

Cairns Community Resource



**MISSION
AUSTRALIA**

Delivering the NDIS in
your community

**Call us on
1800 860 555**

All information is correct as at Friday 9th April 2021 this directory
is continuously updated – Please send all changes to
morrisc@missionaustralia.com.au

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Who is the NDIA and Mission Australia?

National Disability Insurance Agency (NDIA) – Australian Government agency running NDIS

What is the NDIS?

National Disability Insurance Scheme – Australian Government program

Online: www.ndis.gov.au

<https://www.ndis.gov.au/contact>

National Disability Insurance Scheme (NDIS)

15 Lake Street, Cairns

Phone - 1800 800 110

Monday - Friday, 9am - 5pm

<https://www.ndis.gov.au/participants/working-providers/find-registered-provider> - Here you can download a list of all registered providers by State – Name or Group.

What is Mission Australia's role with the NDIS?

- Partner In The Community (PITC) for NDIA in Cairns Region
- Delivers NDIS Local Area Coordination (LAC) and Early Childhood Early Intervention (ECEI) Programs
- Cairns Region includes Local Government Areas of Tablelands, Douglas, Cairns, Mareeba, Yarrabah and Cassowary Coast

Telephone:

- **NDIA: 1800 800 110** (8am to 8pm local time)
- **Mission Australia: 1800 860 555** (8:30am to 4:30pm Monday to Friday)

Visit a Mission Australia Service Centre at:

- **Cairns** - 379 Spence St, Bungalow – Monday to Friday - 9am to 5pm –
- **Cairns** - Raintrees Shopping Centre, Manunda - Monday to Friday - 8.30am to 4.30pm
- **Mareeba** – 148 Byrnes Street – Tuesday and Thursday – 8.30am to 4.30pm (otherwise by appointment) - servicing Tablelands and Mareeba Local Government Areas inc. Atherton, Mareeba, Ravenshoe, Mt Garnet, Herberton, Millaa Millaa, Mareeba, Kuranda etc.
- **Mossman** – Shop 4, 53 Front St. – Monday to Friday – 8.30am to 4.30pm - servicing Mossman/Port Douglas region
- **Innisfail** – 11 Ernest Street - Tuesday and Thursday – 8.30am to 4.30pm (otherwise by appointment) - servicing Cassowary Coast region including Tully, Mission Beach and Cardwell

- **Yarrabah** – RTC Centre, Noble Street - Monday to Friday – 8.30am to 4.30pm.

What is the ECEI program?

- **ECEI = Early Childhood Early Intervention Program**
- Provides early intervention support for children aged **birth to 6 years** with disability or developmental delays and their families
- ECEI staff help people understand and access supports under the ECEI Program

For more information about how ECEI works, click this link for a step by step process explanation - www.ndis.gov.au/understanding/families-and-carers/how-ecei-works-step-step-process

What is the LAC program?

- **LAC = Local Area Coordination Program**
- Disability support for people aged **7 to 64 years** with a permanent disability
- LAC staff help people understand/access NDIS then develop, use and review their NDIS plan

For more information about the role of an LAC and how you can be linked to supports in your community, click on this link - www.ndis.gov.au/understanding/what-ndis/whos-rolling-out-ndis/lac-partners-community

Cairns Regional Council



Cairns Regional Council Boundaries Map

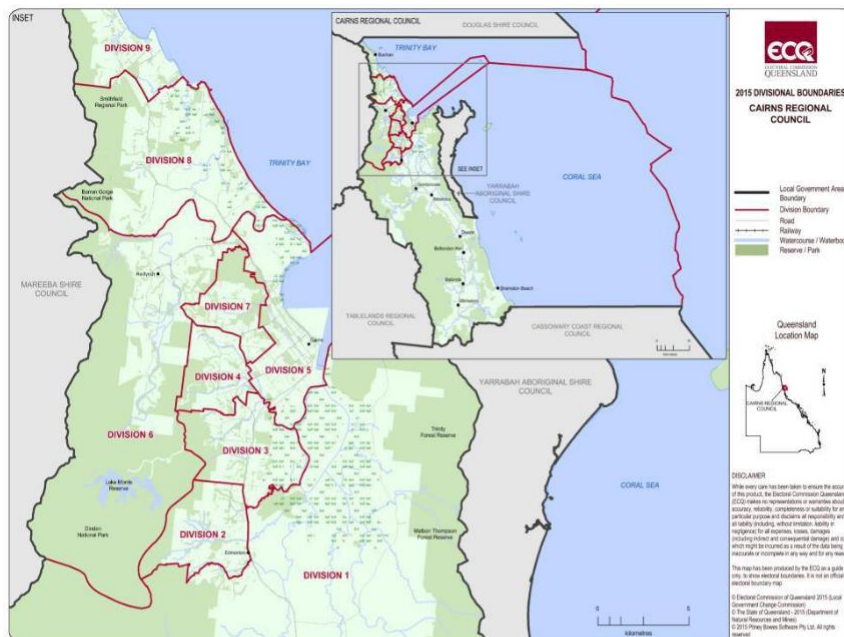
The Cairns Regional Council area is located in Far North Queensland, about 1,700 kilometres north of the Brisbane CBD, and 350 kilometres north of the Townsville CBD. The Cairns Regional Council area is bounded by Douglas Shire in the north, the Coral Sea and Yarrabah Aboriginal Shire in the east, the Cassowary Coast Regional Council area in the south, and the Tablelands Regional Council area and Mareeba Shire in the west - <https://profile.id.com.au/cairns/about?WebID=10>

Links to the Electoral Commission of Queensland "Local Government Boundaries" page - <https://www.ecq.qld.gov.au/electoral-boundaries/local-government-area-boundaries/local-government-maps>

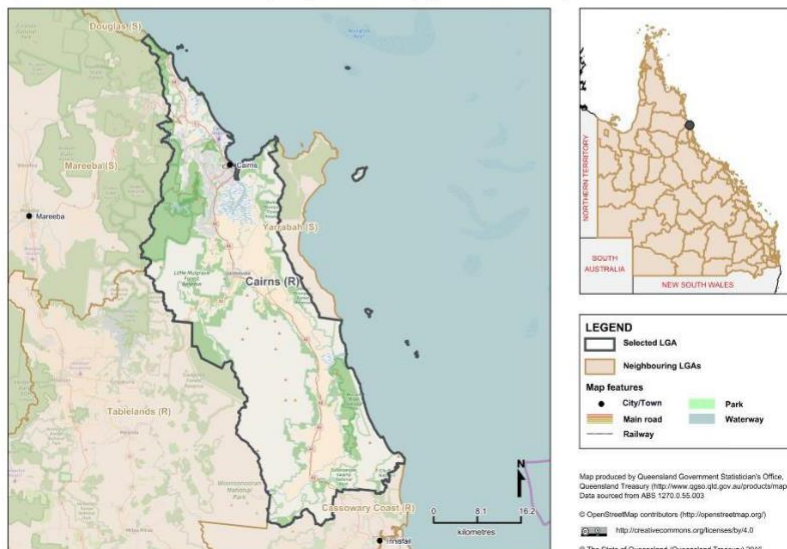
For more quick statistics on the demographics of Cairns click here to visit the Australian Bureau of Statistics web page -
https://quickstats.censusdata.abs.gov.au/census_services/getproduct/census/2016/quickstat/306?opendocument

Map of Cairns Local Government Area

https://results.ecq.qld.gov.au/Local_Area_Maps/data/profiles/CAIRNS.pdf
<https://www.qgso.qld.gov.au/issues/3851/qld-lga-asgs-2016-cairns.pdf>



Queensland Local Government Areas (LGA), 2016 - Cairns (R) (ASGS Code 32080)



Division Lists

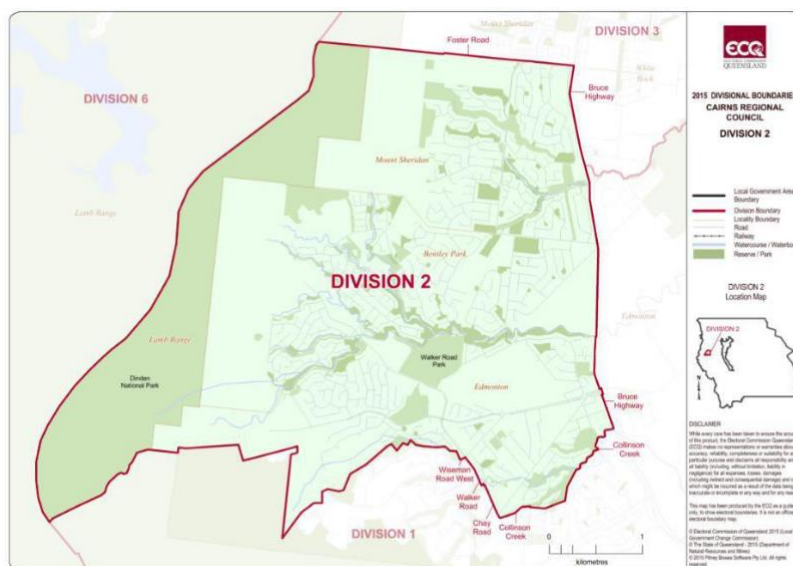
Division 1 Suburb list - Woopen Creek, Ngatjan, Waugh Pocket, Bartle Fre, Mirriwinni, Eubanangee, Bramston Beach, Babinda, East Russell, Bellenden Ker, Wooroonooran, Goldsborough, Fishery Falls, Deeral, Aloomba, Little Mulgrave, Lamb Range, Gordonvale, Mt Peter, Wright's Creek, Gordonvale, Green Hill, Packer's Camp, Edmonton, Portsmouth, Glen Boughton, East Trinity.

https://www.ecq.qld.gov.au/data/assets/pdf_file/0019/3628/CAIRNS-REGIONAL-Division-01.pdf



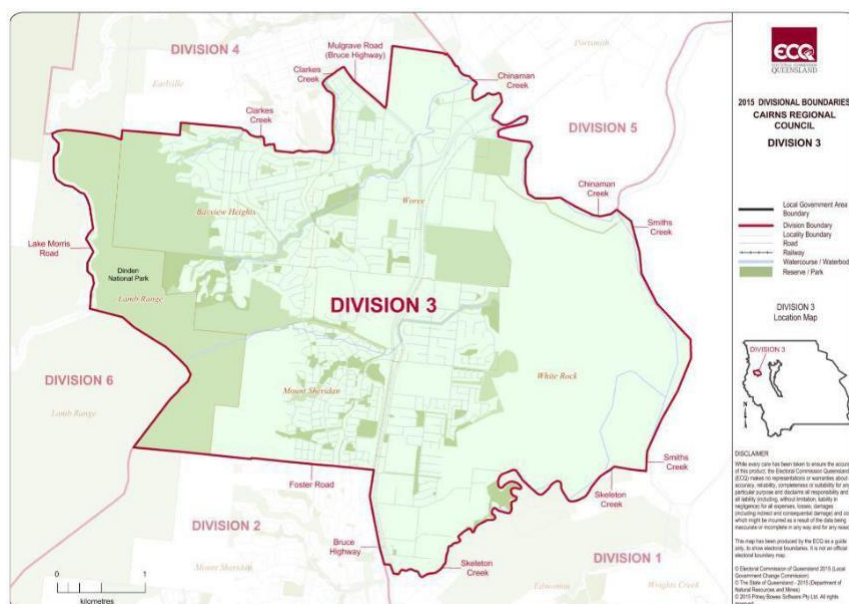
Division 2 Suburb list - Lamb Range, Edmonton, Mount Sheridan, Bentley Park.

https://www.ecq.qld.gov.au/data/assets/pdf_file/0020/3809/CAIRNS-REGIONAL-Division-02.pdf



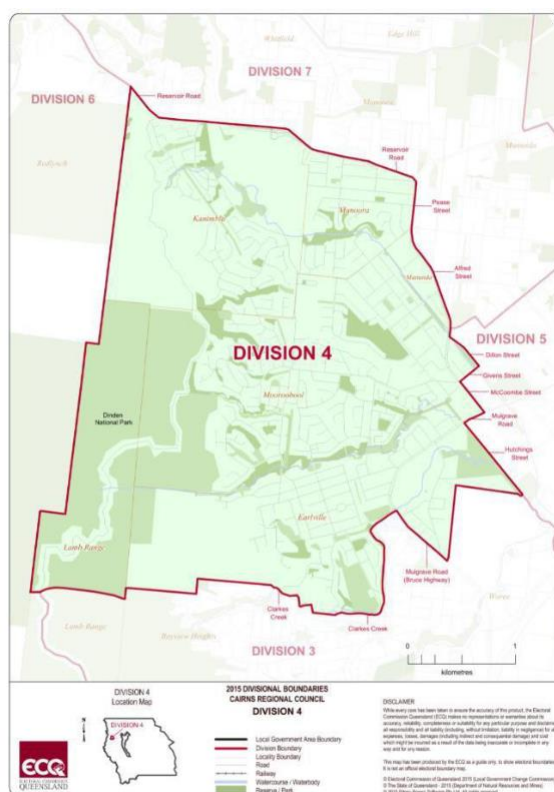
Division 3 Suburb list - White Rock, Mount Sheridan, Lamb Range, Bayview Heights, Woree.

https://www.ecq.qld.gov.au/data/assets/pdf_file/0021/3783/CAIRNS-REGIONAL-Division-03.pdf



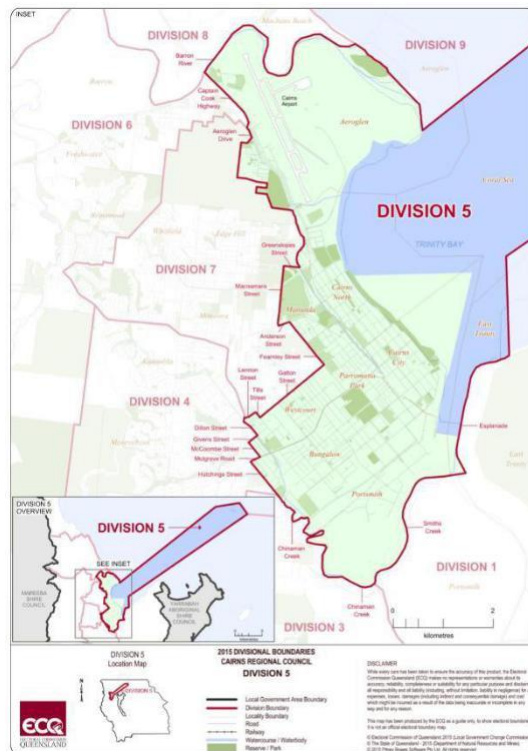
Division 4 Suburb list - Lamb Range, Earlville, Mooroolool, Kanimbla, Manoora.

https://www.ecq.qld.gov.au/data/assets/pdf_file/0013/3820/CAIRNS-REGIONAL-Division-04.pdf



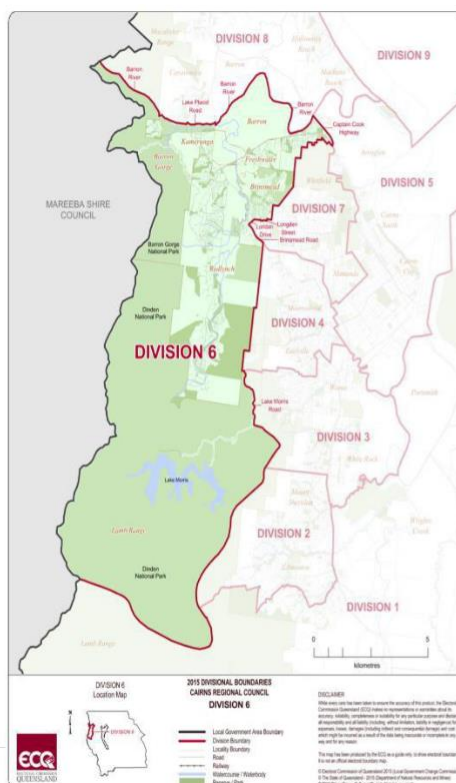
Division 5 Suburb list - Portsmith, Bungalow, Westcourt, Parramatta Park, Cairns City, Cairns North, Manunda, Aeroglen.

https://www.ecq.qld.gov.au/data/assets/pdf_file/0018/3708/CAIRNS-REGIONAL-Division-05.pdf



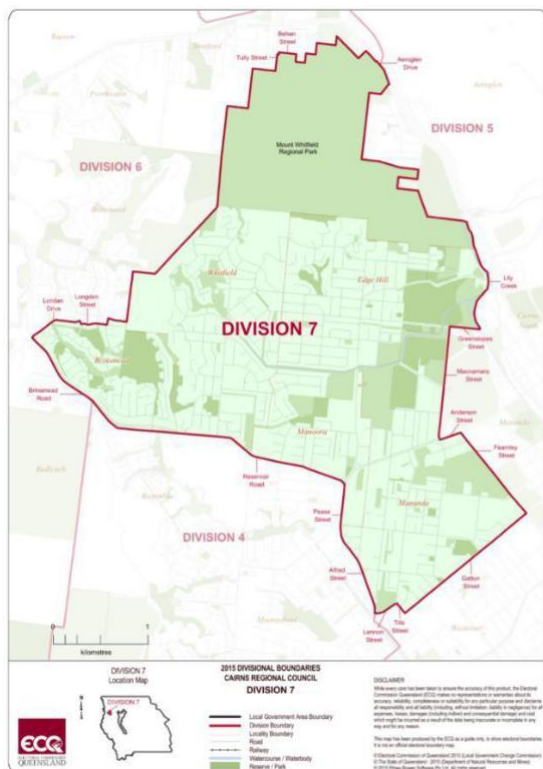
Division 6 Suburb list - Lake Morris, Lamb Range, Redlynch, Kamerunga, Brinsmead, Barron Gorge, Freshwater, Barron.

https://www.ecq.qld.gov.au/data/assets/pdf_file/0025/3679/CAIRNS-REGIONAL-Division-06.pdf



Division 7 Suburb List - Manunda, Manoora, Brinsmead, Edge Hill, Whitfield.

https://www.ecq.qld.gov.au/data/assets/pdf_file/0028/3799/CAIRNS-REGIONAL-Division-07.pdf



Division 8 Suburb list - Machans Beach, Barron, Caravonica, Barron Gorge, Smithfield, Macalister Range, Yorkeys Knob, Trinity Park, Trinity Park, Trinity Beach, Kewarra Beach

https://www.ecq.qld.gov.au/data/assets/pdf_file/0022/3757/CAIRNS-REGIONAL-Division-08.pdf



Division 9 Suburb List - Trinity Beach, Kewarra Beach, Clifton Beach, Palm Cove, Macallister Range, Ellis Beach.



2016 Census Quick Statistics for Cairns

https://quickstats.censusdata.abs.gov.au/census_services/getproduct/census/2016/quickstat/306

(Please note that the Census statistics from 2016 sees Cairns as a larger area and includes all Local Government Areas that Mission Australia is partnered with the NDIS to deliver LAC/ECEI services in)

Australian Bureau of Statistics Links

Australian Bureau of Statistics - Disability - <https://www.abs.gov.au/Disability>

Aboriginal and Torres Strait Islander People with a Disability -

<https://www.abs.gov.au/AUSSTATS/abs@.nsf/Latestproducts/4431.0.55.004Appendix102012-2016?opendocument&tabname=Notes&prodno=4431.0.55.004&issue=2012-2016&num=&view=>

Disability, Ageing and Carers, Australia: Summary of Findings -

<https://www.abs.gov.au/ausstats/abs@.nsf/allprimarymainfeatures/7c627e6f478cb6b4ca25849c00174c19?opendocument>

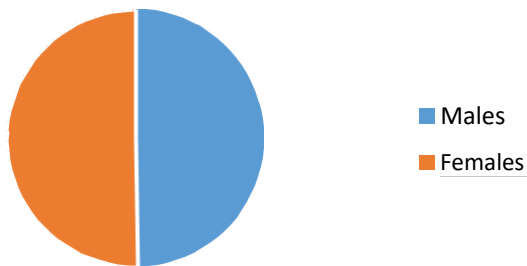
Australian Network on Disability -

<https://www.and.org.au/pages/disability-statistics.html>

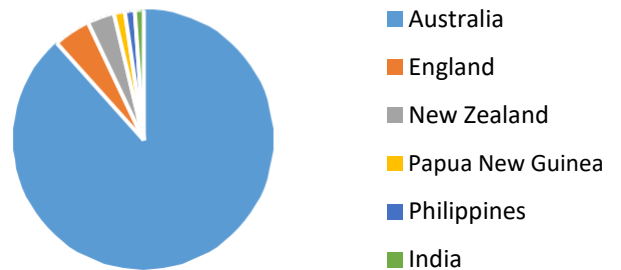
Information below is collected from SA4 level and people aged 15 years and older unless otherwise stated

People Demographics and Education

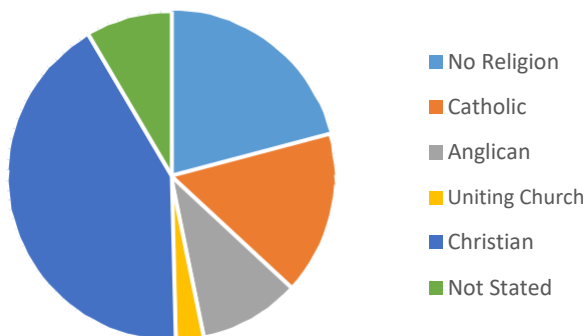
People in Cairns LGA - Total
240,190
Males: 49.7% Females: 50.3%
Median Age: 39



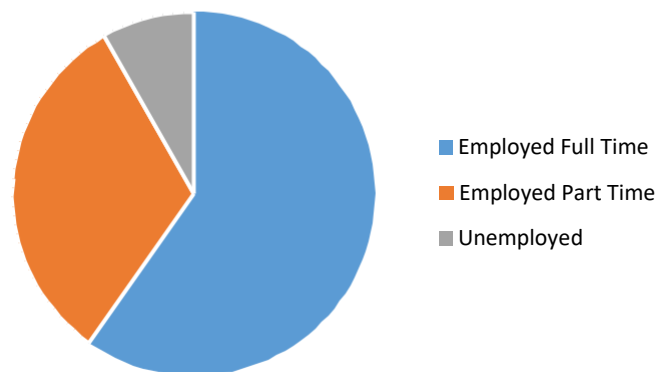
Highest Country of Birth - Australia -
70.8%, England - 3.7%, New Zealand
- 2.7%, Papua New Guinea - 1.1%,
Philippines 1.0%, India - 0.9%



Top Responses - Religious Affiliation -
No Religion - 30.2%, Catholic - 23.3%,
Anglican - 14.4%, Uniting Church - 4.0%,
Christian - 60.9%, Not Stated - 12.2%



Total Employment - 115,174 - Employed
Full Time - 56.6%, Employed Part Time -
30.3%, Unemployed - 7.8%



Findings, 2018

<https://www.abs.gov.au/ausstats/abs@.nsf/0/C258C88A7AA5A87ECA2568A9001393E8?OpenDocument>

(Australian Statistics, not localised to Cairns)

Unmet Need for Formal Assistance, 2012

<https://www.abs.gov.au/ausstats/abs@.nsf/0/1FE57ED300CC4F76CA257EC00012BB44?OpenDocument>

Psychological Disability, 2012

<https://www.abs.gov.au/ausstats/abs@.nsf/0/00957983DAB631FECA257DE4000E2F88?OpenDocument>

Intellectual Disability, 2012

<https://www.abs.gov.au/ausstats/abs@.nsf/0/437CAC7624D4150CCA257D0400129092?OpenDocument>

Caring in the Community

<https://www.abs.gov.au/ausstats/abs@.nsf/0/E243871471015E4BCA256943007F0603?OpenDocument>

Local Government Contacts:

Correct as at 26/03/2021.

Council Chambers Address: 119-145 Spence Street, Cairns QLD 4870

PO Box 359, Cairns QLD 4870

Email: council@cairns.qld.gov.au

Mayor: Bob Manning – b.manning@cairns.qld.gov.au / a.morris@cairns.qld.gov.au

Div. 1 Councillor: Brett Moller - b.moller@cairns.qld.gov.au

Div. 2 Councillor: Rob Pyne - r.pyne@cairns.qld.gov.au

Div. 3 Councillor: Cathy Zeiger - C.Zeiger@cairns.qld.gov.au

Div. 4 Councillor: Terry James - t.james@cairns.qld.gov.au

Div. 5 Councillor: Amy Eden - a.eden@cairns.qld.gov.au

Div. 6 Councillor: Kristy Vallely - k.vallely@cairns.qld.gov.au

Div. 7 Councillor: Max O'Halloran - m.ohalloran@cairns.qld.gov.au

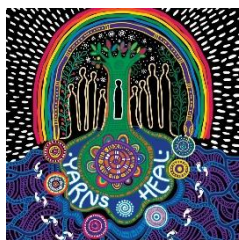
Div. 8 Councillor: Rhonda Coghlan - r.coghlan@cairns.qld.gov.au

Div. 9 Councillor: Brett Olds - b.olds@cairns.qld.gov.au

Online Contact form for Mayor and Councillors:

<https://www.cairns.qld.gov.au/council/contact-us/contact-mayor-or-councillor>

Aboriginal and Torres Strait Islander Services



2 Spirits IndigiLez Women's Leadership and Support Group

Social and peer support for those experiencing hardship. Individuals are able to access basic items from the community pantry, a phone back support and an online Yarns around the Fire Service.

Facebook: <https://www.facebook.com/IndigiLez/>

Phone: 07 4041 5154

Email: 2Spirits@quac.org.au



Aboriginal and Torres Strait Islander Corporation for Elders – Cairns and District (Gumba Gumba)

<https://gumbagumba.org.au>

Offers aged care and assistance in the form of transport and home help, Allied Health/Therapy services, exercise and diabetic classes and outings, picnics and hospital and prison visits.

Address: 289 Spence Street, Bungalow

Phone: 07 4035 5273

Email: cairns@gumbagumba.org.au

Aboriginal & Torres Strait Islander Disability Network of Queensland – (ATSIDNQ)

<https://qdn.org.au/our-work/atsidnq>

<https://www.atsidnq.com.au/>

Aboriginal and Torres Strait Islander Disability Network of Queensland (ATSIDNQ) is a network of Aboriginal and Torres Strait Islander people with disability, their families and carers. The Network provides a voice for Aboriginal and Torres Strait Islander people in transition to the National Disability Insurance Scheme (NDIS).

Address: 338 Turbot Street, Spring Hill

Phone: 1800 718 969

Email: qdn@qdn.org.au





Aboriginal and Torres Strait Islander Legal Service (Qld) Ltd.

<https://www.atsils.org.au/>

Community based organisation providing legal services for Aboriginal and Torres Strait Islander people across Queensland.

Address: 78 Spence Street, Cairns

Phone: 07 4046 6400

Email: info@atsils.org.au



Bamara

<https://bamara.com.au/>

Delivers social impact programs and services to Indigenous and non-Indigenous clients and communities.

Address: B3/ Level 2, Orchid Plaza, 58 Lake Street, Cairns

Phone: 0428 915 884; 0417 712 536; or 0427 725 918

Email: info@bamara.com.au

Cairns Hospital Aboriginal and Torres Strait Islander Liaison Officer.

https://www.health.qld.gov.au/cairns_hinterland/html/services/aboriginal-and-torres-strait-islander-health



Address: 165 Esplanade, Cairns City QLD 4870

Phone: 07 4226 6361

Cairns Indigenous Art Fair (CIAF).

<https://ciaf.com.au/>



CIAF is committed to strengthening and celebrating culture, creating professional development opportunities for artists, and cultural exchange between Aboriginal and Torres Strait Islanders and visitors. CIAF 2020 – 10th – 12th July 2020.

Address: 51 The Esplanade, Cairns

Phone: 07 4252 6312

Email: artfair@ciaf.com.au

Closing the Gap

<https://healthinfolnet.ecu.edu.au/learn/health-system/closing-the-gap/>

Closing the Gap is a government strategy that aims to reduce disadvantage among Aboriginal and Torres Strait Islander people with respect to life expectancy, child mortality, and access to early childhood education, educational achievement, and employment outcomes.

Dawul Wuru Aboriginal Corporation

<https://dawulwuru.com.au>

The Dawul Wuru Aboriginal Corporation was established in 2010 to protect, secure, support and promote the rights and interests of local Aboriginal Traditional owners and custodians.

Address: 261 Spence St, Bungalow

Phone: 07 4035 3664

Email: info@dawulwuru.com.au



Deadly Inspiring Youth Doing Good – DIYDG

<https://diydg.org.au/>

Deadly Inspiring Youth Doing Good inspires, equips and empowers young people to take action and change the world.

Address: 16-18 McCormack Street, Mooroolbool

Phone: 0422 009 419

Email: whichway@diydg.org.au

Facebook Page: www.facebook.com/diydgmob/

Instagram: diydg00

Department of Aboriginal and Torres Strait Islander Partnerships

www.datsip.qld.gov.au

Coordinates government activity and investment in urban, regional and remote Aboriginal and Torres Strait Islander communities within Queensland.

Phone: 07 4252 5204

Email: enquiries@datsip.qld.gov.au

Address: Level 3, Citicentral Building, 65-67 Spence Street Cairns



First Peoples Disability Network Australia

<https://fpdn.org.au/>

Services who support and advocate for the needs of First Peoples with disability and their families.

Phone: 02 9267 4195

Email: media@fpdn.org.au

Hollingsworth Elders Village

<https://www.unitingcareqld.com.au/services-and-support/aged-care/hollingsworth-elders-village>

Hollingsworth Elders Village provides Elders with a place of cultural, spiritual and social harmony.

Address: 267 – 277 Hartley Street, Portsmith

Phone: 07 4038 7600

Email: residentialcare@bluecare.org.au

Kgari 3 Sisters

<https://cairnsartsandculturemap.com.au/kgari3sisters>

Indigenous art organisation offering a wide variety of art including acrylic canvases, traditional ochre paintings, jewellery and prints.

Address: 1-21 McLeod Street, Cairns City (Cairns Central Shopping Centre)

Phone: 0432 102 274

Email: gimuygallery@gmail.com

Know Your Community

<https://statistics.qgso.qld.gov.au/datsip/profiles>

Know Your Community is a new community profiling tool which enables you to build a community profile containing data and key insights into Aboriginal and Torres Strait Islander Queenslanders and the communities they live in.

Kuiyam Hostel

<https://www.ahl.gov.au/>

Provides short term accommodation for Aboriginal and Torres Strait Islander people.

Address: 162 Grafton Street, Cairns

Phone: 07 4051 646





Mookai Rosie Bi-Bayan

<http://mookairosie.org.au/>

Mookai Rosie Bi-Bayan supports Aboriginal and Torres Strait Islander women by providing accommodation and services prior to and after birthing or recovering from medical treatment. In house transport service is available for clients while residence.

Address: 15-17 Valda Close, Edmonton

Phone: 07 4081 7500

Email: reception@mookairosie.org.au



Nintiringanyi Cultural Training Centre

<http://www.nctc.org.au/>

Empowerment programs for youth, men and women, and community capacity building.

Address: 16-18 McCormack Street, Moorooobool

Phone: 07 4047 8700

Email: admin@nctc.org.au



Northern Aboriginal and Torres Strait Islander Health Alliance (NATSIHA)

<https://www.natsiha.org/>

Regional peak body representing Aboriginal and Torres Strait Islander Community Controlled Health Organisations (ACCHO) in Far North Queensland. NATSIHA membership comprises of Aboriginal and Torres Strait Islander Community Controlled Health and Wellbeing Services located throughout Far North Queensland and works with these services and the communities they serve to ensure regional representation and advocacy at the state and federal level.

Address: Suite P201, Arts Workspace, 36 Abbott Street, Cairns City

Email: admin@natsiha.org



Northern Australia Primary Health Ltd. (NAPHL)

<http://www.naphl.com.au/>

Northern Australia Primary Health Limited is a provider of Aboriginal and Torres Strait Islander, Mental Health & Wellbeing and Allied Health services. NDIS Services include: Assessment Services, Occupational Therapy, Physiotherapy, Exercise Physiology, Speech Pathology, Podiatry, Dietetics and Psychology. Contact the service for more information.

