Details	6881 3704 Kath Readford
Program Overview	Dementia Counselling provides a free service for families and carers looking after a person with dementia, giving information, counselling and strategies to help manage this disease.
Criteria	People with Dementia, their families and Carers
Cost	Free

Service Name	Catholic Community Services Overnight Respite
Contact Details	6881 3710
Program Overview	Overnight respite is available in a home-like cottage environment with trained staff on-hand 24 hours to assist with the needs of the care recipient. The cottage is available to support Carers of the frail aged including people with dementia. Weekends once a fortnight
Criteria	Frail aged and Dementia
Cost	Fees are determined by Government guidelines

Service Name	Catholic Community Services Long Day Respite Care
Contact Details	6881 3710
Program Overview	The Long Day Care is a planned and coordinated centre based respite program providing extended respite hours. Mon, Tues, Wed and Friday times negotiated and Thursday 8.30am – 6.00pm. activities and meals provided
Criteria	Dementia
Cost	Fee negotiated prior to attendance

Dental

Service Name	The Dentists of Cobar Dentist
Contact Details	(02) 6836 1761 cobar@dentistsofaustralia.com.au
Program Overview	<p>General dentistry, fillings, cleans, extractions and minor oral surgery, crown and bridges, dentures, endodontics and root canal, simple orthodontics.</p> <p>Largely private practice however some patients may be eligible for treatment under the following schemes:</p> <ul style="list-style-type: none"> - NSW Health Fee for Service Scheme: Eligible patients with a valid Health Care Card (HCC) or pension card (PCC) and a valid Medicare card may be issued relief of pain vouchers, assessment vouchers or general treatment and denture vouchers. Waiting lists apply for general treatment and dentures under this scheme. - Child Dental Benefits Schedule: Children aged between 2 and 17 years from families receiving Family Tax Benefit Part A may be eligible for up to \$1000 of treatment over 2 years. Enquiries about this scheme can be made directly to Medicare or in the practice to determine eligibility. - Department of Veterans Affairs: DVA Gold Card holders may be eligible for treatment under this scheme.
Criteria	Everyone
Cost	Costs vary for private patients or are covered by one of the above schemes.

Service Name	Western NSW Local Health District Health Centre for Oral Health Strategy Public Dental Service
Contact Details	1300 552 626 Western & Far West NSW
Program Overview	<p>All patients must have a medicare card. Bring cards and medicare card to the first appointment. You will have an assessment done and maybe some dental work. Dependant on your needs you will be given an appointment, placed on a waiting list, or given a voucher to see a private dentist.</p> <p>Generally public dental services are unable to provide crowns, implants or root canal therapy on back teeth.</p>
Criteria	<p>Free dental care is available at NSW public dental clinics for:</p> <p>All Children under 18 years</p> <p>Adults who hold pensioner concession cards, Health Care Card & Commonwealth Seniors Health Care Card, anyone listed on your card is also eligible.</p>
Cost	Free

Disability Services

Service Name	Australian Unity Home and Disability Services Community Transport – Local Transport
Contact Details	1300 295 806 dial option 1. Relief Service Coordinator Jenny Martin Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Community Transport provides a local transport service to aged, younger people with a disability, transport disadvantaged persons and carers to access their needs and services within their community. Community Transport utilises local contracted Taxi Providers to deliver this service.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over. For people under this age bracket assessment is completed locally with the Service Coordinator.
Cost	\$3.00 contribution plus taxis voucher per trip.

Service Name	Australian Unity Home and Disability Services Community Transport – Out of Town transport
Contact Details	1300 295 806 dial option 1. Relief Service Coordinator Jenny Martin Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Community Transport provides Health Related Transport for medical appointments in Bourke, Nyngan and Dubbo. Destinations are determined by bookings and is on a first in first serve basis. Spare seating availability also allows eligible clients to travel to the daily destination if spare seats are available.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over. For people under this age bracket assessment is completed locally with the Service Coordinator.
Cost	Varies depending on the destination. Dubbo \$30.00 per day, Nyngan and Bourke \$20.00 per day. Carers \$15.00 per day.

Service Name	Australian Unity Home and Disability Services Food Service
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Food Service is a member of the national Meals on Wheels organisation. This service provides clients with fresh, hot meals delivered to their door three times a week by our dedicated volunteers. Frozen meals can also be provided for your convenience.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices

Service Name	Australian Unity Home and Disability Services Social Support
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Social Support is a service to assist meeting a person's need for social contact and participation in community life, whilst living within a home environment. Services available include: <ul style="list-style-type: none"> • Shopping, bill paying and banking assistance • Reading, companionship and social company • Writing, addressing and posting mail • Visiting • Telephone social contact • Assistance to attend appointments • Social outings – support to attend an activity of your choice
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices

Service Name	Australian Unity Home and Disability Services Assisted Living, Home & Community Nursing, Out & About, Home Beautiful, My Home, My Garden, Happy Pets, and Healthy Body & Mind
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone for service outside these times.
Program Overview	Our broad range of flexible services are suitable for people of all ages and abilities who would like some extra support to get the most out of life and to stay living at home. We offer everything from qualified nursing and support with everyday activities like showering and cleaning through to physiotherapy, podiatry and gardening. <ul style="list-style-type: none"> • Assisted Living: Flexible, dignified support with everyday activities in the comfort of your own home. • Home & Community Nursing: Qualified nursing care to support your health at home. • Out & About: Flexible support for you in your community so that you can enjoy activities and time with friends and family. • Home Beautiful: Home and garden maintenance services to keep your home the way you like it. • Happy Pets: Regular loving care for your furry friend in your home. • Healthy Body & Mind: Flexible allied healthcare delivered at home so you can stay fit and healthy.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices.

