

## **EMERGENCY CONTACTS**

### **MOORA HEALTH CENTRE (DOCTOR'S SURGERY)**

Phone: 9651 1433  
Location: Cnr Dandaragan & Kintore Street, Moora  
Monday - Friday 8.30 – 5.00pm

### **MOORA HOSPITAL (WA COUNTRY HEALTH SERVICE)**

Phone: 9651 0222  
Location: Dandaragan Street, Moora

### **POLICE**

Phone: 96511106  
131 444  
Location: Roberts Street, Moora

### **EMERGENCY NUMBERS**

Ambulance 000  
Fire 000  
Police 000

### **24/7 Police assistance 131 444**

State Emergency Service 132 500  
Poisons Information Service 131 126

Moora Veterinary Surgery 9651 1420  
Dandaragan Veterinary Clinic 0427 514 157

*This information has been compiled by the Shire of Moora and Moora Community Resource Centre, with due care. It will be reviewed in June 2017. To update any details or to be included, please contact MCRC on 9653 1053 or by email [moora@crc.net.au](mailto:moora@crc.net.au)*



# **Health Services Available In Moora**





## **Seniors Housing Options**

### **Moora Frail Aged Lodge, (The Lodge)**

**Contact:** Joyce Walker

**Phone:** 9651 0222

**Location:** Dandaragan Street, Moora

**Services provided:** This is a permanent care facility that is managed by the Moora Hospital.

### **Moora Homes for the Aged, (Riverside Units)**

**Contact:** Ronnis Stephens

**Phone:** 0447 511 008

**Location:** Dandaragan Street and Lefroy Street, Moora

**Services provided:** Independent living Housing units, (next to the Frail Aged Lodge). For an application, please contact Ronnis Stephens.

### **Moora Lifestyle Village**

**Contact:** Alan Leeson, CEO Moora Shire Council

**Phone:** 9651 0000

**Location:** Roberts Street, Moora

**Services provided:** Independent living for the over 50's. Enquire at the Shire of Moora and register your interest with the CEO – Alan Leeson.

### **Recreational Facilities**

**Contact:** Shire of Moora

**Phone:** 9651 0000

**Location:** Roberts Street, Moora

**Services provided:** Pool, - summer months, Moora Health and Fitness, (gymnasium) - 24hr access, Moora Recreation Centre, (Oval). Contact the Shire of Moora for details/costs.

## **Dental: Moora Dental**

**Contact:** Dr Gary Mack

**Phone:** 9651 1010 **Mobile:** 0424 626 106

**Location:** 39 Keane St, Moora- Opposite Moora Primary School.

**Services provided:** Comprehensive Gentle Family Dental Care, HBF and Medibank preferred provider, Subsidies for qualified adult pension and healthcare card holders under the Country Subsidy Scheme.

## **Department of Communities, Disability Services**

**Contact:** Sharon Fletcher

**Phone:** 9651 1850

**Location:** Manning Arcade, 12 Dandaragan Street, Moora

**Services provided:**

Advocacy and information provided for those who require access to Disability Services.

## **Doctors: Moora Health Centre (Surgery)**

**Phone:** 9651 1433

**Location:** Corner Dandaragan & Kintore Street, Moora

**Services provided:** General Practitioners, Moora is fortunate to have a number of Doctors working at the surgery situated on Dandaragan Street opposite the Hospital/Delmoor Centre. Male and Female Doctors Available.

## **Health Direct Australia**

**Phone:** 1800 368 186

This service puts you in contact with the health service you require.

## **Home and Community Care (HACC)**

**Contact:** Joyce Walker

**Phone:** 9651 0222

**Location:** Moora Hospital, Dandaragan Street, Moora

**Services provided:** Meals on wheels, Personal Hygiene Assistance, Domestic Assistance, Gardening Assistance, in home respite, Shopping assistance, weekly activity groups, regular excursions (bus trip to venues in Perth and shopping), transport within the community, social support.

## **Hospital Services:**

**Phone:** 9651 0222

**Location:** Moora Hospital, Dandaragan St, Moora

Services provided: Admissions, Respite Care, Frail Aged Lodge Residency, High Care Aged Residency,

## **Wheatbelt Network / AMITY/ SMYLS**

**Phone:**

**Location:** Padbury Street, Moora

Services provided: Quality Health Care for Indigenous people living in and around the Moora area.

## **General Helplines**

<b><u>Beyond Blue</u></b>	1300 22 4636
<b><u>Lifeline WA</u></b>	13 11 14
<b><u>Men's Domestic Violence Helpline</u></b>	1800 000 599
<b><u>Parent Drug Information Service</u></b>	1800 653 203
<b><u>Parenting Information Centre</u></b>	1800 645 432
<b><u>Poison Information</u></b>	131 126
<b><u>Quitline</u></b>	13 78 48
<b><u>Kids Helpline</u></b>	1800 55 1800
<b><u>eheadspace, (mental health assistance for Youth)</u></b>	1800 650 890
<b><u>Family and Children's Services</u></b>	1300 171 882
<b><u>Family Helpline</u></b>	1800 643 000
<b><u>Crisis Care Helpline</u></b>	1800 199 008
<b><u>Drug Info Line</u></b>	1300 85 85 84
<b><u>Meth Helpline</u></b>	1800 874 878
<b><u>Alcohol &amp; Drug Support Line, WA</u></b>	1800 198 024
<b><u>Family Drug Support</u></b>	1300 368 186
<b><u>Health Direct</u></b>	1800 022 222
<b><u>Men's Line</u></b>	1800 789 978
<b><u>Kids Line</u></b>	1800 551 800
<b><u>Family &amp; Children Services</u></b>	1800 199 008
<b><u>Alcoholics Anonymous</u></b>	1300 222 222
<b><u>Narcotics Anonymous</u></b>	9227 8361
<b><u>Alcohol &amp; Drug Support Line</u></b>	1800 198 024
<b><u>Aboriginal Alcohol &amp; Drug Support</u></b>	9221 1411
<b><u>Women's Domestic Violence Helpline</u></b>	1800 000 599
<b><u>Samaritans Youth Line</u></b>	1800 198 313
<b><u>Samaritans Help Line</u></b>	135 247
<b><u>Suicide Call Back Line</u></b>	1300 659 467
<b><u>Social &amp; Wellbeing</u></b>	96214444
<b><u>Women's Health &amp; Family</u></b>	1800 998 399
<b><u>Regional Men's Health</u></b>	96902277
<b><u>Mental Health Emergency Response Line</u></b>	1300 555 788
<b><u>National Domestic Family Violence Counselling Service</u></b>	1800 737 732

