

## 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 NSCCAHS 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@nsccaahs.health.nsw.gov.au](mailto:skeane@nsccaahs.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**

Updated November 2005 / June 2006 / January 2007/July 2007/ Jan 2008

**SPEAK TO SOMEONE WHO UNDERSTANDS**

## Table of Contents

Additions this version: .....	6
ATSI - Mother & Baby Support .....	7
ATSI - Early Intervention Support .....	7
ADHD Slow Learner's Support Group.....	8
ADSSI (Aged & Disability Support Services) .....	8
Al-Anon Family Groups.....	8
Albinism Fellowship of Australia (AFA) .....	9
Amputee Association Inc -Central Coast .....	9
Anxiety Disorders Alliance (ADA) Support Groups .....	10
ARAFMI NSW Family and Carer Mental Health Program.....	10
Arthritis Foundation of NSW .....	11
Asbestos Support Group.....	11
Asthma Educators -NSCCAHS.....	11
Australian Dyspraxia Association Inc.....	12
Autism & Aspergers Family Support Group .....	12
Blind & Visually Impaired Support Group Wyong Shire .....	13
Breast Cancer Support Services.....	13
Breastfeeding Support "Drop In" .....	13
Bungree Aboriginal Association .....	14
Cancer Council NSW .....	14
Cancer Council Connect Breast Cancer Peer Support.....	15
Cancer Information & Support Society Inc. CISS.....	15
Cancer Support Group –NSCCAHS Central Coast Cancer Services .....	16
Cancer Support Service Co-ordinator Cancer Services -NSCCAHS .....	16
Candles Cancer Support Group Inc.....	16
Carers Group - (COATS) Community Outreach & Therapy Team.....	17
Carers Morning Tea.....	17
Carer Support Central Coast-NSCCAHS.....	17
Carer Support Group - Woy Woy Hospital .....	18
Carer Support Group - Nareen Gardens (Bateau Bay) .....	18
Warnervale Carer Support Group (Hamlyn Terrace) .....	19
Central Coast ARAFMI .....	19
Central Coast Australian – German Friendship & Welfare Society Inc .....	19
Central Coast Deaf Group .....	20
Central Coast Disability Network (CCDN).....	20

Central Coast Division of General Practice (CCDGP) .....	21
Central Coast Multicultural Project.....	21
Central Coast Premature and Sick Baby Support Group .....	22
Central Coast Problem Gambling Service .....	22
Central Coast Womens Health Centre.....	22
CHIC- Children Having Individual Challenges Support Group .....	23
Cleft Pals .....	23
Coastlink Respite Care .....	24
Coeliac Society of NSW.....	24
Commonwealth Carelink Centre Central Coast .....	25
Commonwealth Carer Respite Centre .....	25
Community Access & Support Service (CASS) .....	25
Community Cancer Care Service - NSCCAHS.....	26
Community Paediatric Team NSCCAHS .....	26
Continence Advisor – Gosford NSCCAHS.....	27
Continence Advisor – Wyong NSCCAHS .....	27
Counselling & Group Work .....	28
Deaf Society of NSW – Newcastle Office .....	28
Dementia Care Team NSCCAHS .....	28
Dementia Carer Support Groups NSCCAHS.....	29
Diabetes Australia – NSW Support Groups – Central Coast .....	29
Dragon’s Abreast Central Coast .....	30
Early Childhood Health Services .....	30
Eating Disorder Early Intervention Outpatient Service NSCCAHS .....	31
Eating Disorders Foundation Recovery Group .....	31
Eleanor Duncan Aboriginal Health Centre .....	31
Enough Is Enough Central Coast Road Trauma Support .....	32
Epilepsy Action Australia .....	32
Family Care Cottages - Early Childhood Health Services.....	32
Family Drug Support Group .....	33
Friendship Angels.....	33
Grandparents Support Groups.....	34
GROW NSW .....	34
HUGS (HIV Understanding Group Support) .....	35
Implantable Cardioverter Defibrillator (ICD) Support Group.....	35
Kabaro Filipino Women’s Support Group Inc.....	35
Learning Difficulties Parent Support Group “Jabiru Cottage” .....	36