Cairns Health Hub Contact: Felicity Tomlinson

Address: 19 Aplin Street, Cairns

Email: ndis@naphl.com.au

Phone: 07 4421 7700

North Queensland Land Council

<https://nqlc.com.au>

The North Queensland Land Council (NQLC) is a recognised Native Title Representative Body (NTRB) under section 203AD of the Native Title Act 1993. NQLC is an organisation appointed by the Department of the Prime Minister and Cabinet, to assist Aboriginal people with all aspects of their native title claims. NQLC represents native title holders and claimants in native title related proceedings including: native title claims, appearing in court on behalf of native title claimants, responding to 'future act' applications, and negotiations for Indigenous Land Use Agreements.

Address: 61 Anderson Street, Cairns

Phone: 07 4042 7000

Email: reception@nqlc.com.au

Umi Arts

<https://umiarts.com.au/>

Not-for-profit Indigenous art organisation that assists Aboriginal and Torres Strait Islander people to participate in the maintenance, preservation and protection of cultural identity through providing opportunities for arts development. UMI is a creole word that means "You and Me".

Address: Shop 4/1 Jensen Street, Manoora

Phone: 07 4041 6152

Email: admin@umiarts.com.au



Wontulp-Bi-Buya College Cairns

<https://wontulp.weebly.com>

<https://www.facebook.com/wontulp>

Wontulp-Bi-Buya College provides education programs for Aboriginal and Torres Strait Islanders in Australia in various subject areas including, Theological Studies, Certificate III in Addictions Management and Community Development and Certificate IV in Indigenous Mental Health.

Address: 472 Severin Street, Manunda

Phone: 07 4041 4596; College Mobile: 0409 159 164

Email: mail@wontulp.qld.edu.au

Wuchopperen Health Services Ltd.

<https://www.wuchopperen.org.au/>

Provides services addressing the physical, social, emotional and spiritual wellbeing of individuals and families. Wuchopperen also provides child wellbeing services including foster and kinship care and a Family Wellbeing service which supports at risk families.

Opening Hours - Monday, Tuesday, Thursday, Friday - 8:00 am to 5:00 pm;
Wednesday - 8:00 am to 3:00 pm

Manoora

6 Moignard St, Manoora

Phone: 07 4080 1000

Email: enquiries@wuchopperen.org.au

Edmonton

7 Stokes St, Edmonton QLD 4869

Phone: 07 4040 3100

Email: enquiries@wuchopperen.org.au

Atherton

Phone: 07 4091 7548

Email: enquiries@wuchopperen.org.au

Brother to Brother Hotline

Brother to Brother is Australia's first 24-hour hotline assisting Aboriginal men. The line is staffed by Aboriginal men, including elders, to promote a culturally-safe service.

Brother to Brother doesn't have a website but you can call 24/7 on 1800 435 799.



Accessible Facilities

Beach Wheelchair Program - Ellis Beach Surf Club

Captain Cook Highway Ellis Beach

Beach Wheelchair availability is only during months of April to November on Sat from 12pm and all day Sunday and public holidays.

Beach Wheelchair Program – Palm Cove – Williams Esplanade

Williams Esplanade Palm Cove

The Beach Wheelchair is free of charge to use. Please see the Life Saver located at the Surf Lifesaving Hut to sign out the beach chair. An indemnity form is available to sign at the hut. Phone: 07 4044 3044

Assistive Technology – Equipment, Medical Supplies and Consumables



Active Mobility Maintenance Cairns Office

<https://www.activtec.com.au/>

Provides Assistive Technology.

Address: 21/170-182 Mayers Street, Manunda

Phone: 1300 304 645

Email: sales@activtec.com.au

Audeara

<https://audeara.com/ndis/>

NDIS registered provider of equipment to children with Autism.

Address: 13/76 Doggett St, Newstead

Telephone - 1300 251 539

Email: support@audeara.com

A U D E A R A



Complete Mobility and Rehab

<https://www.completemobility.com.au>

Provides mobility and rehabilitation equipment and consumables and provides equipment maintenance and hire service.

Business Development Manager: Una Stewart – 0427 841 748

Address: 1/120 Anderson Street, Cairns

Phone: 07 4032 1140

Email: info@completemobility.com.au / una@completemobility.com.au

Coloplast Pty Ltd.

<https://www.coloplast.com.au/>

Provides continence aids

Contact: Paula Ridsdale

Phone: 0422 137 510

Email: aupari@coloplast.com

HumanWare

<http://www.humanware.com>

HumanWare provides assistive technology to people who are blind or have low vision.

Head Office Address: Suite 2, 7/11 Railway Street, Baulkham Hills

Phone: 02 9686 2600 / 1300 551 864

Email - info@humanware.com

Kids Develop Store

<https://www.kidsdevelopstore.com.au>

Kids Develop Store sell products to support attention, as well as games and books to help stages of play, including waiting and turn taking and pretend play.

Phone: 1300 022 941

Email: sales@kidsdevelopstore.com.au





LifeTec

<https://lifetec.org.au/>

LifeTec is a social enterprise that provides assistive technology (AT) services enabling people of all ages and abilities to actively engage in home, work, school, and community life.

Townsville Office Address: Shop G-3A, Domain Central, 103 Duckworth Street, Townsville

Brisbane Office Address: Level 1, Newmarket Village, 400 Newmarket Road, Newmarket

Free call: 1300 543 383

Email: mail@lifetec.org.au

NQ Ostomy

Provide medical consumable supplies

Phone: 07 4775 2303

Email: admin@ngostomy.org.au



Quantum Reading Learning Vision

<https://www.quantumrlv.com.au/>

Quantum provides products and services to people with a print disability (low vision, blindness or a learning difficulty).

Support navigating the NDIS - <https://www.quantumrlv.com.au/ndis-form/>

Queensland Head Office

Suite 603 Ladhope Chambers, 131 Wickham Terrace, Spring Hill

Phone: 07 3831 4894

Email: qld@quantumrlv.com.au

Spina Bifida and Hydrocephalus Queensland

<https://www.spinabifida.org/>

SBH Queensland is an NDIS registered provider offering statewide outreach services, to enhance the lives of children and adults living with disability. Services include: Allied Health Therapy, Education and Social Work supports, specialised information and resources specific to Spina Bifida and Hydrocephalus and other neurological and developmental disabilities.

Address: 11/108 Wilkie Street, Yeerongpilly Phone: 07 3844 4600 / 1300 655 447

Email: enquiries@sbhqueensland.org.au





Tab Timer

<https://www.tabtimer.com.au/>

Supplying devices to help people and their carers keep medicines, nutrition, hydration, toileting and regular personal care tasks on-time using assistive technology and listening reminder devices.

Telephone: 1300 822 846

Email: info@tabtimer.com.au

TADQ (Technology for Ageing and Disability Queensland)

<https://www.tadq.org.au>



TADQ designs, creates and builds customised assistive technology solutions for children and adults.

Address: 1/23 Ashtan Place, Banyo

Phone: 07 3216 1733 or 1300 663 243

Email: info@tadq.org.au

Tan Pharmaceuticals

<https://www.tanpharm.com.au/home.php?resetbrand=1>

Supplier to wholesalers, currently providing continence products to participants directly.

Address: 2/39 Cannon Street, Cairns

Phone: 07 4053 4500

Email: sales@tanpharm.com.au

Think Mobility – (Best Care)

<https://www.thinkmobility.com.au>

Provides assistive technology to the aged and people with disability.

Address: 1/165 English Street, Manunda

Phone: 07 4032 5715

Email: web@thinkmobility.com.au





AIDACARE

<https://www.aidacare.com.au/>

Provides rehabilitation and mobility products for the frail aged and those with disabilities.

Address: 309 Spence Street, Bungalow

Phone: 07 4035 5944

Email: online@aidacare.com.au

Zyteq

www.zyteq.com.au

Zyteq is a provider of speech generating devices to support effective communication.

Phone: 03 9696 2944

Email: info@zyteq.com.au



Business and Industry

Australian Government, Business and Disability Support



<https://www.business.gov.au/People/Hiring/Equal-opportunity-and-diversity/Disability-Support>

Cairns Chamber of Commerce

<https://www.cairnschamber.com.au>



Address: Suite M2a, Mezzanine Level, The Pier, Pier Point Rd, Cairns

Phone: 07 4031 1838

Email: info@cairnschamber.com.au

For Employers and Colleagues

<https://www.qld.gov.au/disability/business/employers-colleagues>

Information for employers and colleagues about the benefits of hiring people with a disability. The [Australian Network on Disability](#) details the many business benefits of employing people with disability.

Carer Support Groups

Acquired Brain Injury Outreach Service (ABIOS)

<https://www.health.qld.gov.au/abios>

Client services, education, skills programs

Email: abios@health.qld.gov.au

Cairns Chronic Pain Support Group

Cairns Chronic Pain Support Group meets regularly at Cairns North Community Health Centre, Cairns North.

Email: secretary@painmanagement.org.au

Cairns and Community Dementia Support Service

A support group for families and carers of people with Dementia.

For further information on upcoming meetings, please contact:

Karina on 0421 416 971 or karinagray61@gmail.com

The Cairns MS Support Group

A simple support group to discuss issues that may be on your mind in a safe and comfortable space.

Contact: Janet Docherty (Jan), phone: 0400 704 960 or via email: - thegnomeshome@gmail.com

Meetings are held at Edge Hill Tavern, 145 Pease St, Manunda at 11:30am on First Monday of the month.

For more information - visit <https://www.msqld.org.au/support-group/ms-support-group-cairns/>

Commonwealth Respite and Carelink Centres

<https://www.dss.gov.au/disability-and-carers/programmes-services/for-carers/commonwealth-respite-and-carelink-centres>

Commonwealth Respite and Carelink Centres (CRCCs) provide carers and those receiving support with information, respite care and other supports based on assessed needs and circumstances.

More information:

Free call: 1800 052 222 during business hours or 1800 059 059 for emergency respite support outside standard business hours. (Free call except from mobile phones)

Cystic Fibrosis Queensland

<https://www.cysticfibrosis.org.au/>

Cystic Fibrosis Queensland supports people living with Cystic Fibrosis.

For a list of support and assistance available for Queenslanders - <https://www.cysticfibrosis.org.au/get-involved/support-and-services/support-and-services-information/gld>

QLD/NT Head Office Address: 2/30 Sylvan Road, Toowong
Phone: 07 3359 8000

Cystic Fibrosis QLD Cairns Office Address: 12A Aplin Street, Cairns City
Phone: 07 4041 5219

Cystic Fibrosis Contact Us Form: <https://www.cysticfibrosis.org.au/contact-us>



Deafblind Chat Australia

Able Australia Centre of Excellence helps the deafblind community to connect by establishing Deafblind Chat Australia.

If you wish to join, you can email deafblind@ableaustralia.org.au

Defence Special Needs Support Group Inc.

<http://dsnsg.org.au/>

CEO: Kim Collins

Phone: 1800 037 674

Email: CEO@dsnsg.org.au

Karrie Blanche – Cairns Coordinator

Phone: 0415 275 745

Email: cairns@dsnsg.org.au



Department of Communities, Disability Services and Seniors

<https://www.communities.qld.gov.au/community/Carers>

[Queensland Community Support Scheme](#)

Disability Support Queensland (DSQ)

<http://www.disabilitysupportqld.org.au/>

Supports people with disability and their carers, to access resources that may assist and enhance their quality of life.

Online Contact Form - <http://www.disabilitysupportqld.org.au/contact-us/>

Marlin Coast Community Support Group (Vision Australia)

<https://www.visionaustralia.org/community/groups/community#nthqld>

Meets on the second Thursday of each month between 10am – 12 noon

Contact: Wendy on email - wendynoakes@bigpond.com or phone - 0407 353 858



Parkinson's Support Group

Provides information about Parkinson's disease, support, and valuable friendship. Meetings are held on the 1st Wednesday of each month at 10am.

Phone: 07 4095 5271

Email: mattandrosa@bigpond.com

QDN - Queenslanders With Disability Network

<https://qdn.org.au/>



Queenslanders with Disability Network (QDN) is a state wide organisation of, for, and with people with disability connecting for collective and affirmative action.

Telephone: 07 3252 8566 / 1300 363 783

Email: qdn@qdn.org.au

Online Contact Form - <https://qdn.org.au/contact/>

Spinal Life Support Group Facilitator

Email: nqenquiries@spinal.com.au

STEPS Support group

Meetings are held monthly on the 3rd Thursday of the Month or as advised and is a free structured group program that provides the opportunity for people to connect with others in their local community and develop strategies and skills to better manage with changes that have occurred in their life after brain injury (traumatic brain injury, non-palliative brain tumours etc) or stroke. For more information, please call the program contact.

STEPS Program Contact - Sue Wright

Telephone - 1300 727 403

Email - STEPS@health.qld.gov.au

Supporting Carers

<https://www.dss.gov.au/disability-and-carers/carers>





Wellways

<https://www.wellways.org/carers>

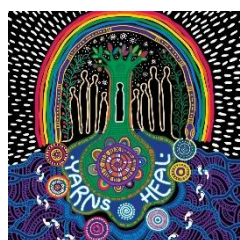
<https://carergateway.gov.au>

Provider of the Carer Gateway Service in Queensland.

Phone: 1300 111 400

Email: mmueller@wellways.org / enquiries@wellways.org

Peer Support Groups



2 Spirits IndigiLez Women's Leadership and Support Group

Social and peer support for those experiencing hardship. Individuals are able to access basic items from the community pantry, a phone back support and an online Yarns around the Fire Service.

Facebook: <https://www.facebook.com/IndigiLez/>

Phone: 07 4041 5154

Email: 2Spirits@quac.org.au

Cairns Aphasia Coffee Group

The Australian Aphasia Association (AAA) is seeking members of the community with Aphasia who are interested in joining a social coffee group.

Contact: Rachael Di Bella (Speech Pathologist)

Phone: 0419 048 505

Email: fng.sparep@gmail.com or Lisa Crow: lisacrow1@bigpond.com

Queensland Disability Network – Cairns Local Support Group

Group operating with once a month meetings (Currently online due to COVID-19).

Contact: Wayne Maitland

Phone: 1300 363 783

Email: lsg@qdn.org.au

Facebook: <https://www.facebook.com/groups/QDNCairnsLSG>

Churches and Faith-based Centres



Cairns Bhutanese Fellowship

<https://www.cairnspc.org.au>

Address: 87 Sheridan Street, Cairns

Phone: 07 4051 2238

Cairns Bhutanese Fellowship meet at the Cairns Presbyterian Church for the service on Sunday at 7:30am. (Nepali speaking service).

Cairns Christian Ministers Network

C/- PO Box 281, Cairns North

Email: admin@cairnchurches.net.au



All Saints Anglican Church

Address: 5 Church Street, Gordonvale

Phone: 07 4056 1716

Email: allsaintsgordonvale@bigpond.com

Alive Community Christian Church

Address: 58 Norman Street, Gordonvale

Phone: 0417 879 877

Email: alivegordonvale@gmail.com

Ark Ministries Christian Church

<https://www.arkministries.com.au/>

Address: 343 Fearnley St, Manunda Cairns

Phone: 0408 009 344

Email: general@arkministries.com.au

Good Shepherd Anglican Church

<https://tgs.org.au>

Address: Corner Collins Ave & Mayers St, Edge Hill

Phone: 07 4053 2019

E-mail: contactus@tgs.org.au



St John's Anglican Church

<https://www.anglicannq.org/parishes/parishdetails/7>

Address: 177 Lake Street, Cairns

Phone: 07 4051 2342

Email: stjohnscairns@bigpond.com

St Margaret's Anglican Church

<http://www.stmargarets.org.au/>

Address: 230 Aumuller Street, Westcourt

Phone: 07 4051 1070

Email: enquiries@stmargarets.org.au

Calvary Christian Church

<https://calvarycc.global/cairns/>

Address: Edge Hill State School – Performing Arts Centre, 254 Pease Street, Edge Hill

Phone: 07 4722 9260

Email: cairns@calvarycc.global

Freshwater Christian Church

<https://www.freshwater.org.au/home.html>

Address: 400 Brinsmead Road, Brinsmead, Cairns

Phone: 07 4055 1311

Email: general@freshwater.org.au

Generations Pentecostal Church – Cairns

<https://www.generationschurch.org.au>

Address: 83 Little Pease St, Manunda

Phone: 07 4057 6438 / 0421 409 144

Email - cairns@generationschurch.org.au

Generations Pentecostal Church – The Beaches

Address: 1-3 Moore Road, Kewarra Beach

Telephone: 07 4057 6438

Email: beaches@generationschurch.org.a

Rock Christian Church

<https://www.rockchurch.com.au/>

Address: 114 Buchan St, Bungalow

Phone: 07 4012 3456

Email: contact@rockchurch.com.au

Royals Pentecostal Church

<https://www.royalschurch.com.au>

Address: 9 Hollingsworth St, Portsmith, Cairns

Phone: 07 40410 777

Email: cairns@royalschurch.com.au



Cairns Baptist Church

<https://cairnsbaptist.org.au>

Address: 138 – 142 Lake Street, Cairns

Telephone: 07 4051 2429

Trinity Baptist Church

<https://trinitybaptist.org.au>

Address: 115 Progress Road, White Rock

Phone: 0417 663 159

Email: ask@trinitybaptist.org.au

Mulgrave Community Baptist Church

<http://mulgravebaptist.org.au/>

Address: Walker Road, Edmonton (Next to Coles)

Phone: 0439 452 100

Email: info@mulgravebaptist.org.au



CATHOLIC CHURCHES.

<https://www.cairns.catholic.org.au>

Cairns Diocese Address: 183 Abbott Street, Cairns

Phone: 07 4051 2838

Email: reception@cairns.catholic.org.au

Holy Cross Catholic Church

Address: Reed Road, Trinity Park

Phone: 07 4057 6055

Email: northernbeaches.parish@cairns.catholic.org.au

Mother of Good Counsel Catholic Church

Address: 392 Sheridan Street, North Cairns

Phone: 07 4053 1179

Email: northcairns.parish@cairns.catholic.org.au

Our Lady Help of Christians Catholic Church

Address: 18 Balaclava Road, Earlville

Phone: 07 4054 1171

Email: earlville.parish@cairns.catholic.org.au

Sacred Heart Church Catholic Church

Address: 15 Duffy Street, Freshwater

Phone: 07 4057 6055

Email: northernbeaches.parish@cairns.catholic.org.au

St Andrew's School Chapel Catholic Church

Address: Intake Road, Redlynch

Phone: 07 4057 6055

Email: northernbeaches.parish@cairns.catholic.org.au

St Augustine's Catholic Church

Address: 23 Kamerunga Road, Stratford

Phone: 07 4057 6055

Email: northernbeaches.parish@cairns.catholic.org.au

St Francis Xavier Catholic Church

Address: Corner Atkinson & Mayers Streets, Manunda

Phone: 07 4053 1383

Email: westcairns.parish@cairns.catholic.org.au

St Joseph's Catholic Church

Address: Draper Street, Parramatta Park

Phone: 07 4051 1337

Email: parramattapark.parish@cairns.catholic.org.au

St Michael's Catholic Church

Address: 4 Muir Street, Gordonvale

Phone: 07 4056 1805

Email: gordonvale.parish@cairns.catholic.org.au

St Monica's Cathedral

<http://www.cairns.catholic.org.au/parishes/cairnscathedral.html>

Address: 181 Abbott Street, Cairns

Phone: 07 4051 2838

Email: cathedral@cairns.catholic.org.au

St Therese's Catholic Church

Address: 135 Roberts Road, Bentley Park

Phone: 07 4055 4315

Email: edmonton.parish@cairns.catholic.org.au



C3 Christian Church Cairns

<http://c3churchcairns.org/>

Address: 218 Scott Street, Bungalow

Phone: 07 4033 7882

Email: info@c3churchcairns.org



Cairns Community Christian Church

Address - 15-17 Little Street, Manunda

Telephone - 07 4053 3361

Email - cairnscommunitychurch@gmail.com



The Lakes Christian Church

<https://www.thelakes.org.au>

Address: 102-104 MacNamara Street, Edge Hill

Telephone: 07 4032 4411

Email: office@thelakes.org.au

Facebook: <https://www.facebook.com/thelakeschurch/>

Citywide Christian Fellowship

<http://ccfc.org.au/>

Address: 14 Progress Road, White Rock

Phone: 07 4036 0500 Fax: 07 4036 0555

Email: office@ccfc.org.au

Cairns Family Christian Church

Address: 10/12 Charlotte Close, Woree

Phone: 0437 085 274

Greek Orthodox Church St John's Church



<https://greekorthodoxparishcairns.org>

Address: 450-462 Kamerunga Road, Kamerunga

Phone: 07 4058 1116 / 0415 936 609

Email: fr.menelaos@gopcairns.org.au

Chabad of Northern Queensland (Jewish Community)

<https://www.chabadnorthqueensland.com>

Address: 14 Bilgola Drive, Kewarra Beach

Telephone: 0435 867 477

Trinity Lutheran Church

<https://www.cairnslutheran.org.au>

Address: 472 Severin Street, Manunda

Telephone: 07 4051 6386

Email: enquiries@cairnslutheran.org.au

New Apostolic Church

Address: Cominos House, 27 Greenslopes Street, Edge Hill

Email: nacho@newapostolic.org.au

Cairns Presbyterian Church

<https://www.cairnspc.org.au/>



Address: 87 Sheridan Street, Cairns

Phone: 07 4051 2238

Facebook: www.facebook.com/cairnspcq

Gordonvale/Babinda Presbyterian Church

<https://www.pcq.org.au/presbyterian-church-directory.php?RID=&CID=25>

Address: 9 Norman Street (Corner Sheppards St), Gordonvale

Phone: 0431 803 481

Email: Pastor Ross Davies rofidavi@tpg.com.au / Session Clerk

Alan Cummins alan@thecumminsfamily.net

Cairns Seventh-day Adventist Church

<https://cairns.adventist.org.au/>

Address: 302-308 Gatton Street, Manunda



Edmonton Seventh-day Adventist Church

Address: Down Park Hall, 59-67 Pyne Street, Edmonton

Northern Beaches Seventh-day Adventist Church

Address: 205 Reed Road, Trinity Park

Phone: 0472 997 636

Salvation Army MoneyCare

<https://www.salvationarmy.org.au/cairns>



The Salvation Army Moneycare is a free and confidential financial counselling service for people facing financial difficulties or wanting to avoid financial difficulties in the future. Financial Counsellors are available to help with a range of issues including budgeting, credit, debt, and repossession, and debt related to gambling.

Address: 64 Hoare Street, Manunda

Telephone: 07 4041 7229

MoneyCare Helpline: 1300 221 993

Financial Counsellors: lynne.hughes@salvationarmy.org.au /

Amanda.rees@salvationarmy.org.au

Edmonton Uniting Church

<https://www.edmontonuniting.org.au>

Address: Ravizza Drive, Edmonton

Phone: 07 4055 4039

Email: edmuc.qld.477@gmail.com

Emmanuel Uniting Church

Address: 327 Brown Street, Manunda

Email: office@emmanueluca.org.au

Northern Cairns Uniting Church

Address: 47 Cheviot Street, Smithfield

Phone: 0416 298 576

Email: chris110@hotmail.com & northchurchcairns@gmail.com



Cairns Wesleyan Methodist Church

<https://wesleyan.org.au/north-queensland/>

Address: 271 Gatton Street, Westcourt

Email: cairns@wesleyan.org.au

Phone: 0488 468 759

Cairns Mosque – Abu Bakr As-Siddiq Mosque

<https://cairnsmosque.com.au/>

Address: 31 Dunn Street, Cairns North

Email: CairnsMosque@outlook.com.au

Khacho Yulo Ling Buddhist Centre

<https://www.yuloling.com>

Address: 348 Severin Street, Parramatta Park

Phone: 07 4041 5556

Email: info@yuloling.com

Cairns Hindu Samaj Inc.

<https://www.cairnshindusamaj.org.au>

Address: PO Box 221, Smithfield

Email: admin@cairnshindusamaj.org.au

Guru Nanak Sikh Mission Temple

<https://igurudwara.com/guru-nanak-sikh-mission-temple-gordonvale>

Address: Bruce Highway, Gordonvale

Phone: 0423 485 360

Crosspoint Christian Church

<https://www.crosspointcairns.com/>

Address: 5/220 Toogood Rd, Bayview Heights.

Email: info@crosspointcairns.com

Connections Christian Church Cairns

<https://www.connectionschurchcairns.org.au/>

Address: McGregor Road, Smithfield

Telephone: 0499 091 115

Email: info@connectionschurchcairns.org.au

Northpoint Christian Church International – Cairns

Address: Performing Arts Centre, Redlynch State College, Jungara Road, Redlynch

Phone: 0410 275 824

Email: people@northpointchurch.org.au

Power Christian Community Church

<https://www.powerchurch.com.au>

Address: Hillary Drive, Smithfield

Telephone: 4055 3437 / 0438 979 994

Email: info@powerchurch.com.au

Chaplaincy Services

Cairns Hospital Multi-Purpose Faith Centre

Located on the ground floor of Block D at Cairns

Hospital Address: 165 The Esplanade, Cairns City Phone: 07 4226 0000



Cairns Street Chaplains

<https://cairnsstreetchaplains.org.au>



Street Chaplains are committed Christian volunteers aged 18+ years who are trained in first aid and matters specific to street chaplaincy.

Business Phone: 0408 697 947 / Late at night phone (10:30pm – 4:00am – Friday night, Saturday night & New Year's Eve): 0428 513 283

Email: CairnsStreetChaplains@gmail.com

Catholic Diocese of Cairns – Pastoral Care Support Service.

<https://www.cairns.catholic.org.au/documents/pastoralcare.html>

Address: Pastoral Support Services Office (Located behind St Monica's Cathedral) 183 Abbott Street, Cairns Phone: 07 4046 5653 / 0419 688 050

Email: pastoralss@cairns.catholic.org.au

CQU Multi Faith Chaplaincy Centre

<https://www.cqu.edu.au/industry-and-partnerships/services/multi-faith-chaplaincy-centre>



JCU Multi Faith Chaplaincy Services

<https://www.jcu.edu.au/student-equity-and-wellbeing/multifaith-chaplaincy/chaplaincy-centres>

Scripture Union QLD – School Chaplaincy

<https://www.suqld.org.au/services/chaplaincy/>

Address: 126 Barry Parade, Fortitude Valley QLD 4006 / 2 Innovation Pkwy, Birtinya QLD 4575

Phone: 1300 478 753 / 07 3112 6400 / 07 5413 9209

Email: info@suqld.org.au

Community Centres and Programs

Adult Children of Alcoholics/Dysfunctional Families, Cairns

<http://www.adultchildrencairns.org/>

A self-help and support group for adults who have been affected by parental alcohol use or other family dysfunction.

Phone: 0429 030 640; 0420 997 606 or 0412 318 594

Email: secretary@adultchildrencairns.org

Address: Face to Face Meetings have been postponed until further notice.

Zoom meetings are taking place during the COVID-19 Crisis.

Cairns Men's Shed

<https://www.cairnsmensshed.org.au/>

Provides a meeting place to bring men together for companionship and purposeful activities where men could continue to pursue creative blokey things and share life experiences.

Address: 186 Irene Street, Mooroolbool

Phone: 07 4053 5045

Email: admin@cairnsmensshed.org.au

Cairns Safer Streets

<https://cairnssafestreets.com.au/>

Cairns Safer Streets is a multi-agency group of State Government representatives delivering projects through community and whole-of-government partnerships.

Phone: 07 4040 4935

Email: cairns.saferstreets@police.qld.gov.au



Department of Communities, Disability Services and Seniors

<https://www.communities.qld.gov.au/community>

[Community Recovery](#)

[Neighbourhood and community centres](#)

[Goods and Food Relief Programs](#)

Gambling Help - Uniting Care Queensland

www.gamblinghelponline.org.au

Counselling for individuals, couples and families who are 18 years old and over, experiencing gambling-related difficulties including financial difficulties and relationship, legal and emotional problems.

UnitingCare Community–Cairns Region

Phone: 07 4050 4955

Gambling Help Counsellors: 07 4050 4988 Free call: 1800 858 858

Address: 188 Aumuller Street, Bungalow

Email: admin.fnq@uccommunity.org.au

Lions Clubs of Cairns

<https://cairnsbarrierreef.qld.lions.org.au/>

<https://cairns.qld.lions.org.au/>

Lions are volunteer men and women involved in local, state, national and international humanitarian projects.

Email: lionscairns@gmail.com

Queensland Country Women's Association.

<https://www.qcwa.org.au/>

Women from all over Queensland coming together for many different reasons including meeting new people, making new friends, learning new skills or getting involved in the community.

Cairns Local Government Area locations and contact details:

Earlville – 40516774 – gmelvini@hotmail.com

Freshwater – 40551633 – bfairweather@netspace.net.au

Smithfield – 0403828785 – jody.agius@bigpond.com

Babinda – 40451058 – woodworkeranne@hotmail.com



University of the 3rd Age Inc.

<https://cairnsu3ainc.u3anet.org.au/>

Provides classes to the over 50's who wish to continue growing their knowledge for the fun of it and the satisfaction of putting something back into society. James Cook University welcomes Cairns U3A members to attend most subjects for no fee. For more, go to [JCU University Courses \(free at U3A Cairns\)](#)

Address: 129 Mulgrave Road, Cairns

Phone: 07 4051 0400

Email: u3acairnsinc@gmail.com

Community Support

ADA Australia

<https://adaaustralia.com.au/>

Aged and Disability Advocacy Australia is a not-for-profit, independent, community based advocacy and education service. Services are free, confidential and client focused.

Address: 121 Copperfield Street, Geebung, Qld 4034 (Head Office)

Phone: 1800 818 338 (Free call), or 07 3637 6000

Email: info@adaaustralia.com.au

Brother to Brother Hotline

Brother to Brother is Australia's first 24-hour hotline assisting Aboriginal men. The line is staffed by Aboriginal men, including elders, to promote a culturally-safe service.

Brother to Brother doesn't have a website but you can call 24/7 on 1800 435 799.

National Abuse and Neglect Hotline

Information on reporting or addressing the abuse and neglect of a person with a disability.

Phone: 1800 880 052

Communities for Children: Cairns South and Yarrabah

<https://cfcsouthcairns.com.au/>

<https://www.missionaustralia.com.au/servicedirectory/194-strengthening-communities/communities-for-children-cfc-facilitating-partner-cairns-south2>

Communities for Children provides resources to create a connected and family friendly community where children are safe from harm. Services provided give children the opportunity to develop emotionally, socially and physically in their early years to benefit their health and wellbeing later in life. Playtime is offered in four locations (Sugarworld Gardens, Edmonton, White Rock and Woree).

Service also provides Strengths – Fathers Program for more information contact Henry at Rock Impact Inc.: 07 4035 1175 and Social and Emotional Wellbeing Programs for Primary Schools (Children and Families). For more information please call Innate Therapies: 0414 480 934.

Address: 38 Sturt Street, Bungalow

Phone: 07 4037 2800 / 0455 087 309

Email: osmondm@missionaustralia.com.au

Facebook: <https://www.Facebook.com/CommunitiesforChildren>

Cuppa in the Park – Gordonvale

A Community group for people to sit chat, have a cuppa and connect.

Contact: Rita at St Michaels Parish Office – 07 4056 1187

Address: Norman Park – Gordonvale

When: Every Friday 4pm – 6pm

FNQ Volunteers Inc.

<https://fnqvolunteers.org.au>

Contact Name: Tharaa Jose Mampilly – Services Coordinator

Address: Shop D, 377 Mulgrave Road

Phone: 07 4041 7400 / 0447 417 403

Email: info@fnqvolunteers.org.au



Rights in Action

<https://www.rightsinaction.org/>

Rights in Action
Independent Advocacy for People with Disabilities



Rights in Action Incorporated (RIA) provides independent advocacy for people with disabilities in Cairns, Yarrabah, Atherton and Mareeba to uphold their human rights and address instances of discrimination, abuse, neglect and exploitation

Rights in Action is also funded to support people with National Disability Insurance Agency appeals

Address: Ground Floor – Professional House – 88 Abbott Street Cairns

Phone: 07 4031 7377

Email: info@rightsinaction.org

National Abuse and Neglect Hotline

Information on reporting or addressing the abuse and neglect of a person with a disability.

Phone: 1800 880 052

Women with Disabilities Australia

<http://www.wwda.org.au/>

WWDA have undertaken many important and informative research projects that focus on the needs of women with a disability.

