USE OF THIS DIRECTORY

This Directory has been re-launched for the benefit of consumers of Health Services from across the Central Coast region – its aim is to be “consumer” accessible and friendly. The printed version of this directory was developed in collaboration between NSCCAH Consumer & Community Participation Unit and Carer Support – Central Coast Sector.

Please use this directory to make contact with an appropriate support group or service. Such support can be very beneficial to your physical and emotional health and well-being.

If you are a member of a Support Group which is not in this directory, or if you have any suggestions, comments or feedback in relation to the content of the directory, or would like a hard copy of the directory Northern Sydney Central Coast Health Carer Support (Central Coast Sector) invites you to contact us.

Please contact:

Carer Support (Central Coast Sector)
Northern Sydney Central Coast Health
PO Box 361
GOSFORD NSW 2250
Ph: 4320 5556  Fax: 4320 5555
by email skeane@nsccahs.health.nsw.gov.au

To navigate the directory online

Use the arrows at the bottom of the page to browse the document or click on a heading in the index to go to the page, return to top will take you back to the index.

To Print a page

To print a page you are viewing, click on the printer icon on the top left of the directory page and select print current page & OK

DISCLAIMER

All possible care has been taken in the preparation of the information in this booklet. The producers of this booklet expressly disclaim any liability for the accuracy of information and under no circumstances shall be held liable in negligence or otherwise in and out of the preparation and supply of any of the information aforesaid.

DIRECTORY PUBLISHED MARCH 2005

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Eating Disorders Foundation Recovery Group
Family Care Cottages - Early Childhood Health Services
National Relay Service
Parenting Groups 0-18 months
ATSI - Mother & Baby Support
for Families Expecting a Baby up to 6 months: Gosford Shire

Support for Aboriginal families who are expecting a baby, also to get the care they need during pregnancy, when in hospital and after the birth of the baby. Linking to family support, Health Services and cultural community events. Providing advocacy for Aboriginal family needs.
For further information contact the Aboriginal Mother & Baby Educational Officer

CONTACT INFORMATION
Child & Family Health Early Childhood Nursing Service NSCCH
Gateway Centre
PO Box 361
Gosford NSW 2250
Contact: Child & Family Health, Early Childhood Service
Phone: 4328 7900
Contact: Aboriginal Mother & Baby Educational Officer
Phone: 4328 7939
Phone: 0414 19 29 91

ATSI - Early Intervention Support
for Families with Children up to 5 years: Gosford Shire

The Educational Officer can assist Aboriginal Families with referrals, advocacy and support to, family support, early education, health service, childcare and links to cultural community events, Also providing advocacy for Aboriginal family needs. Any service that will assist your Aboriginal child develop to his/her potential.
For further information contact the Aboriginal Early Intervention Educational Officer

CONTACT INFORMATION
Child & Family Health Early Childhood Nursing Service NSCCH
Gateway Centre
PO Box 361
Gosford NSW 2250
Contact: Child & Family Health, Early Childhood Service
Phone: 4328 7900
Contact: Aboriginal Early Intervention Educational Officer
Phone: 4328 7937
Phone: 0402 89 13 33

SPEAK TO SOMEONE WHO UNDERSTANDS
ADHD Slow Learner's Support Group
Support for parents of children with ADD (Attention Deficit Disorder) or ADHD (Attention Deficit Hyperactivity Disorder). To help ensure that children receive guidance and understanding. The group also aims to raise awareness about ADD within the community.

Meetings: 2nd Wednesday in the Month (except school holidays) Family Welfare Centre, 3 Literacy Close, Kanwal.

CONTACT INFORMATION
ADHD Slow Learner's Support Group
2 / 1 Archer Close
Kanwal NSW 2259
Contact: Clarice Dickens
Phone: 4392 3731 (Home)
Phone: 4329 5055 (RAISE)
Top:

ADSSI (Aged & Disability Support Services)
ADSSI - Support aged and younger people with disabilities within their home, family or neighbourhood.

ADSSI Provides: Comprehensive assessment, service assessment / coordinate services, case management. Support services include: Social support service, social support outings and activities, transport to appointments, assistance with shopping, home modification and maintenance, garden & lawn maintenance, domestic assistance, respite care, volunteer service, personal care, laundry services.

CONTACT INFORMATION
ADSSI (Aged & Disability Support Services)
Tuggerah Business Park
Tuggerah NSW 2259
Contact: Chief Executive Officer
Phone: 4334 2633 Fax: 4334 3212
Website: www.adssi.org
E-mail: info@adssi.org
Top:

Al-Anon Family Groups
AL-ANON (and ALATEEN for younger members) is a worldwide organisation that offers a self-help recovery program for families and friends of alcoholics whether or not the alcoholic seeks help or even recognises the existence of a drinking problem. Members give and receive comfort and understanding through a mutual exchange of experiences, strength and hope.

AL-ANON is not a religious organisation or a counselling agency. It is NOT a treatment centre nor is it allied with any other organisation offering such services. Al-Anon Family Groups, which includes Alateen for teenagers, neither expresses opinions on outside issues nor endorses outside enterprises. No dues or fees required.
Meetings: Groups held in Woy Woy, Wyong, Gorokan, Kincumber, Chittaway Point, Wyoming and Bateau Bay. Meetings last for 90 minutes. Mutual sharing of similar situations. The emphasis is on trust & anonymity.

CONTACT INFORMATION
Al-Anon Family Groups
PO Box 217
Hamilton NSW 2303
Contact: Office Secretary
Phone: 4344 6939
Phone: 4390 7413
Website: www.al-anon.alateen.org/australia/
E-mail: alanonnorthernnsw@bigpond.com

Albinism Fellowship of Australia (AFA)
The aim of the Albinism Fellowship of Australia (AFA) is to provide support, information and fellowship to those with albinism and their significant others. Albinism is a condition affecting the pigment in a person’s skin, hair & eyes, or just eyes. We do this through membership, 4 newsletters a year, State run get togethers and activities throughout the year, outreach to parents of newly diagnosed babies with albinism, adults with albinism, and service providers, and by running a two day conference every 2 years in a different state. We have a 3 DVD set of our last conference with speakers from all aspects of Albinism related topics, as well as Albinism Information cards to hand out to interested people.

Meetings: Each state representative holds several get togethers a year as part of the annual membership of $30. A two-day conference is being held late 2007/early 2008 in Adelaide.

CONTACT INFORMATION
Albinism Fellowship of Australia (AFA)
PO Box 3163
Tuggerah, NSW 2259
Contact: Kim Gillespie (President)
Phone: 0425 229 799
Website: www.albinismaustralia.org
E-mail: albinismnsw@optusnet.com.au

Amputee Association Inc -Central Coast
The Group aims to encourage amputee to be as independent as possible whether in the workplace or home & encourage & assist in informing the community, including health professionals, as to the needs of amputees, by a constant exchange of information. Support for families and Carers.

Meetings: held 3rd Tuesday of each Month, 11am Central Coast Leagues

CONTACT INFORMATION
Amputee Association Inc -Central Coast
c/o 22 Narara Crescent
Narara NSW 2250
Anxiety Disorders Alliance (ADA) Support Groups

Monthly Support Groups, provide an opportunity to share experiences, gain support, friendship and information. Self Help Groups, a structured self-treatment program which teaches people with phobias or obsessive compulsive disorders to work out their own self – exposure treatment. Parent Support Groups, parents and carers can share experiences, gain support and learn more about these disorders and their treatment.

Monthly Support Groups & Parent Support Groups, no cost, no need to book, just turn up. For details of Self Help groups contact Linda on 1800 626 077

Meetings: Monthly Support Group meets at Spike Milligan Room, Woy Woy Library, Blackwall Rd on the last Saturday of the month at 11am or Hornsby Library, 28-44 George St, on first Saturday of the month at 10am. Parent Support Group Newcastle contact Claire on 9816 2826 cgallagher@mentalhealth.asn.au

CONTACT INFORMATION
Anxiety Disorders Alliance (ADA)
62 Victoria Rd
Gladesville NSW 2111
Contact: Julie Leitch ADA Coordinator
Phone: 9879 5351
Phone: 1800 626 055  Fax: 9816 4056
Website: www.ada.mentalhealth.asn.au
E-mail: jleitch@mentalhealth.asn.au

ARAFMI NSW Family and Carer Mental Health Program

Provide individual support, advocacy, information and education to families and carers of someone with a mental illness. The program is offered to people living within the NSCCAHS. Office hours are Monday to Friday 9 – 5 but we are able to work outside these hours. You can call us directly for assistance or advice or further information for our upcoming educational programs.

CONTACT INFORMATION
ARAFMI NSW Family and Carer Mental Health Program

Central Coast
22 Gateway Centre
237 Mann St
Gosford NSW 2250
Phone: 4324 0000
Fax: 4323 6008
Website: www.arafmi.org
E-mail: fcmhp@arafmi.org

Macquarie
Macquarie Hospital
53 Wicks Rd
North Ryde NSW 2113
Phone: 9888 1819
Fax: 9887 5766
Arthritis Foundation of NSW
To provide emotional support and information to people who suffer from all forms of Arthritis and related conditions. Central Coast Contacts: Gosford: Enid 4332 0991 Kincumber: Merle 4368 6399 Long Jetty: Linda 4333 6239 Woy Woy: Doreen 4344 4465 Tuggerah Lakes: Judy 4358 0229
Meetings: For meeting times, venues and information contact local number or Arthritis Foundation for more details

Asbestos Support Group
To offer support to victims of asbestos diseases and their families. To offer information about the disease and legal advice if needed. We have speakers on many subjects. At our meetings we have a solicitor present to advise any new members of their rights and best actions legally and medically.
Meetings: 4th Wednesday of each month at 1pm at Niagara Park Community Centre.

Asthma Educators - NSCCAHS
The service aims to provide optimal asthma control through the provision of education and support in conjunction with appropriate medical management. Referrals accepted from clients, Specialist or General Practitioner.
Meetings: Groups are run during the day and in the evening (as required). Patients can be seen on an individual basis and there is a visiting service during hospital admissions.

SPEAK TO SOMEONE WHO UNDERSTANDS
Gosford Hospital
Contact: Adult Asthma Educator
Phone: 4320 3410
Fax: 4320 2042
Mobile: 0414 192 240
E-mail: klangbridge@nsccahs.health.nsw.gov.au
Contact: Community Asthma Educator
Phone: 4356 9408
Contact: Child Asthma Educator
Phone: 0416 193 997

**Australian Dyspraxia Association Inc**
A national not for profit organisation which provides education, referral, advocacy, training, support and phone HELP-LINE services to families, teachers and professionals Australia wide. Contact head office for further details.

**CONTACT INFORMATION**
Australian Dyspraxia Association Inc
“Can-Do Cottage” PO Box 5519
South Windsor NSW 2756
Contact: Christine Meredith CEO
Phone: 4577 6220
Fax: 4577 6088
Website: www.dyspraxia.com.au
E-mail: information@dyspraxia.com.au

**Autism & Aspergers Family Support Group**
To provide opportunities for families who have an autistic family member (including Autism, Aspergers Syndrome, PDD NOS and Autistic features).

A library is available and a regular newsletter is produced.

**Meetings:** 3rd Wednesday of each month except in the school holidays at Banksia Family Centre, Bateau Bay, from 10.30am.

**CONTACT INFORMATION**
Autism & Aspergers Family Support Group
PO Box 3175
Tuggerah NSW 2259
Contact: Co-ordinators
Phone: 4365 5032 (Cathy)
Phone: 4367 3210 (Sue)
Phone: 4392 4775 (Linda)
Website: www.autismnsw.com.au
E-mail: gobbmoore@bigpond.com
Blind & Visually Impaired Support Group Wyong Shire
This is a support group for people with vision impairment in the Central Coast area. There are monthly meetings for discussions on any problems that members have. (No meeting in January) For Adults and Senior Citizens. No membership charge. Cost of $3 per meeting (morning tea included)

Meetings: 1st Monday of the month, Legend Room, Mingara, Wyong Rd, Tumbi Umbi. From 10am to 12.30pm.

CONTACT INFORMATION
Blind & Visually Impaired Support Group Wyong Shire
8 Kenmare Ave
Berkley Vale, NSW 2261
Contact: Joy Buckley
Phone: 4388 1280
Website: www.rbs.org.au

Breast Cancer Support Services
To provide information and support to women who have experienced breast cancer and are undergoing or have finished treatment. Regular speakers are invited to make available information relating to breast cancer, treatment and management.

Women’s Health Service (Northern Sydney Central Coast Area Health Service) conducts education programs throughout the year. These programmes are for those women diagnosed with breast cancer and their partners seeking more information. Contact the Women’s Health Service on 4320 3741.

Meetings: Gosford Women’s Breast Cancer Group meets last Wednesday each month, 10.30 am - 12.30 at NSW Cancer Council, 127 Erina St. Gosford Soiree (for women under 50 yrs) meet Iguana’s Waterfront Bar in Gosford on 1st Wednesday each month 7 – 9pm.

CONTACT INFORMATION
Cancer Council NSW
127 Erina St
Gosford NSW 2250
Contact: Manager & Regional Programs Co-ordinator
Phone: 4325 5444
Fax: 4325 5688
Website: www.cancercouncil.com.au
E-mail: info.centralcoast@nswcc.org.au

Breastfeeding Support “Drop In”
Provides timely, comprehensive, accessible and positive information that supports and encourages mothers to maintain breastfeeding. Gives breastfeeding mothers the opportunity to support each other within a breastfeeding friendly environment. Offered over a 2 hour time frame, mothers may choose to utilize this service by staying for a brief time or the whole two hours.
Available at Lake Haven, Wyong Central, Long Jetty, Gosford and Woy Woy Community Health Centres. Please contact your local centre for days and times. (See Community Health Centres list at back of directory or contact Child & Family Health.

CONTACT INFORMATION
Child & Family Health,
Early Childhood Nursing Service -NSCCAHS
Gateway Centre
PO Box 361
Gosford NSW 2250
Phone:  4328 7900

Bungree Aboriginal Association
Bungree Aboriginal Association is a Central Coast Aboriginal Community based organisation, which provides a wide range of services to help Aboriginal people on the Central Coast. Aboriginal Community Aged Care Packages, Aboriginal Detached Housing (Youth & Family), Support Workers, Emergency Relief & Aboriginal Community Housing Program.