“Legs Alive” Support Group .....	36
Lifeline Central Coast (NSW).....	37
Lucky Hearts Club .....	37
Lucky Hearts Club NSCCAHS .....	37
Lupus Association of NSW .....	38
ME / Chronic Fatigue Society of NSW .....	38
Men Accessing Resources & Services (MARS).....	38
Mental Health Central Intake NSCCAHS .....	39
Merry Makers.....	39
Motor Neurone Disease Association of NSW Central Coast Support Group .....	39
Multicultural Social Support Service (MSSS) .....	40
Multiple Birth Association Hornsby Ku-ring-gai Hills .....	40
MS Society Central Coast.....	41
National Relay Service (NRS).....	41
Northern Womens Health Centre.....	41
Parenting Groups 0-18 months.....	42
Parkinson's Support Group (Central Coast).....	42
Peninsula Women's Health Centre .....	43
Polio Survivor's Australia Inc.....	43
Prostate Cancer Support Group (Central Coast) .....	44
Rainbow Haven Gynae Cancer Support.....	44
RAISE Network.....	44
Regional Youth Support Services Inc. ....	45
Respiratory Support Group Wyong Lungbusters - NSCCAHS.....	45
Rett Syndrome Support Group -Central Coast .....	46
Schizophrenia & Bipolar Fellowship.....	46
SIDS & Kids NSW.....	46
Sign & Speak Australia .....	47
Slimmers Social Support Group.....	47
Spastic Centre of NSW - PATHWAYS.....	48
Spina Bifida Support Group (Central Coast) .....	48
Stroke Recovery Clubs Central Coast .....	48
Stroke Recovery Club- Working Age Stroke Support (WAGS) .....	49
Stuttering Innovations (SI) .....	49
Support Group for People with Disabilities and their Families .....	49
The WIGWAM, Wig Library Loan Service- Cancer Services NSCCAHS .....	50
Vision Australia .....	50

Vision Impaired Support Group Gosford .....	50
Web Youth Service .....	51
Weeroona Association .....	51
Wesley Seniors Day Centre .....	52
Wisemans Ferry Community Support Services .....	52
Womens Friendship Group .....	52
Workwise Central Coast Inc.....	53
Yakkalla Recreation Program NSCCAHS & ARAFMI .....	53
Young Mums Group & Under 21's Antenatal - Centacare .....	53
Glossary of Terms .....	54
Additional Community Supports.....	55
Northern Sydney Central Coast Health.....	58
Neighbourhood & Community Centres .....	60
New Entry Information .....	61

**Additions this version:**

**January 2008**

ATSI - Early Intervention Support

ATSI - Mother & Baby Support

Central Coast Premature and Sick Baby Support Group

Early Childhood Health Services

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

**Top:**

## **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

**Top:**

## **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:** 2<sup>nd</sup> 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 NSW2259

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](http://www.adssi.org)

E-mail: [info@adssi.org](mailto: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/](http://www.al-anon.alateen.org/australia/)  
 E-mail: [alanonnorthernsw@bigpond.com](mailto:alanonnorthernsw@bigpond.com)  
**Top:**

#### 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](http://www.albinismaustralia.org)  
 E-mail: [albinismnsw@optusnet.com.au](mailto:albinismnsw@optusnet.com.au)  
**Top:**

#### 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 3<sup>rd</sup> Tuesday of each Month, 11am Central Coast Leagues

#### CONTACT INFORMATION

Amputee Association Inc -Central Coast  
 c/o 22 Narara Crescent  
 Narara NSW 2250

Contact: Beryl Owen  
 Phone: 4328 1004 Fax: 4329 6104  
 Website: [www.centralcoastamputee.org.au](http://www.centralcoastamputee.org.au)  
 E-mail: [beryl@idl.com.au](mailto:beryl@idl.com.au)

**Top:**

### **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](mailto: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](http://www.ada.mentalhealth.asn.au)  
 E-mail: [jleitch@mentalhealth.asn.au](mailto:jleitch@mentalhealth.asn.au)

**Top:**

### **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](http://www.arafmi.org)  
 E-mail: [fcmhp@arafmi.org](mailto:fcmhp@arafmi.org)

**Top:**

##### **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

### CONTACT INFORMATION

Arthritis Foundation of NSW

Locked Bag 16

North Parramatta NSW, 2151

Contact Secretary

Phone: 1800 011 041

Phone: 9683 1622 Fax: 9683 1633

Website: [www.arthritisnsw.org.au](http://www.arthritisnsw.org.au)

E-mail: [info@arthritisnsw.org.au](mailto:info@arthritisnsw.org.au)

**Top:**

## 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:** 4<sup>th</sup> Wednesday of each month at 1pm at Niagara Park Community Centre.

### CONTACT INFORMATION

Asbestos Support Group

5 Haggerty Close

Narara NSW 2250

Contact: Marie Marchant

Phone: 4328 5064

Contact: Maree Stokes

Phone: 4344 4489

Website: [www.adfa.org.au](http://www.adfa.org.au)

E-mail: [info@adfa.org.au](mailto:info@adfa.org.au)

**Top:**

## 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.

### CONTACT INFORMATION

Asthma Educators NSCCAHS

Respiratory Investigation Unit

## Gosford Hospital

Contact: **Adult Asthma Educator**  
 Phone: 4320 3410  
 Fax: 4320 2042  
 Mobile: 0414 192 240  
 E-mail: [klangbridge@nscchahs.health.nsw.gov.au](mailto:klangbridge@nscchahs.health.nsw.gov.au)  
 Contact: **Community Asthma Educator**  
 Phone: 4356 9408  
 Contact: **Child Asthma Educator**  
 Phone: 0416 193 997

**Top:****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](http://www.dyspraxia.com.au)  
 E-mail: [information@dyspraxia.com.au](mailto:information@dyspraxia.com.au)

**Top:****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:** 3<sup>rd</sup> 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](http://www.autismnsw.com.au)  
 E-mail: [gobbmoore@bigpond.com](mailto:gobbmoore@bigpond.com)

