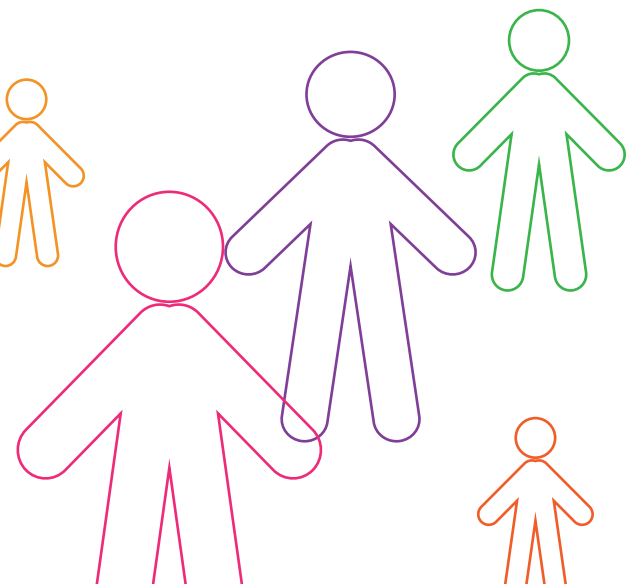




Assisting families with children under eight years to access a variety of services provided by visiting agencies.

Families can receive information about parenting and child development, and participate in sessions on women's health, self-esteem, parenting and social support networks.

We work in partnership with schools and the library to deliver programmes such as Breakfast Club, Walk to School Safely and Literacy and Numeracy Programmes. We also provide school holiday activities.



UPPER HUNTER
COMMUNITY SERVICES Inc.

Don't miss out on free community events through Upper Hunter Community Services

Follow us on Facebook or check out our website for the latest details.

www.uhcs.org.au

www.facebook.com/UHCSInc

QEII Community Centre
Cnr Bridge & Market St, Muswellbrook
(wheelchair friendly)

Phone: 02 6542 3555

Fax: 6543 1643

Postal address

PO Box 231, Muswellbrook, NSW 2333

QEII hours

Mon, Tue, Thurs 9.00am-4.00pm

Wed 10.00am-4.00pm

Fri 9.00am-2.00pm



An introduction to Hunter Park Family Centre



UPPER HUNTER
COMMUNITY SERVICES Inc.

An incorporated association auspicing community projects throughout the Upper Hunter.



Regular services provided at Hunter Park Family Centre

Compass Housing

Tuesdays 10.00am - 12.00pm

No appointment necessary

Tenants in the area can drop in and see someone about all of their housing needs.

Awabakal Nurse Practitioner

Wednesdays 9.00am - 3.00pm

No appointment necessary

Discuss your health needs with a nurse practitioner who can assist with diabetes, heart and kidney care plans, referrals and general health checks.

Storytime

Wednesdays 1.00pm - 3.00pm

No appointment necessary

For parents with children 0-5 years old. We do fun activities for parents and read stories to children under the storytime tree.

Child and Family Nurse

Thursdays 9.30am - 11.30am

No appointment necessary

For parent's and children's health issues, post natal care and immunisation advice.

Speech Therapy

Fridays 9.00am - 12.00pm

By appointment only

Speech therapy for children living in the area. Phone Community Health on 6542 2085 to make an appointment.

Other services available at Hunter Park Family Centre

- Upper Hunter Drug and Alcohol Service referrals
- No Interest Loans appointments
- Occupational Therapist
- Social Worker
- Library link up
- Housing NSW/Compass
- Parenting Programmes
- Healthy Eating Programmes
- Emergency Relief Programme appointments
- Referrals to all other services

Hunter Park Family Centre can be made available to other service providers for client meetings. To use a room for appointments phone Janelle on 6543 3566.

Look out for these occasional programmes throughout the year

These free programmes are advertised on the Upper Hunter Community Services Inc. website and on Facebook. For details see the back page of this brochure.

- Parenting Workshops
- Healthy Eating and Cooking Workshops
- Self-Esteem Workshops
- Development Programs
- Early Development Programs

If you have an idea for a programme that you would like to see at Hunter Park Family Centre, talk to Janelle.

Hunter Park Family Centre

The Hunter Park Family Centre is a Families NSW funded programme auspiced by Upper Hunter Community Services Inc.

Phone: 6543 3566

Co-ordinator: Janelle.

Find us online

www.uhcs.org.au

www.facebook.com/UHCSInc

Email: hpfc@uhcs.org.au

Located at

58 Wollombi Rd, Muswellbrook

Postal address

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Tel: 02 6543 3566

Fax: 02 65431643

