



**FEDERATION
COUNCIL**



FEDERATION COUNCIL AGEING WELL RESOURCE

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AGEING WELL RESOURCE

The Ageing Well Resource has been designed to help access the wide range of activities and services available in Federation Council for our older residents.

The aim of the guide is to encourage individuals to become actively involved and participate in their local community. Being actively involved refers not only to physical activity but also to social, cultural and intellectual activity.

The resource provides information about local services and facilities available as well as details regarding community groups and clubs that cater to a wide range of interests and activities.

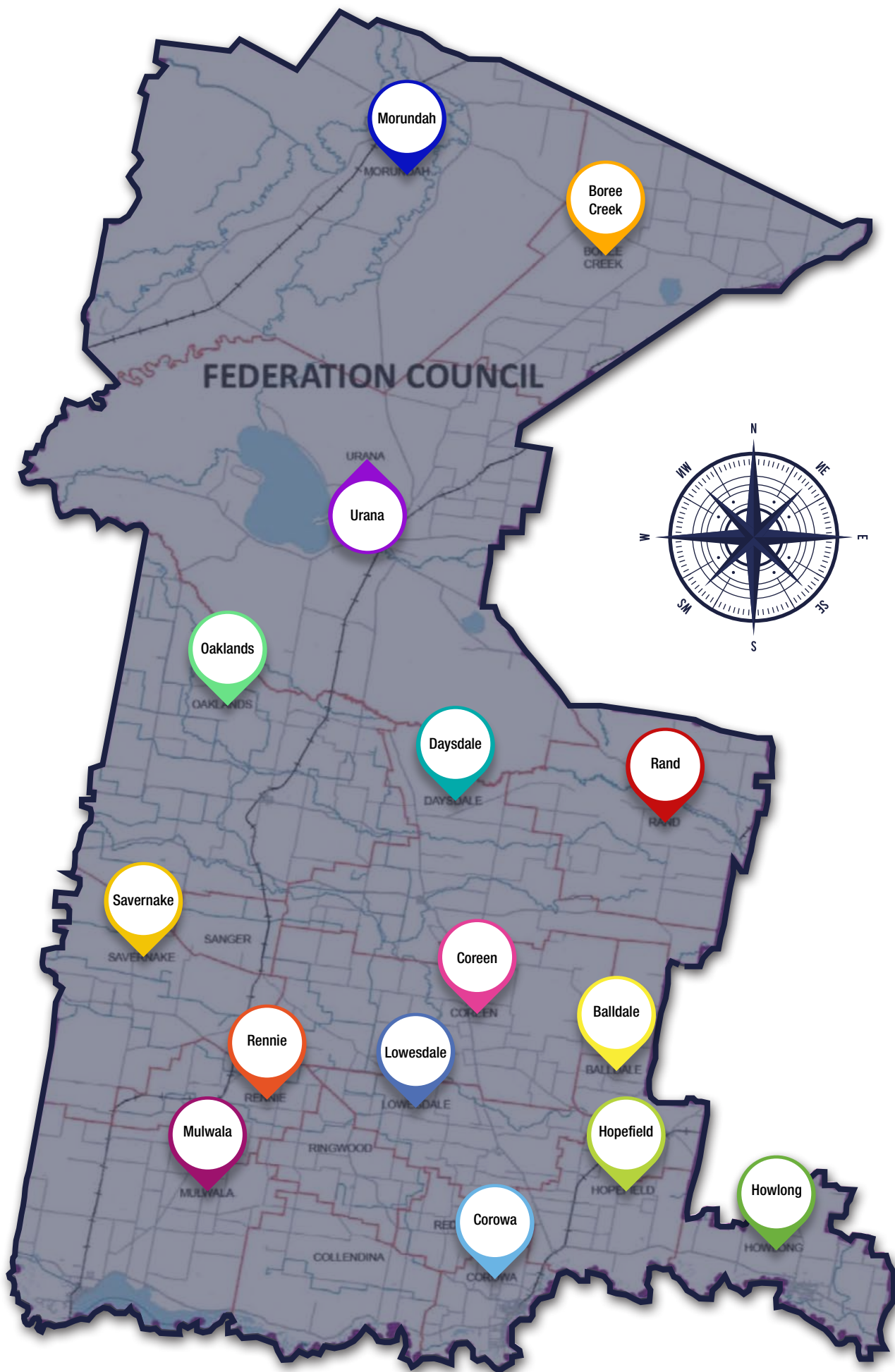
We hope you find the guide useful and informative and enjoy getting involved in your community.

For further copies of the guide, please visit the Federation Council website at www.federationcouncil.nsw.gov.au or contact the Council on (02) 6033 8999.



Adoption of the Ageing Well Strategy 2018-2022 (Ordinary Council Meeting-June 2018)

FEDERATION COUNCIL MAP



COUNCILLORS

Federation Council is governed by nine Councillors who are elected every four years by the community. The current Council was elected for a three year term at the first election of the newly formed Federation Council on September 2017.

If you would like to discuss a local issue with your Councillors, please find their phone numbers and email addresses below:



Mayor, Cr Patrick Bourke
0429 208 267
patrick.bourke
@federationcouncil.nsw.gov.au

Deputy Mayor, Cr Shaun Whitechurch

0428 624 766
shaun.whitechurch
@federationcouncil.nsw.gov.au



Cr David Longley
0439 033 085
david.longley
@federationcouncil.nsw.gov.au

Cr Paul Miegel

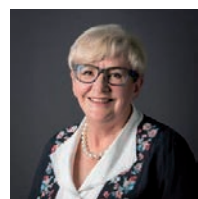
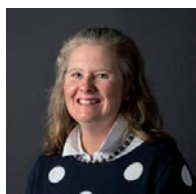
0419 464 193
paul.miegel
@federationcouncil.nsw.gov.au



Cr Fred Longmire
0408 646 967
fred.longmire
@federationcouncil.nsw.gov.au

Cr Bronwyn Thomas

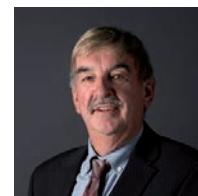
0427 433 123
bronwyn.thomas
@federationcouncil.nsw.gov.au



Cr Gail Law
0412 442 838 /
gail.law
@federationcouncil.nsw.gov.au

Cr Norman Wales APM

0419 464 193 /
norman.wales
@federationcouncil.nsw.gov.au



Cr Andrew Kennedy
0407 500 554 /
andrew.kennedy
@federationcouncil.nsw.gov.au

Correspondence to Council should be addressed to:

Council's General Manager
PO Box 77

Corowa NSW 2646

Email: council@federationcouncil.nsw.gov.au.

SENIOR OFFICERS

General Manager

Adrian Butler

Director Corporate and Community Services

Joanne Shannon

Director Development and Environmental Services

Susan Appleyard

Director Engineering Services

Steve Carmichael

Phone: (02) 6033 8999

Email: council@federationcouncil.nsw.gov.au

AGEING WELL ADVISORY COMMITTEE

Council engaged an Ageing Well Advisory Committee as part of Council's commitment to ensuring that older residents remain active, healthy, independent, and connected to their community.

What does the Ageing Well Advisory Committee do?

The Ageing Well Advisory Committee provides advice and support to Federation Council regarding issues affecting the lives of older people in the Federation Council.

When does the Ageing Well Advisory Committee meet?

The Ageing Well Advisory Committee meets at the Corowa Civic Centre on the first Monday of the month at 10 am.

Who are members of this committee?

The Ageing Well Advisory Committee is made up of members of the community, who are aged over 55 and are passionate about promoting a better lifestyle for everyone in their later years.

The Ageing Well Advisory Committee Members in 2019 / 2020 are:

Corowa

Stan Bromley
Ida Mensforth
Wendy Eysers

Howlong

Jenny Enever
Mike Gardiner

Mulwala

Liz Seeliger
Jan Doyle

Oaklands

Yvonne Perrin.

Urana

Jenny Hearn

The Councillor appointed to this committee is Councillor Gail Law.

How do I become an Ageing Well Advisory Committee Member?

If you would like any further information call the Community Development Team at Federation Council on (02) 6033 8974 or email council@federationcouncil.nsw.gov.au



The Ageing Welll Advisory Committee 2018

FEDERATION COUNCIL FACILITIES



OFFICES

Corowa Civic Centre	100 Edward Street, Corowa (02) 6033 8999 Monday to Friday 8:30 am to 5:00 pm
Howlong Library and Resource Centre	59 Hawkins Street, Howlong (02) 6026 5055 Tuesday & Wednesday 10:00 am to 1:00 pm & 2:00 pm to 5:00 pm Thursday & Friday 10:00 am to 1:00 pm Saturday 9:30 am to 12:00 pm
Mulwala Library and Civic Centre	71 Melbourne Street, Mulwala (03) 5744 3439 Tuesday and Wednesday 10:00 am to 1:00 pm then 2:00 pm to 5:00 pm Thursday and Friday 10:00 am to 1:00 pm Saturday 9:30 am to 12:00 pm
Urana Council Office	30 William Street, Urana (02) 6930 9100 Monday to Friday 9:00 am to 5:00 pm Centrelink Rural Transaction Centre and Bendigo Bank Agency

ART SPACE AND VISITOR INFORMATION CENTRE

Corowa Art Space

Civic Centre, 100 Edward Street, Corowa
(02) 6033 8999
 Monday to Friday 11:00 am to 4:00 pm
 Saturday 11:00 am to 3:00 pm

Corowa Visitor Information Centre

Civic Centre, 100 Edward Street, Corowa
(02) 6033 3221 (BA)
1800 814 054 (AH)
 Monday to Friday
 10:00 am to 4:00 pm
 Saturday 10:00 am to 3:00 pm



FEDERATION COUNCIL LIBRARIES

Corowa Library

Free Computer, Wi-Fi & Internet
 Access

Civic Centre, 100 Edward St, Corowa
(02) 6033 8941
 Tuesday to Friday 10:00 am to 5:00 pm
 Saturday 9:30 am to 12:00 pm

Howlong Library

Free Computer, Wi-Fi & Internet
 Access

59 Hawkins Street, Howlong
(02) 6026 5055
 Tuesday and Wednesday 10:00 am to 1:00 pm then
 2:00 pm to 5:00 pm
 Thursday and Friday 10:00 am to 1:00 pm
 Saturday 9:30 am to 12:00 pm

Mulwala Library

Free Computer, Wi-Fi & Internet
 Access

71 Melbourne Street, Mulwala
(03) 5744 3439
 Tuesday and Wednesday 10:00 am to 1:00 pm then
 2:00 pm to 5:00 pm
 Thursday and Friday 10:00 am to 1:00 pm.
 Saturday 9:30 am to 12:00 pm

Council services are also available at the Howlong and Mulwala Library (week days).

Residents can pay their rates, lodge development applications, view public documents, and hire meeting rooms and halls and more.



MOBILE LIBRARY SERVICES

Riverina Regional Mobile Library

Rand
Adjacent Public School
Cowal Street, Rand.
Wednesday 1:15 pm – 2:00 pm.

Urana
Adjacent St Francis Primary School
Vardy Street, Urana.
Tuesday 1:30 pm – 2:15 pm.

