



Exmouth Directory for Families

Growing healthy, happy and resilient
children in our community

Proudly supported by



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Contact Numbers

Exmouth Hospital	(08) 9949 3666
Exmouth Police	(08) 9949 8700
Exmouth SES	(08) 9949 1488
Poisons Information	13 11 26

Ring 000 in the event of an emergency only
FIRE - POLICE - AMBULANCE

Importance of Early Years

Children are our most precious resource. What we invest in our children today will shape our world tomorrow. Members of the Early Years Network hope this directory will be a useful resource for families with young children in Exmouth.

It has ideas of fun things to do with children in Exmouth, together with information about community organisations that offer parenting, health and crisis support.

The early childhood years are considered to be the most important development phase, categorised in different areas – Physical health and wellbeing, Social competence, Emotional maturity, Language and cognitive skills and Communication skills. For further information ask your Child Health Nurse.

“How our children grow up is not just about how they are cared for at home. It is also about how we in our communities help each other to raise our children.”

Being - Becoming - Belonging



Health and Paediatric Services

Exmouth Health Service and Hospital

Audiologist Dietitian
Midwifery Paediatric Specialists
Physiotherapist Occupational Therapist
Social Worker Speech Therapist

*GP referral required for visiting services

Exmouth Health Service

Lyon Street, Exmouth

(08) 9949 3666

facebook.com/wacountryhealthservice

Child Health Clinic

The Exmouth Child Health Clinic Nurse offers children's health and development assessments as well as providing information about many aspects of parenting, maternal and family health.

Exmouth Hospital

Lyon Street, Exmouth

(08) 9949 1354

Chiropractor

Exmouth Chiropractic

12 Maidstone Crescent, Exmouth

(08) 9949 4444

facebook.com/exmouthchiropractor

Dental Health

Exmouth Government Dental Clinic

Exmouth Health Service

Lyon Street, Exmouth

(08) 9949 3690

(Health Care Card or Pension Card required)

Health and Paediatric Services

Exmouth Dental Excellence

13 Maidstone Crescent,

Exmouth

(08) 9949 2569

facebook.com/exmouthdentalexcellence

Exmouth Pharmacy

Mon to Fri 9:00am to 5:30pm, Sat 9:00am to 1:00pm

Ross Street Mall, Exmouth

(08) 9949 1140

www.exmouthpharmacy.com.au

Exmouth Wellness Centre

3A Kennedy Street, Exmouth

(08) 9949 4118

admin@exmouthwellnesscentre.com.au

facebook.com/exmouthwellnesscentre

Podiatrist

Exmouth Podiatry

12 Maidstone Crescent, Exmouth

0475 333 463

facebook.com/exmouthpodiatry

After Hours Health Advice – Health Direct

24 hours / 7 days

1800 022 222

Health Services

Centacare Family Services offers confidential counselling to individuals, couples and families seeking help with a wide range of issues or concerns including: Marital and family relationship problems, stress and anxiety, depression, unresolved grief, problems with their own or others use of alcohol/drugs, personal growth and making a good relationship better. Counselling services are available for children, young people and adults.

Financial Counselling

A confidential service offering free, independent information, option and advocacy to help people develop their skills, knowledge and confidence to take control of their own financial situation.

Mon to Thur 9am to 5pm
12 Learmonth Street, Exmouth
(08) 9949 2225
facebook.com/centacarefamilyservicesexmouth



West Australian Immunisation Schedule

23 January 2018

AGE	ANTIGEN	VACCINE BRAND	COMMENT
CHILDHOOD AND ADOLESCENT			
Birth to <7 days	Hepatitis B	H-B-Vax II Paed or Engerix-B Paed	
6 to 8 weeks	DTPa-hepB-IPV-Hib 13vPCV Rotavirus	Infanrix hexa Prevenar 13 Rotarix	Oral Dose 1: 6 - 14 weeks of age
4 months	DTPa-hepB-IPV-Hib 13vPCV Rotavirus	Infanrix hexa Prevenar 13 Rotarix	Oral Dose 2: 10 - 24 weeks of age
6 months	DTPa-hepB-IPV-Hib 13vPCV	Infanrix hexa Prevenar 13	
12 months	MMR Hib-MenCCV	MMR II or Priorix Menitorix	
Aboriginal only Pre-term or low birth weight Aboriginal and/or medically at risk	Hepatitis A Hepatitis B 13vPCV	Vaqla H-B-Vax II Paed or Engerix-B Paed Prevenar 13	<32 weeks gestation or <2000g birth weight
18 months	MMRV DTPa	Priorix Tetra or ProQuad Infanrix or Tripacel	
Aboriginal only	Hepatitis A	Vaqla	
3½ to 4 years	DTPa-IPV	Quadracel or Infanrix IPV	
All medically at risk children	23vPPV	Pneumovax 23	
Year 8	HPV dTpa	Gardasil® g** or Gardasil Boostrix or Adacel	**Two doses: 6 - 12 months apart

All persons aged <20 years years of age are eligible to catch up vaccines above, as well as IPV and MenC.

