

USE OF THIS DIRECTORY



This Directory has been developed for consumers of Health Services from across the Central Coast region – its aim is to be “consumer” accessible and friendly. Service providers should consider printing the booklet and putting a copy in your wait / lounge areas for the general public to read.

Please use this directory to make contact with an appropriate support group or service. Making contact with others in a similar situation can help.

If you are a member of a Support Group *that* 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 the Carer Support Unit invites you to contact us.

Carer Support Unit - Central Coast Local Health District (CCLHD)
PO Box 361
GOSFORD NSW 2250
Ph: 4320 5556 Fax: 4320 5555 by email: CCLHD-CSUCC@health.nsw.gov.au

To navigate the directory online and check for any updates or changes go to:

<http://www.cclhd.health.nsw.gov.au/patientsandvisitors/CarerSupport/Pages/Support-groups-and-services-directory.aspx>

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.

(This directory was originally developed by the Consumer & Community Participation Unit and Carer Support Unit, CCLHD).

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.

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SPEAK TO SOMEONE WHO UNDERSTANDS

Table of Contents

Adssi HomeLiving Australia	5
Al-Anon Family Groups.....	5
Albinism Fellowship of Australia (AFA)	6
Alcoholics Anonymous.....	6
Anxiety Support and Self Help Groups	7
Arthritis & Osteoporosis NSW.....	7
Asbestos Diseases Foundation of Australia.....	7
Autism & Aspergers Family Support Group	7
Autism Central Coast Family Day Care	8
Better Hearing Australia – Central Coast Inc (BHACC)	8
Brain Tumour Support Group.....	8
Breastfeeding Support “Drop In”	8
Burns Survivor Support Group.....	9
Cancer Council Erina Office.....	9
Cancer Council NSW	9
Cancer Information & Support Society Inc. CISS.....	9
Cancer Nurse Coordinators - CCLHD.....	10
Candles Cancer Support Group Inc.....	10
Carer Support Group Nareen Gardens (Bateau Bay)	10
Central Coast ARAFMI – Mental Health	10
Central Coast Community Women’s Health Centre	11
Central Coast Disability Network (CCDN).....	11
Central Coast Family Support Services	12
Central Coast Myeloma Support Group	12
Cerebral Palsy Alliance (formally The Spastic Centre of NSW)	12
Chronic Fatigue Syndrome Support Group Kincumber.....	12
Coastwide Child and Family Services.....	13
Coeliac NSW and ACT	13
Commonwealth Respite and Carelink Centre Central Coast	14
Continence Advisor – CCLHD	14
Counselling & Group Work	14
Deaf Society of NSW – Newcastle Office	15
Dementia Carer Support Groups CCLHD	15
Dementia YODSS Central Coast.....	15
Diabetes NSW	15

Early Childhood Health Services CCLHD	16
Eating Disorder Outpatient Service CCLHD	16
Encore YWCA Australia.....	16
Evolution Youth Service.....	16
Family Care Cottages - Early Childhood Health Services.....	17
Family & Carer Mental Health Program	17
Family Drug Support Group	17
Gosford Women’s Breast Cancer Support group.....	17
Grandparents Support Groups.....	18
GROW NSW	18
Gwandalan Summerland Point Cancer Support group	18
Head & Neck Cancer Support Group.....	18
Horizons Central Coast Family Services.....	19
Implantable Cardioverter Defibrillator (ICD) Support Group.....	19
In good company - Erina.....	19
Leukaemia Foundation	19
Lifeline Hunter Central Coast (NSW)	20
Lupus Association of NSW	20
Lymphoedema Support Group – The Entrance	20
Melanoma Support Group – Central Coast.....	20
Memory Lane Cafes.....	20
Memory Lane Coffee Club	21
Memory Lane Leisure Club.....	21
Memory Lane Restaurants.....	21
Mental Health Line & Services CCLHD.....	21
Motor Neurone Disease Association of NSW Central Coast Support Group	22
MS Central Coast	22
Ngiyang Aboriginal Pregnancy Child & Family Health Service (AMIHS/BSF).....	22
Northern Settlement Services Ltd	23
Pantry Club – Hope Church Central Coast	23
Parenting Groups 0-12 months.....	24
Parkinson's Support Group (Central Coast).....	24
Playgroup NSW – MyTime Peer Support group	24
Playgroup NSW – Play Connect Playgroup	24
Prostate Cancer Support Group (Central Coast)	24
Red Nose Grief and Loss.....	25
Regional Youth Support Services Inc.	25

