Seniors and Disability Services Directory
Introduction

Welcome to the 2015 edition of the City of Darwin’s ‘Seniors and Disability Services Directory’.

The directory provides information on services available to people with a disability and people over the age of 50 living in the Darwin community.

While considerable care has been taken to ensure that information contained in this Directory is correct at the time of printing, Council takes no responsibility for any errors or omissions. The Directory can also be accessed and additional copies downloaded via City of Darwin’s website www.darwin.nt.gov.au

Please advise Council’s Community and Cultural Services Department if any changes are necessary on telephone 08 8930 0409.

For general enquiries regarding Council services, contact:

Customer Service Centre
City of Darwin
Harry Chan Avenue Darwin NT 0800
GPO Box 84 Darwin NT 0801

Telephone 08 8930 0300
Facsimile 08 8930 0311
Email darwin@darwin.nt.gov.au
Website www.darwin.nt.gov.au

Published by Community & Cultural Services Department, City of Darwin
Publication printed by Zip Print

ISBN: 978-0-9578904-3-5
Contents

ACCOMMODATION ............................................................................................. 1
ADVISORY/PEAK BODY ..................................................................................... 3
ADVOCACY ......................................................................................................... 9
AGED CARE SERVICES .................................................................................... 12
CHILDREN’S SERVICES .................................................................................. 20
COMMONWEALTH GOVERNMENT ..................................................................... 25
CONCESSIONS AND FINANCIAL SUPPORT .................................................... 26
COUNSELLING SERVICES ................................................................................ 29
DRIVER EDUCATION ....................................................................................... 36
EDUCATION ....................................................................................................... 37
EMPLOYMENT .................................................................................................... 41
FINANCIAL SUPPORT SERVICES ................................................................. 44
HEALTH SERVICES ........................................................................................... 46
INFORMATION & REFERRAL SERVICES ......................................................... 58
INTERPRETING SERVICES ............................................................................... 61
LEGAL ................................................................................................................ 64
MENTAL HEALTH ............................................................................................. 67
MOBILITY AIDS/EQUIPMENT .......................................................................... 70
REHABILITATION SERVICES ............................................................................ 75
RESPITE ............................................................................................................ 76
SPORT, RECREATION & THE ARTS ............................................................... 79
SUPPORT SERVICES ........................................................................................ 94
TRANSPORT ..................................................................................................... 108
USEFUL CONTACTS & INFORMATION ......................................................... 112
INDEX .............................................................................................................. 117
ACCOMMODATION

Darwin Accommodation Services

Location: 22 Albatross Street WINNELLIE
Postal: PO Box 37746 WINNELLIE NT 0821
Telephone: 8984 4036
Fax: 8984 4586
Email: das@hpa.net.au
Website: www.hpa.net.au
Hours: Monday-Friday: 8.00am-4.00pm
Parent Body: HPA Disability Services

Accommodation and accommodation support for people with disabilities.

Providing a fully supported group home, semi-independent living units and an outreach service in the Darwin and Palmerston area.
Accommodation

Somerville Community Services Inc
Disability Services Program

Location: 147 Lee Point Road WAGAMAN
Postal: PO Box 42644 CASUARINA NT 0811
Telephone: 8920 4100
Fax: 8920 4101
Email: scs@somerville.org.au
Website: www.somerville.org.au
Hours: Monday-Friday: 8.00am-4.30pm

Provision of high quality person centered services to people with severe to profound disability in the Top End of the NT.

The organization provides permanent 24 hour coverage in community based supported accommodation. For existing service users it also provides a brokered social program.

Supported Accommodation

Postal: 1/36 Mitchell Street DARWIN NT 0800
Telephone: 8930 2306
8930 2311
Email: wendylouise.tamakloe@lwb.org.au
chrisorton@lwb.org.au
Website: www.lwb.org.au
Hours: 24 hours a day, 7 days a week
Parent Body: Life Without Barriers

Provision of supported accommodation to people with disability who require support in activities of daily living.
ADVISORY/PEAK BODY

Australian Association Special Education NT Chapter

Location: NT Wide
Postal: PO Box 40528 CASUARINA NT 0811
Email: aasent@gmail.com
Website: www.aase.edu.au
Hours: Monday to Friday

The Australian Association of Special Education Inc is the national peak body of professionals, other para-professionals and community members with the expertise and/or interest in the education of children and young people with special education needs.

Australian Association of Special Education is a broad-based non-categorical association concerned with all who have special education needs.

AASE NT provides information and professional learning and also provides support for teachers, support staff and parents/carers.
Council on the Ageing NT Inc (COTA NT)

Location: Spillett House
65 Smith Street DARWIN
Postal: GPO Box 852 DARWIN NT 0801
Telephone: 8941 1004
Email: ceo@cotant.org
Website: www.cotant.org
Hours: Monday-Friday: 10.00am-4.00pm
Parent Body: COTA Australia is representative of all States and Territories

Council on the Ageing NT (COTA NT) is a non-for-profit peak organisation representing the rights, needs and interests of senior Territorians aged over 45 (indigenous) and over 50 (non-indigenous). It provides:

- Information and advocacy services
- Policy review and consumer representation
- Events and workshops throughout the year
- Special events and workshop during Seniors Month.

It runs a number of services advocating for and in support of seniors’ groups, individuals, CaLD community and social engagement.

Council on the Ageing NT’s priorities for seniors include: advocating for accommodation, transport, access and infrastructure design, employment and discrimination.
Early Childhood Australia NT Branch

Location: 71 Coonawarra Road WINNELLIE
Postal: PO Box 41936 CASUARINA NT 0811
Telephone: 8986 7142
Fax: 8947 2884
Email: ecant@earlychildhood.org.au
Website: www.earlychildhood.org.au
Hours: Monday-Friday: 8.30am-4.36pm

Early Childhood Australia (ECA) mission is to advocate on behalf of children from birth to eight years of age ensuring quality, social justice and equity in all issues relating to their education and care. This mission is underpinned by the following values: the rights of children, leadership, excellence, respect, courage, honesty, openness, collaboration, diversity, justice, and social inclusion of children.

The NT Branch (ECANT) as a peak body aspires to best practice in management of programs and service delivery. This is done by strategic planning, having appropriate policies and procedures, effective reporting mechanisms and quality assurance processes.
Integrated Disability Action Inc

Location: Nightcliff Community Centre
          4/18 Bauhinia Street NIGHTCLIFF
Postal:    PO Box 645 NIGHTCLIFF NT 0814
Telephone: 8948 5400
Fax:       8948 5409
Email:    office@idainc.org.au
Website:  www.idainc.org.au
Hours:    Tuesday, Wednesday, Thursday: 9.00am-
          2.30pm

Integrated Disability Action (IDA) is a peak consumer body for
people with disabilities, their families, carers, workers in the
disability field and those with an interest in the disability sector.

IDA has ramp access, accessible toilets and a large accessible
office.
National Disability Services NT

Location: Level 2  
43 Cavenagh Street DARWIN
Postal: GPO Box 4521 DARWIN NT 0801
Telephone: 8930 2888
Fax: 8930 2822
Email: ndsnf@nds.org.au
Website: www.nds.org.au
Hours: Monday-Friday: 8.30am-5.00pm
Parent Body: National Disability Services

NDS is Australia’s peak body for non-government disability service organisations. NDS provides a robust and independent voice to governments on behalf of disability service providers and supports its membership through providing information on current and emerging issues in the sector.

NT Council of Social Service Inc

Location: 1/18 Bauhinia Street NIGHTCLIFF
Postal: PO Box 1128 NIGHTCLIFF NT 0814
Telephone: 8948 2665
Fax: 8948 4590
Email: admin@ntcoss.org.au
Website: www.ntcoss.org.au
Hours: Monday-Friday: 8.30am-4.00pm

The Northern Territory Council of Social Service (NTCOSS) is a peak body for the Social and Community Sector in the Northern Territory and an advocate for social justice on behalf of people and communities in the NT who may be affected by poverty and disadvantage.
Advisory/Peak Body

Office of Senior Territorians

Location: Level 9, Northern Territory House
22 Mitchell Street DARWIN
Postal: GPO Box 4396 DARWIN NT 0801
Telephone: 8999 3894
Fax: 8941 5291
Email: ost@nt.gov.au
Website: www.seniors.nt.gov.au
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of the Chief Minister

The Office of Senior Territorians engages with the community and government agencies to ensure a coordinated approach to the implementation of government’s policy priorities for Territory Seniors.

Probus Club of Darwin Inc

Location: Tracy Village Sports Club
Email: d_g_s@outlook.com
Website: www.darwinprobus.org
Hours: Meets first Wednesday of each month (except January) at 10.00am
Parent Body: Probus South Pacific Limited

Probus is a part of the Rotary International World and is a club for retired or semi-retired ladies and men.

Probus is not for profit, non-sectarian and non-fundraising.

Its objectives are to stimulate thought, interest and participation in activities at a time of life when it is easy to become complacent and self-centered.
ADVOCACY

Aged and Disability Advocacy Service

Location:  8 Manton Street DARWIN
Postal:  GPO Box 3180 DARWIN NT 0801
Telephone:  8982 1111
Freecall:  1800 812 953
Fax:  8982 1112
Email:  info@dcls.org.au
Website:  www.dcls.org.au
Hours:  Monday-Friday: 8.00am-4.30pm
Parent Body:  Darwin Community Legal Service

An Aged and Disability Advocacy Service providing advocacy for people receiving commonwealth aged care services and anyone with a disability, their carers and representatives.
Community Visitor Program

Location: 7th Floor
9-11 Cavenagh Street DARWIN
Postal: LMB 22 GPO DARWIN NT 0801
Freecall: 1800 021 919
Fax: 8981 3812
Email: CVPProgramADC@nt.gov.au
Website: www.cvp.nt.gov.au
Hours: Monday-Friday: 8.00am-4.20pm
Parent Body: Anti-Discrimination Commission

The Community Visitor Program (CVP) is an independent service located in the Anti-Discrimination Commission. Its purpose is to protect the rights of people receiving treatment under the:

- Mental Health and Related Services Act
- Disability Services Act
- Alcohol Mandatory Treatment Act.

The CVP protects and promotes the rights of people receiving treatment from NT mental health, disability and mandatory alcohol services, and works to ensure a high quality of treatment and services in the Northern Territory.
Disability Discrimination Advocacy

Location: Darwin Community Legal Service
Postal: GPO Box 3180 DARWIN NT 0801
Telephone: 8982 1111
Freecall: 1800 812 953
Fax: 8982 1112
Email: info@dcls.org.au
Website: www.dcls.org.au
Hours: Monday-Friday: 9.00am-4.30pm
Parent Body: Darwin Community Legal Service

Provides advice and advocacy on the application of the NT Anti-Discrimination Act. The service is free and confidential.

Also provides advice and advocacy on the application of the Disability Discrimination Act, and the following schedules attached to that Act:

- Transport Standards
- Education Standards
- Accessible Buildings.
AGED CARE SERVICES

Carers NT Inc

Location: 59 Bayview Boulevard BAYVIEW
Postal: GPO Box 1861 DARWIN NT 0801
Telephone: 8944 4888
Freecall: 1800 242 636
Fax: 8944 4889
Email: carersnt@carersnt.asn.au
Website: www.carersnt.asn.au
Hours: Monday-Friday: 8.30am-4.30pm
Parent Body: Carers Australia

Carers NT is a not-for-profit, community-based organisation dedicated to improving the lives of family carers living in the Northern Territory. Some of the services provided are:

- Respite
- Social Support
- Counselling and other therapies
- Information and advocacy.

The role of Carers NT is to work in active partnership with carers, persons with care and support needs, service providers, government and the wider community by offering services to carers.
Community Visitors Scheme

Location: Shop 1 Wanguri Shops
Wanguri Place WANGURI
Postal: PO Box 36506 WINNELLIE NT 0821
Telephone: 8927 0390 or 8985 0000
Fax: 8985 0001
Email: charbinson@anglicare-nt.org.au
Website: www.anglicare-nt.org.au
Hours: Coordinator: Monday-Thursday: 8.30am-5.00pm
       Volunteers: flexible
Parent Body: Anglicare NT

The Community Visitors Scheme (CVS) is a National Program, linking volunteers on a one to one basis with a socially and/or culturally isolated resident in aged care facilities.

The aim is to enhance quality of life and reconnect with the local community.
Aged Care Services

D & R Community Services

Location: Unit 2/78 Woods Street DARWIN
Postal: PO Box 2236 PARAP NT 0804
Telephone: 8941 5852
           1300 372 273
Fax: 8941 7942
Email: drcs@drcommunityservices.com.au
Website: www.drcommunityservices.com.au
Hours: Monday-Friday: 8.00am-4.30pm

D & R Community Services is an approved service provider with the Commonwealth and State Governments.

D & R provides a variety of programs to support the elderly, the disabled and their carers. The services offered provide eligible people with assistance like personal care, shopping, cleaning, social support, in home respite, transport, meals on wheels, high and low care aged care packages.