**Top:**

## **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:** 1<sup>st</sup> 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](http://www.rbs.org.au)

**Top:**

## **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 1<sup>st</sup> 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](http://www.cancercouncil.com.au)

E-mail: [info.centralcoast@nswcc.org.au](mailto:info.centralcoast@nswcc.org.au)

**Top:**

## **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

**Top:**

### **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

**Top:**

### **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

Fax: 4325 5688  
Website: [www.nswcc.org.au](http://www.nswcc.org.au)  
E-mail: [info.centralcoast@nswcc.org.au](mailto:info.centralcoast@nswcc.org.au)  
**Top:**

### **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](http://www.cancercouncil.com.au)  
**Top:**

### **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:** 3<sup>rd</sup> 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  
Glenn Valley NSW 2261  
Contact: Pat Pearce  
Phone: 4388 4770  
Mobile: 0414 453 761  
Website: [www.ciss.org.au](http://www.ciss.org.au)  
**Top:**

## **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

**Top:**

## **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

**Top:**

## **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:** 1<sup>st</sup> and 3<sup>rd</sup> 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](http://www.candles-grp.blinkz.com)

E-mail: [wyongcandles@bigpond.com](mailto:wyongcandles@bigpond.com)

**Top:**



## **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@nsccha.health.nsw.gov.au](mailto:mxsmith@nsccha.health.nsw.gov.au)

**Top:**

## **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](http://www.kdnc.com.au)

E-mail: [kdncinc@bigpond.net.au](mailto:kdncinc@bigpond.net.au)

**Top:**

## **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 carer 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

Website: [www.nscchahs.health.nsw.gov.au/carersupport/default.shtml](http://www.nscchahs.health.nsw.gov.au/carersupport/default.shtml)

E-mail: [skeane@nscchahs.health.nsw.gov.au](mailto:skeane@nscchahs.health.nsw.gov.au)

**Top:**

### **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 Peninsula 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@nscchahs.health.nsw.gov.au](mailto:sphall@nscchahs.health.nsw.gov.au)

**Top:**

### **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:** 2<sup>nd</sup> 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](mailto: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:** 2<sup>nd</sup> Tuesday of month, 1pm - 3pm, Nareen Community House, 35-45 Louisiana 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](mailto:wendy.brown@uchunter.org.au)

**Top:**

## **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](http://www.ccarafmi.org.au)

E-mail: [ccarafmi@bigpond.net.au](mailto:ccarafmi@bigpond.net.au)

**Top:**

## **Central Coast Australian – German Friendship & Welfare Society Inc**

To assist German speaking ill, lonely and frail aged people on the Central Coast, at home or institutions. Fostering & cultivating German language, general support & social contact. A project of the German speaking community

**Meetings:**

Mingara Recreation Club, Tumbi Umbi 9am -12.30. 1<sup>st</sup> Tuesday of month  
 Ourimbah RSL, 10.30am for socialising and lunch, 3<sup>rd</sup> 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/](http://www.geocities.com/german_australianfriendship/)

E-mail: [germanfriendship@westnet.com.au](mailto:germanfriendship@westnet.com.au)

**Top:**

**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](mailto:grantplayford@yahoo.com.au)

**Top:**

**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](http://www.ccdn.com.au)

E-mail: [managerccdn@bigpond.com](mailto:managerccdn@bigpond.com)

**Top:**

## 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](http://www.ccdgp.com.au)  
E-mail: [ccdgp@ccdgp.com.au](mailto:ccdgp@ccdgp.com.au)

**Top:**

## 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 1<sup>st</sup> 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](mailto:wecare@wyomingcommunitycentre.org.au)  
Website: [www.wyomingcommunitycentre.org.au](http://www.wyomingcommunitycentre.org.au)

**Top:**

## 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](http://www.prembaby.org.au)  
Website: [www.centralcoastprems.com](http://www.centralcoastprems.com)  
E-mail: [fiona@momentbymoment.com.au](mailto:fiona@momentbymoment.com.au)

**Top:**

## Central Coast Problem Gambling Service

Group & individual counselling for problem gamblers and their families. Community awareness & education. 4 locations: Gosford, Woy Woy, Berkley Vale & San Remo.

**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](http://www.problemgambling.net.au)  
E-mail: [ccpgs@bigpond.com](mailto:ccpgs@bigpond.com)

**Top:**

## 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.

**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](http://www.cccwhc.com.au)

E-mail: [admin@cccwhc.com.au](mailto:admin@cccwhc.com.au)

**Top:**

### 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](mailto:gcfss@ozemail.com.au)

Contact: Kerry

Phone: 0434 426 703

E-mail: [kduncan@horizons.ngo.org.au](mailto: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](mailto:linda.kidd@education.nsw.gov.au)

**Top:**

### 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.

**CONTACT INFORMATION**

Cleft Pals NSW Inc  
 PO Box 475  
 Lane Cove NSW 2066  
 Phone: 9294 8944  
 Web: [www.cleftpalsnsw.org.au](http://www.cleftpalsnsw.org.au)

