



Moora Health, Wellness and Community Services Directory

Service	Description	Contact
Aboriginal Health & Wellbeing 	<p>Wheatbelt Aboriginal Health Service (WAHS) Appointment Process: - Referral based - Client contacted with appointment date by phone or letter Free service</p> <p>Aboriginal & Torres Strait Islander Mental Health Wellbeing & Resiliency program Chronic Disease</p> <p>Strengthening Aboriginal Health Youth Program Mentoring and Drop In Service Transitional Housing for Youth that are Homeless or "At Risk"</p>	<p>WA Country Health Service WAHS Moora base - Moora Health Service 66 Dandaragan Street, Moora, WA 6510 P: (08) 96510270 E: western.wheatbeltphs@health.wa.gov.au</p> <p>Amity Health 9/11 Dandaragan Street, Moora P: (08) 9842 2797 E: query@amityhealth.com.au W: www.amityhealth.com.au</p> <p>Avon Community Services 75 Roberts Street, Moora, WA 6510 P: (08) 9622 2612 E: moora.youth@avoncs.org.au W: www.avoncs.org.au</p>
Accommodation Services 	<p>Share and Care Emergency Accommodation for Homeless. Family and Domestic Violence (FDV) Support</p>	<p>Share and Care (Northam but Wheatbelt wide services) P: (08) 9622 2828 E: admin@shareandcare.com.au W: www.shareandcare.com.au</p>

Accommodation Services (Cont.)

Magnolia Women's Centre, 24 /7 support staff
Northam - For women and their children escaping FDV

Accommodation for Homeless men ages 18+ plus assistance.
Immediate needs such as food, medical, clothing etc.

Magnolia Women's Centre, Northam

P: 1800 353 122

Men's Lodge

P: 08 9621 2311 or Mob 0408 935 388

Aged Care Services



Commonwealth Home Support Program (CHSP).

Visit frequency:

As required

Appointment Process:

Self-referral or via Health Professionals

Fee may be payable or may be free

Not-for-profit incorporated community organisation

Provides regional and remote community home care services for people with an approved Home Care Package under the Federal Government's Home Care Package program.

Services and support that enables the aged to live in their own (privately owned or rented) homes. The Home and Community Care (HACC) provides community care services to frail aged and younger people with disabilities, and their Carers.

Day care respite service. Moora's meeting place for seniors and with regular bingo, arts and crafts and men's groups.

Domestic Assistance, Fee payable, funding available

Domestic Assistance, Fee payable, funding available

P: 1800 200 422

W: www.myagedcare.gov.au

WA Country Health Service

C/O Moora Health Service

66 Dandaragan Street MOORA WA 6510

P: (08) 9651 0222

Moora Aged Care Support

P: 0457 249 589

E: info@mooraacs.com.au

W: www.mooraacs.com.au

Share and Care

P: (08) 9622 2828

E: admin@shareandcare.com.au

W: www.shareandcare.com.au

The Delmoor Centre

P: (08) 9651 0222

AVIVO: Live Life -Inc – Wheatbelt

149 Fitzgerald Street East, Northam

P: 1300 428 486

E: myagedcarereferralswheatbelt@avivo.org.au

Silverchain

P: (08) 9242 0242

Breast Cancer Services



Visit Frequency:

Annually

Appointment Process:

- Self-referral
- Booking available a month before visit to town

Free service

The Wheatbelt McGrath Breast Care Nurse provides the following to patients affected by breast cancer and health care professionals caring for them:

- Coordinates patients' treatment and links into metropolitan services, ensuring the right care, at the right place, at the right time.
- Provides information and education to patients and families.
- Links patients and families into services in the metropolitan and regional areas to assist them whilst receiving cancer treatment

Breast Cancer Network Australia has a wide range of free resources available for men and women affected by breast cancer.

Breast Screen WA

P: 132 050

W: www.breastscreen.health.wa.gov.au

McGrath Breast Care Nurse

Located at Northam hospital

E: Wheatbelt.BreastCancerService@health.wa.gov.au

Breast Cancer Network Australia

Helpline 1800 500 258

E: helpline@bcna.org.au

Cancer Services



Chemotherapy and cancer care services available from Northam Health Service for Wheatbelt residents. The cancer care team works with people and their specialists to provide care and support throughout the cancer journey. These local services are also available via video conference or telephone.