Boree Creek
Adjacent Public School
Namoi Street, Boree Creek.
Tuesday 1:30 pm – 3:00 pm.

Urana
Adjacent Council Office
William Street, Urana.
Tuesday 2:30 pm – 5:00 pm.

Oaklands
Adjacent CWA Rooms
Coreen Street, Oaklands.
Wednesday 9:00 am – 12:00 pm

**Refer to timetable for service dates by
visiting Riverina Regional Libraries website
at <https://rrl.nsw.gov.au/mobile-library>**

Home Library Services

Free delivery service for those unable to get to a library in person due to illness, disability or limited mobility.

Large print, normal fiction and non-fiction books, talking books, magazines and DVDs available. If you would like to receive this service, please contact your nearest branch.



FEDERATION COUNCIL SWIMMING POOLS

Corowa Swim Centre

Ball Park, Edward Street, Corowa
(02) 6033 1970

Please note the Corowa Swim Centre is closed for renovations and due to reopen the summer of 2020/2021

Howlong Swimming Pool

Lowe Square, Hawkins Street, Howlong
(02) 6026 5844

Urana War Memorial Swimming Pool

Victoria Park, Federation Way, Urana
0419 935 661

Oaklands War Memorial Swimming Pool

3 Hunter Street, Oaklands
(02) 6035 4261

More information about facilities and hours of operation for each facility can be found at www.federationcouncil.nsw.gov.au.

SERVICE NSW



Service NSW is an agency on behalf of the NSW Government that provides NSW Government services, such as driver's licences, firearms and other photo licences, vehicle registration renewals, boating licences and registrations, applications for birth, death and marriage certificates, driver testing, working with children checks, applications for contractor licences and senior's cards.

The Corowa Agency is located at 100 Edward Street, Corowa and is open from Monday to Friday 9:30 am to 4:30 pm.

For more information about Service NSW or the Corowa Agency, visit service.nsw.gov.au or call 13 77 88 or download the Service NSW app.



NSW SENIORS CARD

NSW permanent residents aged 60 or over, who average no more than 20 hours' paid work a week across a 12-month period, can apply for a NSW Seniors Card.

This free card gives you discounts and special offers at thousands of businesses across NSW as well as access to the Gold Opal transport concession.

What you will need?

- your postal address details
- your date of birth
- your valid green Medicare card.



Apply online at:
<https://www.service.nsw.gov.au/form/apply-nsw-seniors-card>

TRANSPORT

We are aware that often people have difficulties in accessing transport for such things as specialist and general medical appointments. This may be because we are no longer allowed to drive or we lose our ability to drive or there may be times when friends, family and neighbours are unable to help us out.

Community transport services are available to a wide range of people who require transport to recreation and shopping areas, medical and social services and social contact. While community transport can be part of a government funded home care package, there is also a range of free or subsidized transport options available through a variety of outlets. Carers can often accompany the person free or for a small fee.

COMMUNITY TRANSPORT PROVIDERS

Kirinari Community Transport Service
(02) 6041 2299

Supported transport services to medical appointments, hospital visits and non-emergency health needs.
Recreational and leisure tours.
Transport for health and veterans transport.
Available to residents in the South of the Federation LGA.

Valmar Community Transport
(02) 6920 4162

Supported transport service to medical appointments, for shopping, and for social activities.
Regular trips to Albury, Yarrawonga and Wagga.
Available to residents in the North of the Federation LGA.

PLEASE NOTE: Transport Services are limited. Please call providers to check travel times and availability as these may change.

TRAVEL ASSISTANCE

Angel Flight

Angel Flight is a charity that coordinates non-emergency flights to help country people trying to deal with the triple trouble of bad health, poor finances and daunting distance. All flights are free and may involve patients travelling to medical facilities anywhere in Australia. For more information visit www.angelflight.org.au

Isolated Patients Travel and Accommodation Assistance

1800 478 227

The Isolated Patients Travel and Accommodation Assistance Scheme is a NSW Government scheme providing financial assistance towards travel and accommodation costs when a patient needs to travel long distances for treatment that is not available locally.
www.enable.health.nsw.gov.au/services/ipptaas

Medical Companions

Volunteer companions are now available to accompany you from Flinders Street and the Southern Cross stations to your health care appointments in Melbourne.
Bookings are essential. For information or to book an appointment call 1300 700 399.

TRAVEL ASSISTANCE CONT...

Transport to Treatment Service

The New South Wales Cancer Council can provide transport for patients and their carers to access cancer related appointments.

Further information regarding the service can be obtained at T2TCoordAlbury@nswcc.org.au or via the Cancer Council 131120.

Traveller's Aid

Traveller's Aid Australia offer support services and transport information for passengers, particularly those with special needs.

For more information visit www.travellersaid.org.au

PUBLIC TRANSPORT

Taxis

Corowa - Wahgunyah - Rutherglen Taxis
(02) 6033 1634

Yarrawonga-Mulwala Taxis
(03) 5743 2111

Yarrawonga-Mulwala Flexi Ride Town Service (WHEELCHAIR ACCESS)
1300 136 839

Connecting Buses

V/Line and the XPT Fast Train run a number of daily rail services between Melbourne and Sydney. Passengers can board / depart at Albury, Benalla, Wagga and Wangaratta stops and then connect with a NSW TrainLink, PVT Regional Bus / V-Line bus services to Corowa, Howlong, Mulwala or Urana.

NSW TRAINLINK **13 22 32**
<https://transportnsw.info/regional-bookings>
You can use Pensioner Travel Vouchers for free travel on NSW TrainLink Regional services in Economy Class within regional NSW. You can use them for four one-way trips annually or two return trips annually.

V-LINE / PVT Regional Buses **1800 800 007**
<https://www.ptv.vic.gov.au>
www.vline.com.au/Timetables/
Train-coach-timetables

Thursday Excursion / Shopper Bus
Canns Bus Lines operates a bus every Thursday from Corowa via Howlong to Albury and return for \$2.50 for seniors.
(02) 6033 2249

MEDICAL AND HEALTH

A range of medical and health services, including public hospitals, emergency departments, medical centres, doctors and dental and oral health professional are available in the Federation Council.

HOSPITALS IN FEDERATION COUNCIL

All listed are 24 Hour Accident and Emergency Departments. For an emergency dial 000.

Corowa District Hospital

Guy Street, Corowa
(02) 6033 7555

Urana MultiPurpose Service

Corner Church and Princess Street, Urana
(02) 6930 9200

NEARBY HOSPITALS

All listed are 24 Hour Accident and Emergency Departments.

Albury Base Hospital

Borella Road, Albury
(02) 6058 4444

Berrigan War Memorial Hospital

137-143 Memorial Place, Berrigan
(03) 5888 5300

Jerilderie District Hospital

33-39 Southey Street, Jerilderie
(03) 5886 1300

Narrandera District Hospital

54 Adams Street, Narrandera
(02) 6951 0200

Lockhart and District Hospital

Hebden Street, Lockhart
(02) 6930 7100

Wangaratta District Base Hospital

Green Street, Wangaratta
(03) 5722 5111

Yarrawonga Health

33 Piper Street, Yarrawonga
(03) 5743 8106





HEALTH SERVICES

Corowa Healthone Health Service

61 Guy Street, Corowa

(02) 6033 7555

Health and welfare services including menopause, pap test, breast health, dietetics, diabetes, continence nursing, speech pathology, occupational therapy, physiotherapy, psychology and counselling, chronic care services, and drug and alcohol services.

Urana Health Service

127 Princess Street, Urana

(02) 6930 9200

Social support and activities, aged care, acute medical, podiatry, physiotherapy, emergency services, women's health clinic, community nurse, strength and balance training.

Yarrowonga Health

33 Piper Street, Yarrowonga

(03) 5743 8111

Hospital, Warrina Independent Living, Karana Nursing Home, Allawah Dementia Care, and Community Health Services.

DOCTORS

Corowa Medical Centre

61 Guy Street, Corowa

(02) 6030 5500

Urana Medical Centre

31 William Street, Urana

(02) 6920 8333

Corowa Mediclinic

49 Queen Street, Corowa

(02) 6030 5638

Yarrowonga Medical Clinic

29 Hume Street, Yarrowonga

(03) 5744 3115

Howlong Medical Centre

110 Hammer Street, Howlong

(02) 6026 5307

Yarrowonga Denis Medical Group

10 - 12 Woods Road, Yarrowonga

Health Services **(03) 5744 1777**

DENTISTS AND ORAL HEALTH PROFESSIONALS

Alliance Dental

16 Queen Street, Corowa
(02) 6033 1813

Dental Prosthetist

Fortnightly basis at Urana Multi-Purpose Centre
(02) 6925 0549

MP Dental- Corowa

6 River Street, Corowa
(02) 6033 1213

NEARBY DENTISTS

MP Dental – Yarrawonga

25 McNally Street, Yarrawonga
(03) 5743 3699

Narrandera Dental Care

46-48 East Street, Narrandera
(02) 6959 3055

North East Dental Solutions

2 Woods Road, Yarrawonga
(03) 5747 8108

Murray Valley Dental Group

27A Hume Street, Yarrawonga
(03) 5744 3484

Yarrawonga Mulwala Denture Clinic

9 Irvine Parade, Yarrawonga VIC 3730
1800 789 045

ALLIED HEALTH SERVICES AND SPECIALISTS

A comprehensive range of allied health care services, and specialist including dietitians, physiotherapists, podiatrists, speech pathologists, psychologists and complementary medicine are available in the Federation Council. This includes public (most of which is free) and private (which you pay for).

CHIROPRACTOR

A registered health practitioner who treats the musculoskeletal system (muscles and joints). Chiropractic is used as an alternative to, or to complement, conventional medicine.

Border Chiropractic

52 Queen Street, Corowa
(02) 6033 2558

Complete Care Chiropractic

53 Edward Street, Corowa
(02) 6056 2185

Haynes Chiropractic Clinic

@ Howlong Community Centre, 59 Hawkins St, Howlong
(02) 6026 5307

DIABETES EDUCATORS

Specialists who educate people who are pre-diabetes or people with diabetes about their condition.

Murrumbidgee Local Health District

Appointments can be arranged by contacting the Community Care Intake Service on
1800 654 324.

@ Corowa Medical Centre

61 Guy Street, Corowa

@ Urana Multi-Purpose Services

Corner Church and Princess Street, Urana

Yarrawonga Medical Clinic

29 Hume St, Yarrawonga
(03) 5744 3115



DIETITIANS & NUTRITIONISTS

Specialists who assess an individual's needs for healthy eating and nutrition.

Murrumbidgee Local Health District

Appointments can be arranged by contacting the Community Care Intake Service on **1800 654 324**.

@ Corowa Medical Centre

61 Guy Street, Corowa

@ Urana Multi-Purpose Services

Corner Church and Princess Street, Urana

Barefoot Lifestyle

72 Woods Street, Yarrawonga

0408 952 750

No Diet Dietician

333 Honour Avenue, Corowa (Wednesday Only)

0402 451 278

Yarrawonga Health Dietitians

Yarrawonga Health, 30 Piper Street, Yarrawonga

(03) 5743 8501

FALLS PREVENTION

Stepping On Program - Corowa

Stepping On is a seven week falls prevention program.