**Top:**

**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.

**CONTACT INFORMATION**

Coastlink Respite Care  
 Suite 7, 10 William Street  
 PO Box 759  
 Gosford NSW 2250  
 Contact: Co-ordinator  
 Phone: 4321 1022  
 Fax: 4321 1077  
 E-mail: [info@coastlink.fit.biz](mailto:info@coastlink.fit.biz)

**Top:**

**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.

**CONTACT INFORMATION**

Coeliac Society of NSW  
 Contact: Co-ordinator  
 Phone: 4342 3520  
 Phone: 4397 3063  
 Mobile: 0411 274 827

**Top:**



## 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](http://www.commcarelink.health.gov.au)

E-mail: [carelink@nsccahs.health.nsw.gov.au](mailto:carelink@nsccahs.health.nsw.gov.au)

**Top:**

## 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: [carerespite@nsccahs.health.nsw.gov.au](mailto:carerespite@nsccahs.health.nsw.gov.au)

**Top:**

## 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

**SPEAK TO SOMEONE WHO UNDERSTANDS**

**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](http://www.ccdn.com.au)

E-mail: [communityaccess@bigpond](mailto:communityaccess@bigpond)

**Top:**

**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

**Top:**

**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@nsccaahs.health.nsw.gov.au](mailto:sjames@nsccaahs.health.nsw.gov.au)

Contact: Mike Oxby  
Clinical Nurse Specialist,  
Community Paediatrics  
Health Service Building,  
Wyong Hospital

Phone: 4394 8275

Mobile: 0413 482 528  
Fax: 4394 8121  
E-mail: [moxby@nsccahs.health.nsw.gov.au](mailto:moxby@nsccahs.health.nsw.gov.au)  
**Top:**

### **Continence 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

**Top:**

### **Continence 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

Wyong NSW 2259

Contact: Contenance Advisor

Phone: 4356-9300

Fax: 4356 9305

E-mail: [Imlawler@nsccahs.health.nsw.gov.au](mailto:Imlawler@nsccahs.health.nsw.gov.au)

**Top:**

## **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](http://www.bcs.org.au)

**Top:**

## **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](http://www.deafsocietynsw.org.au)

E-mail: [hunter@deafsociety.com](mailto:hunter@deafsociety.com) or [pnordheim@deafsociety.com](mailto:pnordheim@deafsociety.com)

**Top:**

## **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@nscchahs.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

**Top:**

### **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@nscchahs.health.nsw.gov.au

**Top:**

### **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 2<sup>nd</sup> 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](http://www.diabetesnsw.com.au)

E-mail: [info@diabetesnsw.com.au](mailto: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](http://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

**Top:**

**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@nsccaahs.health.nsw.gov.au](mailto:jleahy@nsccaahs.health.nsw.gov.au)

**Top:**

**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 3<sup>rd</sup> 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](http://www.edf.org.au)  
Email: [edf@edf.org.au](mailto:edf@edf.org.au)

**Top:**

**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

Wyong NSW 2259

Contact: Manager

Phone: 4351 1040

Fax: 4351 1037

**Top:**

## **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](http://www.enoughisenough.org.au)

E-mail: [joynoble@bigpond.net.au](mailto:joynoble@bigpond.net.au)

**Top:**

## **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](http://www.epilepsy.org.au)

E-mail: [epilepsy@epilepsy.org.au](mailto:epilepsy@epilepsy.org.au)

**Top:**

## **Family Care Cottages - Early Childhood Health Services**

### **Child & Family Health – NSCCH**

Family Care Cottages offer support to families with children 0-5years 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

**Top:**

### 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](http://www.fds.org.au)

E-mail: [admin@fds.ngo.org.au](mailto:admin@fds.ngo.org.au)

**Top:**

### 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:** 1<sup>st</sup> and 3<sup>rd</sup> 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

Contact: Lyn Smith  
 Phone: 4393 5017  
 Mobile: 0438 457702  
 Website: www.candles-grp.blinkz.com  
 E-mail: wyongcandles@bigpond.com

**Top:**

## 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

**Top:**

## 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

Phone: 9633 1800  
 Fax: 9633 1149  
 Website: www.grow.net.au  
 E-mail: grownsw@tpg.com.au

**Top:**

### **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 2<sup>nd</sup> 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

**Top:**

### **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@nscchahs.health.nsw.gov.au

Kerry Staniford

CNS Heart Failure Service

NCSSAHS

Phone: 4320 3934

E-mail: kstaniford@nscchahs.health.nsw.gov.au

**Top:**

### **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

**Top:**

### 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

**Top:**

### “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@nsccaahs.health.nsw.gov.au

**Top:**

## **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](http://www.lifeline.org.au/centralcoastnsw)  
E-mail: [ceocc@centralcoastnsw.lifeline.org.au](mailto:ceocc@centralcoastnsw.lifeline.org.au)

**Top:**

## **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)

**Top:**

## **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](mailto:dwarrington@nsccahs.health.nsw.gov.au)

**Top:**

## **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](http://www.lupusnsw.org.au)  
 E-mail: [info@lupusnsw.org.au](mailto:info@lupusnsw.org.au)  
**Top:**

