

### AGED & DISABILITY SERVICES

APM Disability Services and support	1300 366 047
Aged Care Assessment.....	1800 200 422
Aged Care Information Line... 1800 020 103	
Respite Services.....	6451 1059
Cooma Challenge Limited - Aged and Disability.....	6452 2156
Cooma Community Health Palliative Care.....	6455 3201
Department of Veterans Affairs.....	13 32 54
Cooma Community Palliative Care.....	6455 3201
Cooma Home Living Support Services.....	6452 2299
Meals on Wheels.....	6455 4040
Monaro Respite Cottage.....	6452 2156
NSW Seniors Information Service..	13 12 44
Respite Care & Carer Support.....	1800 422 737
Sir William Hudson Memorial Centre Nursing Home.....	6452 3588
Snowy River Age Hostel .....	6451 1200
Snowy River Community Transport Service.....	6451 1054
Southern Cross Currawarna Aged Care .....	1800 632 314
Werri-Nina Centre.....	6455 4000
Yallabee Lodge Aged Care Hostel .....	6452 1669

### LOCAL BUSINESS CHAMBERS

<b>Cooma Chamber of Commerce</b> .....	<a href="http://www.coomachamber.com.au">www.coomachamber.com.au</a>
<b>Bombala &amp; District Chamber</b>	<a href="http://www.bombalachamber.com">www.bombalachamber.com</a>
<b>Dalgety Chamber of Commerce</b>	<a href="mailto:info@dalgetychamber.org.au">info@dalgetychamber.org.au</a>
<b>Lake Eucumbene Chamber of Commerce</b>	<a href="mailto:info@eucumbenechamber.org.au">info@eucumbenechamber.org.au</a> <a href="http://www.visitadaminaby.com.au">www.visitadaminaby.com.au</a>
<b>Jindabyne Chamber of Commerce</b>	<a href="http://www.destinationjindabyne.com.au">www.destinationjindabyne.com.au</a> <a href="mailto:admin@jindabynechamberofcommerce.org.au">admin@jindabynechamberofcommerce.org.au</a>
<b>Nimmitabel Chamber of Commerce</b>	<a href="http://nimmitabel.nsw.au/">http://nimmitabel.nsw.au/</a>

### CHILDREN'S HEALTH SERVICES

Cooma Community Health.....	1800 999 880 or 6455 3201
Cooma School Dental Clinic... 1800 450 046	
Clan Connect Support Services... 6452 3630	
Kids Helpline.....	1800 551 800
MEIS.....	6452 7424

### CHILDREN'S SERVICES

Berridale Little Stars Preschool. 6456 3686	
Bombala Preschool.....	6458 3064
Building Blocks Childcare.....	6452 1531
<a href="mailto:buildingblockscooma@hotmail.com">buildingblockscooma@hotmail.com</a>	
Cooma Lambie Street Preschool	6452 2669
<a href="mailto:lambiest@tpg.com.au">lambiest@tpg.com.au</a>	
Cooma North Preschool Ass'n..	6452 1198
<a href="mailto:coomanthpreschool@bigpond.com">coomanthpreschool@bigpond.com</a>	
Delegate & District Preschool... 6458 8196	
Gidgillys Early Education Centre.	6457 2111
Milestones Early Learning.....	6452 5363
Monaro Early Intervention Service Inc.	6452 7424
<a href="mailto:admin@meis.org.au">admin@meis.org.au</a> .....	6454 6469
Nimmitabel Preschool .....	6454 6469
<a href="mailto:nimmitypreschool@gmail.com">nimmitypreschool@gmail.com</a>	
Rocky Hall Pre School.....	6494 2095
Snowy Mountains Baby Sitting .....	0490 899 075
Snowy Mountains Care & Early Learning Centre	<a href="mailto:admin@smcelc.com.au">admin@smcelc.com.au</a> .. 6456 2569

### CHIROPRACTORS

Alpine Life Chiropractic.....	6456 2725
Jindabyne Family Chiropractic..	6451 2627
Timothy Deamer.....	6452 1529
Total Wellbeing Chiropractic Clinic .....	0499 522851