You will be introduced to a simple home exercise program and health professionals will attend and discuss falls reduction strategies. Learn about reducing your risk of falling by registering for your local Stepping On Program by calling the MLDH Community Care Central Intake Service on 1800 654 324. Email: mlhd-exercise@health.nsw.gov.au

HEARING CENTRES

Providers of hearing services providing hearing aids and care for people with hearing loss.

Australian Hearing

@ The Challenge Foundation, 57-65 Redlands Road, Corowa (visiting site-Wednesday and Thursday every fortnight).

131 797

Nation's largest provider of Government-funded hearing services to eligible people including pensioners, veterans, children under 16, adults with complex communication needs and Aboriginal and Torres Strait Islander people over 50.

Bloom Hearing Specialists

@ Barkman Centre Corowa Hospital, 53-81 Guy Street, Corowa

1800 554 968

National Hearing Care

Shop 3, 109/111 Belmore St, Yarrawonga

1800 703 451



MENTAL HEALTH AND COUNSELLING

Mental health support services can provide treatment, information, tools and advice on how to deal with a range of mental health issues.

Amaranth Foundation

Corner of Redlands and Guy Street, Corowa

(02) 6033 1738

Integrated care for all ages, including general wellbeing and life issues, mental health, depression & anxiety, grief and loss, trauma, psychological assessment and counselling.
Bulk Billing Available.

Centacare SouthWest NSW

1300 619 379

Healthone Corowa Counselling Service

Corowa District Hospital, 53-81 Guy Street, Corowa

General counselling services.

(02) 6033 7555

Murrumbidgee Local Health District Counseling Service

Appointments can be arranged by contacting the Community Care Intake Service on **1800 654 324**.

@ Corowa Medical Centre, 61 Guy Street, Corowa

@ Urana Multi-Purpose Services, Corner Church and Princess Street, Urana

Provides specialist clinical support for anyone experiencing severe, complex or long lasting mental ill health. Services available in hospital (acute inpatient services) and in the community (specialist community mental health services). Also provides specialist support for those who have mental illness combined with other illnesses or conditions – for example severe behaviour problems related to dementia.

Rural Adversity Mental Health Program (RAMHP)

RAMHP provides specialist knowledge and support for people experiencing mental health concerns living in the rural communities in the Murrumbidgee LHD.

0428 249 719

Yarrawonga Health

General Mental Health Service

(03) 5743 811





OCCUPATIONAL THERAPISTS

Focus on enabling people to live satisfying and meaningful lives including self-care (bathing, dressing, grooming, toileting, feeding), household (cooking, cleaning, shopping), community involvement and leisure/ recreation pursuits.

Murrumbidgee Local Health District

Please call MLHD Community Central Care intake to make an appointment

1800 654 324

@ Corowa District Hospital, 53-81 Guy Street, Corowa

@ Urana Multi Purpose Services, Corner Church and Princess Street, Urana

Corowa Health Service Exercise Class Clinic

Corowa District Hospital, 53-81 Guy Street, Corowa

(02) 6033 7555

Yarrawonga Health Occupational Therapy Services

33 Piper Street, Yarrawonga

(03) 5743 8500

OPTOMETRIST

Health care professionals that can diagnose and treat eye disorders and vision problems, prescribe and dispense glasses and contact lenses, and provide expert advice on eye care.

Focus Optometry

63 Sanger Street, Corowa

(02) 6033 326

Eyecare Plus Optometrists

@ Lockhart & District Community Services, 9 Matthews St, Lockhart

(02) 6921 8833

Sandra Heaney Optometrist

19 Piper Street, Yarrawonga

(03) 5744 2126



PHARMACEUTICAL DELIVERIES

Medications delivered to homes by pharmacies.

Alliance Pharmacy Corowa

96 Sanger St, Corowa

(02) 6033 1011

Monday to Friday to Corowa residents.

Pharmasave Corowa

140 Sanger St, Corowa

(02) 6033 1006

Monday to Friday to Corowa residents.

Alliance Pharmacy Howlong

45 Hawkins St, Howlong

(02) 6026 8717

On Thursday to Howlong residents.

Mulwala Pharmacy

Shop 2/47 Melbourne St, Mulwala

(03) 5743 1777

On Monday to Mulwala residents.

Urana Chemmart Pharmacy

6-8 Osborne Street, Urana

(02) 6920 8822

Monday to Friday to Oaklands, Rand and Urana residents.

PHYSIOTHERAPY

Health professionals who assess a patient's condition to find the underlying causes of pain, in joints, muscles or nerves. They advise on ways to manage the condition and show them how further pain and injury can be prevented.

Corowa Physiofix

30 Evelyn Street, Corowa

(02) 6033 5533

Back On Track Physiotherapy

233 Honour Avenue, Corowa

(02) 6033 0933

@ Urana Community Health Centre, Princess Street, Urana

Appointments booked via the Corowa clinic.

Motive Health and Nutrition

Shop 11/95-103 Melbourne Street, Mulwala

0438 333 125

Yarrowonga Mulwala Physiotherapy

Golf Club Drive, Mulwala

(03) 5743 2211

SPEECH PATHOLOGISTS

Professionals who evaluate, diagnose, and treat difficulties involving speech, language, voice, fluency, and swallowing.

The difficulties speech therapists treat can be caused by neurological disorders, developmental disabilities, learning disabilities, physical problems, voice pathology, hearing impairments or emotional disorders.

Corowa Health Service Speech Pathology Service

Corowa District Hospital, 53 Guy Street,
Corowa
(02) 6033 7555

Murrumbidgee Local Health Service
@ Urana via the Community Care Intake
Service
1800 654 324

PODIATRIST

Professionals who deal with the prevention, diagnosis, treatment and rehabilitation of medical and surgical conditions of the feet and lower limbs.

Foot Works Podiatry Group PTY LTD

@ Howlong Medical Centre, 110 Hammer St, Howlong
0427 511 713

Motive Health and Nutrition

Shop 11/95-103 Melbourne Street, Mulwala,
0438 333 125

45-60 minute consultation for those over the age of 65- including initial consultation (time varies)
body system analysis, 24 hr dietary recall, physical assessment/analysis, signs/symptoms over-
view.

Riverina Podiatry

@ Corowa Medical Centre, 61 Guy Street, Corowa
(02) 6021 7411

Wagga Foot Clinic

@ Urana Multi-Purpose Services, Corner Church and Princess Street, Urana
(02) 6921 1783



COMPLEMENTARY THERAPISTS

Therapies treating the whole person, not just a disease or symptoms. Can include masseuses, masseurs, aroma therapists, acupuncture, and naturopathy.

Amaranth Foundation

Corner of Redlands and Guy Street, Corowa
(02) 6033 1738

Motive Health and Nutrition

Shop 11/95-103 Melbourne Street, Mulwala,
0438 333 125



AGEING AND MY AGED CARE SERVICES

Support and services for the aged in the Federation Council is provided by a large number of Government programs (commonwealth, state/territory and local) as well as programs/support from the community and voluntary sectors (particularly families and carers), the private for profit sector and the private not-for-profit sector.

AUSTRALIAN GOVERNMENT SUBSIDISED SERVICES

An aged care or related service which is partially or wholly subsidised by the Australian Government. Access to these services may have specific eligibility requirements (such as age) and be subject to standardised fee arrangements.

Australain Government Subsidised Services

An aged care or related service which is partially or wholly subsidised by the Commonwealth Government. Access to these services may have specific eligibility requirements (such as age) and be subject to standardised fee arrangements.

MY AGED CARE

The Australian Government's My Aged Care phone line (1800 200 422) and website (www.myagedcare.gov.au) can give you information and help you access the type of aged care services available, your eligibility for services, service providers in your area, costs you may need to pay, quality in aged care, advocacy services and how to make a complaint.

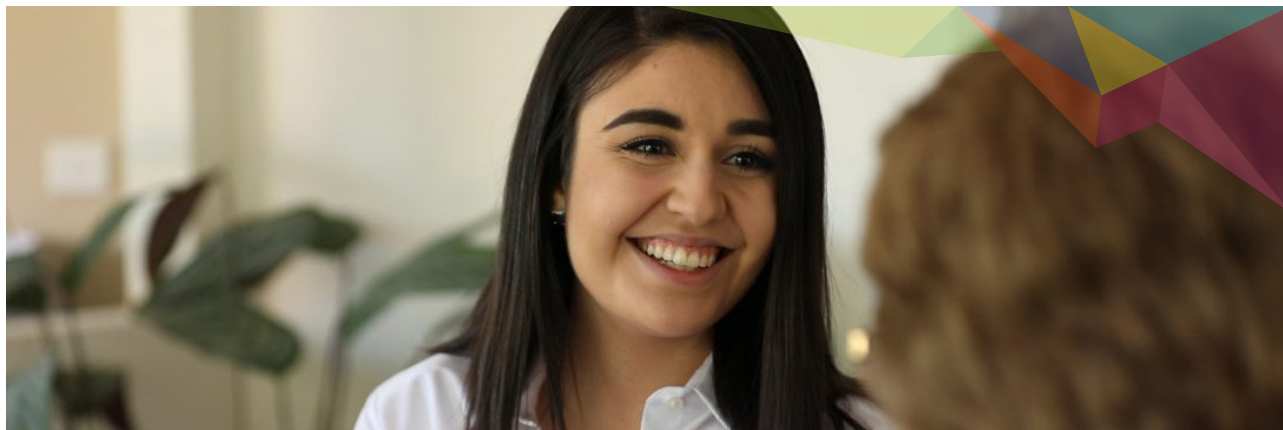
You may need to register with My Aged Care to receive some services such as allied health and therapy services, personal care, domestic assistance, home maintenance and modification, nursing, respite, physiotherapy, meals, social support, specialist support services, transition care, transport, goods, equipment and assistive technology.

To register and find out more call 1800 200 422.

PRIVATE SERVICE

An aged care or related service delivered by a service provider or private business who is not directly subsidised for that service under any applicable Australian Government Aged Care Programs. Access to these services and any fees that may be applied should be discussed directly with the provider or business.





CLINICAL AND COMMUNITY HEALTH CARE SERVICES

Home health care services such as registered nursing support, physiotherapists, podiatrists, wound care, clinical assessments, administration of specific medications and application of treatments, liaison with medical/health professionals and arranging allied health and other support services.

Community Intake Service

Murrumbidgee Local Health District (MLHD)

1800 654 324

Referrals for a community health service or information on local community services can be accessed through the Community Care Intake Service of Murrumbidgee Local Health District.

Community Health Services include Community Nurse, Dietician, Occupational Therapist, Generalist Councillor, Physiotherapist, Speech Pathologist, Palliative Care Nurse, Diabetes Educator and Chronic Care.

Registered Nurses

Senior nurses who care for the sick and injured in hospitals and other health care facilities, doctors' surgeries, and private homes.

