

## Acknowledgement

Cairns Regional Council would like to acknowledge Ronnie Hynes a final year Community Welfare student from James Cook University for his dedication in the development of a Seniors Service Directory, a useful tool that will inform the wider community about services that are available to seniors in and around Cairns.

His dedication and commitment towards this project comes from a strong and passionate belief in a Human Rights and Social Justice perspective towards Community Work, ensuring there is always an understanding of the social inclusiveness and equal opportunities for senior members of the Cairns community.

The 'Seniors Services Directory' is an extensive guide to a range of services and support networks for seniors highlighting the City of Cairns' range of services that assist seniors.

## Foreword

The City of Cairns is the capital hub of Far North Queensland, internationally recognised as an innovative and growing regional centre.

Cairns lies between two reef and rainforest World Heritage areas with a rich and diverse history. The region is home to a vibrant culturally and linguistically diverse population, offering an exciting mix of culinary, entertainment, visual arts and shopping experiences.

Cairns prides itself as a safe and welcoming city that encourages all people to engage, enjoy and benefit from all that it offers. This includes making Cairns a City in which people with disabilities can benefit equally, encouraging them to live, work, shop, do business and spend leisure time in this beautiful part of the world.

We offer the following the following information, complete with a map of the Cairns Business District.

**NB:** For further enquiries, amendments and updates please contact

Marianne Hartrick (Volunteer)  
Community Planning & Development Dept.  
Ph: (07) 4044 3593  
Fax: (07) 4044 3830  
Email: [m.hartrick@cairns.qld.gov.au](mailto:m.hartrick@cairns.qld.gov.au)

## **EMERGENCY NUMBERS**

**PHONE TRIPLE ZERO**

**Ph: 000**

**Police Service**

For life threatening matters or crimes in progress

**Ph:000**

**Ambulance**

**Ph: 000**

**Fire**

**Ph: 000**

**Crime Stoppers**

**Ph: 1800 333 000**

## **POLICE STATIONS**

**Cairns CBD**

**Ph: 4030 7000**

**Edmonton**

**Ph: 4045 9111**

**Gordonvale**

**Ph: 4056 3200**

**Smithfield**

**Ph: 4055 6055**

## **POLICE BEATS (Business Hours Only)**

**Cairns Central Shopping Centre**

**Ph: 4041 7374**

**Cairns Esplanade**

**Ph: 4048 1277**

**Earlville Stockland Shopping Centre**

**Ph: 4033 7855**

**Holloways Beach**

**Ph: 4037 0247**

**Manoora**

**Ph: 4032 3614**

**Mooroobool**

**Ph: 4033 0850**

**Raintrees Shopping Centre**

**Ph: 4053 3200**

**Trinity Beach**

**Ph: 4055 6473**

**White Rock**

**Ph: 4036 1490**

**Yorkey's Knob**

**Ph: 4055 7599**

**ADVOCACY:**

**Age Care Advocacy**

**Ph: 1800 500 853**

**Age Care Complaints Investigation Scheme** (Complaints about subsidised Aged Care Service)

**Ph: 1800 550 552**

**Age Care Commissioner**

**Ph: 1800 500 294**

**Age Care Standards and Accreditation Agency**

**Ph: 1800 288 025**

**Age Discrimination / Human Rights & Equal Opportunity**

**Ph: 1300 369 711**

**Banking Ombudsman**

**Ph: 1800 337 444**

**Complaints Information / Human Rights & Equal Opportunities**

**Ph: 1300 656 419**

[www.complaintsinfo@humanrights.gov.au](mailto:www.complaintsinfo@humanrights.gov.au)

**Legal Aid Queensland**

**Ph: 1300 651 188**

[www.legalaid.qld.gov.au](http://www.legalaid.qld.gov.au)