### CHURCHES & ASSOCIATIONS

Anglican Parish of: Cooma .....	6452 1544
Bombala.....	6458 3018
Assemblies of God: Bombala... 6458 4005	
.....Cooma....	6452 2330
Baptist Church, Cooma.....	6452 5524
Cooma Community Christian Church .....	6452 5730
Jehovah's Witnesses.....	6452 3044
Cooma Presbyterian Church... 6452 1431	
Catholic Church Bombala.....	6458 3776
Russian Orthodox Convent.....	6453 6272
Salvation Army.....	6452 1327
Snowy Monaro (AOG).....	6452 5229
St Patrick's Catholic Church .....	6452 2062
Trinity Lutheran Church Cooma. 6452 2240	
Uniting Church, Cooma .....	6452 1431
Jindabyne.....	6456 2411

### CLUBS - SPORTING

<b>The Alpine Angler</b> .....	6452 5538
<b>Alpine Arrow Tag</b> .....	0417 668 320
<a href="mailto:brett@alpinearrowtag.com">brett@alpinearrowtag.com</a>	
Facebook @SnowyMountainsBMXClub	
<b>Monaro Air Rifle Club</b> , Ray Kinch	<a href="mailto:secretary@snowyshooters.com.au">secretary@snowyshooters.com.au</a>
<b>Little Athletics</b> ..Jindabyne 0405 133 250	
<a href="https://www.facebook.com/jindabynelittleathletics/">Facebook.com/jindabynelittleathletics/</a>	
<b>Cooma Athletics</b> , Lyndon Taylor	<a href="mailto:coomaathletics@gmail.com">coomaathletics@gmail.com</a>

<b>Bombala Basketball Association</b> .....	<a href="mailto:bombalabasketball@outlook.com">bombalabasketball@outlook.com</a>
<b>Bombala League Tag Football</b>	Colin Ryan..... 0427 584 246
<b>Cooma Basketball Association</b> .....	<a href="mailto:briangeach@hotmail.com">briangeach@hotmail.com</a> ... 0418 484 403
<b>Cooma Bocce Club</b> .....	<a href="mailto:pevere1of6@gmail.com">pevere1of6@gmail.com</a>
<b>Cooma Cats AFL Club/Southern Cats</b>	Damien Asanovski..... 0425 827 130
<a href="mailto:secretarycoomacats@gmail.com">secretarycoomacats@gmail.com</a>	
<b>Cooma Country Club &amp; Bowlers</b> .....	<a href="mailto:coomacbc@gmail.com">coomacbc@gmail.com</a> ..... 6452 1229
<b>Bombala Exhibition Ground</b>	S355 committee, Neil Hennessy
<a href="mailto:neilhennessy@bigpond.com">neilhennessy@bigpond.com</a>	
<b>Cooma Gun Club</b> .....	0411 267 818
Facebook @coomagunclub	
<b>Bombala Show Society</b> - horses;	Anita Walder .....
6458 7333	
<b>Bombala Bowling Club</b> .....	6458 3017
<a href="mailto:office@clubbombala.com.au">office@clubbombala.com.au</a>	
<b>Cooma Car Club</b> (Cooma Monaro Historic Automobile Club Inc) President;	0478 000 374 <a href="http://www.coomacarclub.com.au">www.coomacarclub.com.au</a>
<b>Cooma Monaro Cricket Association..</b>	Mark Williams..... 0408 419 373
<a href="mailto:mwilly@bigpond.net.au">mwilly@bigpond.net.au</a>	
<b>Berridale Cricket Club</b> ... Ben Hearne...	0416 258 422 <a href="mailto:Berridalepo@hotmail.com">Berridalepo@hotmail.com</a>
<b>Bombala Cricket Club</b> ... George Power	<a href="mailto:Georgepower@bigpond.com">Georgepower@bigpond.com</a> .....
Mark Tonks.....	<a href="mailto:jenya1806@gmail.com">jenya1806@gmail.com</a>
<b>Jindabyne Cricket Club</b> .....	<a href="mailto:simon@partell.com">simon@partell.com</a>
<b>Michelago Cricket Club</b>	David Hanns..... 0404 060 316
<b>Cooma Cycling Club</b> ..... John Simm	0431 816 923..... <a href="mailto:simboxc@gmail.com">simboxc@gmail.com</a>
<b>Jindabyne Cycling &amp; MBT Club</b> .....	<a href="mailto:info@jindabynecycling.com.au">info@jindabynecycling.com.au</a>
<b>Jennifer Colins School of Dance &amp; Performing Arts</b> .....	0421 005 922
<b>Rosie Sullivan School of Dance</b> ...	<a href="mailto:rosie5678@gmail.com">rosie5678@gmail.com</a> ..... 0412 993 373
<b>Monaro Dance Centre</b> .....	0423 303 180
<a href="mailto:enquiries@monarodancecentre.com.au">enquiries@monarodancecentre.com.au</a>	
<b>Snowy Mountains Performing Arts Academy</b> .....	0409 221 684
<a href="mailto:lisa@smpaa.com.au">lisa@smpaa.com.au</a>	
<b>Cooma District Darts Association</b>	.....Facebook @coomadistrictdarts
<b>Monaro Equestrian Association</b> .....	<a href="mailto:Secretary.me.cooma@gmail.com">Secretary.me.cooma@gmail.com</a>
Sue Wallace .....	0418 649 869