WA Country Health Service

Northam Health Service

P: (08) 9690 1300

Regional Cancer Care Service

P: (08) 9690 1689

E: wheatbeltcancernursecoordinator@health.wa.gov.au

Child Health, school health and immunisation



Clinic Days:
Mondays and Wednesdays
- Appointments made with Community Health Nurse
Free service

**WA Country Health Service -
Western Primary Health Service:
Moora Health Service**
66 Dandaragan Street, Moora, WA 6510
P: (08) 9651 0270
E: western.wheatbeltphs@health.wa.gov.au

Chiropractor



Private services in Moora, Jurien Bay and Alkimos (south of Lancelin) – fee may be payable.

Moora Chiropractic Clinic
66 Padbury Street, Moora, WA, 6510
P: (08) 9653 1614
Flow Chiropractic
34 Bashford Street, Jurien Bay, WA, 6516
P: (08) 9694 7176
Oceanside Chiropractic
Unit 3/15 Graceful Boulevard, Alkimos, WA, 6038
P: (08) 6369 1277

Contenance



Childhood bedwetting.
Appointment Process:
- Referral based
- Client contacted with an appointment date by phone or letter

**WA Country Health Service -
Western Primary Health Service:
Moora Health Service**
66 Dandaragan Street, Moora, WA 6510
P: (08) 9651 0270
E: western.wheatbeltphs@health.wa.gov.au

**Counselling/Psychology/
Family Support**



Private psychology services in the vicinity – fee may be payable.

Emocean Psychology
229 Countryside Drive, Two Rocks, WA, 6037
P: 0400 890 925
E: Tenille@emoceanwa.com
Yvonne C Town Psychologist
Goomalling
E: yctown@bigpond.com
P: (08) 9295 0948
Share and Care

**Counselling/Psychology/
Family Support (cont.)**

Northam (Wheatbelt wide services)
P: (08) 9622 2828
E: admin@shareandcare.com.au

**Chronic Condition
Program**



Supports people to look after their long-term health issues, by phone in person or telehealth.
Free service

**WA Country Health Service -
Wheatbelt Chronic Conditions Care Coordination
program**

P: (08) 9690 1720

Silverchain Health Navigator

P: 1300 650 803

**Wheatbelt Health Network Integrated Chronic
Disease Coordinator**

P: (08) 9621 4444

Dentist



Private Dental Services in Moora and Jurien Bay. Fee may be payable.

Public (free) Dental Service visits – nearest adult clinic is in Swan/Midland

Mobile free Dental Service visits Goomalling for eligible adults and school age children.

Dentics Moora

Lot 394 Dandaragan Street, Moora, WA, 6510

P: 0424 000 442

Jurien Bay Dental Clinic

21 Whitfield Road, JURIEN BAY WA 6035

P: (08) 9652 1288

Diabetes



Visit Frequency:

- By referral only as required

Required General Practitioner Management Plan

Monday – Friday 8.30am- 4.30pm

**Wheatbelt Health Network - Integrated Chronic
Disease Coordinator**

Northam

P: 9621 4444

Diabetes WA Telehealth Service

P: 1300 001 880

Dietetics



Visit Frequency:
- By referral only as required
Free service
Appointment Process:
- Referral based
- Client contacted with an appointment date by phone or letter

**WA Country Health Service -
Western Primary Health Service:
Moora Health Service**
66 Dandaragan Street, Moora, WA 6510
P: (08) 9651 0270
E: western.wheatbeltphs@health.wa.gov.au

Emergency Care



Ambulance services – fee may be payable if no ambulance insurance cover
Emergency Department and hospital open 24 hours/ 7 days - free service
Emergency Telehealth Service (ETS)
Trauma services (e.g. motor vehicle or farming accident)
Outpatient wound care

St John Ambulance
For emergencies
P: 000
**WA Country Health Service
Moora Health Service**
P: (08) 9651 0222
Health Direct
For health advice
P: 1800 022 222

Falls Prevention Program



Free service
How to access:
A referral is required from a GP
Appointment Process:
Client contacted with an appointment date by phone or letter

**WA Country Health Service -
Avon & Central Wheatbelt Primary Health Service**
Northam
P: (08) 9690 1320

Fitness



Free, weekly 5k community event.
Walk, jog, run, volunteer or spectate
Every Saturday at 8:00am.