**Office of Fair Trading**

**Ph: 1300 135 500**

**Rights in Action**

**Ph: 4031 7377**

**Seniors Legal & Support Service**

**Ph: 4031 7179**

**Social Security Appeals Tribunal**

**Ph: 1800 011 140**

**Superannuation Complaints Tribunal**

**Ph: 1300 884 114**

**Tenancy Advice Cairns**

**Ph: 4031 67 33**

**Tenant's Union of North Queensland**

**Ph: 4031 3194**

## **CARERS:**

**Blue Care Day Respite Centre**  
273-283 Lyons St Westcourt

**Ph: 4041 3783**

**Care & Respite QLD**  
31/129a Lake St Cairns  
**Contact:** Chris Bishop

**Ph: 1800 016 111**

**Carers Qld**  
231 Draper St  
Contact: Barbara Dennis  
Carers' Counselling & Support

**Ph: 4031 0163**

**Commonwealth Carer Respite & Carelink Centre**  
271 Gatton St Westcourt

**Ph: 1800 059 059**  
**Ph: 1800 052 222**

**Ozcare (Aged & Community Care)**  
16 Martyn Street, Cairns  
[comcare.cairns@ozcare.org.au](mailto:comcare.cairns@ozcare.org.au)

**Ph: 4048 8288**

**St Johns Respite Services**  
Corner Kamerunga/Fairweather Roads  
Redlynch  
[sjcccl@bigpond.com](mailto:sjcccl@bigpond.com)

**Ph: 4039 9700**

## **CENTRELINK:**

**Cairns Retirement Services**  
(Includes Dept. Veteran Affairs)

**Ph: 131 021**

**Financial Information Service Officer**  
[www.centrelink.gov.au](http://www.centrelink.gov.au)

**Ph: 132 300**

**Pension Loans Scheme**

**Ph: 132 300**

## **EDUCATION:**

**T.A.F.E. Tropical North Queensland**  
Eureka St Manunda  
[tnqit.info@det.qld.gov.au](mailto:tnqit.info@det.qld.gov.au)  
[www.tnqit.tafe.qld.gov.au](http://www.tnqit.tafe.qld.gov.au)

**Ph: 4042 2422**  
**Ph: 1300 656 959**

**James Cook University Cairns**  
1 McGregor Rd Smithfield  
[www.jcu.edu.au](http://www.jcu.edu.au)

**Ph: 4042 1111**  
**Ph: 1800 246 446**

**University of the Third Age**  
[Rco06619@bigpond.com.au](mailto:Rco06619@bigpond.com.au)

**Ph: 4053 4125**

**EXERCISE & GOOD HEALTH:**

**Active on Edge**  
159 Pease St Edge Hill

**Ph: 4053 8600**

**Bowls Clubs of Cairns:**

**Edge Hill Memorial Bowls Club Inc**  
181 Woodward St Edge Hill

**Ph: 4053 1036**

**Edmonton Memorial Bowling Club**  
Armstrong St Edmonton

**Ph: 4055 4102**

**Gordonvale Bowling Club**  
Corner Swan / Mill Sts Gordonvale

**Ph: 4056 1050**

**Stratford Bowling Club**  
3 Rinks Close Stratford

**Ph: 4055 1344**

**West Cairns Bowling Club**  
216 Gatton St Manunda

**Ph: 4051 1814**

**Active Health Club**  
74-76 McLeod St Cairns  
Contact: Sally

**Ph: 4051 4320**

**Babinda Swimming Pool**  
Church St  
Babinda

**Ph: 4067 1211**

**Cairns City Council**  
(List of Sporting Clubs & Recreational Facilities)  
[www.cairns.qld.gov.au](http://www.cairns.qld.gov.au)

**Ph: 4044 3044**

**Cairns City Health & Fitness**  
6 Toogood Rd Woree  
[keith@cairnsfitness.com.au](mailto:keith@cairnsfitness.com.au)

**Ph: 4054 5022**

Contact: Keith Saunders

**Cairns City Square Dancing Club**

Farnorah Hall - 281 Lyons St

Westcourt

**Ph: 4045 1737**

**Woree Swimming Pool**

Cairns Mudcrabs Swimming Club

Email: [mudcrabs@mudcrabs.org.au](mailto:mudcrabs@mudcrabs.org.au)

Contact: Barbara Williamson

**Ph: 4039 1196**

**Edmonton Pool**

5 Wolf St Edmonton

Contact: Desley

**Ph: 4055 4139**

**Free Leisure Activities**

Cairns Esplanade

Contact: Rochelle Collins

**Ph: 4044 3203**

**Ph: 4031 6081**

**Gordonvale Swimming Pool**

79 Sheppards St

Gordonvale

**Ph: 4056 1353**

**Healthy Eating**

[www.healthyactive.gov.au](http://www.healthyactive.gov.au)

