**Norfolk Island Children and Young People’s Services, Programs and Activities**

| **Program/activity** | **Organisation** | **Contact** | **Hours** | **Eligibility** | **Cost** | **Notes** | **Contact email** |
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| **Children, young people, and family-focused services** | | | | | | |  |
| Child protection | NI-Connect  Bounty Centre | 23380  51115 A/H | 8.30am – 5.00pm Mon to Fri  A/H on call | 0-17 years | Free |  |  |
| Individual Family Support – counselling, referrals, case work support | NI-Connect  Bounty Centre | 23380  51115 A/H | 8.30am – 5.00pm Mon to Fri  A/H on call | Children, young people, and families  Community members | Free |  |  |
| Counselling, social, and emotional support, children and parenting support and emergency assistance | Anglicare  102A Taylors Road | 22322 | 9.00am – 5.00pm (afterhours by appointment) | Individuals and families | Free |  |  |
| Child Youth and Family Clinician  (Registered psychologist) | NIHRACS  Grassy Road | 24134  22091  23190 or AH 56400 | 9.00am – 5.00pm Mon – Fri (A/H by appointment) | Children, young people, individuals, and families | Free | Call to make an appointment |  |
| Paediatrician (visiting) | NIHRACS  Grassy Road | 24134  22091 | 9.00-5.00pm Mon-Fri  (A/H by Appt only) | Children, young people, individuals, and families | Contact NIHRACS to see if a cost is involved for this service | Call to make an appointment  Must have a GP referral |  |
| Paediatric Occupational Therapist  (Visiting) | NIHRACS  Grassy Road | 24134  22091 | 9.00-5.00pm Mon-Fri  (A/H by Appt only) | Children, young people, individuals, and families | Contact NIHRACS to see if a cost is involved for this service | Call to make an appointment  Must have a GP referral |  |
| Paediatric Speech Therapist  (Visiting) | NISEDU | Lynn Rogers  57599 when on island |  | Children and young people | Contact NIHRACS to see if a cost is involved for this service | Call to make an appointment | [lynn@jerahtech.com.au](mailto:lynn@jerahtech.com.au) |
| Child and Adolescent Psychiatrist  (Visiting) | NIHRACS  Grassy Road | 24134  22091 | 9.00-5.00pm Mon-Fri  (A/H by Appt only) | Children, young people, individuals, and families | Contact NIHRACS to see if a cost is involved for this service | Call to make an appointment  Must have a GP referral |  |
| Dietician | NIHRACS  Grassy Road | 24134  22091 | 9.00-5.00pm Mon-Fri  (A/H by Appt only) | Children, young people, individuals, and families | Free | Call to make an appointment |  |
| Physiotherapist | NIHRACS  Grassy Road | 24134  22091 | 9.00-5.00pm Mon-Fri  (A/H by Appt only) | Children, young people, individuals, and families | Free | Call to make an appointment |  |
| Optometrist  (Visiting) | NI Optical | John Kelly  22522  50815  +61478704983 | 9.00-5.00 Mon-Sat (when on Island) | Children, young people, individuals, and families | Fee applies, some services attract a Medicare rebate. | Email or call before he comes to island to make appt ahead of time:  [Jk@sunnies.net](mailto:Jk@sunnies.net) |  |
| Hearing Screening | NIHRACS  Grassy Road | Child Health Nurse  24134  22091 | 9.00-5.00pm Fridays only | All ages |  | Call to make an appointment |  |
| Hearing Services (Visiting) | Hearing Australia | *contact*  02 92693500 | When on island | All ages | Concessions available | See advertising in paper/radio for visiting dates | [*Sydney@hearing.com.au*](mailto:Sydney@hearing.com.au) |
| Childcare / early learning | Banyan Park Early Learning Centre  Middlegate | 22415 | 7.30am – 4.30pm closed 2 weeks over Christmas | Babies up to School age | Subsidised | Call to make an appointment |  |
| School Guidance Officer and other learning support | Norfolk Island Central School Middlegate | 23000 | 9.00am – 3.00pm Mon - Fri  (A/H by appt) | Kindergarten to Year 12 | Free |  |  |
| **Parents with children programs** | | | | | | |  |