Office Hours: Monday to Friday 9 am to 5 pm. Closed Wed @ 1.00 pm. Services include: Aboriginal Community Options, Aboriginal HACC Education & Information Officer, Aboriginal Respite Care. Community Aged Care Packages, Supported Accommodation Assistance Program, Housing, Transportation, Emergency Relief

CONTACT INFORMATION
Bungree Aboriginal Association
272 Main Road,
PO Box 422
Toukley NSW 2263
Contact: Co-ordinator
Phone: 4397 7700
Fax: 4397 3385

Cancer Council NSW
Mission: to defeat cancer by early detection & prevention programs, supportive care programs, information provision & fund raising events to support cancer research.

Courses & training programs are co-ordinated from the Gosford Office. These include: Living with Cancer Education Program, Support Groups including Survival Aspects of Cancer, Workplace Training in Sun Protection & a Community Speakers Program on cancer prevention and management.

CONTACT INFORMATION
Cancer Council NSW
127 Erina Street (PO Box 454)
Gosford NSW 2250
Contact: Regional Programs Co-ordinator & Manager
Phone: 4325 5444
Phone: Cancer Council HELPLINE 131120
Cancer Council Connect Breast Cancer Peer Support

Provides information, emotional and practical peer support for women being treated for breast cancer. Cancer Council Connect links people with someone who has had breast cancer, who understands how the person might be feeling and the challenges they may face. The volunteers are at least two years past their treatment and have been trained to offer practical and emotional support. This support is in addition to that provided by health professionals, family and friends and offers a dimension of hope and encouragement by someone who “has been there” Cancer Council Connect is also available for a range of other cancers.

CONTACT INFORMATION
Cancer Council NSW
153 Dowling Street
Woolloomooloo NSW 2011
Contact: Cancer Council Connect
Phone: 1300 131 533
Phone: Cancer Council Help Line 131120
Website: www.cancercouncil.com.au

Cancer Information & Support Society Inc. CISS

CISS (Central Coast) is an organisation providing information, resources and support for persons with cancer, their families and friends so all may benefit by meeting with others to share information, common experiences, strength and hope. We promote prevention, self-help and freedom of choice in therapies for cancer and other degenerative diseases.

Membership to CISS is $40 p.a. this entitles members to regular newsletters with information about worldwide developments in the treatment of cancer. Also access to an extensive library of reference material, plus informative guest speakers at each monthly meeting.

Meetings: 3rd Monday of the month at Senior Citizens Centre, 217 Albany St, Gosford. A donation of $3.00 for non-members is appreciated. All welcome.

CONTACT INFORMATION
Cancer Information & Support Society Inc. CISS
18 Corona Lane
Glenning Valley NSW 2261
Contact: Pat Pearce
Phone: 4388 4770
Mobile: 0414 453 761
Website: www.ciss.org.au
Cancer Support Group –NSCCAHS Central Coast Cancer Services
To provide ongoing support and information to patients with cancer on the Central Coast, as well as their families and carers. Referrals are taken during business hours.

**Meetings:** Meetings are held every two weeks.

**CONTACT INFORMATION**
Cancer Support Group Central Coast Cancer Services (NSCCAHS)
Cancer Care Centre, Gosford Hospital, PO Box 361
Gosford NSW 2250
Contact: Co-ordinator
Phone: 4325 5444

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Cancer Support Service Co-ordinator Cancer Services -NSCCAHS
Provide assistance with managing lifestyle change, anxiety, stress & isolation issues, as well as wholistic support to address practical, emotional and spiritual needs.

Referrals are taken during business hours – a telephone message bank is in operation after business hours. This service offers: Confidential counselling, group therapy/education programs, relaxation therapy, Wig Library loan service, Look Good. Feel Better referrals, Parents Support & Information Sessions, Camp Quality Puppets, Canteen referrals.

**CONTACT INFORMATION**
Cancer Support Co-ordinator NSCCAHS
Cancer Care Centre, Gosford Hospital
Gosford NSW 2250
Contact: Co-ordinator
Phone: 4320 2587
Mobile: 0414 193 138
Fax: 4320 3834

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Candles Cancer Support Group Inc
To provide support for cancer patients, their carer, families and friends from the point of diagnosis onwards. Hospital visits arranged on referral. Telephone or email service available for those unable to attend meetings.

**Meetings:** 1st and 3rd Wednesday each month 10am-noon. Family Services Centre, Literary Close Kanwal.

**CONTACT INFORMATION**
Candles Cancer Support Group Inc
PO Box 4506
Lake Haven NSW 2263
Contact: Lyn Smith
Phone: 4393 5017
Mobile: 0438 457702
Website: www.candles-grp.blinkz.com
E-mail: wyongcandles@bigpond.com
Carers Group - (COATS) Community Outreach & Therapy Team
Monthly support group for carers of people with chronic neurological conditions; eg Parkinson’s; MND; MS; stroke, myositis, etc. Provides information, support and social contact with other carers

**Meetings:** Last Thursday in the month from 12noon to 2pm. Group meets at Long Jetty Community Health Centre in the group room.

**CONTACT INFORMATION**
Community Outreach Team (CORT) NSCCAHS
PO Box 361
Gosford NSW. 2250
Contact: Marilyn Smith
Phone: 4328 7311
Phone: 4328 7306
Fax: 4328 7300
E-mail: mxsmith@nsccahs.health.nsw.gov.au

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**Carers Morning Tea**
To provide regular support and information for those caring for another person. A chance to meet with others in a similar position. A variety of activities. Open to all carers

**Meetings:** meets at Kincumber Neighbourhood Centre on the third Wednesday of the month. Contact centre for more information.

**CONTACT INFORMATION**
Kincumber Neighbourhood Centre
PO Box 6268
Kincumber NSW. 2251
Contact: June Galea
Phone: 4363 1044
Fax: 4369 6721
Website: www.kdnc.com.au
E-mail: kdncinc@bigpond.net.au

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**Carer Support Central Coast-NSCCAHS**
Carer Support is a strategy of NSW Health to promote and encourage recognition of carers as respected and valued partners in health care supported by the NSW Carers Action Plan 2007-2012.

We aim to educate and support staff to identify and engage carers, increase the understanding of health professionals to the expressed needs of carers, identify and reduce access barriers to NSCC health services, and encourage the provision of timely and accurate information promoting carer independence and empowerment.

While Carer Support offer information on a range of alternative options for carers to follow up. The team appreciates that each caring role is unique, therefore our information and advice is given as guidance only. Individual Carers may also contact the Carer Support Unit to provide information or suggestions for the further development of NSCCH services to better meet their needs as a carer.
The NSW Carers Action Plan 2007-2012 outlines the NSW Government commitment to carers achieving quality of life for themselves and the people they support.

Key Priorities for Action:
1. Carers are recognised, respected and valued
2. Hidden carers are identified and supported
3. Services for carers and the people they care for are improved
4. Carers are partners in care
5. Carers are supported to combine caring and work

CONTACT INFORMATION
Carer Support Central Coast -NSCCAHS
PO Box 361
Gosford, NSW 2250
Contact: Manager
Phone: 4320 5556
Fax: 4320 5555
Mobile: 0405 539 536
E-mail: skeane@nsccahs.health.nsw.gov.au

Carer Support Group - Woy Woy Hospital
No support group is currently running at the hospital. However, contact may be made with Social Worker for details of groups on the Penninsula or other resources for Carers where they can obtain information, education and “survival techniques” specifically for Carer support.

CONTACT INFORMATION
Carer Support Group - Woy Woy Hospital
Social Work Department Woy Woy Hospital
Contact: Social Worker
Phone: 4344 8503  Fax: 4344 8544
E-mail: sphall@nsccahs.health.nsw.gov.au

Carer Support Group - Nareen Gardens (Bateau Bay)
To provide a safe place where carers can talk about their lives, feelings & problems with others who understand them and to provide more information on other services available. Not dementia specific, but majority of carers dealing with dementia in various stages.

Meetings: 2nd Tuesday of the month, 1pm – 3pm at meeting room, Nareen Gardens.

CONTACT INFORMATION
Carer Support Group - Nareen Gardens (Bateau Bay)
Nareen Gardens Retirement Village,
5 Yakalla Street
Bateau Bay NSW 2261
Contact: Co-ordinator
Phone: 4384 8117
Fax: 4334 1475
E-mail: heather.coombes@uchunter.org.au

Top:
Warnervale Carer Support Group (Hamlyn Terrace)
To provide a safe place where carers can talk about their lives, feelings & problems with others who understand them and to provide more information on other services available. Not dementia specific, but majority of carers dealing with dementia in various stages.

Meetings: 2nd Tuesday of month, 1pm - 3pm, Nareen Community House, 35-45 Louisianna Rd, Hamlyn Terrace

CONTACT INFORMATION
Warnervale Carer Support Group
UnitingCare – Ageing
Starrett Lodge
35-45 Louisiana Road
Hamlyn Terrace NSW 2259
Contact: Co-ordinator
Phone: 4393 8866
Fax: 4393 8850
Mobile: 0408 682453
E-mail: wendy.brown@uchunter.org.au

Central Coast ARAFMI
Families and Friends Promoting Mental Health & Wellbeing
Central Coast ARAFMI is a non-government family support organisation which aims to provide education, counselling, support, information, social interaction and advocacy for families, carers and people whose lives are affected by mental illness (consumers). Other staff: Family Support, Child & Adolescent, Recreation

Meetings: Kids Connecting – Wednesdays 4-6pm. A group for children 8yrs to 13yrs who have a family member with a mental health problem. Recreation & Leisure Program for consumers - 5 day a week program, Womens & Mens group on Wednesday, monthly activity calendar. Meetings held – Helping Families Cope with drug Use. Family Drug Support Course, over 2 weekends.

CONTACT INFORMATION
Central Coast ARAFMI - Families and Friends Promoting Mental Health & Wellbeing
PO Box 6159
Kincumber NSW 2251
Contact: Service Manager
Phone: 4369 4233
Fax: 4363 1069
Website: www.ccarafmi.org.au
E-mail: ccarafmi@bigpond.net.au
Meetings:
Mingara Recreation Club, Tumbi Umbi 9am -12.30. 1st Tuesday of month
Ourimbah RSL, 10.30am for socialising and lunch, 3rd Tuesday of month

CONTACT INFORMATION
Central Coast Australian-German Friendship & Welfare Society Inc,
PO Box 71
Budgewoi NSW 2262
Contact: Erika Walker
Phone: 4390 9040
Mobile: 0407 583234
Fax: 4390 9040
Website: www.geocities.com/german_australianfriendship/
E-mail: germanfriendship@westnet.com.au

Central Coast Deaf Group
To provide support and information for Deaf / Hearing Impaired persons with their communication, social events and sports.

Meetings: 2nd Wednesday of the month, Central Coast Leagues Club 7pm. Free

CONTACT INFORMATION
Central Coast Deaf Group
3 Nellie Rd
Ourimbah NSW 2258
Contact: Grant Playford
Phone: FAX ONLY
Fax: 4362 3628
E-mail: grantplayford@yahoo.com.au

Central Coast Disability Network (CCDN)
To develop opportunities for people with disabilities to be included in their communities. Learning & Participation Project; Multicultural Access & Equity Project; Individual Advocacy Project; CASS Project (support to people with an acquired brain injury) 6 Newsletters per year, host forums, provide facilitators & trainers. Host Interagency - 2nd Wednesday of February, May, August & November

CONTACT INFORMATION
Central Coast Disability Network
29 Webb St (PO Box 4309)
East Gosford NSW 2250
Contact: Manager
Phone: 4324 2355
Fax: 4324 3187
Website: www.ccdn.com.au
E-mail: managerccdn@bigpond.com
Central Coast Division of General Practice (CCDGP)

To meet the needs of GP’s and the community in the provision of quality health care on the Central Coast. The Central Coast Division of General Practice collaborate in many areas with Northern Sydney Central Coast Health to provide quality health care to the community. See website for further information.

CONTACT INFORMATION
Central Coast Division of General Practice
Suite 4, Erina Plaza, 210 The Entrance Road
Erina NSW 2250
Contact: Chief Executive Officer
Phone: 4365-2294
Mobile: 0401 902 401
Fax: 4365 3836
Website: www.ccdgp.com.au
E-mail: ccdgp@ccdgp.com.au

Central Coast Multicultural Project

To research the needs of people from non English speaking backgrounds on the Central Coast and develop programs and activities to meet these needs. To work with mainstream organizations and services to increase their sensitivity to the needs of non English speaking background clients on the Central Coast. Also for information, referral, casework & community development work.

To raise awareness of issues affecting the NESB community on the Central Coast, to advocate on their behalf. To provide information and support to NESB people in order to improve their access to existing services.

Multicultural outreach groups at Woy Woy, Warnervale, San Remo, Banksia Neighbourhood Centres, Wyong & Gosford TAFE & Central Coast Community College. Activities run around the coast. Contact: Community Development Worker - Pari Batha or Settlement Grants Program Worker- Danielle Habib

Meetings:
Multicultural group meeting 1st Thursday of every month @ San Remo Neighbourhood Centre. 10.30am all welcome, no cost contact Danielle.

CONTACT INFORMATION
Central Coast Multicultural Project
Wyoming Community Centre,
147 Maidens Brush Road
Wyoming NSW 2250
Contact: Community Workers
Phone: 4323 7483
Fax: 4325 0955
E-mail: wecare@wyomingcommunitycentre.org.au
Website: www.wyomingcommunitycentre.org.au
Central Coast Premature and Sick Baby Support Group
Central Coast Premature and Sick Baby Support Group is a parent to parent, support group that meets monthly. The group encourages parents to come along to share their story and form friendships with other people that have shared similar experiences to them selves. And to, and relax with other people that understand them. This group is supported by The Benevolent Society’s Strengthening Neighbourhoods Community Development Project.

Meetings: The last Wednesday of every month between 10.30am – 12 noon, at The Entrance Baptist Church Hall, Bateau Bay.