**Cooma Colts Junior Rugby League**  
[coomacolts@outlook.com](mailto:coomacolts@outlook.com)....0413 045 613  
[rob@snowyriverpainting.com.au](mailto:rob@snowyriverpainting.com.au)  
**Bombala District Blue Heelers JRL Football Club**...Colin Ryan 0427 584 246  
**Bombala Junior Blue Heelers**  
 Micheal Sullivan..... 0427 584 999  
[blueheelersbombala@hotmail.com](mailto:blueheelersbombala@hotmail.com)  
 George Power ..... 0427 688 849  
[georgepower@bigpond.com](mailto:georgepower@bigpond.com)  
**Cooma Stallions**.....  
[Colts1965@bigpond.net.au](mailto:Colts1965@bigpond.net.au)  
[coomaleague@yahoo.com.au](mailto:coomaleague@yahoo.com.au)  
**Cooma United RLFC** Mark Williams  
 0408 419 373..[coomaleague@yahoo.com](mailto:coomaleague@yahoo.com)  
**Snowy Mountains BMX Club**.....  
[info@smbmx.com.au](mailto:info@smbmx.com.au)  
**Snowy River Bears**..... 0427 200 823  
[gpplumbing@bigpond.com](mailto:gpplumbing@bigpond.com)  
**Cooma Colt Touch Football Association**  
 Rob Zusak..... 0413 045 613  
[rob@snowyriverpainting.com.au](mailto:rob@snowyriverpainting.com.au)  
**Jindabyne Touch Football association**  
 Nicole Raine 0412 803 746  
**Bombala Touch Football Association**  
 Maree Coates  
**Cooma Rugby Union Club**  
 Brian Coyte..... 0428 484 999  
[brian@southeastprinting.com.au](mailto:brian@southeastprinting.com.au)  
 George Giagios..... [ggiagios@gmail.com](mailto:ggiagios@gmail.com)  
**Rugby Union (Bushpigs)** Mick Swinney  
 0400 421 085..... [mags@bushpigs.com](mailto:mags@bushpigs.com)  
**Cooma Golf Club**..... 6452 2243  
[coomagc@bigpond.net.au](mailto:coomagc@bigpond.net.au)  
**Coolamatong Snowy Mountains Golf Club**..... 6456 3321  
**Bombala Golf Club**..... 6458 3306  
**Delegate Golf Club**..... 6458 8169  
**Bombala Gun Club**  
 Murray Roberts..... 6458 7240  
**Cooma Gymnastics**..... 641 60165  
[coomagymclub@gmail.com](mailto:coomagymclub@gmail.com)  
**Berridale Gymnastics**  
[www.facebook.com/berridalegymnastics/](http://www.facebook.com/berridalegymnastics/)  
**Go Kan RYU Karate**..... 0431 801 655  
[region16au@gtkkarate.com](mailto:region16au@gtkkarate.com)  
**Jindabyne Kindergym**  
[alicoomagymclub@gmail.com](mailto:alicoomagymclub@gmail.com)  
**Adaminaby Jockey Club**  
 Lynley Miners..... 0412 780 673  
[adaminabyjockeyclub@gmail.com](mailto:adaminabyjockeyclub@gmail.com)  
**Bombala Jockey Club**  
[Rst84976@bigpond.net.au](mailto:Rst84976@bigpond.net.au)  
**Cooma Kennel & Obedience**  
 Maryanne Mould..... 6452 2400  
**Cooma Judo**, John Kleven.. 0429 388 880