Dr. Edward Koch Foundation

<https://www.kochfoundation.org.au>

Life Youth Suicide Awareness & Prevention Workshop - 12 years and upwards

Life Adult Suicide Awareness & Prevention Workshop - 18 years and upwards

Mental Health First Aid Course – 18 years and upwards

Address: 4 Melaleuca Street, Manunda

Phone: 0409 765 305

Email: admin@kochfoundation.org.au

Cairns Warm Line

Provides an After Hours Service dedicated to helping the people of Cairns and surrounding areas struggling with mental illness, psychological or emotional distress.


Phone: 1800 431 243

Email: cairnswarmline@gmail.com



Queensland Advocacy Incorporated (QAI)

<http://www.qai.org.au/>



QAI is an independent, community-based systems and legal advocacy organisation for people with disability in Queensland, Australia. They also have a Human Rights Telephone Legal Advice Service for people with an intellectual, cognitive or psychiatric disability. Contact them for more information. They are also providing support to NDIS appeals.

Phone: 07 3844 4200 / 1800 130 582

Mentoring Men

mentoringmen.org.au

A registered Australian charity providing life mentoring programs for adult men in the community. Men are paired with a mentor and have regular opportunities to talk to them and learn about life.

Phone: 1300 583 925

Dad Stuff

<https://supportforfathers.com.au>

The website offers free webinars for dads and father-figures. Sessions run monthly from August to December 2020. The website also has resources and a professional toolkit.

Culturally and Linguistically Diverse/Multicultural Information and Services



NDIS resources - <http://www.amparo.org.au/ndis-resources-2/>

NDIS fact sheets - <http://www.amparo.org.au/factsheets/>

- **Fact sheet 1 - Understanding Disability in Australia**
- **Fact sheet 2 - What is the National Disability Insurance Scheme?**
- These fact sheets have now been translated into 38 languages –
- AUSLAN (Australian sign language), Amharic, Arabic, Bahasa Indonesian, Bengali, Bosnian, Burmese, Chinese, Simplified Chinese, Traditional Croatian, Dari, Dinka, Farsi, French, Greek, Hazaragi, Hindi, Hmong, Italian, Japanese, Karen, Kirundi, Korean, Kurdish, Kurmanji, Macedonian, Nepali, Rohingya, Samoan, Serbian, Somali, Spanish, Swahili, Tamil, Tagalog, Thai, Tongan, Turkish, Vietnamese, Kurdish and Kurmanji
- These fact sheets are also available in **audio/visual formats** in the following 12 languages and available on AMPARO's website: www.amparo.org.au/factsheets/
- **Fact sheet 1** - Amharic, AUSLAN, Burmese, Dari, Dinka, Hazaragi, Karen, Kirundi, Nepali and Rohingya
- **Fact Sheet 2** - Somali and Swahi
- **Fact Sheet 3 - Fact sheet for Interpreters** - <http://www.amparo.org.au/wp/wp-content/uploads/2015/09/Final-factsheet-for-interpreters-6-November-2017.pdf>
- NDIS information for interpreters and translators
- National Disability Insurance Scheme (NDIS): How does it work? How can I prepare?
- This fact sheet provides information for interpreters and translators to assist them prepare for NDIS related phone calls and face-to-face meetings

Digital stories– Individuals with disability and families from refugee backgrounds speak in their own language about their lives, hopes and plans for the future. (Vietnamese, Farsi, Burmese, Swahili and Kirundi)

Community Radio Programs in Arabic, Spanish and Mandarin - explaining the NDIS were aired on 4EB Radio between December 2017 and April 2018 and are available on the website.

Link - www.amparo.org.au/publications-reports/ndis-community-radio-interview

Email: info@amparo.org.au
Phone: 07 3354 4900
Office Address: 53 Prospect Road, Gaythorne

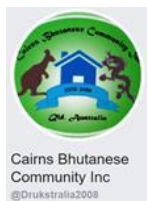


Cairns and District Chinese Association Inc.

<http://cadcai.org.au/>

The aim of the group is to preserve and ensure the longevity of the collection objects and to enhance the stories about the residents of Cairns' historic Chinatown and the users of the temple which was located in Grafton (Sachs) St, from 1887 to 1966.

Opening Hours: Thursday: 9am to 1pm and Saturday 2pm to 4pm
Other services provided at this site - Performing arts program, Lion dancing. Phone: 0406 342 703 or 0466 466 044
Email: mary.low@cadcai.org.au / info@cadcai.org.au
Address: Grafton Street, Cairns



Cairns Bhutanese Community Inc.

<https://www.facebook.com/Drukstralia2008/>

Bhutanese and Nepalese cultural events

Cairns KODOMO KAI

A Japanese cultural and educational activity group. Participants must be able to communicate in Japanese.

Cost: \$3 per person; annual membership, \$20
Activity Address: Aeroglen Community Hall, Quarry Road, Aeroglen 4870

Phone: 07 4039 3084 / Masumi Morimoto - 0414 583 073
Email: dokinmanjp@yahoo.co.jp

Cairns Regional Multicultural Association

Contact: Kesa Strieby – Kesa.Strieby@ozcare.org.au



Centacare FNQ, Multicultural Services

<https://www.centacarefnq.org/home/>

Provides free services for individuals and families including refugees and those from migrant communities. Assisting with settlement, community development projects, facilitating participation in cultural events and advocacy.

Phone: 07 4242 1058

Email: cms@centacarefnq.org

Address: 212 McCormack Street, Manunda

Centrelink Multicultural Services Officer

Contact: Nisha Shahid

Email: nisha.shahid@humanservices.gov.au

Phone: 07 4048 8975

Diversicare

<https://www.diversicare.com.au/>

<http://eccq.com.au/>

Provides community based home care.

Contact: Marcela Fischer

Email: mas.peninsula@diversicare.com.au

Address: Multicultural Advisory Service, PO Box 347, Earlville

Phone: 0432 322 154 or call 1300 348 377 and ask for Intake.

Mike Friganiotis – Radio Announcer

Local radio announcer on community radio broadcasting programs in numerous languages

Email: mfriganiotis@raq.org.au



QPASTT - Queensland Program of Assistance to Survivors of Torture and Trauma



<https://qpastt.org.au/>

QPASTT provides flexible and culturally sensitive services to promote the health and well-being of people who have been tortured or who have suffered refugee related trauma prior to migrating to Australia. QPASTT aims to provide services which address the range of physical, psychological and social needs that survivors of torture and trauma have. All services are free and confidential.

Address - Boland Centre, 14 Spence St cnr. Lake St, Cairns

Telephone - 0409 574 925

Email - admin@qpastt.org.au

Spiritual Learning Centre Australia

<https://cairnsspiritualcentre.com.au/>



Spiritual Learning Centre Australia Inc. (SLCA) is a non-profit organization founded by resettled Bhutanese in Cairns.

Community group activities for elderly, Nepali language classes every Sunday from 2pm – 6pm at Cairns TAFE Gatton Street, Manunda.

Address: 1/194 Spence Street, Bungalow

Phone: 0421 553 118

Email: cairnsspiritualcentre194@gmail.com

Disability Employment



NDIS Supported Employment

<https://www.ndis.gov.au/understanding/supports-funded-ndis/supported-employment>

NDIS supported employment funding allows participants to purchase supports if they need higher intensity or more frequent on-the-job supports to pursue their employment goals. For more information, visit the links below.

[Supported employment](#)

[A new pricing framework for supported employment](#)

[Transitioning to the new pricing framework](#)

NDIS office locations and contact information
<https://www.ndis.gov.au/contact>



Seek Jobs - Job Search

Online job search website and app.
Available on Apple iOS, Android



Jobactive - Job Seeker

The Job Seeker JobSearch app allows job seekers to use many of the features from the website while on the go. Available on Apple iOS and Android



Aimbig

<https://www.aimbigemployment.com.au>

Provides disability employment services.

Address: Boland Centre, 14 Spence Street, Cairns City

Phone: 1300 034 997

APM Employment

<https://apm.net.au/>



Delivers job seeker, disability employment services, workplace health, NDIS support and home assessment services.

Cairns

79 Sheridan Street, Cairns City QLD

Phone: 07 4031 7240

Cairns City

Ground Floor Suite 6 88 Abbott Street, Cairns City QLD

Phone: 07 4031 0845

Earlville

C/- Abbott Medical Clinic 3/473 Mulgrave Road,
Earlville

Phone: 07 4031 7240

Gordonvale

C/- Gordonvale Family Medical Centre, 27 Norman Street,
Gordonvale

Phone: 07 4031 7240

CBC Staff Selection

<https://www.cbcstaff.com.au/>



Employment service matching employers with people looking for work, including people with disability.

Cairns Office: Level 1, 55 Spence Street, Cairns

Telephone: 07 4051 9699

Email: apply@cbcstaff.com.au

Choice Passion Life Employment Services / Milestones Employment



milestones

<https://www.cpl.org.au/our-locations/north-far-north-qld/cairns>

Employment provider for people with disability. CPL also provides various allied health services to NDIS participants.

Address: 120 Spence Street, Cairns

Free call: 1800 275 753 / 1800 961 862

Email: shellee.tones@cpl.org.au

Cairns Location Map: <https://www.cpl.org.au/our-locations/north-far-north-qld/cairns>



Epic Assist, Cairns

<https://www.epicassist.org/>

Provides disability employment support services.

Address: Suite 1, 128 Spence Street, Cairns

Phone: 07 4031 1444 or 133 742

Email: hello@epicassist.org

NEATO Employment Services

<http://neatoemployment.com.au/>

Provides skills and personal development, job search and career management assistance, post placement support for both job seekers and employers and employer focused recruitment services from pre-screening etc.

Cairns Aplin Street

Address: 14 Aplin Street, Cairns

Phone: 07 4081 8100

Earlville

Address: 480 Mulgrave Road, Earlville

Phone: 07 4038 4900

Smithfield

Address: 2-6 Cumberland Avenue, Smithfield

Phone: 07 4245 9500





Max Employment

<https://www.maxsolutions.com.au/>

Provider of employment services including National Disability Insurance Scheme and Disability employment service. For more information, please see links below.

MAX Employment: <https://www.maxsolutions.com.au/max-employment>

MAX Support: <https://www.maxsolutions.com.au/max-support>

MAX Community: <https://www.maxsolutions.com.au/max-community>

Address: 120 Bunda Street, Cairns

Telephone: 07 4030 8900



MatchWorks

<https://www.matchworks.com.au/>

Provides disability employment services

Address: 49 Spence Street, Cairns

Phone: 1300 132 363

Email: info@matchworks.com.au



My Pathway

<https://www.mpath.com.au>

Provides Disability Employment Services

Head Office: 84-88 Cook Street, Cairns

Telephone: 07 4033 3400

Cairns office: 128 -132 McLeod Street, Cairns

Telephone: 07 4058 3310

Email: info@mpath.com.au



Maxima Employment

<https://maxima.com.au/>

Provides employment and training opportunities to people including those living with disability.

Address: Shop C2 Stockland Earlville, 377 Mulgrave Road Earlville

General Customer Service and Employment Enquiries: 1300 669 859

Disability Employment Services (DES) Enquiries: 1300 629 462

Online Contact Form: <https://maxima.com.au/contact/>



Steps Employment Solutions, Cairns

www.stepsemploymentsolutions.com.au/

Employment and training service matching local employers with people looking for work, including people with disability.

Address: 46-50 Spence St, Cairns

Phone: 07 4034 5400

Email: cairns@stepsgroup.com.au

Workways



<https://workways.com.au/>



Provides support with employment, education and training, small business and social enterprise development and community programs.

Cairns Office

Address: 12 Aplin St, Cairns City

Services available at this location - Disability (DES), jobactive, Work for Dole Phone: 07 4081 2600 / 1800 631 196

Email: jobsearch@coact.org.au

Worklink Employment - Clean Care Cairns



www.cleancarecairns.org.au

A social enterprise providing commercial and domestic cleaning services providing opportunities for employment to people experiencing difficulties entering the workforce.

Address: 209 Lyons Street, Westcourt

Phone: Coordinator, Nigel Ledgard - 0418 808 995 / 07 4031 0877

Email: nigel.ledgard@cleancarecairns.org.au

SLES (School Leavers Employment Supports) Providers

Break Thru – SLES Program

<https://www.breakthru.org.au/services/ndis-support/sles/>

Provider of the School Leavers Employment Supports Program (SLES)

Address: 1/175-185 Newell Street, Bungalow

Phone: 1800 767 212

Email: cairns@breakthru.org.au

Choice Passion Life Employment Services / Mylestones Employment

<https://www.cpl.org.au/our-locations/north-far-north-qld/cairns>

Employment provider for people with disability. CPL also provides various allied health services to NDIS participants.

Address: 120 Spence Street, Cairns

Free call: 1800 275 753 / 1800 961 862

Cairns Location Map: <https://www.cpl.org.au/our-locations/north-far-north-qld/cairns>

Max Employment

<https://www.maxsolutions.com.au/>

Provides a range of services for Employment and Community Support.

MAX Employment - <https://www.maxsolutions.com.au/max-employment>

MAX Support - <https://www.maxsolutions.com.au/max-support>

MAX Community - <https://www.maxsolutions.com.au/max-community>

Address: 120 Bunda Street, Cairns

Telephone: 07 4030 8900

Opening hours: Monday to Friday 8.30 am - 5:00 pm

Steps Group SLES

<https://www.stepsgroup.com.au/>

help people with a disability transition from school into work through School Leaver Employment Supports (SLES).

Address: 50 Spence Street, Cairns City

Phone: 0427 666 942

Email: antoniettam@stepsgroup.com.au



Disability Peak Bodies



Carers Australia

<https://www.carersaustralia.com.au/>

Carers Australia is the national peak body representing Australia's unpaid carers, advocating on their behalf to influence policies and services at a national level.

Address - 15 Abbott Street, Camp Hill Brisbane 4152 (Head Office)

1/320 Sheridan Street, North Cairns

Phone: 07 4252 9200

Email - info@carersqld.com.au / farnorth@carersqld.com.au



Autism Awareness

<https://www.autismawareness.com.au/>

Provides supports and services to improve the lives of people with Autism and their families/carers including targeted educational programs to families, professionals and the broader community.

Address: PO Box 61, Rozelle NSW 2039

Phone: 1300 900 681

Email: office@autismawareness.com.au



Autism Spectrum Australia

<https://www.autismspectrum.org.au>

Provides evidence informed schools program, information and advice, diagnostic assessments, behaviour support, parent and family support, and adult programs. Phone: 1800 277 328



Parkinson's Australia

<https://www.parkinsons.org.au/>

<https://www.parkinsons-qld.org.au/>

Parkinson's Australia is the national peak body and charity representing more than 80,000 Australians living with Parkinson's. Parkinson's Australia advocates for the Parkinson's community, promotes best practice models of service delivery, works to increase awareness of Parkinson's disease and provides information and education on symptoms, diagnosis, causes and treatments.

QLD Head Office

Address: Unit 2/25 Watland Street, Springwood

Info Line Free call: 1800 644 189

Phone: 07 3209 1588

Email: pqi@parkinsons-qld.org.au



Queensland Aboriginal and Islander Health Council

<https://www.qaihc.com.au/>

QAIHC improves health, creates jobs and ensures Aboriginal and Torres Strait Islander people receive culturally appropriate health care. Operating in different regions of Queensland, providing a state-wide perspective of Aboriginal and Torres Strait Islander health.

Address: 36 Russell Street, South Brisbane

Phone: 07 3328 8500

Email: info@qaihc.com.au / communications@qaihc.com.au



North Queensland Primary Health Network

<https://www.nqphn.com.au/>

Northern Queensland Primary Health Network (NQPHN) provides information on health and wellbeing, making health better for all people in North Queensland.

Cairns office: Level 2-3, 36 Shields Street, Cairns,

Telephone: 07 4034 0300

Email: cairns@nqphn.com.au

Queensland Alliance for Mental Health

<https://www.qamh.org.au/>



Queensland Alliance for Mental Health is the peak body for mental health service providers and the wider mental health community in Queensland.

Please note QAMH is NOT a mental health service provider. QAMH do not provide clinical assistance or direct services. If in distress or crisis see this [list of services available](#) to you.

Address: 433 Logan Road, Stones Corner

Telephone: 07 3252 9411

Online Contact Form: <https://www.qamh.org.au/contact/>

NDS – National Disability Services

<https://www.nds.org.au>



National Disability Services (NDS) is Australia's peak body for non-government disability service organisations, representing over 1160 non-government service providers. Collectively, NDS members operate several thousand services for Australians with all types of disabilities.

Lisa Steele – Senior Sector Support Officer

Phone: 07 3828 9407 / 0423 249 975

Email: lisa.steele@nds.org.au

QDN - Queenslanders With Disability Network

<https://qdn.org.au/>



Queenslanders with Disability Network (QDN) is a state wide organisation of, for, and with people with disability connecting for collective and affirmative action.

Telephone: 07 3252 8566

Free call Telephone: 1300 363 783 (for the cost of a local call from a landline if you live outside Brisbane)

Email: qdn@qdn.org.au

Online Contact Form - <https://qdn.org.au/contact/>

Aboriginal & Torres Strait Islander Disability Network of Queensland – (ATSIDNQ)

<https://qdn.org.au/our-work/atsidnq>

<https://www.atsidnq.com.au/>



Aboriginal and Torres Strait Islander Disability Network of Queensland (ATSIDNQ) is a network of Aboriginal and Torres Strait Islander people with disability, their families and carers. The Network provides a voice for Aboriginal and Torres Strait Islander people in transition to the National Disability Insurance Scheme (NDIS).

Address: 338 Turbot Street, Spring Hill

Phone: 1800 718 969

Email: qdn@qdn.org.au

People with Disability Australia

<https://pwd.org.au/>



People with Disability Australia (PWDA) is a national disability rights, advocacy and representative organisation that is made up of, led and governed by people with disability.

Address: Level 8, 418A Elizabeth Street, Surry Hills

Email: pwd@pwd.org.au

Spina Bifida and Hydrocephalus Queensland

<https://www.spinabifida.org/>



SBH Queensland is an NDIS registered provider offering statewide outreach services, to enhance the lives of children and adults living with disability. Services include: Allied Health Therapy, Education and Social Work supports, specialised information and resources specific to Spina Bifida and Hydrocephalus and other neurological and developmental disabilities.

Address: 11/108 Wilkie Street, Yeerongpilly

Phone: 07 3844 4600 / 1300 655 447

Email: enquiries@sbhqueensland.org.au



Deaf Services (Cairns Office)

(Formerly Deaf Services QLD)

<https://www.deafservices.org.au/>

NDIS Registered Service Provider - services provided include:

- Auslan and Community Education and Training o NDIS Support Coordination
- NDIS Plan Management
- Life Skills Development and 1:1 Supports o Community Access
- Ageing Well – Over 65's
- Interpreting and Translation

Address: 37 Pease Street, Manoora

Phone: 07 4032 3033

TTY: 07 4032 3033

Mobile: SMS - 0438 716 068

Email: community.access@deafservices.org.au

Facebook: @DeafServicesLtd

Disability Plan Managers

Plan Tracker



<https://www.plantracker.com.au/>

<https://www.plantracker.com.au/self-management/>

Provides plan management services to people who have an NDIS plan. Provides access to an app, increasing training and support to help build skills and capacity to self-manage.

Phone: 07 2102 1400

Online Contact Form: <https://www.plantracker.com.au/contact/>

Aruma

<https://www.aruma.com.au>

Provides plan management services to NDIS participants.

Phone: 1300 538 746

Email: enquiries@aruma.com.au





Auscare

<https://auscaresupport.com.au>

Provides plan management services to NDIS participants.

Phone: 1800 849 137

Email: info@auscaresupport.com.au

Your Plan Partner

<https://www.yourplanpartner.com.au>

Provides plan management services to NDIS participants.

Phone: 1300 611 990

Email: hello@yourplanpartner.com.au



Capital Guardians

<https://www.capitalguardians.com/>

Provides services to individuals and organisations in disability and aged care sector including financial management, digital wallet function, invoicing, and accounts receivable.

QLD/NT Telephone Contact Number - 07 2102 9700

Online contact form - <https://www.capitalguardians.com/contact/>



LifeFul

<https://www.lifefulndis.com.au>

Provides plan management services to NDIS participants.

Phone: 1800 785 596

Email: info@lifeful.com.au



Leap In! Plan Management

<https://www.leapin.com.au/>

Provides plan management services to people who have an NDIS plan and can also support participants to prepare for NDIS meetings.

Free call: 1300 05 78 78

TY/Voice Calls: 133 677

Speak & Listen: 1300 555 727

SMS Relay: 0423 677 767

Need an interpreter? - Call 131 450 and ask them to call Leap in!: 07 3724 0368

Email: connect@leapin.com.au





Peak Plan Management

<https://www.peakplanmanagement.com.au/>

<https://www.peakplanmanagement.com.au/provider-directory.html>

Plan management services provided to NDIS Participants.

Contact: Jodie Cox – Client Liaison Officer – North Queensland

Phone: 0408 518 125

Email: jodie@peakplanmanagement.com.au

Plancare Plan Management

<https://www.plancare.com.au>

Provides plan management services to participants of the NDIS.

Phone: 1800 024 000

Email: hello@plancare.com.au

Plan Partners Plan Management

<https://planpartners.com.au/>

Provides plan management and support coordination services to people who have an NDIS plan

Contact: Rollie Pontigon – General Manager QLD & NT

Telephone: 0437 498 389 / 1300 333 700

Email: rollie.pontigon@planpartners.com.au / info@planpartners.com.au

Plan Manage Assist

<https://planmanageassist.com.au>

Provide plan management services to NDIS participants.

Phone: 1300 199 960

Email: enquiries@planmanageassist.com.au

Inebura

<https://inebura.com.au>

Provides plan management services to NDIS participants.

Phone: 1800 118 176





personalised care

Zest Personalised Care

<https://zestcare.net.au/plan-management/>

Phone: 1300 719 265

Email: Planmanager@zestcare.net.au

AIIM Choices

<https://www.aiimchoices.com.au/>



Providing NDIS Plan Management – multilingual specialists with staff from numerous cultural backgrounds including: English, Chinese, Turkish, Vietnamese, Sri Lankan, Filipino, Hindi and Arabic.

Contact: James Price

Phone: 02 6056 6900

Email: jprice@aiim.com.au

My Plan Support

<https://www.myplansupport.com.au>



Provides plan management services to NDIS participants.

Phone: 1300 266 289

Access Your Supports Plan Management

<https://ays.com.au/plan-management/>



Provides plan management services to NDIS participants.

Phone: 03 4242 4188

Email: pm@ays.com.au

Bright Plan Management

<https://www.brightpmp.com.au>

Provides plan management services to NDIS participants.

Phone: 1800 911 199

Email: hello@brightpmp.com.au



All Disability Plan Management

www.alldisability.com.au

Provides personalised Plan Management services Australia wide. Focusing on the participant's goals and maintaining their choice and control. Contact All Disability Plan Management for further details.

Contact: Julie David

Phone: 1300 399 913

Email: contact@alldisability.com.au

Servicing: Australia Wide

Tropical North Bookkeeping

<https://www.tropicalnorthbookkeeping.com.au/>

Providing Plan Management, Financial Capacity Building, Core Supports for self/plan managed participants in budgeting and financial life skills, bookkeeping assistance for self-managers and provider bookkeeping.

Contact: Liz Taylor

Phone: 0422 069 714

Email: admin@tropicalnorthbookkeeping.com.au

iDEAL Plan Management

<https://www.idealplan.com.au/>

Provides free NDIS Plan Management services for participants with "Improved Life Choices" funding. Contact provider for more info on services available to participants without this specific NDIS funding.

Email - manager@idealplan.com.au

Free Call - 1300 800 110

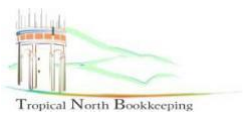
My Plan Manager

<https://myplanmanager.com.au>

Provides Plan Management services to NDIS participants.

Phone: 1800 954 294

Email: enquiry@myplanmanager.com.au / welcome@myplanmanager.com.au





National Disability Support Partners

<https://www.ndsp.com.au/>

Provides plan management services to people who have an NDIS plan.

Phone: 1800 636 377

Email: info@ndsp.com.au

Facebook: <https://www.facebook.com/NationalDisabilitySupportPartners>

Pathways to Care – Plan Management

<https://www.pathwaystocare.com.au>



Provides plan management services to people who have an NDIS plan.

Phone: 1300 467 284

Email: info@pathwaystocare.com.au

Disability Services and Supports



Able Anglers Fishing Respite Services

<https://www.ableanglers.com.au>

Provides 1 on 1 and group based fishing days for people with disability to enjoy a day on the water.

Phone: 07 4015 2964

Email: info@ableanglers.com.au

Abilifly Support Services

<https://abilifly.com.au>



Service provides a range of services including, assistance with daily living, social and community based activities, accommodation/Tenancy assistance, support coordination/specialist support coordination and personal care support.

Address: CentrePoint Office Building, Suite A, 141-143 Abbott Street, Cairns City

Phone: 07 4221 3137

Email: info@abilifly.com.au



Autism Queensland, Cairns (Far North Queensland Centre of Excellence)

www.autismqld.com.au/page/autism-queensland-cairns

Services provided include:

- Early Childhood Intervention Group Program (ECI)
- Programs for School-Aged Children and Adolescents (Social Skills Group Programs)
- Individual Therapy (all ages)
- Allied Health & Diagnostic Assessments
- School Advisory Visits
- Autism Queensland School (Prep - Year 3).

The following services are also available (Brisbane based):

- Early Intervention Indigenous Liaison Officer Program
- Professional Development & Parent Education

Contact: Tanya Kunzler

Address: 15-17 Marr Street, Edmonton

Phone: 07 4034 6600

Email: cairns@autismqld.com.au



HCA Home Healthcare Australia

<https://www.hcahome.com.au/disability-services-ndis/>

Provides supports to NDIS participants and aged care.

Telephone: 1300 422 111 - available 24/7 to talk over your needs

Online contact: <https://www.hcahome.com.au/contact-us/>

Aged Care Email: aged@hcahome.com.au

Disability Care Email: disability@hcahome.com.au

Home Heart and Health Care

<https://www.homehearthealthcare.com.au>

Provides in home care service to help people stay in their homes for as long as possible – Cleaning, yard maintenance, transport, shopping, medical appointments.

Address: Unit 7/90 Aumuller Street, Portsmith

Phone: 4031 0320

Email: enquiries@homehearthealthcare.com.au



Just Better Care

<https://justbettercare.com.au/cairns/home>



Provides a range of services including, disability support, social and lifestyle support, and aged care.

Address: Shop 104 Raintrees Shopping Centre, Manunda

Phone: 07 4408 8058

Email: info@justbettercare.com

ITEC Group Australia

<https://www.itecgroup.com.au/>



Provides community services in various sectors across Australia.

Key services include: Disability Services (NDIS), Child Safety Services – Residential Care (Safe Houses), Joint Support Program with Juvenile Justice, Community Housing and Careers with Childcare.

Contact: Marissa Logan

Phone: 0448 719 425

Email: m.logan@itechealth.com.au

Address: 47-49 Sheridan Street, Cairns QLD 4870 (Head Office)

Phone: 07 4044 1000

Contact: Lesley Neven – Specialist Behaviour Practitioner

Phone: 0436 621 878

Email: l.neven@itecgroup.com.au

Unidex Healthcare

<https://unidexhealthcare.com.au/>



Service provide a range of Allied Health, Disability Support and Aged Care services to the community.

Phone: 07 5699 0960

Email: reception@unidexhealthcare.com.au

ARC Disability Services Inc.

<https://www.arcinc.org.au/>



Community based organisation supporting children and adults who have disability their families and support networks. Services provided include:

- Supported Independent Living (lifestyle Support)
- Holiday House
- Coordination of supports
- In-home support
- Community participation support
- Plan Management service
- Inclusive Education and Resource Centre

Address: 92 Little Street, Manunda 4870

Email: info@arcinc.org.au

Telephone: 07 4046 3600

Facebook: <https://www.Facebook.com/arcinc/>

Let Us Clean For You

Service provides professional cleaning

Contact: Theresa Wurzinger

Phone: 0403 400 298

Vision Australia

<https://www.visionaustralia.org/>



Provides services and equipment to people with vision impairment including Occupational Therapy assessments/services. In Cairns Region, services are provided in client's homes or through regular clinics at a local community venue. Vision Australia no longer has a shop front in Cairns City as it did previously.

Cairns contact: Cate McHugh

Telephone: 07 4034 5802

Email: cate.mchugh@visionaustralia.org / info@visionaustralia.org

For appointment: phone 07 4037 5600.

Address: Boland Centre, Corner Lake and Spence Street, Cairns QLD 4870

Phone: 1300 847 466

Centacare FNQ – Social Wellbeing Hub

<https://www.centacarefnq.org/social-wellbeing-hub>

Provides a homely and relaxed atmosphere for people to enjoy. Concentrating on supporting physical and mental wellbeing to remain independent for longer.

Address: 39 Oak Street, Holloways Beach

Phone: 07 4055 0890 / 0417 608 141

Email: swh@centacarefnq.org

Lifestyle Connections Association Inc.

<https://www.lifestyleconnections.com.au/>

Assists people with a disability in the Cairns Area to plan what support they need to live an ordinary life within their community.

Address: 113-115 Aumuller Street, Bungalow

Telephone: 07 4035 6771

Email: servicemanager@lifestyle.com

Queensland Support Services and Solutions

<http://www.qsss.com.au/>

Provides personal support and services for clients who receive funding to live and participate within the community. Supports can include personal care, domestic assistance, and community access.

[QSSS Information Flyer](#)

Office Hours Contact Numbers - 07 5543 6757 or 0487 913

990 Email: coordmanager@qsss.com.au (Vanessa Jamieson) /

support@qsss.com.au

Australian Community Support Services

<https://www.auscomsupportservices.com.au>

Provides a range of support services to NDIS participants.

Address: 2/114 Hoare Street, Manunda

Phone: 07 4221 4656

Email: info@auscomsupportservices.com.au



Southern Cross Support Services - Community Health Care



<http://www.scch.com.au/>

Provides support for Home Care Packages, CHSP and NDIS

Phone: 1800 989 000 / 0428 290 130

Email: enquiries@scch.com.au

Happy at Home Carer

Provides support with personal and home care, shopping and appointments, medication assistance and additional services by negotiation.

Contact: Leigh Hartley

Phone: 0468 951 343

Email: happyathomecarer@gmail.com

Pharaoh Care



<http://pharaohcare.com.au/>

Provides support for people with disabilities, and their families and carers. Operating as an in-home provider Pharaoh Care provides non-medical, lifestyle and wellbeing services that enable people with disabilities to remain independent and in their own homes.

Phone: 07 4019 2455

Email: admin@pharaohcare.com.au

Cootharinga Cairns



<http://www.cootharinga.org.au/>

Provides supports and services relevant to the choices and needs of the individual participant Including Supported Independent Living, Life Skills Program, Support Coordination and Assistance with Daily Living. Also provides support coordination for NDIS participants. Allied Health Services available via Telehealth and Outreach Program. Mobility Equipment via Outreach Program – See dates on website for more details.

Address - 1/200 Scott St Bungalow - Entrance off Newell Street.

Phone: 1800 266 842

Email: enquiries@cootharinga.org.au

Facebook: <https://www.facebook.com/cootharingang/>

Instagram: <https://www.instagram.com/cootharinganorthqueensland/>

Enquiry Form on Website: <https://www.cootharinga.org.au/our-services/>



Endeavour Foundation Learning and Lifestyle

<https://www.endeavour.com.au/services/locations/cairns-innisfail-mareeba/learn-cairns>

Provides supports and services to people living with disability including life skills, independent living, community access, job preparation, support coordination etc.

Address - 4 Warner Street, Manunda

Free call - 1800 112 112

Online Contact Form - <https://www.endeavour.com.au/contact>

A Good Start to Life

<https://www.gslservices.com.au/>



Provides supports to people with disability including core supports, SIL MTA and STA, social/community participation, support coordination and in-home support.

Address: 3/127 Anderson St Manunda

Phone: 07 4031 0123

Email: Practice Manager Deborah Meyer deborah@gslservices.com.au /

IU Lead NDIS Sarah Travers sarah@gslservices.com.au

Independent Living Support Association (ILSA)

Formally known as FNQILSA

<https://www.ilsa.org.au/>



Provides a diverse range of services to people with disability including in-home support and community access.