Referrals can be made by oneself, one’s doctor, family member or a friend.
Aged Care Assessment Team - Urban

Location: Level 1A Casuarina Plaza
            Cnr Trower Road & Vanderlin Drive CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 7392
Freecall: 1800 200 422 – My Aged Care (request for services)
Fax: 8922 7216
Email: AgedCareUnitTEHS.DoH@nt.gov.au
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health

Aged Care Assessment Team (ACAT) provides multi-disciplinary assessments for people 65 years and over and Aboriginal people 50 years of age or over, who are frail aged and have complex care needs as a result of an aged related illness.

ACAT has Commonwealth delegation to approve applicants for Residential Aged Care Respite, Residential Placement, Transition Care and Community care packages.

It is a free service and anyone can make a referral via My Aged Care on 1800 200 422 or online at myagedcare.gov.au
Filipiniana Senior Citizens Association Incorporated

Location: Alawa Community Hall
Lakeside Drive ALAWA
Postal: PO Box 41205 CASUARINA NT 0811
Telephone: C/- 8988 9638 or 8945 1145 or 8932 4869
Email: beng.elsi@bigpond.com
Hours: Weekly meetings on Mondays: 9.30am-1.30pm

Activities: games, singing, dancing, exercises, picnics and dining out.

Visits sick members and provides financial help and attendance at funerals for members who pass away.

Invite speakers for information about health and other aged care services.

Responds to government invitations.
NT Dementia Behaviour Management Advisory Service (NTDBMAS)

Location: Moonta House
43 Mitchell Street DARWIN
Postal: GPO Box 336 DARWIN NT 0801
Telephone: 8982 5202
Freecall: 1800 699 799 helpline 24/7
Fax: 8941 7533
Email: darwin.dbmas@arrcs.org.au
Website: www.arrcs.org.au
www.dbmas.org.au
Hours: Monday-Friday: 8.00am-4.30pm
Parent Body: Australian Regional and Remote Community Services

The DBMAS program provides clinical support for people caring for someone with dementia who is demonstrating behavioural and psychological symptoms of dementia (BPSD) which are impacting on their care.

The most well-known of the dementias is Alzheimer’s disease.
Aged Care Services

NT Transition Care Program

Location: 1st Floor Casuarina Plaza
          Cnr Trower Road & Vanderlin Drive CASUARINA
Postal:   PO Box 40596 CASUARINA NT 0811
Telephone: 8922 7218 – Administration
          8922 7520 – Team Leader
Fax:      8922 7216
Email:    pauline.howard@nt.gov.au
          donna.cubillo@nt.gov.au
Hours:    Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health, Aged Care

Restorative program from the hospital, must have approval by
ACAT whilst inpatient. For frail aged clients, for up to 12 weeks.

Focus on restoration of function and promotion of
independence.

Clients must have the potential to improve and be agreeable to
participate in therapy.
Terrace Gardens Aged Care

Location: 1 Kettle Street FARRAR
Postal: PO Box 53 PALMERSTON NT 0831
Telephone: 8932 1005
Email: terrace.gardens@arrcs.org.au
Hours: Office hours 9:00am – 5:00pm
Parent Body: Australian Regional and Remote Community Services

Terrace Gardens is a 58 bed Residential Aged Care facility located in Darwin. Private contracted services and planned activities available on site for residents.
CHILDREN’S SERVICES

Camp Quality

Location: Rapid Creek Business Village
48 Trower Road MILLNER
Postal: PO Box 796 NIGHTCLIFF NT 0814
Telephone: 8985 4433
Email: tn@campquality.org.au
Website: www.campquality.org.au

Camp Quality is a national non-profit organisation supporting children with cancer from 0-13 years and their families through their recreation, education and respite programs and services.

They also support children from 0-13 years who have a parent with cancer.

Children’s Development Team (CDT)

Location: Level 1 Casuarina Plaza
Cnr Trower Road & Vanderlin Drive CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Freecall: 1800 139 656
Email: topendintake.ths@nt.gov.au
Website: www.health.nt.gov.au
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health

The Children’s Development Team is a team of allied health professionals who work with children and their families throughout the Darwin, Palmerston and rural regions.

The team comprises of speech pathologists, occupational therapists, physiotherapists, and support staff.
The Darwin Toy Library has been operating since 1978 and today is one of the largest toy libraries in Australia.

Our members are able to borrow a range of toys from Fisher Price, Leggo, Little Tikes and many more supporting their children to grow and develop through fun and play.

We also have a large range of additional needs toys and a sensory room to support those families with additional needs children.

There is a play area for families to enjoy and kitchen facilities during opening hours.
Children’s Services

Down Syndrome Association of the Northern Territory

Location: Shop 16 Rapid Creek Business Centre
Trower Road RAPID CREEK
Postal: PO Box 41545 CASUARINA NT 0811
Telephone: 8985 6222
Email: admin@downsyndroment.com.au
Hours: 8.30am-4.40pm

Information about all aspects of Down Syndrome.

Family network including school support, referrals and resources library and computer aided learning program for students with Down Syndrome.

Awareness and fundraising campaigns throughout the NT and supporting community inclusion.
Safety House NT

Location: Cnr Bradshaw Terrace & Dripstone Road
CASUARINA
Postal: PO Box 41500 CASUARINA NT 0811
Telephone: 8999 0843
Fax: 8999 0808
Email: safetyhouse@nt.gov.au
Website: www.nhwnt.org.au
Hours: Monday-Friday: 7.00am-3.00pm
Parent Body: Neighbourhood Watch NT

Providing a network of easily identifiable houses and businesses for children to go to when travelling to or from school if/when:

- They are lost
- Feeling scared
- Hurt
- Feeling ill
- Being bullied, or
- Frightened by animals.
Variety, The Children’s Charity Northern Territory

Postal: GPO Box 4224 DARWIN NT 0801
Telephone: 8981 2544
Freecall: 1300 48274389
Fax: 8941 5373
Email: admin@varietynt.org.au
Website: www.varietynt.org.au
Hours: Monday-Friday: 9.00am-5.00pm

Parent Body: Variety National

Provides financial assistance for children aged 0-18 years with a disability, illness or who are disadvantaged.

Variety NT funds equipment, resources and services to improve a child’s quality of life
COMMONWEALTH GOVERNMENT

Veteran Affairs Network

Location: Winnellie Central
14 Winnellie Road WINNELLIE
Postal: GPO Box 9998 DARWIN NT 0801
Telephone: 1300 551 918 (local call rate within the NT)
Freecall: 133 254
Fax: 8935 1489
Email: generalenquiries@dva.gov.au
Website: www.dva.gov.au
Hours: Monday-Friday: 9.30am-4.30pm
Parent Body: Department of Veterans’ Affairs

Service coverage – Northern Territory and Kununurra WA.

Provides information on eligibility and services available through the Department of Veterans Affairs including income support, disability compensation, rehabilitation services, health services and Commemoration to members of the veteran community, current and former members of the Australian Defence Force and their families.
CONCESSIONS AND FINANCIAL SUPPORT

City of Darwin Concessions
Australian Disability Parking Permit

Location: Civic Centre
17 Harry Chan Avenue DARWIN
Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8930 0607
Fax: 8930 0311
Email: darwin@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Hours: Monday-Friday: 8.00am-5.00pm

The City of Darwin administers the Australian Disabled Parking Permit Scheme for people with mobility limitations and in need of special parking consideration. The applicants must be assessed by a medical practitioner as mobility restricted. The scheme entitles the usage of designated parking throughout the municipality and allows extended parking in all time restricted bays and free parking on-street where Council parking meters are installed.

Rates and Garbage Charges

For holders of the NT Pensioner and Carer Concession Card, a concession is available on City of Darwin Council Rates and Charges. This concession is approved and provided by the Northern Territory Department of Health, NT Pensioner and Carer Concession Scheme. To be eligible for the concession, the member must be the legal owner/part owner of the property, occupy the property and must have declared the property as their principal place of residence. The concession is:

Rates: 62.5% of the annual general rates charge up to a maximum of $200 in one Rating Year.
Garbage: A flat annual concession of $46.25 applies if a garbage collection is provided by Council.
Concessions and Financial Support

NT Pensioner & Carer Concession Scheme

Location: Office of Disability
2B2 Cascom Centre
17 Scatchurchio Street CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Freecall: 1800 777 704
Fax: 8922 7394
Email: pensionconcessionunit@nt.gov.au
Website: www.health.nt.gov.au
Hours: Monday-Friday: 8.30am-4.00pm
Parent Body: Department of Health, Funding, Performance and Corporate Service Division

The NT Pensioner and Carer Concession Scheme (NTPCCS) provides financial subsidies to eligible members of the scheme for electricity, water, sewerage, council rates, garbage rates, spectacles, travel, motor vehicle registration, drivers licence renewals and urban public bus travel.
Concessions and Financial Support

**NT Seniors Card**

**Location:** 2B2 Cascom Centre 2B  
17 Scaturchio Street CASUARINA

**Postal:** PO Box 40596 CASUARINA NT 0811

**Freecall:** 1800 441 489

**Fax:** 8945 9251

**Email:** seniorscard@nt.gov.au

**Website:** www.seniorscard.nt.gov.au

**Hours:** Monday-Friday: 8.30am-4.00pm

**Parent Body:** Department of Health

NT Seniors Card is part of an Australia-wide initiative jointly supported by the Northern Territory Government and private enterprise.

The scheme recognises the valuable contribution of older people to their local community and the Territory as a whole.

The Seniors Card is issued free and provides access to savings on a range of goods and services provided by participating businesses.

Eligible members: a person who is 60 years of age or over and a permanent resident of the Northern Territory.
COUNSELLING SERVICES

Amity Community Services Inc – Information, Education and Counselling Services

Location: 155 Stuart Highway PARAP
Postal: GPO Box 3628 DARWI NT 0801
Telephone: 8944 6565
Freecall: 1800 684 372
Fax: 8981 8456
Email: habitwise@amity.org.au
Website: www.amity.org.au
Hours: 8.30am-4.30pm

Amity provides confidential counselling, information, support and education in the areas of alcohol use; tobacco use; other drug use; gambling; stress management; anger management; assertion and communication skills.

Amity offers phone or email counselling service to residents living outside the Darwin and Palmerston regions.
Counselling Services

CatholicCare NT
Location: 17 Hidden Valley Road BERRIMAH
Postal: PO Box 132 BERRIMAH NT 0828
Telephone: 8944 2000
Fax: 8947 4222
Email: darwin@catholiccarent.org.au
Website: www.catholiccarent.org.au
Hours: Monday-Friday: 8.30am-5.00pm
CatholicCare NT is a not-for-profit organization, providing counselling services and programs to individuals, couples, families, children groups, schools and agencies across the Northern Territory.

Lifeline Top End
Location: 9/66 Coonawarra Road WINNELLIE
Postal: PO Box 37511 WINNELLIENT 0821
Telephone: 8935 6400
Freecall: Crisis Support 13 11 14
Email: admin@lifelinetopend.org.au
Website: www.lifeline.org.au/topend
Hours: Monday-Friday: 9.00am-5.00pm
Parent Body: Lifeline Australia
As well as our core business of training volunteer telephone crisis supporters for our national 24/7 crisis line, Lifeline Top End provides a range of services including: face-to-face counselling, building community resilience, a retail shop and a variety of training courses.
Counselling Services

Relationships Australia NT Darwin Counselling Service

Location: 2nd Floor Cavenagh Centre
43 Cavenagh Street DARWIN
Postal: GPO Box 4193 DARWIN NT 0801
Telephone: 8923 4999
Freecall: 1300 364 277 (Darwin local phone call)
Fax: 8981 6190
Email: info@ra-nt.org.au
Website: www.nt.relationships.com.au
Hours: Mon, Tues, Wed, Fri: 8.30am-5.00pm
Thursday: 8.30am-7.30pm

Counselling services for individuals, couples and families.
Counselling Services

Ruby Gaea Sexual Assault Counselling and Education

Location: Confidential
Postal: PO Box 42082 CASUARINA NT 0811
Telephone: 8945 0155
Fax: 8945 2783
Email: info@rubygaea.net.au
Website: www.rubygaea.net.au
Hours: Monday-Friday: 8.30am-5.00pm
Parent Body: Ruby Gaea Darwin Centre Against Rape Inc

Ruby Gaea provides specialised, safe, free and confidential counselling to women and children who have experienced sexual assault at any time in their lives.

Ruby Gaea also provides specialist education and training in raising awareness around the issue of sexual assault within the wider community, including government and non-government sectors and other organisations including schools.
Sexual Assault Referral Centre (SARC) Darwin

Location: Casuarina Health Services Centre
9 Scaturchio Street CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 6472
Fax: 8922 6499
Email: sarc.ths@nt.gov.au
Hours: Counselling - Monday-Friday: 8.00am-4.21pm
Acute medical response for sexual assaults
24/7
Parent Body: Department of Health

SARC provide medical and counselling services to victims of sexual assault. Services are free of charge and include 24 hour medical/forensic examinations for acute sexual assault victims. Counselling services are available during business hours.
Counselling Services

SIDS and Kids Northern Territory

Location: Shop 19 Rapid Creek Business Village
Trower Road RAPID CREEK
Postal: PO Box 188 NIGHCLIFF NT 0814
Telephone: 8948 5311 (office)
0448 849 234 (24 hour bereavement line)
Freecall: 1300 308 307
Fax: 8948 5244
Email: darwin@sidsandkids.org
Website: www.sidsandkids.org/offices/northernterritory
Hours: 24 hour bereavement line

Parent Body: SIDS and Kids Australia

Provides Safe Sleeping education and advice to parents, grandparents, carers and health and child care professionals.