**Ph: 1800 020 103**

**Marlin Coast Swimming Club & Pool**

Leisure Park Rd Smithfield

[marlincoastswimming@bigpond.com.au](mailto:marlincoastswimming@bigpond.com.au)

Contact: Ben Eales

**Ph: 4057 7720**

**Novotel Sports Centre**

Coral Coast Rd Palm Cove

[palmcove@rockfordhotels.com.au](mailto:palmcove@rockfordhotels.com.au)

[www.rockfordhotels.com.au](http://www.rockfordhotels.com.au)

Contact: Meg Quinn

**Ph: 4059 1117**

**Personal Body Coaches**

330 Sheridan St Cairns

[yourbodycoach@bigpond.com](mailto:yourbodycoach@bigpond.com)

Contact: Sonya Barber

Extensive Programs for Seniors

**Ph: 4041 2585**

**Ph: 0418 446 648**

Rydges Esplanade Health Club  
Corner Lake / Kirwin St Cairns  
Contact: Ellen Thomas  
**Ph: 4044 9010**

Sportsworld Gym  
Corner Gatton / Birch St Westcourt  
Contact: Gary Bradley  
**Ph: 4051 2863**

Tobruk Memorial Pool  
370 Sheridan St North Cairns  
Contact: Shaneen  
**Ph: 4052 1266**

Ulysses Square Dance Club  
Masonic Hall  
Cnr Mill Rd & Hartill St Edmonton  
Contact Person: Kevin or Helen  
**Ph: 4033 6342**

Vinnies Generic Gym  
Corner Gatton / Birch St Westcourt  
Contact Person: Rose Cermack  
**Ph: 4052 9333**

Yoga - Woodward Retirement Village  
Winfield St Whitfield  
**Ph: 4032 1992**

**FINANCIAL ADVICE:**

Accessing Superannuation  
**Ph: 131 020**

Australian Securities & Investment  
Commission  
**Ph: 1300 300 630**

Australian Tax Office – Superannuation  
[www.ato.gov.au](http://www.ato.gov.au)  
**Ph: 131 020**

Centrelink Referral Service  
Financial Information Service Officer  
**Ph: 132 300**

Commonwealth Financial  
Counselling Program  
[www.facs.gov.au/cfcp](http://www.facs.gov.au/cfcp)  
**Ph: 1300 653 227**

Concessions Made Easy  
[concman@communities.qld.gov.au](mailto:concman@communities.qld.gov.au)  
[www.communities.qld.gov.au](http://www.communities.qld.gov.au)  
For Health care/Pensioners/Seniors/  
Gold Card Holders.

**Ph: 1800 460 849**

Finding lost/consolidating Super Accounts  
National Information Centre on Retirement  
Investments  
[nicri@nicri.org.au](mailto:nicri@nicri.org.au)  
[www.nicri.org.au](http://www.nicri.org.au)

**Ph: 132 865**  
**Ph: 1800 020 110**

Public Trustees of Queensland  
Trustee House 27 Sheridan St

**Ph: 4040 7300**

### **HEALTH CARE SERVICES:**

Diversicare Multi-Cultural Support  
(Ethnic Communities Council of Qld)  
[www.diversicare.com.au](http://www.diversicare.com.au)  
[cairns@diversicare.com.au](mailto:cairns@diversicare.com.au)  
Contact Person: Jo Abbatangelo

**Ph: 4051 4715**

FNQ Integrated Palliative Care Service  
Cairns Base Hospital  
[www.qheps.health.qld.gov/cairnsandhinterland](http://www.qheps.health.qld.gov/cairnsandhinterland)  
[Margaret\\_shearer@health.qld.gov.au](mailto:Margaret_shearer@health.qld.gov.au)  
Contact: Margie Shearer

**Ph: 4050 6597**

Lifeline Medical Alarm  
188 Aumuller St Bungalow  
[sharon.morrison@lccq.org.au](mailto:sharon.morrison@lccq.org.au)  
Contact: Sharon Morrison

**Ph: 4050 4955**

Nova Community Care  
304 Mulgrave Rd Westcourt  
[nccl@novacc.com.au](mailto:nccl@novacc.com.au)  
Contact: Dino Bazarbassis

**Ph: 4041 1232**

OzCare Community Nursing  
16 Martyn St Cairns  
[www.ozcare.org.au](http://www.ozcare.org.au)  
[com.care@ozcare.org.au](mailto:com.care@ozcare.org.au)