## **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](http://www.me-cfs.org.au)  
 E-mail: [mesoc@zip.com.au](mailto:mesoc@zip.com.au)  
**Top:**

## **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](http://www.bensoc.org.au)  
 E-mail: [robertb@bensoc.org.au](mailto:robertb@bensoc.org.au)  
**Top:**

## 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

**Top:**

## 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

**Top:**

## 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.

**CONTACT INFORMATION**

Motor Neurone Disease Association of NSW  
 Gladesville Hospital, Locked Bag 5005  
 Gladesville NSW 1675

Contact: Regional Adviser NSW  
 Jo Fowler

Phone: 1800 777 175

Contact: Central Coast Co-ordinator  
 Audree Dash

Phone: 4384 2907

**Top:**

**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](mailto:msss-nss@bigpond.net.au)

**Top:**

**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](http://www.hkhmba.org)

E-mail: [information@hkmba.org](mailto:information@hkmba.org)

**Top:**



## 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:** 3<sup>rd</sup> Wednesday every 2<sup>nd</sup> month, Central Coast Leagues 10.30am

**CC North:** 2<sup>nd</sup> Tuesday every 2<sup>nd</sup> 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

Website: [www.msaustralia.org.au/nswvic/](http://www.msaustralia.org.au/nswvic/)

E-mail: [dwoodcock@mssociety.com.au](mailto:dwoodcock@mssociety.com.au)

**Top:**

## 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](mailto:helpdesk@relayservice.com.au)

**Top:**

## 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](http://www.cccwhc.com.au)

E-mail: [nwhc@internode.on.net](mailto:nwhc@internode.on.net)

**Top:**

### **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

**Top:**

### **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.

Parkinsons NSW has newsletters, videos, tapes and books for people with Parkinson's and their families.

**Meetings:** 2<sup>nd</sup> 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](http://www.parkinsonsnsw.org.au)

E-mail: [lesleenorris@yahoo.com.au](mailto:lesleenorris@yahoo.com.au)

**Top:**

### **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](http://www.cccwhc.com.au)

E-mail: [pwhc@hotmail.net.au](mailto:pwhc@hotmail.net.au)

**Top:**

### **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

**Top:**

### **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](http://www.prostate.org.au)

E-mail: [prostate@prostate.org.au](mailto:prostate@prostate.org.au)

**Top:**

### **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](http://www.cancercouncil.com.au)

E-mail: [info.centralcoast@nswcc.org.au](mailto:info.centralcoast@nswcc.org.au)

**Top:**

### **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 11am to 2pm, 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

**Top:**

#### **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

**Top:**

#### **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:** 2<sup>nd</sup> 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@nsccaahs.health.nsw.gov.au

**Top:**

## **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](http://www.rett.nesher.com.au)

**Top:**

## **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

**Top:**

## **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:** 1<sup>st</sup> 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

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

**Top:**

## **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](http://www.signandspeak.com.au)  
 E-mail: [admin@signandspeak.com.au](mailto:admin@signandspeak.com.au)

**Top:**

## **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](http://www.bvnc.org.au)  
 E-mail: [bvnc@idx.com.au](mailto:bvnc@idx.com.au)

**Top:**

## 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](http://www.thespasticcentre.org.au)

E-mail: [scnsw@tscnsw.org.au](mailto:scnsw@tscnsw.org.au)

**Top:**

## 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](mailto:ann.hudson@optusnet.com.au)

**Top:**

## 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.

**Meetings:** Watanobbi: Watanobbi Community Centre; Westlakes: Wangi Wangi: Woy Woy: Meals on Wheels Building, Woy Woy. Contact Stroke Recovery Association NSW for further details 1300 650 594

### 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](http://www.strokensw.org.au)

E-mail: [info@strokensw.org.au](mailto:info@strokensw.org.au)

**Top:**



## **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](http://www.wags.com.au)

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

E-mail: [info@strokensw.org.au](mailto:info@strokensw.org.au)

**Top:**

## **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](http://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](http://www.stutteringinnovations.com.au)

E-mail: [michael@stuttering.com.au](mailto:michael@stuttering.com.au)

**Top:**

## **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 4<sup>th</sup> 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](mailto:kjcampbell54@optusnet.com.au)

**Top:**

## **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

**Top:**

## **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](http://www.visionaustralia.org.au)

E-mail: [amanda.hancock@visionaustralia.org](mailto:amanda.hancock@visionaustralia.org)

**Top:**

## **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 3<sup>rd</sup> 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

**Top:**

## 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](mailto:webyouthservices@bigpond.com)

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

**Top:**

## 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

Contact: Co-ordinator  
 Phone: 4388 2589  
 Phone: 4340 1170  
**Top:**

### **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](http://www.wesleymission.org)  
 E-mail: [deborah.williamswesleymission.org.au](mailto:deborah.williamswesleymission.org.au)  
**Top:**