Provides 24 hour counselling support for anyone affected by the death of a child (conception to 18 years of age) regardless of cause of death.
Somerville Family Services

Location: 147 Lee Point Road CASUARINA
Postal: PO Box 42644 CASUARINA NT 0811
Telephone: 8920 4100 – Casuarina
          8935 1500 – Palmerston
Fax: 8920 4101 – Casuarina
     8935 1501 – Palmerston
Email: scs@somerville.org.au
Website: www.somerville.org.au
Hours: Monday-Friday: 8.00am-4.30pm
Parent Body: Somerville Community Services

Counselling, practical, emotional and educative support for families and individuals.

Group work to support skill development in areas such as self-care, anxiety, community skills.

Supported accommodation: provides transitional accommodation for homeless families.
Driver Rehabilitation

Location: Driver and home visits
Postal: PO Box 912 PALMERSTON NT 0831
Telephone: 8932 1626
Hours: 7 days a week

Home visiting service to assist people to return to driving safely.
EducatioN

Adult Migrant English Program

Location: Charles Darwin University: Casuarina, Palmerston, Alice Springs
Postal: AMEP
Orange 4
Casuarina Campus
Ellengowan Drive DARWIN NT 0909
Telephone: 8946 6578
Freecall: 1800 019 119
Fax: 8946 7055
Email: migrantesl@cdu.edu.au
Website: www.cdu.edu.au/cdu-vet/business-improvement/amep
Hours: During school terms
Parent Body: AMEP

The Adult Migrant English Program (AMEP) provides English courses in Darwin, Palmerston and regional areas of the Northern Territory.
Education

Community Pathways Program

Location: RAPID CREEK and DRIVER
Postal: Shop 11 Rapid Creek Business Centre
       RAPID CREEK NT 0810
Telephone: 8948 2185 Rapid Creek
          8931 3006 Driver
          0427 592 428 mobile
Email: dannielle.kruse@lwb.org.au
Hours: 9.00am-3.00pm
Parent Body: Life Without Barriers

The Community Pathways Program offers day services to people with a disability.

The CPP offers 2 programs:

“My Skills Pathway” which supports young adults leaving school and 16-24 year olds with a profound disability. The program offers skills development in personal, social, living & vocational.

“My Life Program” maintains and develops life skills and increase independence.
First Aid Training

Location: St John Ambulance Casuarina, Palmerston, Katherine, Tennant Creek, Alice Springs, Nhulunbuy.
Postal: PO Box 40221 CASUARINA NT 0811
Telephone: Darwin 8922 6221 or 8922 6228
Alice Springs 8959 6640
Freecall: 1300 360 455
Fax: 8922 6226
Email: training@stjohnnt.asn.au
Website: www.stjohnnt.org.au
Hours: Monday-Friday 8.00am-4.30pm
Parent Body: St John Ambulance Australia NT Inc

Nationally accredited first aid courses offered with the most sought after program, Provide First Aid, available in a 2 day face-to-face or 1 day flexible learning format.

Fee discounts available to eligible pension or concession card holders.

Henbury School

Location: 4 Henbury Avenue WANGURI
Postal: 4 Henbury Avenue WANGURI NT 0810
Telephone: 8927 5088
Fax: 8927 3367
Email: henbury.admin@ntschools.net
Website: www.henburyschool.org.au

Henbury School is a special needs school for students with a disability.
**Nemarluk School**

**Location:** 30 Styles Street ALAWA  
**Postal:** PO Box 39729 WINNELIE NT 0821  
**Telephone:** 8985 0400  
**Fax:** 89850499  
**Email:** admin.nemarluk@ntschools.net  
**Website:** www.nemarukschool.com.au  
**Hours:** Monday to Friday 8.00am-4.00pm  
**Parent Body:** Nemarluk School Council Incorporated

Department of Education

Nemarluk School is a specialist school for preschool and primary school students who have an intellectual disability and complex learning needs. There are criteria for enrolment in this school. Contact the Principal, Lorraine Hodgson.

There is an Out of School Hours Care and Vacation Care program attached to Nemarluk School.

**Northern Territory Field Naturalists Club**

**Location:** DARWIN  
**Telephone:** 0417 659 755  
**Email:** info.fieldnatsnt@gmail.com  
**Website:** https://sites.google.com/site/ntfieldnaturalists/home/

Discover and learn about the fascinating wildlife and plants of the Darwin and Top End region.

Monthly guest speakers and guided field trips to explore unique habitats.

Perfect for learning about birds, wildflowers plus other wonderful creatures large and small.
EMPLOYMENT

Ausdesigns™

Location: 46 Toupein Road PALMERSTON
Postal: PO Box 37746 WINNELLIE NT 0821
Telephone: 8932 5184
Fax: 8931 2781
Email: ausdesigns@hpa.net.au
Website: www.ausdesigns.com.au
Hours: Monday-Friday: 8.00am-4.00pm
Parent Body: HPA Disability Services

Supported employment and training options for people with disabilities.

Manufacturers of a range of Aboriginal print fabric bags, conference satchels and souvenirs. Screen printing and digital printing available.

Range of corporate wear, work wear, school uniforms, t-shirts and polo shirts available.

The showroom is open to the public.
Employment

Kokoda Industries

Location: 22 Albatross Street WINNELLIE
Postal: PO Box 37746 WINNELLIE NT 0821
Telephone: 8947 0681
Fax: 8984 4586
Email: admin@hpa.net.au
Website: www.kokoda-industries.com.au
Hours: Monday-Friday: 8.00am-4.00pm
Parent Body: HPA Disability Services

Supported employment and training options for people with disabilities.

Manufacturers of a range of parkland furniture and grandstand seating, pallets, lattice, survey/garden stakes, garden edging and custom made crates. Open to the public.
The NTWWC provides information, advice, support and assistance to NT women about work related problems such as: unfair dismissal, discrimination, sexual harassment, workplace bullying, employment conditions and workplace health and safety.

Services are targeted to disadvantaged women workers and are free and confidential.
FINANCIAL SUPPORT SERVICES

Credit and Debt Legal Service

Location: 8 Manton Street DARWIN
Postal: GPO Box 3180 DARWIN NT 0801
Telephone: 8982 1111
Freecall: 1800 812 953
Fax: 8982 1112
Email: info@dcls.org.au
Website: www.dcls.org.au
Hours: Monday-Friday: 9.00am-5.00pm
Parent Body: Darwin Community Legal Service

The service provides credit and debt advice to anyone having problems with:

- Debt recovery;
- Loans and credit cards;
- Bankruptcy;
- Mortgages and repossession; and
- Any other legal problem or dispute arising in relation to finances.
Financial Support Services

Somerville Financial Services

Location: 147 Lee Point Road WAGAMAN
Postal: PO Box 42644 CASUARINA NT 0811
Telephone: 1800 007 007
Fax: 8920 4101
Email: scs@somerville.org.au
Website: www.somerville.org.au
Hours: Monday-Friday: 8.00am-4.30pm
Parent Body: Somerville Community Services

Our team of Financial Counsellors and Money Management Workers and No Interest Loans Coordinator, provide a range of free financial services. We work with people of all ages and assist anyone who is experiencing a financial crisis or problem in their life.
HEALTH SERVICES

Adult Allied Health Team (AAHT)

Location: 2B2 CasCom Centre
17 Scaturchio Street CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Freecall: 1800 139 656
Email: topendintake.ths@nt.gov.au
Website: www.health.nt.gov.au
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health

The Adult Allied Health Team (AAHT) is a team of allied health professionals who work with adults and their families throughout the Darwin, Palmerston and rural regions. The team comprises of speech pathologists, occupational therapists, physiotherapists and support staff.
Alcoholics Anonymous

Location: Office 5A Nightcliff Community Centre
         Bauhinia Street NIGHTCLIFF
Postal:   PO Box 40760 CASUARINA NT 0811
Telephone: 8948 5202
Freecall: 1300 222 222 (cost of a local call)
Email: aa.darwin@bigpond.com
Website: www.aa.org.au
Hours: Monday-Friday: 11.00am-2.00pm
       (24 hour phone contact)
Parent Body: General Service Board of Alcoholics Anonymous

Fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

A Recovery Program and Support is also offered and the primary purpose is to stay sober and help other alcoholics to achieve sobriety.
Health Services

Alzheimer’s Australia NT Inc

Location: 3/18 Bauhinia Street NIGHTCLIFF
Postal: PO Box 515 NIGHTCLIFF NT 0814
Telephone: 8948 5228
Freecall: 1800 100 500
Fax: 8948 5229
Email: nt.admin.d@alzheimers.org.au
Website: www.fightdementia.org.au
Hours: 8.30am-4.30pm
Parent Body: Alzheimer’s Australia

Alzheimer’s Australia NT is the peak body for dementia services in the NT and provides support and education for people with dementia, their families and carers, health care professionals and the general public.

Alzheimer’s Australia NT conducts regular risk reduction programs.
Arthritis & Osteoporosis NT (AONT)

Location: Shop 18 Rapid Creek Business Village
48 Trower Road MILLNER
Postal: PO Box 452 NIGHTCLIFF NT 0814
Telephone: 8948 5232
Freecall: 1800 011 041
Fax: 8948 5234
Email: info@aont.org.au
Website: www.aont.org.au
Hours: Monday-Thursday: 9.30am-2.00pm
Parent Body: The Arthritis Foundation of the Northern Territory Inc

To provide information and support for people affected by arthritis and osteoporosis and/or related conditions:

- Information sheets, booklets, brochures and newsletters
- Presentations and information stands at invitation
- Self-management courses
- Members’ support groups.

Telephone and walk in enquiries welcome.
Health Services

Asthma Foundation NT

Location: 14/16 Charlton Court WOOLNER
Postal: PO Box 39962 WINPELLIE NT 0821
Telephone: 8981 6066
Freecall: 1800 asthma (1800 278 642)
Fax: 8981 9066
Email: asthmant@asthmant.org.au
Website: www.asthmaaustralia.org.au
Hours: Monday-Friday: 9.00am-5.00pm

The Asthma Foundation NT is a not for profit organisation which provides asthma education and support to people with asthma and related respiratory conditions.

BreastScreenNT

Location: Level 1 Casuarina Health Services 9 Scaturchio Street CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 6449
Freecall: 132 050
Fax: 8922 6455
Website: www.cancerscreening.gov.au/
Hours: Monday-Friday: 8.00am-4.00pm
Parent Body: Cancer Screening Services NT

BreastScreen Australia aims to reduce illness and health from breast cancer by actively recruiting and screening women aged 50-74 for early detection of the disease.

Contact 135020 to make an appointment for your free 2 yearly Mammogram.
Coeliac Disease Support Group

Location: 29 Dalwood Crescent MALAK
Postal: 29 Dalwood Crescent MALAK NT 0812
Telephone: 8927 4310
Fax: 8922 8310
Email: wverus@bigpond.net.au
Hours: 5.30pm-9.00pm
Parent Body: Coeliac Australia

Provides advice to people diagnosed with Coeliac Disease and gluten intolerance.

Also provides free gluten-free supermarket tours.

Executive Office of Adult Guardianship

Location: Level 1 Health House
87 Mitchell Street DARWIN
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 7343
Fax: 8922 7304
Email: adultguardianship.doh@nt.gov.au
Website: www.health.nt.gov.au
Hours: Monday-Friday 8.00am-4.21pm
Parent Body: Department of Health

Investigate and assess applications for the appointment of an Adult Guardianship gives someone the legal responsibility to make decisions for someone else, over the age of 18, who is unable to make reasonable judgments or decisions about their daily living because of an intellectual disability.
Family Planning Welfare Association NT

Location: Unit 2 The Clock Tower
Dick Ward Drive COCONUT GROVE
Postal: PO Box 503 NIGHTCLIFF NT 0814
Telephone: 8948 0144
8948 0326
Fax: 8948 0626
Email: admin@fpwnt.com.au
Website: www.fpwnt.com.au
Hours: Monday-Friday: 9.00am-4.00pm

FPWNT offers clients safe and confidential clinics on sexual and reproductive health services, education and information.

Doctors and nurses are specialized in contraception, pregnancy options, Well Women’s Health Screening and general sexual health issues.
Golden Glow Nursing

Location: Office 1/7 Gsell Street WANGURI
Postal: PO Box 40947 CASUARINA NT 0811
Telephone: 8927 2756
Fax: 8927 3232
Email: info@goldenglownursing.com.au
Website: www.goldenglownursing.com.au
Hours: 8.00am – 7.00pm others hours by negotiation

Services include:
- Nursing care in the home.
- Aged care and support in the home.
- Disability care and support in group house, as well as in clients’ own homes.
- Mental health supported accommodation.
Healthy Living NT Diabetes Australia of the NT Inc

Location: Shop 1 and 2
        Tiwi Place TIWI
Postal:  PO Box 40113 CASUARINA NT 0811
Telephone:  8927 8488
Fax:  8927 8515
Email:  info@healthylivingnt.org.au
Website:  www.healthylivingnt.org.au
Hours:  Monday-Friday: 8.00am-4.00pm

Healthy Living NT is an education centre which provides clients with education on diabetes, nutrition, cardiac health as well as cardiac rehab classes.