**Cooma Martial Arts**  
 Jim McDonald..... 0419 993 449  
**Cooma Little Theatre Inc** [info@clt.org.au](mailto:info@clt.org.au)  
[www.clt.org.au](http://www.clt.org.au) FB @CoomaLittleTheatre  
**Snowy Mountains MTB Club**  
 ..... 0435 197 705  
[stephen.j.aldous@det.nsw.edu.au](mailto:stephen.j.aldous@det.nsw.edu.au)

**Bombala Motorcycle Club**  
[bomblalabikeshow@yahoo.com.au](mailto:bomblalabikeshow@yahoo.com.au)  
**Cooma Netball Association**  
 ..... [coomanetball@gmail.com](mailto:coomanetball@gmail.com)  
 Facebook..... @CoomaNetballAssociation  
**Bombala Netball Association**  
 Callie Kidman..... 0417 252 431  
[cmoreing@hotmail.com](mailto:cmoreing@hotmail.com)  
**Jindabyne Netball Association**  
 Jennifer Patterson..... 0400 996 882  
[Jindabyne.netball@gmail.com](mailto:Jindabyne.netball@gmail.com)  
**Cooma off-Road Club** [www.corc.org.au](http://www.corc.org.au)  
[coomaoffroadclub@gmail.com](mailto:coomaoffroadclub@gmail.com)  
**Jindabyne Parkrun**  
[jindabyneoffice@parkrun.com](http://jindabyneoffice@parkrun.com)  
**Cooma Pastoral & Agricultural Society (Cooma Show)** [www.coomashow.com.au](http://www.coomashow.com.au)  
[secretarycpaa@outlook.com](mailto:secretarycpaa@outlook.com)  
**SSAA(nsw)Snowy River Branch Inc Pistol Club** [www.snowyshooters.com.au](http://www.snowyshooters.com.au)  
[Pistol.secretary@snowyshooters.com.au](mailto:Pistol.secretary@snowyshooters.com.au)

**Adaminaby Pony Club** Kelly Horsfall  
 6451 1626 ..... [Wyandra288@gmail.com](mailto:Wyandra288@gmail.com)  
**Delegate Pony Club**  
 Rowena ..... 0437 382 272  
**Cooma Pony Club** Vanessa Dixon  
 0405 355 682 [coomapc@gmail.com](mailto:coomapc@gmail.com)  
**Jindabyne Pony Club**  
 (Snowy River Pony Club)  
[jindabyneepc@gmail.com](mailto:jindabyneepc@gmail.com)  
**Cooma Rodeo** Jenny Solomon  
[jenny@jensol.com.au](mailto:jenny@jensol.com.au)  
**Jindabyne Rodeo Association**  
[Jindabyne.rodeo@gmail.com](mailto:Jindabyne.rodeo@gmail.com)

**Jindabyne Sailing Club**  
[www.lakejindabynesailingclub.com](http://www.lakejindabynesailingclub.com)  
[secretary@lakejindabynesailingclub.com](mailto:secretary@lakejindabynesailingclub.com)  
**Jindabyne Skate Park Association**  
 Brent Johnston  
[gummymsmith76@gmail.com](mailto:gummymsmith76@gmail.com)  
 Claire Rogerson  
[snowyaccess@gmail.com](mailto:snowyaccess@gmail.com)  
**Berridale Soccer**  
 (5- 11) Facebook @BerridaleSoccerClub