Service Name	Australian Unity Home and Disability Services Respite Services
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone for service outside these times.
Program Overview	Centre Based Day Care (Group Based Program) Held at Hospital Activity Rooms Monday and Friday 9.30am to 2.30pm Pick up from and drop off to client homes. Activities include: Bingo, movies, games, picnics and other outings as can be organised. In Home Respite (one on one service). Qualified staff go into client's home to stay with the client so the carer can have a break. Ongoing regular service, cannot be used for one off situations. Out of Home Respite (one on one service). Qualified staff take a client on social outings to allow the carer to have a break. Ongoing regular service, cannot be used for one off situations.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people of 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices.

Service Name	LiveBetter Community Services Ability Links
Contact Details	1300 227 393
Program Overview	Ability Links NSW – Linking people with their local community. Ability Links Coordinators (linkers) can help to: Set goals and plan for your future Build confidence to achieve your goals Develop your existing support networks and create new networks Look at ways you can participate in and be part of the community.
Criteria	People with a disability (9-64) who are generally not accessing specialist disability services Carers and families of people with a disability The community
Cost	FREE

Service Name	Cerebral Palsy Alliance Rural Therapy Services – Orana Far West
Contact Details	6882 1077
Program Overview	The Spastic Centre Rural Therapy Services Team is based in Dubbo and does rural and remote visits roughly every 5 weeks to provide therapy to children 0-18years. Speech, Occupational Therapy & Physiotherapist.
Criteria	Child with a disability 0-18 years
Cost	Free

Service Name	Department of Ageing Disability & Home Care Aboriginal Flexible Respite Program
Contact Details	1300 134 450
Program Overview	Some respite options can include, Emergency respite, Out-of-home respite, special circumstances, social inclusion and recreation get away. Each person is assessed and their respite needs then taken into consideration.
Criteria	Assessed on a needs by needs basis
Cost	Free

Service Name	LiveBetter Community Services
Contact Details	65 Monaghan Street Cobar 2835 68361283 (F) 68361123
Program Overview	Respite Services: Flexible respite care is provided to families who are caring for a person with a disability aged 0-64 years to provide a break from their role as a carer. Transition to Work Programs: Yarrabin facilitates access to employment opportunities for people with disabilities in a supported environment. Community Participation & Community Access and Day Programs: this is a client-centred service focusing on the individual's needs and interest.
Criteria	Have a Disability
Cost	Free

Service Name	Ngangani Community Options Aboriginal Community Options
Contact Details	6872 0009 Katrina
Program Overview	Home care & Community Options Assessed for personal care, domestic assistance, meals and transport, Respite, equipment. Living independently and keeping people at home.
Criteria	Have a Disability & Frail Aged (55+)
Cost	Individually negotiated with the clients according to their capacity to pay. No one will be denied service if they cannot afford to make contribution.

Service Name	Life without Barriers
Contact Details	6809 9500
Program Overview	Offers a variety of disability programs and support programs for foster families
Criteria	Disability & Foster Families
Cost	Free

Service Name	MacKillop Rural Community Services EARLY CHILDHOOD INTERVENTION SERVICES
Contact Details	Marina Linke Program Manager Nyngan 0428 322 699
Program Overview	Our early intervention staff work closely with the children and their families in their natural environments focusing on goals and priorities they have identified. The following services are provided: <ul style="list-style-type: none"> • Information on special needs/disabilities /therapy ideas and other services families can access • Access to therapists for assessments and therapy programs • Guidance through any assessments and reports • Regular therapy sessions to help the child's development and learning • Assist with transition to preschool and school • Ongoing support at preschool and school • Support with inclusion in the community • Assist communities and services to build capacity
Criteria	Our <i>Early Childhood Intervention</i> (ECI) services provide support for children from birth to eight years with a disability and/or developmental delay, and their families.
Cost	Free

Service Name	Royal Far West
Contact Details	(02) 89668500 or 1800 500 061 19-21 South Steyne Manly
Program Overview	Royal Far West is a non-government organisation that has been providing health services to children living in rural and remote New South Wales. Working in partnership with families and their local health and education providers to complement existing services within the community. Every year, thousands of country children who have non-acute developmental, behavioural, learning, emotional, and mental health disorders and limited access to local services, benefits from Royal Far West's integrated clinical and educational model of care. We believe that every child deserves access to specialist healthcare regardless of where they live.
Criteria	non-acute developmental, behavioural, learning, emotional, and mental health disorders
Cost	IPTAAS Covers cost of accommodation and some travel

DVA - Department of Veterans Affairs

Service Name	Department of Veterans Affairs
Contact Details	1800 555 254
Program Overview	The Department of Veterans' Affairs is a department of the Government of Australian, and charged with the responsibility of delivering government programs for war veterans, members of the Australian Defence Force, members of the Australian Federal Police, and their dependants.
Criteria	DVA white or gold card holder
Cost	FREE