Murrumbidgee Local Health District (MLHD)

- Aged Care Assessment Services from both the Aged Care Assessment Team (ACAT) and the Regional Assessment Service (RAS). Note these services are accessed through My Aged Care.
- Transitional Aged Care Program (TACP) – Assisting older people regain physical and psychosocial functioning after a hospital stay.
- Commonwealth Home Support Program (CHSP) services – including community nursing, occupational therapy and podiatry. Note these services are accessed through My Aged Care.
- Geriatric and psychogeriatric medicine
- Dementia care
- Parkinson's support.
- Residential Aged Care.

NOTE: These services are accessed through My Aged Care and the Community Care Intake Service (MLHD)



AGED CARE AT HOME

To help you stay in your own home for as long as possible, the Government provides subsidised home care that can help with everyday tasks like shopping, cooking and transport, as well as personal care, meal services and nursing care.

COMMONWEALTH HOME SUPPORT PROGRAMME (CHSP)

The Commonwealth Home Support Programme (CHSP) is a Government initiative subsidising in home or centre based care services to seniors needing low level assistance to remain living independently in their own home.

Baptist Care Home Services
1300 275 227

Intereach
1300 488 226

COMMUNITY HUBS

Intereach Corowa

Shop 18-20, Corowa Arcade. 109-111 Sanger Street, Corowa

1300 488 226

Intereach Corowa is a friendly and accessible single point of access to information, resources and services for the community, including aged care and disability supports.

Centrelink and Medicare Agency.

Yarrawonga Neighbourhood House (YNH)

1 Hardgrave Court, Yarrawonga

(03) 5744 3911

A number of visiting services operate from YNH on a regular basis, including financial counselling, housing support and employment services.

HEALTHCARE AND MOBILITY EQUIPMENT

Disability and mobility equipment in the region. From wheelchairs to shower chairs, hospital beds, toilet seats raisers and four wheel walkers.

Aidacare – Albury
(02) 6040 3444

Mitchell Health Care
(02) 6056 2366

Eden Healthcare Solutions
(03) 5721 4090 / (02) 6041 9700

DOMESTIC ASSISTANCE

Domestic Assistance provides help around the house with housework to ensure you can live well and safely in your own home. You can get help with everyday chores such as vacuuming, dusting, dishwashing, cleaning kitchen benchtops, washing and ironing, and cleaning wet areas such as the toilet and bathroom.

**Australian Home Care Services Regional
NSW 1300 303 770**

**Australian Unity Home Care Service
1300 271 428**

**Baptist Care Home Services
1300 275 22**

**Community Interlink
1300 203 203**

**Intereach
1300 488 266**

**Lutheran Aged Care (ALBURY)
(02) 6060 4000**

**Mercy Health Home Care Services (ALBURY)
(02) 6024 9508**

**SupportedPlus
0435 641 158**

**MHA Care
(03) 5742 1111
Mulwala and surrounds**

**Valmar Lockhart & Districts Aged Assistance
Services (02) 6920 4162
Urana and surrounds**

HOME MAINTENANCE

Home Maintenance services include minor repairs or maintenance of the home and garden. Examples include general yard maintenance, securing access, height related cleaning and repairs such as cleaning windows, ceiling fans and gutters, and minor trade repairs like relighting pilot lights and repairing leaking taps.

**Australian Home Care Services Regional
NSW 1300 303 770**

**Australian Unity Home Care Service
1300 271 428**

**Baptist Care Home Services
1300 275 227**

**Community Interlink
1300 203 203**

**Intereach
1300 488 266**

**Lutheran Aged Care (ALBURY)
(02) 6060 4000**

**Mercy Health Home Care Services (ALBURY)
(02) 6024 9508**

**MHA Care
(03) 5742 1111**

**Gibbo's River Town Window Cleaning
0447 265 060 (private business)**

HOME MODIFICATION

Home Modification Services include home modifications such as installation of grab rails, hand held showers and safety hinges, replace shower door with weighted shower curtains and installing appropriate tap sets and lever door handles.

Corowa Community Health Service
(02) 6033 1340

Home Care Services
1300 160 170

MHA Care
(03) 5742 1111

MEAL ASSISTANCE, SHOPPING AND FOOD RELIEF

Assistance ranges from provision of meals at home, to help preparing meals at home, advice and personal help.

Meals On Wheels

Meals-On-Wheels provides nutritionally balanced meals delivered to your home.

NOTE: This service is accessed through My Aged Care.

Corowa Community Health Service
(02) 6033 1340

Intereach
1300 488 266

Valmar Lockhart & Districts Aged Assistance Services
(02) 6920 4162

MHA Care
(03) 5742 1111

Painters Cafe (Private Service)
Ready to go lunch meals delivered for seniors in Corowa and Wahgunyah.
(02) 6033 2290

Many clubs and pubs across the Federation Council area offer a Seniors Menu, Seniors Lunch Specials or/ and Seniors Discount. See pages 66 -67 for a list of local clubs and hotels.

Meal Preparation

Assistance with preparing meals, including special diets for health, religious, cultural or other reasons; assistance with using eating utensils and assistance with feeding.

Australian Unity Home Care Service
1300 271 428

Mercy Health Home Care Services (ALBURY)
(02) 6024 9508

SupportedPlus
0435 641 158

Shopping

Transport to the shops and assistance provided or having someone to do the shopping.

Australian Home Care Services Regional NSW
1300 303 770

Australian Unity Home Care Service
1300 271 428

Baptist Care Home Services
1300 275 227

Community Interlink
1300 203 203

Intereach
1300 488 266

SupportedPlus
0435 641 1580

Food Relief

Provide food and other emergency relief to people and families.

Amaranth Foundation
(02) 6033 1738

Intereach
1300 488 266

St Vincent De Paul (VINNIES)
1300 794 054

**Valmar Lockhart & Districts
Aged Assistance Services**
(02) 6920 4162

MEDICATION SUPERVISION

Attend the home daily to assist in supervising or prompting client to take medication.

Australian Home Care Services Regional NSW
1300 303 770

Australian Unity Home Care Service
1300 271 428

Baptist Care Home Services
1300 275 227

Intereach
1300 488 266

Lutheran Age Care Albury
(02) 6060 4000

PALLIATIVE CARE

Palliative care can include a range of support for the individual, their family, and carers including relief of pain and other symptoms, resources such as equipment for care at home, help for families to talk about sensitive issues, links to other services such as home help and financial support, support for cultural needs and traditions, support for emotional, social and spiritual concerns, counselling and grief support and referrals to respite care services.

Amaranth Foundation
(02) 6033 1738

Community Care Intake Service -MHL D Corowa, Oaklands and Urana
1800 654 324

Yarrawonga Health
(03) 5743 8111



PERSONAL CARE

Personal care such as daily help with showering, dressing, grooming, eating, mobility, assisted shopping and other personal tasks.

**Australian Home Care Services Regional
NSW 1300 303 770**

**Australian Unity Home Care Service
1300 271 428**

**Baptist Care Home Services
1300 275 227**

**Intereach
1300 488 266**

**Lutheran Aged Care (ALBURY)
(02) 6060 4000**

**Mercy Health Home Care Services (ALBURY)
(02) 6024 9508**

**MHA Care
(03) 5742 1111**

**SupportedPlus
0435 641 1580**

RESPIRE

Respite care can support you and your carer with a break for a short period of time. Types of respite can include in-house respite, centre-based day respite, overnight or weekend respite and community access respite.

**Australian Home Care Services Regional
NSW 1300 303 770**

**Australian Unity Home Care Service
1300 271 428**

**Baptist Care Home Services
1300 275 227**

**Community Interlink
1300 203 203**

**Intereach
1300 488 266**

**Lutheran Aged Care (ALBURY)
(02) 6060 4000**

**MHA Care
(03) 5742 1111**

**SupportedPlus
0435 641 1580**

**Southern Cross Care
Karinya Residential Aged Care
1800 632 314**

**Valmar Lockhart & Districts
Aged Assistance Services
(02) 6920 4162**



SOCIAL SUPPORT AND WELLBEING

Social support services can help you to maintain an active social life by having someone visit you in your home, or by arranging visits and outings in the community. Social support services can include visits to your home, helping with shopping and other related activities and helping you to access support groups and recreational activities.

**Australian Home Care Services Regional
NSW 1300 303 770**

**Australian Unity Home Care Service
1300 271 428**

**Baptist Care Home Services
1300 275 227**

**Challenge Foundation
(02) 6033 0892**

**Community Interlink
1300 203 203**

**Corowa Community Health Service
(02) 6033 1340**

**Intereach
1300 488 266**

**Lutheran Aged Care (ALBURY)
(02) 6060 4000**

**Mercy Health Home Care Services (ALBURY)
(02) 6024 9508**

**MHA Care
(03) 5742 1111**

**SupportedPlus
0435 641 1580**

**Valmar Lockhart & District Ages Assistance
Services (02) 6920 4162**

VETERAN SUPPORT

**Centacare -Veteran Home Care Services
1300 619 379**

Centacare will provide home care support to veteran's and their families who need help to continue living independently in their own home. Services include domestic assistance, personal care, respite care, and safety-related home and garden maintenance.

ABORIGINAL AND TORRES STRAIT ISLANDER PEOPLE

The National Aboriginal and Torres Strait Islander Flexible Aged Care Program supports culturally appropriate aged care services for older Aboriginal and Torres Strait Islander people close to home and community. These services include residential and home care.

Australian Unity Home Care Service Aboriginal Home Care - Albury
1300 303 770

Albury Wodonga Aboriginal Health Service
(02) 6040 1200

Mungabareena Aboriginal Corporation Albury
(02) 6024 7599

Primary Care Connect - Shepparton
(02) 5823 3200

Wiradjuri Aboriginal Home Care Service - Narrandra
(02) 6057 7400

PEOPLE WITH A DISABILITY

Amaranth Foundation
(02) 6033 1738

Challenge Foundation
(02) 6033 0892

Community Interlink
1300 203 203

Regional Disability Advocacy Service
1800 250 292

Sureways- Disability Employment Service Provider 1300 787 392

Supported Plus
0435 641 158

Intereach-Ability Links
1300 488 266

Intereach partners with the National Disability Insurance Agency to deliver the National Disability Insurance Scheme (NDIS) Local Area Coordination and Early Childhood Early Intervention services in the NDIS Murrumbidgee service area. Intereach is delivering Local Area Coordination (LAC) services in the Murrumbidgee/Far West area on behalf of NDIS Partner, Social Futures.

National Disability Insurance Scheme
1800 800 110

The NDIS supports choice for eligible people with disability, their families and carers. People who start the NDIS before age 65 may choose to keep receiving services under the scheme as they age.

FINANCIAL AND LEGAL

Older people with issues such as later life legal planning (wills, powers of attorney, guardianship appointments), granny flat issues, issues to do with family and financial arrangements, mortgage problems, debt, housing, consumer issues, social security and a range of other legal and financial issues affecting older people, can access a number of organisations that can provide financial information and advice.

Most are free.

FINANCIAL SERVICES

Anglicare Financial Services

Visiting service @ Intereach

(02) 6075 9300

Financial counselling, assistance and advice including help with loans and debts.

Rural Financial Counselling Service

1800 900 090

For primary producers and small rural business to help deal with financial hardship.

Uniting Care – St Davids

Visiting service @ Intereach

(02) 6021 7099

Financial counselling and assistance with debt negotiation.