Office Address: 23 Victoria Street, Cairns

Phone: 07 4041 6507

Email: office@ilsa.org.au

On-Call / After Hours: For emergencies outside of business hours -

Mobile Phone Number - 0419 745 372

Mulgrave Complete Care

<https://mulgravecompletecare.com.au/>



Provides core support, household tasks, cleaning and garden maintenance

Contact: Sarah Moller

Phone: 0488 422 226

Email: admin@mulgravecompletecare.com.au

Tru Angels Services – Aged Care & Disability

<https://www.facebook.com/pg/truangelsservices/services/>

<https://www.truangelsservices.com.au>

Provides in home care supports to the aged and those living with disability. NDIS Registered.

Address: 3 Parramatta Street, Parramatta Park

Director: Trudie Richardson

Phone: 0409 728 183

Email: trudie@truangelsservices.com.au

Taylor Made Enterprises Cairns

<http://taylormadecairns.com.au/HOME.3.0.html>

Provides gardening and maintenance support to the aged and those living with disability. NDIS Registered.

Contact: Bruce Taylor – Manager.

Phone: 07 4032 4174 / 0418 798 362

Email: bruce@taylormadecairns.com.au

Selectability

<https://www.selectability.com.au/>

Services include Connecting Care, Support coordination, Individual support, Group support, Clinical and general psychology, Family and carer support and Support Coordination.

Address: 8/104 Grafton Street, Cairns

Phone: 07 4044 8900

Email: cairns@selectability.com.au

Ten Years Younger Home Care

<https://www.tenyearsyounger.com.au/>

Provides clinical oversight together with personal care, respite care, social and companionship support. Servicing Cairns and Far North Queensland.

Address: Suite 24, 110 Collins Ave, Edge Hill

Phone: 07 4255 6822 or 0488 731 111

Email: info@tenyearsyounger.com.au



WE

LIFE WITHOUT BARRIERS

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Life Without Barriers

<https://www.lwb.org.au>

Providing disability support and NDIS support coordination

Address: Shop 1B 127 Anderson Street, Manunda

Phone: 07 4032 8332 or 1800 935 483

Email: yourlwb@lwb.org.au

Support coordination contact: Allan Bunyan

Phone: 07 4032 8331 / 0436 625 288

Email: allan.bunyan@lwb.org.au

Thrive FNQ

<https://www.thrive.org.au>

<https://www.worklink.org.au>

Provides support to people with their NDIS Plan including support coordination and plan management as well as providing disability supports. Registered NDIS Plan Manager.

Address: 11A Sheridan Street, Cairns City

Phone: 07 4031 0877

Email: info@thrive.org.au

Real Living Options

<https://www.reallivingoptions.com.au/>

Provides individualised support to assist people with disability including in-home support and community access.

Address: Shop 1, Showground Shopping Centre, 157 Mulgrave Road,
Bungalow

Phone: 07 4035 5886

Email: servicemanager@reallivingoptions.com.au

REAL LIVING OPTIONS
ASSOCIATION INC.

Supporting a lifestyle for people with a disability

Synapse Australian Brain Injury Organisation

<https://synapse.org.au>



Provides support services including support coordination for people who have been impacted by brain injury and disability. Also provides an accommodation facility.

Contact: Tonia Savo

Email: tsavo@synapse.org.au

Phone: 0418 681 027 or 07 4230 0670

Address: Warner Street, Manunda

Address of National Office: Level 1/262 Montague Road, West End

Phone: 1800 673 074 or 07 3137 7400

Mercy Community

<https://www.mercycommunity.org.au>



Provides disability supports and support coordination for NDIS participants.

Address: 105 Charters Towers Road, Hermit Park Townsville

Phone: 07 3866 4160

Email: ndisinfo@mercycommunity.org.au

Spinal Life Australia

<https://www.spinal.com.au/>



Provides support and information for people with spinal cord injury, post-polio syndrome and transverse myelitis.

Phone: 1300 774 625; Freecall: 1800 810 513

Email: members@spinal.com.au

Address: 325 -327 Sheridan Street, Cairns

If you are deaf, have a hearing or speech impairment you can contact us via the NRS:

TTY – 133 677 then ask for 1300 774 625

Voice – 1300 555 727 then ask for 1300 774 625

AbbaCare

<https://www.abbacare.com.au/>



Provides a range of supports to NDIS participants.

Address – 122A Sheridan Street Cairns QLD

Phone: 07 4031 9651

Email: cairns@abbacare.com.au



Deaf Services (Cairns Office)

(Formerly Deaf Services QLD)

<https://www.deafservices.org.au/>

NDIS Registered Service Provider - services provided include:

- Auslan and Community Education and Training
- NDIS Support Coordination
- NDIS Plan Management
- Life Skills Development and 1:1 Supports
- Community Access
- Ageing Well – Over 65's
- Interpreting and Translation

Address: 37 Pease Street, Manoora

Phone: 07 4032 3033

TTY: 07 4032 3033

Mobile: SMS - 0438 716 068

Email: community.access@deafservices.org.au

Facebook: @DeafServicesLtd

Disability Accommodation Including Supported Independent Living (SIL) and Specialist Disability Accommodation (SDA)

A Good Start to Life

<https://www.gslservices.com.au/>



Provides supports to people with disability including core supports, SIL MTA and STA, social/community participation, support coordination and in-home support.

Address: 3/127 Anderson St Manunda

Phone: 07 4031 0123

Email: Practice Manager Deborah Meyer deborah@gslservices.com.au /

IU Lead NDIS Sarah Travers sarah@gslservices.com.au

MiHaven Care

<https://www.mihaven.com.au/>

<https://www.mihavencare.com.au/>



Registered social enterprise that provides property development services. MiHaven Care builds Specialist Disability Accommodation for participants of the NDIS. Registered Training Organisation offering Cert III in Individual Support (Disability).

Address: 130 Abbott Street, Cairns City.

Phone: 07 4041 0407

Email: sarah@mihaven.com.au

Nest Disability Housing

<https://gonest.com.au/>



Online tool that matches people with disability to homes that meet their needs, support requirements and lifestyle choices.

Phone: 1300 547 905

Email: info@gonest.com.au

Southern Cross Supported Independent Living

<https://www.scss.org.au>

NDIS Registered Provider of short term accommodation, medium term accommodation, Supported Independent Living, and the ability to connect with registered SDA provider for Specialist Disability Accommodation.

Contact: Jessica Small

Phone: 1300 727 701

Email: sil@scss.org.au

Assistance Animals



ASDOGS (NQ) Inc.

<http://www.asdogsnq.com.au>

Trains and promotes accredited Assistance Dogs for people with a disability.

Phone: 074092 3344

Email: mail@asdogsnq.com.au

Assistance Dogs Australia PAWS (Parents Autism Workshops and Support)

<https://www.assistedogs.org.au/>

Provides a space for parents of children with autism, to share experiences and explore the potential that a pet dog might have within the family.

Phone: 02 9520 6282

Free call: 1800 688 364

Canine Helpers

<http://www.caninehelpers.org.au>

Trains, matches and places assistance dogs with people with disability.

Mobile: 0437 916 996

Email: info@caninehelpers.org.au





Guide Dogs Qld

<https://www.guidedogsqld.com.au/>

Provides people living with disability with a Service Dog to maintain accessibility and independence.

Address: 1978 Gympie Rd Bald Hills

Phone: 07 3500 9001

Free call: 1800 810 122

MindDog

<https://www.minddog.org.au/>

Provides assistance to people with a psychosocial disability to procure, train and certify psychiatric service dogs.

Mobile: 0490 850 993

Email: info@minddog.org.au

Smart Pups

<https://www.smartpups.org.au/>

Provides assistance dogs for young people with disability.

Phone: 07 5485 0031

Email: enquiries@smartpups.org.au

A.W.A.R.E. Dogs

<https://awaredogs.org.au/>

Assistance dog program.

Telephone: 07 4093 8152

Mobile: 0402 861 186

Email: admin@awaredogs.org.au



Support Coordination

Support Coordination Academy

<https://www.scacademy.com.au/>

Provides Support Coordination services to NDIS participants.

Postal Address - PO Box 185, Kallangur

Free Call - 1300 013 001

Access Support Coordination

<https://www.AccessSupportCoordination.com.au>

Cairns Region Contact: Kylie Pelaez

Phone: 1300 266 734 / 0423 744 046 (Cairns Region Support Coordinator)

Email: kylie.pelaez@AccessSupportCoordination.com.au

Australian Community Support Services

<https://www.auscomsupportservices.com.au>

Provides a range of support services to NDIS participants.

Address: 2/114 Hoare Street, Manunda

Phone: 07 4221 4656

Email: info@auscomsupportservices.com.au

Deadly Hands Aboriginal and Torres Strait Islander Corporation

Provides Support Coordination services to NDIS participants.

Phone: 0416 391 570

Email: deadlyhands@bigpond.com

Centacare FNQ NDIS Support Coordinators

<https://www.centacarefnq.org/services/ndis-2/ndis-2/>

Service Provides:

- Support Coordination services to NDIS participants specialising in working with people with a psychosocial disability.

Address: 22-34 Aplin Street, Cairns

Phone: 07 4044 0130

Email: ndis@centacarefnq.org / reception@centacarefnq.org

Break Thru – Support Coordination Program

<https://www.breakthru.org.au/services/ndis-support/sles/>

Provides support coordination services to participants with an NDIS plan.

Address: 1/175-185 Newell Street, Bungalow

Phone: 1800 767 212

Email: cairns@breakthru.org.au

Lifestyle Connections Association Inc.

<https://www.lifestyleconnections.com.au/>

Provides Support Coordination services to NDIS participants.

Address: 113-115 Aumuller Street, Bungalow

Telephone: 07 4035 6771

Email: servicemanager@lifestyle.com

Cairns Support Coordination

<https://www.cairnssupportcoordination.com.au>

Provides Support Coordination services to NDIS participants.

Phone: 0459 633 107

Email: info@cairnssupportcoordination.com.au

I'ara Support Coordination

<https://www.iarasupport.com.au/>

Provides Support Coordination to NDIS participants

Phone: 0411 343 798

Email: hello@iarasupport.com.au



Independent Support Solutions

<https://independentsupportsolutions.com.au/>

Provides Support Coordination to Cairns, Innisfail, Tablelands and Mossman regions.

Address: 2/195 Lyons St, Bungalow

Contacts: Gail Blandford: 0438 318 988 /

gail.blandford@independentsupportsolutions.com.au

Contact: Caroline Hos: 0438 325 879 /

caroline@independentsupportsolutions.com.au

Email: info@independentsupportsolutions.com.au

Creative Consulting

<https://creativeconsult.online/>



Provides an Aboriginal owned and operated Support Coordination service that provides services including Assist-Life Stage, Transition (Support Coordination Level 2) to the Cairns, Gordonvale, Yarrabah, Babinda and Innisfail areas.

Contact: Joanne

Phone: 0447 699 421

Email: joanne@creativeconsult.online

Stride

<https://www.stride.com.au>



Provides recovery oriented community services. Key services in the region include: Mental Health Support Services (NDIS), Youth Early Intervention (Take 2), Youth Residential, and Youth Step Up Step Down

Contact: Jessie Bowe

Address: 208 McLeod Street, Cairns

Phone: 07 4036 9000 / 0434 193 496

Email: jessie.bowe@stride.com.au

Rock Impact Inc.

Provides Support Coordination services to NDIS participants.

Address: 114 Buchan Street, Portsmith Cairns

Phone: 07 4035 1175

Email: helen@rockimpact.com.au

Northern Regional Aboriginal and Torres Strait Islander Co.

Provides Support Coordination services to NDIS participants.

Phone: 0447 046 600

Email: support.cairns@northernregionalcare.org.au

MS (Multiple Sclerosis) Queensland (Spark Neurocare)

<https://www.msqld.org.au/service/service-coordination/cairns-office/>



MS Queensland

Provides a range of support services under the NDIS including, support coordination.

Address: Suite 3, Calana Whole Health Group, 600 Bruce Hwy, Woree

Phone: 1800 177 591

Email: hello@msqld.org.au

Machado-Joseph Disease Foundation

<https://www.mjd.org.au>



Provides Support Coordination services to NDIS participants.

Phone: 1300 584 122

Email: nadia.lindop@mjd.org.au

Mercy Community

www.disability.mercycs.org.au/support-coordination



Provides Support Coordination services to NDIS Participants.

Phone: 1300 16 16 18

Email: NDISinfo@mercycommunity.org.au

My Integra

<https://myintegra.com.au>



Provides Support Coordination and Plan Management Services to NDIS Participants.

Phone: 1300 763 757 – Support Coordination & 1300 769 644 – Plan Management

Xtremecare Australia Healthcare Service

<https://www.xtremecareaustralia.com.au>



Provides Support Coordination services to NDIS participants.

Cairns Contact: Maryanne Mosby – 0499 013 964

Email: enquiries@xtremecare.com.au / admin@xtremecare.com.au

Abilifly Support Services

<https://abilifly.com.au>



Service provides a range of services including, assistance with daily living, social and community based activities, accommodation/Tenancy assistance, support coordination/specialist support coordination and personal care support.

Address: CentrePoint Office Building, Suite A, 141-143 Abbott Street, Cairns City

Phone: 07 4221 3137

Email: info@abilifly.com.au

Early Childhood Services Including Early Learning and Resources

Child Development Unit

https://www.health.qld.gov.au/services/cairns-hinterland/cairns_north_ch

Phone: 4226 4323

Inspire Early Intervention

<https://www.inspire-earlyintervention.com/>

Provides services including Holistic Wellbeing and Counselling, Early Childhood Early Intervention plans, programs, strategies and support for children age 0-6 with a developmental delay or disability and their families/carers.

Contact: Lorna McInnes

Address: 60 Moore Road, Kewarra Beach

Telephone: 0457 248 889

Email: lornamcinnnes@icloud.com

Cairns TAFE Community Child Care Centre

<http://www.ctcccc.com.au/>



Address - 2 Newton St, Cairns

Telephone - 07 4052 1825

Email: ctcccc1@bigpond.net.au

Australian Government - Department of Education and Training

Child Care Finder

Child Care Finder

https://www.childcarefinder.gov.au/search/qld/4878/smithfield?geo=-16.831389%2C145.690833&sortOrder=order-tier&service_type=ZCDC,ZFDC,ZOSH

Playgroups

https://www.playgroupqld.com.au/find-a-playgroup-results/?toolset_maps_distance_center=Cairns+QLD%2C+Australia&toolset_maps_distance_radius=50&toolset_maps_distance_unit=km&wpv_filter_submit=Find+Playgroup

My Time Cairns

MyTime provides support for parents and carers of children aged 0 – 18 years with a disability, chronic medical condition or developmental delay. A Facilitator supports the group and a Play Helper assists with the care of children up to school age. For more details, please contact www.mytime.net.au or call 1800 171 882.

Address - Minnie St, Parramatta Park

Contact Details - Alison MacKenzie

Telephone - 1800 171 882

Each Wednesday from 9:30 am.

Parramatta State School Playgroup

Ages 0-5 years Playgroup supported by the school. They have a regular routine a safe outdoor play area group story/music time and a range of activities for toddlers and pre prep aged children. Group does not meet during school holidays.

Address - 122 Mulgrave Rd, Parramatta Park

Contact Details - Liz

Email - lstew72@eq.edu.au

Each Monday from 9:30 am.

Rainbow Playgroup

Ages 0 - 5 years playgroup. No Fee. Playgroup for Lesbian, Gay, Bisexual, Trans, Intersex and Queer parents and their children and welcomes others who are keen to come along.

Address: Muddy's Cafe, 174 The Esplanade

Contact Details: Louise

Email: elouise81@yahoo.com

Mobile: 0431 517 114

Each Tuesday from 9:30 am

PlayConnect Cairns Playgroup

PlayConnect is a facilitated Playgroup for families with children (0-6yrs) where you can have fun make friends share stories and gain information about other support services available. As well as catering for children diagnosed with autism, PlayConnect welcomes those who are suspected of having an Autism Spectrum Disorder.

Address - 230 Aumuller St, Westcourt

Contact Details - contact Playgroup Queensland for more information - 1800 171 882.

Each Thursday from 9:30 am.

'Bub'bles Baby Playgroup

'Bub'bles Baby playgroup is a BABY ONLY (newborn to 1 year old) playgroup. A \$3.50 weekly fee applies, and is payable at the gate to Tobruk pool. The weekly fee gives each family access to the aqua playgroup as well as Bubbles Baby playgroup (must be a PGQ member). Families can just attend for Bubbles Baby playgroup.

Address - Tobruk Memorial Pool, 270 Sheridan Street, Cairns North

Contact Details - Casey

Email - cstuchbery@playgroupqld.com.au

Each Tuesday from 9:30 to 11:00 am.

Cairns Korean Playgroup

For ages 0 - 5 yrs. Fees payable. Facilitated Playgroup with a regular routine group story/music sessions and a range of organised activities for babies' toddlers and pre-schoolers. Targeting Korean families but all welcome. Information available on local community services. Sharing of Korean culture and sharing knowledge of school system.

Address - 86 Anderson Street, Manunda

Contact Details - JiHye

Email - wisdylee@hotmail.com

Each Monday from 9:30 am.

Sunshine Playgroup

Ages 0-5 years. No weekly visit fee. Facilitated Playgroup. Focus on families from a multicultural background but all welcome. Sessions include a regular routine group story/music time and a range of organised activities for babies, toddlers and pre prep aged children. Group does not continue to meet during school holidays.

Address - 98 Birch St, Manunda

Contact Details - Yin

Mobile - 0470 641 369

Each Friday from 9:30 am.

Balaclava Playgroup

Fun free and safe facilitated Playgroup, catering to children 0-5 years with a regular routine and age appropriate activities provided. Come along and enjoy our friendly environment with a free morning tea.

Address - 418 Mulgrave Road, Westcourt

Contact Details - Taryn

Email - taryn_hendricks@hotmail.com

Mobile - 04566 661 386

Each Wednesday from 8:30 am.

Edge Hill Kool Kidz Playgroup

Ages 0-5 years. \$4.00/child or \$6 for two or more children attending. Air conditioned in summer. Children are to bring a piece of fruit each to share and one family provides morning tea each week on rotating basis. Group does not meet during school holidays.

Address - 406 Mayers St, Edge Hill

Contact Details - Tanya

Email - tanya_reedman@hotmail.com

Each Wednesday from 10:00 am.

Bayview Heights Monday Playgroup

Ages 0-5 yrs. \$3 per week. Informal Playgroup with a regular routine, safe outdoor play area, group story/music time and a range of organised activities for babies and toddlers. Group does not continue to meet during school holidays.

Address - 6 Jasper St, Woree

Contact Details - Casey

Email - cstuchbery@playgroupqld.com.au,

Mobile - 0438 754 126

Each Monday from 9:30 am

Japanese Monday Playgroup

Ages 0-5 yrs. \$1/family. Playgroup for families interested in Japanese culture including culturally themed dancing singing and craft. Playgroup has a regular routine safe outdoor play area group/story music time and a range of organised activities for toddlers. Group does not continue to meet during school holidays.

Address - 85 Loridan Dr, Brinsmead

Contact Details - Maho

Email - mahogany54y@gmail.com

Each Monday from 9:30 am

Machans Beach Playgroup

Ages 0-5 years No weekly visit fee. Playgroup run with the support of the School. Sessions have a regular routine safe outdoor play area group story/music time and a range of organised activities for babies' toddlers and pre prep aged children. Group follow school calendar.

Address - 61 Machans St, Machans Beach

Contact Details - Anet

Telephone - 07 4037 4222

Each Wednesday from 9:00 am

White Rock Play-Full

Ages 0-5 years. White Rock Play-Full is a playgroup supported by Early Childhood Educators and funded through Communities for Children. The focus is on children and their families learning through play. Playgroup does not meet during school holidays.

Address - Progress Road, White Rock

Contact Details - Di

Email - dshepherd@playgroupqld.com.au

Mobile - 0488 519 617 - each Monday from 8:30 am.

Ravizza Playtime

Ages 0-5 years. Playtime is a playgroup supported by Early Childhood Educators and funded through Communities for Children. The focus is on children and on their families learning through play.

Address - 177 Bruce Highway, Edmonton

Contact Details - Di

Email - dshepherd@playgroupqld.com.au,

Mobile - 0488 519 617

Each Wednesday 9:30am

Caravonica State School Playgroup

Ages 0-5years. No weekly fee. School Based Playgroup run with the support of the school. Sessions include a regular routine safe outdoor play area group story/music time and a range of organised activities for babies', toddlers and pre prep aged children. Group follows school term calendar.

Address - 3/1115 Kamerunga Rd, Caravonica

Contact Details - Michelle

Each Wednesday from 9:00am - the.principal@caravonicass.eq.edu.au

Isabella State School Playgroup

Age's 0-5years. No weekly fee. School Based Playgroup run with the support of the school. Sessions include a regular routine safe outdoor play area group story/music time and a range of organised activities for babies', toddlers and pre prep aged children. Group follows school term calendar.

Address: 10-20 Walker Rd, Edmonton

Contact Details - Kathy

Contact phone number: 0417 745 695

Hambledon Playschool

Ages 4-5 years (Pre-prep/Kindy Age). Hambledon Playschool is facilitated by a qualified Early Childhood Teacher and has a strong emphasis on oral language, early literacy and school readiness. Younger siblings are very welcome to attend. Fun, free and friendly group.

Address - 230/77-81 Stokes St, Edmonton

Contact Details - Anna

Email - ajia1@eq.edu.au

Each Wednesday from 9:15 am.

Sugarworld Playtime

Ages 0-5 years. Playtime is a playgroup supported by Early Childhood Educators and funded through Communities for Children. The focus is on children and on their families learning through play.

Address - Hambledon Dr, Edmonton

Contact Details - Di

Email: dsherman@playgroupqld.com.au

Mobile - 0488 519 617

Each Friday from 9:30 am.

Northern Beaches Playgroup

Ages 0-5 years. \$3.00/visit. A friendly playgroup that welcomes new Mums and their kids. Playgroup has a large range of great toys and an outside area with a covered sandpit and playground. Activities include craft, play instruments and sing. Group continues to meet during school holidays except over Christmas.

Address - 41 Poolwood Rd, Kewarra Beach

Contact Details - Lisa

Mobile - 0414 418 896

Each Monday from 9:30 am.

Tropical Babes Playgroup

Ages 0-5 yrs. \$3.00/visit. Informal Playgroup with regular routine, safe outdoor play area, organised activities for toddlers and pre-prep aged children. Involves a mixed group of mums, dads and grandparents who meet up every week so the kids can have fun and run off some energy. Group continues to meet during school holidays.

Address: 41 Poolwood Rd, Kewarra Beach

Contact Details: Dayna

Mobile: 0401 317 462

Each Thursday from 9:30 am.

Childs World

www.childsworld.com.au



Childs World (BP1; BP2; BP3; and BP4)

Address: 2 Borrowdale Close, Bentley Park

Telephone: 07 4045 4045

Email: info@childsworld.com.au

Little World

<https://littleworld.com.au/>



Address: 10 Hardy Road, Mount Sheridan

Telephone: 07 4055 5512

Email: info@littleworld.com.au



Junior World

<https://juniorworld.com.au/>

Address: 60-64 Robert Road, Bentley Park

Telephone: 07 4045 5440

Email: admin@juniorworld.com.au



Edge Hill Child Care Centre

<https://edgehillchildcare.com.au>

Address: 274 Pease Street, Edge Hill

Telephone: 07 4032 0591

Email: care@edgehillchildcare.com.au



Balaclava Road Children's Centre

www.cairnschildcare.com

Address: 86 Balaclava Rd, Earlville

Telephone: 07 4054 1424

Email: admin@brcc.com.au



Water Street Child Care & Kindergarten

Address: 70 Water Street, Cairns

Telephone: 07 4031 2983

Email: waterst70@bigpond.com



Just Kids Child Care Centre

<https://justkids.net.au/>

Address: 219 Draper St, Cairns

Telephone: 07 4051 9788

Email: admin@justkids.net.au

Cairns Central Childcare Centre

<http://www.cairnscentralchildcare.com.au>

Address: 317 Draper Street, Parramatta Park

Telephone: 07 4041 2288

Email: director@carinscentralchildcare.com.au

Lady Gowrie Waratah Drive Child Centre

<https://gowriegld.com.au>

Address: 8 Waratah Drive, Manunda

Telephone: 07 4053 6803

Email: waratahdrive@ladygowrie.com.au



Kindy Zone Manoora

<http://www.kindyzone.com.au/>

Address: 12-16 Reservoir Road, Cairns

Telephone: 07 4041 9941

Email: admin@kindyzone.com.au

Kindy Zone Mount Sheridan

<http://www.kindyzone.com.au/>

Address: 36- 38 Trafalgar Road, Mount Sheridan

Email: contact@kindyzone.com.au

Phone: 07 4229 9599

Sunshine Day Care Centre

www.sunshinedaycarecentre.com.au



Address: 41-45 Aeroglen Drive, Aeroglen

Telephone: 07 4032 2155

Mobile: 0400 744 147

Email: sunshinedcc@westnet.com.au

Sheridan Meadows Child Care Centre

<https://www.sheridanmeadows.com.au/>



Address: 2-6 Fretwell Road, White Rock

Telephone: 07 4036 2777

Email: director@childcarecairns.com

Sheridan Gardens Child Care Centre

<https://www.sheridangardens.com.au/>



Address: 9 Brose Street, White Rock

Email: info@sheridangardens.com.au

Telephone: 07 4036 1055

Peace Lutheran Community Kindergarten

Address: 50 Cowley Street, Kamerunga

Telephone: 07 4039 9039

Mobile: 0439 563 035

Email: peace.kgt@glecs.org.au



Miss Lolly's Pre-Preparatory Kindergarten

Address: 24 Ravizza Drive, Edmonton

Telephone: 07 4055 5166

Email: admin@misslollys.com.au



Johnny Crow's Garden Child Care Centre

Address: 72 Johanna St, Trinity Park

Phone: 07 4057 8166

Family Day Care Cairns

www.familydaycarecairns.com.au



Address: 108 Collins Avenue Botanic House, Edge Hill

Telephone: 07 4032 1259

Email: childcare@familydaycarecairns.com.au



Cairns Regional Family Day Care

Address: 224 Draper Street, Cairns

Phone: 0742 211 099 / 0470 659 167

Email: cairnsregionalfdc@outlook.com

Family Day Care South Cairns

<https://www.fdcsouth.com.au/>



Address: 27-29 Windarra Street, Woree

Phone: 4033 0498

Email: admin@fdcsouth.com

Dreamtimes Childcare

<https://dreamtimeschildcare.com.au/>



Address: 3 Charlotte Close, Woree

Phone: 07 4054 6411

Email: erin.mott@dreamtimeschildcare.com.au

Armadillo Childcare

www.earlylearningservices.com.au



Address: 1 Ainslie Place, Smithfield

Phone: 07 4038 3388

Email: armadillo@earlylearningservices.com.au



Early Learning Centre Smithfield

<https://smithfield.learnatelc.com.au/>

Address: 2 Faculty Court, Smithfield

Phone: 07 4057 7722

Email: smithfield@learnatelc.com.au



Smithfield Child Care Centre

<https://www.cairnschildcare.com.au/our-centres/smithfield-child-care/>

Address: 80 Cheviot Street, Smithfield

Phone: 07 4057 7866

Email: admin@smithfieldchildcare.com



Bluewater Village Early Learning

<https://www.bluewatervillageelc.com.au/>

Address: 1 Maritime Way, Trinity Beach

Phone: 07 4229 9007

Email: director@bluewatervillageelc.com.au



Community Kids Cairns North Early Education Centre

www.penguinchildcare.com.au

Address: 38 James Street, Manunda

Telephone - 07 4041 1817

Email - cairnsnorth@penguinchildcare.com.au

Cubby Care Early Learning Centre

www.cubbycare.com.au

Address: 40-42 Tills Street, Westcourt

Phone: 07 4033 5170

Email: westcourt@cubbycare.com.au

Address: 100 Callum Street, Mooroolbool

Telephone: 07 4032 0440

Email: mooroolbool@cubbycare.com.au



Pelicans in the Park Early Learning and Child Care Centre

<http://www.pelicanschildcare.com/>

Edge Hill

Address: 32-36 Arthur Street, Edge Hill

Phone: 07 4053 6606

Pelicans in the City - Centre 1

Address: 148-152 Mulgrave Road, Cairns

Phone: 07 4031 3822

Pelicans in the City - Centre 2

Address: 148-152 Mulgrave Road, Cairns

Phone: 07 4031 3844

Goodstart Early Learning

Bayview Heights

www.goodstart.org.au/centres/bayview-heights

Address: 56-62 Anderson Road, Woree

Phone: 07 4054 4400

Email: wor@goodstart.org.au

Cairns

<http://www.goodstart.org.au/centres/cairns>

Address: 365 Sheridan St, Cairns

Phone: 07 4041 2022

Email: cai@goodstart.org.au

Edmonton

<http://www.goodstart.org.au/centres/edmonton>

Address: 189 - 191 Bruce Hwy, Edmonton

Phone: 07 4045 5544

Email: etn@goodstart.org.au



Kanimbla

www.goodstart.org.au/centres/kanimbla

Address: Cnr Beatrice and Irene Streets, Kanimbla

Phone: 07 4054 1400

Email: KBA@goodstart.org.au

Manunda

<http://www.goodstart.org.au/centres/manunda>

Address: 160 - 162 Hoare Street, Manunda

Telephone: 07 4032 1390

Email: mdw@goodstart.org.au

Trinity Beach

<http://www.goodstart.org.au/centres/trinity-beach>

Address: 1-3 Oyster Ct, Trinity Beach

Phone: 07 4057 9188

Email: tri@goodstart.org.au

Woree - Toogood Road

www.goodstart.org.au/centres/woree-toogood-road

Address: 7-11 Toogood Rd, Woree

Phone: 07 4054 5566

Email: wnt@goodstart.org.au

Forest Gardens

www.goodstart.org.au/centres/forest-gardens

Address: Lot 700 Benjamina Street, Mount Sheridan

Phone: 07 4036 4177

Email: fgd@goodstart.org.au

Brinsmead

www.goodstart.org.au/centres/brinsmead

Address: 150 Loridan Drive, Brinsmead

Phone: 07 4034 3444

Email: bsd@goodstart.org.au



Cairns Kids Early Learning Centre

Address: 33-63 Alfred Street, Cairns

Phone: 07 4032 4481

Email: director@cairnskids.com.au



Butterflies Early Learning and Childcare

<https://www.butterflies-elc.com.au/>

Address: 120 Swallow Street, Mooroolbool

Phone: 07 4032 3588

Email: director@butterflieselcc.com



Earlville Early Education

<http://www.earlville.com.au>

Address: 29 Cavallaro Avenue, Earlville

Phone: 07 4054 1885

Mobile: 0447 321 707

Email: admin@earlville.com.au



Mount Sheridan Early Education Centre

www.earlylearningservices.com.au

Address: 2-4 Kangaroo St, Bentley Park

Phone: 07 4055 4457

Email: mtsheridan@earlylearningservices.com.au



Catholic Early Learning and Care Mount Peter

www.ccelc.catholic.org.au

Address: 1 MacKillop Road, Mt Peter

Phone: 0438 620 587

Email: director.mtpeter@ccelc.catholic.org.au



Trinity Anglican School Early Learning Centre

www.tas.qld.edu.au

Address: 200-212 Progress Rd, White Rock QLD 4868

Phone: 07 4036 8228

Email: kindy@tas.qld.edu.au

TAS Early Learning Centre - Kewarra Beach

Address: Lot 4 Poolwood Road, Kewarra Beach

Phone: 07 4036 8263

Email: taskindy-wr@tas.qld.edu.au

Mount Peter Early Learning

www.mountpeterelc.com.au



Address: Corner of Black Mountain Trail & Greypeaks Drive, Mount Peter

Phone: 07 4242 4184

Email: manager@mountpeterelc.com.au

Cairns South Early Learning Centre

Address: 31-33 Bruce Highway, Edmonton

Phone: 07 4055 5534

Email: director@cairnssouthelc.com.au



Sanctuary Early Learning Adventure Bentley Park

<https://www.sanctuarylearning.com.au>



Address: 77-83 Timberlea Drive, Bentley Park

Phone: 07 4243 3719

Email: bentleypark@sanctuarylearning.com.au

Kewarra Beach Early Learning Centre

Address: 11-13 Cottesloe Drive, Kewarra Beach

Phone: 1800 411 604 / 07 4057 8480

Email: kewarrabeach@communitykids.com.au



Smithfield Village Early Learning Centre

Address: Corner O'Brien Road and Smithfield Village Drive, Smithfield

Phone: 07 4057 8479

Email: director@smithfieldvillageelc.com.au



Redlynch Daycare & Early Childhood Development Centre

Address: Corner of Kamerunga & Fairweather Roads, Redlynch

Phone: 07 4055 2020 Fax: 07 4055 2099

Email: director@redlynchdaycarecentre.com.au





Cairns Early Years Centre and Kindergarten – The Benevolent Society

<https://www.benevolent.org.au/services-and-programs/early-childhood-years>

Provides early childhood education and care, free parenting, child health and family support service. The centre provides services for children aged pre-birth – 8 years. For further information please call the Centre.