Drug & Alcohol Services

Service Name	Western NSW Outreach Alcohol and Other Drugs Service (Royal Flying Doctor Service and Lyndon Community)
Contact Details	Lloyd Brooks (M) 0437 077 203 (E) lloyd.brooks@rfdsse.org.au Laura Ah-See (M) 0429 379 286 (E) laura.ah-see@rfdsse.org.au aodoutreach@rfdsse.org.au 14 Barton St, Cobar 2835
Program Overview	To extend Alcohol and Other Drugs services across Western NSW in an outreach model from the hubs of Dubbo, Cobar and Broken Hill – through Community Engagement, Health promotion and Education, Prevention, Early Intervention, Individual and Family Support, Group Programs, Counselling and a stepped approach to Management
Criteria	Referral (Self, family, community, practitioner)
Cost	Free

Service Name	Rural Alcohol and Other Drug Support Service- The Salvation Army
Contact Details	Leyna Howard (M) 0429 602 558 (E) leyna.howard@aue.salvationarmy.org
Program Overview	RAODSS is a Case Management Service for people affected by AOD issues and their families. RAODSS provides one-to-one case management as well as family sessions, group work and community education/ information. Although an out-client service, clients can be priority linked into The Salvation Army residential (Rehabilitation) facilities. Anyone can self-refer into the service. Outreach to COBAR once a month.
Criteria	AOD issues personally or concerned family members
Cost	Free

Service Name	Western NSW LHD / Cobar Community Health Drug & Alcohol Line
Contact Details	1300 887 000 or 6881 4000
Program Overview	For Drug & Alcohol help call the line 8:30- 5:00pm Monday to Friday (excluding public holidays)
Criteria	Community
Cost	FREE

Service Name	Alcoholics Anonymous
Contact Details	0400 320 918 Lydon
Program Overview	Now meeting every Monday at 6pm at Flourish Australia Office, 7 Broomfield Street Cobar
Criteria	Community
Cost	FREE

Exercise Groups

AQUA Take A Dip Western NSW LHD	<p>Aqua is a fantastic low impact way to increase your health & wellbeing. Aqua also works on balance, strength, relaxation, flexibility & falls prevention</p> <p>FREE</p>	<p>Cobar Memorial Swimming Pool Tuesday & Thursdays</p> <p>Cobar Community Health Denise – 6830 2100</p>
Walking Group LiveBetter Community Services	<p>Walking helps with muscles strength and sense of balance. The more active you remain the longer you can stay fit and be independent.</p> <p>FREE</p>	<p>Cobar Youth & Fitness Centre</p> <p>Mondays 2pm</p> <p>6836 1283</p>
Cardiac / Pulmonary Rehabilitation Western NSW LHD	<p>Individualised excersize program tailored to your needs.</p> <p>Referral system GP, Self or Hospital</p> <p>FREE</p>	<p>Western NSW LHD</p> <p>Cobar Community Health 6830 2100</p>
Gentle Exercise Program LiveBetter Community Services	<p>This community exercise program encourages gentle activity and excersises for older people, people with a disability and their carers, less active adults and others that just want some gentle excersises in their life.</p>	<p>Cobar Youth & Fitness Centre</p> <p>Wed 10.30am-11.30am</p> <p>6836 1283</p>
Table Tennis	<p>A Free fun and social activity to keep you active and fit.</p> <p>FREE</p>	<p>Cobar Youth & Fitness Centre</p> <p>Wed 10:30am -12:30pm</p> <p>Contact Youth Club 6836 2360</p>
Golf Summer Comp	<p>Golf is in the top 5 activities recommended by NSW Health’s Staying Active and On Your Feet Resource. To aid in reducing your risk of falls.</p> <p>\$10 per game \$11 yearly Club Membership</p>	<p>Cobar Bowling & Golf Club</p> <p><u>Men’s Social Golf</u> Sun, Sat & Wed 7:30am</p> <p><u>Women’s Social Golf</u> Sat, Sun & Wed 5:00pm</p> <p>6836 2214</p>
Bowls	<p>Social Bowls is held each week and is a fantastic way to make friends while staying active.</p> <p>\$10 per game \$11 yearly Club Membership</p>	<p>Cobar Bowling & Golf Club</p> <p>Thur & Sun 9am 6836 2214</p>

Health Services

Cobar Base Hospital	Mary Urquhart HSM	6830 2111 Lerida Rd
Cobar Community Health	For a full list of services see Cobar Community Health Page	6830 2100 Hospital Grounds Lerida Rd
Cobar Primary Health Care Centre	Dr Deon Heyns Dr Sanjay Jamwal For a full list of services see Cobar Primary Health Care Centre	6836 5500 26 Harcourt St
Dr Indra Karalasingham	Dr Indra Karalasingham	28 Harcourt St

Housing

Service Name	CenataCare Wilcannia – Forbes Homelessness Support Service	
Contact Details	9A Barton Street Cobar 6836 2172 (M) 0409 654 289 Alanna Josephson & Maree Grant	
Program Overview	Assisting individuals and families who are homeless or at risk of homelessness towards independent and sustainable living. Support and referral to other services. Application assistance for housing and private/ public rentals. Assist finding safe crisis and medium term accommodation. Information and support on issues such as mental health, drug and alcohol, sexual assault, legal matters and violence. Assist in maintaining long term accommodation Support and education for individuals and families experiencing family and domestic violence.	
Criteria	Young people 16+, Women, Men, Families	
Cost	Free	

Service Name	Department of Housing	
Contact Details	6885 7110	
Program Overview	Department of Housing has a representative who comes to the Government Offices, 62 Marshall St Cobar. Contact the Dubbo office to find days and make appointment times.	
Criteria	Low income & or disadvantaged	
Cost	Dependant on income	