Healthy Living NT is the Northern Territory agent for the National Diabetes Services Scheme.
MS - Peer Support Group

Location: Various
Freecall: 1800 812 311
Email: assist@ms.asn.au
Website: www.ms.asn.au
Hours: 9.00am-5.00pm
Parent Body: MS Society SA & NT

This support group is for people with MS in Darwin and surrounding areas.

National Bowel Cancer Screening Program NT Register

Location: Level 1 Casuarina Health Services
9 Scaturchio Street CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 6407
Freecall: 1800 118 868 - Hotline
Website: www.cancerscreening.gov.au/
Hours: 8.00am-4.00pm
Parent Body: Cancer Screening Services NT

The National Bowel Cancer Screening Program aims to reduce illness and death from bowel cancer by offering people over the age of 50 a free screening test to complete in the privacy of their own home.
Health Services

NT Cervical Screening Program and NT Pap Smear Register

Location: Level 1 Casuarina Health Services
9 Scaturchio Street CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8922 6454
Freecall: 131 556
Fax: 8922 6455
Email: ntpapsmearregister.ths@nt.gov.au
Website: www.cancerscreening.gov.au/
Parent Body: Cancer Screening Services NT

The register records your confidential pap smear results and sends a reminder letter if you are overdue for your next pap smear.

Prevent 90% of cervical cancer by having regular pap smears with your Doctor, Nurse or Aboriginal Health Worker.

Royal Darwin Hospital

Location: Rocklands Drive TIWI
Postal: PO Box 41326 CASUARINA NT 0811
Telephone: 8922 8888
Website: www.health.nt.gov.au/Hospitals/Royal_Darwin_Hospital
Hours: 24 hours
Parent Body Department of Health

Royal Darwin Hospital provides acute hospital care, a casualty department for emergencies and general and specialist outpatient clinics.
Health Services

VK Care Services Nursing and Allied Health Agency

Telephone: 0403 254 551
0423 359 989
Email: kemvon@yahoo.com.au
Website: www.vkcareservices.com.au
Hours: 24 hours per day, 7 days a week

This service has been set up to provide a flexible work force as and when required in order to provide staff to cover vacancies, temporary absences, sickness and maternity leave.

The service also aims to provide individual nursing care and companionship to clients in their respective homes.
INFORMATION & REFERRAL SERVICES

Anti-Discrimination Commission

Location: Level 7
9-11 Cavenagh Street DARWIN
Postal: LMB 22 DARWIN NT 0801
Telephone: 8981 3812
Freecall: 1800 813 846
Fax: 8981 3812
Email: antidiscrimination@nt.gov.au
Website: www.adc.nt.gov.au
Hours: Monday-Friday: 8.00am-4.21pm

Formal mechanism for members of the community to lodge formal complaints regarding discrimination they believe they have experienced. This is a free and confidential service. There are three areas of service including:

1. Complaints
2. Public education / training
3. The Community Visitor Program.
Deaf NT

Location: Shop 14b Casuarina Plaza
258 Trower Road CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Telephone: 8945 2016 or
0429 452 016
Freecall: 1800 645 916
Email: info@deafnt.org.au
Website: www.deafchildrenaustralia.org.au
Hours: Monday-Wednesday: 10.00am-5.00pm
or call for an appointment

Parent Body: Deaf Children Australia

DeafNT as a part of deaf Children Australia provides advocacy, information and referral to deaf and hard of hearing people of any age.

We respond to individual needs regardless of the degree of hearing loss, communicate on methods, personal circumstances or additional disabilities.

Our purpose is to remove barriers to personal development and social inclusion faced by those who are deaf or hard of hearing. DeafNT also facilitates a Parents of Deaf Group, provides social media opportunities for deaf community communication and social interaction and provides deaf awareness training to community and professional organisations.
**Information & Referral Services**

### Office of Disability

**Location:** 2B2 Cascom Centre  
17 Scaturchio Street CASUARINA  
**Postal:** PO Box 40596 CASUARINA NT 0811  
**Freecall:** 1800 139 656  
**Email:** topendintake.ths@nt.gov.au  
**Website:** www.healthy.nt.gov.au  
**Hours:** 8.00am-4.21pm  
**Parent Body:** Department of Health

The Office of Disability provides support to Territorians with disabilities, children with developmental concerns, people who are aging, families and carers, through centralised access and referrals to specialists Office of Disability services.

Located at Office of Disability are NT Companion Card Scheme, NT Pensioner and Carer Concession Scheme, NT Pensioner and Carer Concession Scheme and NT Seniors Card Scheme.

### Tourism Top End

**Location:** 6 Bennett Street DARWIN  
**Postal:** GPO Box 4392 DARWIN NT 0801  
**Telephone:** 8980 6000  
**Freecall:** 1300 138 886  
**Fax:** 8981 0653  
**Email:** info@tourismtopend.com.au  
**Website:** www.tourismtopend.com.au  
**Hours:** Monday-Friday: 8.30am-5.00pm  
Saturday-Sunday: 9.00am-3.00pm

Tourism Top End can provide details of those service providers offering accommodation and tours that cater for seniors and disabled persons.

Contact Tourism Top End for details that can cater to your needs.
INTERPRETING SERVICES

Interpreting & Translating Service NT (ITSNT)

Location: Ground Floor RCG House
83-85 Smith Street DARWIN
Postal: GPO Box 2850 DARWIN NT 0801
Telephone: 8999 8506
Freecall: 1800 676 254
Fax: 8999 8475
Email: itsnt@nt.gov.au
Website: www.itsnt.nt.gov.au
Hours: Monday-Friday: 8.30am-4.00pm
Parent Body: Department of Local Government &
Community Services, NT Government

- On-site interpreting service;
- Translation service;
- Fee free interpreting services to NT Government agencies
and non-government community organisations dealing with
people from non-English speaking backgrounds.
**National Auslan Interpreter Booking and Payment Service (NABS)**

Location: Level 1 RCG House  
Smith Street DARWIN

Postal: GPO Box 2803 DARWIN NT 0801

Freecall: 1800 246 945

Fax: 1800 246 914

Email: e.temple@nabs.org.au

Website: www.nabs.org.au

Hours: Monday-Friday: 8.00am-8.00pm  
Saturday: 8.00am-1.00pm  
Interpreter hours: flexible / as required

NABS provides sign language interpreters for people who are deaf or hard of hearing and use signing as their primary language.

The service is provided throughout the NT for a variety of clients with a range of community needs.
National Relay Service

Location: 251 Morphett Street ADELAIDE
Postal: Level 2, 10 Mallett Street
CAMPERDOWN NSW 2050
Freecall: 1800 555 660
Fax: 1800 555 690
Email: helpdesk@relayservice.com.au
Website: www.relayservice.com.au
Hours: 8.00am-6.00pm (EST)

The National Relay Service (NRS) is a national phone service for people who are deaf or have a hearing or speech impairment.

It is available to everyone at no additional charge and to anyone who wants to call them.
Darwin Community Legal Service

Location: 8 Manton Street DARWIN (cnr McMinn Street)
Postal: GPO Box 3180 DARWIN NT 0801
Telephone: 8982 1111
Freecall: 1800 812 953
Fax: 8982 1112
Email: info@dcls.org.au
Website: www.dcls.org.au
Hours: Monday to Friday: 9.00am-5.00pm

Darwin Community Legal Service provides a range of free services as follows:

- Aged and disability advocacy
- Credit and debt legal service
- Disability discrimination
- Legal advice sessions at Darwin, Casuarina and Palmerston
- Homelessness legal service
- Welfare rights
- Tenants’ advice service.
Legal Aid Helpline

Postal:  Locked Bag 11 DARWIN NT 0801
Freecall:  1800 019 343
Email:  info@ntlac.nt.gov.au
Website:  www.ntlac.nt.gov.au
Hours:  8.00am-4.30pm
Parent Body  NT Legal Aid Commission

Your first step towards a solution.

Call the legal aid helpline for information, referral to other helpful services and appointments for free legal advice.

Public Trustee for the Northern Territory – Will Service

Location:  Zone B Level 2 Nichols Place
Cnr Cavenagh & Bennett Streets DARWIN
Postal:  GPO Box 470 DARWIN NT 0801
Telephone:  8999 7271
Fax:  8999 7882
Email:  agd.publictrustee@nt.gov.au
Website:  www.nt.gov.au/justice/pubtrust
Hours:  Monday-Friday: 8.30am-4.00pm

Provides inexpensive will service to concession card holders at a cost of $23.00 per will (fees as at 1 July 2014 and subject to change).
Legal

**Tenants’ Advice Service**

Location: 8 Manton Street DARWIN
Postal: GPO Box 3180 DARWIN NT 0801
Telephone: 8982 1111
Freecall: 1800 812 953
Fax: 8982 1112
Email: tenants@dcls.org.au
Website: www.dcls.org.au
Hours: Monday to Friday: 9.00am-5.00pm
Parent Body: Darwin Community Legal Service Inc

Free advice and advocacy service to residential tenants with regard to their rights and responsibilities in residential tenancies.

**Welfare Rights Service**

Location: Darwin Community Legal Service
8 Manton Street DARWIN
Postal: GPO Box 3180 DARWIN NT 0801
Telephone: 8982 1111
Freecall: 1800 812 953
Fax: 8982 1112
Email: info@dcls.org.au
Website: www.dcls.org.au
Hours: By appointment Monday to Friday: 9.00am-5.00pm
Parent Body: National Welfare Rights Network

Assistance with Centrelink issues including debts, asset assessment and eligibility.

Free legal advice on any Centrelink matters and appointments available in person or by telephone.
MENTAL HEALTH

Grow NT

Location: Unit 3/93 Mitchell Street DARWIN
Postal: GPO Box 1291 DARWIN NT 0801
Telephone: 8981 1210
Freecall: 1800 558 268
Fax: 8981 5160
Email: nt@grow.net.au
Website: www.grow.net.au
Hours: Monday-Friday: 9.00am-3.30pm
Parent Body: Grow

Grow is a community based organisation that has helped thousands of Australians recover from mental illness through a unique program of mutual support and personal development.

Grow is suitable for anyone who wants to improve and maintain their emotional and mental wellbeing. Groups generally meet weekly.
Mental Health

Mental Health Support

Location: 2/273 Bagot Road COCONUT GROVE
Postal: PO Box 40556 CASUARINA NT 0811
Telephone: 8948 1051
Freecall: 1800 985 944
Fax: 8948 2473
Email: admin@mifant.org.au
Website: www.mifant.org.au
Hours: Monday-Friday: 8.30am-4.30pm
Parent Body Mental health Fellowship of Australia (NT)

Mental health Fellowship of Australia (NT) MIFANT is a non-government organisation providing support, advocacy, information, referrals, respite and education for carers, family, friends and people affected by mental illness.
TEAMhealth – Top End Association for Mental Health Inc

Location: Level 5
62 Cavenagh Street DARWIN

Postal: GPO Box 4050 DARWIN NT 0801

Telephone: 8943 9600
1300 780 081 – cost of a local call

Fax: 8943 9601

Email: teamhealth@teamhealth.asn.au

Website: www.teamhealth.asn.au

Hours: Various hours Monday-Friday
Residential support 24 hours 7 days a week

TEAMhealth’s services are provided within a model of recovery, focused on psychosocial rehabilitation and within the framework of the National Mental Health Plan and Standards.

TEAMhealth also provides Home Care Packages (HCP) in the Darwin and Palmerston region.

Top End Mental Health Service

Location: PARAP

Postal: PO Box 140 PARAP NT 0804

Telephone: 8999 4988

Fax: 8999 4999

Website: www.health.nt.gov.au

Hours: Monday-Friday: 8.00am-4.30pm

Parent Body: Department of Health

Provides mental health services to the community in the Top End and offers a 24 hour emergency mental health service via telephone on 1800 682 288.
MOBILITY AIDS/EQUIPMENT

Disability Equipment Program (DEP)

Location: 2B2 Cascom Centre
           17 Scaturchio Street CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Freecall: 1800 139 656
Email: toppendintake.ths@nt.gov.au
Website: www.health.nt.gov.au
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health

The Disability Equipment Program (DEP) aims to provide appropriate equipment, aids and appliances to eligible consumers, to enhance their safety and independence and to assist them to live and participate in their community.

Clients must meet certain criteria and need to have an assessment by an appropriate professional.
Keep Moving

Location: 15 Swan Crescent WINNELLIE
Postal: PO Box 37082 WINNELLIE NT 0821
Telephone: 8947 5122
Fax: 8947 2531
Email: reception@keepmoving.net.au
Website: www.keepmoving.net.au
Hours: Monday-Friday: 8.30am-4.30pm

Keep Moving is a professional supplier of Mobility and Rehabilitation Equipment for elderly people with a disability.