| Letl Pliegruup- Intergenerational Playgroup | Anglicare  102A Taylors Road | 22232  51644 | Friday Morning  9.30-11.30am | Parents with children up to 5 years | Free | Parish Centre | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| Letl Sallan Toy Library | Anglicare and NI- Connect | 22232 54436 | Open day Wednesday for returning or borrowing items  One Saturday 10.00am – 12.00pm per month | Parents with young children | Free | Toy Library located in NI-Connect (Bounty Centre), dates advertised local paper, radio, NI-Connect Website |  |
| In A’Stik Nature Playgroup | Anglicare  102A Taylors Road | 22232  51644 | Every Wednesday morning  9.30am – 11.30 am | Parents and children under 5 | Fee | Various locations around Norfolk Island  Advertised in the local paper and on radio | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| Norfolk Bumps and Bubs | Anglicare Lounge  102A Taylors Road | 22232  51644 | Thursday Mornings  10.00-12.00am | Expecting parents and babies | Free | Anglicare Lounge in Anglicare office | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| Lamaze Childbirth Education | Anglicare  102A Taylors Road | 22232  51644 | Groups organised as required | Pregnant Parents | Free | Groups can be held in various locations and online | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| Circle of Security Parenting | Anglicare  102A Taylors Road | 22232  51644 | Parenting groups organised as required | Parents and carers | Free | Groups can be held in various locations and online | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| Tuning into Kids & Tuning into Teens | Anglicare  102A Taylors Road | 22232  51644 | Parenting groups organised as required | Parents and Carers | Free | Groups can be held in various locations and online | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| Peaceful Kids | Anglicare  102A Taylors Road | 22232  51644 | Parenting groups organised as required | Children 5-18 years | Free | Groups can be held in various locations and online | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| The Shark Cage-  a practical framework for prevention and addressing re-victimisation for girls and women | Anglicare  102A Taylors Road | 22232  51644 | Groups organised as required | Women and Girls | Free | Groups can be held in various locations and online | [norfolkisland@anglicare.org.au](mailto:norfolkisland@anglicare.org.au) |
| **Children and young people’s programs and activities** | | | | | | |  |
| Holiday Wellbeing Program (vacation care) | NI-Connect Bounty Centre | 23380 | 8 days during school holidays 9.00am – 3.00pm | Years 1 to Year 6 | Free | Each program is advertised, registrations required | [childwelfareofficer@keyassets.org.au](mailto:childwelfareofficer@keyassets.org.au) |
| Kids Club | Combined Churches | 51571  Ken Westlake | Wed 3.00pm – 4.30pm | Year Kindy/prep to year 5 | Gold Coin | Held at Uniting Church opposite school | [nufkason@gmail.com](mailto:nufkason@gmail.com) |
| Homework Centre | Norfolk Island Central School Middlegate | 23000 | Mon & Tuesday 3.00pm – 4.00pm | All Students | Free | Held in school library |  |
| After School Sport | Norfolk Island Central School Middlegate | 23000 | Should resume in Term 2- 2022 | All Students |  | Various Sports |  |
| Unit Youth  (Youth group) | Combined churches | Laurie Carleton | Fri evenings from 6.30-8.00  8+ age until 9.00 | Year 6 and above | $3.00 donation | Held at Parish Centre, St Barnabas Church | [Carleton.laurie@gmail.com](mailto:Carleton.laurie@gmail.com) |
| Army Cadets Corp | NI Army Cadets  Girl Guide Hall Faye Bataille Drive | Tim Sheridan 50424  Samantha Quintal (Administration officer) 50354 | Wed Afternoons  3.00pm onwards | 13 years to 17 years | Free | The local Cadet Unit parades each Wednesday afternoon between 3.30-6.00 pm at the Cadet Unit Hall n Faye Bataille Drive.  Army Cadets website [www.armycadets.gov.au](http://www.armycadets.gov.au) | [armycadet@ninet.nf](mailto:armycadet@ninet.nf) |