Swimming pool, group fitness classes including Aqua Aerobics
24 Hour Access

Parkrun
Apex Park, Dandaragan Rd, Moora, 6510
E: moora@parkrun.com
W: <https://www.parkrun.com.au/moora>
Moora Recreation Centre
Roberts Street, Moora
P: (08) 9651 0000
E: shire@moora.wa.gov.au

GP Practice



GP primary care services – fee may be payable
Moora Appointments available:
Monday – Friday: 8:30am to 5pm

Jurien Bay Appointments available:
Monday – Friday: 8am to 5pm

Moora Health Centre

Dandaragan Street and Kintore Street Moora, WA, 6510
P: (08) 9651 1433

Jurien Bay Health Centre

21 Whitfield Road, Jurien Bay, WA, 6516
P: (08) 9688 7900

Heart Health Support Service



Support by telehealth for healthy hearts for anybody that has a heart condition or has had heart surgery. Free service.
Appointment Process:
Ask for a referral from your GP, cardiologist, Aboriginal Health Worker, or other health worker

WA Country Health Service Heart Health Support Service

Heart Health Nurse
P: 0427 147 824
E:wachs.hearthealthsupport@health.wa.gov.au

Healthy Lifestyle programs



Appointment Process:
A free Healthy Eating Activity and Lifestyle (HEAL™) program accessed by appointment only through the Health Promotion Officer:

WA Country Health Service - Western Primary Health Service:

Appointments made with Moora Primary Health Service
P: (08) 9651 0270

Quit Smoking and Vaping Programs



Wheatbelt Quit Smoking Program
The free program offers support strategies to help people along their tobacco and / or e-cigarettes quitting journey. Open to Wheatbelt residents of all ages.

WA Country Health Service - Western Wheatbelt Primary Health Service

Health Promotion Officer
P: (08) 9651 0270



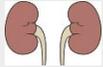
No More Ngamari

No More Ngamari (No More Smokes) is a free culturally appropriate quit smoking program for Aboriginal people and their families. The program provides support and free nicotine replacement therapy.

WA Country Health Service - Wheatbelt Aboriginal Health Service

P: (08) 9690 2888

Kidney Health Services



Wheatbelt's regional renal (kidney) support team

Regional Renal Support Team offers education, management and support for adults at risk of kidney disease as well as those who have Chronic Kidney Disease (CKD). The team works with people, their families and GP's to manage kidney disease.

The team is based at Northam Health Service and provides education, care and support to people across the Wheatbelt.
Monday – Friday 8.30am – 4.30pm
Free Service

WA Country Health Service Northam Health Service

Regional Renal Support Team
Clinical Nurse Consultant

P: (08) 9690 1773

E: Wheatbelt.RenalService@health.wa.gov.au

Maternity and Midwifery Services



Free pre-birthing (antenatal), birthing and post birthing (post-natal) care from Northam, including for women who choose to birth elsewhere

Visit Frequency:

- As required

Appointment Process:

- Referral by a GP, registered nurse or child health nurse

- Self-referral

WA Country Health Service - Community Midwife contact for Moora and Coastal Wheatbelt

P: (08) 9690 1633 or 0437 911 095

Boodjari Yorga Program

Aboriginal maternity service

P: (08) 9690 2888

Mental Health, Alcohol & Other Drug Services



WA Country Health Service free Community Mental Health Services

Visit Frequency: - As required

Appointment Process:

- Referral by a GP or a registered nurse via ED
- Self-referral

Rurallink is a dedicated AFTER-HOURS mental health telephone service available:

4:30pm to 8:30am Monday to Friday

24 hours Saturday, Sunday and public holidays.

Holyoake is a Wheatbelt free Suicide Prevention and Suicide Support Aftercare Programs. Offers counselling and support to people experiencing problems with their own or someone else's alcohol and substance use.

Amity Health Mental Health Services – available in Northam

Your GP is the gateway to getting a Mental Health Treatment Plan which identifies what type of health care you need and spells out what you and your doctor have agreed you are aiming to achieve.

If you have a Mental Health Treatment Plan, you will be entitled to Medicare rebates for up to 10 individual psychological appointments and up to 10 group allied mental health services each year.

WA Country Health Service

Wheatbelt Community Mental Health Service including Wheatbelt Aboriginal Mental Health Service

P: (08) 9621 0999

Rural Link

Mental health advice

P: 1800 552 002

Holyoake Northam

133 Fitzgerald Street Northam

P: (08) 9621 1055 or Freecall: 1800 447 172

E: adminnortham@holyoake.org.au

W: <https://holyoake.org.au>

Amity Health

P: (08) 9842 2797

W: www.amityhealth.com.au

See your local GP for a consultation and discussion regarding a Mental Health Treatment Plan.