### **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](mailto:lduffy@bcs.org.au)  
**Top:**

### **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 2<sup>nd</sup> Friday each month 10am to 12, at CCDN, 29 Webb St, East Gosford. Gorokan group meet 1<sup>st</sup> 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

**Top:**

### **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

**Top:**

### **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

**Top:**

### **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

**Top:**

## Glossary of Terms

<b>TERM</b>	<b>DEFINITION / MEANING</b>
<b>Advocacy</b>	To plead in favour of; support or urge by argument; recommend publicly.
<b>Carer</b>	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.
<b>NSCCAHS</b>	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.
<b>Consumer</b>	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.
<b>Community</b>	Can be described as the geographic area, the connected organisations & agencies as well as the multitude of networks that are currently in operation across a region.
<b>NGO</b>	Non Government Organisation
<b>Participation</b>	The term participation is usually used to reflect the longer-term involvement of consumers in the decision making & planning of health services. This refers to a more active relationship between the health service and the local communities and consumers.
<b>Respite</b>	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.
<b>Support Group</b>	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.

**Top:**

## Additional Community Supports

<b>Additional Community Supports</b>		
Advocates for Survivors of Child Abuse	1300 657 380	<a href="http://www.asca.org.au">www.asca.org.au</a>
Aged Care Rights Service	1800 424 079	<a href="http://www.tars.com.au">www.tars.com.au</a>
Aged Care info Line	1800 500 853	
Alcohol & Drug Information Service	1800 422 599	
Ambulance Service	131 233	
AIDS Hotline & Information Service	1800 451 600	
Addison's Disease Association Inc	6652 4761	<a href="http://www.addisons.org.au">www.addisons.org.au</a>
Adult Migrant English Service	1800 114 707	<a href="http://www.ames.edu.au">www.ames.edu.au</a>
Asbestos Diseases Advisory Services	1800 646 690	<a href="http://www.asbestosdiseases.org.au">www.asbestosdiseases.org.au</a>
Bereavement CARE centre	1300 654 556	<a href="http://www.bereavementcare.com.au">www.bereavementcare.com.au</a>
Brain Injury Association of NSW	1800 802 840	<a href="http://www.biansw.org.au">www.biansw.org.au</a>
Breastfeeding Helpline	4328 2536	<a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a>
BreastScreen Australia	132 050	<a href="http://www.cancerscreening.gov.au">www.cancerscreening.gov.au</a>
Cancer Helpline	131 120	<a href="http://www.cancerCouncil.com.au">www.cancerCouncil.com.au</a>
Cardiomyopathy Association of Aust	1300 552 622	<a href="http://www.cmaa.org.au">www.cmaa.org.au</a>
CareSearch		<a href="http://www.caresearch.com.au">www.caresearch.com.au</a>
Carers NSW	1800 242 636	<a href="http://www.carersnsw.asn.au">www.carersnsw.asn.au</a>
Centacare	4324 6403	
Centrelink		
▪ General Enquiries	131 021	<a href="http://www.centrelink.gov.au">www.centrelink.gov.au</a>
▪ Disability Sickness & Carers	132 717	
▪ Seniors card	1300 364 758	<a href="http://www.seniorscard.nsw.gov.au">www.seniorscard.nsw.gov.au</a>
▪ Aged Pension	132 300	
▪ Family Assistance Office	136 150	
Cerebral Palsy Helpline	1300 30 29 20	<a href="http://www.cphelpline.com.au">www.cphelpline.com.au</a>
Child Abuse Prevention Service	1800 688 009	
Child Support Agency	131 272	
Coastwide Community Transport	4323 4028	
Community Transport – Wyong	4392 5633	
Community Care Services	4324 4244	
Continence Helpline	1800 330 066	
COTA (Council on the Ageing)	1800 449 102	
Crime Stoppers	1800 333 000	<a href="http://www.crimestoppers.com.au">www.crimestoppers.com.au</a>
Crisis Line	131 114	
Crohn's & Collitis Association (Aus)	1800 138 029	<a href="http://www.acca.net.au">www.acca.net.au</a>
Cystic Fibrosis Foundation NSW	1800 650 614	
Dads in Distress	1300 853 437	<a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a>
Dementia Helpline	1800 100 500	
Dept of Community Services - Gosford - Wyong	4336 2400 4352 6500	
DoCS Helpline	132 111	
Dept of Health & Ageing	1800 048 998	
Disability Equipment Access Services Information (IDEAS)	1800 029 904	<a href="http://www.ideas.org.au">www.ideas.org.au</a>
Domestic Violence Helpline	1800 656 463	
Down Syndrome Association of NSW	9683 4333	<a href="http://www.dsansw.org.au">www.dsansw.org.au</a>
Ethnic Communities Council of Aust	9319 0288	
Family Planning Healthline	1300 658 886	<a href="http://www.fpahealth.org.au">www.fpahealth.org.au</a>
Family & Community Services	1300 653 227	<a href="http://www.facs.gov.au">www.facs.gov.au</a>
Family Relationship Advice Line	1800 050 321	
Gay & Lesbian Counselling Line	1800 184 527	<a href="http://www.glccs.org.au">www.glccs.org.au</a>
Generation Q	4323 2374	<a href="http://www.ryss.com.au">www.ryss.com.au</a>
Genetic Support of Australia Assn	9211 1462	<a href="http://www.agsa-geneticsupport.org.au">www.agsa-geneticsupport.org.au</a>
Glaucoma Australia	1800 500 880	<a href="http://www.glaucoma.org.au">www.glaucoma.org.au</a>