| Girl Guides | NI Girl Guides association  Girl Guide Hall Faye Bataille Drive | Colleen Crane 51033  Bridget Graham | Wed 3.00-5.00pm | 7 and over | $100.00 pa  (Includes Insurance) |  |  |
| Brownies | NI Brownies association  Girl Guide Hall  Faye Bataille Drive | Colleen Crane  51033 | Wed 3.00-5.00pm | 7 and over | $100.00 pa  (Includes Insurance) |  |  |
| Community Choir | NI Community Choir | Monica and Ian Anderson 50158 | Tues 5.30pm at the Local Theatre | Highschool age and over | $2.00 |  | [monica@worldtraders.nf](mailto:monica@worldtraders.nf) |
| **Children and young people’s sporting activities** | | | | | | |  |
| Rugby League | Norfolk Island Junior Rugby League (NIJRL) | Alex McGillycuddy (Secretary) 54268  Glen Buffett 52268 | April – Sept | 5 years to 18 years | $100.00 (includes insurance,  Socks, shorts, and Jersey) | Active kids Voucher can be used | [secretary@nijrl.nlk.nf](mailto:secretary@nijrl.nlk.nf) |
| Touch Footy | Katie Walden | 50127 | Oct-March | 13 years and over | $20.00 a comp  (Coin or two for Visitors) | Active kids Voucher can be used | [norfolktouchfootball@hotmail.com](mailto:norfolktouchfootball@hotmail.com) |
| Netball | NI netball Association | Michelle Dowling 51118 (president) | May to Oct  Listen to Radio for weekly draws | 5 –18 years  Boys and girls  Woman Seniors Comp | Registration fee varies per age: | Active kids Voucher can be used | [Nina2899@outlook.com](mailto:Nina2899@outlook.com) |
| Tennis | Cheryl Tennis Club  Queen Elizabeth Avenue | Jodie Brown  50929 | Open Daily Ball machine and rackets and courts available to hire | Young and old –everybody | Costs vary as does Fees | Active kids Voucher can be used | [tennis@norfolk.net.au](mailto:tennis@norfolk.net.au) |
| Squash | NI Squash Club | 23837  Ginny Walker 22018 (via foodies no)  Kimmy Adams 50308 | Courts: available to rent | Any age | $4.00 for 15mins-coin operated lights | Note: Can only play in non-marking shoes with white soles. | [Kymadamska2675@gmail.com](mailto:Kymadamska2675@gmail.com) |
| Swimming lessons | Kylie Umlauft  Stockyard Road | [Umlauft@ninet.nf](mailto:Umlauft@ninet.nf)  50439 | Sat-mornings  Wed afternoons | 6 months and over | Varies | During Summer as advertised | [umlauft@ninet.nf](mailto:umlauft@ninet.nf) |
| Golf | NI Golf Club Quality Row | Andrew Umlauft 2360322354/ 50437 Golf Professional | Course open all year round  Club house open 10.00am onwards | All ages | Juniors $50 pa Adults $265 pa non-competitive membership  Full membership $405 | Active kids Voucher can be used | [golf@norfolk.net.nf](mailto:golf@norfolk.net.nf) |
| Bowls | NI Bowling Club Taylors Road | 23483 50424 Manager  First contact is Manager  Kate Smith (Secretary) | Open Daily | All ages and kids play free | $5.00 per head | Tournaments on Sat and Wed includes equipment if needed | [Bowlingclub.norfolkisland@gmail.com](mailto:Bowlingclub.norfolkisland@gmail.com) |
| Archery | Mission road | Dave Pitcher  22915 51098 | Saturday arvo shoots | Adults and kids |  | Active kids Voucher can be used | [archerynorfolk@gmail.com](mailto:archerynorfolk@gmail.com) |
| Shooting - Clay | NI Clay Target Association Anson Bay | 50682 Clinton Judd  51177 Nerissa Judd | Wednesday afternoon | 15 years and over | Varies | MUST: have license to shoot – contact the club for more information | [niclaytarget@gmail.com](mailto:niclaytarget@gmail.com) |
| Shooting - Pistol | Pistol shooting | Doug Creek (Vice President)  50452 | Saturdays 1.30-5.00 (2nd & 4th Saturdays are match days)  Air pistol Wednesday 7pm | 13 years plus | $25 for .22 (covers range fee, gun hire and ammunition- 100 rounds)  Air pistol $20 | Air pistol limited to 6 people | [dougevealpine@yahoo.com](mailto:dougevealpine@yahoo.com) |