CONTACT INFORMATION
Central Coast Premature and Sick Baby Support Group
The Benevolent Society
PO Box 111
Wyong NSW 2261
Contact: Fiona Dixon
Phone: 0408 689 330
Contact: Melissa Lyons
Phone: 0403 767 641

Website: www.prembaby.org.au
Website: www.centralcoastprems.com
E-mail: fiona@momentbymoment.com.au

Central Coast Problem Gambling Service

Meetings: Service available Monday to Friday 9am to 5pm.

CONTACT INFORMATION
Central Coast Problem Gambling Service
93 McMasters Rd / PO Box 512
Woy Woy NSW 2256
Contact: Chris Davidson
Phone: 4344 7992
Phone: 4344 7993
Fax: 4342 4947
Website: www.problemgambling.net.au
E-mail: ccpgs@bigpond.com

Central Coast Womens Health Centre
Located at 3 branches, Wyoming, Woy Woy & Wyong. To support women of all ages, backgrounds and cultures in a respectful friendly and effective way. Women and girls health clinic, counselling, library, childcare, information, resources & referral. Access to alternative therapists.
Groups covering anxiety, stress management, transforming anger, art therapy, beyond survival, etc.
**Health Support Group & Service Directory**

**Hours:** Monday, Wednesday, Thursday 9am – 4pm, Tuesday 9am – 12.30, Friday closed.

**CONTACT INFORMATION**
Central Coast Womens Health Centre  
37 Maidens Brush Rd  
Wyoming NSW. 2250  
Contact: Womens Health Centre  
Phone: 4324 2533  
Fax: 4323 7490  
Web: www.cccwhc.com.au  
E-mail: admin@cccwhc.com.au  

**CHIC- Children Having Individual Challenges Support Group**
Meet other caregivers, gain supports and information about services, finances, care-giving, take time out for yourself. Organised by Gosford Family Support Service & Horizons Family Services in partnership with Wyong Schools as Community Centres (SaCCs)

**CONTACT & MEETING INFORMATION**

**Gosford CHICS**
Gosford City Family Support Service  
Venue: Gosford Family Centre, cnr Racecourse & Showground Rds Gosford  
Time: 10am – 2pm  
Days: Wednesdays fortnightly, starting 6/2/08 (not in school holidays)  
Booking for childcare essential  
Contact: Alison  
Phone: 4340 1585  
E-mail: gcfss@ozemail.com.au  
Contact: Kerry  
Phone: 0434 426 703  
E-mail: kduncan@horizons.ngo.org.au

**Wyong CHICS**
Venue: Wyong Schools as Community Centre, Cutler Drive Wyong  
Time: 12.30pm – 2.30pm  
Days: Wednesdays fortnightly, starting 30/1/08 (not in school holidays)  
Booking for childcare essential  
Contact: Linda Kidd  
Phone: 4352 3637  
E-mail: linda.kidd@education.nsw.gov.au  

**Cleft Pals**
Cleft Pals is a support organisation for parents & children who have been born with a Cleft. They aim to provide information & support & to increase awareness of the condition. Some of the services provided are: Contact Parenting, Newsletters, Feeding Equipment, Info Sheets & Kits, Lectures & Talks.

**Meetings:** Local support group organised by Community Paediatric Nurses, for details contact 4328 7928 or 4394 8275.
Coastlink Respite Care
This service aims to provide quality, innovative respite options for families and individuals living with disabilities on the Central Coast.

Entry criteria:
1. People residing in the Wyong and Gosford Local Government Areas,
2. People with a recognised disability and living at home with a permanent carer,
3. A person with a disability between the ages 0 to 65,
4. Disabilities include – sensory, medical, physical and intellectual,
5. Fees are discussed at the time of assessment. Financial hardship is taken into consideration.

Coeliac Society of NSW
To provide information & support to people diagnosed with Coeliac & Gluten Intolerance through the first 6 months after diagnosis. Provide recipes & food guides (school lunch ideas). Co-ordinators: Northern area - Jeniene Green 4397 3063 Southern area - Kate Dani 4342 3520 NSW Centre for Coeliac Society 9411 4100. 1 in 20 people are suspected to have coeliac disease however only 1 in 10 diagnosed.

Meetings: Erina Fair Centre – Erina Fair 2nd Friday of the month. 10 am to 12 noon. Social activities arranged for members, contact co-ordinators for info.
Commonwealth Carelink Centre Central Coast

Commonwealth Carelink Centres can offer older Australians, people with disabilities, their carers and families, General Practitioners and other health professionals information about service providers who deliver community, aged care, disability and other support services in their local region. The information provided by Centres can assist people with their choice to remain living independently in their own homes.

If you require information about services in another region, your nearest Centre can transfer your call to the appropriate Centre free of charge.

CONTACT INFORMATION
Commonwealth Carelink Centre - Central Coast
Suite 2, Ground Floor Citigate,
PO Box 361
Gosford NSW. 2250
Contact: Co-ordinator
Phone: 1800 052 222
Fax: 4304 0726
Website: www.commcarelink.health.gov.au
E-mail: carelink@nsccahs.health.nsw.gov.au

Commonwealth Carer Respite Centre

Information, advice and support service for people who are looking after a friend or relative who have a disability, a chronic condition or who are frail aged. Respite is helping carers take a break and the service offers planned and unplanned respite.

The service offers more than respite - it is the contact point to connect carers to other carers, services and support networks. 24 hour emergency respite available on Freecall: 1800 059 059.

Office Hours: 9am - 5pm for information, advice & support. 24 hour emergency respite. Auspiced by Central Coast Health.

CONTACT INFORMATION
Commonwealth Carer Respite Centre
Suite 2, Ground Floor, Citigate,
PO Box 361
Gosford NSW. 2250
Phone: 1800 059 059 (24 hrs)
Fax: 4304 0726
E-mail: carerrespite@nsccahs.health.nsw.gov.au

Community Access & Support Service (CASS)

Provide support to people with an acquired brain injury living in the community on the Central Coast. Please contact to make a referral or obtain further information about services available. Costs for service dependant on resources & individual circumstances.

Meetings: Individual meetings / referrals arranged. Social group event Wednesday. CASS also has a Carers Group that meets every 2 / 3 Months. CALL FOR FURTHER DETAILS
CONTACT INFORMATION
Community Access & Support Service (CASS)
29 Webb Street (PO Box 4309)
East Gosford NSW. 2250
Contact: Co-ordinator
Phone: 4324 2355
Fax: 4324 3187
Website: www.ccdn.com.au
E-mail: communityaccess@bigpond

Community Cancer Care Service - NSCCAHS
Provides symptom management, education and support of patients having chemotherapy
and/or radiotherapy and the associated side effects. Support and education of carers and
family members, referring on to other services when required.
Available 24 hours x 7 days a week

CONTACT INFORMATION
Community Cancer Care Service -NSCCAHS
Level 2 Gosford Hospital, PO Box 361
Gosford NSW 2250
Contact: Co-ordinator
Phone: 4320 2876
Fax: 4320 3834

Community Paediatric Team NSCCAHS
We care for families who have a child with major chronic and complex medical issues. The
service home visits with these families and provides education, support, medical
assistance, advocacy and assistance with accessing outside agencies and resources to
assist with the care of their child.

CONTACT INFORMATION
Community Paediatric Team - NSCCAHS

Contact: Sally James
Clinical Nurse Specialist,
Community Paediatrics
Child and Family Health,
Gateway Centre Gosford
Phone: 4328 7928
Mobile: 0413 482 530
Fax: 4328 7925
Email: sjames@nsccahs.health.nsw.gov.au

Contact: Mike Oxby
Clinical Nurse Specialist,
Community Paediatrics
Health Service Building,
Wyong Hospital
Phone: 4394 8275
Continenence Advisor – Gosford NSCCAHS

The Clinical Nurse Consultant Continence Advisor provides individual consultation on bladder and bowel problems. The clinic is based at Erina Community Health Centre and an appointment is necessary. The nurse is skilled in continence management and provides a confidential and professional service including a comprehensive assessment, identification of contributing factors, education, continence management programs and advise on products available. Clients who are unable to attend the clinic for an appointment will be referred to the community nursing service for a home continence assessment.

- Self referral by phone is encouraged. A medical referral and accompanying medical history is appreciated if available.
- Information on Continence Management in the form of booklets and leaflets is available free of charge on request by contacting the Continence Helpline on 1800 330 066.
- The continence Advisor is available on request to give talks on “How to Have a Healthy Bladder” to local community groups as a health promotion initiative.

CONTACT INFORMATION
Continence Advisor - Gosford NSCCAHS
Erina Community Health Centre,
169 The Entrance Road
Erina NSW 2250
Contact:  Continence Advisor
Phone:  4367 9600
Fax:   4367 5911

Continenence Advisor – Wyong NSCCAHS

The Clinical Nurse Consultant Continence Advisor provides individual consultation on bladder and bowel problems. The clinic is based at Wyong Central Community Health Centre and an appointment is necessary. The nurse is skilled in continence management and provides a confidential and professional service including a comprehensive assessment, identification of contributing factors, education, continence management programs and advise on products available. Clients who are unable to attend the clinic for an appointment will be referred to the community nursing service for a home continence assessment.

- Self referral by phone is encouraged. A medical referral and accompanying medical history is appreciated if available.
- Information on Continence Management in the form of booklets and leaflets is available free of charge on request by contacting the Continence Helpline on 1800 330 066.
- The continence Advisor is available on request to give talks on “How to Have a Healthy Bladder” to local community groups as a health promotion initiative.

CONTACT INFORMATION
Continence Advisor - Wyong NSCCAHS
Wyong Community Health Centre, Level 1, 38 a Pacific Highway
Counselling & Group Work
Provide a whole of family approach to relationship and domestic violence counselling where safety is a priority. Individual, couple and family counselling for relationships, and domestic violence issues. Groups for men women and children who have experienced domestic violence.

CONTACT INFORMATION
Life Care Counselling and Family Services
2A Alison Road
Wyong NSW 2259
Contact: Cathy Zervos or Andrew Campbell
Phone: 1300 130 225
Fax: 4353 4578
Website: www.bcs.org.au

Deaf Society of NSW – Newcastle Office
The Deaf Society of NSW provides a range of services for Deaf/ Hard of Hearing people who use Auslan (Australian Sign Language). The Society works within the community to ensure Deaf/Hard of Hearing people achieve their full rights through. Advocacy, information, education & research and development

We also provide Drop in service to the local community Central Coast – Thursdays at Niagara Park Community Centre during school terms 4.30pm – 6.30pm

Meetings: Monday, Tuesday, Wednesday & Friday by appointment, and can meet at Newcastle on Thursdays 10am – 2pm

CONTACT INFORMATION
Deaf Society of NSW (Newcastle Office)
Level 3, 109-110 Hunter St,
Newcastle NSW 2300
Contact: Paul Nordheim
Phone: 1800 893 855
TTY: 1800 893 885
Fax: 4929 1404
Website: www.deafsocietynsw.org.au
E-mail: hunter@deafsociety.com or pnordheim@deafsociety.com

Dementia Care Team NSCCAHS
Dementia Care Team offer people on the Central Coast a comprehensive range of services to both people experiencing the effects of Chronic Memory Loss, Alzheimers Disease or other dementia conditions and their carers or families. These services are also available to the general public and Health Care providers.
This service includes a comprehensive assessment, counselling, referral to support services, education, client monitoring and ongoing evaluation. The team also facilitates Carers Support Groups across the coast to provide carers past and present ongoing information, guidance and support.

**Meetings:** Contact Mo Kane, Carer Support Group Co-ordinator on 4320 2281 for more details about the Support Groups.

**CONTACT INFORMATION**
Dementia Care Team NSCCAHS
PO Box 361
Gosford NSW 2250
Contact: Clinical Nurse Specialist
Phone: 4336 7754
Fax: 4336 7756
E-mail: ehetherington@nsccahs.health.nsw.gov.au

Contacts:
- **Wyong Shire**
  4336 7754 Eileen Hetherington or Lyndall Ives
- **Woy Woy / Gosford**
  4344 8430 Pam Dawse
- **Kincumber / Erina / Terrigal**
  4320 2281 Mo Kane

**Dementia Carer Support Groups NSCCAHS**
To give support, guidance and education to carers, past and present who are experiencing the effect of the dementia process. Facilitated by a specialist in Dementia Nursing Care. Informal comfortable setting to promote mutual support and understanding. Various meetings held around the Central Coast.

**Meetings:** Support Groups are run in Gosford, Kincumber, Long Jetty, Woy Woy, Wyong & Henry Kendall Village. Please contact the service for further details on meeting times and days.

**CONTACT INFORMATION**
Dementia Support Groups NSCCAHS
PO Box 361
Gosford NSW 2250
Contact: Co-ordinator
Phone: 4320 2281
Fax: 4320 5488
E-mail: mkane@nsccahs.health.nsw.gov.au

**Diabetes Australia – NSW Support Groups – Central Coast**
To provide information and support for people with diabetes, their families and carers. Parents support group provides information & support for parents of children with diabetes. Opportunity to listen to interesting guest speakers & meet others with diabetes, their families and carers.
Meetings:
**Toukley Support Group** meet 2nd Wednesday of month, at Lions Club Building, Ray St, Toukley at 9.30am.
**Central Coast Parents Support Group** meets monthly from 7pm – 9pm, please ring convenor to confirm dates.
**Woy Woy Support Group** meets on 2nd Tuesday of every month 10am at Everglades Golf Club, Woy Woy.

**CONTACT INFORMATION**
Diabetes Support Groups Central Coast / Diabetes NSW  
Contact: Diabetes Australia -NSW  
Phone: 1300 136 588  
Contact: Toukley Support Group  
Phone: 4396 2338  
Contact: Central Coast Parents Support Group  
Phone: 4328 5105  
Contact: Woy Woy Support Group  
Phone: 4325 3166  
Website: www.diabetesnsw.com.au  
E-mail: info@diabetesnsw.com.au

Top:
**Dragon’s Abreast Central Coast**
Raise breast cancer awareness and the benefits of paddling for health. 
Encourage breast cancer survivors to become members of Dragons Abreast, either as a paddler or social member. A great support to all survivors.