Legal Services

Service Name	LAWACCESS NSW
Contact Details	1300 888 529 www.lawaccess.nsw.gov.au
Program Overview	Provides free telephone legal information, advice and referrals, including your nearest Legal Aid NSW office, Community Legal Centre, private solicitors and other organisations.
Criteria	Community
Cost	Free – cost of local call

Service Name	Legal Aid Civil Law Service for Aboriginal Communities
Contact Details	1800 793 017
Program Overview	Helps with concerns around housing, Centrelink & money worries
Criteria	Aboriginal and Torres Strait Islander
Cost	free

Service Name	The Older Persons Legal Service
Contact Details	(02) 9281 3600 or 1800 424 079 www.tars.com.au
Program Overview	A service of the Aged-Care rights Service. Provides free legal advice and assistance for older people.
Criteria	65+
Cost	Free

Service Name	Guardianships Tribunal
Contact Details	(02) 9556 7600 or 1800 463 928 www.gt.nsw.gov.au
Program Overview	For more information about enduring powers of attorney and enduring guardianship, and about the Guardianship Tribunal process
Criteria	Community
Cost	Free

Service Name	Western NSW Community Legal Centre Inc
Contact Details	1800 655 927 Dubbo
Program Overview	The Western NSW Community Legal Centre offers free legal information and advice. Their services include community legal education by way of group seminars or workshops lobbying for improved access to the legal system and to reform the law women's legal services for those who prefer to speak to a female solicitor referral and casework assistance. They also offer a free financial counselling service.
Criteria	Community - They can provide telephone or face to face appointments.
Cost	Free

Mental Health Services

Service Name	Ad Altoria Psychology-Claire Wood
Contact Details	0477023290
Program Overview	I work with identifying strengths, values and building resilience in conjunction with evidence based therapies for stress, anxiety, PTSD, Bipolar Disorder and Depression. I liaise with other professionals to provide assessments, reports and treatment plans for children neurological developmental disorders (Autism, ADHD/ADD, Intellectual delay etc.).
Criteria	GP Medicare referrals (Bulk billing), EAP Programs, VCT, Workers Compensation
Cost	Contact Claire

Service Name	AWI Consulting PTY LTD Fee for Service – Psychology EAPs - Employee Assistance Programs
Contact Details	1300 363 577 0457 084 956 (F) (02) 4744 2614
Program Overview	Employee Assistance Programs (EAPs) for employees and family employed at Peak, Aurelia metals and Cobar Shire Council. (Those employed at other organisations such as CSA; Endeavor can apply to their HR manager for counselling sessions)
Criteria	Employees and direct family members (e.g. spouse, children) can self-refer, GP referral, manager/colleague referral. All sessions are confidential and de-identified statistics are reported back to the employer.
Cost	Free. Up to 6 free sessions (sponsored by Employer) per calendar year. Further sessions can be requested from Employer’s HR department if required.

Service Name	AWI Consulting PTY LTD
Contact Details	1300 363 577 0457 084 956 (F) (02) 4744 2614
Program	FREE – Psychology ATAOS /API
Criteria	Those who are low income and require mental health care. Require a GP Mental Health Care Plan referral for 6 sessions. Up to 12 further sessions may be allocated with additional GP Mental Health Care Plan Review.
Cost	Free – funded by the Primary Health Network

Service Name	Cobar Community Health Child and Adolescent Mental Health (CAMHS) Western NSW Local Health District
Contact Details	6881 4000 (F) 6881 4080
Program Overview	Services may include: assessment and mental health intervention with children, adolescents and their families; consultation and liaison with other professionals, agencies and the broader community; early intervention and education.
Criteria	Children and adolescents aged 0-18 years with emerging, identified or risk of mental health
Cost	Nil

Service Name	Cobar Community Health Adult Mental Health Service
Contact Details	6881 4000
Program Overview	Services for adults range from the crisis and intake work of the acute care team, to the care coordination team, consultation liaison team in the Dubbo Hospital, psychiatry outreach services, the community support team, education/therapy programs and the adult inpatient units in the acute unit in Dubbo and intensive care or non-acute units at Bloomfield.
Criteria	Community
How to Access	Gp Referral or If you have concerns about yourself or a relative you can contact Dubbo Community Mental Health Team on (02) 68 81 4000 between the hours of 8:30am – 5 pm or the 1800 011 511 24 hour Mental Health Information and Support Line.
Cost	Free

Service Name	Cobar Primary Health Care Centre Mental Health Nurse Incentive Program MHNIP
Contact Details	6836 5500
Program Overview	MHNIP is designed to assist people whose mental health condition is significantly impacting on their social, personal and work life.
Criteria	People with persistent mental illness / health
Cost	Free

Service Name	Neami National Neami Dubbo Mental Health Rehabilitation and Recovery Centre
Contact Details	6826 8246 dubbo@neaminational.org.au
Program Overview	Short-term site based support to prevent hospital admission and support rehabilitation and recovery. Neami is a 10 bed facility offering 24 hour support and a range of individual and group rehabilitation and recovery programs.
Criteria	Anyone needing mental health support, referral to Neami for consideration
Cost	Free