Address: Borrowdale Close, Bentley Park

Phone: 07 4034 6800

Free call: 1800 236 762

Email: cairns.earlyyearscentre@benevolent.org.au

Before and After School Care

Mother of Good Counsel - North Cairns OSHC

www.ccelc.catholic.org.au

Address: 394 Sheridan St Mother of Good Counsel School, Cairns North

Telephone: 07 4053 2066

St Francis Xavier Manunda Combined OSHC

<http://www.ccelc.catholic.org.au/>

Address: 5 Atkinson Street, Manunda

Phone: 07 4037 9950 / 0418196614

Email: oshc.manunda@ccelc.catholic.org.au

Our Lady Help of Christians Earlville OSHC

<http://www.ccelc.catholic.org.au/>

Address: 18 Balaclava Rd, Earlville

Mobile: 0400 248 866

Email: oshc.earlville@ccelc.catholic.org.au

St Joseph's Parramatta OSHC

<http://www.ccelc.catholic.org.au/>

Address: 13 Loeven Street, Parramatta Park

Telephone: 07 4051 3489

Email: oshc.parramatta@ccelc.catholic.org.au

St. Therese's Combined OSHC

<http://www.ccelc.catholic.org.au/>

Address: 135 Roberts Road, Bentley Park
Telephone: 0740 454 763 / 0438 219 584
Email: oshc.bentleypk@ccelc.catholic.org.au

Mackillop Catholic College Mount Peter OHSC

<http://www.ccelc.catholic.org.au/>

Address: 1 Mackillop Road, Mount Peter
Phone: 0439 312 901
Email: oshc.mtpeter@ccelc.catholic.org.au

St. Gerard Majella Combined OSHC

<http://www.ccelc.catholic.org.au/>

Address: 63 Anderson Rd, Woree
Phone: 07 4033 7288 / 0429 893 527
Email: oshc.woree@ccelc.catholic.org.au

Mackillop Catholic College Mount Peter OHSC

<http://www.ccelc.catholic.org.au/>

Address: 1 Mackillop Road, Mount Peter
Phone: 0439 312 901
Email: oshc.mtpeter@ccelc.catholic.org.au

St. Gerard Majella Combined OSHC

<http://www.ccelc.catholic.org.au/>

Address: 63 Anderson Rd, Woree
Phone: 07 4033 7288 / 0429 893 527
Email: oshc.woree@ccelc.catholic.org.au

Holy Cross-Trinity Park OSHC

<http://www.ccelc.catholic.org.au/>

Address: Lot 2 Reed Road, Trinity Park
Phone: 07 4057 6895 / 0410 629 096
Email: oshc.trinitypk@ccelc.catholic.org.au

Balaclava OSHC

Address: 418 Mulgrave Rd, Cairns

Mobile: 0408 741 867

Email: childcare@basc.org.au

PCYC Before School, After School and Vacation Care

www.pcy.org.au

Cairns West State School Age Care

Address: 163 Hoare Street, Cairns West State School, Manunda

Phone: 07 4032 2109 / 0437 170 515

Email: cairnswestsac@pcyc.org.au

Cairns School Age Care

Address: 91-97 MacNamara Street, Manunda

Phone: 07 4053 1532

Email: cairnssac@pcyc.org.au

Whitfield School Age Care

Address: Whitfield State School, 42-74 McManus Street, Whitfield

Phone: 07 4034 2268 / 0429 832 743

Email: whitfieldsac@pcyc.org.au

Hambledon OSHC

Address: 77-83 Stokes Street, Edmonton

Phone: 0447 210 089

Email: hambledonoshc@pcyc.org.au

Edmonton - Isabella School Age Care

Address: Isabella State School, Walker Road, Edmonton

Phone: 0459 856 143

Email: isabellasac@pcyc.org.au

Parramatta Combined OSHC

Address: Parramatta State School, 122-125 Mulgrave Road, Cairns

Phone: 07 4051 6864

Email: coordinator@parramattaohsc.com.au





Edge Hill State School OSHC

edgehillss.eq.edu.au

Address: 254 Pease St Edge Hill State School, Cairns

Phone: 07 4037 9519 / 0488 027 775

Email: contactoshc@edgehillss.eq.edu.au



Woree State School OSHC

Address: Rigg St Woree State School, Woree

Phone: 07 4054 6055

Email: woree.oshc@bigpond.com



P & J Murray's Combined OSHC

Address: McLaughlin Road, Bentley Park

Phone: 07 4055 4000

Email: bentleyasde@westnet.com.au



TAS OSHC White Rock

www.tas.qld.edu.au

Address: 200-210 Progress Road, White Rock

Mobile: 0407 162 050

Email: wroshc@tas.qld.edu.au

TAS OSHC Kewarra Beach

Address: Poolwood Road, Kewarra Beach

Phone: 07 4057 7000

Email: kboshc@tas.qld.edu.au



Peace Lutheran College OSHC

Address: Cowley Street, Redlynch

Phone: 07 4039 9026 / 0439 563 035

Email: peace.oshccairns@qlecs.org.au

Caravonica Combined OSHC

Address: Caravonica State School, Lot 3 Kamerunga Road, Caravonica

Phone: 07 4037 0500 / 0417 796 517

Email: oshc@caravonica.com.au

Trinity Beach State School P&C Association OSHC

Address: Wewak St Trinity Beach State School, Trinity Beach

Phone: 07 4057 5678

Email: trinoshc@bigpond.net.au

Yorkeys Knob Outside School Hours Care

Address: 26-38 Clinton Street, Yorkeys Knob

Phone: 07 4055 8011

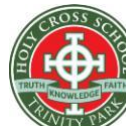
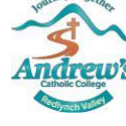
Email: oshcyorkeys@yahoo.com.au

Public and Private Schools

Catholic Education, Cairns Region

<https://www.cns.catholic.edu.au/our-schools/schools-guide/>

To go to the school contact information - right click on logo, click "open hyperlink".



Cairns Adventist College

<https://www.cas.qld.edu.au/>

Cairns Adventist College is a learning community that is committed to providing high quality Christian education designed to meet the needs of students.

Address: 42 Crossland Road, Gordonvale

Phone: 07 4056 6144

Email: secretary@cas.qld.edu.au





Cairns Hinterland Steiner – Kuranda

<https://www.chss.qld.edu.au/>

Independent school situated in Kuranda (approximately 20kms from Cairns).

Address: 46 Boyles Rd, Kuranda

Telephone: 07 4055 2088

Email - form via website - <https://www.chss.qld.edu.au/contact>

Freshwater Christian College

<https://www.freshwatercc.qld.edu.au/>



Freshwater is a private Christian school providing education to Prep – Grade 12

Address: 369-401 Brinsmead Road, Brinsmead

Phone: 07 4055 1337

Email: info@fcc.qld.edu.au

Peace Lutheran College

<https://www.plc.qld.edu.au/>



A Prep - Year 12 co-educational school.

Address: 50-60 Cowley Street, Kamerunga

Telephone: 07 4039 9000

Email: admin@plc.qld.edu.au

Online Enrolments: <https://www.plc.qld.edu.au/enrolments>

Trinity Anglican School

www.tas.qld.edu.au



Southern Campus Address

Progress Road, White Rock QLD

Senior School (Years 7 – 12)

Phone: 07 4036 8111

Junior School (Years P – 6)

Phone: 07 4036 8189

TAS Early Learning Centre (Kindergarten)

Phone: 07 4036 8228

Northern Campus Address

Poolwood Road, Kewarra Beach
Junior School (Years P– 6)
Phone: 07 4057 7000

TAS Early Learning Centre (Kindergarten)

Phone: 07 4036 8263

Djarragun College

<https://www.djarragun.qld.edu.au/>



Djarragun College aims to develop a holistic knowledge about each student's academic ability and physical health and wellbeing to be able to fully support each of them onto a successful future life pathway.

Address: 1 Maher Road, Gordonvale
Telephone: 07 4056 3555

Email: admin@djarragun.qld.edu.au; enrolments@djarragun.qld.edu.au
Year Levels - Prep - Year 12 + Year 13 for post school students enrolled in various certificate courses

For all Public Schools please use the Education Queensland Directory – See link below.

<https://schoolsdirectory.eq.edu.au/>

Higher Education – TAFE and Universities

TAFE QLD

www.tafeqld.edu.au



A provider of technical and further education for young people and adults.

Address - Corner Eureka & Gatton Street,
Manunda Phone: 1300 308 233
Email: info.north@tafe.qld.edu.au



MiHaven

<https://www.mihaven.com.au/>

Registered Training Organisation offering Cert III in Individual Support (Disability)

Address: 130 Abbott Street, Cairns City.

Phone: 07 4041 0407

Email: sarah@mihaven.com.au

James Cook University (JCU) AccessAbility Services

<https://www.jcu.edu.au/student-equity-and-wellbeing/accessability>



Assisting students to complete their studies.

Cairns Campus Contact details:

Phone: 07 4232 1150

Email: studentwellbeing@jcu.edu.au

CQ University Australia (Cairns) Accessibility

<https://www.cqu.edu.au/student-life/new-students/student-support/accessibility>



Assisting students to complete their studies.

CQU Inclusion and Accessibility service:

Email: accessibility@cqu.edu.au

Phone: 07 4930 9456

Far North Training & Consultancy PTY LTD

<https://farnorthtraining.com.au>



Provides training in First Aid/CPR Courses, Certificate based courses in Individual Support (Aged Care), Beauty, Business, Hospitality. Traineeships and Apprenticeships are also available.

Address: 11 Johnstone Road, Mossman

Phone: 07 4098 1288

Email: office@farnorthtraining.com.au

Disability Training Organisations

Training Connections Australia

<http://trainingca.com.au/>

Courses - New Enterprise Incentive Scheme (NEIS), Become a Social Media Manager, Exploring Being My Own Boss workshop, Disability, Aged Care and HACC Carer program, Employability Skills Training (EST), Torres Strait Maritime Pathways Project (TSMPP), and Certificate III in Individual Support.

Address: 130 - 132 McLeod Street, Cairns

Telephone: 07 4058 3380

Email: trainingsupport@trainingca.com.au

National Disability Coordination Program

<https://www.stepsndco.com.au/>

The National Disability Coordination Officer program coordinates and delivers support services for people with disabilities that are, or will be attending, university, TAFE or other training organisations.

Address: 210 Ross River Road, Aitkenvale,

Your North QLD NDCO is: David Swayn – 0488 794 483

Email: davids@stepsgroup.com.au

Steps Group Australia – Education and Training, Cairns

<http://www.stepsgroup.com.au/>

Assists individuals to develop new work skills and knowledge to gain better employment outcomes.

Address: 46-50 Spence St, Cairns City

Telephone: 07 4034 5400

Email: cairns@stepsgroup.com.au

Community Solutions

<https://communitysolutions.org.au/>

Provides employment and training services, one-on-one and group personal wellbeing programs, specialist disability supports, employment services, NDIS services and Community and Family Services.

Online contact form - <https://communitysolutions.org.au/contact-us/>

Address: 37 Hoare Street, Cairns

Phone: 1300 770 145

Email: ndis@communitysolutions.org.au



Emergency Assistance

Department of Communities, Disability Services and Seniors

<https://www.communities.qld.gov.au>

This brochure contains a range of general local and community support services available to individuals and their families experiencing financial and emotional hardship as a result of an unexpected event of changed work or financial circumstances. Further information is available at <https://www.qld.gov.au/community/disasteremergencies/recovery-after-disaster> or by phoning the Community Recovery Hotline on 1800 173 349.

Department of Communities, Disability Services and Seniors
Community Page

<https://www.communities.qld.gov.au/community>

Cairns Local Disaster Coordination Centre

<https://www.cairns.qld.gov.au/region/teachers/sciencetech/disaster-coordination-centre>



Provides advice and support for the local community in preparation and response to disasters.

Phone: General inquiries, Cairns Regional Council: 1300 692 247

Phone: Disaster Management Coordinator: 07 4044 3377

Email: disastermanagement@cairns.qld.gov.au

Address: 61-79 Windarra Street, Woree

Emergency Services and Safety

<https://www.qld.gov.au/emergency>

This page provides information for Emergencies; Disasters, Safety, Your Community, Careers and Volunteering and Local government information.

State Emergency Service

<https://www.ses.qld.gov.au/pages/default.aspx>



The Queensland State Emergency Service (SES) is a “not-for-profit, community, volunteer, emergency service organisation. With approximately 6,000 active, unpaid members, the SES performs a diverse range of functions to respond to local, State and National disasters and emergencies.

Address: Level 8, William McCormack Place II, Cairns

Phone: 07 4032 8682

Email: sesfnr@qfes.qld.gov.au

Australian Red Cross

<https://www.redcross.org.au/>



Relief in times of crisis and care when it's needed most. Opposite the Cairns Base Hospital, the Cairns office manages services such as second hand clothing and other items, knitting group, first aid training, and blood donation services.

Address: 245-247 Lake Street Cairns

Phone: 4051 2168

Email: fnqregion@redcross.org.au

OzHarvest Cairns

<https://www.ozharvest.org/cairns/>



As part of a long term solution to reducing food insecurity amongst individuals in FNQ, OzHarvest Cairns has delivered OzHarvest's NEST program which provides nutritional education and basic cooking skills to those who may face food insecurity. If you are motivated to reduce food waste and hunger in the Cairns community or wish to support the important work we do, please contact:

Office: 11/92 Anderson St, Manunda

Phone: 1800 108 006

Email: cairns.info@ozharvest.org



Food Bank, Anglicare North Queensland

<https://www.anglicarenq.org.au/>

Provides material aid in the form of fresh bread, fruit and vegetables for families in need. Anglicare Cairns works in partnership with Second Bite and Coles. Frozen meals may also be available.

Phone: 07 4041 5454

Email: admin@anglicare.net

Address: 179 Lake Street, Cairns

GIVIT

<https://www.givit.org.au>

<https://www.givit.org.au/give-items>

<https://www.givit.org.au/items-needed>

<https://www.givit.org.au/donate-funds>

GIVIT is a national online not-for-profit that supports other charities. Funding is available to help support requests for assistance such as non-perishable food, PPE, iPads/laptops and support resources for children's learning, sporting equipment etc.

Marlin Coast Neighbourhood Centre

<https://www.mcnc.org.au/>

At present due to COVID-19 restrictions, provides services for Emergency Relief only and by appointment. A letter/referral from a referral organisation is also required. Can support clients experiencing financial stress particularly those who have lost employment due to COVID-19 in Cairns region. Limited Emergency Relief available. (Woolworth's vouchers and BP Fuel Cards).

Address: 205 Reed Road, Trinity Park

Phone: 07 4055 6440

Email: admin@mcnc.org.au

St Vincent de Paul Society QLD – Cairns Call Centre.

Provide emergency assistance state wide.

Address: 14 Spoto Street, Woree

Contact: Devina Hickling

Phone: 07 4033 8300 or 0447 883 189

Referrals via email to call centre: FNQcallcentre@svdpqld.org.au

The MaraWay

<https://themaraway.org.au/>

Provides community support and training services

Head Office Address: 18-26 Cannon Street, 1st Floor, Cairns Colonial Club Resort.

Phone: 07 4040 2035

Email: admin@themaraway.org.au

Community Hub Address: 86 Anderson Street, Manunda

Phone: 07 4040 2099

Email: hubsupport@themaraway.org.au

Crisis Support Contacts

Police/Ambulance/Fire (emergencies only)	000 - 24 hours, 7 days, free call	If someone is in danger right now, call 000 (free call) and request police, fire and ambulance as required
Police/Ambulance/Fire (secondary emergency service number – ONLY ON DIGITAL MOBILE)	112 - 24 hours, 7 days, freecall Secondary emergency service number from digital mobile phones only	Call from a mobile phone if someone is in danger right now and request police, fire and ambulance as required.
Police/Ambulance/Fire (Emergency TTY contact)	106 (TTY) Speech or hearing impairment only - 24 hours, 7 days, free from textphone (TTY) or computer	If someone is in danger right now, contact 000. Service only operates using a textphone (TTY) or computer with modern access rather than mobile phone text.
Coronavirus Health Information Line	1800 020 080 information 1800 022 222 if you have symptoms - 24 hours/day, 7 days/week	If concerned about yourself/another family member about Coronavirus.
13 HEALTH (medical health advice over phone)	13 43 25 84 - 24 hours/day, 7 days/week	Free non-urgent, confidential medical advice from a registered nurse.
Telehealth Doctor NQ	https://www.telehealthdoctornq.com.au/ Book appointments at above website - 24 hours/day, 7 days/week All residents/visitors of Cairns Region eligible for free telehealth GP services	Provides online video or telephone consultations with a registered Australian GP at no cost to eligible patients. Can provide Medical Certificates and prescriptions delivered to pharmacy with report to usual GP. Services/agencies may need to help vulnerable people to book.
Community Recovery Hotline	1800 173 349	Assists people advised to quarantine at home by a medical professional, Qld Health or government direction and have no other support. Staff can work with partner orgs to arrange non-contact delivery of essential food/medication to people in quarantine without support.
Mental Health support 1300 MHCall	1300MHCall is available 24 hours a day, 7 days a week and will link to the caller's nearest Queensland Public Mental Health Service.	A confidential mental health phone service providing the first point of contact for mental health services to Queenslanders
Mental Health Support Child and Youth Mental Health Services (CYMHS)	<ul style="list-style-type: none"> ➤ Contact your local CYMHS service to seek service info/local care pathways ➤ Ed-LinQ Coordinators – Linsey Graham and Mandie Nicoll Ph. 4226 5280 Level 1, 104 Grafton St, Cairns Email - CHHHSEd-LinQ@health.qld.gov.au 	Ed-LinQ Coordinators can be contacted to assist with mental health service referral pathways in your local area

Be You QLD Team / headspace	<ul style="list-style-type: none"> ➤ https://headspace.org.au/welcome-to-headspace-centres/ ➤ https://headspace.org.au/ehedspace 	<ul style="list-style-type: none"> ➤ Action Team Leaders and schools can still reach out to Be You Consultants to discuss strategies to support whole school mental health and wellbeing ➤ Headspace centres will continue to provide services and are currently transitioning into delivering this support either online or over phone ➤ Eheadspace continues to provide services for young people 12-25 years
1800 Respect (National sexual assault, domestic violence counselling service)	1800 737 732 24 hours/day, 7 days/week https://www.1800respect.org.au/	Free sexual assault and domestic and family violence counselling, information and support service.
National Suicide Call Back Service	1300 659 467 24 hours/day, 7 days/week	Provides professional telephone/online counselling to people affected by suicide.
Queensland Sexual Assault Helpline (DV Connect Sexual Assault Helpline)	1800 010 120 - 7.30am-11.30pm, 7 days a week http://www.dvconnect.org/queensland-sexual-assault-helpline/	Offers free phone support/counselling to Queenslanders who has/thinks they may have been sexually assaulted/abused or for those concerned someone they care about might have been assaulted/abused.
Alcohol and Drug Support (ADIS)	1800 177 833 24 hours/day, 7 days/week https://adis.health.qld.gov.au/	Free alcohol/drug support and treatment referral/info service. Resources available (some resources free, some cost).
Beyond Blue Support Service	1300 224 636 24 hours/day, 7 days/week https://www.beyondblue.org.au/ Online chat available 3pm-12pm, 7 days/week	Provides info/support to help Australians achieve their best possible mental health, whatever their age and wherever they live.
Centrelink	132 850 - 8am-5pm, Mon – Fri https://www.humanservices.gov.au/individuals	Provides Crisis Payment, Special Benefit and other services that can help with crisis provided eligibility criteria met.
Crime Stoppers	1800 333 000 24 hours/day, 7 days/week https://www.crimestoppers.com.au/home.jsp	Report info on crime, anonymously if preferred. Website inc. online form to report crime – replies within one day.
DV Connect Mensline	1800 600 636 - 9am-midnight http://www.dvconnect.org/mensline/	Helpline for men experiencing issues of domestic/family violence,

	24 hours/day, 7 days/week	relationship problems, separation issues, men's health, child support, family law concerns, court process, safety plans and suicidal thoughts.
DV Connect Womensline	1800 811 811 24 hours/day, 7 days/week http://www.dvconnect.org/womensline/	Free helpline for women, children and young people experiencing domestic/family violence to obtain refuge accommodation, transport support, safety planning, counselling, referrals.
Elder Abuse Helpline – Uniting Community Care	1300 651 192 Monday to Friday 9am-5pm https://www.eapu.com.au/	Provides free assistance to anyone who experiences, witnesses or suspects abuse of an older person by someone they know/trust.
Gambling Helpline	1800 858 858 24 hours/day, 7 days/week https://www.gamblinghelponline.org.au/	Free and confidential telephone helpline. Offers immediate info/assistance over phone, crisis support and referral to closest Gambling Help service.
Homeless Hotline	1800 474 753 24 hours/day, 7 days/week	Free helpline providing info/referral services for homeless or those at risk of homelessness.
Kids Helpline	1800 551 800 (call doesn't appear on phone bill) 24 hours/day, 7 days/week https://kidshelpline.com.au/ Website inc. 24/7 online counselling	Free private and confidential telephone and online counselling service for children and young adults aged 5-25 year olds.
Lifeline Crisis Support and Suicide Prevention	13 11 14 - 24 hours/day, 7 days/week https://www.lifeline.org.au/ Crisis support chat function, available 7pm-midnight (Eastern standard time), 7 days/week	Free telephone counselling service for anyone requiring support, anytime, from anywhere in Australia. Website has a free Crisis Support Chat function.
Poisons Helpline	13 11 26 24 hours/day, 7 days/week	Calls to Qld Poisons Info Centre answered by Pharmacists trained in toxicology/provision of poisons info. Staff can determine if medical attention needed and provide first aid advice and poisoning prevention info
Qlife - LGBTQIA+ Helpline	1800 184 527 – phone and web chat available from 3pm-midnight 7 days/week - https://qlife.org.au/	Phone/web chat for peer support/referrals on sexuality, identity, gender, bodies, feelings and relationships.
Relationships Australia Queensland	1300 364 277	Provides support to individuals/families inc.

	8am to 8pm, Monday - Friday and 10am to 4pm Saturday https://www.raq.org.au/	counselling/mediation services for family separation, relationship/family breakdown, gambling, financial concerns, family/domestic violence prevention. Specific programs supporting ATSI, CALD, LGBTQIA+ identified persons.
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Environment, Land and Water

Environment, Land and Water

<https://www.qld.gov.au/environment>

General enquiries **13 QGOV (13 74 68)**



Cairns Regional Council Community Clean-ups

<https://www.cairns.qld.gov.au/community-environment/sustainability/community/clean-ups>

Cairns and Far North Environment Centre

www.cafnec.org.au

Provides environmental information, education and advocacy across Cairns and Far North Queensland.

Phone: 07 4032 1746

Email: admin@cafneec.org.au

Address: 27-29 Greenslopes Street, Manunda

Australian Youth Climate Coalition (AYCC)

<https://www.aycc.org.au/>



The Australian Youth Climate Coalition is Australia's largest youth-run organisation which aims to build a movement.

The Cairns branch meets at the Stratford Library, 11 Kamerunga Road Stratford

National Office: 5, 60 Leicester St, Carlton 3053 Australia

General: info@aycc.org.au

Seed Indigenous Youth Climate Network: info@seedmob.org.au

Donations: Grace - 0413 829 186 - donate@aycc.org.au

Volunteering and Campaigns: sally.coggiola@aycc.org.au / georgia@aycc.org.au

Cairns Turtle Rehabilitation Centre (CTRC)

<http://www.cairnsturtlerehab.org.au/>

CTRC is a voluntary non-profit organisation dedicated to the rehabilitation of sick and injured turtles. CTRC supports the work of all organisations, individuals and agencies in their efforts to conserve sea turtles and the habitats that they live in.

Email: cairnsturtlerehab@gmail.com

Financial Services

Department of Communities, Disability Services and Seniors

<https://www.communities.qld.gov.au/community>

Uniting Care Financial Counselling

<https://www.unitingcareqld.com.au/services-and-support/counselling-and-wellbeing/financial-counselling>

Service aims is to help you learn to become more financially resilient by educating you about your rights and responsibilities in relation to credit and debt issues. Service can also connect people with other financial resources and services. Topics covered include Bankruptcy - Knowing Your Options; Prioritising Debt; Understanding Family Debt; and Dealing with Creditors and Debt Collectors.

National Debt Helpline: 1800 007 007

Cairns office telephone: 4050 4955

Cairns office address: 188 Aumuller Street, Bungalow

Email: ndh@uccommunity.org.au

Money Smart

<https://www.moneysmart.gov.au/>

Phone: 1300 300 630

Ask Us a Question Page: <https://asic.gov.au/about-asic/contact-us/ask-a-question/>





National Debt Helpline

<http://ndh.org.au/>

Not-for-profit service that helps people in Australia tackle their debt problems. Professional financial counsellors provide a free, independent and confidential service.

Telephone: 1800 007 007

Monday – Friday – 9:30am – 4:30pm

NILS - No Interest Loan Scheme

<https://nils.com.au/>



The No Interest Loan Scheme (NILS) provides individuals and families on low incomes with access to safe, fair and affordable credit. Loans are available for up to \$1,500 for essential goods and services such as fridges, washing machines and medical procedures. Repayments are set up at an affordable amount over 12 to 18 months.

To be eligible for NILS you must have a Health Care or Pension card or earn less than \$45,000 a year after tax (\$60,000 for joint applicants or people with children). Loans cannot be used for cash, rent arrears, debt consolidation or bills.

List of and contact details for NILS Providers in Cairns

<https://nils.com.au/find?postcode=&suburb=Cairns&lat=-16.9185514&lng=145.77805480000006&display=Cairns+QLD+4870%2C+Australia>

ICAN Indigenous Consumer Assistance Network

<https://www.ican.org.au>

Provides financial counselling, assistance with money management and banking and assistance with credit and consumer complaints.

Address: 209 Buchan Street, Bungalow

Phone: 07 4031 1073

Email: AnneMaree.Molloy@ican.org.au

Mental Health and Wellbeing



National Health Services Directory

<https://www.dva.gov.au/health-and-wellbeing/national-health-services-directory>



Cairns and Hinterland Hospital and Health Service

<https://www.health.qld.gov.au/services/cairns-hinterland>

1300 MH CALL Mental Health Access Line

<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>

Phone: 1300 642 255

Mental Health Association of Queensland

<https://www.hoa.mentalhealth.org.au/welcome-mental-health-association-australia>



Offers free online support services with a registered psychologist or social worker, accessed via online video chat.

Online Feedback form - <https://www.hoa.mentalhealth.org.au/contact-us>

1300 MH CALL Mental Health Access Line

<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>

Phone: 1300 642 255

Ed-LinQ – Cairns and Hinterland Hospital and Health Services

Child and Youth Mental Health Services

Contact: Linsey Graham and Mandie Nicoll – Ed-LinQ Coordinators

Phone: 07 4226 5280

Email: CHHHSEd-LinQ@health.qld.gov.au

Uniting Care – Child, Adolescent and Family Counselling; Family Support Service.

<https://www.unitingcareqld.com.au/>

Provide counselling services for children and parenting/family support.

Address: 98 Birch Street, Manunda

Contact: Tracy Jaenke

Phone: 0427 614 707

Email: tracy.jaenke@uccommunity.org.au

The Junction Clubhouse

<https://www.thejunctioncairns.com>



The Junction Clubhouse provides a club like environment for people whose lives have been impacted by mental health issues and who believe recovery is possible.

Address: 7 Miller Street, Parramatta Park

Phone: 07 4081 4640 or 0408 010 398

Email: admin@thejunctioncairns.com

Headspace Cairns

<https://headspace.org.au/>



Provides young people aged between 12 and 25 access to support and information for a broad range of concerns, including mental health, physical/sexual health, drug and alcohol, employment and education and support for families and carers.

Address: 2/42 Grafton St, Cairns City

Phone: 07 4041 3780

Email - info@headspacecairns.org.au

Fix It Counselling

<https://www.fixitcounselling.com.au/>

Provides a range of solution focused and task orientated counselling services.

Address: 78 Pease Street, Manoora

Phone: 0418 986 293

Email: kylie@fixitcounselling.com.au

NDIS Registered Provider – No

Eleese Vinter – Creative Therapist and Mental Health Coach



Provides Mental Health Coaching and Art Therapy sessions for children, young people and adults in the comfort of your own home.

Phone: 0429 699 066

Email: eleese.vinter@hotmail.com

Facebook: @VITALITY EVENTS

Dr Reesa Sorin – Art Therapy for Children

<https://reesasorin.com>

Provides child director Art Therapy class, including visual arts, drama, music, dance, writing and wellbeing activities.

Phone: 0410 059 977

Email: reesa.sorin@gmail.com

NEAMI National

<https://www.neaminational.org.au>

Provides community-based mental health, homelessness and suicide prevention services that support people to improve their wellbeing, live independently and pursue a fulfilling life. Also provides services to NDIS participants including assessment and service navigation.

Address: Suite 4, 330 Sheridan Street, Cairns

Phone: 1300 020 390

Email: contact@connecttowellbeing.org.au





Me Well Cairns

<https://www.me-well.org.au/>

Services provided include:

Support Coordination, Specialist Support Coordination, Improved Living Arrangement, Social and Community Participation and Improved Daily Living Skills.

Phone: 1800 258 258

Email: info@me-well.org.au

Northern Frontiers Counselling and Mediation Services

<https://www.northernfrontiers.com.au/>

Provides a range of services in person or via phone and video chat platforms. Including Family Law Mediation, Workplace Mediation, Employee Assistance Program (EAP), Marriage, Couples and Relationship Counselling and Individual Counselling.

Address: 75 Digger Street, Cairns North

Phone: 1300 908 170 / 0419 531 269

Email: reception@northernfrontiers.com.au

QPASTT - Queensland Program of Assistance to Survivors of Torture and Trauma

<https://qpastt.org.au/>

QPASTT provides flexible and culturally sensitive services to promote the health and well-being of people who have been tortured or who have suffered refugee related trauma prior to migrating to Australia. QPASTT aims to provide services to address the physical, psychological and social needs of survivors of torture and trauma. All services are free and confidential.

Telephone: 07 3391 6677

Email - admin@qpastt.org.au





Innate Therapies Australia (Cairns)

Service is an NDIS registered provider that provides:

- Counselling Children/Adolescents
- Counselling Adults
- Counselling Families/Relationships
- Art Therapy
- Symbol work and sand play
- Play Therapy
- Clayfield Therapy
- Social and Emotional Programs
- Parenting Programs
- Supervision
- Training

Contact: Donna Mahoney

Phone: 0414 480 934

Email: adminteam@innatetherapies.com

Website: www.innatetherapies.com

Facebook page: <https://www.facebook.com/innatetherapies/>

The Cairns Clinic

<https://www.thecairnsclinic.com.au/>



The Cairns Clinic provides inpatient and day-patient programs for the treatment of mood disorders, drug and alcohol detoxification, anxiety disorders, post-traumatic stress disorder and general psychiatry.

Opening hours: 24 hours a day, 7 days a week.

Cost: Private health insurance recommended.

Referral: General medical practitioner.

Funding body: Self-funding

Phone: Reception: 07 4050 7000

Address: 253 Sheridan Street, North Cairns

Drug and Alcohol Related Services

Cairns and Hinterland Mental Health and Alcohol Tobacco and Other Drugs Service

<https://www.qld.gov.au/health/mental-health>

<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>

A provider of Mental Health and Alcohol and Other Drugs services.