Respiratory Support Groups- CCLHD.....	25
Schizophrenia & Bipolar Fellowship (Central Coast)	25
Spina Bifida Support Group (Central Coast)	26
Solace Association Inc NSW Branch	26
Stoma Support Group	26
Stroke Recovery Clubs Central Coast	26
Stroke Recovery Club- Working Age Group Stroke Support (WAGS)	26
Synapse – NSW Office	27
Thyroid Support Group	27
Vision Australia	27
Vision Impaired Support Group (Northlakes)	27
WIGWAM, Wig Library Loan Service- Cancer Services CCLHD	28
Young Mums Group & Under 21’s Antenatal – CatholicCare	28
Glossary of Terms	29
Additional Community Supports.....	30
Central Coast Local Health District	33
Neighbourhood & Community Centres	35
New Entry Information	36

Adssi HomeLiving Australia

3A Tuggerah Business Park, Tuggerah 2259

Contact: Intake Officer

Phone: 1300 578 478

Website: www.adssihomeliving.com.au

E-mail: info@adssihomeliving.com.au

Support for people who are 65 years plus to live safely and independently within their home, family or in their community. Adssi HomeLiving provides: Service assessment, case management and comprehensive assessment for Home Care Packages. Support services include: Social support groups and outings, occupational therapy, health and wellbeing programs (falls prevention, gentle exercise, cooking program, music and memory), transport to appointments, Men's Shed, assistance with shopping, home modification and maintenance, garden & lawn maintenance, domestic assistance, respite care, volunteer service, personal care, linen services.

Adssi HomeLiving Australia also provide support to people with disabilities - coordination of supports, occupation therapy, Linen service - clean linen delivery and pickup of used lined and home modifications including Rails, Ramps, major bathroom modifications, stair lifts etc Wheelchair and scooter prescription Equipment/assistive technology prescription Assist carers with manual handling advice

Top:

Al-Anon Family Groups

PO Box 217, Hamilton 2303

Phone: 1300 252 666

Website: www.al-anon.alateen.org/australia/

E-mail: alanonnorthernsw@bigpond.com

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** (Sat- 2pm, Group Therapy room Woy Woy Hospital), Ocean Beach Road. **Wyong** (Tues- 7pm Uniting Church, Watanobbi Rd) and (Fri 10.30am Room 5, Wyong Neighbourhood Centre, Alison Rd), **Gorokan** (Mon-11am, Gospel Hall, Cnr Gilbert & Manuka Pd), **Kincumber** (Mon-10.30am, Uniting Church, Cnr Avoca & Killuna Rd), **Wyoming** (Tues- 7.30pm, Church of Christ, Henry Parry Dr), **Long Jetty** (Wed-12pm, Uniting Church, The Entrance Road), **Mardi** (Mon - 7pm, Woodbury Park Community Centre, Woolmers Cres), **Ettalong** (Thurs 12.30pm, Sun- 7pm. Uniting Church Hall, Picnic Pd, Ettalong).

Meetings last for 90 minutes. Mutual sharing of similar situations. The emphasis is on trust & anonymity.