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



<b>Additional Community Supports</b>		
Veterans Home Care	1300 550 450	
Vietnam Veterans Counselling Service	1800 011 046	<a href="http://www.dva.gov.au">www.dva.gov.au</a>
Victims Support Line	1800 633 063	<a href="http://www.lawlink.nsw.gov.au/voc">www.lawlink.nsw.gov.au/voc</a>
Welfare Rights Centre	1800 226 028	<a href="http://www.welfarerights.org.au">www.welfarerights.org.au</a>
Women's Information & Referral Service	1800 817 227 TTY 1800 673 304	
Women with Disabilities Australia		<a href="http://www.wwda.org.au">www.wwda.org.au</a>
Women's Legal Resource Centre	1800 801 501	<a href="http://www.womenslegalnsw.asn.au">www.womenslegalnsw.asn.au</a>

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

**Top:**

## Northern Sydney Central Coast Health

<b>Gosford Hospital</b> Holden Street Gosford 2250 <b>4320 2111</b>	<b>Long Jetty Hospital</b> Wyong Road Killarney Vale 2261 <b>4336 7700</b>
<b>Wyong Hospital</b> Pacific Highway Hamlyn Terrace 2259 <b>4394 8000</b>	<b>Woy Woy Hospital</b> Ocean Beach Road Woy Woy 2256 <b>4344 8444</b>
<b>Other Services</b>	
Adult Day Care	4320 3637
Alcohol & Other Drug Intake	4394 4880
Biala Cottage (Medical examination, treatment & follow-up after sexual abuse)	4320 3175
Caring Networks	4304 0700
Aged Care Assessment Team (ACAT)	4304 0700
Residential Respite Booking Service	4304 0708
Aged Residential Care Consultancy (ARCCS)	4304 0777
Child & Family Health	4328 7900
Community Neurological Support & Community Outreach Team	4328 7301
Community Nursing	4356 9400
Dental Clinic	1300 789 404
Diabetic Clinic	4320 3321
Health Related Transport	4320 3636
Mental Health Central Intake	4320 3500
Outpatients Clinics	
Gosford	4320 3389
Wyong	4394 8149
Palliative Care Service	4336 7777
Stomal Therapy Service	4320 3323
Youth Health Service	4356 9333
<b>Community Health Centres</b>	
<i>Hours of operation: 8.30am – 5.00pm Monday to Friday</i>	
<b>Erina Community Health Centre</b> 169 The Entrance Road Erina 2250	4367 9600
<b>Kincumber Community Health Centre</b> Rear of Kincumber Shopping Centre Kincumber 2251	4369 2355
<b>Lake Haven Community Health Centre</b> Stratford Avenue Lake Haven 2263	4393 7777
<b>Long Jetty Community Health Centre</b> Wyong Road Killarney Vale 2261	4336 7800
<b>Mangrove Mountain Community Health Centre</b> (restricted hours) RMB 1640 Nurses Road Mangrove Mountain 2250	4373 1249
<b>Toukley Community Health Centre</b> Hargraves Street Toukley 2263	4396 5111

<b>Community Health Centres</b>	
<i>Hours of operation: 8.30am – 5.00pm Monday to Friday</i>	
<b>Woy Woy Community Health Centre</b> Ocean Beach Road Woy Woy 2256	4344 8432
<b>Wyong Community Health Centre</b> Pacific Highway Hamlyn Terrace 2259	4394 8229
<b>Wyong Central Community Health Centre</b> 38A Pacific Highway Wyong 2259	4356 9300
<b>Family Care Cottage Gosford</b> Gateway Centre Gosford 237 Mann St Gosford 2250	4328 7900
<b>Family Care Cottage Kanwal</b> Pacific Highway Kanwal 2259	4394 8229