**Meetings:** Sunday mornings – Peel Street Toukley. Every 6th Wednesday evening (dinner meeting), contact for more details

**CONTACT INFORMATION**
Dragon’s Abreast Central Coast  
PO Box 4336  
Bateau Bay NSW 2261  
Contact: Co-ordinator  
Phone: 0410 79 27 25  
Website: www.dragonsabreast.com.au

Top:
**Early Childhood Health Services**
Child & Family Health Nurses provide parenting and educational support for families with babies and young children 0-5 years. Services include universal home visit for all families with a new baby, developmental health checks as per the Personal Health Record Book (Blue Book). New baby group, older baby group, pre-toddler group, an 18 month screening session.

Breastfeeding support ‘Drop –In’, immunisation clinics, clinic appointments for support and information on baby and toddler management, safety, feeding, sleep & settling, postnatal depression, growth and development. Family Care Cottage appointments for families requiring longer appointment times or day stays. Contact your nearest Community Health Centre (list at back of directory) for days and times, or contact Child & Family Health.
CONTACT INFORMATION
Child & Family Health
Early Childhood Nursing Service -NSCCH
The Gateway Centre
PO Box 361
Gosford NSW 2250
Phone: 4328 7900

Eating Disorder Early Intervention Outpatient Service NSCCAHs
Part-time service with assessment, referral and treatment for people who fit in the Early Intervention criteria. Counselling for individuals, parents, friends and families.

CONTACT INFORMATION
Eating Disorder Early Intervention Outpatient Service (NSCCAHs)
Wyong Central Community Health Centre
38a Pacific Highway
Wyong NSW 2259
Contact: Area Co-ordinator
Phone: 4356 9418
E-mail: jleahy@nsccahs.health.nsw.gov.au

Eating Disorders Foundation Recovery Group
Monthly support groups for those in the stages of recovery from an eating disorder provide an opportunity to share experiences and gain support. Groups are run by people who have recovered from an eating disorder and who have acquired skills in group leadership either because they have professional qualifications in a relevant field (eg psychology or social work) or have participated in the internship provided by the Eating Disorders Foundation (EDF). EDF aims to provide a place for people to discuss issues of mutual concern.

Meetings held the 3rd Tuesday of each month, 6.30 to 8pm in Wyong. Please call EDF for details of venue.

CONTACT INFORMATION
The Eating Disorders Foundation
PO Box 532
Willoughby NSW 2068
Phone: 9412 4499
Web: www.edf.org.au
Email: edf@edf.org.au

Eleanor Duncan Aboriginal Health Centre
The Eleanor Duncan Aboriginal Health Centre cares for the cultural and health needs of Aboriginal People across the Central Coast. Provides a range of health services including hearing clinic, dental clinic, drug and alcohol service, immunisation and a roster of doctors.

CONTACT INFORMATION
Eleanor Duncan Aboriginal Health Centre
37 Alison Road
Enough Is Enough Central Coast Road Trauma Support

To assist people affected by any form of road trauma, whether they have been a victim of a road incident, the family or carer of a victim, the first on the scene or a witness. The support group aims to bring people together in a caring and safe environment to give and receive mutual support. The group is also able to offer assistance for those affected by road trauma as they face the court processes resulting from the incident.

Meetings: Meetings are held on the first Tuesday of each month at the Central Coast Leagues Club between 7pm and 9pm.

CONTACT INFORMATION
Enough Is Enough Central Coast Road Trauma Support & Education Network
PO Box 9120
Wyoming NSW 2250
Contact: Joy Noble
Phone: 4329 1099
Fax: 4329 1977
Website: www.enoughisenough.org.au
E-mail: joynoble@bigpond.net.au

Epilepsy Action Australia
Seizure management, information, first-aid training, education programs, counselling, peer support, Epilepsy 360 magazine

Meetings: Call for further information about memory workshops, camps and information sessions.

CONTACT INFORMATION
Epilepsy Association
PO Box 9878 (In Your Capital City)
Epping NSW 1710
Contact: Customer Service Centre
Phone: 1300 37 45 36
Fax: 1300 88 68 94
Website: www.epilepsy.org.au
E-mail: epilepsy@epilepsy.org.au

Family Care Cottages - Early Childhood Health Services
Child & Family Health – NSCCH
Family Care Cottages offer support to families with children 0-5 years needing extra help for complex problems requiring an extended time or a day stay appointment. Support and advice are offered for a range of issues including
Sleep & settling, breastfeeding, child behaviour problems, parenting concerns, stress & anxiety, postnatal distress / depression or feeding & weaning difficulties
An appointment can be made by contacting Wyong or Gosford Family Care Cottage.

CONTACT INFORMATION
Child & Family Health Early Childhood Nursing Service NSCCH
Gateway Centre
PO Box 361
Gosford NSW 2250

Contact: Child & Family Health, Early Childhood Service
Phone: 4328 7900
Contact: Wyong Family Care Cottage
Phone: 4394 8229
Contact: Gosford Family Care Cottage
Phone: 4328 7982

Family Drug Support Group
To assist families to deal with drug issues in a way that strengthens relationships and achieves positive outcomes. Open meetings for family members affected by drugs and alcohol. Providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Meetings: 2nd Tuesday of month, Maruma-li Centre, Wyong Hospital 7pm - 9pm

CONTACT INFORMATION
Family Drug Support Group
PO Box 7363
Leura NSW 2780
Contact: Tony Trimmingham
Phone: 4782 9222
Phone: 1300 368 186
Fax: 4782 9555
Mobile: 0412 414 444
Website: www.fds.org.au
E-mail: admin@fds.ngo.org.au

Friendship Angels
To provide knitted, crocheted & sewn items to those in hospital, nursing homes etc. While we are a community project of Candles Cancer Support Group Inc our support is not limited to cancer patients.

Meetings: 1st and 3rd Tuesday each month 10am –noon or byo lunch and stay till 2pm.
Wyong Youth & Community Hall
Wallarah Rd Kanwal (near Wyong Leagues Club)

CONTACT INFORMATION
Friendship Angels
PO Box 4506
Lake Haven NSW 2259
Grandparents Support Groups

Grandparents support groups are for grandparents who are carers of their grandchildren due to a range of circumstances. For grandparents involved in raising their grandchildren to support each other as much as possible.

Offer non-judgemental support to each other. Share experience, knowledge, ideas and information. Meet others who understand our situation/s. Provide social functions for relaxation and sharing. Workshops & information sessions, topics to reflect the need of grandparents.

Meetings: Contact co-ordinator in each area to find out details of meeting times.

CONTACT INFORMATION
Grandparents Support Groups Central Coast
Support Worker Gosford Family Support Services
Phone: 4340 1585
Bateau Bay: 4334 3377
Gosford: 4340 1585
Lakehaven: 4392 7255  4351 8076  4352 1374
San Remo: 0429 14553
Woy Woy: 4341 2072  4342 9995
Wyong: 4388 9895  4333 5111  4389 3515  4352 1374
E-mail: gcfss@ozemail.com.au

GROW NSW
GROW's primary aim is to help fellow sufferers of mental illness or emotional distress recover their mental health and well being through self-activation and friendly mutual help.

GROW has four essential features: (1.) The GROW Program, based on common rules for healthy living and proven experience-based steps for recovery and personal growth. (2.) The Group Method, encourages participation of all members (3.) The Caring & Sharing Community, encouraging members to care for both themselves and others. (4.) The Organisational and Legal Structure of GROW.

Meetings: Meetings are held at: Woy Woy on Mondays, 7pm -151 Blackwell Rd. Bateau Bay on Thursdays, 10.15am - Baptist Church, 8 Yakkalla St, Bateau Bay.
For further information on Meetings & Venues FREECALL 1800 558 268

CONTACT INFORMATION
GROW NSW
27 Hope St
Rosehill NSW 2142
Contact: GROW NSW
Phone: 1800 558 268
HUGS (HIV Understanding Group Support)
To provide support to people who are HIV+ who live and work on the Central Coast. For further details please contact the Co-ordinator.

Meetings: Every 2nd Thursday on pension days at 12.30 - share lunch.

CONTACT INFORMATION
HUGS (HIV Understanding Group Support)
PO Box 878
Gosford NSW 2250
Contact: Co-ordinator
Phone: 4329 5297
Fax: 4329 6498
E-mail: posnet@tpg.com.au

Implantable Cardioverter Defibrillator (ICD) Support Group
Support and education for people who have an Implantable Cardioverter Defibrillator. Meeting format includes a guest speaker and refreshments, followed by Newsletter – open to all ICD recipients and their partners.

Meetings: Group meets 4 times per year, contact co-ordinators to confirm meeting dates, venue & time. For catering purposes numbers are required week prior to meeting.

CONTACT INFORMATION
Implantable Cardioverter Defibrillator Support Group
Gosford Hospital
Gosford NSW 2250
Alison Austen
CNC Cardiac Rehabilitation
Brisbane Water Private Hospital
Phone: 4320 5417
E-mail: aausten@nsccahs.health.nsw.gov.au
Kerry Staniford
CNS Heart Failure Service
NCSSAHS
Phone: 4320 3934
E-mail: kstaniford@nsccahs.health.nsw.gov.au

Kabaro Filipino Women’s Support Group Inc
To provide Filipino women and their children the support they need in time of crisis and provide services like advocacy, referral and information. Projects include YAPAC (Youth Actively Participating in Australian Community); Filipino Carers Support Group: Information gathering, women’s issues etc.
Meetings: Contact for more details and information on other activities.

CONTACT INFORMATION
Kabaro Filipino Women’s Support Group Inc
PO Box 186
Budgewoi NSW 2262
Contact: Olivia Fuente
Phone: 4359 3076
Fax: 4359 3076
Mobile: 0408 288 871
E-mail: ofuente@tpg.com.au

Learning Difficulties Parent Support Group “Jabiru Cottage”
Support Group for Parents and Carers of children with a range of learning difficulties and challenging behaviours. Informal get together with the purpose of supporting each other by sharing knowledge and experience.

Meetings: Meet on first and third Friday of the month (except school holidays) from 1pm to 2.30pm. at “Jabiru Cottage” in Northlakes Public School

CONTACT INFORMATION
“Jabiru Cottage” Northlakes Schools as Community Centre
Northlakes Public School, Goorama Ave
San Remo NSW 2262
Contact: Chris Berryman
Phone: 4390 9718
Fax: 4390 4793
Mobile: 0413 199555
E-mail: christine.berryman@education.nsw.gov.au

“Legs Alive” Support Group
Support group for people with leg ulcers / medical leg problems. The aim of “Legs Alive “ is to empower and improve the lives of community based people with leg problems in an effort to enhance their lifestyle through health promotion and illness / injury prevention. A bus is available to pick up clients who live at the northern end of the Central Coast. Morning tea provided.

Meetings: 1st Tuesday of each month from 10.30am – 12.30 at 115 Sparks Road, Woongarah

CONTACT INFORMATION
Community Nursing NSCCAHS – “Legs Alive”
38A Pacific Hwy (meetings @ Woongarah)
Wyong NSW 2259
Contact: Marilyn Cochrane
Phone: 4356 9400
Fax: 4356 9401
E-mail: mcochrane@nsccahs.health.nsw.gov.au
Lifeline Central Coast (NSW)
Mission Statement – To offer hope & understanding to those in crisis so they may be empowered and grow. Offers "Living Works" Suicide Intervention Training, as well as Certificate IV Telephone Counselling Skills. Bereaved by Suicide Support Group Meetings. Contact Lifeline for details.

CONTACT INFORMATION
Lifeline Central Coast
PO Box 9094
Wyoming NSW 2250
Contact: Director - Lesley West
Phone: 131 114
Phone: 4323 6105  Fax: 4324 2753
Website: www.lifeline.org.au/centralcoastnsw
E-mail: ceocc@centralcoastnsw.lifeline.org.au

Lucky Hearts Club
Group is run by ex-cardiac clients as self help group. To provide an avenue for social activity and support for a healthy lifestyle after rehabilitation for as heart attack or heart surgery. Newsletter distributed 4 times per year.

Meetings: Monthly Committee Meetings, outings every 5-6 weeks

CONTACT INFORMATION
Lucky Hearts Club
1 Warrawilla Road
Wyoming NSW 2250
Contact: Norman & Margaret Law
Phone: 4328 4913 (Home)

Lucky Hearts Club NSCCAHS
The Lucky Hearts Club is an informal club for people to join after some rehabilitation – if they have had a heart attack or coronary artery surgery or angioplasty / stent procedure – to give support with the maintenance of better health and lifestyle changes.

Meetings: The Committee meets in the Health Services Building, Gosford Hospital – Corner of Racecourse Road and Stephen Street. All new faces are welcome. Meeting involves 12 people - 6 ex cardiac rehab patients and their spouse. They form the "social" committee

CONTACT INFORMATION
Lucky Hearts Club (NSCCAHS)
HSB Level 2, Gosford Hospital, PO Box 361
Gosford NSW 2250
Contact: Darrell Warrington - Clinical Nurse Consultant
Phone: 4320 3652
Fax: 4320 5492
E-mail: dwarrington@nsccahs.health.nsw.gov.au
Lupus Association of NSW
To provide help to local people living with lupus with information and specialist guest speakers and support. Contact Lupus Association for details of local support group.

CONTACT INFORMATION
Lupus Association of NSW
PO Box 89
North Ryde NSW 1670
Contact: Co-ordinator
Phone: 1800 802 088
Phone: 9878 6055
Fax: 9878 6049
Website: www.lupusnsw.org.au
E-mail: info@lupusnsw.org.au

ME / Chronic Fatigue Society of NSW
ME / Chronic Fatigue Support Groups create a safe, friendly environment with social support and access to health care information for a better quality of life.

Meetings: Please contact the ME / Chronic Fatigue Society of NSW for further information

CONTACT INFORMATION
ME / Chronic Fatigue Society of NSW
Suite 204 (2nd Floor), 10 Help St
Chatswood NSW 2067
Contact: Co-ordinator
Phone: 9904 8433
Fax: 9904 8435
Website: www.me-cfs.org.au
E-mail: mesoc@zip.com.au

Men Accessing Resources & Services (MARS)
This project targets a broad range of Central Coast organisations which work with families and children and want to include more males in their service delivery. Some examples are community centres, education delivery, health services & family support.