Service Name	Interrelate Family Mental Health Support - Connect
Contact Details	Katrina Ward – Manager: 0475 983 916 katrinaw@interrelate.org.au
Program Overview	The Connect service works with families, young people, schools, facilitate groups re mental health, wellbeing, bullying, helping young people improve coping mechanisms to deal with bullying / mental health, provides support, provides information about and links to existing services, connects to appropriate services, liaises and advocates with schools and on behalf of the young person.
Criteria	Connect provides support and early intervention to families where children and young people (0-18) are affected by or at risk of mental illness
Cost	Free Service

Service Name	Richmond PRA Personal Helpers and Mentors Program (PHaMS)
Contact Details	Manager Lisa Harrison 0400804435 Cobar Office 93939497
Program Overview	The Personal Helpers and Mentors (PHaMs) service: A person does not need to have a formal clinical diagnosis of a mental illness to be able to access the service Personal Helpers and Mentors assist people aged 16 years and over whose ability to Manage their daily activities and to live independently in the community is impacted because of mental illness. Potential participants are required to reside in the postcodes or Local Government Area allocated in each site. Service providers have strategies to engage those who are homeless or transient within each site. Aims to provide increased opportunities for recovery for people whose lives are affected by mental illness, takes a strengths-based , individual recovery approach.
Criteria	16 +
Cost	Free

Service Name	Western NSW LHD Family & Carer Mental Health Program
Contact Details	Western NSW LHD Carer Coordinator 0419 869 961 CentaCare Wilcanna-Forbes 6883 4600
Program Overview	Supporting families, carers and friends of someone living with Mental Illness. Offering one on one support, referrals into appropriate services and links into Respite options.
Criteria	Families & carers, young carers & grandparent carers caring for a loved one with mental illness
Cost	Free

NSW State Government

Organisation	NSW State Government
Service Name	Barwon Electorate Office - Cobar
Contact Details	6836 3722 (F) 6836 3811 barwon@parliament.nsw.gov.au
Program Overview	The Barwon Electorate Office – Cobar offers assistance for any NSW State Government matter that a constituent may need help with. Call at the office, phone, email or fax.
Criteria	Community
Cost	Free

Occupational Therapy

Service Name	Interhealth Broken Hill
Contact Details	08 8087 9383 Heather Attard
Program Overview	Occupational therapist and NSW Far West Area Manager Looks after DVA
Criteria	DVA & paying clients
Cost	Free if DVA

Optical / Eye Services

Service Name	Cobar Primary Health Care Centre Ophthalmologist
Contact Details	6836 5500
Program Overview	The visits once every three months An Ophthalmologist is an eye doctor who has specialized in the field of ophthalmology. Some of the procedures they perform include: Eye surgery Screening Treating eye diseases Eye examination and prescription of eye glasses and contact lenses.
Criteria	Referral from GP or Optometrist
Cost	Bulk bill first appointment.

Service Name	Max Astri Optometrist Optometrist
Contact Details	6836 4077
Program Overview	Max Astri Optometrists recommend a comprehensive eye examination for all patients at least every two years. More frequent eye examinations are recommended for patients with particular needs.
Criteria	No referral necessary
Cost	Basic eye exam is cover by Medicare Other tests can be charged

Service Name	Outback Eye Service Optometrist
Contact Details	Kyracos Mavroleferos 874 Anzac Parade, PO Box 1615, Maroubra NSW 2035 02 9314 0318
Program Overview	Eye examinations should be a necessary part of your general health care. During the eye exam, an optometrist checks your eyes for common eye diseases such as: Glaucoma, Cataracts, Macular degeneration.
Criteria	Anyone COST: bulk billed eye exam and glasses / contacts at cost
Cost	Call mobile number

Service Name	Vision Australia
Contact Details	1300 847 466
Program Overview	Supports people with low vision and blindness. You can apply for a subsidy if you are a low income earner or pensioner. This is means tested with an assessment. You need to provide a statement to say you have less than \$500 in your bank for a single and less than \$1000 for a couple
Criteria	Vision impaired or low income
Cost	Discussed with Vision Australia

Pathology

Service Name	Laverty Pathology
Contact Details	6836 2913 A/hours (02) 9005 7000
Program Overview	All services offered through Laverty Pathology need a referral from GP or Specialist.
Criteria	GP Referral
Cost	

Personal Alert Systems

Service Name	Vital Call
Contact Details	1300 360 808 www.vitalcall.com.au
Program Overview	VitalCall gives you freedom. The freedom from worry and doubt. Rest assured that in an emergency at home, at a touch of a button you can call for help without the need to get to your telephone. You can call for help 24 hours a day, 365 days a year.
Criteria	Community
Cost	Call and ask for an obligation free quote / information

Service Name	CareAlert
Contact Details	1300 758 595
Program Overview	One off payment \$299 with no monitoring fees ever.
Criteria	Community
Cost	Call and ask for an obligation free quote / information

Respite Services

Service Name	Catholic Community Services Consumer Directed Care – Respite Care
Contact Details	1800 052 222
Program Overview	Enabling carers to actively choose planned respite services they receive to optimise the support options available for carers. Carers will be able to control the expenditure of their individual respite budget through active involvement in the design of an agreed respite plan.
Criteria	Carers & families of people with Dementia
Cost	Packages as per assessment

Service Name	Catholic Community Services Overnight Respite
Contact Details	6881 3710
Program Overview	Overnight respite is available in a home-like cottage environment with trained staff on-hand 24 hours to assist with the needs of the care recipient. The cottage is available to support Carers of the frail aged including people with dementia. Weekends once a fortnight
Criteria	Frail aged and Dementia
Cost	Fees are determined by Government guidelines