### **Social & Emotional Wellbeing Services**

**Contact:** Wheat belt GP Network – Northam

**Phone:** **9621 4444**

**Services provided:** A range of child, youth, adult and family counselling services focussing on recovery, improved quality of life and growth in mental health

### **Women's Health and Family Services**

**Contact:** Moora Hospital

**Phone:** **1800 998 399**

**Services provided:** A link to video conferencing to deliver long distance one on one and family consultations to a range of health care and support services to women, their families and local service providers. Available at the Moora Community Resource Centre.

### **Women's Domestic Violence**

**Phone:** **1800 353 122**

**Location:** Magnolia Women's Centre Northam

**Services provided:** Provides refugee and advice. A program called 'Safe at Home Program' assists with VRO's and security in the home throughout the Wheat belt.

### **Veterans - Veterans Families Counselling Service**

**Phone:** **1800 011 046**

**Location:** 7 Kintail Road Applecross W.A.

**Services provided:** Health events, Home and Care, medical conditions, Mental; Health, Rehabilitation, Research and development, Veterans Health Cards and Wellbeing.

### **Massage Therapy**

**Contact:** Kara McGree

**Phone:** **0437 205 202**

**Services provided:** Relieves stress and pain, increases flexibility, lowers blood pressure & boosts immunity.

By appointment only.

### **Moora Arts and Crafts**

**Contact:** Ronnis Stephens

**Phone:** **0447 511 008**

**Location:** Roberts Street (opposite Police Station)

**Services provided:** Activity and inspiration for people to enjoy craft work and good friendship. You do not have to be crafty, just enjoy a cup of tea and a chat.

### **Occupational Therapist:**

**Contact:** Richard Murdoch; richardmurdochot@gmail.com

**Phone:** **0412 774 774**

**Services provided:** Occupational Therapy and Health and Safety Consultant.

### **Primary Western Wheat Belt Health Services:**

**Phone:** **9651 0270**

**Location:** Moora Hospital, Dandaragan St, Moora

Child health & school health nurses x2, community midwife, Physiotherapy, Visiting podiatrist, Occupational therapistx3, Speech Pathologist, Aboriginal Health, Health Promotions Officer, Social Worker, Dietitian, Mental Health.

## **Moora Men's Shed**

**Contact:** Bill Lullfitz

**Phone:** **9653 1053**

**Location:** Roberts Street, Moora (Wool Pavilion at Moora Rec Centre)

**Services Provided:** Open Tuesdays and Thursdays 10am-12pm. A community-based, non-profit, non-commercial organisation that is accessible to all men and whose primary activity is the provision of a safe, friendly and welcoming environment where men are able to work on meaningful projects at their own pace in their own time in the company of other men. A major objective is to advance the health and wellbeing of their male members and to encourage social inclusion.

## **Men's Domestic Violence Helpline**

**Helpline:** **1800 000 599**

**Location:** A program based in Midland

**Services provided:** A phone support service to discuss Domestic Violence experience and possible triggers which cause behaviour patterns.

## **Regional Men's Health**

**Phone:** **9690 2277**

**Location:** 75 York Road Northam W.A.

**Services provided:** Connects callers to a variety of health and support groups for Men. Travelling the regions to deliver workshops aimed at Men to promote health and wellbeing. Also offering counselling / talk to a mate services for any men wishing to chat.

## **Physiotherapy:**

### **Walkabout Physiotherapy**

**Contact:** Marcus Holliday

Appointments can be made through the website, email or Facebook. [www.walkaboutphysio.com.au](http://www.walkaboutphysio.com.au)

**Phone:** **9651 1344**

**Location:** 95 Gardiner St Moora

**Services provided:** Headaches and migraines, Acupuncture / Dry Needling, pre and post-surgery, sports injuries, arthritis, falls prevention, balance difficulties, improves mobility, pain relief, incontinence, pregnancy and post-natal care, hydrotherapy, WorkCover and Veteran Affairs.

### **Pilates:**

#### **Stem Pilates**

**Contact:** Joley Holliday

Group classes or individual support. Check the website or Facebook. <http://walkaboutphysio.com.au/stempilates>

**Phone:** **0423 165 130**

**Location:** 95 Gardiner St Moora, "Moora Wellness Centre"

**Services provided:** Pilates, stretching, Student classes, pre-booking discounts, physical fitness.

#### **Red Cross (Moora)**

**Contact:** Ann Watson (President),  
Audrey Brown (Secretary)

**Phone:** **Ann Watson** **9651 1707**  
**Audrey Brown** **9653 1683**