Top:

Albinism Fellowship of Australia (AFA)

PO Box 20729 World Square NSW 2002

Contact: Elizabeth Beales (President) or Dr Shari Parker (Secretary)

Phone: 1300 221 619

Website: www.albinismaustralia.org

E-mail: membership@albinismaustralia.org

The Albinism Fellowship of Australia (AFA) is a national, non-profit organization established in 2005. The fellowship is run by volunteers who all have been personally touched by albinism in some way. The AFA's key purpose is to provide support, education and fellowship to those with albinism, parents of children with albinism as well as their families and friends. While the albinism community in Australia is only small, the AFA provides a united voice to encourage productive developments and support within business, government and media.

Albinism is a rare genetic condition where a person makes less functional pigment. People with albinism have white hair and skin, and most are legally blind. People with albinism are at high risk of sunburn and skin cancer and may be at risk of discrimination due to appearing different and having a significant vision disability.

Activities of the AFA:

- Facebook page with almost 400 members offering real time advice and peer support
- Biennial conference – next 2017 in Melbourne. Please see our website, email us to join our mailing list or join our Facebook page to receive information as it becomes available.
- Quarterly newsletters
- State run get togethers and activities throughout the year
- Outreach to parents of newly diagnosed people with albinism, adults with albinism, service providers.

The AFA sells labelled merchandise, DVD sets from previous conferences with speakers from all aspects of Albinism related topics, Albinism Information cards to hand out to interested people.

Meetings: Second yearly conference (next in 2017 in Melbourne) regular state based get togethers.

Top:

Alcoholics Anonymous

Shop 6, William Court

12 William Street, Gosford 2250

Phone: 4323 3890 24hr Helpline

Website: www.ccaa.org.au

E-mail: aa@ccaa.org.au

Alcoholics Anonymous is a fellowship of men and women who share their experience, strengths and hope with each other that they may solve their common problem and help others recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety.

Meetings: Held daily throughout the Central Coast visit our website for details.

Top:

Anxiety Support and Self Help Groups

Facing Anxiety Program, Mental Health Association
Level 5, 80 William St, Woolloomooloo 2011
Website: www.mentalhealth.asn.au
Telephone: 9339 6013 Email: supportgroups@mentalhealth.asn.au

Anxiety Support groups:

A free support group meeting is held in Wyoming for people living with Anxiety Disorder and their family and friends. We meet in a friendly, caring and supportive atmosphere to share experiences. Wyoming – Wyoming Community Centre, 147 Maidens Brush Road, Wyoming on the 3rd Saturday of each month at 9am. For information about support groups contact Rachel Flint 1300 794 992.

Top:

Arthritis & Osteoporosis NSW

Locked Bag 2216, North Ryde NSW, 1670
Phone: 1800 011 041 or 9857 3300 Fax: 9857 3399
Website: www.arthritisnsw.org.au
E-mail: info@arthritisnsw.org.au

To facilitate mutual support and an information exchange (on health and social issues) between people living with arthritis. Guest speakers are invited to present and the groups also participate in community fundraising. Central Coast Contacts: Kincumber: Dorothy 4368 1748, Long Jetty: Liz 4332 5245, Woy Woy: Jill 4341 1808

Meetings: For meeting times, venues and information contact local number or Arthritis NSW.

Top:

Asbestos Diseases Foundation of Australia

Suite 3, 133 Parramatta Rd, Granville NSW 2142
Phone: 1800 006 196 (Free call)
Contact: Maree Stokes (Vice President) Mob: 0419 418 190
Website: www.adfa.org.au
E-mail: info@adfa.org.au

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.

Meetings: 4th Wednesday of each month at 1pm at Ourimbah RSL Bowling Club, Pacific Hwy, Ourimbah.

Top:

Autism & Aspergers Family Support Group

Autism & Aspergers Family Support Group
PO Box 3175, Tuggerah 2259
Phone: 4357 2993 (Julie) or 4392 4775 (Linda)
Email: wyejulie@yahoo.com.au
Affiliated Facebook Group: Central Coast ASD Support Group (NSW, Australia)

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

Meetings: Regular gatherings planned across the Central Coast - visit the Facebook group or contact Julie or Linda for details.