St Vincent De Paul Society

Albury Care & Support Centre

(02) 6021 2992

Assistance, advice and financial support. Food vouchers, utilities assistance, accommodation assistance. Appointment needed.





LEGAL SERVICES

Organisations that can provide you with legal information and advice. Most are free.

DAIS INC - Disability Advocacy and Information Service INC – Wangaratta **(02) 6056 2420**

The services of DAIS are free, providing advocacy support and information to anyone with a disability, to ensure equality of rights and increased integration into the community.

Hume Riverina Community Legal Service

Visiting service @ Intereach

1800 918 377

Free legal advice by appointment at the Intereach every second Thursday.

Seniors Rights Service

1800 424 079

A community legal service for older people.

GOVERNMENT AGENCIES

Organisations that can provide you with legal information and advice. Most are free.

Centrelink (Older Australians)

132 300

Centrelink Access Points

Corowa Agency @ Intereach, Shop 18-20, Corowa Arcade. 109-111 Sanger Street, Corowa

Urana Rural Transaction Centre @ Federation Council, Urana Office. 30-32 William St, Urana

Department of Veterans Affairs

1800 555 254

Fair Trading NSW

13 32 20

HOUSING AND ACCOMMODATION

Some people prefer to stay at home as they get older, where they're surrounded by their personal belongings, know their neighbours and feel safe, independent and comfortable.

Others may find living in a residential care facility is beneficial to their social, emotional and physical wellbeing.

Opportunities for affordable housing exist in Federation Council with a number of high quality residential developments available. Supported living facility options are also readily available for people who require additional assistance.

RETIREMENT VILLAGES

Retirement villages are not nursing homes. They are clusters of villas, units or apartments, and you will need a reasonable level of independence to move into a retirement setting. Generally, the land is owned by the operator and residents enter into a lease type arrangement so that they can live there for as long as they choose to do so. Some villages offer units to be purchased on a freehold basis.

Billabidgee Place

1-8 Princess Street, Urana

(02) 6930 9100

8 x one bedroom units with combined laundry/ bathroom. Rented to people on the aged pension.

Ingenia Lifestyle Sun Country Retirement Village

18 Tocumwal Road, Mulwala

(03) 5743 1074

Lake Mulwala Lifestyle Village

50-62 Erne St, Mulwala

(03) 5743 3990

A lifestyle village for over 55's offering 2 or 3 bedroom villas, community centre, exercise facilities and interest groups.

Howlong Units

21 Hawkins Street, Howlong.

(02) 6930 9100

3 x one bedroom units with combined bathroom/laundry and a separate kitchen.

Oaklands Aged Units

46 Milthorpe Street, Oaklands.

(02) 6035 4133

3 x one-bedroom units with combined bathroom/laundry and separate kitchen. Managed by Oaklands & District Lions Club.

Southern Cross Care - Karinya Retirement Village

125 Guy St, Corowa

(02) 6033 1751

Self-contained apartments available through to fully supported accommodation.

St Andrews Court Retirement Village

27 Queen Street, Corowa

(02) 6033 3644**St Mary's Retirement Court**

11 Lindsay Street, Corowa

(03) 6033 1927

RESIDENTIAL AGED CARE

If you can no longer live at home and need ongoing support with everyday tasks or health care, you may choose to move to an aged care home (or a nursing home). This type of care can be permanent or short-term, and help is available 24 hours a day.

Columbo Lodge

Urana Health Services, Princes Street, Urana

(02) 6920 8106

Nursing home accommodation. Respite care. Cater for couples. Secure garden area.

Corowa Hospital Nursing Home

Guy St, Corowa

(02) 6033 7555

Located within Corowa Hospital, in a friendly, caring environment. High care nursing home beds and respite.

Oolong Aged Care

91 Sturt St, Howlong

(02) 6026 6800

Oolong hostel has twenty low/high care rooms and one respite room, housed in three separate single story brick buildings. Facilities include dining room and organised activities.

Southern Cross Care - Karinya Residential Aged Care

125 Guy St, Corowa

(02) 6033 1751

Offers high and low care nursing home accommodation for older persons in a relaxed community environment. Facilities include large dining/living room and garden area.

HOUSING SUPPORT SERVICES

If you can no longer live at home and need ongoing support with everyday tasks or health care, you may choose to move to an aged care home (or a nursing home). This type of care can be permanent or short-term, and help is available 24 hours a day.

Seniors Rights Service

1800 424 079

Legal advice and advocacy for the residents of Commonwealth funded hostels and nursing homes and recipients of in home aged care in NSW. Legal advice and advocacy for residents of self-care retirement village and legal advice and information to older people of NSW.

Department of Family and Community Services / Housing NSW

1800 422 322

Fortnightly on Thursdays @ Intereach Corowa office from 10:00 am to 11:30 am

housing NSW provides a range of housing solutions that include public housing, community housing and Aboriginal housing. Available to discuss housing issues such as how to apply for private rental assistance or social housing, understand your rights and responsibilities as a tenant or request help with a property and find out more about management transfers.

Verto Tenant Advice

1800 642 609

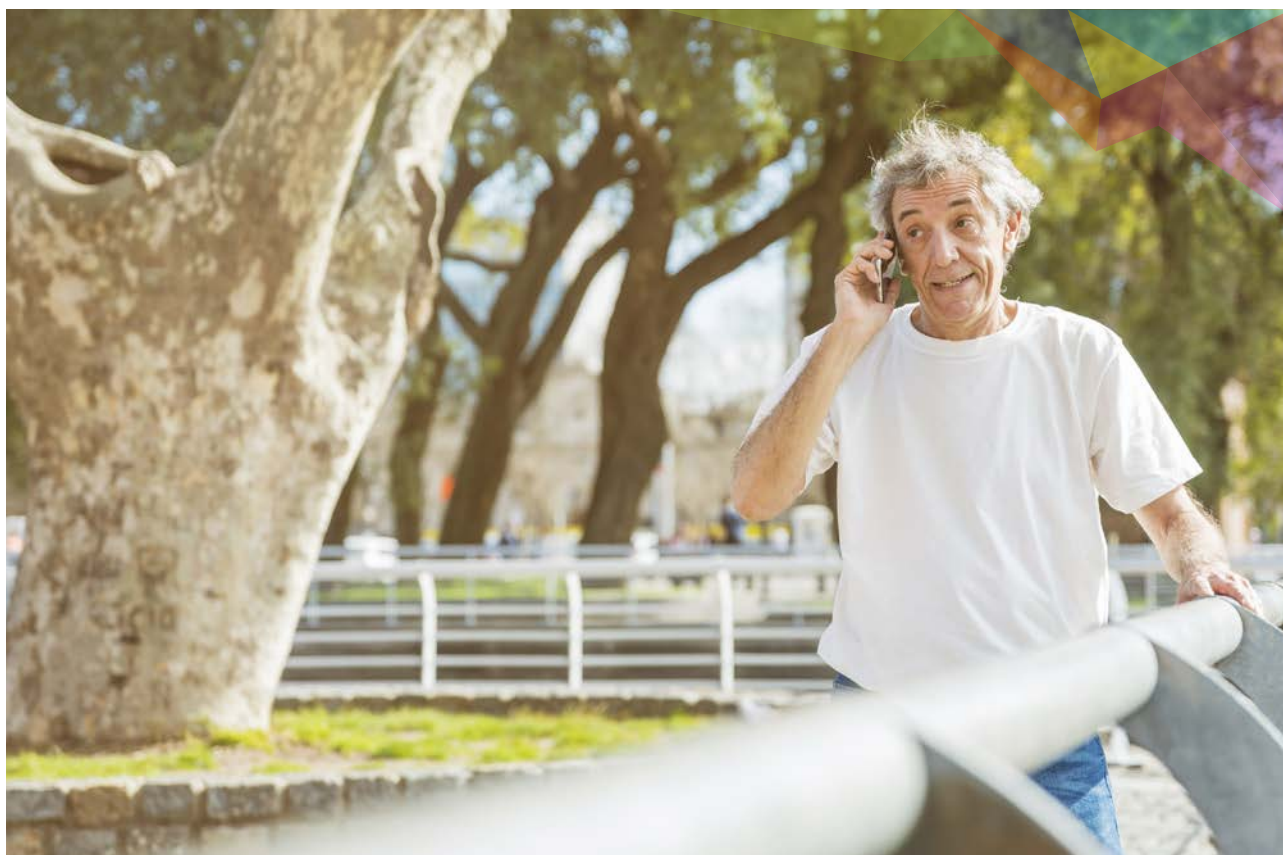
Outreach Service.

Free and confidential advice and assistance to tenants in private rental and public housing, residents of caravans and mobile homes on permanent sites. Includes people with disabilities, Aboriginal and Torres Strait Islanders and others.



SUPPORT GROUPS, NATIONAL HELPLINES AND WEB

There are many support services, helplines and websites for older people who feel they need to connect with someone to help them feel safe, accepted and heard.



SUPPORT GROUPS

AA Support Group

Meets @ Challenge Foundation, Cnr Redlands Road and Guy Streets Corowa
0478 660 768

Arthritis Support Group

Meets @ Intereach, Shop 18-20, Corowa Arcade, 109-111 Sanger Street, Corowa
(02) 6033 4393

Carers Support Group

Meets @ Intereach, Shop 18-20, Corowa Arcade, 109-111 Sanger Street, Corowa
1300 488 266

Corowa Cancer Support Group

Meets @ CWA Building, River Street Corowa
(02) 6033 3350

Open Carer Support Group

Meets @ Karinya Southern Cross Apartments, Guy Street, Corowa
(02) 6044 2800

Yarrowonga / Mulwala Friends in Common

(03) 5744 2087
Cancer support group.

YarraMul Carer Support Group

Meets @ Yarrowonga Mulwala Golf Club Resort, Golf Club Road, Mulwala
(03) 5744 3911

NATIONAL HELPLINES AND WEBSITES

In an emergency, please call **000** or go to a hospital emergency department.

Access Line (24 hours)
1800 800 944

Carers Helpline
1800 242 636

After Hours GP Hotline
www.healthdirect.org.au
1300 022 222

Beyond Blue
www.beyondblue.org.au
1300 224 636

Centrelink - Older Australians
13 23 00

Grey Path
www.greypath.com.au

Gambling Help
www.gamblinghelp.nsw.gov.au
1800 628 221

Chemist Emergency Prescription Referral Service
1300 882 294

Council on the Ageing (COTA) - NSW
1800 449 102

Health Direct - Nurse on Call
1800 022 222

Drug & Alcohol Information Service
1800 422 599

Heart Foundation Helpline
13 11 12

Domestic Violence Helpline (24/7)
1800 656 463

Men's Help Line
1300 789 978

Elder Abuse Helpline and Resource Unit
1800 628 221

Lifeline
www.lifeline.org.au
13 11 14

Human Services Older Australians
13 23 00

Law Access - NSW (Legal Aid)
1300 888 529

My Aged Care
www.myagedcare.gov.au
1800 200 422

Human Services Medicare Services
13 20 11

Medicines Line
1300 633 424

NSW Elder Abuse Helpline
1800 628 221

NSW Mental Health Line
1800 011 511

National Aged Care Advocacy
1800 700 600

National Dementia Helpline
1800 100 500

NSW Rape Crisis Line
1800 424 017

National Seniors Australia
www.nationalseniors.com.au
1300 765 050

National Stroke Line
www.strokefoundation.org.au
1800 787 653

Open Arms - Veterans and Families Counselling
1800 011 046

Poisons Information Centre
www.poisonsinfo.nsw.gov.au
13 11 26

QLife
1800 184 527

RSPCA Animal Hotline Centre NSW
(02) 9770 7555

Rural Financial Services - NSW
0429 484 489

Seniors Information Service
1800 636 368

SES State Emergency Services
13 25 00

Sexual Assault Help Line
1800 424 017

Vision Information Line
1300 847 466

Seniors Card
www.seniorcard.nsw.gov.au
1300 364 758



RECREATION AND LEISURE

There are many community, sporting, fitness, education, arts and cultural groups and organisations throughout the Federation Council which encourage new members.

