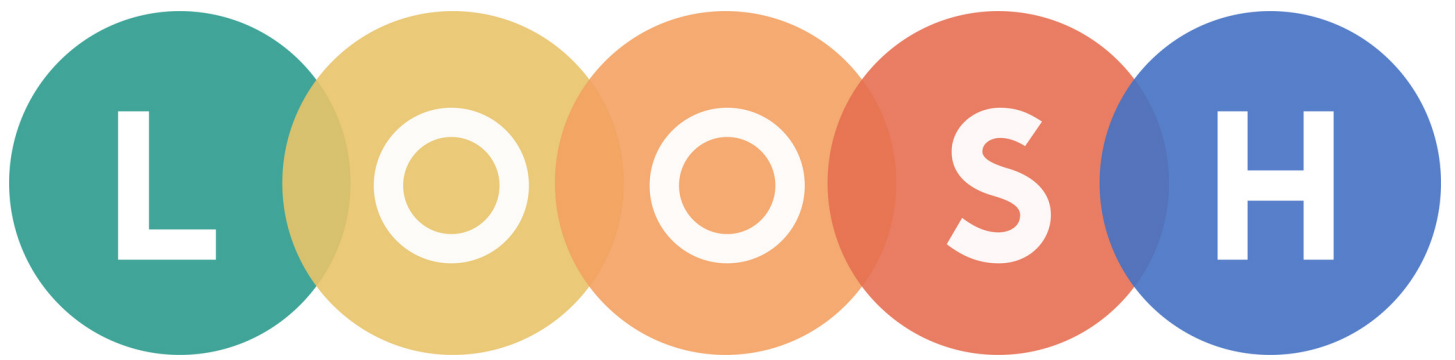
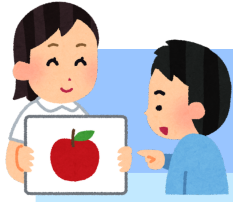




Local Community Services Phonebook

Occupational Therapists, Speech Pathologists, and Physiotherapists



Agency's Main Contact

Organisation	Website	Contact Number	Address	Email
Plumtree	https://www.plumtree.org.au	<u>02 9572 8840</u>	Yabsley Ave, Jarvie Park Marrickville NSW 2204 Australia	<u>info@plumtree.org.au</u>
Plumtree is a not-for-profit, community based organisation in Marrickville that “helps families thrive”. Plumtree offers a range of children’s therapy services including occupational therapy, speech pathologists, physiotherapists, and positive behaviour specialists. They offer at home, at OOSH, at school, in the community and Marrickville centre sessions.				
Inner West Paediatrics	https://www.innerwestpaediatrics.com.au/	<u>02 9560 8905</u>	Level 1, 256 Norton Street Leichhardt NSW 2040	<u>info@innerwestpaediatrics.com.au</u>
Inner West Paediatrics are a child and family-centred practice that aim to enable children and their families to engage with their community in a confident and meaningful way. They offer occupational therapy, speech pathology, feeding therapy, and group therapy programs. We have worked with Inner West Paediatrics several times to facilitate children’s sessions at LOOSH and have found their therapists to be wonderful!				
Child Sense	https://childsense.com.au/	<u>02 9568 3559</u>	Level 1, 23 Balmain Road Leichhardt NSW 2040	<u>administration@childsense.com.au</u>
Child Sense is an Occupational Therapy based practice in Leichhardt. They offer occupational therapy in a range of locations in order to best meet the outcomes for children, families and relevant others. Child Sense provides a neuro-affirming, trauma-informed, strengths-based approach to therapy.				

Plumtree Services

MyTime

MyTime organises supported groups where parents and carers of children aged 0-18 with disability or other additional needs can feel understood, share ideas and access quality information and resources.

MyTime is a place to socialise, to discuss, to get information, and to support and be supported by other parents and family carers. It's a world away from appointments and therapy. You can find local groups near you by visiting <https://www.mytime.net.au/groups/>.

There is a **MyTime Marrickville group held at PlumTree**. They meet 5 times a term, on Wednesdays 11AM-1PM. This group offers a space to ask questions, chat over coffee, and hear guest speaker.