Top:

Autism Central Coast Family Day Care

Contact: 0407 109 181

Email: Sandra@autismcentralcoast.org Website: www.autismcentralcoast.org

We are the place where the children feel at home even though they are away from home. For 2 to 12 year olds, flexible hours and qualified staff, 1 to 1 or 1 to 2 staff ratio, support for parents, progression reports and working together for the best outcome of your child.

Top:

Better Hearing Australia – Central Coast Inc (BHACC)

Chertsey Community Cottage, Willow Rd, Springfield NSW 2250

Postal: BHA CC Inc, PO Box 3717, Wamberal, NSW, 2260

Website: www.centralcoast.betterhearingaustralia.org.au

Email: bhacc@harbourisp.net.au

BHACC is a national volunteer organisation dedicated to assisting people with hearing impairment and their families to improve their quality of life by providing education, support and advocacy, prompting good communication and life solutions. Services include: Hearing Loss Management Groups which teach lip-reading and provide information and support in managing hearing loss and presentations on managing hearing loss to community groups, retirement villages and schools.

Meetings: Hearing Loss Management Groups are held throughout the week at various locations on the Central Coast. For information about times and venues of the groups, contact our office on 4321 0275 or call Geraldine on 4325 3313. For assistance with any hearing related problem, please call our office on 4321 0275. The BHACC office is open on Mondays, Tuesdays and Wednesdays from 10.00am to 2.00pm during school terms.

Top:

Brain Tumour Support Group

PO Box 5102, Erina Fair Erina 2250

Phone: 4336 4500 Cancer Council Connect: 13 11 20

Websites: www.cancercouncil.com.au

Email: sandrash@nswcc.org.au

A support group for people living with brain tumour and their carers and / or family.

Meetings: Meet 3rd Wednesday of each month 10am to 12noon at The Cancer Council Community Hub, The Hive Erina Fair Erina.

Contact: Facilitator: 0404 869 851

Top:

Breastfeeding Support “Drop In”

Child & Family Health. Phone: 4328 7900

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 two hours.

Available at Lake Haven (Thurs 9.30-11.30), Erina (Monday 1030 - 1230), Long Jetty (Tues 1.30pm-3.30pm), Kincumber (Tues 9.30-11.30am), Gosford (Wed 1.30-3.30pm) Woy Woy (Thurs 9.30-11.30M) Community Health Centres. Please contact your local centre for additional days and times. (See Community Health Centres list at back of directory or contact Child & Family Health on 4328 7900)

Top:

Top:

Burns Survivor Support Group

Coordinator: Keith King

Phone: 4369 7469 Mobile: 0421 812 262

Email: burnssurvivor@optusnet.com.au

Web: www.ccbssg.com.au

Our aim is to provide a support network for burns survivors, people with burn injuries and their families both during the recovery period and after they leave the hospital system so that they may share their experiences, knowledge and feelings with one another at informal meetings and social gatherings.

Meetings: Held on the Central Coast contact the Coordinator for details.

Top:

Cancer Council Erina Office

Erina Community Office,

The Hive (near Hoyts Cinemas)

PO Box 5102 Erina Fair 2250

Community Program Co-ordinator

Phone: 4336 4500 Cancer Council Connect: 13 11 20

Website: www.nswcc.org.au

Email: sandrash@nswcc.org.au

Top:

Cancer Council NSW

Cancer Council NSW is a community funded, community focussed cancer charity dedicated to the defeat of cancer. Through the development of prevention strategies, research into new treatments and cures, and by providing clinical and emotional support to those affected by cancer, we work towards realising our vision of a society where lives are not cut short, or their quality diminished by cancer. Cancer Council NSW has the broadest reach of any cancer organisation in New South Wales and has been a trusted charity for more than 50 years.