Keep Moving has a wide range of equipment to help with activities of daily living: walking sticks, walking frames, wheelchairs, electric hi-low beds, grab rails, ramps, body braces, e.g. knee, back and wrist.

Keep Moving has a physiotherapist on-site to help with your equipment needs.
# New Age Mobility

<table>
<thead>
<tr>
<th>Location:</th>
<th>26/16 Charlton Court WOOLNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postal:</td>
<td>As above</td>
</tr>
<tr>
<td>Telephone:</td>
<td>8942 1549</td>
</tr>
<tr>
<td>Fax:</td>
<td>8942 1550</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:newage1@bigpond.com">newage1@bigpond.com</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.newagemobility.com.au">www.newagemobility.com.au</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>Monday-Friday: 8.30am-4.30pm</td>
</tr>
<tr>
<td></td>
<td>Saturday: 9.00am-12.00pm</td>
</tr>
</tbody>
</table>

New Age Mobility promotes a better way of living a quality life.

Darwin specialist in sales and service of mobile scooters, mobility aids and home health care.

New Age Mobility also provides one-on-one consultations to help understand our customer’s specific needs and appreciate that no two people are the same and strive to find the perfect solution for each and every one.

Take control of your freedom and independence: talk to New Age Mobility.
NT Mobility Equipment

Location: 8/51 Pruen Road BERRIMAH
Postal: PO Box 1592 BERRIMAH NT 0828
Telephone: 8947 1227
Fax: 8947 1229
Email: ntmobilityequipment@bigpond.com
Website: www.wesellfunnt.com.au
Hours: Monday-Friday: 8.00am-5.30pm
Saturday: 8.00am-3.00pm

NT Mobility Equipment is an approved sales and service agent for
Pride mobility equipment including lift chairs, scooters, electric
and manual wheel chairs, walkers, shower and toilet aids.

NT Mobility Equipment also hire scooters, wheelchairs, walkers
and shower aids.

Prosthetics and Orthotics Department

Location: Royal Darwin Hospital
Postal: PO Box 41326 CASUARINA NT 0811
Telephone: 8922 8241
Fax: 8922 8231
Email: prostheticorthoticrdh.ths@nt.gov.au
Website: www.nt.gov.au/health
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health NT

The Prosthetic and Orthotic Department at Royal Darwin Hospital
manufacture and fit a vast range of prosthetic and orthotic
devices. It also provides services to the High Risk Foot Clinic at
Royal Darwin Hospital as well as services to pediatrics patients via
the Visiting Pediatric Rehabilitation Service.
Mobility/Aids Equipment

Seating Equipment and Technical (SEAT) Service

Location: Block 15 Royal Darwin Hospital
          Rocklands Drive TIWI
Postal:    PO Box 40596 CASUARINA NT 0811
Freecall:  1800 139 656
Email:     topendintake.ths@nt.gov.au
Website:   www.health.nt.gov.au
Hours:     8.00am-4.21pm
Parent Body: Department of Health

The SEAT Service provides high quality clinical services for people with disability and frail aged that have complex seating and mobility needs.
APM Disability Employment Services

Location: Fannie Bay, Casuarina and Palmerston
Postal: PO Box 128 PARAP NT 0804
Telephone: 8945 7128
Fax: 8941 9012
Email: darwin@apm.net.au
Website: www.apm.net.au
Hours: Monday-Friday: 8.30am-5.00pm

APM is an Australian owned provider of innovative services in injury prevention and injury and disability management.

APM provides comprehensive, personalised disability management services that combine vocational rehabilitation services with employment assistance.

Services are sensitive to individuals’ circumstances and background and are tailored to individuals’ needs and abilities.

Rehabilitation Services

Location: Royal Darwin Hospital
Rocklands Drive TIWI
Postal: PO Box 41326 CASUARINA NT 0811
Telephone: 8922 8866
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health

Rehabilitation therapy programs for inpatients and outpatients with neurological conditions such as stroke, brain injury, movement disorder, spinal cord injury and amputees.
## RESPITE

**ARRCS Respite Options for Senior Territorians (ROST)**  
**Darwin**

<table>
<thead>
<tr>
<th>Location</th>
<th>5 Luxton Street STUART PARK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Postal</td>
<td>As above</td>
</tr>
<tr>
<td>Telephone</td>
<td>8942 3911</td>
</tr>
<tr>
<td></td>
<td>0438 452 908</td>
</tr>
<tr>
<td>Fax</td>
<td>8942 3955</td>
</tr>
<tr>
<td>Email</td>
<td><a href="mailto:rostfs@bigpond.com">rostfs@bigpond.com</a></td>
</tr>
<tr>
<td>Hours</td>
<td>7.00am-6.00pm</td>
</tr>
<tr>
<td>Parent Body</td>
<td>Australian Regional and Remote Community Services</td>
</tr>
</tbody>
</table>

Centre based day respite for carers of elderly Territorians with a diagnosis of dementia.

ROST provides stimulating meaningful activities in a social environment. Clients are provided with a home cooked lunch and transport if needed.
ARRCS – Respite Options for Senior Territorians (ROST) - Palmerston

Location: 15 Waterhouse Crescent DRIVER
Postal: As above
Telephone: 8932 3399
0438 452 908
Fax: 8932 3299
Email: rostfs@bigpond.com
Hours: Monday-Friday: 7.00am-6.00pm
Parent Body: Australian Regional and Remote Community Services

Centre based day centre based day respite service for working carers of frail elderly Territorians and younger people with a disability. NRCP funded.

Also provision of centre based services for HACC and NDIHS clients.

ROST provides daily social activities, lunch and transport.
Respite

**Home and Community Care (HACC)**

<table>
<thead>
<tr>
<th>Postal:</th>
<th>PO Box 36506 WINNELLIE NT 0821</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone:</td>
<td>8930 2300</td>
</tr>
<tr>
<td>Fax:</td>
<td>8942 2082</td>
</tr>
<tr>
<td>Email:</td>
<td><a href="mailto:haccdarwin@lwb.org.au">haccdarwin@lwb.org.au</a></td>
</tr>
<tr>
<td>Website:</td>
<td><a href="http://www.lwb.org.au">www.lwb.org.au</a></td>
</tr>
<tr>
<td>Hours:</td>
<td>Monday-Friday: 8.30am-4.30pm</td>
</tr>
</tbody>
</table>

**Parent Body:** Life Without Barriers

Life without Barriers Home and Community Care (HACC) provides domestic assistance, social support, transport and centre based day programs for people over of 65 (50 years and over for Aboriginal and Torres Strait Islander people) living in the Darwin Top End region.

The programs are funded by the Australian Government of Social Services to assist older people to remain living in their home for as long as possible and to assist them to access their community and live an active and independent social life.
**SPORT, RECREATION & THE ARTS**

**Barefoot Bowls – Lawn Bowls**

**Location** 8 Conacher Street FANNIE BAY  
**Postal:** GPO Box 545 DARWIN NT 0801  
**Telephone:** 8981 3221  
**Email:** darwinbowlsclub@bigpond.com  
**Website** www.darwinbowlsclub.com.au  
**Hours:** From 12.00noon daily  
**Parent Body:** Darwin Bowls and Social Club

We welcome new and experienced bowlers of all ages who wish to have a go and have some fun whilst learning lawn bowls.

Thursday night and Tuesday and Sunday mornings are good comps where you can participate with a friendly group of people. Otherwise you can come down and bowl with your friends on any day except Monday.

We provide free coaching. Cost is $10 per person to bowl. We provide all bowls, mats and kittys.
Birch Carroll & Coyle Cinemas

Casuarina
Location: Casuarina Shopping Centre CASUARINA
Telephone: 8945 7777
Email: casuarina_manager@birch.com.au
Website: www.eventcinemas.com.au
Hours: 10.00am-12.30pm

Darwin
Location: 76 Mitchell Street DARWIN
Telephone: 8981 5999
Email: darwin_manager@birch.com.au
Website: www.eventcinemas.com.au
Hours: 10.00am-12.30pm

We offer a wide range of movies for all kinds of audiences. From mainstream blockbusters to art house films.

Burnett House Sunday Afternoon Teas

Location: Burnett House
4 Burnett Place LARRAKEYAH
Postal: As above
Telephone: 8981 0165
Hours: Sunday 3.00pm-5.00pm
Parent Body: Larrakeyah Branch of the National Trust

Old fashioned afternoon teas in a pleasant garden setting for $10 per person.
CMAX Cinemas

Location: The Hub Complex
3 Maluka Street PALMERSTON
Postal: PO Box 900 PALMERSTON NT 0831
Telephone: 8931 2555 – Michael Schneider (Managing Director)
Fax: 8931 2275
Email: cmax@cmaxcinema.com.au
Website: www.cmaxcinema.com.au
Hours: Please call for session times or view movie times on the website. Closed Christmas Day only.

Discount movie tickets as below:

- NT Seniors Cardholder – admit one per card $9.50;
- National Seniors Cardholder – one admit per card $13.50;
- Pensioner & Carer Concession Card (NT Government) – admit one concession price per card; and
- NT Government issued Companion Card – one complimentary admit with companion.

Coconut Grove Seniors Hall Inc

Location: Musgrave Crescent COCONUT GROVE
Postal: PO Box 1022 NIGHTCLIFF NT 0814
Telephone: 8948 0705
8941 5213
8948 1878
Hours: First Sunday of the month – Movie 2.00pm
Third Sunday of the month – Bingo 2.00pm

We provide occasional excursions and have community lunches several times a year.
Sport, Recreation & the Arts

**Disabled Sports Association**

Postal: PO Box 40194 CASUARINA NT 0811  
Telephone: 8945 4800  
Fax: 8927 8866  
Email: disabledsportnt@bigpond.com  
Hours: 8.30am-4.00pm  
Parent Body: Disability Sports Australia

Promotes participation in sport for people with disabilities.

**Family History Library – Genealogical Society of the Northern Territory**

Location: 1st Floor  
25 Cavenagh Street DARWIN  
Postal: PO Box 37212 WINNELLIE NT 0821  
Telephone: 0412 018 015  
Email: gsntinc@bigpond.net.au  
Website: www.gsnt.org.au  
Hours: Monday and Tuesday: 9.30am-5.15pm  
Saturday: 1.00pm-5.30pm

Family History: the world’s most popular hobby, something for people of all ages, beginner to expert levels of knowledge and skill, meet people with similar interests and learn about our library resources which you can use to advance your research.
Grey Panthers

Location: Tracks Dance Studio
Frog Hollow Centre for the Arts
56 McMinn Street DARWIN
Postal: GPO Box 823 DARWIN NT 0801
Telephone: 8941 1410
Fax: 8941 2835
Email: admin@tracksdance.com.au
Website: www.tracksdance.com.au
Hours: Fridays: 9.30am-11.00am
Parent Body: Tracks Dance

The Grey Panthers are a unique Northern Territory dance troupe for senior women and men over 60 years of age. They meet weekly on Friday’s for their contemporary dance class and also perform regularly for special events, usually charitable.
Libraries Casuarina, City, Karama & Nightcliff

Location:  
**Casuarina Library**  
17 Bradshaw Terrace CASUARINA

**City Library**  
Civic Centre  
17 Harry Chan Avenue DARWIN

**Karama Library**  
Karama Shopping Centre  
Kalymnos Drive KARAMA

**Nightcliff Library**  
Pavonia Place NIGHTCLIFF

Postal: GPO Box 84 DARWIN NT 0801

Telephone:  
8930 0200 – Casuarina  
8930 0230 – City  
8927 2505 – Karama  
8985 1461 – Nightcliff

Email: darwinlibraries@darwin.nt.gov.au

Website: www.darwin.nt.gov.au

Parent Body: City of Darwin
Sport, Recreation & the Arts

<table>
<thead>
<tr>
<th>Hours:</th>
<th>Casuarina</th>
<th>City</th>
<th>Karama</th>
<th>Nightcliff</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday-Friday:</td>
<td>Monday-Friday:</td>
<td></td>
<td>Monday-</td>
<td>Monday-</td>
</tr>
<tr>
<td></td>
<td>9.00am-</td>
<td>9.00am</td>
<td>Thursday:</td>
<td>Thursday:</td>
</tr>
<tr>
<td></td>
<td>5.45pm</td>
<td>5.30pm</td>
<td>10.00am-</td>
<td>10.00am-</td>
</tr>
<tr>
<td></td>
<td>Wednesday:</td>
<td></td>
<td>5.30pm</td>
<td>5.30pm</td>
</tr>
<tr>
<td></td>
<td>9.00am-</td>
<td></td>
<td>Friday:</td>
<td>Friday:</td>
</tr>
<tr>
<td></td>
<td>7.30pm</td>
<td></td>
<td>1.00pm-</td>
<td>1.00pm-</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>5.30pm</td>
<td>5.30pm</td>
</tr>
<tr>
<td>Saturday:</td>
<td>9.00am-</td>
<td>9.00am</td>
<td>9.00am-</td>
<td>9.00am-</td>
</tr>
<tr>
<td></td>
<td>12.00pm</td>
<td>12.00pm</td>
<td>12.00pm</td>
<td>12.00pm</td>
</tr>
<tr>
<td>Sunday:</td>
<td>1.00pm-</td>
<td>Closed</td>
<td>Closed</td>
<td>Closed</td>
</tr>
<tr>
<td></td>
<td>4.00pm</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Computers with built-in features to help those with visual impairments are available as well as multi-walkers for people with mobility limitations.