MENINGOCOCCAL ACWY			
12 months to <2 years	4vMenCV (A,C,W,Y)	Nimenrix	Refer MenACWY Vaccination Advice #
2 to <5 years	4vMenCV (A,C,W,Y)	Menveo	
Year 10 and ages 15 to <20 years	4vMenCV (A,C,W,Y)	Menveo	

<http://ww2.health.wa.gov.au/Articles/F/Immisation-schedule-and-catch-up-immunisations>

ADULT			
≥ 15 years Aboriginal and medically at risk	23vPPV	Pneumovax 23	
≥ 50 years Aboriginal only	23vPPV	Pneumovax 23	
≥ 65 years	23vPPV	Pneumovax 23	
70 to 79 years	Herpes-zoster	Zostavax	
Pregnant Women	dTpa	Boostrix or Adacel	Third trimester: 28 - 32 weeks preferred

Adult refugees and humanitarian entrants are eligible to catch up dTpa, Hepatitis B, IPV, MMR and VZV vaccines

INFLUENZA			
6 months to <3 years	Influenza	FluQuadri Junior	
3 years to <5 years	Influenza	Fluarix Tetra or FluQuadri	
≥ 5 years Aboriginal and/or medically at risk	Influenza	Fluarix Tetra or FluQuadri	
≥ 65 years	Influenza	Fluarix Tetra, FluQuadri, Afluria Quad*	
Pregnant Women	Influenza	Fluarix Tetra, FluQuadri, Afluria Quad*	During each pregnancy: any trimester
WA Health Staff	Influenza	Fluarix Tetra, FluQuadri, Afluria Quad*	

*Afluria Quad is only registered for use in persons aged 18 years and above

For seasonal influenza vaccine information, refer to the ATAGI advice, link below:

<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/immunisation-advisory-bodies>

The term Aboriginal is inclusive of Aboriginal and Torres Strait Islander people

For further information, refer to the Australian Immunisation Handbook link below

<http://www.immunise.health.gov.au/internet/immunise/publishing.nsf/Content/health-professionals>

Helplines and Online Parenting Information

Help Lines 24 hours – 7 days a week

Helplines and Online Parenting Information

Exmouth Health Service and Hospital	(08) 9949 3666
Crisis Care	1800 199 008
Men's Domestic Violence Help Line	1800 000 599
Women's Domestic Violence Help Line	1800 007 339
Parenting Line	1800 654 432
Kids Helpline	1800 551 800
Life Line	13 11 14
Rural Link	1800 552 002

Online Parenting Information

Ngala

Support around sleep, breastfeeding and nutrition, play and development.
www.ngala.com.au

Fathering Project

Great Ideas for inspiring fathers and father figures to engage positively with kids.
www.thefatherproject.org

Australian Breastfeeding Association

Breastfeeding information and support.
www.breastfeeding.asn.au

Natureplay

Ideas and resources to encourage kids to play outdoors.
www.natureplaywa.org.au

Children Services

Bernice McLeod Childcare Centre

1027 Payne St, Exmouth
(08) 9949 1582
bernicemcleod@onetree.org.au

Exmouth District High School (K-12)

2 Carpenter Street, Exmouth
(08) 9947 8888
www.exmouthdhs.wa.edu.au

Hayley's Holiday Fun Care

2 Christie Street, Exmouth
0427 239 883
facebook.com/hayleystholidaysuncare

Useful Facebook pages and group

facebook.com/exmouthWAmotherscollective
facebook.com/exmouthbabykidsbuysellswap



Index of Town Map

Parks and Playgrounds

- Falls Street Park I3
- Krait Street Park E5
- Madaffari Drive N10
- Snapper Loop B3
- Exmouth Skate Park G7
- Federation Park & Water Spray Ground F5
- Patridge Memorial Swimming Pool G5

Health Services

- Child Health E3
- Dental E3
- Exmouth Pharmacy E3
- Ross St Mall E3
- Hospital E3

Schools

- Bernice McLeod Childcare G5
- Exmouth District High School G5
- Exmouth Playgroup E5
- Exmouth Town Library I7
- Exmouth Toy Library F5
- Hayley's Holiday Fun Care I5



A B C D E F G H I J K L M N O P Q R S T U V W X Y Z

1 2 3 4 5 6 7 8 9 10 11 12 13

1 2 3 4 5 6 7 8 9 10 11 12 13

Play & Development

SNUGGLES

Exmouth Mothers Group

SNUGGLES is a friendly mums and bubs group, with specialist guest speakers.