For information about the session dates, please refer to <https://www.plumtree.org.au/event/mytime-peer-support/>.



Plumtree offer **a range of parenting courses and free webinars** available on their website (<https://www.plumtree.org.au/for-families/e-learning-families/>). Course/Webinar topics include:

- NDIS Funding
- Early Learning Environments
- *Back on Track* - evidence-based behaviour support
- *Why Does My Child Do That?* - helping families guide young children positively

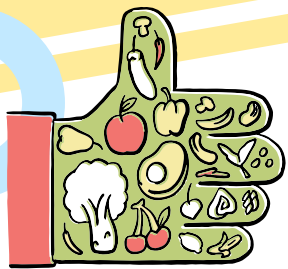
There are a **range of free blogs, podcasts and eBooks** available through Plumtree. The collection of eBooks including topics such as developmental concerns support, challenging behaviour, and the benefits of play.

Family and Domestic Violence Support

Support Services

Below is a list of support, information and contacts to help keep you and your family safe, including crisis lines, local services and specialist support for different communities:

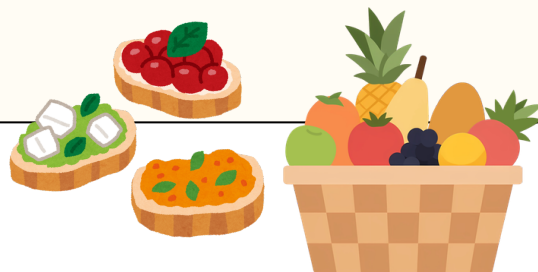
- **NSW Domestic Violence Line:** 1800 656 463
 - A 24-hour telephone counselling and referrals for accommodation, family support, hospitals and health centres or the police, legal services, court assistance schemes and how to apply for an Apprehended Domestic Violence Order (ADVO).
- **1800 Respect:** 1800 737 732
 - A national 24-hour telephone, online counselling and information service.
- **KIDS Helpline:** 1800 55 1800
 - A 24/7 Telephone counselling service for children and young people aged 5-25 years.
- **Full Stop Australia:** 1800 385 578 or <https://fullstop.org.au/>
 - Free, 24/7, confidential, trauma specialist counselling to people of all genders who have been subject to sexual, domestic and family violence, as well as their friends, colleagues and family members.
- **Lifeline:** 13 11 14 or www.lifeline.org.au
 - This is a nation-wide, 24-hour telephone counselling service for all ages.
- **Leichhardt Women's Community Health Centre:** 9560 3011
 - Provides low-cost and affordable counselling, medical, allied and complementary health care and education to improve women's health. The center also provides support at court, legal advice services and extensive referral information for local services.
- **Banksia Women:** hello@banksiawomen.org.au
 - A support service for women who have experienced domestic and family violence or abuse, based in Darlinghurst, Sydney. Banksia Women focus on 'recovery and healing', providing community, connection and long term support.
- **LINK2HOME** (Emergency Accommodation): 1800 152 152
 - Link2home is the statewide homelessness information and referral telephone service. It is available 24 hours a day, 7 days a week, every day of the year.

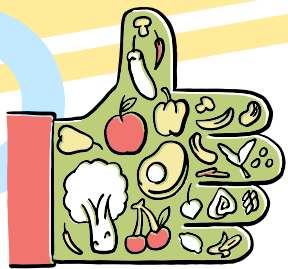


Nutrition and Food Support

Agency's Main Contact

Organisation	Website	Phone Number	Email
Go4Fun	https://www.nsw.gov.au/health-and-wellbeing/healthy-living/go4fun	1800 780 900	contact@go4fun.com.au
Go4Fun is a NSW government led program that offers free, online support to help families feel healthier and improve overall wellbeing by making small, practical changes that fit into everyday life. After joining Go4Fun, families have 6 months of access to up to 8 confidential calls with a professional health coach, a private online space to connect with other Go4Fun families and more.			
Healthy you, healthy Mob	https://www.nsw.gov.au/health-and-wellbeing/healthy-living/healthy-you-healthy-mob#Nourish	-	MOH-HealthyLiving@health.nsw.gov.au
Healthy you, healthy Mob is a program produced in partnership with NSW health and Koori Radio. It provides access to a range of culturally safe online tools, health information, program planning guides and community resources, all designed to help support Mob on their health journeys and plan local programs all year round, whilst keeping family, community and culture strong too. They also produce the Challenge to Change - a community-led, 10-week health program run by Mob, for Mob, right here in NSW.			
For healthy food recipe, lunchbox ideas, or budget friendly food swaps we recommend checking out the following organisations: • SWAP IT - https://www.swapit.net.au/resources/parent-resources/ • Healthy Eating Advisory Service - https://heas.health.vic.gov.au/resources/food-drink-ideas/healthy-lunchboxes/ • NSW Health - https://www.nsw.gov.au/health-and-wellbeing/healthy-living/healthy-eating/healthy-recipes • Boost Your Healthy - https://boostyourhealthy.com.au/			