Ramp access and accessible toilets are available.
Museum & Art Gallery of the Northern Territory

Location: 19 Conacher Street, THE GARDENS
Postal: GPO Box 4646 DARWIN NT 0801
Telephone: 8999 8246
Fax: 8999 8289
Email: museum.magnt@nt.gov.au
Website: www.magnt.net.au
Hours: Monday-Friday: 9.00am-5.00pm
   Saturday-Sunday: 10.00am-5.00pm
   Public Holidays: 10.00am-5.00pm
   (Closed: Christmas Day, Boxing Day, New Years Day and Good Friday)

Parent Body: Northern Territory Government

The Museum & Art Gallery of the Northern Territory is the Northern Territory premier cultural institution.

The museum complex consists of five major permanent galleries, education facilities for school groups, the museum gift shop and the Cornucopia Museum Café.
Nican – inclusive recreation for Australians of all Abilities

Postal: PO Box 110 MITCHELL ACT 2911
Freecall: 1800 806 769
Fax: 02 6241 1224
Email: info@nican.com.au
Website: www.nican.com.au
Hours: 9.00am-4.00pm AEST

Nican provides information on recreation, tourism, sport and the arts for people with disability.

We provide a nationwide searchable database which can be accessed by free-call phone, online and via smartphone.

We also administer the Nican Qantas Carer Concession Card which provides a 50% discount for carers of people with disability on most domestic flights.

Nightcliff Evergreens

Location: Nightcliff Sports Club
Camphor Street NIGHTCLIFF
Postal: PO Box 1283 NIGHTCLIFF NT 0814
Telephone: 8945 0088
Email: electorate.nightcliff@nt.gov.au

Meetings on the 2nd and 4th Wednesday of each month:
10.00am - 12noon.

Activities include: guest speakers, entertainment, day trips, luncheons and morning teas, plus weekly sessions of craft (Monday 10.00am) and canasta (Friday 1.00pm).
NT Ballroom Dancing Association
Postal: PO Box 41091 CASUARINA NT 0811
Email: ntbda@yahoo.com.au
Various events and workshops held throughout the year. Great opportunities, to have fun, keep fit and dance to some lovely music. Contact ntbda@yahoo.com.au for a program of events.

NuLiNe Dance
Location: Malak Community Centre
13 Malak Crescent MALAK
Postal: PO Box 41726 CASUARINA NT 0811
Telephone: 0418 826 778
Email: nataliee@nulinedance.com
Website: www.nulinedance.com
Hours: Tuesday: 5.00pm-7.00pm
       Thursday: 10.30am-12.30pm
       Friday: 3.00pm-5.00pm

If you love to dance you’ll love NuLiNe!

Learn dance routines choreographed to a variety of music genres. There’s ‘a little bit of Mambo’, Latin, Pop, Celtic, Country, Cha Cha, Waltz and Rumba.

NuLiNe exercises your body and mind!
Palmerston Senior Songsters

Location: Brennan Electorate Office
          Shop 2, Palmerston Shopping Centre
Postal:    C/- PO Box 681 HOWARD SPRINGS NT 0835
Telephone: 0403 470 779

A group of ‘oldies’ who enjoy singing.

We visit the nursing homes around Darwin and Palmerston and Palliative Care each month. We can also be found at various functions at Palmerston Shopping Centre.

Pensioners’ Workshop Association

Location: WINNELLIE
Postal:    Unit 2/48 Albatross Street WINNELLIE NT 0820
Telephone: 8947 7098
Email:     penworkshop@bigpond.com
Hours:     Tuesday, Thursday, Friday: 9.00am-2.00pm

The Association provides a venue where pensioners and retirees, male and female, may meet socially.

There is a workshop where members may undertake projects, principally wood turning and joinery, picture framing, sewing, and some metal work.
<table>
<thead>
<tr>
<th><strong>Scottish Country Dancing</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Location:</strong> Malak Community Centre</td>
</tr>
<tr>
<td>Malak Crescent MALAK</td>
</tr>
<tr>
<td><strong>Postal:</strong> 4 Eagle Court WULAGI NT 0812</td>
</tr>
<tr>
<td><strong>Telephone:</strong> 8927 9203</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:anguka@internode.on.net">anguka@internode.on.net</a></td>
</tr>
<tr>
<td><strong>Website:</strong> <a href="http://www.scottishcountrydance.net">www.scottishcountrydance.net</a></td>
</tr>
<tr>
<td><strong>Hours:</strong> Saturday: 2.00pm-4.00pm</td>
</tr>
<tr>
<td>Other courses by arrangement</td>
</tr>
</tbody>
</table>

Weekly sessions teaching and promoting Scottish Country Dancing to all nationalities.

Happy, friendly, social dancing to splendid music, run by top internationally accredited teachers.

20% off each 12-week Beginners Course in February and August for Seniors Card holders.
Swimming Pools – Casuarina, Parap & Nightcliff

**Casuarina**

Location: Angelo Street CASUARINA  
Telephone: 8927 9091  
Fax: 8928 1238

**Nightcliff**

Location: Casuarina Drive NIGHTCLIFF  
Telephone: 8985 1682  
Fax: 8985 1682

**Parap**

Location: Ross Smith Avenue PARAP  
Telephone: 8981 2662  
Fax: 8981 2048  
Parent Body: City of Darwin

Public swimming, lap swimming, swimming lessons and aqua classes.

Ramp access, accessible toilets and hydraulic pool lifts available.

<table>
<thead>
<tr>
<th>Hours</th>
<th>Casuarina Pool</th>
<th>Nightcliff Pool</th>
<th>Parap Pool</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6.00am-7.30pm</td>
<td>6.00am-7.00pm</td>
<td>6.00am-7.30pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>6.00am-7.30pm</td>
<td>6.00am-7.00pm</td>
<td>6.00am-7.30pm</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6.00am-7.30pm</td>
<td>6.00am-7.00pm</td>
<td>6.00am-6.00pm</td>
</tr>
<tr>
<td>Thursday</td>
<td>6.00am-7.30pm</td>
<td>6.00am-7.00pm</td>
<td>6.00am-7.30pm</td>
</tr>
<tr>
<td>Friday</td>
<td>6.00am-7.30pm</td>
<td>6.00am-7.30pm</td>
<td>6.00am-7.30pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>8.00am-6.00pm</td>
<td>8.00am-7.30pm</td>
<td>8.00am-6.00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>8.00am-6.00pm</td>
<td>10.00am-7.30pm</td>
<td>10.00am-6.00pm</td>
</tr>
<tr>
<td>Public Holidays</td>
<td>10.00am-7.30pm</td>
<td>10.00am-7.30pm</td>
<td>10.00am-7.30pm</td>
</tr>
</tbody>
</table>
Sport, Recreation & the Arts

Tactile Arts

Location: 19 Conacher Street FANNIE BAY – on the grounds of the Museum & Art Gallery of NT
Postal: GPO Box 1479 DARWIN NT 0801
Telephone: 8981 6616
Fax: 8981 7175
Email: admin@tactilearts.org.au
Website: www.tactilearts.org.au
Hours: Office: Tuesday-Friday: 9.30am-4.30pm
Gallery: Tuesday-Friday: 9.30am-4.30pm
Saturday & Sunday: 10.00am-3.00pm

Tactile ARTS delivers contemporary craft workshops.

Members enjoy discounts on workshops and purchases at our retail outlet, can participate in craft fairs and member’s exhibitions and are able to access studios and equipment.

Seniors concession available on membership fees.
Top End Mustangs Inc Line Dancing

Location: Coconut Grove Seniors Hall and Howard Springs Community Hall (Tuesday only)
Postal: PO Box 41740 CASUARINA NT 0811
Telephone: 0438 852 998 - Julie
Email: info@topendmustangs.com.au
Website: www.topendmustangs.com.au
Hours: Monday: 6.30pm-9.00pm
       Tuesday: 7.30pm-9.30pm
       Wednesday: 6.30pm-8.30pm
       Thursday: 10.00am-12.30pm

Parent Body: Top End Mustangs Inc

Top End Mustangs is a line dancing group where you can learn to dance in a fun and friendly atmosphere. Classes cater from beginner to intermediate level and more than 75% of members are seniors.

Tuesday Senior Citizens Group

Location: Casuarina Community Room
          Casuarina Square CASUARINA
Postal: GPO Box 3143 DARWIN NT 0801
Telephone: 8927 0767 - Maria Vlastuin
          8945 9065 - Freda Brocker
Hours: Tuesday: 9.30am-1.30pm

Morning tea, bingo and raffle.
SUPPORT SERVICES

Calvary Community Care

Location: Unit 1/18 Totem Road COCONUT GROVE
Postal: PO Box 41308 CASUARINA NT 0811
Telephone: 8985 6988
Fax: 8948 0054
Website: www.calvarycommunitycare.org.au
Hours: 7 days a week
Parent Body: Calvary, Little Company of Mary Health Care Ltd

Calvary Community Care offers a wide range of individually tailored services to support people to live independently in their home and community.

Services include:
- Personal Care;
- Domestic Assistance;
- Respite Care;
- Companionship and Social Support;
- Community Access;
- Home Alert Telecare Solutions; and
- Information and Advice.
CanTeen SA/NT

Location: Shop 9 Rapid Creek Business Village
48 Trower Road MILLNER
Postal: PO Box 41700 CASUARINA NT 0811
Telephone: 8985 2013 or 0420 363 175
Fax: 8985 2071
Email: caitlin.sherlock@canteen.org.au
Website: www.canteen.org.au
www.nowwhat.org.au

Hours: Monday-Friday: 8.00am-6.00pm

CanTeen provides support to 12-24 year olds who are living with cancer. The young person might be:

- Diagnosed with cancer.
- May have a parent/significant family member or sibling with cancer.
- Or the young person may have lost a parent/significant family member/sibling to cancer.

CanTeen provides:

- Individualised and tailored support depending on the young people’s wellbeing needs.
- Runs a variety of one day/weekend activities which are all above having fun and having a break from the cancer experience.
- Has an online platform www.nowwhat.org.au where young people can connect with peers and counsellors 24/7 days a week.
- Provides telephone counselling by trained professionals.
Support Services

**Carpentaria Disability Services Inc**

Location: 37 Henbury Avenue TIWI  
Postal: PO Box 63 KARAMA NT 0813  
Telephone: 8945 4977  
Fax: 8945 0518  
Email: cds@carpentaria.org.au  
Website: www.carpentaria.org.au  
Hours: 8.30am-4.30pm  
- Early intervention services.  
- Home away from home respite.  
- Lifestyle options.  
- Support living.

**Cerebral Palsy Support Group**

Location: Darwin  
Postal: PO Box 42045 CASUARINA NT 0811  
Telephone: 0418 857 042  
Fax: 8945 9249  
Email: ninthhourmusic@gmail.com  
Website: www.cpnt.org.net.au  

CPNT aims to encourage parents and families caring for a person with Cerebral Palsy. It hopes to provide up-to-date information on local service providers in the Darwin area through its website and seeks to raise community awareness about the condition.
Support Services

Community Justice Centre

Location: 1st Floor Nichols Place
Cavenagh Street DARWIN
Postal: GPO Box 1722 DARWIN NT 0801
Freecall: 1800 000 473
Fax: 8999 6226
Email: cjc.@nt.gov.au
Website: www.cjc.nt.gov.au
Hours: Office Hours: 8.00am-4.21pm
Mediation Service – business/after hours
Parent Body: Department of Attorney-General and Justice NT Government

The Community Justice Centre provides mediation services for the community to help people resolve their disputes without legal action. The service is free, confidential and voluntary.
Support Services

Darwin Community Access Service

Location: Wanguri Shopping Centre
         Wanguri Place WANGURI
Postal:   PO Box 36506 WINNELLIE NT 0821
Telephone: 8928 1442
Fax:         8928 1335
Email:      sdykstra@anglicare-nt.org.au
Website:    www.anglicare-nt.org.au
Hours:     Monday-Friday: 8.30am-4.30pm
Parent Body:  Anglicare NT

DCAS offers a flexible, client focused service for people with a
disability, funded by the NT Department of Health.

The service provides a qualified disability support worker for one-on-one support and a small hourly fee applies.

Services involve support for adults who do not live in funded supported accommodation, community access, advocacy, information and referrals. An individual program plan is developed in consultation with other stakeholders.

DCAS Brokerage Service is a non-funded service offering flexible, client focused support for individuals with a disability who are unable to access the funded service.

The service provides a qualified disability support worker to support the person with community access. An hourly fee applies and transport can be arranged if required.
Disability Coordination Team

Location: Level 1 Casuarina Plaza
Cnr Trower Road & Vanderlin Drive CASUARINA
Postal: PO Box 40596 CASUARINA NT 0811
Freecall: 1800 139 656
Email: topendintake.ths@nt.gov.au
Website: www.health.nt.gov.au
Hours: Monday-Friday: 8.00am-4.21pm
Parent Body: Department of Health

Disability Coordination Team provides comprehensive person centered assessment in order to develop individualized support plans that enhance independence, self-esteem and capacity within the community. This includes case management and behavioral management.