**Ph: 4048 8288**

Vision Australia  
Contact: Eileen Bedford  
Level 2, Mainstreet Arcade  
82 Grafton Street. Cairns  
[www.visionaustralia.org](http://www.visionaustralia.org)  
[Eileen.bedford@visionaustralia.org](mailto:Eileen.bedford@visionaustralia.org)

**Ph: 4041 3259**

**IN HOME CARE:**

Blue Care Cairns Blue Nursing Service  
15 Short St Redlynch  
[www.bluecare.org.au](http://www.bluecare.org.au)  
[cairns.bns@bluecare.org.au](mailto:cairns.bns@bluecare.org.au)

**Ph: 4039 9177**

Contact: Mark Watson  
HACC Services / Community Health  
8 Aplin St Cairns  
Contact: Clinical Nurse Consultant

**Ph: 4046 8533**

Homecare Dementia Services F.N.Q.  
273-283 Lyons St Westcourt  
[jg.cox@bluecare.org.au](mailto:jg.cox@bluecare.org.au)  
[www.bluecare.org.au](http://www.bluecare.org.au)  
Contact: Joanne Cox

**Ph: 4041 3783**

**Meals on Wheels**

Atherton

**Ph: 4091 1686**

Cairns

**Ph: 4033 1400**

Innisfail

**Ph: 4061 1919**

Mareeba

**Ph: 4092 2278**

Mission Beach

**Ph: 4068 7480**

Mossman

**Ph: 4098 1105**

Trinity Beach

**Ph: 4055 6016**

Tully

**Ph: 4068 1497**

[cnsnow@westnet.com.au](mailto:cnsnow@westnet.com.au)

St. Johns Community Care  
FNQ Home Assist /Home maintenance  
Major modifications Service  
Corner Kamerunga & Fairweather Roads  
Redlynch  
[sjcclfnqhas@bigpond.com](mailto:sjcclfnqhas@bigpond.com)

**Ph: 4039 9780**

Contact: Margaret Hart

### **LEGAL SERVICES**

Seniors Legal and Support Service  
1<sup>st</sup> Floor Main Street Arcade  
85 Lake Street  
Cairns  
P O Box 7129  
Website: [www.cclc.org.au](http://www.cclc.org.au)

**Phone: 4031 7179**  
**Fax: 4041 2134**

### **LIBRARY SERVICES**

Homebound Library Service  
Contact: Marina at Smithfield Library

**Ph: 4057 7755**

Babinda Library  
24 Munro St Babinda  
Mon – Fri 9am-12:30pm, 1:30-5pm  
Sat: 9am – 12 noon

**Ph: 4067 1112**

City Library  
151 Abbot St Cairns  
Mon –Fri 10am-6pm  
Sat & Sun 10am – 3pm

**Ph: 4044 3720**

Earlville Library  
Stockland Shopping Centre Earlville  
Mon –Fri 10am – 5:30  
Sat 9am – 12 noon  
Edmonton Library  
175 Bruce Hwy Edmonton  
Mon – Fri 9am-12:30pm, 1:30-5pm  
Sat 9am – 12 noon

**Ph: 4054 5976**

**Ph: 4055 4121**

Gordonvale Library  
88 Norman St Gordonvale  
Mon – Fri 10am – 6pm  
Sat 9am – 12 noon

**Ph: 4056 1365**

Manunda Library  
Raintrees Shopping Centre  
Mon –Fri 10am-12:30, 1:30-6pm.  
Sat: 9am – 12 noon

**Ph: 4053 6478**

Smithfield Library  
Cheviot St Smithfield  
Mon –Fri 10am-12:30, 1:30-6pm.  
Sat 9am – 12 noon

**Ph: 4057 7755**

Stratford Library  
11 Kamerunga Rd Stratford  
Mon – Fri 9am-12:30pm, 1:30-5pm  
Sat: 9am – 12 noon

**Ph: 4055 1264**

**PUBLIC TRANSPORT SERVICE:**

Sunbus Marlin Coast:  
Email: [transcairnsdp@bigpond.com](mailto:transcairnsdp@bigpond.com)  
[www.sunbus.com.au](http://www.sunbus.com.au)

**Ph: 4057 7411**

**RESIDENTIAL CARE:**

Aveo Parks Retirement Village  
1 Telford St Earlville  
[desmondl@fkp.com.au](mailto:desmondl@fkp.com.au)