Mental health specialist inpatient care in Perth, Albany or Bunbury Authorised Psychiatric Units

Men's Shed Inc



Frequency:
Moora
Every Tuesday and Thursday 8:30am – 2:00 pm

Jurien Bay
Mon – Sun 9.00am – 5:00pm

Moora Men's Shed

Moora Recreation Grounds, Roberts St, Moora
P: (08) 9651 1482 and 0428 511 299
E: moorashed@mensshedwa.org.au
W: <https://moora.mensshedswa.org.au>

Jurien Bay Community Men's Shed

Jurien Bay Recreation Reserve
P: 0475 516 288
E: rob.kdm@bigpond.com

Occupational Therapy



Visit Frequency:
- Free service by referral only as required
Appointment Process:
- Referral based
- Client contacted with an appointment date by phone or letter

WA Country Health Service

Western Primary Health Service

Appointments made with Moora Primary Health Service
P: (08) 9651 0270
E: western.wheatbeltphs@health.wa.gov.au

Palliative Care



Specialist Palliative Care Services supports community and hospital palliative care across the Wheatbelt. The team works with GP's and the primary healthcare team to provide specialist palliative care support to enable people to have Palliative Care in their home or in their place of choice. The local team might consist of doctors, nurses, medical specialists, social workers, patient care assistants, dieticians, counsellors, physiotherapists, occupational therapists and trained volunteers.

WA Country Health Service

Based in Northam
Wheatbelt Palliative Care team
P: (08) 9690 1686
E: wheatbelt.palliativecare@health.wa.gov.au

Pathology



PathWest Walk in service

Weekdays, 08:30am – 3:00pm
Appointment Process: Referral from doctor needed but no appointment necessary. Fee free service for blood tests.

Private Pathology Services

Mon – Thurs 8:00am–12:00pm, 12:30pm–2:00pm

PathWest Moora Health Service

Dandaragan Street and Kintore Street Moora, WA, 6510

Western Diagnostics -Jurien Bay

P: 0419 549 014

Physiotherapy



Public Physiotherapy – Moora and Jurien Bay

Visit Frequency:

- By referral only as required

Appointment Process:

- Referral based

- Client contacted with an appointment date by phone or letter

Private Physiotherapy

Moora, Jurien, Lancelin – fee may be applicable

Self referrals.

By appointment.

WA Country Health Service -

Western Primary Health Service:

Appointments made with Moora Primary Health Service

P: (08) 9651 0270

Niche Physiotherapy Moora

A: Moora Wellness Centre, 95 Gardiner Street, Moora

P: 0491 918 786

W: <https://nichephysiotherapy.com.au>

Walkabout Physiotherapy

A: 9/12 Dandaragan Street, Moora

P: (08) 9651 1344

E: pilates@walkaboutphysio.com.au

Jurien Bay Physiotherapy

A: 21 Whitfield Road, Jurien Bay

P: (08) 9651 1344

E: pilates@walkaboutphysio.com.au

W: www.jurienbayphysio.com.au

Fisio Frame

A: Lancelin Health Centre, 61 Gingin Road, Lancelin

P: 0499 624 335

Playgroup



Moora Playgroup

P: 0499 994 170

A: Moora Bowling Club 82 Gardiner Street Moora

E: mooraplaygroup@hotmail.com

Bindi Miling Playgroup

P: (08) 9654 2043

Moora Kindy Gym

P: (08) 9690 8888

Podiatrist



Public Podiatrist

Appointment Process: Referral based - client contacted with an appointment date by phone or letter

Private Podiatrist – Moora and Gingin, fee may be applicable

- Open Mon, Wed, Thurs, Fri 9am – 5pm

WA Country Health Service -

Western Primary Health Service:

Appointments made with Moora Primary Health Service

P: (08) 9651 0270

Wheatbelt Podiatry – Moora

P: 0459 580 005

E: wheatbeltpod@bigpond.com

Gingin Podiatry

A: 1 Lily King Place, Gingin, WA, 6503

P: 0487 548 550

E: bindoonpodiatry@gmail.com

Procure Podiatry Lancelin

A: 61 Gingin Road, Lancelin, WA, 6044

P: 0433 566 867

E: bindoonpodiatry@gmail.com

W: www.procurepodiatry.com.au

Rehabilitation



Referral to rehabilitation (sub-acute) services at Northam Health Service from Perth and Northam hospitals.

Rehabilitation in hospital is for people recovering from major surgery or needing to regain fitness and ability to manage at home after an illness needing hospitalisation.