Epilepsy Action Australia

Location: Phone: 1300 374 537
Phone services nationwide
Postal: PO Box 879 EPPING NSW 1710
Telephone: 1300 374 537
Fax: 1300 886 894
Email: epilepsy@epilepsy.org.au
Website: www.epilepsy.org.au
Hours: Monday-Friday: 9.00am-5.00pm AEST

Epilepsy Action Australia is a national service provider delivering services to people with epilepsy and their families.

Services include individual service plans, epilepsy information and guidance, first aid, seizure management planning, education and training programs, peer support, memory workshops and Online Self-management tools.
Guide Dogs NT Vision Services

Location: 4/5 Keith Lane FANNIE BAY
Postal: PO Box 154 PARAP NT 0804
Telephone: 8995 2222
Freecall: 1800 GUIDE DOGS
Fax: 8995 2223
Email: info@guidedogs.org.au
Website: www.guidedogs.org.au
Hours: Monday-Friday: 8.30am-5.00pm

Guide Dogs NT Vision Services is the main provider of vision services to adults and children with vision loss across the NT. We provide a range of support and education services including Orientation and Mobility programs and Low Vision services.
Library Services for Housebound

Location: Casuarina Library
Bradshaw Terrace CASUARINA

City Library
Civic Centre, Harry Chan Avenue DARWIN

Postal: GPO Box 84 DARWIN NT 0801

Telephone: 8930 0200 – Casuarina
8930 0230 – City

Fax: 8945 0004 - Casuarina
8930 0562 – City

Email: darwinlibraries@darwin.nt.gov.au

Website: www.darwin.nt.gov.au

Parent Body: City of Darwin

City of Darwin Libraries offer a Housebound Service specifically designed for clients who are unable to visit their library personally due to disability.

Temporary Housebound Membership can be extended to those who are only housebound due to a temporary injury or operation.

For more information on this service, contact the Housebound Service Officers.
Support Services

Linkcare Community Options

Location: Wanguri Shopping Centre
Wanguri Place WANGURI
Postal: PO Box 36506 WINNELLIE NT 0821
Telephone: 8927 0392
Fax: 8928 1335
Email: dhathaway@anglicare-nt.org.au
Website: www.anglicare-nt.org.au
Parent Body: Anglicare NT

Linkcare is a Community Options Service that focuses on supporting frail-aged and complex needs seniors and their carers, from culturally and linguistically diverse backgrounds, in their homes, families and communities through the supplementation and support of existing informal care networks.

Linkcare approaches the planning of services around the needs of individuals, supporting their independence for as long as possible.

The service comprises case management, brokerage, advocacy, respite, in-home support services, personal care, social and community support.

Activities include Heart Starters’ gentle aerobic exercise (weekly), which includes lunch and guest speakers; and Cooking With Culture, a nutritional and social cooking activity (weekly).

A small session fee applies.
Support Services

Prosper Prostate Cancer Support Group

Location: Harbour Room
Christ Church Cathedral
Smith Street DARWIN

Postal: C/- 52 Eden Street STUART PARK NT 0820

Telephone: 8981 4506

Email: ma.pa.willi@bigpond.com

Hours: All Hours

Parent Body: Prostate Cancer Foundation of Australia (PCFA)

To provide support and information to men and their families, from the newly diagnosed situation onwards.
Support Services

Royal Institute for Deaf and Blind Children (RIDBC) Darwin

Location: Cascom Centre
13-17 Scaturchio Street CASUARINA
Postal: PO Box 40725 CASUARINA NT 0811
Telephone: 8945 6498
Email: info@ridbc.org.au
Website: www.ridbc.org.au

RIDBC Darwin provides education, therapy and cochlear implant services to children and adults with hearing loss, supporting families throughout the Northern Territory. The Centre was officially opened in 2012, although RIDBC has been successfully delivering services in the Northern Territory for many years through RIDBC Teleschool. RIDBC Teleschool supports hundreds of families each year living in regional areas of Australia using high quality video conferencing technology.

RIDBC Darwin also provides cochlear implant services through SCIC Cochlear Implant Program, supporting children, adults and families throughout the Northern Territory to access a range of implantable hearing devices according to their needs. The program provides support for life with a seamless, end-to-end suite of services, from early intervention and education; through to specialist assessment; local surgical liaison and support; and rehabilitation services – delivering the highest level of care and support to people of all ages.
 Territory Care and Support Services

Location: 116 Vanderlin Drive WULAGI
Postal: GPO Box 3554 DARWIN NT 0801
Telephone: 8927 3060
Fax: 8927 9469
Email: tcass@bigpond.com.au
Website: www.tcassdarwin.com/company-profile
Hours: 24 hours per day, 7 days a week
Parent Body: North Australia Global Services Pty Ltd

TCASS provides in-home support services according to the needs of the client. The client is the focal point and every effort is made to empower them in decisions regarding their lifestyle support. Clients are treated as individuals and support is tailored to suit their needs.
Support Services

The Salvation Army Companion Club

Location: 3 Yanyula Drive ANULA
Postal: PO Box 40491 CASUARINA NT 0811
Telephone: 8945 4670 or 0417 350 541
Fax: 8927 6875
Email: corpsofficer.darwin@aus.salvationarmy.org
Hours: Wednesday: 9.30am-11.30am (Fortnightly)
Parent Body: The Salvation Army

The Companion Club meets for seniors to form friendships, share morning tea and listen to guest speakers.

Occasionally there are outings.

Total Recreation

Location: Suite 2
98 Woods Street DARWIN
Postal: GPO Box 3217 DARWIN NT 0801
Telephone: 8981 3686
Fax: 8981 3616
Email: admin@totalrecreation.org.au
Website: www.totalrecreation.org.au
Hours: Flexible

Total Recreation offers a range of support for people with a disability. Support is directed towards individuals and/or groups depending upon the activity or available options.

All sport and recreation options take place in the community; the aim is to advance peoples’ opportunities for involvement in their community. Particular emphasis is placed on developing options that are sustainable.
Support Services

Victims of Crime NT Inc

Location: Suite 1 La Grande  
8 Knuckey Street DARWIN
Postal: GPO Box 1258 DARWIN NT 0801
Telephone: 8941 0995
Freecall: 1800 672 242 24 hours, 7 days per week
Email: vocalnt@bigpond.com.au
Website: www.victimsofcrime.org.au
Hours: Monday-Friday: 9.00am-4.30pm

VoCNT is a not for profit agency that provides services for people who have been a victim of a crime in the NT.

We can provide court support, information, advocacy, counselling and assistance to re-secure your home and have someone on your side.

Victims of personal violence may be eligible for compensation through the Crime Victims Services Unit. VoCNT can assist with this.
TRANSPORT

Public Transport Bus Services - Public Transport Division

Location: Level 1 Energy House
18-20 Cavenagh Street DARWIN
Postal: GPO Box 2520 DARWIN NT 0801
Telephone: 9824 7666
Fax: 8924 7841
Email: publictransport@nt.gov.au
Website: www.nt.gov.au/publictransport

Hours: Monday to Friday: 6.45am - 4.30pm
Saturday: 9.00am-1.00pm
Closed Sundays and Public Holidays

Parent Body: Department of Transport

Special services are provided for senior and the mobility impaired passengers.

Palmerston Hospital Shuttle
This free service is for seniors and mobility impaired passengers who reside in the Palmerston area and have an appointment at the Royal Darwin Hospital, Private Hospital, Diabetes Australia or the Farrar Medical Centre.

Door to door services operate to and from the above medical facilities three times per day Monday to Friday excluding Public Holidays.

To be eligible, passengers must be the holder of a current NT Government Pensioner and Carer Concession Card, NT Government Seniors Card, Vision Impaired Travellers Pass or a disability preventing them from using the regular bus services.
To book please call 1300 978 995 and provide the following information:
1. Your Name
2. Pick up location
3. Drop off location
4. Appointment time
5. Appointment number, or Hospital registration number; or in the case of a visiting Doctor, the Doctor’s name
6. If wheelchair transport will be required.

Please note: The shuttle bus has limited seats and bookings are subject to the availability (24 hour prior notice recommended).

Free transport is provided to and from the retirement facilities providing shopping and hospital transport for Leanyer Seniors Village, Fannie Bay and Tiwi Retirement Village Seniors.

To assist seniors on and off the bus, a Transit Carer will be present. The bus also has the capability to carry at least two mobility aids.

**Leanyer Seniors Village**
**Tuesday and Thursday Bus Services**

**Morning Services**

<table>
<thead>
<tr>
<th>Pick Up/Drop Off</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Leanyer Seniors Village</td>
<td>Leanyer Seniors Village road side</td>
<td>9:00am</td>
</tr>
<tr>
<td>Hibiscus Shopping Centre</td>
<td>Baroalba Street, opposite Pharmacy entrance</td>
<td>9:05am</td>
</tr>
<tr>
<td>Casuarina Shopping Centre</td>
<td>Bay 1 Casuarina Interchange</td>
<td>9:15am</td>
</tr>
<tr>
<td>Royal Darwin Hospital</td>
<td>Florey Avenue, bus bay</td>
<td>9:25am</td>
</tr>
</tbody>
</table>

**Afternoon Services**

<table>
<thead>
<tr>
<th>Pick Up/Drop Off</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Royal Darwin Hospital</td>
<td>Florey Avenue, bus bay inside hospital</td>
<td>12:00pm</td>
</tr>
<tr>
<td>Casuarina Shopping Centre</td>
<td>Bay 1 Casuarina Interchange</td>
<td>12:10pm</td>
</tr>
<tr>
<td>Hibiscus Shopping Centre</td>
<td>Baroalba Street, opposite Pharmacy entrance</td>
<td>12:25pm</td>
</tr>
<tr>
<td>Leanyer Seniors Village</td>
<td>Leanyer Seniors Village road side</td>
<td>12:30pm</td>
</tr>
</tbody>
</table>
Transport

Fannie Bay and Tiwi Retirement Village Seniors
Monday and Wednesday Bus Services

Morning Services

<table>
<thead>
<tr>
<th>Pick Up</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pearl Retirement Resort</td>
<td>11 Waratah Crescent Fannie Bay</td>
<td>9:00am</td>
</tr>
<tr>
<td>Fannie Bay Seniors Village</td>
<td>Corner Waratah Crescent / Kurringal Court Fannie Bay</td>
<td>9:05am</td>
</tr>
<tr>
<td>Woolworths Nightcliff</td>
<td>Dick Ward Drive Nightcliff</td>
<td>9:15am</td>
</tr>
<tr>
<td>Nightcliff Shopping Centre</td>
<td>Progress Drive Nightcliff (opposite shops)</td>
<td>9:20am</td>
</tr>
<tr>
<td>Casuarina Shopping Centre</td>
<td>Bay 1 at Casuarina Interchange</td>
<td>9:30am</td>
</tr>
<tr>
<td>Royal Darwin Hospital</td>
<td>Florey Avenue, Hospital bus bay</td>
<td>9:40am</td>
</tr>
<tr>
<td>Diabetes Australia</td>
<td>Tiwi Gardens Road</td>
<td>9:45am</td>
</tr>
<tr>
<td>Tiwi Gardens Lodge</td>
<td>Creswell Street Tiwi</td>
<td>9:50am</td>
</tr>
<tr>
<td>Casuarina Shopping Centre</td>
<td>Bay 1 at Casuarina Interchange</td>
<td>10:00am</td>
</tr>
</tbody>
</table>

Afternoon Services

<table>
<thead>
<tr>
<th>Pick Up</th>
<th>Location</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Casuarina Shopping Centre</td>
<td>Bay 1 at Casuarina Interchange</td>
<td>12:00pm</td>
</tr>
<tr>
<td>Royal Darwin Hospital</td>
<td>Florey Avenue, Hospital bus bay</td>
<td>12:10pm</td>
</tr>
<tr>
<td>Diabetes Australia</td>
<td>Tiwi Gardens Road</td>
<td>12:15pm</td>
</tr>
<tr>
<td>Tiwi Gardens Lodge</td>
<td>Creswell Street Tiwi</td>
<td>12:20pm</td>
</tr>
<tr>
<td>Casuarina Shopping Centre</td>
<td>Bay 1 at Casuarina Interchange</td>
<td>12:30pm</td>
</tr>
<tr>
<td>Nightcliff Shopping Centre</td>
<td>Progress Drive Nightcliff (opposite shops)</td>
<td>12:40pm</td>
</tr>
<tr>
<td>Woolworths Nightcliff</td>
<td>Dick Ward Drive Nightcliff</td>
<td>12:45pm</td>
</tr>
<tr>
<td>Pearl Retirement Resort</td>
<td>11 Waratah Crescent Fannie Bay</td>
<td>12:55pm</td>
</tr>
<tr>
<td>Fannie Bay Seniors Village</td>
<td>Corner Waratah Crescent / Kurringal Court Fannie Bay</td>
<td>1:00pm</td>
</tr>
</tbody>
</table>

Free Bus Travel

Travel on the Territory’s urban public bus network is free for the following:
- Veteran’s with a Veteran’s Affairs Gold Card
- People with a Vision Impaired Travel Pass
- A Companion Card holder’s companion

In the instance where there is no photo ID to the card identifying the cardholder bus drivers may ask for photo ID.
Companions
A person travelling with a Companion Card holder as a companion is eligible for free travel, not the Companion Card holder. However, some Companion Card holders might also hold a Vision Impaired Travel Pass or Veteran’s Affairs Gold Card allowing them to travel free. In this instance they must still show their Companion Card for their companion to travel for free.

