**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 | 2338051115 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 | 2338051115 A/H | 8.30am – 5.00pm Mon to Fri A/H on call | Children, young people, and familiesCommunity 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  | 241342209123190 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  | 2413422091 | 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 appointmentMust have a GP referral |  |
| Paediatric Occupational Therapist (Visiting)  | NIHRACSGrassy Road  | 2413422091 | 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 appointmentMust 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 |
| Child and Adolescent Psychiatrist(Visiting) | NIHRACS Grassy Road  | 2413422091 | 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 appointmentMust have a GP referral |  |
| Dietician  | NIHRACS Grassy Road  | 2413422091 | 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  | 2413422091 | 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 Kelly22522 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  |  |
| Hearing Screening | NIHRACSGrassy Road  | Child Health Nurse2413422091 | 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* |
| Childcare / early learning | Banyan Park Early Learning CentreMiddlegate | 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 |
| Letl Sallan Toy Library  | Anglicare and NI- Connect | 22232 54436 | Open day Wednesday for returning or borrowing itemsOne 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  | 2223251644 | 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 |
| Norfolk Bumps and Bubs  | Anglicare Lounge 102A Taylors Road  | 2223251644 | Thursday Mornings 10.00-12.00am  | Expecting parents and babies  | Free | Anglicare Lounge in Anglicare office  | norfolkisland@anglicare.org.au |
| Lamaze Childbirth Education | Anglicare102A Taylors Road | 2223251644 | Groups organised as required | Pregnant Parents | Free | Groups can be held in various locations and online | norfolkisland@anglicare.org.au |
| Circle of Security Parenting | Anglicare102A Taylors Road | 2223251644 | Parenting groups organised as required | Parents and carers | Free | Groups can be held in various locations and online | norfolkisland@anglicare.org.au |
| Tuning into Kids & Tuning into Teens | Anglicare102A Taylors Road | 2223251644 | Parenting groups organised as required | Parents and Carers | Free | Groups can be held in various locations and online | norfolkisland@anglicare.org.au |
| Peaceful Kids | Anglicare102A Taylors Road | 2223251644 | Parenting groups organised as required | Children 5-18 years | Free | Groups can be held in various locations and online | norfolkisland@anglicare.org.au |
| The Shark Cage-a practical framework for prevention and addressing re-victimisation for girls and women  | Anglicare102A Taylors Road | 2223251644 | Groups organised as required | Women and Girls | Free | Groups can be held in various locations and online | 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 |
| Kids Club | Combined Churches | 51571Ken Westlake  | Wed 3.00pm – 4.30pm | Year Kindy/prep to year 5 | Gold Coin | Held at Uniting Church opposite school | 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 6.30-8.008+ age until 9.00 | Year 6 and above  | $3.00 donation | Held at Parish Centre, St Barnabas Church | Carleton.laurie@gmail.com |
| Army Cadets Corp  | NI Army CadetsGirl Guide Hall Faye Bataille Drive  | Tim Sheridan 50424Samantha Quintal (Administration officer) 50354  |  Wed Afternoons3.00pm 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 |
| Girl Guides  | NI Girl Guides association Girl Guide Hall Faye Bataille Drive | Colleen Crane 51033Bridget Graham | Wed 3.00-5.00pm | 7 and over  | $100.00 pa(Includes Insurance)  |  |  |
| Brownies  | NI Brownies associationGirl Guide Hall Faye Bataille Drive | Colleen Crane51033  | 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 |
| **Children and young people’s sporting activities** |  |
|  Rugby League | Norfolk Island Junior Rugby League (NIJRL) | Alex McGillycuddy (Secretary) 54268Glen 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 |
| 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 |
| Netball  | NI netball Association  | Michelle Dowling 51118 (president) | May to Oct Listen to Radio for weekly draws  | 5 –18 yearsBoys and girls Woman Seniors Comp  | Registration fee varies per age:  | Active kids Voucher can be used | Nina2899@outlook.com |
| Tennis | Cheryl Tennis Club Queen Elizabeth Avenue | Jodie Brown50929 | 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 |
| Squash | NI Squash Club  | 23837Ginny 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 |
| Swimming lessons | Kylie UmlauftStockyard Road | Umlauft@ninet.nf 50439 | Sat-mornings Wed afternoons  | 6 months and over  | Varies  | During Summer as advertised | 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 membershipFull membership $405  | Active kids Voucher can be used | golf@norfolk.net.nf |
| Bowls | NI Bowling Club Taylors Road  | 23483 50424 ManagerFirst contact is ManagerKate 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 |
| Archery  | Mission road  | Dave Pitcher 22915 51098  | Saturday arvo shoots  | Adults and kids  |  | Active kids Voucher can be used | 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| Outriggers  | Outriggers Club | Kim Adams 50308 | Every second Sunday  | 7 years and over  |  | Active kids Voucher can be used | Kymadamska2675@gmail.com |
| Yoga with Candida  | PrivateTaylors Road | 50811 | Book an appointment  | 5 year and over  | Varies  | Active kids Voucher can be used | candidalangman@gmail.com |
| Outrigging, surfing, cross training, beach volleyball | Island Coaching and Training: | Louise Donald |  |  |  |  | louonnorfolk@gmail.com |
| Athletics | Athletics NI | Brent Jones (President)52230Rose Evans (Secretary)  | To be advised | 14+ | $10.00 membership |  | info@athleticsnorfolkisland.comor athletics@ninet.nf |
| Basketball | NI-Connect  | Stephanie Fielder23380 | 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 |
| **Other available activities suitable for children and young people** |  |
| KAVHA Museums  | Norfolk Island Regional Council Kingston | 23788/ 23009  | 11.30am -3 pmMon-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 |
| Bounty Museum  | Private Middlegate 53961 | Dale Parker Anderson  | 10.00am to4.00pm 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 5.30Opens 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 | 2269552487 |  | All ages | Free |  |  |
| Botanic Gardens | Parks Australia Corner Mission Road and Mount Pitt Road  | 2269552487 |  | All ages | Free |  |  |
| Reserves and picnic areas | Norfolk Island Regional Council | 22244 |  | All ages | Free | See island map |  |
| The Maze Strawberry Fields | PrivateGrant Summerscales | 2381150475 | Open Daily  | All ages  | Donation at the gate  |  |  |
| Library  | Norfolk Island Regional Council | 22430Simone James  | Mon 10.00-1.00am &4.00-6.00pmWed 10-1.00pmFri 1-4.00pmSat 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 |   |  |