**Top:**

**Neighbourhood & Community Centres**

<b>Berkeley Vale Neighbourhood Centre</b> The Berkley Centre, Heather Ave Glenning Valley, NSW 2261 Ph: 4388 5801 Fax: 4388 2081	<b>Mangrove Mountain &amp; Districts Community Group</b> 120 Ironbark Rd Mangrove Mountain NSW 2250 Ph: 4374 1255	<b>Toukley Neighbourhood Centre</b> Hedor Street Toukley NSW 2263 Ph: 4396 1555 Fax: 4396 5818
<b>Blue Haven School as Community Centre, Dolphin Cottage</b> Colarado Drive Blue Haven NSW 2262 Ph: 4399 0167 Fax: 4399 0184	<b>Niagara Park Community Centre</b> Washington Avenue Niagara Park NSW 2250 Ph: 4329 7144 Fax: 4329 7188	<b>Umina School as Community Centre Beachside Family Centre</b> Sydney Ave Umina NSW 2257 Ph: 4343 1929 Fax: 4344 4130
<b>Chertsey Interagency Schools as Community Centres</b> Willow Road Springfield NSW 2250 Ph: 4323 7158 Fax: 4323 7158	<b>Northlakes School as Community Centre Jabiru Cottage</b> Goorama Ave San Remo NSW 2262 Ph: 4390 9718 Fax: 4390 4793	<b>Warnervale Family &amp; Community Centre</b> 271 – 273 Warnervale Rd Hamlyn Terrace NSW 2259 Ph: 4392 8734 Fax: 4394 0801
<b>Cynthia Street Community Centre</b> 4 – 10 Cynthia Street Bateau Bay NSW 2261 Ph: 4332 7450 Fax: 4334 6329	<b>Northern Lakes Family Centre</b> Corner Acacia Avenue & Elizabeth Bay Drive Lake Munmorah NSW 2259 Ph: 4358 3487 Fax: 4358 3538	<b>Watanobbi Community Centre</b> 1 Harrington Cl Watanobbi NSW 2259 Ph: 4351 2860
<b>Gosford City Community Services Narara Community Centre</b> 2 Pandala Road Narara, NSW 2250 Ph: 4329 4477 Fax: 4329 6832	<b>Peninsula Community Centre</b> 93 McMasters Road Woy Woy NSW 2257 Ph: 4341 9333 Fax: 4342 4947	<b>Wyoming Community Centre</b> 147 Maidens Brush Road Wyoming NSW 2250 Ph: 4323 7483 Fax: 4325 0955
<b>Green Point Community Centre</b> 96 Koolang Road Green Point NSW 2250 Ph: 4367 7591 Fax: 4367 7659	<b>San Remo Neighbourhood Centre</b> 28 Brava Avenue San Remo NSW 2262 Ph: 4390 7888 Fax: 4399 2398	<b>Wyoming Youth Centre</b> Warrawilla Road Wyoming NSW 2250 Ph: 4325 0661 Fax: 4325 0662
<b>Kariong Neighbourhood Centre</b> 10 Langford Drive Kariong NSW 2250 Ph: 4340 1724 Fax: 4340 4595	<b>The Banksia Family Centre</b> Lot 21 Sir Joseph Banks Drive Bateau Bay NSW 2261 Ph: 4334 3390 Fax: 4334 3484	<b>Wyong Neighbourhood Centre Inc</b> Alison Road Wyong NSW 2259 Ph: 4353 1750 Fax: 4352 1209
<b>Kincumber &amp; District Neighbourhood Centre</b> 20 - 22 Kincumber Street Kincumber NSW 2251 Ph: 4363 1044 Fax: 4369 6721	<b>The Entrance Neighbourhood Centre</b> Corner The Entrance Road & Campbell Avenue The Entrance NSW 2261 Ph: 4332 4545 Fax: 4334 2437	<b>Wyong School as Community Centre</b> Cutler Drive Wyong NSW 2259 Ph: 4352 3637 Fax: 4351 2885

## New Entry Information

<b>Name of Support Group / Organisation:</b>				
<b>Brief Description of group / service, including aim, and any particular focus.</b> <i>(100 words or less- attach additional page if necessary)</i>				
<b>Meeting Information: days / times/ venue</b> <i>(30 words or less)</i>				
<b>Contact Details: TO BE PUBLISHED IN DIRECTORY</b> <b>Contact Person / Position:</b> <i>(our experience has been that it is better to list position rather than persons name, unless specifically required) ie Secretary / Co-ordinator etc</i>  <b>Address – postal or street as appropriate</b>  <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;"><b>Phone:</b></td> <td style="width: 50%;"><b>Phone:</b></td> </tr> <tr> <td><b>Mobile:</b></td> <td><b>Fax:</b></td> </tr> </table>	<b>Phone:</b>	<b>Phone:</b>	<b>Mobile:</b>	<b>Fax:</b>
<b>Phone:</b>	<b>Phone:</b>			
<b>Mobile:</b>	<b>Fax:</b>			
<b>Email contact:</b> <i>if available and appropriate for service to be contacted by email</i>				
<b>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.</b> <b>Contact Name:</b> <b>Phone:</b> <span style="float: right;"><b>Mobile:</b></span> <b>Email:</b> <b>Other Information:</b>				
<b>Web Address:</b> <i>organisation or group directly affiliated with organisation if appropriate</i>				
View the current version of the Central Coast Support Groups & Services Directory online at Northern Sydney Central Coast Health – Carer Support web site: <a href="http://www.nsccahs.health.nsw.gov.au/carersupport/cc/centralcoast.shtml">http://www.nsccahs.health.nsw.gov.au/carersupport/cc/centralcoast.shtml</a>  <b>Return completed from to:</b> Margot Lipscombe Carer Support NSCCAHS PO Box 361, 21 Beane St Gosford NSW 2250 Fax: 4320 5555 Email: <a href="mailto:mlipscombe@nsccahs.health.nsw.gov.au">mlipscombe@nsccahs.health.nsw.gov.au</a>				