Joining a structured group is a great way to meet people, try something new, do more of what you love and can help you to feel valued and a part of your local community.



Hints for joining a new group

Most groups are delighted to have new members and will welcome you. However, many of us can feel nervous about going along to a group for the first time.

If you are feeling nervous or a bit unsure these ideas may help you feel more confident about joining a new group.

1. Find a group that suits you or supports something that you love.
2. Join a group that a friend already belongs to or ask a friend to join a new group with you.
3. Give the contact person a call prior to ask about the group and ask them to explain how the group works.
4. Ask the organiser to look out for you and then introduce you to others.
5. Make a list of conversation starters - ask them how long they have belonged to the group, and what they enjoy about the activities.
6. Try new things and join in any activities that are being offered. Who knows this may be your new favourite thing to do!
7. Getting to know people can take time and energy. Give yourself a pat on the back for having a go!

Business / Progression Association

Corowa Business Chamber / Corowa
Events
(02) 6033 1960

Mulwala Progress Association
0407 344 046

Urana Inc.
0477 045 462

Urana Progress Association
incorporating the Arts & Historical Commit-
tee 0400 208 162

Committees of Management

Boree Creek Community Facilities
Committee (02) 6930 9100 (via Council)

Colombo Creek Recreation Reserve
Management Committee
0429 673 309

Lonsdale Reserve Management Committee
0409 210 241

Lowe Square Management Committee
0439 033 085

Morundah Community Committee
(02) 6959 7617

Oaklands Memorial Hall Committee
0439 354 729

Oaklands Recreation
Ground Management Committee
0428 570 325

Oaklands
Town Improvement Committee
(02) 6035 4354

Oaklands War Memorial
Baths & Garden Committee
0448 354 434

Rand Recreation
Ground Management Committee
0429 207 268

Rand School of Arts Committee
0407 322 829

Rand Town Improvement Committee
0407 322 829

Savernake School of Arts Hall Committee
0408 054 506

Urana Ski & Aquatic Centre Committee
0428 234 076

Urana Soldiers Memorial Hall Committee
0429 208 267

Urana Victoria Park Recreation
Ground Management Committee
0428 234 076

Urana War Memorial Swimming Pool Committee
0429 133 552

Country Womens Association

Corowa Branch

(02) 6033 2638

Meets @ CWA Rooms, River St, Corowa (Opposite IGA Carpark)

Oaklands Branch

(02) 6033 1300

Meets @ CWA Rooms, Corner of Milthorpe & Coreen Street, Oaklands

Yarrawonga and Border Branch

(03) 5748 7152

Meets @ CWA Hall, 21 Hovell Street, Yarrawonga

Friends of the Library

Corowa

(02) 6033 8941

Meets @ Corowa Library, Civic Centre, 100 Edward Street, Corowa

Mulwala

(03) 5744 3439

Meets @ Mulwala Library, 71 Melbourne Street, Mulwala

Inner Wheel

Inner Wheel Club Corowa District

0411 952 633

Yarrawonga/Mulwala Inner Wheel Club Inc.

0478 058 737

Meets @ the Yarrawonga Mulwala Golf Club Resort.



Health / Ladies Auxiliary

Friends of Oolong
(02) 6026 6800

RSL Women's Auxiliary
(02) 6033 3268

Urana Health Service Ladies Auxiliary
(02) 6920 8123

Urana Local Health Advisory Committee
0477 359 764

Corowa Hospital Auxiliary
0428 602 833 or 0497 388 505

Lions Club

Corowa
(02) 6033 1692
Meets @ Corowa Lion's Den, Federation Ave & Edward St, Corowa

Howlong
0414 386 320
Meets @ Mechanics Institute Supper-Room, 43 Hawkins Street, Howlong

Oaklands and District
0427 354 134
Meets @ Oaklands Hotel, Milthorpe Street, Oaklands

Yarrawonga / Mulwala
0409 945 587
Meets @ Lions Clubrooms Showgrounds, Dunlop Street, Yarrawonga

Mens Shed / She Shed

Corowa Community Men's Shed
0417 287 897
Located @ 44A Queen St, Corowa

Howlong Men's Shed
0476 124 141
Located @ Gibson Place, Howlong

Oaklands & District Men's Shed
0428 603 542
Located @ Milthorpe Street, Oaklands

Yarrawonga / Mulwala Men's Shed
0405 923 782
Located @ Dunlop Street, Yarrawonga

She Shed Corowa and District
0484 261 840
Meets @ various locations

Wahgunyah & District Mens Shed
0409 252 595
Meets @ Recreation Reserve, Wahgunyah

Probus

Corowa Ladies Probus Inc.

0429 982 366

Meets @ Corowa RSL or Golf Club

Corowa Probus Inc.

(02) 6033 0996

Meets @ Karinya Community Centre

Corowa Wahgunyah Probus Inc

0428 992 321

Meets @ Village Hall, Southern Cross Village

Howlong Probus Inc.

0488 265 349

Meets @ Howlong Golf Resort

Lake Mulwala Combined Probus Inc.

(03) 5743 3293

Meets @ ClubMulwala

Yarrawonga Mulwala Mixed Probus Inc.

0412 363 979 / 03 5744 2087

Meets @ ClubMulwala

Yarrawonga Mens Probus Inc

0414 935 010

Meets @ Yarrawonga Mulwala Golf Club
Resort

Yarrawonga Mulwala Ladies Probus Inc

0407 500 904

Meets @ Yarrawonga Mulwala Golf Club
Resort

Red Cross

Yarrawonga / Mulwala

(03) 5744 5900

Howlong (Bungowannah Branch)

(02) 6026 5874

Corowa

(02) 6033 1991

Meets @ CWA Hall, River Street, Corowa

Rotary

Rotary Club of Corowa

0499 878 529

Meets @ Corowa RSL Club

Yarrawonga / Mulwala

0474 645 005

Meets @ ClubMulwala

RSL Sub Branch

Corowa
0419 236 390

Howlong and Brocklesby Chapter
0428 768 199

Yarrawonga Mulwala
0418 293 120

Senior Citizens

Corowa
(02) 6033 4460
Meets @ Intereach

Howlong Senior Citizens Group
(02) 6026 5681
Meets @ the Howlong Community
Centre



SOCIAL GROUPS AND CLUBS

Bingo

ClubMulwala
(03) 5744 2331

Corowa RSL Club
(02) 6030 5000

Corowa Golf Club
(02) 6033 1466

Howlong Golf Resort
(02) 6026 5321

Howlong Senior Citizen Bingo
(02) 6026 5874

Mulwala Water Ski Club
(03) 5744 1888

Book Club

Corowa Book Club
(02) 6033 3560

Corowa Classic Book Club
(02) 6033 3725

Howlong Book Club
0428 265 068

Card Groups

Corowa Cards -500
(02) 6044 2800

Corowa Seniors Group -Euchre
(02) 6033 4460

Mulwala Hospital Auxilliary Card Group
(03) 5744 2168

Yarrawonga Mulwala Bridge Club
(03) 5744 1017

Cars and Machinery Clubs

Corowa and District Car Club
0437 995 579

Corowa Historic Vehicle and Machinery
Club 0427 856 529

Sun Country Historic Vehicle & Machinery
Club 0409 233 360

Urana Vintage Machinery Club Inc.
0427 253 144

Garden

Corowa Tree of Life Community Garden
0478 633 791

Rutherglen & District Garden Club
0429 157 084

Howlong Garden Club
0404 069 726

Yarrawonga & District Garden Club
(03) 5743 2647

Special Interest / Social

Corowa and District Landcare
(02) 6033 1137

Corowa Golden Oldies Social Group
1300 488 226

Corowa Common Trust
(02) 6033 2977

Howlong Town Common
0409 838 426

Howlong Tuesday Ladies
0417 596 163



SPORTING GROUPS

Aerobics

Corowa RSL Club
(02) 6030 5000 or (02) 6033 3571

Angling

Corowa Angling Club
corowaanglersclub@gmail.com

Lake Mulwala Angling Club
0417 399 130

Clay Target & Pistol

Corowa Clay Target Club
0429 120 668 / 0428 641 011

Yarrawonga Gun Club
0428 627 408

Croquet

Corowa Civic Croquet Club Inc.
0418 415 368

Howlong Golf Resort Croquet Club
0417 596 163

Yarrawonga Mulwala Croquet
0427 678 002

Dancing

Corowa Social Dancing @ Corowa RSL
(02) 6030 5000

Corowa Festival of Dance
0412 785 357

Corowa Line Dancing @ Corowa RSL
(02) 6030 5000

Corowa Old Time and Vogue Dance
(02) 6033 2589

Mulwala Buckle n' Lace Bootscooters
0437 329 698

Mulwala Old Time Dance Group
(03) 5744 2237 or (03) 5744 2665

Gentle Exercise

Corowa Gentle Exercise @ Corowa RSL
(02) 6033 3796

Mulwala Gentle Exercise
0425 848 618 (Liz) / 0434 039 247 (Astrida)