Nutrition and Food Support

Agency's Main Contact

Organisation	Website	Contact Number	Address	Email
Movement Therapy	https://www.movement-therapy.com.au/nutritionists-in-inner-west-sydney	0403 307 717	7/10 Norton Street, Leichhardt NSW 2040	info@movement-therapy.com.au
Movement Therapy offer Family & Paediatric Nutrition support. Based in the Inner West, Movement Therapy offer age-appropriate support for kids managing food sensitivities, or developmental needs.				
Inner West Council Services				
IWC have a range of support services available to families in need of urgent food relief and support. These include:				
• Addi Road Food Pantry (Hut 1, 142 Addison Road, Marrickville or 31 Pyrmont Bridge Rd, Camperdown) • Five dock Mobile Community Pantry (Christ Church Inner West, 171 Great North Rd, Five Dock) • Pantry Food - Ashbury (2-4 Leith St, Ashbury, NSW, 2193)				



If you ever want to chat about LOOSH's breakfast/afternoon tea menu, or about how we can support your child with eating, please do!!

Psychologists

Agency's Main Contact



Organisation	Website	Contact Number	Address	Email
Sydney Children's Practice	https://www.sydneychildrenspractice.com.au/psychology	02 9564 3758	Level 1/335-341 Glebe Point Rd Glebe NSW 2037 OR Suite 1, 170 Parramatta Rd Stanmore NSW 2048	admin@sydneychildrenspractice.com.au
Sydney Children's Practice work with children facing a wide range of challenges, including anxiety, low mood and depression, difficulties at school or attending school, social struggles, emotion regulation and developmental concerns. They pride themselves on helping your child feel understood and supported with compassionate, evidence-based care tailored to their individual needs. Sydney Children's Practice were a 2025 National Psychology Award Winner.				
Kids and Co	https://kidsandco.com.au/inner-west/	02 9555 1168	397 Darling Street, Balmain NSW Australia, 2041	
Kids and Co are clinical psychology service based in Balmain, led by Dr. Anna Cohen. Their team offer individual, parent or family counselling and therapy (online or in-person), group programs, psychometric assessments and online parenting courses.				
Jigsaw Psychology	https://www.jigsawpsych.com.au/	0478 261 970	Level 3 / 224 Victoria Rd, Drummoyne NSW 2047	info@jigsawpsych.com.au
Jigsaw clinicians are warm, ethical, and experienced psychologists. They have significant experience in complex trauma, neuro-affirming work with neurodivergent individuals, forensic work, and experience in the child protection and out of home care systems.				
Nature and Nurture	https://naturenurturepsych.com	0422-622-902	24 Clarke Street Earlwood, NSW 2206	intakes@naturenurturepsych.com
Nature & Nurture Child Psychologists offer fun and creative therapeutic techniques to help provide solutions for the most common childhood difficulties. Their clinicians engage with children through a range of different mediums including painting, drawing, play dough and also board games. The space is designed to make a child feel safe, heard and understood				

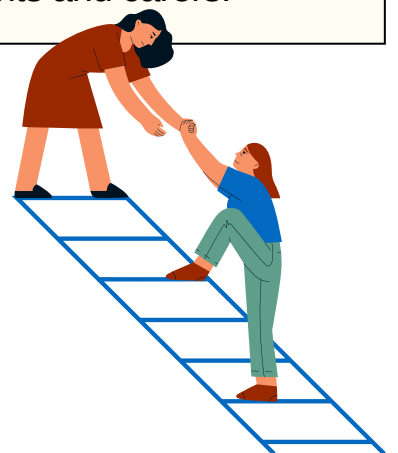


Psychologists

Support Services

There are many Australian organisations that can offer advice and support to you and your family. We've put together a selection of links which you may find helpful:

- **Parentline:** 1300 1300 52
 - Parent Line is a telephone counselling, information and referral service for parents and carers of children ages 0 to 18 in New South Wales.
- **Kids' Helpline:** 1800 551 800 or www.kidshelpline.com.au
 - A national 24-hour counselling service for children and young people.
- **Lifeline:** 13 11 14 or www.lifeline.org.au
 - This is a nation-wide, 24-hour telephone counselling service for all ages.
- **NSW Family and Community Services Helpline:** 13 21 11
 - A 24 hour help line to report children at risk of harm
- **Beyond Blue:** www.youthbeyondblue.com
 - Information about depression and anxiety for teens, parents and carers.



Indigenous Community Groups and Support Services

Agency's Main Contact

Organisation	Website	Contact Number	Address	Email
Aboriginal Legal Service (ALS) The ALS are Australia's first free community legal service and a peak body and proud Aboriginal community-controlled organisation. They provide legal work in Criminal law, children's Care and Protection law and Family law. The ALS assist Aboriginal and Torres Strait Islander Peoples, including children, through representation in court, advice and information, and referral to further support services.	https://www.alsns.wact.org.au/	1800 765 767	261-265 Chalmers St, Levels 3 and 4, Redfern, NSW 2016, Australia	redfern@alsns.wact.org.au
Aboriginal Women and Children's Crisis Service The AWCCS provides a safe and supportive environment and a range of holistic services to Aboriginal women and children who have experienced Domestic and Family violence, and acknowledges the emotional, social, physical and psychological effects of violence on Aboriginal women. Their support services include Mental health services, counselling, family law, housing, culturally safe social groups and community outreach hubs.	https://www.awccs.com.au/	02 9558 1702	-	awccs@awccs.com.au
Aboriginal Medical Services Redfern Aboriginal Medical Service Co-operative Limited is Australia's first Aboriginal community-controlled health organisation. Based in Redfern, they provide culturally appropriate, holistic healthcare to Aboriginal and Torres Strait Islander people. Their medical clinic is predominately a walk-in service including GP consultations, dental services and mental support.	https://amsredfern.org.au/	(02) 93195823	36 Turner Street, Redfern, NSW 2016	amsredfern@amsredfern.org.au

Financial Support and CCS

Agency's Main Contact

The **Child Care Subsidy (CCS)** is designed to provide assistance with the cost of childcare. CCS is available to eligible families in LOOSH's Before School, After School and Vacation Care programs. If you need support navigating CCS, please reach out to us via email at admin@loosh.org.au or seek support from Centrelink on 136 150 or <https://www.servicesaustralia.gov.au/child-care-subsidy>.

The **Additional Child Care Subsidy** is an extra payment that helps eligible families with the cost of childcare. There are extra criteria for this subsidy, but if you require, please refer to <https://www.servicesaustralia.gov.au/additional-child-care-subsidy>

Anglicare Financial Counselling

1300 111 278

Anglicare offer free and confidential financial counselling with financial experts. If you're struggling with debt or worried about how you'll be able to pay your rent and bills, then financial counselling could be exactly what you need. They can assist in devising money plans, debt recovery processes, and act as your advocate and negotiate with your credit providers, government agencies and businesses on your behalf.

Anglicare offers a free financial counselling service at its Campbelltown, Liverpool, Mount Druitt, Nowra, Parramatta and Wollongong offices.



Digital Safety



Support Resources

eSafety Commissioner

<https://www.esafety.gov.au/kids>

The eSafety Commissioner (eSafety) is the Australian Government's independent online safety regulator. Their purpose is to help safeguard Australians at risk of online harms and to promote safer, more positive online experiences. They have resources for educators, parents, First Nations people, and children, with a particular focus on protecting children from cyberbullying, image-based abuse, and harmful online content.