Thursdays 9:00am to 11:30am (during school term)

26 Maidstone Crescent, Exmouth

(08) 9949 2225 (Centacare)

admin@centacareexmouth.org.au

facebook.com/snugglesexmouth

This is a Centacare Family Service program supported by Parenting Connections W.A and Ngala Midwest & Gascoyne.

Exmouth Playgroup

Providing a safe facility for families of children 0 to 5 years to meet for interaction and play. Children are given the opportunity to enhance early brain development and families benefit from the opportunity to create locally based friends and social networks. It's a place where parents can support each other and it's an affordable opportunity for families to enjoy a shared outing.

explaygroup@yahoo.com.au

facebook.com/exmouthplaygroup

Exmouth Pre-Kindy

Dedicated sessions for our children who will enter Kindy next year. Introducing concepts of regular, structured sessions and to form bonds with future classmates. Run by parents, session schedules are dependent on numbers and volunteer availability.

explaygroup@yahoo.com.au

facebook.com/exmouthplaygroup

Play & Development

Toy Library

Members can borrow from a large variety of toys. Category selections range from birth through to 6 years old.

Senior Citizens Building

Maidstone Crescent, Exmouth

Tuesdays 3 - 4pm and Thursdays 10 - 11am

\$30/year borrowing fee

exmouthtoylibrary@yahoo.com

facebook.com/exmouthtoylibrary

Better Beginnings at the Exmouth Library

Join library staff for programs aimed at 0-5 years olds
School hours.

Ningaloo Centre

2 Truscott Street, Exmouth

(08) 9949 3056 for times and activities

facebook.com/shireofexmouth



Sport and Movement

Exmouth Gymnastics

Kindergym for under 5 years
exmouthgymnastics@gmail.com
facebook.com/exmouthgymnastics

Exmouth PCYC

Variety of sports offered for 2 to 5 year olds.
25 Payne Street, Exmouth
(08) 9949 2441
facebook.com/exmouthpcyc

Music, Art and Dance

Active Inspiration Exmouth Ballet and Jazz

Angela Dixon
activeinspirationexmouth@outlook.com
facebook.com/ActiveInspirationExmouthBallet&Jazz

Bangarang Dance

2 years to Adult lessons
Jessica – 0423 153 987
facebook.com/exmouthbangarangdancecommunity

Exmouth Cultural Arts Centre

Volunteer based arts organisation
0457 228 979
facebook.com/exmouthcac

Lil Squids Musical Playgroup

Catering for 0 to 5 year olds
facebook.com/lilsquidsningaloo

Parks & Playgrounds

Federation Park & Water Spray Ground

Located in the centre of Exmouth town, the park features lawns, water spray ground, picnic areas with shelters, barbeques and toilets.
48 Maidstone Crescent
(Water Spray Ground 9:00am to 6:00pm daily)

Exmouth Skate Park

535 Murat Road
Exmouth

Town Beach (Sunrise Beach)

Located within a short drive of Exmouth town centre, Town Beach is a great picnic area with shelters, barbeques and toilets. It has a safe swimming beach for families and young children.

Water Based Activities

Paltridge Memorial Swimming Pool

Corner Payne and Maidstone Crescent Exmouth
(08) 9949 1042

Please contact for current opening times

Ningaloo Swim School

Jade Bowra
0419 924 588
facebook.com/ningaloomobileswimschool

Good Beaches for Children

Town Beach (Sunrise Beach)
Wobiri
Sandy Bay

Bundegi Beach
Turquoise Bay (loop area)

VISION

Growing healthy, happy and resilient children in our community.

MISSION

Working collectively to support and build strong families and communities for our children.



The Exmouth Directory for Families has been developed by members of the Exmouth Early Years Network through the generous support of Woodside.

2018–19 Edition

All care has been taken to ensure the information contained within the Directory is accurate at the time of printing.