WA Country Health Service

Sub-acute (rehabilitation) service

P: (08) 9690 1300

Remedial and Sports Massage



Aroma Touch Massage

Mobile Clinic

Attune

Moora Clinic Room, 105 Gardiner St, Moora

P: 0427 851 735

Aspire Clinic WA

Shop 55B Main Street, Cunderdin

P: 0421 399 515

E: info@aspireclinicwa.com

W: www.aspireclinicwa.com

Skin Cancer Checks



Visit Frequency:
- Annually
Appointment Process:
- Self-referral

Lions Club Skin Cancer Screening

P: 0428 362 017
W: www.lionscancerinstitute.org.au

Social Connection Activities and Services

Moora Arts & Crafts

45 Roberts Street Moora WA 6510
P: (08) 9651 1789

Country Women's Association (CWA)

P: (08) 9653 1683 or (08) 9651 1707

Moora Pottery Club

P: 0428 177 324

Social Work



Visit Frequency:
- By referral only as required
Appointment Process:
- Referral based
- Client contacted with an appointment date by phone or letter

WA Country Health Service -

Western Primary Health Service:

Appointments made with Moora Primary Health Service
P: (08) 9651 0270

Speech Pathologist



Visit Frequency: by referral only as required
Appointment Process: Referral based - client contacted with appointment date by phone or letter

WA Country Health Service -

Western Primary Health Service:

Appointments made with Moora Primary Health Service
P: (08) 9651 0270

Stroke services



Supportive service for Wheatbelt residents over the age of 18 who have had a recent stroke or transient ischaemic attack. Staff can provide education, develop health plans, arrange outpatient rehabilitation services and link clients in with other services, as required.

Appointment Process:

- Referral based
- Client contacted with appointment date by phone or letter

**WA Country Health Service -
Western Primary Health Service:**

Appointments made with Moora Primary Health Service
P: (08) 9651 0270

Surgery



Minor procedures (lumps and bumps) by GP.
General surgery, gastroscopies and other simple surgery available at Northam by referral from GP.
Major and complex surgery available in Perth hospitals and Specialists. Referral by GP.

Telehealth/Virtual Care



By appointment only.
Specialist Consultant appointments confirmed by Wheatbelt Telehealth Service.

**WA Country Health Service
Wheatbelt Telehealth Services**

P: (08) 9690 1632

X Ray



Emergency X-Rays only.
Planned X-rays and CT scan available at Northam Health Service.
MRI is available in Perth.

**WA Country Health Service
Moora Health Service**

P: (08) 9651 0222

Jurien Bay Health Centre

P: (08) 9652 0200

Other useful phone numbers

Service	Description	Phone number
Emergencies Police, Fire, Ambulance	Is someone seriously injured or in need of urgent medical help? Is your life or property being threatened? Have you just witnessed a serious accident or crime? If you answered YES call Triple Zero (000). Triple Zero calls are free.	000
Beyondblue	24/7 support for anxiety, depression and suicide prevention.	1300 224 636
Carers WA	General information line https://www.carerswa.asn.au/about-us/	1300 227 377
Crisis Care	24 hours support, free call, after-hours response to reported concerns for a child's safety and wellbeing. Additionally, they provide information and referrals for people experiencing crisis and can be contacted for advice around homelessness services.	1800 199 008
Commonwealth Respite and CareLink Center WA	Carer Gateway, including short-term crisis help	1800 422 737
Department for Child Protection	If concerned about a child's wellbeing, please contact the Central Intake Team	1800 273 889
Family Helpline	24 hours - Counselling and information service for families, free call	1800 643 000
Here For You	Support line for alcohol, drugs and mental health, 7 am to 10 pm, 7 days a week	1800 437 348
Health Direct	24 hours health advise (talk to a registered nurse) – free call	1800 022 222
Kids Helpline	24 hours for ages 5-25 – free call https://kidshelpline.com.au/	1800 551 800
Lifeline	24 hours crisis support Lifeline Crisis Text Service	13 11 14 0477 13 11 14
Parentline (WA) Health Direct	24 hours parenting and family support Free call	1800 654 432

Pregnancy, Birth & Baby	Website and Helpline 7 am to midnight (AET), 7 days a week https://www.pregnancybirthbaby.org.au/ (includes videocall to a child health nurse)	1800 882 436
Poisons Information Centre	24 hours	13 11 26
Men's Domestic Violence Helpline	24 hours, non-judgment phone line for men	1800 000 599
Mensline Australia Talk to a Mate	24 hours, offers information, support and referral, including Talk to a mate before it all gets too much	1300 789 978
National Sexual Assault, Family & Domestic Violence	24 hours free call The National Sexual Assault, Family & Domestic Violence Counselling Line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault. 24 hours, 7 days a week. www.1800respect.org.au	1800 737 732
Rural Link	After hours country mental health service, (free call)	1800 552 002
Rural in Reach	Free support and counselling (free call)	1800 998 399
Women's Domestic Violence Helpline	24 hours, support and counselling for women experiencing domestic violence	1800 007 339
Women's information Service WA (WIS)	Monday – Friday (9 am to 4 pm) WIS is staffed by a group of fully trained and dedicated volunteers who respond each year to around 6,000 telephone inquiries from across Western Australia.	1800 199 174