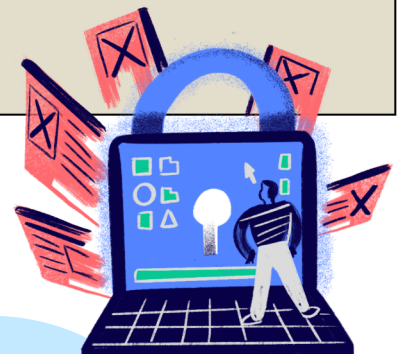
If things get really serious with your child's online safety, please get in touch with the eSafety Commissioner to report abuse and receive advice.

UNICEF Australia

<https://www.unicef.org.au/parent-teacher-resources/online-safety>

UNICEF's Parent & Teacher Resource Hub contains resources and tips regarding how you can keep your young person safe online.

UNICEF's Youth Section also supports children to learn about their rights, protecting their privacy and staying safe online.



If you would like to read the LOOSH *Safe Use of Digital Technologies and Online Environments* policy and procedure, please refer to our website!

Local Sport Clubs for Kids

Sport Organisations

Leichhardt Saints Football Club

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

admin@leichhardtsaints.com

0403 474 000



Leichhardt Saints Football Club (LSFC) is one of the Inner West's largest and most inclusive community sporting organisations. They are a volunteer-run football club, that provide football programs for ages 3 and up. We know that many LOOSH children play soccer for Leichhardt Saints outside of school and absolutely love the club!

Leichhardt Wanderers Netball Club

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

lwnc.register@gmail.com



Leichhardt Wanderers Netball Club is one of the largest netball clubs in the Inner West. The volunteer-based club is committed to positive team culture, good sportsmanship, and encouraging players of all ages and abilities to play! Many LOOSH children (and educators!) have played for Leichhardt Wanderers.

The club offers a range of programs, including MiniMagpies (ages 5-7), modified netball for Under 8s and Under 9s, Junior competitions (ages 10-15), Senior competitions (18+), and Mixed and Men's competitions. Matches are played on weekends at the Cintra Netball Courts in Concord, with training sessions held in Leichhardt.

Leichhardt Wanderers Junior Rugby

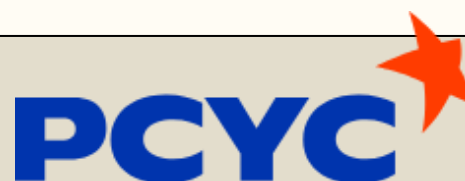
<https://leichhardtwanderers.com.au/>



Leichhardt Wanderers offer rugby programs for girls & boys of all ages. They are a local club who offer structured training and competitive matches. The club is located at Canal Road, Leichhardt and training at Blackmore oval.

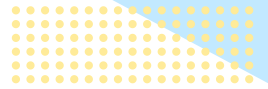
PCYC Glebe-Leichhardt (Gymnastics)

<https://www.pcycnsw.org.au/glebe-leichhardt/>



PCYC offer Recreational Gymnastics programs designed to develop your children's coordination, strength, flexibility and confidence. GymSTAR is their entry level recreational program for school age children, covering the basics of gymnastics and movement in a fun and friendly environment. Children will learn the basics of apparatus such as bars, beam, floor and trampoline.

Playgroups for Children



Organisations



Magic Yellow Bus

The Magic Yellow Bus is a free activity and information service held at local parks. This mobile play group is for children aged 0 to 6 years and their families. This playgroup operates in a variety of parks around the Inner West including Petersham Park and the War Memorial Park Leichhardt between 9:30am to 12pm.

Music Together

Music Together is a free weekly playgroup for children aged 3-5, including children with disability, developmental delay, or neurodivergence. Music Together offers a space children can learn and grow through musical play. Each session includes singing, percussion instruments, dancing, and storytelling, all designed to support communication, interaction, and social skills.

Held on *Wednesday mornings between 10-10:45AM* at Plumtree Children's Services, Jarvie Park, Yabsley Avenue, Marrickville.