Address: 165 Sheridan Street, Cairns

Phone: Reception: 07 4226 3100

Phone: Acute Care Team: 1300 642 255

Email: cimhsreception@health.qld.gov.au

Cairns Community Alcohol Tobacco and Other Drugs Service

www.health.qld.gov.au/cairns_hinterland/html/gp-liaison/gp-mh/gp-atods

Provides a range of services for individuals with concerns related to the use of alcohol, tobacco & other drugs.

Address: 8 Aplin Street, Cairns

Phone: 07 4226 3900

Lives Lived Well

<https://www.liveslivedwell.org.au>

Address: 139 Sheridan Street, Cairns

Shanty Creek Residential Drug and Alcohol Program – 294 Shanty Creek Road, Mareeba

Phone: 4220 9881 (Cairns Withdrawal Support Program)

– Jonathan Bankes – 0429 537 288

Email: Jonathan.Bankes@liveslivedwell.org.au

or northqld@liveslivedwell.org.au

Breakthrough for Families referrals / info:

breakthroughforfamilies@liveslivedwell.org.au

Allied Health – Life Coaching

Centacare FNQ Mental Health and Wellbeing Coaching



<https://www.centacarefnq.org/coaching>

Provides professional Mental Health & Wellbeing Services to enhance the lives, relationships and wellbeing to individuals, couples, families and the community as a whole.

Address: 10 Thomas Street, North Cairns

Telephone: 07 4051 9622

Email: coaching@centacarefnq.org

Eleese Vinter – Creative Therapist and Mental Health Coach



Provides Mental Health Coaching and Art Therapy sessions for children, young people and adults in the comfort of your own home.

Phone: 0429 699 066

Email: eleese.vinter@hotmail.com

Facebook: @VITALITY EVENTS

Dr Reesa Sorin – Art Therapy for Children

<https://reesasorin.com>

Provides child director Art Therapy class, including visual arts, drama, music, dance, writing and wellbeing activities.

Phone: 0410 059 977

Email: reesa.sorin@gmail.com

Life Matters Consultancy Service

Provides individual/group coaching in emotional resilience/wellbeing for children, parents and individuals including liaising with parents, carers, teachers to develop supports for children as well as building positive environments/relationships for parents.

Phone: Amanda Lee: 0438 775 252

Email: lifematters58@gmail.com



Allied Health – Psychologists

Tania McKirdy

www.taniamckirdy.com

Provides psychological services to adults and the elderly.

Phone: 07 4220 9499 / 0407 390 224

Address: 8/254-256 Mulgrave Road, Cairns / 5 Walker Road Edmonton

Email: tm.psych@internode.on.net

Caterpillar Clinic

<http://caterpillarclinic.com.au/>

Provides a range of child psychological services.

Rachel Pearce, MSc/BCBA

Clinical Director / Psychologist / Board Certified Behaviour Analyst

Email: director@caterpillarclinic.com.au

Phone: 0430 198 921

Address: Suite 3, 320 Sheridan Street, Cairns North QLD

Cairns Psychology Group

<https://www.cairnspsychologygroup.com.au>

Provides evidenced based psychological assessments and treatments to address a range of developmental and psychological conditions that children, adolescents, and adults commonly experience.

Address: 66 Pease Street, Manoora QLD

Phone: 07 4032 5559

Email: reception@cairnspsychologygroup.com.au

Rested Minds

<https://www.restedminds.com.au>

Provides Face to Face Counselling, Crisis and Critical Incident Intervention, Trauma Therapy, Sensorimotor Art Therapy.

Address: Pease Street Therapy Centre, 13 Pease Street, Manoora QLD

Phone: 0477 004 677

Email: restedminds1@gmail.com





Ritchie & Associates
Psychologists

Ritchie & Associates Psychologists

<https://www.ritchiepsych.com/>

Provides psychological services including for NDIS participants. Also is an NDIS Support Coordinator.

Address: Suite 1, 242 Mulgrave Road, Westcourt QLD

Phone: 07 4031 8038

Email: reception@ritchiepsych.com

Paediatrics Psychology

<http://cppinfo.com.au/>

Provides psychological services to children to manage and overcome personal challenges.

Address: Suite 7/182 Grafton Street, Cairns Qld

Phone: 07 4041 7004

Searchlight Psychology

<https://www.searchlightpsychology.com.au>

Provides psychological services to NDIS participants.

Address: Suit 4/135-141 Martyn Street, Parramatta Park

Phone: 07 4221 2928

Email: admin@searchlightpsychology.com.au

Exceptional Bonds

<https://www.exceptionalbonds.com/>

Provides services include Counselling, skill building and ideas for coping, Developing stay home or weekly plans and personalised social stories and working with people with disability/carers to implement regular emotional regulation strategies. Services are currently operating via telehealth.

Phone: 0407 540 156

Email: info@exceptionalbonds.com / therapy@exceptionalbonds.com





Autism Queensland, Cairns (Far North Queensland Centre of Excellence)

www.autismqld.com.au/page/autism-queensland-cairns

Services provided include:

- Early Childhood Intervention Group Program (ECI)
 - Programs for School-Aged Children and Adolescents (Social Skills Group Programs)
 - Individual Therapy (all ages)
 - Allied Health & Diagnostic Assessments ○
School Advisory Visits
 - Autism Queensland School (Prep - Year 3).
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- The following services are also available (Brisbane based):
 - Early Intervention Indigenous Liaison Officer Program
 - Professional Development & Parent Education

Contact: Tanya Kunzler

Address: 15-17 Marr Street, Edmonton

Phone: 07 4034 6600

Email: cairns@autismqld.com.au

General Practitioners and Medical Centres.

Telehealth Doctor NQ

<https://www.telehealthdoctornq.com.au/>

Provides free online/video consults, medical certificates, and a report to usual general practitioner and prescriptions. Service available 24 hours/day 7 days/week

Serviced by registered Australian general practitioners.

Indigenous Liaison & Engagement Officer – Paul Robinson
Phone: 0439 888 064

CovidSafe App



The COVIDSafe app is part of our work to slow the spread of [COVID-19](#). Having confidence we can find and contain outbreaks quickly will mean governments can ease restrictions while still keeping Australians safe. The new COVIDSafe app is completely voluntary. Downloading the app is something you can do to protect you, your family and friends and save the lives of other Australians. The more Australians connect to the COVIDSafe app, the quicker we can find the virus.

Website: <https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>
Available on Apple iOS and Android

Dial-a-Doctor

<http://dial-a-doctor.com.au/>



Offers after hour's medical care.

To make an appointment during operating hours, please call 1300 030 030.

Weeknights - 6pm – 8am

Saturdays - 12pm – Midnight

Sundays and Public Holidays - 24 Hours



Cairns West Medical Centre

<https://www.cairnswestmedical.com.au/>

Cairns West Medical Centre is a small General Practice, with General Practitioners, an Advanced Practice Nurse, a Medical Practice Assistant and a range of AH providers, as well as a Psychologists for adults.

Address: Shop 6, 114 Hoare Street, Manunda

Phone: 1800 343 233 or 07 4053 3399

Email - admin@cairnswestmedical.com.au

Stratford Medical Centre

<https://stratfordmedical.com.au/>

<https://stratfordmedical.com.au/wow-program/>



Services include: Aviation Medicals, Women's Health, Children's Health, Men's Health, Indigenous Health, over 75's Health, Care following discharge from Hospital, Travel Medicine, Skin Checks and Minor Surgery, Pregnancy and Breast Feeding, Family Medicine, Mental Health, Chronic Disease Management, Injuries, Workplace Medicals, WorkCover, Wound Care, Sports Medicine, Palliative Care and Mobile Clinics. Also provides the Wheels of Wellness Program – Please see website for details.

24 Hour Medical Centre

<https://cairns24hourmedical.com.au/>



Services include: general medicine, tropical medicine, urgent treatment, family health, Indigenous health, sexual health, women's and men's health, skin checks, contraception and family planning, ante and post-natal checks, chronic disease management, minor surgery and procedures, childhood immunisations, vaccinations, travel medicine and travel vaccinations, work cover, hearing tests, dive medicals, AMSA medicals, pre-employment medicals (including mining, coal board, and Department of Transport)

Open 24 hours / 7 days a week.

Phone: 07 4052 1119

Street Address: Corner Florence and Grafton Streets, Cairns

Email: admin@cairns24hour.com.au



The Doctors Mulgrave Road

<https://www.thedoctors.com.au/the-doctors-mulgrave-road/>

Services include - general medicine, tropical medicine, urgent treatment, family health, Indigenous health, sexual health, women's and men's health, contraception and family planning, ante and post-natal checks, chronic disease management, minor surgery procedures including skin checks, childhood immunisations, vaccinations, travel medicine and travel vaccinations (including Yellow Fever), work cover, hearing tests, dive medicals, AMSA medicals, pre-employment medicals (including mining, coal board, and Department of Transport)

Phone: 07 4044 0444

Address: 318 Mulgrave Road, Westcourt

Email: cairns@thedoctors.com.au

Opening hours - Monday - 8:00 am to 7:00 pm; Tuesday to Thursday 8:00 am to 6:00 pm; Saturday 8:00 am to 3:00 pm; Closed Sunday and Public holidays

On Call/ After Hours service available - please call 07 4044 0444 or dial 000 for emergencies. Bulk Billing offered.

Cairns Family Medical Centre

<https://cairnsfamilymedicalcentre.com.au/>



Services include - Aboriginal and Torres Strait Islander health, men's health, childhood health, women's health, healthcare assessments, mental health, procedures, WorkCover Health, chronic disease management, Diabetes risk assessment, skin cancer checks, travel medicine.

Opening Hours: Monday to Friday - 8:00 am to 5:00 pm; Saturday 8:00 am to 12:00 pm; Sunday closed.

Address: 120 Mulgrave Road, Parramatta Park (Located directly across from the Cairns Showgrounds)

Phone: 07 4051 2755

Online Appointment Booking:

<https://cairnsfamilymedicalcentre.com.au/contact/>

Bulk billing offered.



McLeod St Medical Centre – Cairns City

<https://mcleodstmed.com.au/>

Provides a range of medical services to families, individuals, and businesses in the Cairns area.

Opening Hours: Monday – Friday 8.00am – 5.00pm; Saturday – 8.30am – 11.00am; Sunday – Closed

Address: 67 McLeod, Street Cairns

Phone: 07 4052 1583

After Hours Service: Please call 4052 1583 and listen to the message for the number to call and fees for service Email:

admin@mcleodstmed.com.au

Bulk billing offered.

Mt Sheridan Medical Centre

<https://mtsheridanmedical.com.au/>

General and Family Medicine; Baby, Child and Adolescent Health; Men's Health; Women's Health; Contraception, Family Planning and Sexual Health; Antenatal and Postnatal Care; Childhood Immunisations; Skin Checks; Minor Surgery; Repeat Scripts and Referrals; Gastric Band Adjustments; Diabetes Care and Education; Health Assessments.

Opening Hours: Monday – Friday 8:00am – 6:00pm; Saturday 8:00am – 11:30am, Sunday – Closed

An after-hours service is provided by Dial-A-Doctor: 1300 030 030

Bulk billing offered.

Address: 6-8 George Cannon Drive, Forest Gardens

Phone: 07 4036 4333

Online Bookings: <https://mtsheridanmedical.com.au/appointments/>



Ten Years Younger Home Care

<https://www.tenyearsyounger.com.au/>



Provides clinical oversight together with personal care, respite care, social and companionship support. Servicing Cairns and Far North Queensland.

Address: Suite 24, 110 Collins Ave, Edge Hill

Phone: 07 4255 6822 or 0488 731 111

Email: info@tenyearsyounger.com.au

Smithfield Central Doctors

<https://smithfielddoctors.com.au/>



Aboriginal and Torres Strait Islander health, men's health, childhood health, women's health, healthcare assessments, mental health, procedures, WorkCover Health, chronic disease management, Diabetes risk assessment, skin cancer checks, travel medicine.

Online Bookings - <https://smithfielddoctors.com.au/>

Opening Hours - Monday to Friday - 7:30 am - 6:30 pm; Saturday - 8:00 am - 6:00 pm; Sunday - 9:00 am - 5:00 pm

Address: 7 - 11 Mount Millman Drive, Smithfield

Phone: 07 4037 9333

Beaches Family Practice - Trinity Beach

<https://www.beachesfamilypractice.com.au/>



Children's health care, immunisations and vaccines, women's health and pregnancy care, skin cancer and mole checks, chronic disease care.

Online Bookings:

<https://www.beachesfamilypractice.com.au/appointments>

Opening Hours: Monday to Friday - 7:30am - 6:30pm; Saturday - 8:00am - 6:00pm; Sunday - 9:00am - 5:00pm

Address: 1 Rabaul Street, Trinity Beach

Phone: 07 4032 7575



Beaches Family Practice – Kewarra Beach

<https://www.beachesfamilypractice.com.au/>

Children's health care, immunisations and vaccines, women's health and pregnancy care, skin cancer and mole checks, chronic disease care.

Online Bookings:

<https://www.beachesfamilypractice.com.au/appointments>

Opening Hours - Monday to Friday - 7:30am - 6:30pm; Saturday - 8:00am - 6:00pm; Sunday - 9:00am - 5:00pm

Street Address: Shop 7, 2 Cottesloe Drive, Kewarra Beach

Phone: 07 4032 7500

Balance! Edmonton Family Practice

www.balancehealthclinic.com.au



General medical services for families and singles. Allied health services are available in dietetics, mental health nursing and psychological counselling.

Opening hours - Monday, Tuesday - 8:00 am to 8:00 pm; Wednesday, Thursday, Friday - 8:00 am to 6:00 pm; Saturday, Sunday - 9:00 am to 2:00 pm.

Phone: 07 4055 4400

Email: reception@cgpsc.com.au

Address: 5 Walker Road, Edmonton

Wuchopperen Health Service Ltd

www.wuchopperen.org.au



Provides a range of services addressing the physical, social, emotional and spiritual wellbeing of individuals and families. Wuchopperen also provides child wellbeing services including foster and kinship care and a Family Wellbeing service which supports at risk families.

Opening hours - Monday, Tuesday, Thursday and Friday - 8:30 am - 5:00 pm; Wednesday - 8:30 to 1:00 pm

Phone - Reception, Child Wellbeing: 07 4080 1080

Phone: Reception, Health: 07 4080 1000

Email: enquiries@wuchopperen.com

Address: 6 Moignard Street, Manoora

General Health Services

Adult Community Health Care

https://www.health.qld.gov.au/services/cairns-hinterland/cairns_north_ch

Provides coordination for clients with chronic and complex conditions, rehabilitation and allied health services including Pulmonary Rehabilitation and falls groups and post-Acute care.

Address: Sheridan Street, Cairns

Telephone: 07 4226 4550

(Other locations: Smithfield, Kuranda, Gordonvale, Edmonton)

Persistent Pain Management Service

https://www.health.qld.gov.au/services/cairns-hinterland/cairns_north_ch

Phone: 4226 4423

Online tool for finding public health services

<https://www.health.qld.gov.au/system-governance/contact-us/find-service>

COUCH Wellness Centre

<https://couch.org.au/>



COUCH exists to improve the health and wellbeing of people living with cancer in Far North Queensland by providing integrated cancer care to enhance the quality of life for clients, families and friends. This includes directly providing co-ordinated care and support services, navigating the local health and social landscape and being a collaborative partner in community cancer care initiatives.

Eligibility: Cairns and Far North Queensland region residents diagnosed with cancer.

Referral - Self.

Cost: Contact provider direct to discuss.

Phone: 07 4032 0820

Email: admin@couchwellness.com.au

Address - End of Kauri Street (off Enmore Street)

Manoora Opening hours - Monday to Friday 8:30 am to 4:30 pm

Cancer Council Queensland

www.cancerqld.org.au



Provides a range of support services and programs for cancer patients, their families and the wider community. Services provided include: QUEST Healthy Lifestyle Program, Quit Smoking Program, National Sun Smart Schools Program, Community Speakers Program, Cancer Information & Support Line, Cancer Patient Accommodation Service - Marylyn Mayo Lodge, Cancer Support Services

Phone: Reception: 07 4047 5500

Phone: Cancer Helpline: 131 120

Email: cairns@cancerqld.org.au

Address: 169 Aumuller Street, Bungalow

Breast Screen QLD

<https://www.breastscreen.qld.gov.au/>

Providing routine and non-routine breast screening services.

Phone: 13 20 50

Email: cssb@health.qld.gov.au

Sexual and Reproductive Health Services



True Relationships and Reproductive Health

<https://www.true.org.au/>

<https://www.true.org.au/Counselling/cairns-sexual-assault-services>

<https://www.true.org.au/Counselling/child-family-service>

For more information, please contact the service.

Cairns Sexual Assault Service: Manager – Ella Morter

Provides free counselling for recent or historical sexual assault or abuse. For victims and their non-offending family members and loved ones aged over 18yrs, all genders welcome. (Female victims over 15yrs).

Child and Family Service: Manager – Sandi Brown

Provides therapeutic and education services specialising in sexual assault, sexual abuse and sexually reactive behaviours.

Education and Training Service: Manager – Rhiannon Warren

Provides education and training in sexual and reproductive health for community members and professionals, including specialised services for the disability sector. These include: relationships and sexuality education for individuals and groups; information sessions for parents/carers; professional development for disability sector workers and other professionals; and school programs for students with special needs and school staff.

Address: Ground Floor – Solander Centre, 182 Grafton Street Cairns City

Phone: Clinic: 07 4051 3788 / Sexual Assault Services: 07 4031 3590 /

Education and Training: 07 4031 2232

Email: cairnseducation@true.org.au / csas@true.org.au
/ childandfamily@true.org.au

Paediatricians

Cairns Doctors on Barr Street

Practitioner Page & Information -

<https://cairns-doctors.com.au/paediatrician/>

Newborn to 18 years. See GP for referral.

Paediatrician - Dr Arno Ebner

Address: 2/532 Mulgrave Road Earlville

Phone: 07 4242 5300

Clinic Email – info@cairns-doctors.com.au

Dr Mohan Swaminathan

Address: Suite 3G, Level 3, Flecker House, 5 Upward Street, Cairns City

Phone: 07 4041 5213

Dr Tim Warnock

Address: Suite 3D, Level 3, Flecker House, 5 Upward Street, Cairns City

Phone: 07 4031 1133

Cairns Children's Clinic

<https://www.cairnschildrensclinic.com.au/>

Providing a range of services for children aged 0 – 18 years. Private Practice.

Dr Allison Tigg, Paediatrician

Address: Unit 2, 36 – 38 Rutherford Street, North Cairns

Phone: 07 4222 1484

Email: info@cairnschildrensclinic.com.au

Appointments 5 days a week 8am – 6pm

Saturdays by appointment only

Therapist - Anne Leyden

Email: anne.leyden@hotmail.com

Telephone: 07 4222 1484

Monday, every second Thursday in Innisfail and, Friday at Cairns Children's Clinic



Allied Health – Exercise Physiology

FNQ Chronic Pain and Disease Rehabilitation (FNQ Rehab)

<https://fnqrehab.com.au/>

FNQ Rehab is an exercise physiology clinic that works closely with other allied health professionals to deliver multi-disciplinary healthcare for a range of medical conditions from sub-acute injuries to chronic conditions, such as diabetes or cardiovascular disease.

Services include life insurance services, WorkCover and CTP services, NDIS, Veteran services - DVA, and chronic disease management plans.

Mobile: 0435 515 470 – David Dall 'Alba

Email: info@fnqrehab.com.au

Locations – Gordonvale, Cairns, Innisfail & Babinda

Health Moves Exercise Physiology

<https://healthmovescairns.com.au/>

Provides a range of services including NDIS services, chronic pain management, women's health, neurological conditions, and Type 2 diabetes education.

Address: 5/135-141 Martyn Street, Parramatta Park

Phone: 07 4281 6889

Email: admin@healthmovescairns.com.au

Unidex Healthcare

<https://unidexhealthcare.com.au/>

Service provide a range of Allied Health, Disability Support and Aged Care services to the community.

Phone: 07 5699 0960

Email: reception@unidexhealthcare.com.au



HEALTH MOVES



exercise physiology



FNQ Allied Health Exercise Physiology and Diabetes Education (Active Body Conditioning)

<https://activebodyconditioning.com.au/>



Provides clinical exercise physiology services in an environment that suits the participant. FNQ Allied Health have facilities to use on the Southside, Cairns city, Redlynch, Smithfield, Northern Beaches and the Tablelands and also provide home visits to the Greater Cairns Region.

Contacts:

Josh Huxley: 0407 676 208 – World Gym Cairns – 274 Mulgrave Rd, DFO Shopping Centre, Westcourt. Email: josh@fnqalliedhealth.com.au

Jesse Connell: 0423 945 440 - World Gym Cairns – 274 Mulgrave Rd, DFO Shopping Centre, Westcourt.

Paul Spooner: 0423 945 440 - World Gym Cairns – 274 Mulgrave Rd, DFO Shopping Centre, Westcourt.

Kayla Montagner: 0447 095 055 - World Gym Cairns – 274 Mulgrave Rd, DFO Shopping Centre, Westcourt.

Emily Allen: 0411 386 191 – 5 Mount Millman Drive, Smithfield, Genesis Gym, Smithfield.

Mackenzie Logan – 0438 517 187 - 1-3 Hargreaves St, Genesis Gym, Edmonton 4868

Eric Usher - 0447 080 099 - 3 Chelsea Ln, Genesis Gym, Edmonton 4870

SSS Rehabilitation, Cairns

<https://www.sssprosorth.com.au/>



Provides rehabilitation services – Exercise Physiology

Contact: Harro Groenewegen

Address: 218 McLeod Street, Cairns

Phone: 07 4041 4715

Email: cairns@sssprosorth.com.au

Facebook: <https://www.facebook.com/SSSProstheticsAndOrthotics/>



Physio Health

<https://physiohealthcairns.com.au/>

Services include:

- Physiotherapy -Face to Face
- Physio Assessments
- Therapeutic Supports
- Hydrotherapy
- Exercise Physiology

Address: 26 Toogood Rd, Woree

Phone: 07 4054 7577

Email: admin@physiohealthcairns.com.au

Hearing Related Services Including Audiology

National Relay Service

<https://www.communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service>



The National Relay Service (NRS) is a government initiative that allows people who are deaf, hard of hearing and/or have a speech impairment to make and receive phone calls.

In a life threatening or time critical emergency, you can contact the police, fire or ambulance services by calling the NRS and requesting Triple Zero Or dialling the dedicated text-based TTY service on 106. Calls to emergency services are generally prioritised by the NRS.

The NRS is available 24 hours a day, every day and relays more than a million calls each year throughout Australia.

Services -

Relay call options for everyone including Internet Relay, SMS Relay and NRS App.

Other relay call options - Video Relay (if you use Auslan), Web browser Captioned Relay (if you speak your side of the conversation) and Speak and Listen (if you have trouble being understood on the phone)

Teletypewriter (TTY) options - Type and Read, Speak and Read, Type and Listen

Australian Hearing Centre

<http://www.hearing.com.au>



Services include assessing hearing, selecting and fitting hearing devices, regular hearing checks to monitor changes, training to improve listening and communication, providing counselling and rehabilitative programs, ongoing care and device repair services, home visits for those unable to travel to a clinic, helping to manage hearing loss on a day-to-day basis.

Address: 95 Sheridan Street Cairns

Phone: 07 4052 3700

Online Contact - <https://www.hearing.com.au/Contact-us>

Therapist: Wendy J Cornell

Telephone: 07 4052 3700

Email: Wendy.Cornell@hearing.com.au

Cairns Audiology Group

<https://www.cairnsaudiologygroup.com>



Cairns Audiology Group is a private and independent practice providing audiology services including diagnostic hearing assessments for infants, children and adults, on-site employee assessments, workplace testing and hearing conservation advice. NDIS registered provider.

Address: Calanna Medical Centre, Suite 17, 600 Mulgrave Road, Woree

Phone: 07 4054 5561 or; Philippa Carter: 4036 6928

Email: philippa@CairnsAudiologyGroup.com

Connect Hearing

<https://www.connecthearing.com.au>

Provides hearing services throughout Australia

Address: Unit 4/15-17 Pease Street

Phone: 07 4053 6111

Email: info@connecthearing.com.au

Audika

<https://www.audika.com.au>



Provides hearing services throughout Australia

Address: 516 Mulgrave Road, Earlville

Phone: 07 4054 1439 or 1800 781 653

Email: cairns@audika.com.au



AudioHealth

<https://www.audiohealth.com.au/>

Services include hearing assessments for NDIS or Office of Hearing Services Program for eligible pensioners/veterans; hearing devices/accessories, alert systems including smoke alarms/doorbells etc.

Cairns Office: Suite 1, Marquis on Grafton, 125 Grafton Street, Cairns

Free Call: 1800 301 231

Phone: 07 4041 7860

Email: info@audiohealth.com.au

Smithfield Office: Shop 11, Stanton Place, 2-4 Stanton Road Smithfield

Phone: 07 4015 2989

Email: smithfield@audiohealth.com.au

Specsavers Audiology

<http://www.specsavers.com.au/hearing>

Specsavers

Provides hearing services throughout Australia.

Address: Shop 102, Stockland Cairns, 537 Mulgrave Road, Earlville

Phone: 07 4033 7045

Hello Hearing

<http://www.hellohearing.com.au>



Provides hearing services to the Cairns community

Address: Coral Sea ENT, Suite 2/193 Lake Street, Cairns City

Phone: 07 4232 4911 / 07 4638 1515

Email: hello@hellohearing.com.au

Hear and Say

<https://www.hearandsay.com.au>



Hear and Say is an NDIS registered provider of programs and services to people with hearing impairments.

Address: 29 Nathan Avenue, Ashgrove

Phone: 07 3850 2111

Email: hearing@hearandsay.com.au

Housing Services

Cairns Housing Service Centre – Rent Connect

<https://www.qld.gov.au/housing/renting/rent-assistance/rentconnect>

This service may help you if you're struggling to access the private rental market due to non-financial barriers, such as a limited rental history, a lack of skills, knowledge or understanding of how the private rental market works, a lack of documents required for private rental applications.

Phone: General Inquiries: 07 4036 5460

Phone: Maintenance Inquiries: 1300 650 910

Free call: 1800 623 208

Email: cairnshsc@hpw.qld.gov.au

Address: Ground Floor, William McCormack Place,
5B Sheridan Street Cairns

Opening hours: Monday to Friday 8:30 am to 4:30 pm

Access Community Housing

<http://www.achc.org.au/>

ACHC provides affordable accommodation to families, individuals and seniors (aged over 55) who are already on the DHPW register of need.

Phone: 07 4031 6702

Email: admin@achc.org.au

Address: 5 Anderson Street, Cairns

Office Hours - Monday to Friday - 9:00 am to 4:30 pm; Weekends - closed.

Shelter Housing Action Cairns (SHAC)

<https://www.shac.org.au/>



SHAC provides case management support to families.

Address: 3 Brisbane Street, Parramatta Park

Telephone: 07 4080 7400

Email: admin@shac.org.au

QSTARS - Queensland State-wide Tenancy Advice and Referral Service

<https://www.tenantsqld.org.au>

<https://qstars.org.au/>



Phone the state-wide advice number - 1300 744 263 including referrals.

Cairns and Far North Queensland Contact: Jenny Brown – Community Engagement

Address: 208 McLeod Street, Cairns

Phone: 07 4241 0016

Email: jennyb@tenantsqld.org.au

Energy and Water Ombudsman

<https://www.ewoq.com.au/>

Provides advice and further information about your electricity, gas and water bills - understanding your bill, reading your bill, estimated bills, what you should check for on each bill, are you concerned about your bill, guide to making a complaint.

How the EWOQ can help you - <https://www.ewoq.com.au/how-we-can-help/>

[Essentials for Community Workers flyer](#) provides information for workers who may need to represent their clients.

Cairns office: Level 1, 15 Lake Street, Cairns

Free call: 1800 662 837

Interpreter: 131 450

TTY/Voice: 133 677

Email: complaints@ewoq.com.au

Access and Inclusion

Queensland Financial Inclusion Plan

<https://www.communities.qld.gov.au/community/queensland-financial-inclusion-plan>

The Queensland Financial Inclusion Plan (PDF, 1.1 MB) The Queensland Financial Inclusion Plan (RTF, 309 KB) (the plan) launched on 19 October 2016 sets out what help is available to assist financially vulnerable Queenslanders to ensure people are better prepared to respond to cost-of-living pressures and financially stressful life events. Providing education and training to help people improve their future financial well-being.

Queensland Inclusion and Diversity Commitment

<https://www.forgov.qld.gov.au/inclusion-and-diversity-commitment>

Inclusive Education

<https://education.qld.gov.au/students/inclusive-education>

Students enrolled in Queensland state schools come from diverse social, cultural, geographic and family backgrounds, are of many identities, and of all abilities.

The Department of Education's [Inclusive education policy \(PDF, 109KB\)](#) supports our shared vision that all students in Queensland state schools receive the support they need to belong to the school community, engage purposefully in learning and experience academic success: [Every Student Succeeding — State Schools Strategy 2018–2022 \(PDF, 314KB\)](#)

Access and Inclusion Action Plan

<https://www.cairns.qld.gov.au/community-environment/disability-services/access-and-inclusion-action-plan>

The plan aims to foster organisational and regional commitment to participation of people of all abilities.



Justice, Rights, Crime and the Law



What the NDIS funds and what the Justice System funds

<https://www.ndis.gov.au/understanding/ndis-and-other-government-services/justice>

Justice and Legal Services

Cairns Youth Justice Service Centre

Provides a program for children and young people in contact with the juvenile justice system that holds them accountable for their actions, encourages their reintegration into the community and promotes community safety.

Address: 120 Spence Street, Parramatta Park
Phone: 07 4048 9801

Cairns Probation and Parole Office

<https://www.qld.gov.au/law/sentencing-prisons-and-probation/sentencing-probation-and-parole/office-locations/view?id=8&title=Cairns>

State Government Probation and Parole Office for people over the age of 18 years.

Address: 120 Bunda Street, Cairns City
Phone: 07 4252 7300

Legal Aid Queensland

<http://www.legalaid.qld.gov.au/Home>



Provides legal services to the community.

Address: Level 2, Cairns Square Complex, 42-52 Abbott Street, Cairns
Phone: 07 4252 6800
DX 41323 Cairns
Main phone line: 1300 65 11 88
Indigenous information line: 1300 650 143
Youth Legal Advice Hotline: 1800 LAQ LAQ (1800 527 527)
Counselling Notes Protect: 1300 267 762
International callers: +61 7 3182 5181

Victims Counselling and Support Services

<http://www.vcss.org.au/>



Provides counselling and support service to Queensland residents who have been personally affected by violent crime, either directly or indirectly. Cairns office address: 125 Grafton Street, Cairns Telephone: 1300 139 703 - 24 hours a day, 7 days a week

Queensland Indigenous Family Violence Legal Service (QIFVLS)

<http://www.qifvls.com.au/>

Delivers culturally appropriate free legal services for Aboriginal & Torres Strait Islander victims of domestic violence, family violence and/or sexual assault. This service includes welfare & support, advocacy and community education relating to legal and court representation; Domestic and family violence; Family law; Child protection; Sexual assault; Domestic violence; Victim support; and Legal reform advocacy.

Address: Suite 10, Level 2, 101-111 Spence Street, Cairns

Phone: 07 4030 0400

Free call: 1800 887 700

Email: help@qifvls.com.au

Aboriginal and Torres Strait Islander Legal Service (Qld) Ltd.

<https://www.atsils.org.au/>



The Aboriginal and Torres Strait Islander Legal Service is a community based organisation established to provide professional and culturally competent legal services for Aboriginal and Torres Strait Islander people across Queensland.

Address: 78 Spence Street, Cairns

Phone: 07 4046 6400

Email: info@atsils.org.au (Head Office – Brisbane).



Cairns Community Legal Centre

<https://www.cclc.org.au/>

Provides legal services include Disability discrimination service, Cairns mental health legal service, Consumer Law Service, Family Law Service, Seniors Legal and Support Service, Domestic and Family Violence Duty Lawyer Service, Community Education.