**Ph: 4033 0144**

Contact: Des Lamb  
Bethlehem Holy Spirit Home for the Aged  
257 Gatton St Westcourt

**Ph: 4051 6988**

[www.holyspirit.com.au](http://www.holyspirit.com.au)  
[info@holyspirit.com.au](mailto:info@holyspirit.com.au)

Contact: Care Services Manager

Bluecare Glenmead Retirement Village  
15 Short St Redlynch  
[www.glenmead@bluecare.org.au](http://www.glenmead@bluecare.org.au)

**Ph: 4039 9100**

Coral Sea Gardens Retirement Village  
258-282 Lyons St Westcourt  
[www.holyspirit.com.au](http://www.holyspirit.com.au)  
[info@holyspirit.com.au](mailto:info@holyspirit.com.au)

**Ph: 4031 6977**

Contact: Retirement Village Co-ordinator

(Gumba Gumba)  
Cairns & District ATSI Corp.  
for Elders  
210 Spence Street  
Bungalow QLD 4870

**Ph: 4031 6691**

Email: [atsielders@bigpond.com](mailto:atsielders@bigpond.com)

CEO: Bob Colless

Heritage Gardens Retirement Village

11 Barr St Earlville

[heritagegardens@westnet.com.au](mailto:heritagegardens@westnet.com.au)

Contact: Chelie Phillips

**Ph: 4054 6504**

Mary Potter Holy Spirit

85 Toogood Road Woree

[www.holyspirit.com.au](http://www.holyspirit.com.au)

[info@holyspirit.com.au](mailto:info@holyspirit.com.au)

Contact: Care Services Manager

**Ph: 4054 5544**

**Masonic Care Carpentaria**

Woodward Retirement Village

82-120 McManus St Whitfield

[www.masoniccareqld.org.au](http://www.masoniccareqld.org.au)

[facilitymanager@cr.masoniccareqld.org.au](mailto:facilitymanager@cr.masoniccareqld.org.au)

Contact: Laura De Couta

**Ph: 4053 1325**

Pyramid Retirement Centre

65 Cairns Rd Gordonvale

[prc2@bigpond.com](mailto:prc2@bigpond.com)

Contact: Fay Swarbrick

**Ph: 4056 1454**

RSL Fahnora

Cnr Lyon and Mann Street, Westcourt

[www.rslcare.com.au](http://www.rslcare.com.au)

[bevmcdonald@rslcare.com.au](mailto:bevmcdonald@rslcare.com.au)

Contact: Bev McDonald

**Ph: 4051 5805**

### **SOCIAL CLUBS & ORGANISATIONS:**

Apex Clubs of Cairns

**Ph: 4051 2115**

Association of Independent Retirees

[www.independantretirees.com.au](http://www.independantretirees.com.au)

[youngjr@optusnet.com.au](mailto:youngjr@optusnet.com.au)

Contact person: John Young

**Ph: 4055 3763**

Brothers Leagues Club Cairns

99-105 Anderson St Manunda

[www.brothercairns.com.au](http://www.brothercairns.com.au)

**Ph: 4053 1053**

[admin@brotherscairns.com.au](mailto:admin@brotherscairns.com.au)

Contact: Sandy Astill

Cairns Central 55+ Club

1-21 McLeod St Cairns

[www.cairnscentral.com.au](http://www.cairnscentral.com.au)

[cairns.central@lendlease.com.au](mailto:cairns.central@lendlease.com.au)

Contact: Louise Struber

**Ph: 4047 7401**

Cairns & District Senior Citizens

271 Gatton St Manunda

Contact person: Ron Thompson

**Ph: 4051 3747**

Cairns Municipal Band Inc.