Service Name	Catholic Community Services Long Day Respite Care
Contact Details	6881 3710
Program Overview	The Long Day Care is a planned and coordinated centre based respite program providing extended respite hours. Mon, Tues, Wed and Friday times negotiated and Thursday 8.30am – 6.00pm. activities and meals provided
Criteria	Dementia
Cost	Fee negotiated prior to attendance

Service Name	Catholic Community Services In-Home Dementia Respite
Contact Details	6881 3710
Program Overview	The In-Home Dementia Respite program is a planned and coordinated service to assist carers to take regular breaks from their caring role.
Criteria	Dementia
Cost	Fee negotiated prior to attendance

Service Name	Family & Community Services Orana Far West Dementia Respite Service
Contact Details	1800 288 300 Megan 02 5852 0101 megan.harrison@facs.nsw.gov.au Jemma 02 63732902
Program Overview	The Orana Far West Dementia Respite Service aims to support Carers by providing an In-home and out of home respite for carers of people with Dementia. OFWDRS also provides support and information for carers. Particularly carers on farms and in remote communities where distance prevents access to other services.
Criteria	Carers of people with Dementia
Cost	Ask carers to contribute to the cost of respite, this will be negotiated with each carer and will be based on what is reasonable and affordable. The fee maybe waved in instances of financial difficulty.

Service Name	Australian Unity Home and Disability Services Respite Services
Contact Details	1300 295 806 Service Coordinator Karen Ashton Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone for service outside these times.
Program Overview	Centre Based Day Care (Group Based Program) Held at Hospital Activity Rooms Monday and Friday 9.30am to 2.30pm Pick up from and drop off to client homes. Activities include: Bingo, movies, games, picnics and other outings as can be organised. In Home Respite (one on one service). Qualified staff goes into client's home to stay with the client so the carer can have a break. Ongoing regular service cannot be used for one off situations. Out of Home Respite (one on one service). Qualified staff takes a client on social outings to allow the carer to have a break. Ongoing regular service cannot be used for one off situations.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people of 50 years and over and non-aboriginal people 65 years and over.
Cost	Contact office for prices.

Service Name	Commonwealth Respite & Carelink Centre Orana Respite Service
Contact Details	1800 052 222
Program Overview	Respite involves carers taking a break from their caring role, some respite options are: In home respite Day care Respite Residential Respite Flexible Respite 24 hour emergency respite Call to find out what you are eligible for
Criteria	For carers providing ongoing, full-time care for someone who is frail aged, has a disability, chronic or mental illness or palliative care needs.
Cost	Some respite options do ask for a contribution

Service Name	House With No Steps Mental Health Respite Program
Contact Details	6852 2399 0409 762 136 westernnsw@hwms.com.au
Program Overview	Offer a range of flexible respite options such as: Brokerage services for carers , families and young people based on need Educational programs that increase knowledge Counselling to decrease anxiety and depression Social and recreational activities aimed at increasing the carer and care recipients social participation.
Criteria	Families and carers caring for a loved one with Mental Illness, at risk of Mental illness, intellectual disability or autism
Cost	Free

Service Name	Cobar Shire Council Lilliane Brady Village Residential Aged care
Contact Details	Sharon Huon, Director of Nursing 6836 3059 (F) 6836 4398 cobarlbv@bigpond.net.au
Program Overview	Residential Respite Care Brokerage with Orana Carer Respite Services Accommodating those with high care needs, low care needs, dementia care needs and disability care needs Self-Referral, GP referral ACAT referral
Criteria	65yrs over ACAT assessment
Cost	As per schedule of fees and charges published by Commonwealth Department of Social Services

Service Name	Family & Community Services Orana Far West Dementia Respite Service
Contact Details	1800 288 300 Megan 02 5852 0101 megan.harrison@facs.nsw.gov.au Jemma 02 63732902
Program Overview	The Orana Far West Dementia Respite Service aims to support Carers by providing an In-home and out of home respite for carers of people with Dementia. OFWDRS also provides support and information for carers. Particularly carers on farms and in remote communities where distance prevents access to other services.
Criteria	Carers of people with Dementia
Cost	Ask carers to contribute to the cost of respite, this will be negotiated with each carer and will be based on what is reasonable and affordable. The fee maybe waved in instances of financial difficulty.

Social Activities

BINGO	Fun social activity \$6 includes 6 games & raffles Lunch provided, served 1pm	Cobar Bowling & Golf Club Tue & Thur 12:30pm-2:30pm 6836 2214
Copper City Men's Shed	The Copper City Men's Shed is a community based organisation committed to promoting men's health and wellbeing in the local community. The Shed also provides a venue where men of all ages and diverse backgrounds can meet socially and work on various community projects or own hobbies. FREE	Ward Oval, Maidens Avenue Tue & Fri 8:30am – 12pm Gordon Hill 6836 3002 0428 363 022
Carers Support Group	Meets 1 st Friday of each month at Gumnut Café 10am. A relaxing time out, have a cuppa and a piece of cake and meet other carers in your community. Opportunities to find out about local services in the Cobar Community.	Cobar Primary Health Centre 10am Gumnut Café 6 th March, 3 rd April, 1 st May 5 th June, 3 rd July, 7 th Aug 4 th Sept, 2 nd Oct, 6 th Nov 4 th December
Cobar View Club	VIEW aims to enrich Australia's future with The Smith Family, and to work with other organisations in local communities	Empire Hotel 3 rd Tuesday Month Margaret 6836 3246
Cobar Probus	Probus is an association of active retirees who join together in clubs. Its basic purpose is to provide for its members regular opportunities to keep their minds active expand their interests and to enjoy the fellowship of new friends	Cobar Memorial Services club 2 nd Wed Month 11am Sue Cox 68363284
Card Games	Card Games are held on Wednesdays 10am in the Amenities Centre	Bill Brennan Centre Wednesday 10:00am
Cobar Bookaholics	The Cobar Bookaholics has free monthly meetings for avid readers to share reading experiences and enjoy some cake and coffee. FREE	Cobar Shire & Tafe Library 1 st Thursday Month 10:00am Jane Siermans 02 6836 2744 or 02 6836 1118