Address: 2nd Floor, Main Street Arcade, 82 Grafton Street, Cairns
(Lift access via Main Street Arcade food court) Telephone: 4031 7688
or 1800 062 608

Online Contact Form - <https://www.cclc.org.au/contact>

Law Right

<http://www.lawright.org.au/default.asp>



Provide access to justice for people who cannot afford to pay a private lawyer LawRight operates a civil law referral service and direct legal services for particular disadvantaged client groups

Cairns Office

Mobile: 0439 625 334

Email: cairnsadmin@lawright.org.au

North Queensland Women's Legal Service Inc. - Domestic Violence Duty Lawyer Service

<http://ngwls.com.au/>



Provides a free and confidential duty lawyer service at the Cairns Magistrates Court assisting with Legal Advice, Telephone Legal Advice, and Online Resources for Community Workers, Evening Service.

Telephone: Reception - 07 4033 5825

Telephone: Free call - 1800 244 504

Email: cairns@ngwls.com.au

Address: Suite 4, Level 1, Professional House, 88 Abbott Street, Cairns City

Police Stations

https://www.police.qld.gov.au/stations?field_location_lat=-16.9185514&field_location_lon=145.77805480000006



Crime Stoppers Queensland

<https://www.crimestoppersqld.com.au/home.jsp>

Community crime solving and prevention service that involves a partnership between the registered charity Crime Stoppers Queensland Limited (Crime Stoppers), the Queensland Police Service, the media and the public.

Free call: 1800 333 000

Cairns Esplanade Police Beat

Address: Lagoon Complex, The Esplanade, Cairns City

Opening Hours: Monday to Friday 8:00 am - 4:00 pm

Phone number: 07 4050 7330

Cairns Station

Address: 5 Sheridan St, Cairns City

Opening Hours: 24 hours

Phone number: 07 4030 7000

Cairns Central Police Beat Shopfront

Address: Shop 43, Cairns Central Shopping Centre, Cairns City

Opening Hours: Monday to Friday 9:00 am - 5:00 pm

Phone number: 07 4041 7374

Raintrees Police Beat Shopfront

Address: Shop 10B, Raintrees Shopping Centre, Manunda

Opening Hours: Shopping Centre Hours; Monday to Sunday 8:30 am - 4:30 pm; Thursday to 9:00 pm

Phone number: 07 4053 3200

Manoora Neighbourhood Police Beat

Address: 32 Enmore St, Manoora

Opening Hours - Varies (call to confirm)

Phone number: 07 4032 3614

Earlville Police Beat Shopfront

Address: Shop 129, Stockland Shopping Centre, 537 Mulgrave Road, Earlville

Opening Hours: Monday to Sunday 9:00 am - 5:00 pm; Thursday 9am-10pm

Phone number: 07 4033 7899

Edmonton Station

Address - 103 Bruce Highway, Edmonton

Opening Hours: Monday - Friday 8:00 am to 4:00pm; 24/7

Phone number: 07 4045 9111

Mooroobool Neighbourhood Police Beat

Address - 34 Mestrez St, Mooroobool

Opening Hours: Varies (please call to confirm)

Phone number: 07 4033 0850

White Rock Neighbourhood Police Beat

Address - 36 Leftwich St, White Rock

Opening Hours: Varies (please call to confirm)

Phone number: 07 4050 7630

Gordonvale Station

Address: 84 Draper Road, Gordonvale

Opening Hours: Monday to Friday 8:00 am - 4:00 pm

Phone number: 07 4258 4222

Smithfield Station

Address: Captain Cook Hwy, Smithfield Heights

Opening Hours: Counter Monday - Friday 8: am - 4:00 pm; Operational 24/7

Phone number: 07 4057 1900

Yorkeys Knob Neighbourhood Police Beat

Address: 12 Tee St, Yorkeys Knob

Opening Hours: Varies (please call to confirm)

Phone number: 07 4055 7599

Trinity Beach Neighbourhood Police Beat

Address: 18 Bulolo Close, Trinity Beach

Opening Hours: Varies (please call to confirm)

Phone number: 07 4055 6473

Holloways Beach Neighbourhood Police Beat

Address - 10 Jacaranda St, Holloways Beach

Opening Hours: Varies (call to confirm)

Phone number: 07 4037 0247

Court Houses

<https://www.courts.qld.gov.au/contacts/courthouses?root=502146>

Cairns Magistrates Court

Address: Ground floor, 5D Sheridan Street

Business hours: Phone queries: 8.30am to 5.00pm (excluding 1st and 3rd Tuesday of the month, 8:30am to 4:00pm)

Counter queries: 8.30am to 4.30pm (excluding 1st and 3rd Tuesday of the month, 8:30 am to 4:00 pm)

Registry services are not available on public and court holidays

Phone: 07 4280 6000

Email: courthouse.cairns@justice.qld.gov.au

Wi-fi, Videoconferencing, Remote witness room

Cairns District Court

Address: Level 3, 5D Sheridan Street

Business hours: Phone queries - 8.30 am to 5.00 pm (excluding 1st and 3rd Tuesday of the month, 8:30am to 4:00pm)

Counter queries: 8.30am to 4.30pm (excluding 1st and 3rd Tuesday of the month, 8:30am to 4:00pm)

Registry services are not available on public and court holidays.

Phone: 07 4280 6000

Email: cairns.hcregistry@justice.qld.gov.au

Jury service

Jury service queries: 07 4280 6061

Jury: (recorded) 07 4280 6009

Email: cairnsjury@justice.qld.gov.au

Wi-fi, Videoconferencing, Remote witness room.

Cairns Supreme Court

Address: Level 3, 5D Sheridan Street

Business hours: Phone queries - 8.30 am to 5.00 pm (excluding 1st and 3rd Tuesday of the month, 8:30am to 4:00pm)

Counter queries: 8.30 am to 4.30 pm (excluding 1st and 3rd Tuesday of the month, 8:30am to 4:00pm)

Registry services are not available on public and court holidays.

Phone: 07 4280 6000

Email: cairns.hcregistry@justice.qld.gov.au

Jury service

Jury service queries (07) 4280 6061

Jury: (recorded) (07) 4280 6009

Email: cairnsjury@justice.qld.gov.au

Wi-Fi, Videoconferencing, Remote witness room.

Human Rights Services

Australian Competition and Consumer Commission



<https://www.accc.gov.au/focus-areas/information-for/consumers-with-disability>

Information for consumers with a disability:

When you pay for a product or service yourself, as an NDIS participant, or through your state or territory's disability support system - you have consumer rights. These resources from Australia's consumer protection agencies are designed to help you understand and use your rights.

[Your consumer rights](#)

[Resources for consumers with disability](#)

[Where to go for help](#)

[More information](#)

Contact the ACCC

Make an enquiry - <https://www.accc.gov.au/contact-us/contact-the-accc/make-an-enquiry>

Report a Consumer Issue - <https://www.accc.gov.au/contact-us/contact-the-accc/report-a-consumer-issue>

Office of Public Guardian



<https://www.publicguardian.qld.gov.au>

Independent statutory office established to protect the rights, interests and wellbeing of adults with impaired decision-making capacity, and children and young people in the child protection system. This includes those in out-of-home care, foster home, the home of a kinship carer, a residential care facility, a youth detention or adult correctional centre, disability service or mental health facility.

Phone: 1300 653 187

Email: publicguardian@publicguardian.qld.gov.au

SMS: 0418 740 186 - *(Please note the SMS service is only available for children and young people)*

Queensland Human Rights Commission

<https://www.qhrc.qld.gov.au/>

[QHRC: Making a complaint](#)

An Independent statutory body with responsibility for dealing with complaints under the *Human Rights Act 2019* and the *Anti-Discrimination Act 1991*. The service also provide a phone enquiry service during business hours and face to face enquires can be arranged by appointment in the Cairns regional office. For more information please contact the service.

Address - 10 Grove Street Cairns North

Postal: PO Box 4699, Cairns North 4870

Free call: 1300 130 670

Email: enquiries@qhrc.qld.gov.au

Rights in Action

<https://www.rightsinaction.org/>

Rights in Action
Independent advocacy for people with disabilities



Rights in Action Incorporated (RIA) provides independent advocacy for people with disabilities in Cairns, Yarrabah, Atherton and Mareeba to uphold their human rights and address instances of discrimination, abuse, neglect and exploitation

Rights in Action is also funded to support people with National Disability Insurance Agency appeals

Address: Ground Floor – Professional House – 88 Abbott Street Cairns

Phone: 07 4031 7377

Email: info@rightsinaction.org

Touching Base Inc.

<https://www.touchingbase.org/>

Assists people with disability and sex workers to connect with each other, focusing on access, discrimination, human rights and legal issues and the attitudinal barriers.

Phone: Referral List: 0499 054 400 / General Enquiries: 0424 591 409

Domestic and Family Violence Services



DV Connect

<https://www.dvconnect.org/>

Crisis helplines to assist Queenslanders escape domestic and family violence, as well as sexual assault/sexual abuse.

[Womensline](#) - 1800 811 811

[Mensline](#) - 1800 600 636

[Sexual Assault Helpline](#) - 1800 010 120

[1800RESPECT](#), the National confidential online and telephone specialist counselling, information and referral service.

The National Redress Scheme

<https://www.nationalredress.gov.au/about/about-scheme>

The National Redress Scheme is in response to the Royal Commission into Institutional Responses to Child Sexual Abuse. Applications can be made any time before 30 June 2027. For more information, visit the website.

QLD Family Law Net

<https://www.qldfamilylawnet.org.au>

North Queensland Women's Legal Service Inc. - Domestic Violence Duty Lawyer Service

<http://ngwls.com.au/>

Provides a free and confidential duty lawyer service at the Cairns Magistrates Court assisting with Legal Advice, Telephone Legal Advice, and Online Resources for Community Workers, Evening Service.

Telephone: Reception - 07 4033 5825

Telephone: Free call - 1800 244 504

Email: cairns@ngwls.com.au

Address: Suite 4, Level 1, Professional House, 88 Abbott Street, Cairns City



Cairns Regional Domestic Violence Service

www.dvcairns.org

Provides support services for children, young people & adults affected by domestic or family violence. Cairns Regional Domestic Violence Service is endorsed for DGR status.

Phone: 07 4033 6100

Address: Suite 2, Level 2, 88 Abbott Street, Cairns City

Email: dvcairns@dvcairns.org

Warringu Women's Shelter

<https://www.communities.qld.gov.au/swe/find-a-support-service?id=51&start=31&category=&state=&textSearch=>

Provides short term accommodation for women and children fleeing violence.

Contact DV Connect to obtain a referral: 1800 811 811

Another Closet

<http://www.anothercloset.com.au/>

Providing online links to support for the LGBTIQ Community around domestic and Family Violence.

DV Line: 1800 65 64 63

Women's Centre FNQ

www.wirc.org.au

Provides a range of support services to women and children.

Phone: 07 4051 9366

Email: info@wirc.org.au

Address: 182 Gatton Street, Manunda



Ruth's Women's Shelter Cairns Inc.

<http://www.ruthswomensshelter.com.au/>

Provides secure crisis accommodation ensuring safety, guidance and support to women and children escaping Domestic Violence and Family Violence.

DV CONNECT

Telephone - 1800 811 811 - 24 hours / 7 days per week

DV Connect will do a referral to Ruth's Women's Shelter or to the nearest safe Shelter should Ruth's be full. In case of an emergency phone the Police on 000

Ruth's Hub – Shop 108 Raintrees Shopping Centre, Manunda – Provides a safe a secure drop in services for women and children to access services and support.

Email: lauren@ruthswomensshelter.com.au / rwcairns@bigpond.net.au

LGBTIQ Services and Supports

2 Spirits IndigiLez Women's Leadership and Support Group



2Spirits, Indigilez and QLD Council for LGBTBI Health have partnered to provide a connection for social and peer support for those experiencing hardship. Individuals are able to access basic items from the community pantry, a phone back support and an online Yarns Around The Fire Service.

Facebook: <https://www.facebook.com/IndigiLez/>

Phone: 07 4041 5154

Email: 2Spirits@quac.org.au

QuAC – Queensland Aids Council

<https://quac.org.au/>

<https://quac.org.au/programs/>



Support lesbian, gay, bisexual, transgender and intersex people achieve the best possible health and wellbeing and participant fully in the life of the community, free from stigma and discrimination.

Address: 290 Draper Street, Cairns

Phone: 07 4041 5451

Email: cns@quac.org.au

Queensland Positive People – HIV Services

<https://www.qpp.org.au/>

Peer-based advocacy organisation which is committed to actively promoting self-determination and empowerment for all people living with HIV throughout Queensland.

Address: 21 Manilla Street, East Brisbane

Phone Free call in QLD: 1800 636 241

Phone: 07 3013 5555

Email: info@qpp.org.au



QLife

<https://qlife.org.au/>

Provides Australia-wide anonymous, LGBTI peer support and referral for people wanting to talk about a range of issues including sexuality, identity, gender, bodies, feelings or relationships.

Email: ask@qlife.org.au

Rainbow Playgroup

Ages 0 - 5 years' playgroup. No Fee. Playgroup for Lesbian, Gay, Bisexual, Trans, Intersex and Queer parents and their children and welcomes others who are keen to come along.

Address: Muddy's Cafe, 174 The Esplanade, Cairns

Contact Details: Louise

Email: elouise81@yahoo.com

Mobile: 0431 517 114

Each Tuesday from 9:30 am.

Another Closet

<http://www.anothercloset.com.au/>

Providing online links to support for the LGBTIQ Community around domestic and Family Violence.

DV Line: 1800 65 64 63

Language Interpretation and Translation

Find a Translator or Interpreter

<https://www.forgov.qld.gov.au/find-translator-or-interpreter>

Queensland Interpreting and Translation Service

<https://www.qits.com.au/>

Services include - onsite interpreting, telephone interpreting and request an interpreter.

Address: Level 3, 303 Adelaide Street, Brisbane Queensland Australia 4000

Phone: 07 3835 3777

Email: mail@qits.com.au

National Relay Service

<https://www.communications.gov.au/what-we-do/phone/services-people-disability/accesshub/national-relay-service>

The National Relay Service (NRS) is a government initiative that allows people who are deaf, hard of hearing and/or have a speech impairment to make and receive phone calls. The NRS is available 24 hours a day, every day.

Deaf Services – SWITC

<https://www.deafservices.org.au/services/Interpreting/Foreign-Language-Interpreting>

Support with Interpreting, Translating and Communication (SWITC) is an interpreting service enabling free access to interpreters and translators for people with a language other than English.

Services include: Interpreters - spoken language, Auslan, face to face, telephone and VRI Translation of documents - CALD and Braille Real time captioning Hearing loops. All bookings are processed through an online booking system allowing organisations to make new bookings, monitor current bookings and update their preferences.

[How to Book](#)



TIS International – Translating and Interpreting Service

<https://www.tisnational.gov.au/>

<https://www.tisnational.gov.au/en/Help-using-TIS-National-services/Contact-TIS-National>

Translating and interpreting service provided by the Australian Government Department of Home Affairs and available in many different ways. Please see website for further information.

Auslan Connections

<http://auslanconnections.com.au/>

Provides interpreter booking service - face-to-face and video interpreting including after hours and emergency, live captioning and notetaking

Telephone: 1300 010 877

Email: qld@auslanconnections.com.au

Libraries

Library Locations

<https://www.cairns.qld.gov.au/library>

Babinda

24 Munro Street, Babinda

Phone - 4067 8400

Opening Hours - Monday - Friday 9:00am - 12:30pm & 1:30pm - 5:00pm.

Saturday 9:00am - 12noon.



[City](#)

151 Abbott Street, Cairns, 4870 Phone: 4044
3720 Open: Monday - Friday 9:00am - 6:00pm
Saturday & Sunday 9:00am - 12:00pm

[Earlville](#)

Shop 128 Stockland, Cairns
Phone - 4044 3766
Opening Hours - Monday - Friday 9:00am - 5:30pm
Saturday 9:00am – 12:00pm

[Edmonton](#)

175 Bruce Highway, Edmonton
Phone - 4044 3735
Opening Hours - Monday - Friday 9:30am - 12:30pm & 1:30pm - 5:30pm
Saturday 9:00am - 12noon.

[Gordonvale](#)

88 Norman Street, Gordonvale
Phone - 4044 3778
Opening Hours - Monday - Friday 10:00am - 6:00pm
Saturday 9:00am - 12:00pm

[Manunda](#)

Raintrees Shopping Centre, Manunda
Phone - 4044 3779
Opening Hours - Monday - Friday 9:00am - 6:00pm
Saturday 9:00am - 12:00pm

[Smithfield](#)

70 Cheviot Street, Smithfield
Phone - 4044 3711
Opening Hours - Monday - Friday 9:00am - 6:00pm
Saturday 9:00am - 12:00pm

[Stratford](#)

11 Kamerunga Road, Stratford
Phone - 4044 3733
Opening Hours - Monday - Friday 9:00am - 6:00pm
Saturday 9:00am - 12:00pm

Allied Health – Dietitian

HealthKicks

<https://www.healthkicks.com.au>

Provides nutrition and dietetic services

Address: 181 Mulgrave Road, Bungalow

Phone: 4041 6675

Email: reception@healthkicks.com.au

Health Management Dietitians

<https://www.healthmanagement.com.au>

Providing a range of dietetic services including weight management, sports nutrition, allergies and intolerances, eating disorders and diabetes management.

Address: 158 Mulgrave Road, Cairns

Phone: 4051 9093

Email: admin@healthmanagement.com.au

Kinela

www.kinela.com

Provides online therapy for Dietetics and Speech Pathology services, Capacity Building – preventing infection, mindset – managing stress, building self-confidence.

Contact: Joshua Preston – Health Promoter

Phone: 0478 660 619 or 1300 448 100

Email: joshua.preston@kinela.com

Natalie Thompson Accredited Practicing Dietitian

<https://delectabledietetics.wordpress.com/>

Provides non-diet nutrition and dietetic services to kids, adults, older adults and people with disabilities.

PO Box 386, Clifton Beach QLD 4879

Phone: 0450 878 572

Email: nataliethompson.dietitian@outlook.com



Allied Health – Occupational Therapy



Tropics Occupational Therapy

<https://www.tropicsot.com.au/>

Provides Occupational Therapy services.

Therapist: Sharon Coles

Address: 4/92-96 Pease Street, Manoora

Phone: 0431 531 419

Email: info@tropicsot.com.au

FNQ Occupational Therapy



Service includes: Detailed Functional Capacity Assessments, program development to work towards goals, education to support workers. Focus is on providing support to adults with intellectual impairment, psychosocial disability and autism. Allied Health Assistance also available.

Therapist: Sylvia Read

Address: Cairns Region

Phone: 0418 987 164

Email: admin@fnqoccupationaltherapy.com.au

Glasswing Therapy

<https://www.glasswingtherapy.com/>



Services include Speech Therapy, Occupational Therapy, Dietetics, Physiotherapy, Feeding Therapy, Behaviour Support and Special Education Tutoring,

Phone: 1300 103 194

Email: info@glasswingtherapy.com

Disability Specialists

www.disabilityspecialists.com.au



Service provides a range of services including, functional assessments of all conditions: physical, sensory, cognitive, neurological and behavioural, Rehab, housing assessments (SIL and SDA) and training for families and staff. For more information on services and waitlists etc. please contact the service.

Service Area: Mobile Cairns, Innisfail, and Tablelands

Anneke Andrews Senior Occupational Therapist

Mobile: 0478 958 900

Email: disabilityspecialists@hotmail.com

Facebook: <https://www.facebook.com/disabilityspecialists>



PaediaTricks Occupational Therapy

<https://www.paediatricks.com.au/>

Provides Occupational Therapy and Physiotherapy services to children and adolescents.

Therapist - Wendy Cohen

Address - Works out of Talk Time Speech Pathology - Shop 10/113-125 Bruce Highway (Piccone's Shopping Village, Edmonton)

Phone - 0417 750 167

Email - Wendycohnnot59@tpg.com.au

Lifestyle Therapies and Training Solutions

<https://ltts.com.au/>

Provides mobile and clinic-based Allied Health services tailored to suit the participant's individual needs.

Phone: 1300 994 854

Email: ndis@ltts.com.au / administration@ltts.com.au

Little People Occupational Therapy and Sleep Consultation

Contact: Mobile Therapist – Trisha Essenhigh

Phone: 0439 131 870

Email: littlepeopleOT@gmail.com

Klever Kiddies

<https://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/helping-children-with-autism/queensland/klever-kiddies-occupational-therapy-for-children>

- Provides Occupation Therapy services to children including:
- Early Childhood Early Intervention (ECEI)
- Therapy Assistance
- Developmental life skills
- Group/Centre Activities

Therapist - Stephanie Whiteside

Address - Suite 6/135 Martyn Street, Parramatta Park

Telephone - 4221 3044

Email - kleverkiddies@optusnet.com.au

Facebook:

<https://www.Facebook.com/KleverKiddiesOccupationalTherapyForChildren>



National 360

<https://national360.com.au>



National 360 provides an Equipment assessment service to cover assistive technology needs and are a registered NDIS therapy provider across VIC, NSW, QLD and SA.

Address: Suite 4, 76 Lake Street, Cairns

Phone: 07 3186 5203

Email: helen.barker@national360.com.au

Cairns Occupational Therapy

<http://cairnsot.com/index.html>



Services include - hand therapy, Lymphatic Screening and Education Service, Lymphedema Management, Optimising Recovery Post Mastectomy, Work Rehabilitation, Medico legal Assessment, Home Assessment, Neurological Rehabilitation, Burns and Scar Management, Soft Tissue Injury Management.

Address: Calanna Health Centre, Suite 18, 600 Bruce Hwy, Woree

Phone - 07 4042 6333 Mobile: 0408 015 504

Email: mail@cairnsot.com

Therapists - Kerry Stingel, Deirdre Hill, Rebecca Morrison, Niki Phibbs

Email - deirdre@cairnsot.com nicola@cairnsot.com kerry@cairnsot.com

rebecca@cairnsot.com

Australian Health Professionals (AHP) Disability and Home Care.

<https://www.ahpdisability.com.au>



Provides Allied Health Services to people aged 0 – 65 years and all disabilities. Rural and remote area service provision, multilingual clinicians. Services include: OT, Physio, Podiatry, Dietetics Speech Pathology, Exercise Physiology and Psychology.

Contact: Rose Nasser – Director Disability and Home Care

Phone: 0410 705 009

Email: rose@ahpdisability.com.au

Referrals: admin@ahpdisability.com.au



Ozcare – Occupational Therapy Service

<https://www.ozcare.org.au/>

Provides Occupational Therapy services.

Contact: Gemma Bedlington (OT)

Phone: 0438 831 659 (Referrals)

Email: gemma.bedlington@ozcare.org.au

Hollie Swanton OT & Yoga

Provides advice and support for daily living needs, home modifications and assessments prescription for assistive technology, Modification advice and applications for funding and NDIS participant therapy, Assessments and reporting (Function capacity & Assistive Technology).

Phone: 0438 799 754

Email: hollieswantonot@gmail.com

Vision Australia – Occupational Therapist

<https://www.visionaustralia.org>

Provides Occupational Therapy Services to participants

Brie Hargreaves – OT

Address: 33 Grafton Street, Cairns City

Phone: 07 4037 5600 / 0429 080 453

Email: brie.hargreaves@visionaustralia.org

My Life Occupational Therapy

<https://www.mylifeot.com>

Provides occupational therapy services. Please contact the service for more information.

Phone: 0455 298 733

Email: hollie@mylifeot.com





Icon Health and Fitness

www.iconhf.com

Provides mobile therapy support to adults and children. Services include advice and prescription of appropriate adaptive equipment, seating and postural support, manual handling, daily living needs, home modifications and reporting.

Therapist - Deborah Ford

Email: deborah@iconhf.com

Mobile: 0438 252 595



Enhanced Health Therapy Services

<https://ehts.com.au/>

Service works with adolescents and adults who may be experiencing barriers or significant changes to their life roles and occupations as a result of injury or disability by providing equipment advice and supply including specialty assistive technology. Based in Townsville and providing services to Ayr, Ingham, Cardwell, Cairns, The Atherton Tablelands, Charters Towers and Innisfail/Tully. NDIS registered provider

Address: 5 Yeatman Street, Hyde Park

Phone: 07 4724 0953

Email: info@ehts.com.au



CareLynx – Occupational Therapy

<https://www.carelynx.com/>

Provides occupational Therapy services

Contact: Dion Green

Phone: 0403 563 692

Email: dion@carelynx.com

Unidex Healthcare

<https://unidexhealthcare.com.au/>

Service provide a range of Allied Health, Disability Support and Aged Care services to the community.

Phone: 07 5699 0960

Email: reception@unidexhealthcare.com.au





Autism Queensland, Cairns (Far North Queensland Centre of Excellence)

www.autismqld.com.au/page/autism-queensland-cairns

Services provided include:

- Early Childhood Intervention Group Program (ECI)
- Programs for School-Aged Children and Adolescents (Social Skills Group Programs)
- Individual Therapy (all ages)
- Allied Health & Diagnostic Assessments
- School Advisory Visits
- Autism Queensland School (Prep - Year 3).

The following services are also available (Brisbane based):

- Early Intervention Indigenous Liaison Officer Program
- Professional Development & Parent Education

Contact: Tanya Kunzler

Address: 15-17 Marr Street, Edmonton

Phone: 07 4034 6600

Email: cairns@autismqld.com.au

Psychosocial/Mental Health Occupational Therapy Services

Break Thru

<https://breakthru.org.au/allied-health-services/occupational-therapy/>

Providing psychosocial/mental health Occupational Therapy Services.

Therapist - Fiona Bunt

Phone: 0410 019 292

Online Contact: <https://breakthru.org.au/contact-us/>

Enable OT

Mobile service

Therapist - Christine Coop

Telephone: 4444 4544

Email: susan@enableot.com.au

Mobile: 0408 775 864 (Chris)





Adaptability Therapy

<https://www.adaptabilitytherapy.com.au/online-therapy/>

Provides Physiotherapy and Occupational Therapy via telehealth for children, young people and adults. Services include ongoing physio programs to increase strength, balance and coordination, paediatric physio and occupational therapy intervention, mental health occupational therapy, housing assessments (SIL and SDA), functional assessments and skill development.

Contact: Melinda Chilvers – Administration

Officer Phone: 07 3899 5802

Email: hello@adaptabilitytherapy.com.au

Driving Assessment Occupational Therapy and Vehicle Modification Services

DriveAbility



Provides Occupational Therapy Driving Assessment service assisting people with medical conditions return to driving

Therapist - Amanda Mason

Mobile: 0438 658 188

Email: amasonot@dodo.com.au

NQ Driving Assessments



Mobile service: Karin Naude

Mobile: 0406 617 134

Email: nqdrivers@gmail.com

Jaime Callard Mobile Mechanical

Hand controls - Modification Certificate -

Services Phone: 0420 591 027

Email: jaime.k.callard@gmail.com

Buchan Service Centre

<https://www.buchanservicecentre.com/>

Provides vehicle modification services

Address: 263 Little Spence Street, Portsmith QLD 4870

Phone: 07 4041 1436

Online Contact Form is on the home page of the website above.

Children and Family Services

Community Child Youth and Family Health Service

https://www.health.qld.gov.au/data/assets/pdf_file/0041/677795/community-health-brochure_v2.pdf#PDF



Child Health Services are provided at below locations – please phone for times.

Cairns North Community Health Centre

381 Sheridan Street, Cairns North
Telephone: 07 4226 4315

Smithfield Community Health Centre

16 Danbullan Street, Smithfield
Telephone: 07 4226 4803

Early Years Centre Gordonvale

33 Sheppards Street, Gordonvale
Telephone: 07 4034 6860

Edmonton Community Health Centre

10 – 12 Robert Road, Bentley Park
Telephone: 07 4226 4945

Early Years Centre Cairns

Borrowdale Close, Bentley Park College via McLaughlin Road, Bentley Park
Telephone: 07 4034 6800



The Babes Project

<https://www.thebabesproject.com.au/>

Creating a society in which all women are empowered and supported in their pregnancy and as they prepare for parenting.

Address: 3/21 - 23 Sheridan Street, Cairns City

Email: cristy@thebabesproject.com

Phone: 07 4211 4505

The Benevolent Society

<https://www.benevolent.org.au/services-and-programs/early-childhood-years>



Provides early childhood education and care, free parenting, child health and family support service. The centre provides services for children aged pre-birth – 8 years. For further information, please call the Centre.

Address: Borrowdale Close, Bentley Park

Phone: 07 4034 6800

Free call: 1800 236 762

Email: cairns.earlyyearscentre@benevolent.org.au

Innate Therapies Australia (Cairns)



Service is an NDIS registered provider that provides:

- Counselling Children/Adolescents
- Counselling Adults
- Counselling Families/Relationships
- Art Therapy
- Symbol work and sand play
- Play Therapy
- Clayfield Therapy
- Social and Emotional Programs
- Parenting Programs
- Supervision
- Training

Phone: 0414 480 934

Email: adminteam@innatetherapies.com

Facebook page: <https://www.facebook.com/innatetherapies>

Allied Health Physiotherapy

Cairns Hospital Occupational Therapy Department

4th Floor, Block B, Cairns Hospital

Phone: 07 4226 7427

Physio Health

<https://physiohealthcairns.com.au/>

Services include:

- Physiotherapy -Face to Face
- Physio Assessments
- Therapeutic Supports
- Hydrotherapy
- Exercise Physiology

Address: 26 Toogood Rd, Woree

Phone: 07 4054 7577

Email: admin@physiohealthcairns.com.au

Australian Health Professionals (AHP) Disability and Home Care.

<https://aushp.com.au/ahp-disability/>

Provides Allied Health Services to people aged 0 – 65 years and all disabilities. Rural and remote area service provision, multilingual clinicians. Services include: OT, Physio, Podiatry, Dietetics Speech Pathology, Exercise Physiology and Psychology.

Contact: Rose Nasser – Director Disability and Home Care

Phone: 0410 705 009

Email: rose@ahpdisability.com.au

Referrals: admin@ahpdisability.com.au

Cairns Total Physio

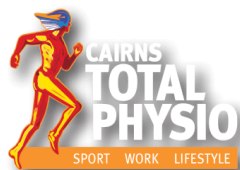
<https://www.cairnstotalphysio.com.au>

Provides a number of allied health services including, physiotherapy, exercise physiology, massage therapy and group exercise classes.

Address: 158 Mulgrave Road, Westcourt

Phone: 07 4051 3252

Email: info@cairnstotalphysio.com.au



PHYSIO INQ

<https://physioinq.com.au/home-mobile-physio-cairns>



Providing mobile physio services to NDIS participants

Phone: 0490 062 534 / 1300 731 733

Email: mobile@physioinq.com.au / karlee.j@physioinq.com.au

Facebook: <https://www.facebook.com/PhysioInq/>

Joanne Backer Physio

<https://www.joannebackerphysio.com.au/>

Providing physiotherapy to children and young people in a number of areas in the Cairns region including Cairns, Northern Beaches, Cairns Southern Suburbs, Gordonvale, Mareeba suburban and non-suburban

Providing services to self-managed and plan managed NDIS participants.

Phone: 0429 368 600

Email: info@joannebackerphysio.com.au

Glasswing Therapy

<https://www.glasswingtherapy.com/>



Services include Speech Therapy, Occupational Therapy, Dietetics, Physiotherapy, Feeding Therapy, Behaviour Support and Special Education Tutoring,

Phone: 1300 103 194

Email: info@glasswingtherapy.com

Bubbles Physio

<https://bubblesphysio.com.au/>

Services include: Developmental Assessments & Treatment, Walking patterns and feet assessment, Infant development and handling for pre-term and term babies, Gross motor delays, Low tone (hypotonia) and increased tone (hypertonia) and Coordination and planning difficulties.

Phone: 0499 172 338

Email: Bubblesphysio@outlook.com



Adaptability Therapy

<https://www.adaptabilitytherapy.com.au/online-therapy/>

Provides Physiotherapy and Occupational Therapy via telehealth for children, young people and adults. Services include ongoing physio programs to increase strength, balance and coordination, paediatric physio and occupational therapy intervention, mental health occupational therapy, housing assessments (SIL and SDA), functional assessments and skill development.

Contact: Melinda Chilvers – Administration
Officer

Phone: 07 3899 5802

Email: hello@adaptabilitytherapy.com.au

FNQ Health Co.