18 Charles St North Cairns

[cmb@ledanet.com.au](mailto:cmb@ledanet.com.au)

[www.cairnsmunicipalband.com](http://www.cairnsmunicipalband.com)

Contact: Patty Davie

**Ph: 4053 2235**

Cairns Tropical Garden Club

Contacts: Irene Rita

**Ph: 4036 2768**

**Ph: 4036 2708**

Cazaly's Social Club

344 Mulgrave Road Westcourt

[www.cazalys.com.au](http://www.cazalys.com.au)

[promo@cazalys.com.au](mailto:promo@cazalys.com.au)

**Ph: 4054 1464**

Cross Roads (Social Respite)

327 Brown St Westcourt

[office@cairns.unitingchurch.com](mailto:office@cairns.unitingchurch.com)

Contact: Heather McGregor

**Ph: 4051 3964**

Legacy Club of Cairns

115 The Esplanade Cairns

**Ph: 4051 5242**

Lions Club of Cairns

Contact: Anne Naylor

**Ph: 4054 6559**

**Marlin Coast Neighbourhood Centre**

PO Box 260

45 Cumberland Ave

Smithfield

**Ph: 4038 1644 Fax: 4038 2328**

Web site:- [www.mcnc.org.au](http://www.mcnc.org.au) E-mail [admin@mcnc.org.au](mailto:admin@mcnc.org.au)



Diabetes Australia <a href="http://www.daq.com.au">www.daq.com.au</a>	<b>Ph: 1300 136 588</b>
Elder Abuse Prevention Unit	<b>Ph: 1300 651 192</b>
Grandparents Support 1 Cuffe Court Edmonton <a href="mailto:johnjan@cairns.net.au">johnjan@cairns.net.au</a> Contact: Janet & John	<b>Ph: 4055 5161</b>
Homelessness Service Hub 149 – 153 Bunda Street Cairns Contact: Sally Watson	<b>Ph: 4046 5080</b>
Heart foundation <a href="http://www.heartfoundation.com.au">www.heartfoundation.com.au</a>	<b>Ph: 1300 326 787</b>
Marlin Coast Day Respite Centre 39 Oak St Holloways Beach <a href="mailto:marlincoast@petos.net">marlincoast@petos.net</a> Contact: Gudelia Mato	<b>Ph: 4055 0890</b>
Partners of Veterans Association of Australia Corner McLachlan & Cannon St Manunda Contact: Barbra Owen	<b>Ph: 4045 5564</b>
Prostrate Support Group 1 Cainland Court Redlynch Contact: Jim Hope	<b>Ph: 4039 0335</b>
Queensland Cancer Fund 169 Aumuller St Bungalow <a href="mailto:qcffnq@qldcancer.com.au">qcffnq@qldcancer.com.au</a> <a href="http://www.qldcancer.com.au">www.qldcancer.com.au</a> Fundraising: Helpline: Relationships Australia 182 Gatton St Westcourt <a href="http://www.relationships.com.au">www.relationships.com.au</a> Contact: Sally Kelynack	<b>Ph: 4031 1555</b>  <b>Ph: 1300 656 585</b> <b>Ph: 131 120</b> <b>Ph: 1300 364 277</b>
Seniors Enquiry Line <a href="http://www.seniorsenquiryline.com.au">www.seniorsenquiryline.com.au</a>	<b>Ph: 1300 135 500</b>

TADAust Connect (Discounts for Seniors)  
Discount Dial up Internet Service **Ph: 1300 735 439**

### **SUPPORT NUMBERS**

Adult Guardian Office **Ph: 1300 653 187**

Age Care Information Line **Ph: 1300 500 853**

Catholic Welfare Australia **Ph: 1300 138 070**

Carer Education & Workforce  
Training Project **Ph: 1800 639 331**

Community Visitors Scheme **Ph: 1800 500 853**

Continence Foundation of Australia **Ph: 1800 330 066**

Continence (National) Helpline **Ph: 1800 330 066**

Dementia Behaviour Advisory (National) **Ph: 1300 366 448**

Dementia Education & Support Programme **Ph: 1800 639 331**

Dementia (Early stage) Support &Respite  
Project **Ph: 1800 639 331**

Disability Information **Ph: 1800 651 192**

Elder Abuse Prevention Unit **Ph: 1300 651 192**

Family Services Australia **Ph 1300 365 859**

Australian Hearing **Ph: 4051 1811**

Justice of The Peace **Ph: 1300 301 147**

Lifeline (24 hour telephone support) **Ph: 131 114**

Medicare **Ph: 132 011**

Men's Info Line **Ph: 1800 600 636**

Psycho Geriatric Care Unit Programme **Ph: 1800 052 222**

Seniors Enquiry Line **Ph: 1300 135 500**

Veterans Line **Ph: 1800 011 046**

Veterans Home Care Programme **Ph: 1800 555 254**

Victims of Crimes Association QLD **Ph: 1300 733 777**

Women's Info link **Ph: 1800 177 577**

**TAXI SERVICE:**

Black and White (Quick Service) Taxis Ltd  
Bookings **Ph: 131 008**  
General Enquires **Ph: 4048 8311**