| Fitness Centre | Norfolk Island Fitness and Health | Kelvin Mulholland 57989 | 5.30 am -6pm daily Monday to Friday  5 days | 15 + but will get own key from 16+ | $205.00 for  3 Months | Active kids Voucher can be used | [k.taylor@ninet.nf](mailto:k.taylor@ninet.nf) |
| Miss Fit Studio | John Adams Road | Kelly Quintal 50610 | Mon & Wed afternoons  (Strength classes)  6-week blocks ages 5-9 year olds held on Saturdays | School children | $60 for the 6-week blocks.  $100.00 for 2 months card  Can also access the on-site gym when classes not running. | Active kids Voucher can be used | [kct@ninet.nf](mailto:kct@ninet.nf) |
| Pony Club | NI Pony club and Equestrian Assoc | PJ Wilson 55254 | Headstone Road | 7 years over  (Nonrider support $25) | Family $80 pa: Single $60 pa | Active kids Voucher can be used | [Pjwilson.nlk@gmail.com](mailto:Pjwilson.nlk@gmail.com) |
| Outriggers | Outriggers Club | Kim Adams 50308 | Every second Sunday | 7 years and over |  | Active kids Voucher can be used | [Kymadamska2675@gmail.com](mailto:Kymadamska2675@gmail.com) |
| Yoga with Candida | Private  Taylors Road | 50811 | Book an appointment | 5 year and over | Varies | Active kids Voucher can be used | [candidalangman@gmail.com](mailto:candidalangman@gmail.com) |
| Outrigging, surfing, cross training, beach volleyball | Island Coaching and Training: | Louise Donald |  |  |  |  | [louonnorfolk@gmail.com](mailto:louonnorfolk@gmail.com) |
| Athletics | Athletics NI | Brent Jones (President)  52230  Rose Evans (Secretary) | To be advised | 14+ | $10.00 membership |  | [info@athleticsnorfolkisland.com](mailto:info@athleticsnorfolkisland.com)  or [athletics@ninet.nf](mailto:athletics@ninet.nf) |
| Basketball | NI-Connect | Stephanie Fielder  23380 | Saturday afternoon 4.00 – 6.00pm (Summer)  3.00-5.00 pm (Winter) |  | Free | Meet at school basketball courts.  Team singlets and balls provided. | [Stephanie.fielder@keyassets.org.au](mailto:Stephanie.fielder@keyassets.org.au) |
| **Other available activities suitable for children and young people** | | | | | | |  |
| KAVHA Museums | Norfolk Island Regional Council Kingston | 23788/ 23009 | 11.30am -3 pm  Mon-Sat  Pier Store 11.00-3.00 Sunday | All Ages | $35 for visitors allows ticket to see all Museums Kids Free  Residents free  Single visit $10.00 | (Entry ticket also allows you join a tag along tour and gives you entry to No 9 -Quality Row)  (Not limited to one day use) | [info@museums.gov.nf](mailto:info@museums.gov.nf) |
| Bounty Museum | Private Middlegate  53961 | Dale Parker Anderson | 10.00am to  4.00pm  7 days a week | All Ages | $20.00 and Kids are free |  |  |
| Movie Theatre | NI Movie Theatre | Monica and Ian Anderson 50518 | Currently Sun: at 5.30  Opens 10.00 min before. | All Ages | $15.00 Adult  $7.00 (for under 15) | Movies advertised in the local paper each week. |  |
| National Park – various walks and lookouts | Parks Australia Several entrances: Mount Pitt Road, Red Road, Selwyn Pine Road, Captain Cook Road | 22695  52487 |  | All ages | Free |  |  |
| Botanic Gardens | Parks Australia Corner Mission Road and Mount Pitt Road | 22695  52487 |  | All ages | Free |  |  |
| Reserves and picnic areas | Norfolk Island Regional Council | 22244 |  | All ages | Free | See island map |  |
| The Maze Strawberry Fields | Private  Grant Summerscales | 23811  50475 | Open Daily | All ages | Donation at the gate |  |  |
| Library | Norfolk Island Regional Council | 22430  Simone James | Mon 10.00-1.00am &  4.00-6.00pm  Wed 10-1.00pm  Fri 1-4.00pm  Sat 10.00am- 12.00pm |  | Annual fee depending on items borrowed- visitor monthly subscription $12.00 | Family $42.00 (15 books) PA  Basic (5 books) $22.00 a year  (10 books) $42.00 a year |  |
| Beaches – Emily Bay, Cemetery, Slaughter Bay, Bumboras, and Anson Bay |  |  |  | All ages | Free | See island map |  |
| Snorkelling – Emily Bay and Slaughter Bay |  |  |  | All ages | Free |  |  |