Savernake Gentle Exercise
0425 848 618

Stepping on Urana
(02) 6920 8112 or (02) 6920 8374

Golf

Corowa Golf Club
(02) 6033 1466

Howlong Golf Resort
(02) 6026 5321

Oaklands Golf Course
0428 354 138

Yarrawonga & Mulwala Golf Club Resort
(03) 5744 1911

Urana Golf Course
(02) 6920 8192



Gyms

Corowa Health Culture
(02) 6033 1060

Epic Lifestyle - Corowa
0417 784 513

Mulwala Focus Well Being & Fitness
(03) 5743 2800

Oaklands Community Health & Fitness
Centre (02) 6035 4496

Indoor Bowls

ClubMulwala
(03) 5744 2331

Corowa RSL Club
(02) 6030 5000

Lawn Bowls

Corowa RSL Club
(02) 6030 5000

Corowa Civic Bowls
(02) 6033 1518

Howlong Golf Resort
(02) 6026 5321

ClubMulwala
(03) 5744 2331

Yarrawonga Mulwala Bowls Club
(03) 5744 1911

Urana Bowling Club
(02) 6920 8138 or 0409 746 993

Mahjong

Corowa Mahjong
(02) 6033 1869

Howlong Mahjong
(02) 6026 5321

Yarrawonga Neighbourhood House Mahjong Social Club
(03) 5744 3911

Music

Corowa Sing Australia
(02) 6033 1105

Corowa Sanger Street Band
0417 327 030

Pilates

Focus Well-Being & Fitness - Mulwala
(03) 5743 2800

Pilates with Karen - Corowa
0437 121 261

The Bridge of Health - Mulwala
(03) 5744 1149

Tennis

Corowa Tennis Club
0428 185 494

Corowa South Tennis Club
(02) 6033 2446

Coreen Tennis Club
0428 358 557

Howlong Tennis Club
0409 220 512

Daysdale Tennis Club

Oaklands Tennis Club

Mulwala Tennis Club
(03) 5744 1123

Urana Lawn Tennis Club
(02) 6920 8096

Urana Tennis Club
(02) 6920 8660

Tai Chi

Tai Chi Corowa
0419 108 012

Tai Chi Oaklands
0427 004 714

Tai Chi Urana
(02) 6920 8112 or (02) 6920 8374

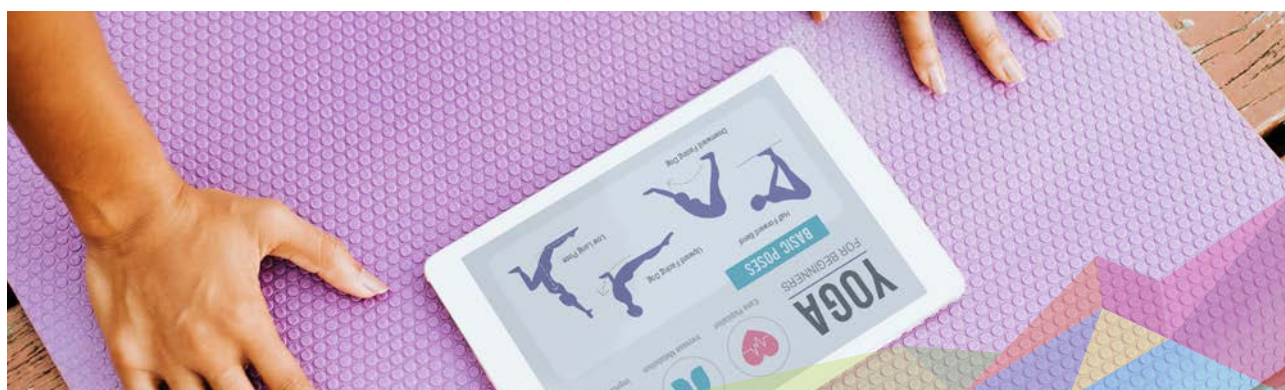
Yoga

Bliss Yoga –Yarrawonga and Corowa
0421 528 464

Health Culture – Corowa
(02) 6033 1060

Georgia Sprunt Yoga
0419 106 248

The Bridge of Health-Mulwala
(03) 5744 1149



ARTS AND CULTURE

Local art and culture is an important part of the Federation community including art galleries, museums, historical halls and theatres.

Galleries

Art Space

Federation Civic Centre, 100 Edward Street, Corowa

(02) 6033 8999

Gallery 294

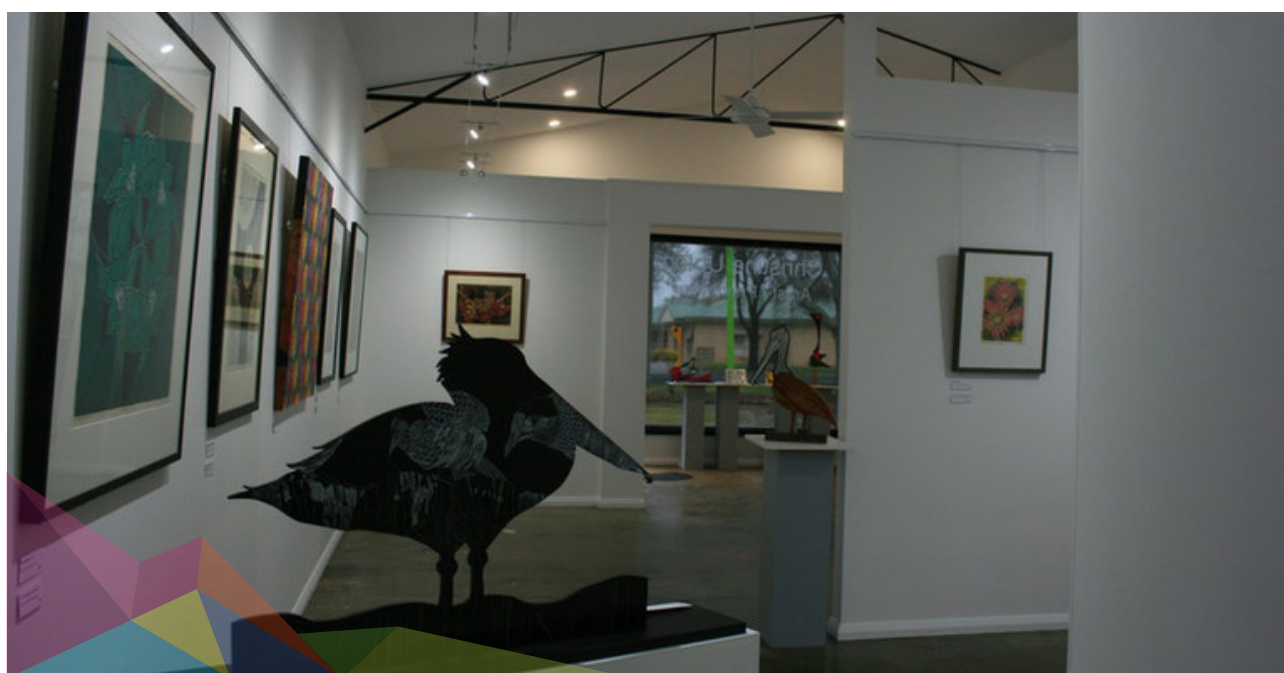
294 Honour Avenue, Corowa

(02) 6033 5086

Wacky Bird

37 Edward Street, Corowa

0427 332 790



Museums

Court House Museum

13 William Street, Urana

0400 208 162

Federation Museum

56 Queen Street, Corowa

(02) 6033 1164

Max's Motor Museum

Corner Hammersley & Norseman Road, Corowa

0419 977 205

Pioneer Museum

151 Melbourne Street, Mulwala

(03) 5744 1263 or (03) 5743 1091

Theatre

Morundah Paradise Palladium Theatre
Browley Street, Morundah
(02) 6959 7414 (Morundah Hotel)

Arts and Culture Groups

Federation Arts and Cultural Advisory Committee
02 6033 8999

Federation Arts and Cultural Advisory Committee is an advisory committee of Council that provides strategic advice and informed feedback about arts and cultural development in the Federation Council area. Members can also join as part of the Federation Arts and Cultural Working Group to assist on local events and projects.

Across The Arts (Yarrawonga Mulwala)
(03) 5744 2311

Corowa Theatre Company
0408 135 483

Morundah Bush Entertainment Committee
(02) 6959 7414

Yarrawonga Mulwala Artists' Association
(03) 5745 8243

Historical Groups

Corowa and District Historical Society Inc.
0407 332 310

Howlong History Group
(02) 6026 5055

Yarrawonga Mulwala Historical Society
(03) 5744 1402

Urana Court House and Historical Committee
0400 208 162

Quilting and Craft

Corowa Crochet Group
(02) 0413 198 624

Urana Craft and Cupper
(02) 6920 8188

Howlong Craft Group
(02) 6026 5254

Wednesday Quilters Corowa
(02) 6033 0092

Lake Mulwala Quilters
0429 443 356

Spinners and Weavers Guild- Corowa
(02) 6032 8948

Quilters Club Corowa
0419 491 661

Woodworkers

Woodcrafters Corowa
(02) 6033 1976

Woodworkers Group Yarrawonga Mulwala
0417 375 854

Events

Federation Council has a rich calendar of artistic and cultural events which connect local people and visitors from across the Council area.

A listing of local events and markets can be found by visiting Council's Tourism website at www.visitthemurray.com.au/places-to-go/east/corowaregion.

Alternatively, call the Corowa Visitor Information Centre on (02) 6033 3221.



LOCAL SERVICES AND FACILITIES

A wide range of services and facilities are available for residents and visitors to the region.

BANKS

Branches and ATMs

Commonwealth Bank

167 Sanger Street, Corowa

NAB

106 Sanger Street, Corowa

Bendigo Bank

Lockhart & District Community Bank
30-32 William Street, Urana (No ATM)

Hume Bank

79 Sanger Street, Corowa
1/45 Hawkins Street, Howlong

ATM Only

ANZ ATM

115 Sanger Street, Corowa

Redi ATM

106 Sanger Street, Corowa
107 Melbourne Street, Mulwala

Cashcard ATM

58/60 Hawkins Street, Howlong

Westpac ATM

63 Sanger Street, Corowa

ATMs are available at Club Mulwala, Corowa Golf Club, Corowa RSL Club, Howlong Golf Resort, Mulwala Ski Club & Yarrawonga Mulwala Golf Club.



CHURCHES

Anglican

St Johns
Federation Ave, Corowa
(02) 6033 1124 / (02) 6078 4435

St Andrews by the Lake
Melbourne St, Mulwala
(03) 5744 2211

St Thomas
Corner Hawkins & Sturt Street,
Howlong (02) 6033 1124

St Philip's
Princess St, Urana
0429 028 274

Services held @ Uniting Church
Rankin Street, Oaklands
(03) 5744 2211

St Oswald's
Boree Creek
0429 028 274

Assembly of God

Generation Life Riverina
Hawkins Road, Howlong
(02) 6029 2284

Baptist

Corowa Baptist Church
Tower St, Corowa
(02) 6033 2468

Catholic

St Mary's Star of the Sea
Parade Place, Corowa
(02) 6033 1927

St Brigid's
Havelock Street, Mulwala
(03) 5744 3563

St Brigid's
Pell Street, Howlong
(02) 6026 5334

St Fiacre's
End St, Urana
(02) 6920 8054

St Columba's
Buller Street, Oaklands
(02) 6920 5446

St Bernard's
Riverina Highway, Savernake
(03) 5885 2010

Lutheran

St Andrew's Lutheran Church
Albert St, Corowa
(02)6025 3570

Presbyterian

Corowa Presbyterian Church
Mary St, Corowa
0487 520 450

Riverlife

Riverlife Church
Services held @ Corowa Public School, Corowa
(02) 6929 3828

Uniting Church

Calvary Memorial Uniting Church
Corner Church and Queen Street, Corowa
(02) 6033 1472

St Andrews Uniting Church
Corner Hawkins & Hammer Street, Howlong
0419 582 563

Savernake Uniting Church
Riverina Highway, Savernake
(02) 6920 8047

Oaklands Uniting Church
Rankin Street, Oaklands
(02) 6920 8047

St Philip's Uniting Church
Osborne St, Urana
0427 692 055



DRY CLEANERS

Corowa Dry Cleaners
33 Sanger Street, Corowa
(02) 6033 1042

Free pick-up and delivery service for people who are unable to drive or due to frailty or illness.