Explorers Play in the Park

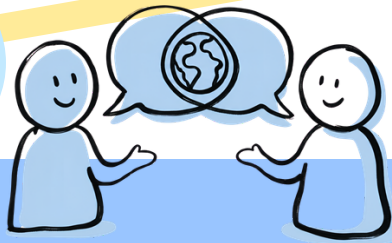
Held in Jarvie Park, this is a free playgroup where your child can explore, learn and make friends. It provides a space for families to connect and share information, group time with songs and books, and time to chat to the Plumtree team about your child's development.

This playgroup is for families with babies and young children up to 3 years old, including those seeking specialist developmental support from their team.

Held on *Monday mornings between 9:30-11:00AM* at Jarvie Park in Marrickville.

Free to attend, but RSVP required https://www.plumtree.org.au/event/explorers-play-in-the-park_2026/.





Language Support

Organisations

Inner West Council Free English Classes

Free English Classes are held at both Ashfield Civic Centre and Newtown Neighbourhood Centre.

- **Ashfield Civic Centre** - 260 Liverpool Road, Ashfield, 2131, NSW
 - To register, please call 02 7920 8991
 - These classes are free for eligible migrants and humanitarian entrants. The classes are run through experienced TAFE NSW Teachers and offer free childcare while you learn.
 - Classes are held weekly on Thursdays between 9am and 1pm
- **Newtown Neighbourhood Centre** - 11-13 Darley Street, Newtown
 - To enquire, please call 02 9564 7333 or communitystrengthening@newtowncentre.org
 - Classes are run on Monday, Tuesday and Wednesday between 10:00-12:00PM with different teachers. All classes take place in the Rainbow Room.

Translating and Interpreting (TIS)

TIS is a free translating service to help people who need support communicating in English, as well as agencies and businesses that need to communicate with customers who speak other languages.

1. **Call TIS National on 131 450**
2. Follow the automated prompt and say the language you need.
3. When you are connected to a TIS National operator, say the language you need again.
4. Stay on the line while the operator connects you to an available interpreter.
5. You will be asked to provide:
 - You name
 - The name of the organisation you need to contact
 - The phone number of the organisation you need to contact
6. Stay on the line while the operator connects you and the interpreter to the organisation.

Complaints



How to raise a complaint



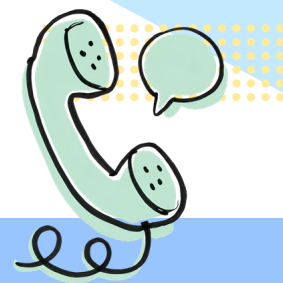
Should you need to raise a concern, make a complaint or provide feedback regarding LOOSH, a specific educator or incident - there are several ways this can be made:

- You can **contact our director, Tehneka**, through tehneka@loosh.org.au or **contact our admin team** through admin@loosh.org.au or calling **0404 137 500**
- You can **email our LOOSH Committee President** at leichhardtoosh@live.com
- **The NSW Early Learning Commission** are the Regulatory Authority for NSW. They can assist with concerns about an ECEC service not complying with the national law and regulations. To make a complaint through the Early Learning Commission, you can call **1800 619 113** and email information@earlylearningcommission.nsw.gov.au.
- **Office of the Children's Guardian** are an independent statutory authority established under the Children's Guardian Act 2019. If you are not satisfied with how an entity responded to a reportable allegation, you can make a complaint to the Office of the Children's Guardian via their website (<https://ocg.nsw.gov.au/organisations/reportable-conduct-scheme/making-complaint#section-target-1>)

The **National Law and National Regulations** outline the legal obligations of approved providers, nominated supervisors, and educators and explain the powers and functions of the state and territory regulatory authorities and ACECQA. If you would like to read the National Law and National Regulations, please refer to <https://www.acecqa.gov.au/nqf/national-law-regulations>.



Helpful Contacts



Contacts from the LPS Community

Leichhardt Public School:

- **Website:** <https://leichhardt-p.schools.nsw.gov.au>
- **Admin Phone Number:** 9569 4141
- **Admin Email:** leichhardt-p.school@det.nsw.edu.au



Leichhardt Public School P&C:

- **Website:** <https://www.lpspandc.com.au>
- **Contact Email:** secretary@lpspandc.com.au



Inner West Council:

- **Website:** <https://www.innerwest.nsw.gov.au>
- **Phone Number:** 02 9392 5000
- **Email:** council@innerwest.nsw.gov.au