MARS works alongside service providers in developing creative, strength based strategies for engaging men.

CONTACT INFORMATION
Men Accessing Resources & Services (MARS)
PO Box 111
Wyong NSW 2259
Contact: Men’s Access & Resource Project
Phone: 4353 4688
Fax: 4353 4788
Website: www.bensoc.org.au
E-mail: robertb@bensoc.org.au
Mental Health Central Intake NSCCAHS

Central Coast Health provides a comprehensive range of clinical and community based services for older persons, adults and younger persons with a mental health disability. Aged Care Mental Health Team, Therapy and Counselling Team (TACT), Anxiety Management Psychotherapy Group, Depression Management, Obsessive-Compulsive Disorder Group Program, Post Traumatic Stress Disorder Groups, Treatment for Adult Survivors of Childhood Abuse & Neglect. Younger Persons : Child and Adolescent Mental Health Service ( CAMHS), Young People & Early Psychosis Intervention Program ( YPPI)

CONTACT INFORMATION
Mental Health Central Intake (NSCCAHS)
Mental Health Service, PO Box 361
Gosford NSW 2250
Contact: Central Intake Line
Phone: 4320 3500
Phone: 4320 3170 General Enquiries

Merry Makers
Providing social activities designed specifically for people with an intellectual disability. Provides an avenue for parent advocacy. Merry Makers works for the well-being and betterment of the lives of adults with an intellectual disability residing across the Central Coast.

Meetings: Weekly - every Thursday night a dance is organised in the Community Hall on the corner of the Entrance Rd & Campbell St, The Entrance. Other activities are also run - contact for more details.

CONTACT INFORMATION
Merry Makers
PO Box 629
Toukley NSW 2263
Contact: Co-ordinator
Phone: 4396 1808
Fax: 4396 1047

Motor Neurone Disease Association of NSW Central Coast Support Group
MND Association provides support, information, education & equipment to people with MND, their carers, families and health professionals involved in their care. MND Association offer consultancy service.

Central Coast support group, supporting patients & carers on the CC. Some fundraising & awareness stalls for MND. Caring and advice.

Meetings: Central Coast Support Group meets bi-monthly at Gosford Senior Citizens Centre at 2pm on a Saturday. Contact Audree Dash 4384 2907 for more details.
Multicultural Social Support Service (MSSS)
Providing social support for people who are frail aged, younger people with a disability, &
their carers who are from culturally & linguistically diverse backgrounds (CALD).

Examples of services provided: one on one support to attend social activities, taking
clients shopping, bill paying, medical appointments, help with letter writing, mail reading,
friendly home visits, phone calls accompanying clients to group activities/events etc

CONTACT INFORMATION
Multicultural Social Support Service
Community Services Centre
PO Box 1632
Gosford NSW 2250
Contact: Coordinators
Phone: 4322 1211
Fax: 4322 1711
E-mail: msss-nss@bigpond.net.au

Multiple Birth Association Hornsby Ku-ring-gai Hills
Including Central Coast
Support for expectant families of multiple births - twins, triplets and more. Run by
volunteers to provide a support service for families faced with the special challenges of
raising multiples. Contact AMBA NSW for other areas 9875 2404. Also provide a Library,
equipment hire, and 11 newsletters a year for members. Also have regular playgroups
and social outings for the children and the adults as well as regular guest speakers at our
meetings.

CONTACT INFORMATION
Hornsby Ku-ring-gai Hills Multiple Birth Association (HKHMBA)
PO Box 715
Pennant Hills NSW 1715
Contact: Secretary
Phone: 9945 0593
Website: www.hkhmba.org
E-mail: information@hkmba.org

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**MS Society Central Coast**

Supporting people with MS and their families / carers. MS Central Coast support group contacts: Gosford: Katie 4389 1320 CC North: Kevin 4390 3132

**Meetings:**
- **Gosford:** 3rd Wednesday every 2nd month, Central Coast Leagues 10.30am
- **CC North:** 2nd Tuesday every 2nd month, Doyalson Wyee RSL 12 – 2pm

Contact MS Connect for any additional information

**CONTACT INFORMATION**

MS Society NSW / Vic
PO Box 210
Lidcombe NSW 1825
Contact: MS Connect
Phone: 1800 042 138
Contact: MS Society Central Coast
Phone: 4367 5281
E-mail: dwoodcock@mssociety.com.au

**National Relay Service (NRS)**

A phone solution for people who are deaf or have a hearing, or speech impairment. It is also available to anyone who wants to call a person with a hearing or speech impairment.

Making a National Relay Service (NRS) call is similar to making any phone call. The only difference is a relay officer is on the line to ensure the call goes smoothly.

There are four ways to use the National Relay Service:
- **Speak and Read** -if you can speak but not hear
- **Type and Read** -if you can’t hear and don’t use your voice
- **Type and Listen** - if you can speak but not hear
- **Speak and Listen** – If you are hard to understand on the phone.

**CONTACT INFORMATION**

National Relay Service (NRS)
88 Darling St
East Balmain NSW 2041
Phone: 1800 555 660
TTY: 1800 555 630
Fax: 1800 555 690
Website: [www.relayservice.com.au](http://www.relayservice.com.au)
E-mail: helpdesk@relayservice.com.au

**Northern Womens Health Centre**

(Previously known as Rose Cottage)
Northern Women’s Health Centre is a non profit community based organisation and is the northern branch of the Central Coast Women’s Health Centre. It provides a range of services including information and referral, counselling and groups for a cost of donation only, free legal advice and affordable massage.
All services provided by women for women. The centre is a part time service and receives limited funding. It relies on support from the community to run its programs.

**Hours:** Monday &Thursday 9.30 am to 4 pm

**CONTACT INFORMATION**
Northern Womens Health Centre
7 Rose Street
Wyong NSW 2259
Contact: Community Development Worker / Health worker
Phone: 4351 1152
Fax : 4353 5200
Web: www.cccwhc.com.au
E-mail: nwhc@internode.on.net

**Parenting Groups 0-18 months**
**New Baby Group 0-8 weeks**
Share ideas and experiences, discuss feeding, sleep and settling, develop parenting skills and confidence, discuss lifestyle changes and looking after yourself.

**Older Baby Group 4-7 months**
Starting solid foods, changes in routine, sleep, growth and development, keeping baby safe.

**Pre Toddler Group 9 – 12 months**
Creative ideas for play, development, independence & safety, eating from the family diet, sleep.

**18 month Screening Session**
In partnership with parents this session conducts the 18 month developmental screen as per the Personal Health Record Book and discuss key developmental changes and issues.

Contact your nearest Community Health Centre for days and times (contact list at back of directory) or contact Child & Family Health.

**CONTACT INFORMATION**
Child & Family Health
Early Childhood Nursing Service – NSCCH
Gateway Centre
PO Box 361
Gosford NSW 2250
Phone: 4328 7900

**Parkinson’s Support Group (Central Coast)**
Aim to help individuals and their families better manage living with Parkinson’s disease. Providing a forum for people with Parkinson’s Disease and their carers, access to information, counselling and support.

Infoline, Counselling, Support Groups, Advocacy on behalf of Parkinson’s disease community to increase community awareness and education to health professionals.

SPEAK TO SOMEONE WHO UNDERSTANDS
Parkinsons NSW has newsletters, videos, tapes and books for people with Parkinson's and their families.

**Meetings:** 2nd Tuesday of month, Niagara Park Community Centre at 1.30 pm

**CONTACT INFORMATION**
Parkinson's Support Group (Central Coast)  
PO Box 136  
Morisset NSW 2264  
Contact: Convenor - Les Norris  
Phone: 4973 2775  
Phone: 1800 644 189  
Fax: 4973 2775  
Mobile: 0418 607 684  
Website: www.parkinsonsnsw.org.au  
E-mail: lesleenorris@yahoo.com.au

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**Peninsula Women's Health Centre**
Drop in service offering information, support and referral to women and girls in the community. Providing services to meet needs of women on the Peninsula in partnership with other services. Services include: Coastcare counselling, Women's Health Clinic offering pap smears, breast checks, pregnancy testing & information, counselling on menopause, HRT, contraception, and PMT, sexual difficulties. Domestic Violence Support Group, and other Support Groups. Information sessions on a variety of topics. Drop in for a chat or ring for current program of activities.

**Hours:** Tuesday, Wednesday & Thursday, 9.30 am to 3.00 pm

**CONTACT INFORMATION**
Peninsula Women's Health Centre  
20a Mcmasters Rd  
WOY WOY NSW 2256  
Contact: Co-ordinator  
Phone: 4342 5905  
Fax: 4342 5906  
Website: www.cccwhc.com.au  
E-mail: pwhc@hotkey.net.au

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**Polio Survivor's Australia Inc.**
To raise funds to help survivors of polio. To raise medical and community awareness of our needs. To provide information & telephone support and friendship in an atmosphere of understanding and acceptance, so that we may look to the future with hope and optimism.

**Meetings:** Meetings are held on the second Monday of every Month (10.00 am – 12) at Mingara Recreation Club. All polio survivors & spouses / carers are welcome. Interested community members & medical or allied health staff are also welcome to attend.

**CONTACT INFORMATION**
Polio Survivor's Australia Inc.  
2 / 24 Canton Parade
Noraville NSW 2263  
Contact: President, Nancye Bonham  
Phone: 4396 1580 (Home)  
Contact: Vice President, Shari Brewster  
Phone: 4388 9616

**Prostate Cancer Support Group (Central Coast)**  
To advise, inform & support men with prostate problems. To promote awareness & pursue a path of advocacy. Reference material & updated information is given to those seeking support. Guest speakers are organised. The group is represented on the Prostate Cancer Advocacy Group & has attended national seminars in Sydney & Adelaide.

**Meetings:** Last Friday of month, Erina Community Health Centre, 169 The Entrance Rd, Erina at 10am.

**CONTACT INFORMATION**  
Prostate Cancer Support Group (Central Coast)  
2 Louise Close  
Ourimbah NSW 2258  
Contact: Robert Collard  
Phone: 4362 2764 (Home)  
Phone: 9418 7942  
Fax: 9420 3635  
Website: www.prostate.org.au  
E-mail: prostate@prostate.org.au

**Rainbow Haven Gynae Cancer Support**  
To provide support for patients, families, carers & friends from diagnosis onwards.

**Meetings:** Last Monday of each month 10am to 12, Cancer Council Office, Erina St. Gosford.

**CONTACT INFORMATION**  
Rainbow Haven Gynae support Group  
127 Erina St  
Gosford, NSW 2250  
Contact: The Cancer Council NSW  
Phone: 4325 5444  
Fax: 4325 5688  
Website: www.cancercouncil.com.au  
E-mail: info.centralcoast@nswcc.org.au

**RAISE Network**  
To provide parent and community support for those with children and young adults with disabilities, disorders and syndromes (including ADD ADHD). Resource, Advocacy, Information, Support & Education. Occasional family outings / activities. Meetings and drop-in centre at the Niagara Park Community Centre.
Meetings: Niagara Park Community Centre, Washington Avenue, Niagara Park. Drop-in Centre 10.30 am – 1.30 pm every Friday. Night meetings held 7.30 pm – 9.30 pm – 1st Thursday of each month. Have a chat from 11 am to 2 pm, on the 4th Friday of month.

CONTACT INFORMATION
RAISE Network
c/o Niagara Park Community Centre,
Washington Ave
Niagara Park NSW 2250
Contact: Co-ordinator - Anne Dunn
Phone: 4329 5055
Fax: 4329 5800
E-mail: dunnwell@acay.com.au

Regional Youth Support Services Inc.
To provide a point of access on the Central Coast for high quality services, resources and facilities specifically tailored to young people aged 12 – 25 years.

The following services are provided: support, information, assessment, referrals, supervised activities, advocacy services, workshops, excursions & programs to enhance personal development. These are co-ordinated from a range of Central Coast locations.

Meetings: For more information contact Regional Youth Support Services

CONTACT INFORMATION
Regional Youth Support Services Inc.
123 Donnison Street (PO Box 1300)
Gosford NSW 2250
Contact: Service Manager
Phone: 4323 2374
Fax: 4323 3796
E-mail: ryss@netspace.net.au

Respiratory Support Group Wyong Lungbusters - NSCCAHs
Support for clients with respiratory disease and their carers. Meetings held at Wyong Health Service Building in the grounds of Wyong Hospital

Meetings: 2nd Thursday of month at 10am

CONTACT INFORMATION
Respiratory Community Nursing - NSCCAHs
Level 2, Wyong Central Community Health Centre
38a Pacific Highway,
Wyong NSW 2259
Contact: Carmel Jenkins
Phone: 4356 9400
Fax: 4356 9401
E-mail: cjenkins@nsccahs.health.nsw.gov.au
Rett Syndrome Support Group - Central Coast
The aim of this support group is to provide information & support to the families who have a child with Rett Syndrome & to the community in general.

The Rett Syndrome Association also raises funds for medical research under the name of the Rett Syndrome Australian Research Fund. There is a large library of reference materials (including videos) available.

**Meetings:** Families meet socially a couple of times a year on the Central Coast.

**CONTACT INFORMATION**
Rett Syndrome Support Group - Central Coast
58 Lone Pine Ave
Umina NSW 2257
Contact: Gordon Stone
Phone: 4342 4207 (Home)
Contact: Rett Syndrome Association
Phone: 1800 177 111
Website: www.rett.nesher.com.au

Schizophrenia & Bipolar Fellowship
To support consumers and carers. And to provide an opportunity for carers and consumers to socialise and support each other.

**Meetings:** Meetings are held on the 1st t Thursday each month from 1pm to 3pm. Uniting Church of Australia, Donnison Street, Gosford. Meeting room at the rear of the building, walk up driveway & turn right at the end.