Cancer Council Telephone Support groups

Cancer Council: PO Box 572 Kings Cross 1340

Cancer Council: 13 11 20 Website: www.cancercouncil.com.au

Cancer Council runs Telephone Support groups for Advanced cancer – Brain Tumours – Lung cancer – Multiple Myeloma – Pancreatic cancer – Carers Groups and Life after Loss groups

Meetings: Each groups runs for an hour and is led by two-trained co-facilitators. For information and referrals contact Cancer Council.

Top:

Cancer Information & Support Society Inc. CISS

Contact: Mary Sponberg-Macready

Phone: 4322 8767

Email: maryegsm@gmail.com

Website: www.ciss.org.au

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 \$60 p.a. for a double and \$50 p.a. for a single, this entitles members to regular newsletters with information about worldwide developments in the treatment of cancer.

Also access to an extensive library of reference material, plus informative guest speakers at each monthly meeting.

Meetings: 3rd Monday of the month at Henry Kendall Gardens, Arts & Craft Centre (Feb - Nov) and 2pm Saturday (June-Aug) the closest to the 3rd Monday of the month. A donation of \$4.00 for non-members is appreciated. All welcome.

Top:

Cancer Nurse Coordinators - CCLHD

The role of the Cancer Nurse coordinator is to help a person with a cancer diagnosis navigate the hospital and community health system as smoothly as possible. They can act as a link between the various people involved in caring for a person with cancer. For example the GP, specialist, surgeon, radiation oncologist, medical oncologist, community nurses and palliative care staff. The Cancer Nurse Coordinators are able to work with everyone involved in the care of the patient, in the private, public and community settings. Please note that all Cancer Nurse Coordinators work part-time hours and messages are returned within 2 business days.

Cancer Nurse Coordinators Central Coast

Haematology:	4320 9636	mob: 0421 028 990
Head and Neck / Lung:	4320 9823	mob: 0421 028 988
Colorectal / Upper GIT:	4320 9824	mob: 0432 005 537
Breast (McGrath nurse):	4320 9826	mob: 0455 086 774
Gynae:	4320 9825	mob: 0414 192 882
Urology / Neurology:	4320 9822	mob: 0434 565 240

Top:

Candles Cancer Support Group Inc

PO Box 4506 Lake Haven NSW 2263
 Contact: Lyn Smith
 Phone: 4393 5017 Mob: 0438 457 702
 E-mail: wyongcandles@bigpond.com

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. Candles is also active online with our website www.candlescancersupport.org and on social media @candlescancer (both Facebook and Twitter)

Meetings: 1st Wednesday each month 10am-12pm. Lakelands Community Centre, Literary Close Kanwal. **Social** – 3rd Wednesday each month [venue varies]

Top:

Carer Support Group Nareen Gardens (Bateau Bay)

Nareen Gardens Aged Care Facility,
 5 Yakalla Street, Bateau Bay NSW 2261
 Phone: 4384 8117 Fax: 4334 1475
 E-mail: mcassar@uniting.org.au

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, with loved ones either at home or in a nursing home.

Meetings: 3rd Monday of the month, 1pm – 3pm, Nareen Gardens.

Top:

Central Coast ARAFMI – Mental Health

21 Bellbowrie Ave Narara
 Phone: 4323 7731 Fax: 4363 1069
 E-mail: ccarafmi@bigpond.net.au

Yakkalla Social & Recreation Facility, 6 Community Rd Bateau Bay 2261

Phone: 43343666 E-mail: arafmibb@bigpond.com Website: www.ccarafmi.org.au

Mental Health Carers ARAFMI Central Coast is a non-government family support organisation which aims to provide education, counselling, support, social interaction and advocacy for families, carers and people whose lives are affected by mental illness (consumers). Our new property at Narara also offers the opportunity for respite to both carers and consumers.

Staff: Family Support, Young ARAFMI Child & Adolescent worker, Social and Recreation staff, Bridging program, Consumer Peer Workers and volunteers.