**Cooma Monaro Race Club**  
 Gail Eastaway  
[editor@monaropost.com.au](mailto:editor@monaropost.com.au)

**Trampolining Jindabyne**  
 Action Sports Training  
[Ursula@snowy.net.au](mailto:Ursula@snowy.net.au)

**Bombala Tennis Club** Hazel Rodwell.....  
 0427 344 787 Gillian Gough 0438 245 434  
**Bredbo Tennis Club**; Louise Barron ...  
 ..... [Sprocket46@bigpond.com](mailto:Sprocket46@bigpond.com)  
**Cooma Royal Tennis Club** Mick Askell  
 0401 860  
 840.... [mtaskell@internode.on.net](mailto:mtaskell@internode.on.net)  
**Cooma Champs Tennis**;  
 Tom Perea ..... 0404 838 049  
**Numeralla Tennis Club**  
 Cathy Burge..... 6453 3311  
**Snowy Tennis Club**  
 D&M Hore ..... 6452 2497  
**Geehi Bush Walking Club**  
[www.geehibushwalkingclub.com.au](http://www.geehibushwalkingclub.com.au)

## COMMUNITY SERVICES

Community Transport Services 6451 1054  
 Cooma Court House .....1300 679 272  
 Monaro Community Access Service &  
 Crisis Accommodation..... 6452 6174  
 Monaro Regional Library.....6455 1730  
 Bombala Library..... 6458 3196  
 Snowy Mountains Neighbourhood  
 Centre.....6457 1044  
 Community Services  
 Bombala...6458 4620  
 Cooma.....6455 0200



## COMMUNITY GROUPS, CLUBS & ORGANISATIONS

1st Cooma Scouts.....0459 407 281  
[gl.coomascouts@gmail.com](mailto:gl.coomascouts@gmail.com)  
**1st Kosciuszko Scout Group Jindabyne**  
 64567494..... [jclewort6@bigpond.com](mailto:jclewort6@bigpond.com)  
 Arthritis Foundation Info Line1800 011 041  
 Australian Red Cross Cooma.....6234 7639  
**Bredbo Progress Association**  
 Facebook @bredboprogress  
[bredboprogress@gmail.com](mailto:bredboprogress@gmail.com)  
 Monaro Bridge Club .....6452 5880  
 Combined Pensioners &  
 Supenrannuants..... 9281 3588  
 Cooma School Of Music.....6452 6067  
 South East Arts Region SEAR...6492 0711  
 Cooma District Band.....6452 6067  
 Cooma Community Garden.... 6452 4292  
 Facebook @CoomaCommunityGarden  
 Jindabyne Community Garden.....  
[www.facebook.com/GrowJindy](http://www.facebook.com/GrowJindy)  
 Cooma Garden Club..... 0466 015 979  
 Nimmitabel Garden Club; Pat... 6454 6351  
 Facebook @nimmitabelgardenclub

Cooma Little Theatre Inc. .... 6452 4784  
 Cooma Monaro Historical Society.....  
 coomahistoricalsociety@gmail.com  
 Cooma Monaro Ladies Probus Club.....  
 ..... 6452 5736  
 Cooma Monaro Men's Shed.....64526332  
 Bombala Men's Shed..... 6458 4789  
 Snowy Rivers Men's Shed....0429 456 179  
 Cooma Monaro Railway Inc..... 6452 7791  
 www.cmrailway.org.au  
 Cooma & Jindabyne Cinemas.. 6452 1777

CWA Adaminaby..... 6454 1826  
 CWA Bredbo.....0427 255 767  
 CWA Berridale..... 6456 7269  
 CWA Cooma..... 0417 472 226  
 CWA Dalgety – Numbla Vale... 64563758  
 CWA Jerangle – Peak View.... 64543097  
 CWA Jindabyne Day .....6456 2934  
 CWA Jindabyne Evening..... 64562279  
 CWA Nimmitabel ..... 64546463