**CONTACT INFORMATION**
Central Coast Schizophrenia and Bipolar Fellowship
46 Undara Rd
Bensville NSW 2251
Contact: Co-ordinator, David Yeh
Phone: 4368 1254
Phone: 4368 2214

SIDS & Kids NSW
To support families affected by death of a child during pregnancy, birth and up to six years, regardless of cause of death. Providing compassionate, safe, and confidential education, training, bereavement support and advocacy, to help families in their time of need. SIDS and Kids NSW bereavement support telephone line 24hrs - 1800 651 186. Advocacy and Special Projects

**Meetings:** 1st Wednesday of month at Diabetic Centre cnr Holden & Faunce St West, Gosford at 7.30 pm. Phone 4390 3238 for more information.

**CONTACT INFORMATION**
SIDS & Kids NSW
PO Box 431
**Health Support Group & Service Directory**

Camperdown NSW 1450  
Contact: Co-ordinator  
Phone: 1800 651 186  
Phone: 9818 8400  
Fax: 9818 4555  
Website: www.sidsandkids.org/nsw  
E-mail: sydney@sidsandkidsnsw.org

**Sign & Speak Australia**  
To teach KEY Word signing (based on AUSLAN) to all ages and abilities, hearing and deaf. Key word signing choir for beginners and experienced singers who enjoy signing music.

**Meetings:** Different activities are organised each month. Contact Jane for details.

**CONTACT INFORMATION**  
Sign & Speak Australia  
PO Box 4619  
Lake Haven NSW 2263  
Contact: Jane Beale  
Phone: 1300 787 136  
SMS: 0404 839 712  
Mobile: 0404 838712  
Website: www.signandspeak.com.au  
E-mail: admin@signandspeak.com.au

**Slimmers Social Support Group**  
To assist women to achieve & maintain a healthy weight at an affordable cost. There is a weekly weigh in on digital scales and information on topics such as healthy eating, achieving personal lifestyle changes. There are also books, magazines and videos to borrow. Fun laughter and friendships are amongst the aims of this group whilst you are managing your weight. Cost is $1 per week (to be paid whether you attend or not) No registration fee.

**Meetings:** Every Wednesday for 1 hour starting at 9am

**CONTACT INFORMATION**  
Berkeley Vale Neighbourhood Centre  
The Berkeley Centre, Heather Ave  
Glenning Valley NSW 2261  
Contact: Gillian Holton  
Phone: 4388 5801  
Fax: 4388 2081  
Website: www.bvnc.org.au  
E-mail: bvnc@idx.com.au
Spastic Centre of NSW - PATHWAYS
Central contact number for all information, referral, intake and planning for the Spastic Centre of NSW. Local therapy & treatment services to children with cerebral palsy or similar disability - Kids on the Coast, 2 Berkeley Road, Glenning Valley, 2261

CONTACT INFORMATION
Spastic Centre of NSW - PATHWAYS
2 Berkeley Road
Glenning Valley NSW 2261
Contact: Pathway Initial Contact
Phone: 1300 888 378
Fax: 9451 0248
Website: www.thespasticcentre.org.au
E-mail: scnsw@tscnsw.org.au

Spina Bifida Support Group (Central Coast)
To provide social support for families with a child with Spina Bifida. All general support offered - talks, meetings. Spina Bifida Information Line 1300 655 447

Local Support group organise social outings and luncheons at different times.

CONTACT INFORMATION
Spina Bifida Support Group (Central Coast)
PO Box 374
Ettalong Beach NSW 2257
Contact: Philip & Ann Hudson
Phone: 4341 7972
Phone: 1300 655447
Mobile: 0422 372834
E-mail: ann.hudson@optusnet.com.au

Stroke Recovery Clubs Central Coast
A meeting place for any one who has been affected by Stroke, to share their knowledge and experience and to meet other people and join in activities and outings.


CONTACT INFORMATION
Stroke Recovery Clubs
Watanobbi, Westlakes & Woy Woy
Contact: Stroke Recovery Association NSW
Phone: Freecall 1300 650 594
Phone: 9550 0594
Fax: 9560 2306
Website: www.strokensw.org.au
E-mail: info@strokensw.org.au

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Stroke Recovery Club- Working Age Stroke Support (WAGS)
A meeting place for people to share their knowledge and experience of Stroke. Meet other people and join in activities and outings.

Meetings: WAGS - 1st Saturday of the month Scallywags, Working Age Mens Group meet Fridays. Contact Stroke Recovery Association for further details.

CONTACT INFORMATION
Working Age Stroke Survivor (WAGS) Stroke Recovery Club
Contact: Stroke Recovery Association of NSW
Phone: 1300 650 594
Fax: 9560 2306
Website: www.wags.com.au
www.strokensw.org.au
E-mail: info@strokensw.org.au

Stuttering Innovations (SI)
To deliver speaking skills to minors that enable them to overcome stuttering behaviours. Please visit the SI Website at www.stutteringinnovations.com and order a free SI Media Pack that covers before and after videos of SI students and testimonials from their families.

SI sells home training kits and runs intensive courses, please phone 43 811 625 or visit the SI website.

CONTACT INFORMATION
Stuttering Innovations (SI)
PO Box 5001
Erina Fair NSW 2250
Contact: Director
Phone: 4381 1625
Website: www.stutteringinnovations.com.au
E-mail: michael@stuttering.com.au

Support Group for People with Disabilities and their Families
To provide support, guidance and information to families and individuals.

Meetings: Meetings are held on the 4th Saturday of each month 2pm – 3.30pm at Our Lady of the Rosary Catholic Church, Wyoming.

CONTACT INFORMATION
FOCUS (Diocese of Broken Bay)
7 Ruby Place
Green Point NSW 2251
Contact: Karen Campbell
Phone: 4365 1712
E-mail: kjcampbell54@optusnet.com.au
The WIGWAM, Wig Library Loan Service- Cancer Services NSCCAHS
To provide a free Wig Library Loan Service to cancer patients experiencing hair loss due to chemotherapy or radiotherapy treatments. This is a professional and sensitive FREE service that includes wig fitting, advice and supply. Turbans, hats and scarves are also available for loan.

**Hours:** By appointment only – Mondays - Thursdays

**CONTACT INFORMATION**
WIGWAM - Cancer Support Co-ordinator NSCCAHS
Cancer Care Centre, Gosford Hospital
Contact: Co-ordinator
Phone: 4320 2587
Mobile: 0414 193 138

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Vision Australia
To assist people of all ages who are blind or vision impaired to experience life to the fullest. Information, advice and practical solutions are provided. Services include: low vision services, independent living services, children’s services, employment services, adaptive technology and training service, equipment solutions. An information and library service is also available, as well as talking newspapers. Contact local office for vision impaired support groups.

**CONTACT INFORMATION**
Vision Australia
The Gateway Centre, 1 / 237 Mann Street
Gosford NSW 2250
Contact: Team Manager (Amanda Hancock)
Phone: 4325 3686
Phone: 1300 84 74 66
Fax: 4323 7956
Website: www.visionaustralia.org.au
E-mail: amanda.hancock@visionaustralia.org

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Vision Impaired Support Group Gosford
An opportunity to meet with people who have the same vision impairment and become aware of the research and information available. Contact co-ordinator Gordon Taylor for more info.

**Meetings:** Meet on the 3rd Tuesday of the Month at Central Coast Leagues Club, Dane Drive Gosford from 10am – 12 noon

**CONTACT INFORMATION**
Vision Impaired Support Group Gosford
20 Warri Crescent
McMasters Beach NSW 2251
Contact: Gordon Taylor – co-ordinator
Phone: 4382 1512
Web Youth Service
The WEB is a place for young people 12 to 18 years old who are attending high school. The WEB provides activities and support to young people in the Peninsula area. In general the WEB tries to provide a place for young people to congregate, socialise, meet new friends, that is cost effective & safe, which assists with engagement with the wider community.

Young people can also access the Adolescent Primary Health Clinic (APHC) to see a General Practitioner or the Clinical Nurse on Friday afternoons at the WEB Youth Service from 4.30pm to 7.30pm. (Note clinic is closed during school holidays.) The WEB Alcohol and Other Drugs (AOD) Counsellor is available on Mondays, Tuesdays and Fridays to see young people who may be experiencing problems with their own or others drug use.

Parents or caregivers who are experiencing difficulties with young people using alcohol or other drugs can also see the AOD counsellor for referral, information and support. The AOD counsellor is available on Tuesdays by appointment and Fridays for ‘drop in’

Hours:
Monday – Thursday 2.00pm – 5.00pm
Friday 2.30pm – 9.30pm
Saturday 4.30pm – 9.30pm

CONTACT INFORMATION
Web Youth Service
93 McMasters Road, PO Box 512
Woy Woy NSW 2256

Contact: Aidan Devine, Manager
Phone: 4342 3684
Fax: 4342 3914
Mobile: 0414 511 841
E-mail: webyouthservices@bigpond.com

Contact: Veronica McKibbin, AOD Counsellor
Phone: 4342 3684
Fax: 4342 3914
Mobile: 0414 511 841
E-mail: webyouthservices@bigpond.com

Weeroona Association
Endeavours to assist children and young adults with a disability to have a freer and more fulfilling life by assisting with provision of equipment, support, training and recreational opportunities to enhance their capacity to become involved in the community. They can provide financial assistance for care, education and therapy for children to 21 with a physical disability. They can also provide transport by bus, educational and mobility equipment & respite care.

CONTACT INFORMATION
Weeroona Association
7 Waratta Road
Killarney Vale NSW 2261
Wesley Seniors Day Centre
Activities for frail older people and people with dementia. These activities are designed to develop, maintain and support social interaction. They are conducted in a day centre setting though we also offer group outings. Our program includes: Dementia specific days a choice of social activities, outings, individual care, personal care as necessary, choice of meals, and various therapies. Our Day Centre has a homely feel and is proud of its person centred approach to caring for our clients Monday to Fridays 9am to 3pm.

CONTACT INFORMATION
Wesley Seniors Day Centre
4/15 Anzac Rd
Tuggerah NSW 2259
Contact: Deborah Williams
Phone: 4305 3388
Fax: 4353 9353
Website: www.wesleymission.org
E-mail: deborah.williamswesleymission.org.au

Wisemans Ferry Community Support Services
Offering domestic assistance, personal care, respite and transport to the frail aged and younger people with a disability. Must live in Wisemans Ferry or surrounding areas.

Hours: Tuesday to Thursday 9am – 5pm

CONTACT INFORMATION
Wisemans Ferry Community Support Services
The Community Health Centre,
5550 Old Northern Rd
Wisemans Ferry NSW 2775
Contact: Co-ordinator
Phone: 4566 4700
Fax: 4566 4950
E-mail: lduffy@bcs.org.au

Womens Friendship Group
To provide information to women with a disability through an informal but structured learning environment where social contact is a positive by product. Membership is free, the only cost would be for any activities

Meetings: Gosford group meet 2nd Friday each month 10am to 12, at CCDN, 29 Webb St, East Gosford. Gorokan group meet 1st Tuesday alternate months 10am to 12, Louise House, 126 Dudley St, Gorokan. Please ring CCDN if interested.

CONTACT INFORMATION
Central Coast Disability Network
29 Webb St
East Gosford NSW 2250
Contact: Manager
Phone: 4324 2355 Fax: 4324 3187
Website: www.ccdn.com.au
E-mail: participationccdn@bigpond.com

Workwise Central Coast Inc
Provides vocational and training assistance. Offers support with resumes, job applications, job search, labour market information and access to FREE training courses in Computers, Aged Care, Office Administration, Basic Bookkeeping & a variety of other courses.

CONTACT INFORMATION
Workwise Central Coast Inc
PO Box 114
Wyong NSW 2259
Contact: Co-ordinator
Phone: 4353 2199 Fax: 4351 2714
Website: www.workwiseinc.com.au
E-mail: workwise@workwise.com.au

Yakkalla Recreation Program NSCCAHS & ARAFMI
To promote mental well being for consumers of mental health services living in the community from across the Central Coast. Recreation and leisure activities. The service operates on a referral basis, for more information talk to your health worker or call Yakkalla Staff for more details. Morning pick up at Wyong & Gosford stations & northern bus run.

CONTACT INFORMATION
Yakkalla Recreation Program –ARAFMI & NSCCAHS
PO Box 4325 Bay Village
Bateau Bay NSW 2261
Contact: Yakkalla staff
Phone: 4334 3666 Fax: 4332 7806
E-mail: arafmibb@planet.net.au

Young Mums Group & Under 21’s Antenatal - Centacare
Counselling & support for young pregnant women and young mothers.
Meetings: YMG@ Gosford Wednesdays fortnightly 2-4pm YMG @ Wyong Weds fortnightly 2pm-3.30. Under 21’s 6 x 6wk sessions Gosford & Wyong FREE

CONTACT INFORMATION
Centacare Pregnancy Counselling
20 Watt Street
Gosford NSW 2250
Contact: Angie Knighton
Phone: 4324 6246 Fax: 4323 7025
E-mail: aknighton@brokenbay.catholic.org.au
## Glossary of Terms

<table>
<thead>
<tr>
<th>TERM</th>
<th>DEFINITION / MEANING</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocacy</td>
<td>To plead in favour of; support or urge by argument; recommend publicly.</td>
</tr>
<tr>
<td>Carer</td>
<td>Carers are unpaid and defined as someone who looks after relatives or friends who have a disability, a chronic illness, or are frail aged. Carers are spouses, daughters, sons, siblings and other relatives and friends. They provide care that is expected to be sustained and ongoing.</td>
</tr>
<tr>
<td>NSCCAHs</td>
<td>Northern Sydney Central Coast Area Health Service is the organisation that covers the local government areas of Warringah, Manly, Pittwater, North Sydney, Mosman, Lane Cove, Hunter’s Hill, Willoughby, Ryde, Hornsby, Ku-ring-gai, Wyong and Gosford.</td>
</tr>
<tr>
<td>Consumer</td>
<td>Users of the Area Health Service and their families – this can be current, in the past or in the future consumers. This refers to a consumer being an active participant in health services, rather than a passive recipient.</td>
</tr>
<tr>
<td>Community</td>
<td>Can be described as the geographic area, the connected organisations &amp; agencies as well as the multitude of networks that are currently in operation across a region.</td>
</tr>
<tr>
<td>NGO</td>
<td>Non Government Organisation</td>
</tr>
<tr>
<td>Participation</td>
<td>The term participation is usually used to reflect the longer-term involvement of consumers in the decision making &amp; planning of health services. This refers to a more active relationship between the health service and the local communities and consumers.</td>
</tr>
<tr>
<td>Respite</td>
<td>Opportunity for Carers to take a break from their caring roles, eg holiday respite, day care, residential respite, in-home support. NOTE: Some Services have varying definitions of respite and it is important to check with the individual agency of their definition.</td>
</tr>
<tr>
<td>Support Group</td>
<td>A group of people who may have common experience, who may provide information, assistance, mutual understanding, and expertise in particular health conditions – this can relate to medical conditions or specific services. These groups can be quite varied in structure from social support, to advocacy on particular issues to affirmative action.</td>
</tr>
</tbody>
</table>
## Additional Community Supports