Cobar Fergie's	The Cobar Fergie's is a local group who ride Ferguson tractors for a variety of charity events such as the Festival of the Miner's Ghost. They also participate in a Louth Field Day every 2 years on the June Long Weekend.	Melissa Lawrence 02 6836 1255 0428 361 245 Geoff (Jum) McLaughlin 02 6836 4039
Cobar Genealogy Group	The Cobar Genealogy Group is a local group dedicated to tracing family history.	Cobar Museum Wed 10:00am -3:00pm Rita Stubbs 6836 2858
Cobar Quilt Shop Classes	Come along to a class that suits your schedule, have a cuppa and biscuit while learning a new skill or improving on your existing skills. \$15 per class after purchasing fabric from shop	Cobar Quilt Shop Tue, Wed & Thur 7:00pm -9:30pm Friday 10:00-12:30pm Colleen 6836 3606
Cobar Craft Group (CWA)	Come along and meet some new friends while doing some craft. Tea & Coffee & biscuit provided \$4 for the day Bring your own lunch	CWA Hall on the corner of Linsley and Becker Streets Cobar. Tuesday 10:00am Marie Hudson 6836 2455
Country Women's Association	The aim of the Country Women's Association is to work to improve conditions for country women and children. The Cobar Branch are involved in a variety of community activities including visiting the Lilliane Brady Village and hospital giving small Christmas gifts to all visiting homes providing a cooking stall at the Cobar Show and handicrafts.	CWA Hall on the corner of Linsley and Becker Streets Cobar. 2 nd Saturday of the Month 2:00pm Marie Hudson 6836 2455
Country Women's Association - Nymagee	The aim of the Country Women's Association is to work to improve conditions for country women and children. The Nymagee Branch organise a variety of community activities including the popular annual Flower Show.	CWA Rooms Hartwood Street Nymagee. 2 nd Wednesday of the Month 10:00am Dolly Betts 6837 3798
Cobar RC Cars	Remote control car track located at Cobar Memorial Services Club. You can access the track anytime, just sign into the club prior to going out to track. Join fb page to find out about race days. Need to be either a senior or junior member of the club	Cobar Memorial Services Club John Foster – via FB Or call the Club 6836 2102

Transport Services

Service Name	Aboriginal Funeral Transport
Contact Details	1300 361 787
Program Overview	Transport NSW will support 100% of the cost of return tickets for individuals and groups travelling to a funeral using an existing public service e.g. NSW Trainslink or bus services
Criteria	Aboriginal and Torres Strait Islander
Cost	Free

Service Name	Australian Unity Home and Disability Services Community Transport – Local Transport
Contact Details	1300 295 806 dial option 1. Relief Service Coordinator Jenny Martin Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Community Transport provides a local transport service to aged, younger people with a disability, transport disadvantaged persons and carers to access their needs and services within their community. Community Transport utilises local contracted Taxi Providers to deliver this service.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over. For people under this age bracket assessment is completed locally with the Service Coordinator.
Cost	\$3.00 contribution plus taxis voucher per trip.

Service Name	Australian Unity Home and Disability Services Community Transport – Out of Town transport
Contact Details	1300 295 806 dial option 1. Relief Service Coordinator Jenny Martin Government Offices 62 Marshall Street. Office staffed Mondays and Tuesdays 11am to 1pm. Please phone the 1300 number for service outside these times.
Program Overview	Cobar Community Transport provides Health Related Transport for medical appointments in Bourke, Nyngan and Dubbo. Destinations are determined by bookings and is on a first in first serve basis. Spare seating availability also allows eligible clients to travel to the daily destination if spare seats are available.
Criteria	Eligibility is determined by assessment through My Aged Care for Aboriginal people 50 years and over and non-aboriginal people 65 years and over. For people under this age bracket assessment is completed locally with the Service Coordinator.
Cost	Varies depending on the destination. Dubbo \$30.00 per day, Nyngan and Bourke \$20.00 per day. Carers \$15.00 per day.

Service Name	Angle Flight
Contact Details	1300 726 567
Program Overview	Angel Flight Australia is a charity which coordinates non-emergency flights to assist country people to access specialist medical treatment that would otherwise be unavailable to them because of vast distance and high travel costs. All flights are free and assist passengers travelling to or from medical facilities almost anywhere in Australia.
Criteria	Anyone who is medically and financially disadvantaged; families who have been financially devastated by medical bills due to illness, accidents or other chronic conditions.
Cost	Free

Service Name	NSW Transport Taxi Transport Subsidy Scheme
Contact Details	1800 623 724 www.transport.nsw.gov.au/ttss
Program Overview	TTSS provides subsidised transport by taxi to people with severe and permanent disabilities from 5 years onwards. TTSS subsidises 50% of the total fare, for example: \$50 fare, you pay \$25, TTSS pays \$25. TTSS is a state wide program; once application is received the turn-around time varies from 4-6 weeks
Criteria	People with severe and permanent disabilities from 5 years onwards such as Mobility, visual, and intellectual An application form is to be filled by the required specialist / Doctor. Application form to be filled in and sent through for processes and or assessment.
Cost	TTSS subsidises 50% of the total fare, for example: \$50 fare, you pay \$25, TTSS pays \$25.