Lions Club – Cooma.....  
 .....seclionscooma@gmail.com  
 Lions Club - Jindabyne .....  
 .....jindabyne.nsw@lions.org.au  
 Monaro Community Radio.....6452 5210  
 info@2mno.org.au

Phoenix Model Aero Club .....6452 5484  
 Raglan Gallery & Cultural Centre.....  
 6452 3377....www.raglangallerycooma.com  
 Rocky Plains Progress Association .....  
 @RockyPlainProgressAssociation  
 Rotary Club Cooma.....6452 1159  
 secretary@coomarotary.org.au  
 RSPCA Cooma.....0488 445 029  
 Facebook @rspcacooma  
 SEAR South East Arts Region...6492 0711  
 Upper Murrumbidgee Landcare  
 Committee.....0429 779928

## DENTAL SERVICES

Cooma School Dental Clinic (Community  
 Health)..... 6455 3201  
 David McGuinness Dental Prosthetics  
 (Tues.)..... 6452 5189  
 Alpine Dental Surgery.....6452 2213  
 Cooma Family Dental..... 6452 5005  
 Dawson Street Dental Services.6452 2060  
 My Denture Clinic Jindabyne1300 134 408  
 Snowy Mountains Dental Jindabyne  
 ..... 6456 1870

## EDUCATION & SCHOOLS

Adaminaby Public School..... 6454 2265  
 Berridale Public School ..... 6456 3228  
 Bombala Public School..... 6458 3423  
 Bombala High School..... 6458 3358  
 Bredbo Public School ..... 6454 4107  
 Snowy Mountains Care and Early  
 Learning Centre..... 6456 2569  
 Cooma North Public School.....6452 1742  
 Cooma Public School ..... 6452 1933  
 Cooma School Of Music ..... 6452 6067  
 Delegate Public School..... 6458 8183  
 Dalgety Public School..... 6456 5031  
 Jerangle Public School..... 6454 3127  
 Jindabyne Central School.....6456 2346  
 Monaro High School ..... 6452 4611  
 Michelago Public School..... 6235 9153  
 Nimmitabel Public School ..... 6454 6205  
 Snowy Mountains Christian School  
 ..... 6452 4333  
 Snowy Mountains Grammar School  
 ..... 6457 1022  
 Snowy Hydro Information & Education  
 Centre..... 1800 623 776  
 St Joseph's Bombala ..... 6458 3776  
 St Patricks Parish School Cooma.....  
 ..... 6452 1721  
 TAFE Cooma Campus..... 6452 0799  
 The Alpine School, Cooma... 0412 267 947  
 U3A Cooma-Snowy Mountains.....  
 info@snowymountains.u3anet.org.au  
 Cooma Universities Centre..... 6452 3368



## EMPLOYMENT

MBC.....6452 2736  
 Match Works..... 6132 9589  
 Skills Training Program Recruitment  
 Agency..... 6450 2110  
 Snowy Staff.....www.snowystaff.com.au  
 Workability.....6452 6522  
 Workways Bombala..... 6458 3955  
 Cooma..... 6452 6566  
 Jindabyne..... 6456 1016

## EVENTS

List or view events on the regional event  
 calendar. Available online  
[www.visitcooma.com.au](http://www.visitcooma.com.au) or contact Cooma  
 Visitors Centre on 1800 636 525 to be  
 added to the "What's On' email list

## FAMILY SERVICES

Centrelink Cooma..... 13 24 68  
 Centrelink Phone Self Service... 13 62 40  
 Department of Community Services  
 .....6450 2888  
 DOCs Helpline.....132 111  
 Mission Australia..... 6452 3623

## FINANCIAL ASSISTANCE

St. Vincent de Paul Cooma.....6452 2646  
 Centrelink Youth Services ..... 132 490

## FITNESS

Anytime Fitness ..... 6452 1522  
 Precision Training Centre....0455 994 448  
 High Country Fitness..... 6456 2296