<https://fnqhealthco.com.au>



Provides a range of allied health services including physiotherapy, exercise physiology, Clinical Nutrition, Podiatry, Massage Therapy, Hydrotherapy and Telehealth/home visits.

Address: 11/455 Varley Street, Yorkeys Knob & 1/22 Trinity Beach Road, Trinity Beach

Phone: 07 4079 5509

Email: hello@fnqhealthco.com.au

Wellness Embodied

www.wellnessembodiedcairns.com



Provides Physiotherapy, Therapeutic supports, Improved daily living group therapy, Adults and children.

Wellness Embodied

Address: 53 Sheridan Street, Cairns City

Phone: 07 4231 9777 or 0488 588 670

Email: admin@wellnessembodiedcairns.com

Facebook: www.facebook.com/wellnessembodiedcairns/

Physio Boss

<https://physioboss.com>

Providing physiotherapy to children aged 0 – 18 years of age.

Contact: Annemarie Boss

Phone: 0447 934 531

Email: anne.boss@gmail.com



Better Rehab

<https://betterrehab.com.au>

Provides telehealth services in areas of: Occupational Therapy, Speech Pathology, Physiotherapy, Positive Behaviour Support, Initial assessments, Support for plan reviews, and SIL/SDA reports, AT/Home Mods and Ongoing therapy or home based exercise programs.

Phone: 0432 802 231 / Andrew Price: Business Relationships

Officer: 0481 834 896

Email: andrewp@betterrehab.com.au / admin@betterrehab.com.au

Facebook: <https://www.Facebook.com/BetterRehab/>

Gordonvale Physiotherapy

www.gordonvalephysiotherapy.com



Servicing the Cairns Southern communities. Services include: Neurological Rehabilitation, Musculoskeletal and Sports Physiotherapy, Acquired Brain Injuries and Strokes, Spinal Cord Injuries, Equipment Prescriptions, Cerebral Palsy and Ataxia, Down Syndrome, Exercise Prescriptions and Programs, Hydrotherapy, Women's Health Physiotherapy, Level 2 Therapy Assistants, Western Acupuncture and Dry Needling, Falls Prevention, Remedial Massage, Paediatrics, Vertigo, Pre and Post Natal care, Pre and Post-Surgical, Rehabilitation/Pilates, Telehealth, Exercise Groups and Private Gymnasium Room.

Address: Shop 8C, 58-62 Norman Street, Gordonvale

Phone: 0401 942 903

Email: info@gordonvalephysiotherapy.com

Unidex Healthcare

<https://unidexhealthcare.com.au/>

Service provide a range of Allied Health, Disability Support and Aged Care services to the community.

Phone: 07 5699 0960

Email: reception@unidexhealthcare.com.au



Allied Health Prosthetics and Orthotics

SSS Prosthetics and Orthotics, Cairns

<https://www.sssprosorth.com.au/>



Provides treatment plan and products for each individual patient's needs. Service also provides Exercise Physiology services.

Address: 218 McLeod Street, Cairns

Phone: 07 4041 4715

Email: cairns@ssprosorth.com.au

Facebook: <https://www.facebook.com/SSSProstheticsAndOrthotics/>

GB Orthopaedics

<http://www.gborthopaedics.com.au/>



Provides assessment, advice, measurement and fitting services in all areas of orthotics.

Address: Dutton Park Suites, 163 Annerley Road, Dutton Park QLD

Phone: 07 3844 3371

Email: mail@gborthopaedics.com.au

Recreation, Sport and the Arts

Able Anglers Fishing Respite Services

<https://www.ableanglers.com.au>



Provides 1 on 1 and group based fishing days for people with disability to enjoy a day on the water.

Phone: 07 4015 2964

Email: info@ableanglers.com.au

Event Cinemas

<https://www.eventcinemas.com.au/promotions/accessibility>

EVENT

Click on the link above to find out more information about access to cinemas for people with hearing impaired, vision impaired and mobility impaired disabilities.



Go Bowling Cairns

www.gobowling.com.au

Provides recreational ten-pin bowling for children, young people and adults.

Phone: Duty Worker: 07 4053 3497

Email: cairns@gobowling.com.au

Address: 93 Pease Street, Manunda

Barlow Park

<https://www.cairns.qld.gov.au/facilities-sport-leisure/sport/barlow-park>

Barlow Park is a football and athletics facility. Barlow Park is home of the Cairns District Rugby League (CDRL), FNQ Rugby, Cairns Athletics, and Northern Pride Rugby League Club.

Address: Corner Scott and Severin Streets, Parramatta Park

Bookings: read our [How do I book?](#) Section

Enquiries: email leisurevenues@cairns.qld.gov.au or phone 07 4044 3645

Brothers Leagues Club Cairns

<https://www.brotherscairns.com.au/>

Provides entertainment and meals.

Address: 99-107 Anderson St Manunda

Phone: 07 4053 1053

Email: admin@brotherscairns.com.au

Cairns Showground

<https://cairnsshow.com.au/>

Address: Corner Severin St and Mulgrave Road Cairns

Phone: 07 4042 6699

Email: info@cairns-show.com

Cazalys

<https://cazalys.com.au/>

Provides entertainment and meals.

Address: 344 Mulgrave Road Westcourt

Phone: 07 4054 1464

Email: info@cazalys.com.au



Fretwell Park

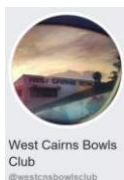
<https://www.cairns.qld.gov.au/region/things-to-do/find-a-park/fretwell-park>

Provides sports facilities.

Address: 57-79 Robert Road, Bentley Park

Phone: 07 4045 2300

Email: council@cairns.qld.gov.au



West Cairns Bowls Club

Address: 216 Gatton Street, Manunda

Telephone: 07 4051 1814

Email: wcairns1@bigpond.com

Parking: Street and car park

Specialties: Serves dinner and drinks

Services: Walk-ins welcome, Good for groups or parties, Catering, Outdoor seating

Royal Life Saving Society of Queensland



Programs include Love-2-Swim/Swim & Survive, Bronze Medallion, Keep Watch, Grey Medallion, Water Safety, and Junior Lifeguard.

Courses - Bronze Medallion, Provide First Aid, Pool Lifeguard, Cardiopulmonary Resuscitation, Low voltage rescue, Oxy-Equipment, Pool Plant Operator.

How do I join a club? -

<http://www.joinlifesaving.com.au/?show=AboutClubs>



FNQ Scouts

<http://www.fnqscouts.org.au/>

Scout groups are currently operating in Atherton, Bayview, Edge Hill, Edmonton, Freshwater, Goondi, Gordonvale, Malanda, Mareeba, Mission Beach, Northern Beaches and Ravenshoe.

Online contact form - <http://www.fnqscouts.org.au/contact/>

Girl Guides Queensland

<https://www.guidesqld.org/>

Girl Guides engages girls and empowers them to influence and create their own experience based on challenges they've set, their interests or imagined adventures.

Email: tropicalnorth@guidesqld.org



Fullers Sports Club

<https://www.fullersports.com.au/>

Provides entertainment and meals

Address: 24-32 Armstrong St Edmonton

Phone: 07 4045 4757



Cairns Basketball

<http://www.cairnsbasketball.com/>

Address: 289 Aumuller Street, Manunda 4870

Phone: 07 4041 2145

Email: admin@cairnsbasketball.com



All Stars Basketball Club

Phone: 0477 782 797

Email: secretary@allstarsbasketball.org.au



Redlynch Basketball Club

Phone: 0411 486 488

Email: nataliebeecroft@hotmail.com



Cairns Taipans

<https://www.taipans.com/>

Address: 127 Anderson Street, Cairns

Phone: 07 4041 3000

Email: admin@taipans.com

Sporting Wheelies and Disabled Association

<https://www.sportingwheelies.org.au/>

Address: 60 Edmondstone Road, Bowen Hills QLD

Phone: 07 3253 3333

Email: mailbox@sportingwheelies.org.au

Cairns Hoop Snakes Wheelchair Basketball Team

<https://www.facebook.com/CairnsHoopsnakesBasketballTeam/>

Email: cairnsbasketball@sportingwheelies.org.au



Cairns Pirates Touch Football Association Inc.

www.facebook.com/Cairns-Touch-Home-of-the-Pirates-316523855042471/

A sporting and recreational club for touch football players.

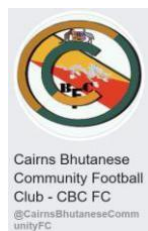
Cost: Registration fees apply.

Referral: Self.

Phone: President, Ben Glenwright - 07 4053 6805

Email: info@cairnspirates.com.au

Address: Lot 496 Aeroglen Drive, Aeroglen



Cairns Bhutanese Football Club

cairnsbhutanese.org.au

The Arts

Tropical Arts

<http://tropicalarts.org/>

Services include theatre production and projects, social inclusive community practice, skills development through theatre workshops, community, collaborative storytelling, cultural Awareness training for social inclusion, theatre skills for communication workshop, "Being Human" – using theatre for English language learning program, public speaking – sharing the "Real Inclusion" model, and NDIS compatible programs .

Email - TropicalArtsCairns@gmail.com

Email - Secretary.TropicalArts@gmail.com

Phone - 0418 765 588

Bulmba-Ja Arts Centre

Formally known as COCA

<https://www.arts.qld.gov.au/bulmba-ja/>

Address: 96 Abbott Street, Cairns

Telephone: 07 4047 4910

Email: bulmba-ja@arts.qld.gov.au

**Tropical
Arts**



Tanks Arts Centre

<https://www.tanksartscentre.com/home>

Live performance/concert venue and gallery

Address: Tanks Arts Centre, 46 Collins Avenue, Edge Hill, Cairns

Telephone: 07 4032 6600

Opening Hours: Office - Mon-Fri 8:30 am - 4:30 pm

Gallery - Mon-Fri 8.30 am - 4.30 pm (Weekends where indicated in the program)

Botanic Gardens Visitor Centre

The Visitor Centre, which includes public toilets, is open 8.30am to 4pm weekdays and 8.30am to 1pm weekends.

The Makers Space

<https://themakers.org/>

TheMakers.org is a Not-For-Profit Maker Space that strives to give the community access to cutting edge technology, resources and know-how.

Located at Y-block at the Cairns TAFE, Y-block is behind the catering block on Gatton St.

Email: create@themakers.org

Telephone: 0417 715 264

Pop in on Thursdays - "OPEN NIGHT". Open from 5:30 pm for a meet and greet / bring your project. Thursdays are free to attend.

Cairns Art Gallery

<https://www.cairnsartgallery.com.au/>

The Gallery runs programs and art classes in a variety of mediums for kids and adults as well as exhibitions, information sessions and events for the public. Costs for classes, exhibitions and events can be found on the website.

Address: 40 Abbott Street, Cairns

Phone: 07 4046 4800

Email: info@cairnsartgallery.com.au



Cairns Photographic Society Inc.

<https://cpsinc.org.au/>

Everyone is welcome to come along to club evenings, either as a visitor or new member. Meetings are held at Stratford Library Meeting Room every 3rd Thursday of the Month - arrive 6.45pm for 7pm start. 11 Kamerunga Road, Stratford. Meetings are also held at Cominos House, Greenslopes Street every 2nd Thursday of the Month for a tutorial educational session. Starts at 7pm.

Visitors are always welcome online contact form -

<https://cpsinc.org.au/index.php/contact>

Seniors and Aged Care

My Aged Care

<https://www.myagedcare.gov.au/>



My Aged Care is the Australian Government's starting point for aged care services. Find and access the government-funded services you need.

Services include - Types of Care, Assessment, Find a Provider, Manage My Services.

Free call - 1800 200 422.

Opening hours - Monday to Friday - 8:00 am - 8:00 pm; Saturdays - 10:00 am - 2:00 pm; Closed on Sundays and national public holidays.

If you are calling from overseas, dial +61 2 6289 1555 (office hours) and ask for the My Aged Care contact centre.

Online Contact Tool - <https://www.myagedcare.gov.au/contact-us>

Cairns Meals on Wheels Inc.

<https://www.myagedcare.gov.au/>

A hot or ready-to-heat subsidised midday meal is delivered at low cost to those who would otherwise be nutritionally at risk, including the frail aged and people with disability.

Aged Care Assessment Team (ACAT)

https://www.health.qld.gov.au/services/cairns-hinterland/cairns_north_ch

Phone: 07 4226 4595

Transition Care Program (TCP)

https://www.health.qld.gov.au/cairns_hinterland/html/tcp

Provides time-limited and goal oriented support to increase functioning and independence of people over 65 on release from hospital. Offers both residential based facility and a home based setting.

Telephone: 07 4226 4563

Address: 381 Sheridan Street, Cairns

Email: tcpadmin@health.qld.gov.au

Unidex Healthcare

<https://unidexhealthcare.com.au/>

Service provide a range of Allied Health, Disability Support and Aged Care services to the community.

Phone: 07 5699 0960

Email: reception@unidexhealthcare.com.au

Allied Health – Speech Pathologists

Cairns Hospital - Speech Pathology Department

<https://www.health.qld.gov.au/services>



The Speech Pathology Department at Cairns Base Hospital provides services to people in hospital and to some outpatients. This includes assessment and treatment of adults and children with swallowing, speech, language and voice difficulties. Outpatient clinics include dysphagia, oncology, voice, paediatrics and rehabilitation.

Address - Cairns Hospital, Ground Floor, Block B, the Esplanade, Cairns

Telephone - 4026 6194

Speech Pathology NQ



Provides early communication, fluency, and voice and swallowing services. The practice provides clinic based appointments, home visits, specialist diagnostic assessments for swallowing disorders and telehealth sessions.

Address - 207 Lake Street, Cairns

Facebook Messenger: m.me/speechpathologynq

Telephone: 4051 2877

Opening times: Monday to Friday 9:00 am - 4:30 pm

For public holiday hours, please contact this service.

Billing - Fees Apply



Little Sparrows Speech Therapy

<https://www.littlesparrows.com.au/>

Speech Pathology services available for children aged between 0 - 18 years

Address: 1/192 Mulgrave Road, Westcourt

Email: info@littlesparrows.com.au

Phone: 07 4019 2400

Therapist - Kimberley Campbell

Telephone: 4019 2400

Email: kimberley@littlesparrows.com.au

Therapist - Lajreena Sawlani

Telephone: 4019 2400

Email: lajreena@littlesparrows.com.au



Autism Queensland, Cairns (Far North Queensland Centre of Excellence)

www.autismqld.com.au/page/autism-queensland-cairns

Services provided include:

- Early Childhood Intervention Group Program (ECI)
- Programs for School-Aged Children and Adolescents (Social Skills Group Programs)
- Individual Therapy (all ages)
- Allied Health & Diagnostic Assessments ○
School Advisory Visits
- Autism Queensland School (Prep - Year 3).

The following services are also available (Brisbane based):

- Early Intervention Indigenous Liaison Officer Program
- Professional Development & Parent Education

Contact: Tanya Kunzler

Address: 15-17 Marr Street, Edmonton

Phone: 07 4034 6600

Email: cairns@autismqld.com.au

Better Communication Clinics

<https://www.bettercommunicationclinics.com.au>

Provides speech pathology services to the community.

Therapist: Wendy Richardson

Email: wendy@bettercommunication.com.au

Phone: 0418 196 011 / 07 4096 8000

Specialised Speech Services

www.specialisedspeechservices.com.au or www.vocalbootcamp.com.au

Provides Speech Pathology services for communication and swallowing, voice, business communication, acquired brain injury (ABI), mental health and accent reduction.

Therapist - Gail Rogers

Email - gail@specialisedspeechservices.com.au

Telephone - 0412 906 241

Speech Language Pathologists - Cairns & Cape District Office

Cairns and Cape Phone: 4046 5246

Speech Language Pathologists - Cairns West State School

Address: Mayers Street, Manunda Telephone - 4032 0188 or 4053 1194





Speech Plus Speech Pathologists

<https://www.speechplusspeechpathology.com/>

Provides assessments in Speech Articulation, Childhood Apraxia of Speech, Reading and Spelling, Stuttering, Comprehension (Receptive Language), Auditory Processing, Speaking (Expressive Language), Writing, Autism.

Address - 44 Fairley Street, Redlynch

Online

Contact

Form

-

<https://www.speechplusspeechpathology.com/contact>

Therapist - Kathy Bruno

Telephone - 0419 390 668

Email - speechplus@bigpond.com

Therapist - Natasha Barlow

Telephone - 0419 390 668

Email - natasha.barlow@speechplusp.com.au

Thursdays

Small Sprouts Therapy

<https://www.facebook.com/smallsproutstherapy/>

Providing Speech Pathology assessment and therapy services to children aged 0-12 years, and their families in the Cairns and selected Far North Queensland outreach locations.

Email: admin@smallsproutstherapy.com.au



Talk Time Speech Pathology

<https://www.talktimeslp.com/>

Services include attention to speech, language, feeding, social skills, stuttering and literacy.

Address - Shop 10, 113-125 Bruce Highway (Piccone's Shopping Village, Edmonton)

Telephone: 07 4045 4615

Email: admin@talktimeslp.com

Therapist - Teagan Pease

Mobile: 0405 772 137

Email: teagan@talktimeslp.com

Therapist - Alison Mather

Mobile: 0405 772 137

Email: alison@talktimeslp.com

Saturday

Therapist - Kim Berman-Hardman

Mobile: 0405 772 137

Email: kim@cairnsspeechandfeeding.com.au

Monday

(also works at Talk Time)

Cairns Speech and Feeding

Mobile: 0419 900 891

Email: kim@cairnsspeechandfeeding.com.au

Break Thru – Speech Pathology

<https://www.breakthru.org.au/allied-health-services/speech-pathology/>

Provider of Speech Pathology services to adults and child (8+) in the Cairns and Tablelands region.

Address: 1/175-185 Newell Street, Bungalow

Phone: 1800 767 212

Email: cairns@breakthru.org.au



Therapist - Anne St Martin

Address - 19 Peacock Street, Trinity Beach QLD

Telephone - 4051 2444

Cairns Speech Pathology

<http://www.cairnsspeechpathology.com.au/>

Cairns Speech Pathology

Services provided include assessment and treatment of children with a range of communication disorders. These include difficulties with language development, speech development, dyspraxia, stuttering and general fluency, voice, pre reading and literacy.

Therapist - Annette Taft

Address: 5 Seaview Close, Bayview Heights

Telephone: 4033 1230 Mobile: 0412 836 947

Email: annette@cairnsspeechpathology.com.au

Email: info@cairnsspeechpathology.com.au

Therapist - Monica Mais

Email - monica@cairnsspeechpathology.com.au

Telephone: 4033 1230

Tuesday to Friday

Therapist - Rachael Di Bella

Email: rachael@cairnsspeechpathology.com.au

Telephone: 4033 1230

Therapist - Chanelle Chate

Email: rachael@cairnsspeechpathology.com.au

Telephone: 4033 1230

Alternate Saturdays

Mobile Speech Pathology Cairns

Services provided include - Communication Assessments and Visual Supports, Eating and Drinking Plans and Assessments, Mealtime Management Plan and Monitoring, Goal Setting and Individualized Therapy, Parent/Educator/Carer/Staff/Keyworker Training, Prep / School Readiness, Literacy and Reading and Phonology, Aged Care and Nursing Home Assessments, Group Home and Supported Accommodation Visits.

Address: 12 Old Smithfield Road, Freshwater

Email: johnenriquez2018@outlook.com

Phone: 0438 233 265

Wildsparks Speech Therapy

Services provided include social emotional, school aged, ASD, mental health assessments.

Only works with self-managed and plan managed participants as not NDIS registered.

Therapist - Amanda Greaves

Mobile - 0411 748 549

Email - amanda@wildsparks.com.au

Gail Baidon Speech Pathology

<http://www.gbspeech.com/>

Provides speech, language, communication assessments and therapy for 0 – 18 years. Not currently NDIS registered but can see Plan/Self-managed participants.

Address - Unit 6/135 Martyn Street, Cairns

Email - gbspeech@bigpond.com

Mobile - 0437 474 578

Therapy Pro

<https://therapypro.com.au>

Provides a Telehealth service for Speech and Language Pathology, Occupational Therapy, Psychology, Social Work and Physiotherapy

Phone: 1300 004 414

Email: info@therapypro.com.au

Facebook: <https://www.Facebook.com/TherapyProAustralia/>

Rural and Regional Therapy Services Pty Ltd (RAR Therapy)

www.rartherapy.com.au

Provides flexible, mobile, home and centre/school-based, Occupational Therapy services for children, adolescents and adults.

Registered NDIS provider

Email: info@rartherapy.com.au

Telephone: 1800 REGIONAL - (1800 734 466)

Hear for Kids

<https://www.deafservices.org.au/services/hearforkids/Our-Services>



Service provides Speech Therapy and Speech and Language Assessments for children.

Address: 37 Pease Street, Manoora

Phone: 07 4032 3033

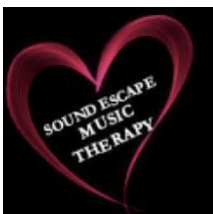
TTY: 07 4032 3033

Email: info@hearforkids.org.au

Allied Health – Music Therapy

Sound Escape Music Therapy

<https://www.soundescapemusictherapy.com.au>



Service offers small or large groups and one-on-one individual sessions with clients of any age and abilities. No musical background is required. Sound Escape Music Therapy works with many special needs and abilities clients, pain management, mental health & wellbeing, brain injury and long term care & retirement

Contact: Lauren Denny

Phone: 0416 634 343 (9am – 5pm)

Email: info@soundescapemusictherapy.com.au

Tourism, Travel and Holidays



ClubMates Travel

<https://www.clubmatestravel.com/>

Provide holidays with supports included. See website for more details.

Telephone: 1300 158 003

Email: info@clubmatestravel.com

Online Contact Form: <https://www.clubmatestravel.com/contact>

Cairns Chamber of Commerce

<https://www.cairnschamber.com.au>



Address: Suite M2a, Mezzanine Level, The Pier, Pier Point Rd, Cairns

Phone: 07 4031 1838

Email: info@cairnschamber.com.au



Parkinson's Queensland Inspired Adventures

<https://inspiredadventures.com.au/charity/parkinsons-queensland/>

Address - Suite 2, Level 1, 65-67 Foveaux Street, Surry Hills

Telephone - 1300 905 188

Email - info@inspiredadventures.com.au

Online Contact Form - <https://inspiredadventures.com.au/contact/>

Wheelie Campers

<https://wheeliecampers.com/>



Wheelie Campers offers self-drive wheelchair accessible camper vans. Rented as self-drive with pick up on the Gold Coast or delivered to your door nationwide. The vehicle will accommodate 5 passengers plus a driver and a wheelchair.

Online Contact Form - <https://wheeliecampers.com/contact-us/>

Spinal Life Healthy Living Centre

<https://www.spinalhealthyliving.com.au/>

<https://www.accessibleaustralia.com.au/>

Provides short term and holiday accommodation for people with spinal injuries and their families/support people

Address: 2-4 Smith Street, North Cairns

Phone: 1300 774 625

Email: enquiries@spinal.com.au



Transport



Transport and Motoring

<https://www.qld.gov.au/transport>



1300 Ride Share

<https://www.1300rideshare.com.au/>

Rideshare service available for pick up and drop off. NDIS Registered.

Email: admin@1300rideshare.com.au

Phone: 1300 743 374

Bookings: <https://www.1300rideshare.com.au/booking.php>

NDIS participants can book a ride on the website by clicking this link -

<https://www.1300rideshare.com.au/ndis.php>

Dial a Bus

<http://dialabus.com.au/>



Self-drive bus hire. Wheelchair accessible Vehicles. Seat up to 10 Passengers. Car Licence required.

Address: 2 Svensen Street, Bungalow, Cairns

Telephone: 07 4031 3733

Email: admin@dialabus.com.au

Facebook: <https://www.facebook.com/dialabuscairns>



Cairns Taxis

<https://cairnstaxis.com.au/>

Provides a taxi service

Address: 16 Comport Street, Portsmith

Phone: 07 4048 8311 / 131 008

Email: info@cairnstaxis.com.au

1300WELCAB

<https://www.icsar.com.au>

Provides car sales/rentals/accessible transport.

Phone: 1300 935 222

Volunteering

Cairns Regional Council Community Clean ups

<https://www.cairns.qld.gov.au/community-environment/sustainability/community/clean-ups>

Find a volunteer project

<https://apps.des.qld.gov.au/park-volunteers/>

For general information about volunteering for parks see [frequently asked questions](#).

Conservation Volunteers

<https://conservationvolunteers.com.au/>

A provider of volunteer opportunities in conservation and natural resource management.

Phone: 07 4032 0844

Email: cairns@conservationvolunteers.com.au

Address: 63 Anderson Street, Manunda

FNQ Volunteers Inc.

<https://fnqvolunteers.org.au>

Contact Name: Tharaa Jose Mampilly – Services Coordinator

Address: Shop D, 377 Mulgrave Road

Phone: 07 4041 7400 / 0447 417 403

Email: info@fnqvolunteers.org.au



Youth Services



Youth Step Up Step Down Service - Cairns and Hinterland Hospital and Health Service

https://www.health.qld.gov.au/cairns_hinterland/html/youth-susd

Youth Step Up Step Down Service (Youth SUSD). For more information please see the website.

Headspace Cairns

<https://headspace.org.au/>



Service provides a safe space for young people aged between 12 and 25 with access to support and information for a broad range of concerns, including mental health, physical/sexual health, drug and alcohol, employment and education and support for families and carers.

Address: 2/42 Grafton St, Cairns City

Telephone: 07 4041 3780

Email: info@headspacecairns.org.au

YETI Cairns

<https://yeti.net.au/>



Services provided include Drug and Alcohol Counselling, Drug and Alcohol Case Management, Youth Support Program, Drop In Centre - Day Program, Next Step After Care, Strong Together Youth Justice family support, Just North Volatile Substance Misuse (VSM) and capacity building, Schools Up North (SUN) - Mental Health capacity building, Remote Alcohol and Drug Interventions and Outcomes (RADIO), SSAYIT - LGBTIQ+ youth group, Cairns and Yarrabah Youth Bail Support Program.

Address: 3 Winkworth Street, Bungalow

Phone: 07 4051 4927

Email: coordinator@yeti.net.au / sean@yeti.net.au

Referrals - To make a referral to YETI, please contact us by phone on 07 4051 4927 or email on - referrals@yeti.net.au

Youth Link

<https://www.youthlink.org.au>

Youth Services Provider – providing support for young parents 12 – 21 years. Providing info, education, advocacy and referral for 12 – 24 year olds, particularly those homeless or at risk of homelessness. Home visits available.

Address: 305 Severin St, Parramatta Park

Contact: Daniel Morris

Phone: 07 4031 6179

Email: youthlink@youthlink.org.au

Youth Wellbeing Program

Contact: Kylie Maher

Phone: 0417 024 635

Email: kylie@youthlink.org.au

Directories and Apps



Access for All - Cairns Regional Council directory

<https://www.cairns.qld.gov.au/community-environment/disability-services/access-for-all-directory>

The Access for All Directory has a comprehensive list of accessible accommodation options, services and facilities.

Accessible Australia

<https://www.accessibleaustralia.com.au/pois>

Accessibility Map of locations throughout Australia, including the Cairns region rating the level of accessibility at venues in each location.

My Community Directory

<https://www.mycommunitydirectory.com.au/>



My Community Directory lists organisations that provide services that are free or subsidised to the public across Australia.



Community Door

<https://communitydoor.org.au/>

Community Door supports community-managed organisations in all areas of business operation.

Community Door is managed and developed by [QCOSS](#) and funded by the [Queensland Department of Communities, Disability Services and Seniors](#) .



Do Something Near You directory

<https://dosomethingnearyou.com.au/?s=4870%2C+Cairns>

Volunteering opportunities throughout the Cairns region.



Cairns Disability Network

<https://www.cairnsdisability.net.au/>

<https://www.cairnsdisability.net.au/cairns-disability-support-directory/>

(Web based not a downloadable document)

The directory provides information on accommodation and transport; education, training services and supports; employment, apprenticeships and traineeship supports; mental health and counselling; NDIS, community, disability and Allied Health services.

Meetings are held on the 3rd Thursday of each month at the Cairns RSL Club, 115 The Esplanade, Cairns QLD 4870

Facebook: <https://www.facebook.com/CairnsDisability/>

Disability Support Guide

<https://www.disabilitysupportguide.com.au/>



Providing a range of information on a number of different topics relevant to the lives of those living with disability.

DPS Publishing Phone: 1300 186 688 / 08 8276 7999

Postal Address: 145 South Terrace, Adelaide SA 5000

Facebook: <https://www.facebook.com/talkingdisability>

Disability Connect Queensland

<https://www.communities.qld.gov.au/disability-connect-queensland>

Karista

<https://www.karista.com.au/>



Provides a platform to search for services and providers that are of interest to people living with disability their families and carers.



My Care Space

<https://mycarespace.com.au/>

Online community sharing NDIS related information that builds capacity using simple plain English.

Phone: 1800 670 014

Online Contact Form: <https://mycarespace.com.au/contact-mycarespace>

Boosted

Boosted matches NDIS participants with providers and services to suit them.

Available on Google Play and Apple App Store.



Clickability Australian Disability Service Directory

<https://clickability.com.au/listing/clickability/>

An online directory of ratings and reviews from people who use support services.

Mable

<https://mable.com.au/>



Mable helps people connect with care and support workers in their community, choose the people who share the same interests and suit required needs best.

Available on Google Play and Apple App Store.

Ask Izzy

<https://askizzy.org.au/>



Ask Izzy can help participants to find the services they need, now and nearby. It is free and anonymous, and has the ability to search over 360,000 services to find housing, meals, healthcare, counselling, legal advice, addiction treatment and a whole lot more. If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.

OpenAccess Alerts

A handy app for people who are deaf or have a hearing impairment to send and receive posts about community announcements or emergency messages that might otherwise be communicated using audio or radio. **Website:** [Visit the OpenAccess Alerts website](#)

Available on Apple iOS and Android



Alerts



Minimal Pair Pack

Minimal Pair Pack is a fun application for working on speech sound discrimination and production. Designed for children with developmental communication difficulties and also adults with phonological difficulties, the app uses flash card style tasks to teach speech sounds.

Website: [Visit the Minimal Pair Pack website](#)

Available on Apple iOS



MyTalkTools Mobile Lite

MyTalkTools Mobile Tools Lite makes it easy for participants to customise how they communicate through a variety of images, pictures, symbols, video (for modelling and social stories) and digital audio files including human voice.

Website: [Visit the MyTalkTools Mobile Lite website](#) Available on Apple iOS and Android

ArtikPix

<http://expressive-solutions.com/artikpix/>



With ArtikPix, children can self-monitor their speech productions resulting in greater engagement and highly effective practice. ArtikPix provides fun ways for children to receive high quality speech practice during flashcard and matching activities.



Living Safely

Living Safely provides self-directed learning sessions for 27 important safety skills topics, allowing people with autism, learning or other developmental disabilities to go at their own pace.

Available on Apple iOS



MES Speech Therapy App Bundle

The 10 apps in this speech therapy bundle engages the visual, audio and tactile senses, helping children learn faster and retain what they learn with more ease. From honing the basics of sentence construction, learning how to build full-fledged narratives, to mastering social conversations, the MES Speech Therapy App Bundle allow speech pathologists and parents help students overcome language and social difficulties in a fun and engaging way. - Available for download on Apple iOS



Life360

Life360 allows you to create discreet circles for the important people in your life, share your location with who you want, when you want, get automatic notifications when friends and family arrive at favourite places and communicate one-to-one or to an entire group with free in-app messaging.

Website: [Visit the Life360 website](#)

Available on Apple iOS, Android and Windows Mobile



Kindship App

Connect with parents on similar journeys. Connect, Chat, Learn. Download free from the App Store and Google Play Store.



My Cairns App

My Cairns makes it easy for people who live, work and play in the Cairns region to stay connected. Use My Cairns to keep in touch with events, find things to do and get information relevant to you.



You can use the app to:

- find out what events are happening across the Cairns region
- find 'Things to do' – locate activities, walks, places to see and public facilities
- find free Wi-Fi hotspots in and around Cairns
- report problems for Council to fix
- check your general waste and recycling collection days
- get the latest Council news
- give Council feedback
- get notifications for Council jobs, bin nights and water restrictions
- use the shortcut links in the side menu to: find a lost pet, get up to date disaster information, check flight times, check the weather
- share content through social media

Set your preferences to suit you!