Service Name	Western NSW LHD / Enable IPTASS – travel and Accommodation Scheme
Contact Details	1800 601 324 Dubbo Base Hospital, behind Maternity & Mental Health Inpatient Unit.
Program Overview	To assist people living in isolated and rural communities to gain access to specialist medical treatment not available in their local area. Assistance is available for both travel and accommodation costs. A mandatory personal contribution of \$40 will be deducted from the total benefits payable per claim. <i>Pensioners and health card holders will have this fee waved.</i> The patient must travel 100km one way from their place of residence. It may be possible to include an escort to accompany the patient if necessary. IPTAAS forms are available from Doctors surgeries, hospital, Social Workers, online IPTAAS offices.
Criteria	Anyone traveling a distance of over 100km one way to see a medical specialist. You have been referred by a recognised, accredited medical practitioner for inpatient/ outpatient specialist medical treatment and/or specialist oral health surgical treatment not available locally. An escort may also be covered if medically necessary
Cost	A mandatory personal contribution of \$40 will be deducted from the total benefits payable per claim.
Note:	You are <u>not</u> eligible for IPTAAS if; Your travel / accommodation costs have been provided through the DVA or other commonwealth / state schemes. If you travelled by ambulance, air ambulance or other emergency transport. Or if you are seeing a general dentist, psychologist, physiotherapist or speech pathologist.

Service Name	Wings4kidz
Contact Details	info@wings4kidz.org.au
Program Overview	Wings4Kidz provides a free flight service for children in regional communities, who have serious or life threatening illnesses and are required to travel to major city based hospitals for treatment.
Criteria	If you live in a regional area and have a child with a serious or life threatening medical condition and require transport to a medical facility in a major city, then Wings4Kidz can help.
Cost	Free

Service Name	St Vincent's Hospital Country Carelink
Contact Details	02 8382 6434, there is a 1800 number yet you <u>cannot</u> call this from a mobile. 1800 806 160
Program Overview	Country Carelink is ran by Sisters of Charity volunteers who will pick up and collect country people from the airport or train and take them to their accommodation. They will also pick people up and take them back to the airport and train. There is no charge, yet you can make a small donation to help the charity continue. A minimum of 48 hours' notice is required
Criteria	Country people coming for specialist appointments needing transport to accommodation from the airport and train station.
Cost:	Free or a small donation appreciated

Visiting Specialists

Service Name	Cobar Primary Health Care Centre Audiologist
Contact Details	6836 5500
Program Overview	Visits approximately every 3 months. Audiologists are trained in the diagnosis, treatment and management of hearing loss, balance disorders and other associated conditions. Audiologists are trained to carry out detailed assessments by performing a number of specialised auditory (hearing) and vestibular (balance) tests. Audiologists are trained to fit hearing aids and help you adjust to the hearing aid gradually with a program of rehabilitation.
Criteria	Self-Referral or GP referral for pensioner voucher
Cost	Accepts Pensioner Vouchers. Ask for cost when booking appointment

Service Name	Cobar Primary Health Care Centre Cardiologist
Contact Details	6836 5500
Program Overview	Visits Monthly Cardiologists are doctors who specialize in not only the heart but also the entire cardiovascular system, including blood vessels and veins.
Criteria	Referral from GP
Cost	Bulk billed if requested by the GP Or you will be sent an invoice

Service Name	Cobar Primary Health Care Centre Ophthalmologist
Contact Details	6836 5500
Program Overview	The visits once every three months An Ophthalmologist is an eye doctor who has specialized in the field of ophthalmology. Some of the procedures they perform include: Eye surgery Screening Treating eye diseases Eye examination and prescription of eye glasses and contact lenses.
Criteria	Referral from GP or Optometrist
Cost	Bulk bill first appointment.

Service Name	Western NSW Local Health District Oncologist Consultant
Contact Details	Dr F Honeyball 6830 2100
Program Overview	Visits quarterly, consultant oncologist
Criteria	Referral from GP or Specialist
Cost	Bulk bill first appointment.

Service Name	Cobar Community Health Paediatric Outpatients Unit
Contact Details	Dr Jaqueline Askwith Dubbo Base Hospital, Myall St Dubbo NSW 2830 6841 5590 (F) 6841 558
Program Overview	Dr J Askwith visits Cobar Community Health visits Cobar every three months dependant on numbers.
Criteria	Referral from GP
Cost	Bulk Billed

Service Name	Cobar Primary Health Care Centre Obstetrics & Gynaecologist
Contact Details	Dr Dianne Avery 6836 5500
Program Overview	Starting in August, visiting 3 rd Thursday of each Month
Criteria	Gp Referral
Cost	As per request

Service Name	Western NSW Local Health District Dr J Fiore-Chapman Senior Staff Specialist Renal Physician
Contact Details	6841 2402
Program Overview	Referral from GP needed, comes Bi Monthly.
Criteria	Gp Referral
Cost	As per request