## GOVERNMENT SERVICES

Centrelink Youth and Students  
 Line..... 132 490  
 DOCS (Child Protection Help Line)  
 .....132 111.....1800 066 777  
 My Aged Care..... 1800 200 422  
 Community Health Intake Service.....  
 ..... 1800 999 880  
 Community Health Bombala... 6458 5777  
 Jindabyne 6457 1221  
 Cooma 6455 3201  
 Diabetes Australia Cooma (Hooks  
 Pharmacy)..... 6452 1744  
 Physiotherapy/ Falls  
 Prevention..... 6455 3281  
 Mental Health.....1800 011 511

## HEARING SERVICES

Audika Cooma..... 9043 7760  
 Audio Clinic Bombala..... 6495 4233  
 Bloom Hearing Specialists..... 6190 1233  
 Hearing Australia..... 131 797

## HEALTH FOOD SHOPS

The Market Jindabyne..... 6456 1845  
 Moontree, Cooma ..... 6452 2841

## HOSPITALS, DOCTORS

Cooma Hospital.....6455 3222  
 Delegate Multipurpose Centre 6459 8000  
 St John Ambulance Australia.....  
 ..... 1300 360 455  
 Berridale Surgery.....6456 3250  
 Bombala Street Surgery – Cooma  
 .....6452 5888  
 Bombala Hospital..... 6458 5777  
 Bombala Medical Centre.....6458 3022  
 Perisher Valley Medical Centre6457 5266  
 Ochre Medical Centre (Sharp Street,  
 Cooma)..... 6455 0000  
 Jindabyne Medical Centre.....6457 1221  
 Snowy Mountains Medical Centre,  
 Jindabyne ..... 6456 2545  
 Thredbo Medical Centre .....6457 6254

## INDIGENOUS SERVICES

(separate brochure available)

- Aboriginal Health** – Cooma Community Health Centre ..... 4827 3913
- Aboriginal Legal Service (NSW/ACT)**  
Legal advice & representation.. 6249 8488
- Indigenous Access Program** – Dept Human Services –Medicare... 1800 556 955
- Monaro Family Support Service TRAKZ** for indigenous students..... 0457 850 300
- Monaro Koori Interagency (MKI)**  
..... 6452 5534
- Murra Mia Aboriginal Tenancy Advice Services**..... 4472 9363
- Snowy Monaro Aboriginal Education Consultative Group (AECG)**... 6452 4611
- Snowy Monaro Regional Council** Various community services..... 1300 345 345
- TAFE** – Aboriginal Engagement Coordinator..... 6492 9781
- Winnunga Nimmitjyah Aboriginal Health Service (AHS)** ..... 6284 6222

## MOBILITY AIDS

- Country Mobility Trends..... 0457 850 300

## MONARO FAMILY SUPPORT SERVICE

- Bombala..... 6458 4888  
Cooma..... 6452 3450

## NURSING HOMES

- Sir William Hudson Memorial Centre..... 6452 3588  
Snow River Hostel Berridale... 6451 1200  
Southern Cross Care  
Bombala..... 1800 632 314  
Yallambee Lodge..... 6452 1669



## OPTOMETRISTS

- Home Specs Optical (Tues &Thurs)..... 6452 1048  
..... 6452 1048  
Monaro Optical G& M..... 6452 5519  
Peter D'Arcy (Bega)..... 6492 199  
Jason Harley (Bega)..... 6492 5511

## SPORTS & RECREATION FACILITIES & CLUBS

- Adaminaby Bowling Club ..... 6454 2248  
Coolamatong Snowy Mountains Golf Club..... 6456 3321  
Cooma Bowling Club..... 6452 1229  
Bombala Ex Services Club..... 6458 3017  
Cooma Ex Services Club Ltd ... 6452 1144  
Bombala Golf Club..... 6458 3306  
Cooma Golf Club..... 6452 2243  
Delegate Country Club..... 6458 8169  
Jindabyne Bowling & Sports Club..... 6456 2133  
..... 6456 2133  
Nimmitabel bowling Club..... 6454 6323  
NSW Sport & Recreation Jindabyne..... 6450 0200

