



HUNTER PARK CLINIC

Hunter Park Family Centre

58 Wollombi Road
Muswellbrook NSW 2333

Fortnightly on Thursdays

9:30am - 11:30am



Health
Hunter New England
Local Health District

If you have any concerns about yourself or your child, you are welcome to speak to a Child and Family Nurse by calling us on

6542 2050

In an **EMERGENCY**, please call triple zero

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EMERGENCY

You may like to ring either:

Hunter Family Park Centre

on **6543 3566** or

Muswellbrook Community Health

on **6542 2050**

to confirm the Nurse's availability for the clinic that day.

Please note: all Centres are closed on weekends and Public Holidays.

We also recommend that you have your baby fully immunised.

Immunisations are available at all local Doctors Surgeries - please take the Baby's Blue Book and Medicare Card with you.



UPPER HUNTER
COMMUNITY HEALTH

CHILD & FAMILY

CLINIC INFORMATION

www.uhcs.org.au

CONNECTING FAMILIES

The Child and Family Health Hunter Park Clinic is a FREE community service conducted by Child and Family Health Nurses offering health checks for your child.

You may visit the clinic as often as you feel necessary but we especially like to see you and your child at the following key stages:

- 1 - 4 weeks
- 6 - 8 weeks
- 6 months
- 12 months
- 18 months
- 2 years
- 3 years
- 4 years

All families with a new baby are offered an initial home visit.

This gives parents the opportunity to discuss their family's health plan and any additional needs.

A Nurse will call you to ask if you would like an appointment.

We offer information, advice and support about:

- Your baby's growth and development
- Settling and sleeping
- Breastfeeding
- Caring for your baby or young child
- Nutrition and feeding
- Immunisation
- Child Safety
- Your family's wellbeing
- Postnatal Depression
- Maternal Health
- Contraception
- Dental Health
- Environmental Tobacco Smoke

We can also refer you to many services.

Some of these are:

- **Maitland Family Care Cottage**
(day stay support for families of young children)
- **Tresillian and Karitane**
(residential support for families of young children with sleep, feeding or behavioural issues)
- **Counselling**
- **Speech Pathology, Occupational Therapy, Physiotherapy, Dietitian**
- **First-time Parenting Group**

CONTACT NUMBERS

Hospitals within the Upper Hunter

Muswellbrook.....	6542 2000
Scone	6540 2100
Denman.....	6547 3999
Merriwa.....	6543 2500
Murrurundi	6546 9000

Telephone Help Lines

Tresillian	1800 637 357
Karitane	1800 677 961
Parents Helpline	13 20 55
Mothersafe.....	1800 657 848
<i>(Information on medications and breastfeeding)</i>	
Immunisation Information Line	1800 671 811
Connecting Families Service.....	6542 3555
<i>(located at the QEII Building, Bridge Street, Muswellbrook)</i>	
Health Direct <i>(24 hour Health Advice)</i>	1800 022 222
Dental Services.....	1300 651 625
<i>(free for children 0-18 years)</i>	
Women's Health Nurse.....	6542 2050
Physiotherapist.....	6542 2050

Australian Breastfeeding Association

1800 MUM 2 MUM	1800 686 2 686
Website	www.breastfeeding.asn.au