**TOURISM:**

Tourist Information Centre **Ph: 4031 7676**  
51 The Esplanade Cairns  
[www.tropicalaustralia.com.au](http://www.tropicalaustralia.com.au)  
[admin@tnq.qrg.au](mailto:admin@tnq.qrg.au)

Tourist Information Centre **Ph: 4067 1008**  
Babinda

**VOLUNTEERS:**

Conservation Volunteers Australia **Ph: 4032 0844**  
38 Hayward St Mooroolbool  
[www.conservationvolunteers.com](http://www.conservationvolunteers.com)  
[emcdonnell@cva.org.au](mailto:emcdonnell@cva.org.au)  
Contact: Emmalene McDonnell or Mark Dwyer

FNQ Volunteers Inc **Ph: 4041 7400**  
68 Abbott St Cairns  
[www.fnqvolunteers.org](http://www.fnqvolunteers.org)  
[info@fnqvolunteers.org](mailto:info@fnqvolunteers.org)  
Contact: Ellen Barnes

Red Cross Australia **Ph: 4047 6100**  
245-247 Lake St Cairns

[lsmith@redcross.org.au](mailto:lsmith@redcross.org.au)  
[volunteers@qld.redcross.org.au](mailto:volunteers@qld.redcross.org.au)  
Contact: Lyn Smith  
TELECROSS – Daily phone calls

Salvation Army  
281-289 Sheridan St Cairns  
[christine.bradley@ave.salvationarmy.org](mailto:christine.bradley@ave.salvationarmy.org)  
[www.salvationarmy.org.au/volunteer](http://www.salvationarmy.org.au/volunteer)  
Contact: Christine Bradley

**Ph: 4031 4432**

Silver Cord Telephone Service  
[www.stjohnqld.com.au](http://www.stjohnqld.com.au)  
[silvercord@stjohnqld.com.au](mailto:silvercord@stjohnqld.com.au)  
Contact: Donna Mason

**Ph: 4151 0419**

St Johns Ambulance Service Volunteers  
Contact: Tom Corbett

**Ph: 0413 448 004**

St Vincent's De Paul Society  
82 Anderson St Manunda  
[www.vinnies.ogr.au](http://www.vinnies.ogr.au)  
[maree.fell@svdpqld.org.au](mailto:maree.fell@svdpqld.org.au) or  
[kimberley.gansberg@svdpqld.org.au](mailto:kimberley.gansberg@svdpqld.org.au)  
Contact: Maree Fell or Kimberley Gansberg

**Ph: 4032 3139**

### **WEB ADDRESSES:**

For Seniors and their Health

[www.aboutseniors.com.au](http://www.aboutseniors.com.au)

[www.agedcareaustralia.gov.au](http://www.agedcareaustralia.gov.au)

[www.bca.org.au](http://www.bca.org.au) Blind Citizens Australia

[www.communities.qld.gov.au/seniors](http://www.communities.qld.gov.au/seniors)

[www.deafnessforum.org](http://www.deafnessforum.org)

[www.greypower.org.au](http://www.greypower.org.au)

[www.healthinsite.gov.au](http://www.healthinsite.gov.au) Office of Hearing Services

[www.medicare.gov.au](http://www.medicare.gov.au)

[www.nationalseniors.com.au](http://www.nationalseniors.com.au)

[www.seniors.gov.au](http://www.seniors.gov.au)

[www.seniorscomputing.org](http://www.seniorscomputing.org)

[www.seniorscontacts.com.au](http://www.seniorscontacts.com.au)

[www.seniorsenquiryline.com](http://www.seniorsenquiryline.com)

[www.seniorshousingonline.com.au](http://www.seniorshousingonline.com.au)

[www.seniorsown.com.au](http://www.seniorsown.com.au)

[www.seniors-site.com](http://www.seniors-site.com)

[www.seniorsholidaytravel.com](http://www.seniorsholidaytravel.com)

For further enquiries, amendments & updates please contact author;

Marianne Hartrick (Volunteer)

Ph: (07) 4044 3370

Fax: (07) 4044 3830

Email: [m.hartrick@ Cairns.qld.gov.au](mailto:m.hartrick@ Cairns.qld.gov.au)