## SUPPORT SERVICES

- Breastfeeding Helpline..... 1800 686 268  
Rape Crisis Centre..... 1800 424 017  
Domestic Violence helpline.. 1800 656 463  
Gambler's Help..... 1800 858 858  
Child &Adolescent Mental Health Service ..... 1800 677 114  
Family Drug Support..... 1300 368 186  
Beyond Blue..... 1300 224 636  
Monaro Family Support Service  
Cooma..... 6452 3450  
Bombala..... 6458 4888  
Snowy Mountains Neighbourhood Centre ..... 6457 1044  
..... 6457 1044  
Mens Line..... 1300 789 978  
Kids Helpline..... 1800 551 800  
Suicide Call Back Service/Help Line ..... 1300 659 467  
..... 1300 659 467  
One Door Mental Health..... 6452 4690  
Well Ways ..... 1300 111 400

## MASSAGE THERAPY

- Synergy Massage..... 0448 786 941  
Alpine Body Temple..... 0418 431 810  
The Massage Joint..... 0403 399 957  
Jen Brown Remedial Massage ..... 0414 933 858  
..... 0414 933 858  
High Country Massage..... 0447 622 169  
Maria's Body Harmony Massage Therapy ..... 0407 004856

## PATHOLOGY

- Capital Pathology Cooma..... 6452 3150  
Capital Pathology Jindabyne... 6457 2209

## PHARMACIES

- Berridale Pharmacy..... 6456 3022  
Bombala Pharmacy..... 64583029  
Monaro Chemist..... 6452 1599  
Hooks Pharmacy..... 6452 1744  
Jindabyne Pharmacy..... 6456 2977  
Village Pharmacy Thredbo (winter only) ..... 6457 6140

## PHYSIOTHERAPY

- Amelia Lucas..... 6452 3927  
Carla Zijlstra..... 0458 690 125  
Fortitude Physiotherapy  
Cooma ..... 6452 1082  
Bombala ..... 6458 3079  
Elevate Physio Jindabyne..... 6456 1476  
Perisher Valley..... 0411 541 014  
LNH Physiotherapy..... 6427 2055  
Snowy Mountains Physiotherapy  
Cooma ..... 6452 4203  
Jindabyne ..... 6457 2627  
Snowsports Physiotherapy.. 0408 600 180  
Thredbo Altitude Physiotherapy ..... 6457 6320  
..... 6457 6320  
Peak Physio Plus..... 64563993

## PODIATRISTS

- Nerida** Manning Podiatrist..... 6452 4203  
Snowline Podiatry – Cooma & Jindabyne..... 6452 3943  
P Campbell – Bombala..... 0428 365 350

## POOLS

- Adaminaby Pool Denison St... 6454 2419  
Berridale Pool, Florence St..... 6456 3017  
Bombala Pool, Therry St..... 6458 3572  
Cooma Festival Swimming Pool..... 43 Massie Street..... 6452 1289  
Hydrotherapy Pool Cooma Hospital..... Bent Street..... 6455 3280  
Jindabyne Indoor Heated Pool..6456 1051

## PSYCHOLOGISTS

- Alpine Psychology..... 0477 138 177  
Ross White Psychology Services..... 0418 620 989  
..... 0418 620 989  
Cooma Community Health..... 6455 3201  
..... 6455 3201  
Helen Jones..... 0405 925 580

## VISITOR INFORMATION

- Bombala Information Centre.....6458 4622  
Cooma Visitors Centre..... 1800 636 525  
Snowy Region NPWS Visitor Centre, Jindabyne ..... 6450 5600

## WELLNESS CENTRES

- Alpine Therapy Centre.....6452 7477  
Earth Song wellness Centre.... 6452 5209

## YOUTH SERVICES

- The Hub Youth Centre.....6452 5534  
Snowy Mountains Youth Development Officer; Mel Sass.....0437 135 092  
Snowy Mountains Regional Youth Council Jindabyne..... 6451 1580