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Advocates for Survivors of Child Abuse</td>
<td>1300 657 380</td>
<td><a href="http://www.asca.org.au">www.asca.org.au</a></td>
</tr>
<tr>
<td>Aged Care Rights Service</td>
<td>1800 424 079</td>
<td><a href="http://www.tars.com.au">www.tars.com.au</a></td>
</tr>
<tr>
<td>Aged Care info Line</td>
<td>1800 500 853</td>
<td></td>
</tr>
<tr>
<td>Alcohol &amp; Drug Information Service</td>
<td>1800 422 599</td>
<td></td>
</tr>
<tr>
<td>Ambulance Service</td>
<td>131 233</td>
<td></td>
</tr>
<tr>
<td>AIDS Hotline &amp; Information Service</td>
<td>1800 451 600</td>
<td></td>
</tr>
<tr>
<td>Addison’s Disease Association Inc</td>
<td>6652 4761</td>
<td><a href="http://www.addisons.org.au">www.addisons.org.au</a></td>
</tr>
<tr>
<td>Adult Migrant English Service</td>
<td>1800 114 707</td>
<td><a href="http://www.ames.edu.au">www.ames.edu.au</a></td>
</tr>
<tr>
<td>Asbestos Diseases Advisory Services</td>
<td>1800 646 690</td>
<td><a href="http://www.asbestosdiseases.org.au">www.asbestosdiseases.org.au</a></td>
</tr>
<tr>
<td>Bereavement CARE centre</td>
<td>1300 654 556</td>
<td><a href="http://www.bereavementcare.com.au">www.bereavementcare.com.au</a></td>
</tr>
<tr>
<td>Brain Injury Association of NSW</td>
<td>1800 802 840</td>
<td><a href="http://www.biansw.org.au">www.biansw.org.au</a></td>
</tr>
<tr>
<td>Breastfeeding Helpline</td>
<td>4328 2536</td>
<td><a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a></td>
</tr>
<tr>
<td>BreastScreen Australia</td>
<td>132 050</td>
<td><a href="http://www.cancerscreening.gov.au">www.cancerscreening.gov.au</a></td>
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<tr>
<td>Cancer Helpline</td>
<td>131 120</td>
<td><a href="http://www.cancercouncil.com.au">www.cancercouncil.com.au</a></td>
</tr>
<tr>
<td>Cardiomyopathy Association of Aust</td>
<td>1300 552 622</td>
<td><a href="http://www.cmaa.org.au">www.cmaa.org.au</a></td>
</tr>
<tr>
<td>CareSearch</td>
<td></td>
<td><a href="http://www.caresearch.com.au">www.caresearch.com.au</a></td>
</tr>
<tr>
<td>Carers NSW</td>
<td>1800 242 636</td>
<td><a href="http://www.carersnsw.asn.au">www.carersnsw.asn.au</a></td>
</tr>
<tr>
<td>Centacare</td>
<td>4324 6403</td>
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<tr>
<td>Centrelink</td>
<td></td>
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<tr>
<td>General Enquiries</td>
<td>131 021</td>
<td><a href="http://www.centrelink.gov.au">www.centrelink.gov.au</a></td>
</tr>
<tr>
<td>Disability Sickness &amp; Carers</td>
<td>132 717</td>
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<tr>
<td>Seniors card</td>
<td>1300 364 758</td>
<td><a href="http://www.seniorscard.nsw.gov.au">www.seniorscard.nsw.gov.au</a></td>
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<tr>
<td>Aged Pension</td>
<td>132 300</td>
<td></td>
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<tr>
<td>Family Assistance Office</td>
<td>136 150</td>
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<tr>
<td>Cerebral Palsy Helpline</td>
<td>1300 30 29 20</td>
<td><a href="http://www.cphelpline.com.au">www.cphelpline.com.au</a></td>
</tr>
<tr>
<td>Child Abuse Prevention Service</td>
<td>1800 688 009</td>
<td></td>
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<tr>
<td>Child Support Agency</td>
<td>131 272</td>
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<tr>
<td>Coastwide Community Transport</td>
<td>4323 4028</td>
<td></td>
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<tr>
<td>Community Transport – Wyong</td>
<td>4392 5633</td>
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<tr>
<td>Community Care Services</td>
<td>4324 4244</td>
<td></td>
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<tr>
<td>Continence Helpline</td>
<td>1800 330 066</td>
<td></td>
</tr>
<tr>
<td>COTA (Council on the Ageing)</td>
<td>1800 449 102</td>
<td></td>
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<tr>
<td>Crime Stoppers</td>
<td>1800 333 000</td>
<td><a href="http://www.crimestoppers.com.au">www.crimestoppers.com.au</a></td>
</tr>
<tr>
<td>Crisis Line</td>
<td>131 114</td>
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</tr>
<tr>
<td>Crohn’s &amp; Collitis Association (Aus)</td>
<td>1800 138 029</td>
<td><a href="http://www.acca.net.au">www.acca.net.au</a></td>
</tr>
<tr>
<td>Cystic Fibrosis Foundation NSW</td>
<td>1800 650 614</td>
<td></td>
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<tr>
<td>Dads in Distress</td>
<td>1300 853 437</td>
<td><a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a></td>
</tr>
<tr>
<td>Dementia Helpline</td>
<td>1800 100 500</td>
<td></td>
</tr>
<tr>
<td>Dept of Community Services - Gosford - Wyong</td>
<td>4336 2400</td>
<td></td>
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<tr>
<td>DoCS Helpline</td>
<td>132 111</td>
<td></td>
</tr>
<tr>
<td>Dept of Health &amp; Ageing</td>
<td>1800 048 998</td>
<td></td>
</tr>
<tr>
<td>Disability Equipment Access Services Information (IDEAS)</td>
<td>1800 029 904</td>
<td><a href="http://www.ideas.org.au">www.ideas.org.au</a></td>
</tr>
<tr>
<td>Domestic Violence Helpline</td>
<td>1800 656 463</td>
<td></td>
</tr>
<tr>
<td>Down Syndrome Association of NSW</td>
<td>9683 4333</td>
<td><a href="http://www.dsansw.org.au">www.dsansw.org.au</a></td>
</tr>
<tr>
<td>Ethnic Communities Council of Aust</td>
<td>9319 0288</td>
<td></td>
</tr>
<tr>
<td>Family Planning Healthline</td>
<td>1300 658 886</td>
<td><a href="http://www.fpahealth.org.au">www.fpahealth.org.au</a></td>
</tr>
<tr>
<td>Family &amp; Community Services</td>
<td>1300 653 227</td>
<td><a href="http://www.facs.gov.au">www.facs.gov.au</a></td>
</tr>
<tr>
<td>Family Relationship Advice Line</td>
<td>1800 050 321</td>
<td></td>
</tr>
<tr>
<td>Gay &amp; Lesbian Counselling Line</td>
<td>1800 184 527</td>
<td><a href="http://www.glccs.org.au">www.glccs.org.au</a></td>
</tr>
<tr>
<td>Generation Q</td>
<td>4323 2374</td>
<td><a href="http://www.ryss.com.au">www.ryss.com.au</a></td>
</tr>
<tr>
<td>Genetic Support of Australia Assn</td>
<td>9211 1462</td>
<td><a href="http://www.agsa-geneticsupport.org.au">www.agsa-geneticsupport.org.au</a></td>
</tr>
<tr>
<td>Glaucoma Australia</td>
<td>1800 500 880</td>
<td><a href="http://www.glaucoma.org.au">www.glaucoma.org.au</a></td>
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</tbody>
</table>
## Additional Community Supports

<table>
<thead>
<tr>
<th>Service</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>G Line- Gambling info</td>
<td>1800 633 635</td>
</tr>
<tr>
<td>Grief Support Inc. (24 hr)</td>
<td>9489 6644</td>
</tr>
<tr>
<td>Gosford Family Support</td>
<td>4340 1585</td>
</tr>
<tr>
<td>Gosford Seniors Centre</td>
<td>4324 4749</td>
</tr>
<tr>
<td>Guardianship Tribunal</td>
<td>1800 463928</td>
</tr>
<tr>
<td>Hepatitis C Helpline</td>
<td>1800 803 990</td>
</tr>
<tr>
<td>Home Care Referral Service</td>
<td>1800 350 79</td>
</tr>
<tr>
<td>Home Maintenance &amp; Modification Service</td>
<td></td>
</tr>
<tr>
<td>- Gosford</td>
<td>4341 9355</td>
</tr>
<tr>
<td>- Wyong</td>
<td>4334 2633</td>
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<tr>
<td>Homicide Victims Support Group</td>
<td>1800 191 777</td>
</tr>
<tr>
<td>Huntington Disease Association</td>
<td>9874 9777</td>
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<tr>
<td>Independent Living Centre</td>
<td>1300 885 886</td>
</tr>
<tr>
<td>Interpreter Service</td>
<td>131 450</td>
</tr>
<tr>
<td>Interrelate Family &amp; Relationship Line</td>
<td>1300 736 966</td>
</tr>
<tr>
<td>Kids Helpline</td>
<td>1800 55 1800</td>
</tr>
<tr>
<td>Kidsnet – Westmead Hospital</td>
<td>9845 2432</td>
</tr>
<tr>
<td>LawAccess NSW</td>
<td>1300 888 529</td>
</tr>
<tr>
<td>Lifeline</td>
<td>131 114</td>
</tr>
<tr>
<td>Lifeline Just Ask (mental health)</td>
<td>1300 131 114</td>
</tr>
<tr>
<td>Medicines Line</td>
<td>1300 888 763</td>
</tr>
<tr>
<td>Meniere’s NSW</td>
<td><a href="http://www.menieresnsw.org.au">www.menieresnsw.org.au</a></td>
</tr>
<tr>
<td>Mens Line Australia</td>
<td>1300 789 978</td>
</tr>
<tr>
<td>Mental Health Information Service</td>
<td>1300 794 991</td>
</tr>
<tr>
<td>Mothersafe</td>
<td>1800 647 848</td>
</tr>
<tr>
<td>Northern Settlement Services</td>
<td>1800 813 205</td>
</tr>
<tr>
<td>Muscular Dystrophy Association</td>
<td>1800 635 109</td>
</tr>
<tr>
<td>Needle Clean Up Hotline</td>
<td>1800 633 353</td>
</tr>
<tr>
<td>Office of Public Guardian</td>
<td>1800 451 510</td>
</tr>
<tr>
<td>Osteoporosis Campaign Aust Infoline</td>
<td>1300 301 028</td>
</tr>
<tr>
<td>Ombudsman</td>
<td>1800 451 524</td>
</tr>
<tr>
<td>Paraquad</td>
<td>1300 886 601</td>
</tr>
<tr>
<td>Parentline</td>
<td>132 055</td>
</tr>
<tr>
<td>Poisons Information Centre</td>
<td>131 126</td>
</tr>
<tr>
<td>Prader-Willi Syndrome Association</td>
<td>9525 6238</td>
</tr>
<tr>
<td>Pregnancy Counselling Australia</td>
<td>1300 737 732</td>
</tr>
<tr>
<td>Public Trustee</td>
<td>1300 364 103</td>
</tr>
<tr>
<td>Rape Crisis Centre</td>
<td>1800 424 017</td>
</tr>
<tr>
<td>Reachout</td>
<td><a href="http://www.reachout.com.au">www.reachout.com.au</a></td>
</tr>
<tr>
<td>Red Cross</td>
<td>4324 3411</td>
</tr>
<tr>
<td>Relationships Australia</td>
<td>1300 364 277</td>
</tr>
<tr>
<td>Salvo Crisis Line</td>
<td>1300 363 622</td>
</tr>
<tr>
<td>SANE Mental Illness Helpline</td>
<td>1800 187 263</td>
</tr>
<tr>
<td>Seniors Information Service</td>
<td>131 244</td>
</tr>
<tr>
<td>Siblings Australia Inc</td>
<td><a href="http://www.siblingsaustralia.org.au">www.siblingsaustralia.org.au</a></td>
</tr>
<tr>
<td>Spinal Cord Injuries Australia</td>
<td>1800 819 775</td>
</tr>
<tr>
<td>State Emergency Service (SES)</td>
<td>132 500</td>
</tr>
<tr>
<td>Stroke Foundation</td>
<td>1800 787 653</td>
</tr>
<tr>
<td>Suicide Helpline</td>
<td>1800 191 919</td>
</tr>
<tr>
<td>Taxi Transport Subsidy Scheme</td>
<td>1800 623 724</td>
</tr>
<tr>
<td>Technical Aid For Disabled</td>
<td>1300 663 243</td>
</tr>
<tr>
<td>Transport Info Line</td>
<td>131 500</td>
</tr>
<tr>
<td>Translating &amp; Interpreting Service (TIS)</td>
<td>131 450</td>
</tr>
<tr>
<td>Tresilien</td>
<td>1800 637 357</td>
</tr>
<tr>
<td>UNIFAM Counselling &amp; Mediation</td>
<td>4324 4387</td>
</tr>
<tr>
<td>Veterans’ Affairs Network</td>
<td>1300 551 918</td>
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</tbody>
</table>