FUNERAL DIRECTORS

Corowa Rutherglen & District Funeral Directors
8 Lindsay Street, Corowa
(02) 6033 4010

Howard Squires Funerals
11A Sanger Street, Corowa
(02) 6033 4255

FUNERAL DIRECTORS NEARBY

Lester & Sons Funeral Directors
(02) 6040 5066

John Hossack Funeral Services
(02) 6041 3855

Yarrawonga Mulwala Funerals
(03) 5743 2967

NEWSAGENCIES

Gyles Newsagency
65 Sanger Street, Corowa
(02) 6033 1106

Howlong Mail n Mart
55 Hawkins Street, Howlong
(02) 6026 5345

Oaklands General Store Newsagents
31 Millthorpe Street, Oaklands
(02) 6035 4264

Urana Newsagent and Takeaway
1-3 Anna Street, Urana
(02) 6920 8082

NEWSAGENCIES NEARBY

Yarrawonga Newsagency
81 Belmont Street, Yarrawonga
(03) 5744 3022 (Delivers to Mulwala)

OP SHOPS

Creations and Revelations
94 Sanger Street, Corowa

Challenge Op Shop
Corner Sanger & Isabel Street, Corowa

Eva May Opportunity Shop
96 Melbourne Street, Mulwala

Howlong Community Op Shop
43 Hawkins Street, Howlong

Revamp Op Shop
222-228 Sanger Street, Corowa

St Andrews Anglican Op Shop
33 Melbourne Street, Mulwala

St Vincent De Paul Society
143 Sanger Street, Corowa
47 Melbourne Street, Mulwala



PHARMACIES

Howlong Community Pharmacy
45 Hawkins St, Howlong
(02) 6026 8717

Meigel's Pharmacy Corowa
54 Sanger St, Corowa
(02) 6033 1011

Mulwala Pharmacy
Shop 2/47 Melbourne St, Mulwala
(03) 5743 1777

Pharmasave Corowa
140 Sanger St, Corowa
(02) 6033 1006

Urana Chemmart Pharmacy
6-8 Osborne Street, Urana
(02) 6920 8822

Meigel's Pharmacy Rutherglen
134 Main Street, Rutherglen
(02) 6032 8613

Pharmasave Yarrawonga
77 Belmore St, Yarrawonga
(03) 5744 3089

TerryWhite Pharmacy
54 Belmore St, Yarrawonga
(03) 5744 3035

POST OFFICES

Corowa Post Office

117-123 Sanger St, Corowa
13 13 18

Howlong Mail n Mart

55 Hawkins St, Howlong
(02) 6026 5208

Oaklands Post Office

31 – 33 Milthorpe Street, Oaklands
(02) 6035 4264

Mulwala Post Office

69 Melbourne St, Mulwala
(03) 5744 3118

Urana Post Office

21 Anna Street, Urana
(02) 6920 8227

SUPERMARKETS

Foodworks Mulwala

51- 53 Melbourne St, Mulwala
(03) 5743 3048

Waldron's Fresh on River

Crn of Riesling & River St, Corowa
(02) 6033 2265

Howlong IGA Plus Liquor

49 - 51 Hawkins St, Howlong
(02) 6026 5322

Oaklands General Store

18 Milthorpe St, Oaklands
(02) 6035 4264

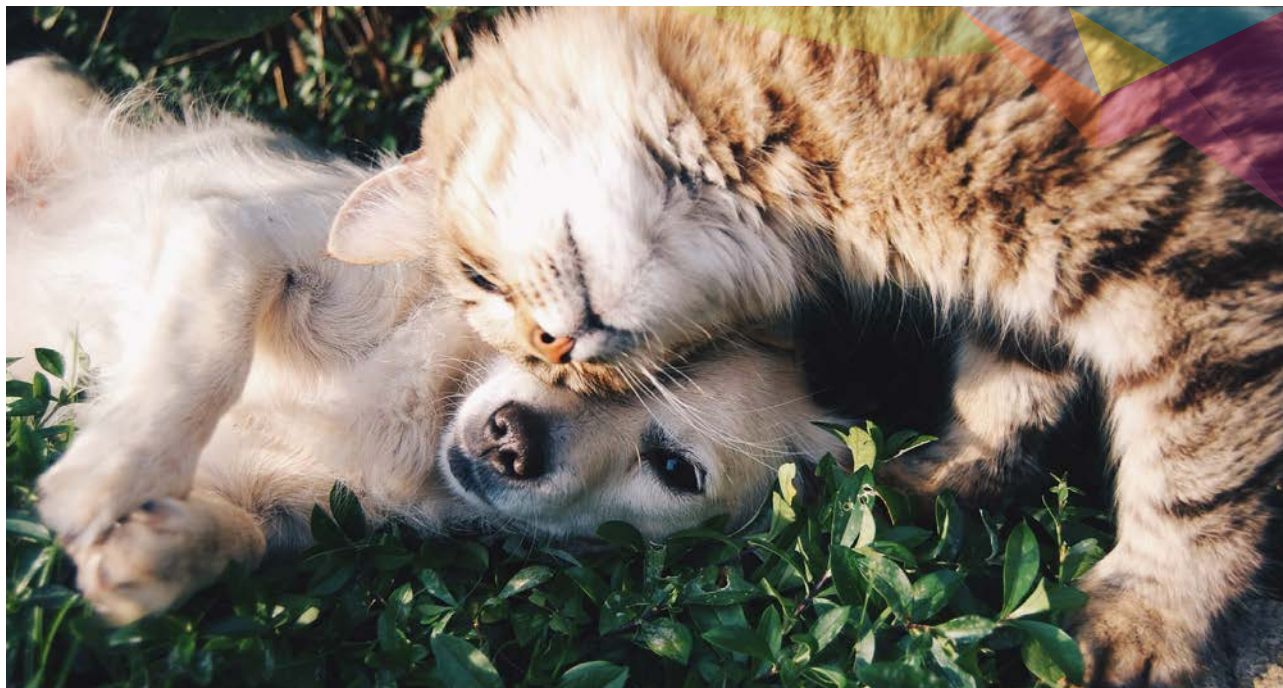
Urana R & K Ciccias Supermarket

12-14 Anna St, Urana
(02) 6920 8217

Woolworths Corowa

68 Sanger St, Corowa
(02) 6044 2900





VETERINARY CLINICS

Corowa Veterinary Clinic

41 Edward Street, Corowa
(02) 6033 1803

Howlong Veterinary Clinic

45 Read Street, Howlong
(02) 6026 5632 (Friday only)

Federation Veterinary Clinic

15 Header World Avenue, Corowa
(02) 6033 3777

NEARBY VETS

Berrigan Veterinary Clinic

7 Chanter Street, Berrigan
(03) 5885 2021

Jerilderie Veterinary Clinic

73 Jerilderie Street, Jerilderie
(03) 58861436

Jindera Veterinary Clinic

89 Urana Road, Jindera
(02) 6026 3277

Yarrawonga Veterinary Clinic

65/67 Telford St, Yarrawonga
(03) 5744 1048

ENTERTAINMENT

A wide range of clubs, hotels and entertainments are available for residents and visitors to the region.

CLUBS

Club Mulwala

271 Melbourne Street, Mulwala
(03) 5744 2331

Corowa Golf Club

1 Hume Street, Corowa
(02) 6033 1466

Corowa RSL Club

33 Betterment Parade, Corowa
(02) 6030 5000

Howlong Golf Resort

186 Golf Club Drive, Howlong
(02) 6026 5321

Mulwala WaTer Ski Club

156 Melbourne Street, Mulwala
(03) 5744 1888

Oaklands RSL Bowling Club

57 Buller Street, Oaklands
(02) 6035 4314

Urana Bowling Club

18-20 William Street, Urana
(02) 6920 8138

Yarrawonga Mulwala Golf Club Resort

Golf Club Road, Mulwala
(03) 5744 1911

CINEMAS / THEATRES

Federation Cinema

Corowa Golf Club, 1 Hume Street, Corowa
(02) 6033 1466

Yarrawonga Mulwala Golf Club Resort Cinema

Golf Club Road, Mulwala (03) 5744 1911

Morundah Paradise Palladium Theatre

Browley Street, Morundah
(02) 6959 7414 (Morundah Hotel)



HOTELS

Australia Hotel

163 Sanger Street, Corowa
(02) 6033 1052

Mulwala Hotel Motel

88 Melbourne Street, Mulwala
(03) 5744 3204

Blacksmith Providedore

84 Melbourne Street, Mulwala
(03) 5743 2901

Morundah Hotel

Browley Street, Morundah
(02) 6959 7414

Boree Creek Hotel

12 Drummond Street, Boree Creek
(02) 6927 1407

Newmarket Hotel

249 Honour Avenue, Corowa
(02) 6033 1087

Balldale Hotel

1 Railway Parade, Balldale
(02) 6082 9613

Oaklands Hotel

37 Milthorpe Street, Oaklands
(02) 6035 4128

Corowa Hotel

53 Sanger Street, Corowa
(02) 6033 1965

Rand Hotel

20 Railway Street, Rand
(02) 6029 5229

Courthouse Hotel

47 Hawkins Street, Howlong
(02) 6026 5324

Royal Mail Hotel

123 Melbourne Street, Mulwala
(03) 5744 3121

Exchange Hotel

Lot1 Urana Road, Daysdale
(02) 6035 0205

Royal Hotel

95 Sanger Street, Corowa
(02) 6033 0301

Howlong Hotel

58-60 Hawkins Street, Howlong
(02) 6026 5255

Urana Hotel

11 Anna Street, Urana
(02) 6920 8048



ESSENTIAL SERVICES

WATER

Federation Council
(02) 6033 8999

Riverina Water
(02) 6922 0608

SEWER

Federation Council
(02) 6033 8999

ELECTRICITY

Essential Energy (Emergency or Supply Interruptions)
13 20 80

GAS

Gas Leaks and Emergency Services
1800 427 5325



ANIMAL WELFARE

Emergency Animal Disease Hotline
1800 675 888

Federation Council Ranger
1800 110 088

Snake Catcher
0447 848 768

Aquatic Pest Reporting Hotline
(02) 4916 3877

Wildlife Information and Rescue (WIRES) -
NSW 1300 094 737

RSPCA
(02) 9770 7555

Emergency Plant Pest Hotline
1800 084 881



EMERGENCY

Fire, Police, and Ambulance 24hrs in an emergency Dial 000

If you are deaf or have a speech or hearing impairment Dial 000 or 106

For emergency from mobile phones Dial 000 or 122

POLICE

Non-Urgent Crime Reporting and General Enquiries 131 444

Crime Stoppers
1800 333 000

Corowa Police Station,
15 Queen Street Corowa

Howlong Police Station,
33 Hawkins Street Howlong

Mulwala Police Station,
81 Melbourne St, Mulwala

Oaklands Police Station
Corner Young & Coreen Street, Oaklands

Rand Police Station
Kooyong and Belah Streets, Rand

Urana Police Station
9/11 William Street, Urana

FEDERATION COUNCIL EMERGENCY NUMBER

1800 11 00 88



Website: www.federationcouncil.nsw.gov.au
Phone: (02) 6033 8999
After Hours Telephone : 1800 110 088
Email : council@federationcouncil.nsw.gov.au



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