Fare structure 1 January 2014
Full Fare: $3.00
An adult full fare entitles the passenger to unlimited bus travel for three hours on any scheduled public bus service from the time of validation.

Concession: $1.00
Seniors, Pensioners and Carers Card, Health Care Card, Companion Card, University and VET Card holders are entitled to unlimited bus travel for three hours any scheduled public bus service from the time validation.

Only Australian State, Territory or Federal Government issued cards accepted.

Cards not eligible for free bus travel
- Basics Card
- Companion Card
- Health Care Card
- Interstate Student Card
- International Student Card
- Pensioner, Carer/Concession Card
- University Student Card
- TAFE Card
- Seniors Card

For more information about public transport fares and services, please contact public transport division on 8924 7666 or visit www.nt.gov.au/publictransport.
USEFUL CONTACTS & INFORMATION

Community Meeting Rooms Available for Hire

**Casuarina**

Location: Casuarina Library Meeting Room  
Casuarina Library  
Bradshaw Terrace CASUARINA

Postal:  
GPO Box 84 DARWIN NT 0801

Telephone:  
8930 0211

Fax:  
8945 0004

Email:  
darwinlibraries@darwin.nt.gov.au

Website:  
www.darwin.nt.gov.au

Parent Body:  
City of Darwin

**Malak**

Location: Malak Community Centre  
Malak Crescent MALAK

Postal:  
GPO Box 84 DARWIN NT 0801

Telephone:  
8930 0556

Fax:  
8930 0311

Email:  
darwin@darwin.nt.gov.au

Website:  
www.darwin.nt.gov.au

Parent Body:  
City of Darwin

The air-conditioned centre has a small room that adjoins the large room and shared toilet facilities.

It has a fully fenced outdoor grassed area at the rear including play equipment, barbeque and an undercover area.
Useful Contacts & Information

Nightcliff
Location: Nightcliff Community Centre
18 Bauhinia Street NIGHTCLIFF
Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8930 0556
Fax: 8930 0311
Email: darwin@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Parent Body: City of Darwin

One air-conditioned meeting room is available for hire and accommodates 40 people comfortably.

The centre is suitable for meetings, seminars and training.

Lyons
Location: Lyons Community Centre
25 Damabila Drive LYONS
Postal: GPO Box 84 DARWIN NT 0801
Telephone: 8930 0556
Fax: 8930 0311
Email: darwin@darwin.nt.gov.au
Website: www.darwin.nt.gov.au
Parent Body: City of Darwin

One air-conditioned meeting room is available for hire and accommodates 60 people comfortably.
Useful Contacts & Information

Health and Community Services Complaints Commission (HCSCC)

Location: Level 5 NT House
          22 Mitchell Street DARWIN
Postal:   GPO Box 4409 DARWIN NT 0801
Telephone: 8999 1969
Freecall: 1800 004 474
Fax:      8999 6067
Email: hcscc@nt.gov.au
Website: www.hcscc.nt.gov.au
Hours:   Monday-Friday: 8.00am-4.30pm

The Health and Community Services Complaints Commission (HCSCC) is an independent body that takes complaints about disability services, services for aged people and health services.

HCSCC assists parties to resolve complaints, aid improvement of services and promote the rights of users.
Useful Contacts & Information

Motor Vehicle Enthusiasts Club Inc

Location: The Old Qantas Hanger
MacDonald Street PARAP
Postal: GPO Box 911 DARWIN NT 0801
Telephone: 8942 0758
Email: mvec@internode.on.net
Website: www.mvec.org.au
mvec.weebly.com - Newsletter
Hours: Monday, Wednesday and Friday: 9.00am-
3.00pm

The QANTAS Hangar constructed by QANTAS in 1934 has on show
Leo Izod’s restored collection of stationary engines and
machinery.

Vehicles belong to MVEC club members and includes exhibits
belonging to MAGNT.

Entry free donations appreciated to help upkeep.
Useful Contacts & Information

**Neighbourhood Watch NT**

Location: cnr Bradshaw Terrace & Dripstone Road  
CASUARINA  
Postal: PO Box 41500 CASUARINA NT 0811  
Telephone: 8999 0847  
Fax: 8999 0808  
Email: neighbourhoodwatch@nt.gov.au  
Website: www.nhwnt.org.au  
Hours: Monday – Friday 7.00am – 3.00pm

Neighbourhood Watch NT is a very successful community based crime prevention program in the Northern Territory aimed at the protection of property and personal safety.

**Palmerston and Rural U3A**

Location: Palmerston Library  
Postal: 8/8 Wright Crescent GRAY NT 0830  
Telephone: 8932 5212 or  
0437 623 654  
Email: mschoenfisch@southernphone.com.au  
Hours: 1.30pm-3.3pm

A group of seniors who meet once a month to fellowship with a diverse assortment of meetings.

For further information please call Maggie on 8932 5212.
# INDEX

Adult Allied Health Team (AAHT) ........................................................... 46  
Adult Migrant English Program ........................................................... 37  
Aged and Disability Advocacy Service ................................................. 9  
Aged Care Assessment Team - Urban .................................................. 15  
Alcoholics Anonymous ....................................................................... 47  
Alzheimer’s Australia NT Inc ............................................................... 48  
Amity Community Services Inc – Information, Education and Counselling Services ........................................................... 29  
Anti-Discrimination Commission .......................................................... 58  
APM Disability Employment Services .................................................. 75  
ARRCS – Respite Options for Senior Territorians (ROST) - Palmerston . 77  
ARRCS Respite Options for Senior Territorians (ROST) Darwin .......... 76  
Arthritis & Osteoporosis NT (AONT) ................................................... 49  
Asthma Foundation NT ...................................................................... 50  
Ausdesigns™ .................................................................................. 41  
Australian Association Special Education NT Chapter ....................... 3  
Barefoot Bowls – Lawn Bowls ............................................................ 79  
Birch Carroll & Coyle Cinemas ........................................................... 80  
BreastScreenNT ................................................................................ 50  
Burnett House Sunday Afternoon Teas ............................................... 80  
Calvary Community Care .................................................................. 94  
Camp Quality ................................................................................... 20  
CanTeen SA/NT ................................................................................ 95  
Carers NT Inc .................................................................................... 12  
Carpentaria Disability Services Inc .................................................... 96  
CatholicCare NT ............................................................................... 30  
Cerebral Palsy Support Group ............................................................ 96  
Children’s Development Team (CDT) .................................................. 20  
City of Darwin Concessions ................................................................ 26  
CMAX Cinemas ................................................................................ 81  
Coconut Grove Seniors Hall Inc ........................................................ 81  
Coeliac Disease Support Group ........................................................... 51  
Community Justice Centre ................................................................. 97  
Community Meeting Rooms Available for Hire .................................. 112  
Community Pathways Program ......................................................... 38  
Community Visitor Program ............................................................... 10  
Community Visitors Scheme .............................................................. 13  
COTA NT (Council on the Ageing NT Inc) .......................................... 4  
Credit and Debt Legal Service ............................................................ 44  
D & R Community Services ................................................................ 14
Index

Darwin Accommodation Services ........................................................... 1
Darwin Community Access Service ..................................................... 98
Darwin Community Legal Service ....................................................... 64
Darwin Toy Library ............................................................................. 21
Deaf NT ............................................................................................. 59
Disability Coordination Team ............................................................. 99
Disability Discrimination Advocacy .................................................... 11
Disability Equipment Program (DEP) .................................................. 70
Disabled Sports Association ............................................................... 82
Down Syndrome Association of the Northern Territory .................... 22
Driver Rehabilitation Service ......................................................... 36
Early Childhood Australia NT Branch ................................................ 5
Epilepsy Action Australia ................................................................... 99
Executive Office of Adult Guardianship ............................................. 51
Family History Library – Genealogical Society of the Northern Territory .................................................................................. 82
Family Planning Welfare Association NT ........................................... 52
Filipiniana Senior Citizens Association Incorporated ....................... 16
First Aid Training .............................................................................. 39
Golden Glow Nursing ....................................................................... 53
Grey Panthers .................................................................................... 83
Grow NT ............................................................................................ 67
Guide Dogs NT Vision Services ...................................................... 100
Health and Community Services Complaints Commission (HCSCC) ........................................................................................................ 114
Healthy Living NT Diabetes Australia of the NT Inc ......................... 54
Henbury School ............................................................................... 39
Home and Community Care – Transport, Day Respite and Social Support .............................................................................................. 78
Integrated Disability Action Inc ....................................................... 6
Interpreting & Translating Service NT (ITSNT) ................................... 61
Keep Moving .................................................................................... 71
Kokoda Industries ........................................................................... 42
Legal Aid Helpline ........................................................................... 65
Libraries Casuarina, City, Karama & Nightcliff ................................ 84
Library Services for Housebound .................................................... 101
Lifeline Top End ............................................................................... 30
Linkcare Community Options ....................................................... 102
Mental Health Support ................................................................. 68
Motor Vehicle Enthusiasts Club Inc .................................................. 115
MS – Peer Support Group ................................................................. 55
Museum & Art Gallery of the Northern Territory ............................. 86
National Auslan Interpreter Booking and Payment Service (NABS) .. 62

118
Index

National Bowel Cancer Screening Program NT Register ......................... 55
National Disability Services NT ................................................................. 7
National Relay Service ............................................................................. 63
Neighbourhood Watch NT ................................................................ 116
Nemarluk School ..................................................................................... 40
New Age Mobility ................................................................................... 72
Nican – inclusive recreation for Australians of all Abilities .............. 87
Nightcliff Evergreens ............................................................................ 87
Northern Territory Field Naturalists Club ......................................... 40
NT Ballroom Dancing Association ......................................................... 88
NT Cervical Screening Program and NT Pap Smear Register ............ 56
NT Council of Social Service Inc ............................................................ 7
NT Dementia Behaviour Management Advisory Service (NTDBMAS) 17
NT Mobility Equipment ......................................................................... 73
NT Pensioner & Carer Concession Scheme ........................................ 27
NT Seniors Card ..................................................................................... 28
NT Transition Care Program ................................................................. 18
NT Working Women’s Centre ............................................................... 43
NuLiNe Dance ......................................................................................... 88
Office of Disability .................................................................................. 60
Office of Senior Territorians ................................................................. 8
Palmerston and Rural U3A ..................................................................... 116
Palmerston Senior Songsters ................................................................ 89
Pensioners’ Workshop Association ...................................................... 89
Probus Club of Darwin Inc ..................................................................... 8
Prosper Prostate Cancer Support Group ............................................. 103
Prosthetics and Orthotics Department .................................................. 73
Public Transport Bus Services – Public Transport Division ............... 108
Public Trustee for the Northern Territory – Will Service ................. 65
Rehabilitation Services ......................................................................... 75
Relationships Australia NT Darwin Counselling Service .................. 31
Royal Darwin Hospital ........................................................................ 56
Royal Institute for Deaf and Blind Children (RIDBC) Darwin .......... 104
Ruby Gaea Sexual Assault Counselling and Education ..................... 32
Safety House NT .................................................................................. 23
Scottish Country Dancing ...................................................................... 90
Seating Equipment and Technical (SEAT) Service ............................ 74
Sexual Assault Referral Centre (SARC) Darwin .................................. 33
SIDS and Kids Northern Territory ........................................................ 34
Somerville Community Services Inc Disability Services Program ...... 2
Somerville Family Services .................................................................. 35
Somerville Financial Services ............................................................... 45
Supported Accommodation .................................................................. 2
Index

Swimming Pools – Casuarina, Parap & Nightcliff ........................................ 91
Tactile Arts .................................................................................................... 92
TEAMhealth – Top End Association for Mental Health Inc ..................... 69
Tenants’ Advice Service ........................................................................... 66
Terrace Gardens Aged Care ................................................................ 19
Territory Care and Support Services .................................................. 105
The Salvation Army Companion Club ................................................. 106
Top End Mental Health Service .............................................................. 69
Top End Mustangs Inc Line Dancing .................................................... 93
Total Recreation ..................................................................................... 106
Tourism Top End .................................................................................... 60
Tuesday Senior Citizens Group .............................................................. 93
Variety, The Children’s Charity Northern Territory ................................ 24
Veteran Affairs Network ....................................................................... 25
Victims of Crime NT Inc ................................................................. 107
VK Care Services Nursing and Allied Health Agency ....................... 57
Welfare Rights Service ......................................................................... 66
Civic Centre
Harry Chan Avenue
Darwin NT 0800

GPO Box 84
Darwin NT 0801

Ph: 8930 0300
Fax: 8930 0311

darwin@darwin.nt.gov.au
www.darwin.nt.gov.au