**Health Support Group & Service Directory**

**SPEAK TO SOMEONE WHO UNDERSTANDS**
### Additional Community Supports

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veterans Home Care</td>
<td>1300 550 450</td>
<td></td>
</tr>
<tr>
<td>Vietnam Veterans Counselling Service</td>
<td>1800 011 046</td>
<td><a href="http://www.dva.gov.au">www.dva.gov.au</a></td>
</tr>
<tr>
<td>Welfare Rights Centre</td>
<td>1800 226 028</td>
<td><a href="http://www.welfarerights.org.au">www.welfarerights.org.au</a></td>
</tr>
<tr>
<td>Women’s Information &amp; Referral Service</td>
<td>1800 817 227</td>
<td></td>
</tr>
<tr>
<td></td>
<td>TTY 1800 673 304</td>
<td></td>
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<tr>
<td>Women with Disabilities Australia</td>
<td></td>
<td><a href="http://www.wwda.org.au">www.wwda.org.au</a></td>
</tr>
<tr>
<td>Women’s Legal Resource Centre</td>
<td>1800 801 501</td>
<td><a href="http://www.womenslegalnsw.asn.au">www.womenslegalnsw.asn.au</a></td>
</tr>
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</table>

Updates 6/06, 1/07, 1/08

Top:
### Northern Sydney Central Coast Health

<table>
<thead>
<tr>
<th>Gosford Hospital</th>
<th>Long Jetty Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Holden Street</td>
<td>Wyong Road</td>
</tr>
<tr>
<td>Gosford 2250</td>
<td>Killarney Vale 2261</td>
</tr>
<tr>
<td><strong>4320 2111</strong></td>
<td><strong>4336 7700</strong></td>
</tr>
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</table>

<table>
<thead>
<tr>
<th>Wyong Hospital</th>
<th>Woy Woy Hospital</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pacific Highway</td>
<td>Ocean Beach Road</td>
</tr>
<tr>
<td>Hamlyn Terrace 2259</td>
<td>Woy Woy 2256</td>
</tr>
<tr>
<td><strong>4394 8000</strong></td>
<td><strong>4344 8444</strong></td>
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#### Other Services

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Adult Day Care</td>
<td>4320 3637</td>
</tr>
<tr>
<td>Alcohol &amp; Other Drug Intake</td>
<td>4394 4880</td>
</tr>
<tr>
<td>Biala Cottage (Medical examination, treatment &amp; follow-up after sexual abuse)</td>
<td>4320 3175</td>
</tr>
<tr>
<td>Caring Networks</td>
<td>4304 0700</td>
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<tr>
<td>Aged Care Assessment Team (ACAT)</td>
<td>4304 0700</td>
</tr>
<tr>
<td>Residential Respite Booking Service</td>
<td>4304 0708</td>
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<tr>
<td>Aged Residential Care Consultancy (ARCCS)</td>
<td>4304 0777</td>
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<tr>
<td>Child &amp; Family Health</td>
<td>4328 7900</td>
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<tr>
<td>Community Neurological Support &amp; Community Outreach Team</td>
<td>4328 7301</td>
</tr>
<tr>
<td>Community Nursing</td>
<td>4356 9400</td>
</tr>
<tr>
<td>Dental Clinic</td>
<td>1300 789 404</td>
</tr>
<tr>
<td>Diabetic Clinic</td>
<td>4320 3321</td>
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<td>Health Related Transport</td>
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<td>Mental Health Central Intake</td>
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<td>Outpatients Clinics</td>
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<td>Gosford Clinics</td>
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<td>Wyong Clinics</td>
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<td>Palliative Care Service</td>
<td>4336 7777</td>
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<td>Stomal Therapy Service</td>
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<tr>
<td>Youth Health Service</td>
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#### Community Health Centres

*Hours of operation: 8.30am – 5.00pm Monday to Friday*

<table>
<thead>
<tr>
<th>Centre</th>
<th>Phone Number</th>
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<tbody>
<tr>
<td>Erina Community Health Centre</td>
<td>4367 9600</td>
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<tr>
<td>169 The Entrance Road</td>
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<tr>
<td>Erina 2250</td>
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<tr>
<td>Kincumber Community Health Centre</td>
<td>4369 2355</td>
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<tr>
<td>Rear of Kincumber Shopping Centre</td>
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<tr>
<td>Kincumber 2251</td>
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<tr>
<td>Lake Haven Community Health Centre</td>
<td>4393 7777</td>
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<tr>
<td>Stratford Avenue</td>
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<tr>
<td>Lake Haven 2263</td>
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<tr>
<td>Long Jetty Community Health Centre</td>
<td>4336 7800</td>
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<td>Wyong Road</td>
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<tr>
<td>Killarney Vale 2261</td>
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<tr>
<td>Mangrove Mountain Community Health Centre</td>
<td>4373 1249</td>
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<tr>
<td>(restricted hours)</td>
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<td>RMB 1640 Nurses Road</td>
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<tr>
<td>Mangrove Mountain 2250</td>
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<td>Toukley Community Health Centre</td>
<td>4396 5111</td>
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<td>Hargraves Street</td>
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<tr>
<td>Toukley 2263</td>
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### Community Health Centres

*Hours of operation: 8.30am – 5.00pm Monday to Friday*

<table>
<thead>
<tr>
<th>Centre Name</th>
<th>Address</th>
<th>Phone</th>
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<tbody>
<tr>
<td>Woy Woy Community Health Centre</td>
<td>Ocean Beach Road Woy Woy 2256</td>
<td>4344 8432</td>
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<tr>
<td>Wyong Community Health Centre</td>
<td>Pacific Highway Hamlyn Terrace 2259</td>
<td>4394 8229</td>
</tr>
<tr>
<td>Wyong Central Community Health Centre</td>
<td>38A Pacific Highway Wyong 2259</td>
<td>4356 9300</td>
</tr>
<tr>
<td>Family Care Cottage Gosford</td>
<td>Gateway Centre Gosford 237 Mann St Gosford 2250</td>
<td>4328 7900</td>
</tr>
<tr>
<td>Family Care Cottage Kanwal</td>
<td>Pacific Highway Kanwal 2259</td>
<td>4394 8229</td>
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Top:
### Neighbourhood & Community Centres

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<tr>
<th>Neighbourhood Centre</th>
<th>Community Group</th>
<th>Neighbourhood Centre</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Berkeley Vale Neighbourhood Centre</strong>&lt;br&gt;The Berkley Centre, Heather Ave&lt;br&gt;Glennning Valley, NSW 2261&lt;br&gt;Ph: 4388 5801 Fax: 4388 2081</td>
<td>Mangrove Mountain &amp; Districts Community Group&lt;br&gt;120 Ironbark Rd&lt;br&gt;Mangrove Mountain NSW 2250&lt;br&gt;Ph: 4374 1255</td>
<td><strong>Toukley Neighbourhood Centre</strong>&lt;br&gt;Heador Street&lt;br&gt;Toukley NSW 2263&lt;br&gt;Ph: 4396 1555 Fax: 4396 5818</td>
</tr>
<tr>
<td><strong>Blue Haven School as Community Centre, Dolphin Cottage</strong>&lt;br&gt;Colarado Drive&lt;br&gt;Blue Haven NSW 2262&lt;br&gt;Ph: 4399 0167 Fax: 4399 0184</td>
<td><strong>Niagara Park Community Centre</strong>&lt;br&gt;Washington Avenue&lt;br&gt;Niagara Park NSW 2250&lt;br&gt;Ph: 4329 7144 Fax: 4329 7188</td>
<td><strong>Umina School as Community Centre</strong>&lt;br&gt;Beachside Family Centre&lt;br&gt;Sydney Ave&lt;br&gt;Umina NSW 2257&lt;br&gt;Ph: 4343 1929 Fax: 4344 4130</td>
</tr>
<tr>
<td><strong>Chertsey Interagency Schools as Community Centres</strong>&lt;br&gt;Willow Road&lt;br&gt;Springfield NSW 2250&lt;br&gt;Ph: 4323 7158 Fax: 4323 7158</td>
<td><strong>Northlakes School as Community Centre</strong>&lt;br&gt;Jabiru Cottage&lt;br&gt;Goorama Ave&lt;br&gt;San Remo NSW 2262&lt;br&gt;Ph: 4390 9718 Fax: 4390 4793</td>
<td><strong>Warnervale Family &amp; Community Centre</strong>&lt;br&gt;271 – 273 Warnervale Rd&lt;br&gt;Hamlyn Terrace NSW 2259&lt;br&gt;Ph: 4392 8734 Fax: 4394 0801</td>
</tr>
<tr>
<td><strong>Cynthia Street Community Centre</strong>&lt;br&gt;4 – 10 Cynthia Street&lt;br&gt;Bateau Bay NSW 2261&lt;br&gt;Ph: 4332 7450 Fax: 4334 6329</td>
<td><strong>Northern Lakes Family Centre</strong>&lt;br&gt;Corner Acacia Avenue &amp; Elizabeth Bay Drive&lt;br&gt;Lake Munmorah NSW 2259&lt;br&gt;Ph: 4358 3487 Fax: 4358 3538</td>
<td><strong>Watanobbi Community Centre</strong>&lt;br&gt;1 Harrington CI&lt;br&gt;Watanobbi NSW 2259&lt;br&gt;Ph: 4351 2860</td>
</tr>
<tr>
<td><strong>Gosford City Community Services</strong>&lt;br&gt;Narara Community Centre&lt;br&gt;2 Pandala Road&lt;br&gt;Narara, NSW 2250&lt;br&gt;Ph: 4329 4477 Fax: 4329 6832</td>
<td><strong>Peninsula Community Centre</strong>&lt;br&gt;93 McMasters Road&lt;br&gt;Woy Woy NSW 2257&lt;br&gt;Ph: 4341 9333 Fax: 4342 4947</td>
<td><strong>Wyoming Community Centre</strong>&lt;br&gt;147 Maidens Brush Road&lt;br&gt;Wyoming NSW 2250&lt;br&gt;Ph: 4323 7483 Fax: 4325 0955</td>
</tr>
<tr>
<td><strong>Green Point Community Centre</strong>&lt;br&gt;96 Koolang Road&lt;br&gt;Green Point NSW 2250&lt;br&gt;Ph: 4367 7591 Fax: 4367 7659</td>
<td><strong>San Remo Neighbourhood Centre</strong>&lt;br&gt;28 Brava Avenue&lt;br&gt;San Remo NSW 2262&lt;br&gt;Ph: 4390 7988 Fax: 4399 2398</td>
<td><strong>Wyoming Youth Centre</strong>&lt;br&gt;Warrawilla Road&lt;br&gt;Wyoming NSW 2250&lt;br&gt;Ph: 4326 0661 Fax: 4325 0662</td>
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<tr>
<td><strong>Kariong Neighbourhood Centre</strong>&lt;br&gt;10 Langford Drive&lt;br&gt;Kariong NSW 2250&lt;br&gt;Ph: 4340 1724 Fax: 4340 4595</td>
<td><strong>The Banksia Family Centre</strong>&lt;br&gt;Lot 21 Sir Joseph Banks Drive&lt;br&gt;Bateau Bay NSW 2261&lt;br&gt;Ph: 4334 3390 Fax: 4334 3484</td>
<td><strong>Wyong Neighbourhood Centre Inc</strong>&lt;br&gt;Alison Road&lt;br&gt;Wyong NSW 2259&lt;br&gt;Ph: 4353 1750 Fax: 4352 1209</td>
</tr>
<tr>
<td><strong>Kincumber &amp; District Neighbourhood Centre</strong>&lt;br&gt;20 - 22 Kincumber Street&lt;br&gt;Kincumber NSW 2251&lt;br&gt;Ph: 4363 1044 Fax: 4369 6721</td>
<td><strong>The Entrance Neighbourhood Centre</strong>&lt;br&gt;Corner The Entrance Road &amp; Campbell Avenue&lt;br&gt;The Entrance NSW 2261&lt;br&gt;Ph: 4332 4545 Fax: 4334 2437</td>
<td><strong>Wyong School as Community Centre</strong>&lt;br&gt;Cutler Drive&lt;br&gt;Wyong NSW 2259&lt;br&gt;Ph: 4352 3637 Fax: 4351 2885</td>
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# New Entry Information

<table>
<thead>
<tr>
<th><strong>Name of Support Group / Organisation:</strong></th>
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<table>
<thead>
<tr>
<th><strong>Brief Description of group / service, including aim, and any particular focus.</strong> <em>(100 words or less - attach additional page if necessary)</em></th>
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</table>

<table>
<thead>
<tr>
<th><strong>Meeting Information: days / times / venue</strong> <em>(30 words or less)</em></th>
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<tr>
<th><strong>Contact Details: TO BE PUBLISHED IN DIRECTORY</strong></th>
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</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Contact Person / Position:</strong> <em>(our experience has been that it is better to list position rather than persons name, unless specifically required)</em> ie Secretary / Co-ordinator etc</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th><strong>Address</strong> – postal or street as appropriate</th>
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<table>
<thead>
<tr>
<th><strong>Phone:</strong></th>
<th><strong>Phone:</strong></th>
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<tbody>
<tr>
<td><strong>Mobile:</strong></td>
<td><strong>Fax:</strong></td>
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</table>

<table>
<thead>
<tr>
<th><strong>Email contact:</strong> <em>(if available and appropriate for service to be contacted by email)</em></th>
</tr>
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<table>
<thead>
<tr>
<th><strong>Contact Details: FOR CARER SUPPORT USE ONLY – not to be published in directory, to be only used by Carer Support Staff for contact as appropriate.</strong></th>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>Contact Name:</strong></th>
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<table>
<thead>
<tr>
<th><strong>Phone:</strong></th>
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<tr>
<td><strong>Email:</strong></td>
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<tr>
<th><strong>Other Information:</strong></th>
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<table>
<thead>
<tr>
<th><strong>Web Address:</strong> <em>(organisation or group directly affiliated with organisation if appropriate)</em></th>
</tr>
</thead>
</table>

View the current version of the Central Coast Support Groups & Services Directory online at Northern Sydney Central Coast Health – Carer Support website:

**Return completed from to:**
Margot Lipscombe
Carer Support NSWCCAHS
PO Box 361, 21 Beane St
Gosford NSW 2250
Fax: 4320 5555
Email: mlipscombe@nsccahs.health.nsw.gov.au