Groups run include **Family Support Groups** for adult carers (please contact for details); **Child and Adolescent Groups (Kids Connecting)** which is a group for children aged 8yrs to 13yrs who have a family member with a mental health problem. This group runs Mondays 3.30 – 5.30pm in Bateau Bay; **Yakkalla Recreation & Leisure Program** for consumers. Monthly activity calendar includes Women's & Men's groups, outings operates 5 days a week with bus pick up points provided; **Education groups** include: Mental Health First Aid, Carers Coping skills and Relaxation. Education groups run throughout the year.

Yakkalla Bridging Program: Is a pre consent program working alongside families through outreach to provide practical positive assistance for carers and consumers living with a range of issues including mental health with or without drug and alcohol or intellectual disability, to gain access to positive supports in their community. Lived experience training and education, Recovery Alliance, Recoverywise education and support.

Top:

Central Coast Community Women's Health Centre

Three branches:

Wyoming - 37 Maidens Brush Rd Wyoming NSW. 2250

Phone: 4324 2533 Fax: 4323 7490 Email: admin@cccwhc.com.au

Peninsula - 20A McMasters Road, Woy Woy NSW 2256

Phone: 43425905 Fax: 43425906 Email: pwhc@cccwhc.com.au

Northern - 7 Rose Street Wyong NSW 2259

Phone: 43511152 Fax: 43535200 Email: nwhc.reception@cccwhc.com.au

Web: www.cccwhc.com.au

To support women of all ages, backgrounds and cultures in a respectful friendly and effective way. Services by women for women. Women and girls health clinic, counselling, library, childcare, information, resources & referral, drop in centre, safe place for women. Access to complementary therapists. Groups covering anxiety, stress management, boundaries, self-esteem and domestic violence. Social groups including book club, coffee mornings, craft. Hours: See website for hours of operation for each centre.

Top:

Central Coast Disability Network (CCDN)

29 Webb St (PO Box 4309) East Gosford NSW 2250

Phone: 4349 3700 Fax: 4349 3777

Website: www.ccdn.com.au E-mail: info@ccdn.com.au

Provides information and referral; Individual Advocacy to ensure the rights of PWD; Multicultural Access & Equity Worker ensures access to HACC services for people from culturally & linguistically diverse backgrounds. The Assisted Living Programs provides social support and support coordination for people with a disability also brokered respite, community access, social support and living skills for all PWD. Short term counselling services is also available. CCDN facilitates the Central Coast's Disability Interagency and produces monthly E-news for service providers.

Top:

Central Coast Family Support Services

21 Old Mt Penang Road, Kariong NSW 2250

PO Box 7125 Kariong NSW 2250

Phone: 4340 1585

Email: ccfss@ccfss.com.au

Website: www.ccfss.org.au

Central Coast Family Support provides a range of services for families that build and enhance parenting skills and relationships.

We assist families to strengthen relationships and inspire positive change through learning and skill development. Our service is free and confidential, covering the Central Coast region.

We can support and/or advocate with issues such as financial problems – conflict in the home – counselling – behavioural issues- parenting – advice and referral for effective outcomes and many other concerns affecting family life.

Central Coast Family Support offer the following services:-

- Case management
- Group work
- Counselling
- Parenting groups

Top:

Central Coast Myeloma Support Group

Haematology Nurse Practitioner

Cancer Day Unit, PO Box 361 Gosford Hospital

Contact: 4302 9641

Support group for people living with Myeloma and their carers. The meeting has a formal aspect of a guest speaker and a discussion of business but the main focus is networking with others who have myeloma.

Meetings: Every 2nd month on the last Thursday of the month 6-8pm at Central Coast Leagues Club

Top:

Cerebral Palsy Alliance (formally The Spastic Centre of NSW)

6 Teamster Close, Tuggerah Business Park, Tuggerah NSW. 2261

PO Box 5415 Chittaway Bay

Phone: 4356 6300

Intake: 1300 888 378

Web: www.cerebralpalsy.org.au

E-mail: adaly@cerebralpalsy.org.au

Central contact number for all information, referral, intake and planning for the Cerebral Palsy Alliance. Local therapy & treatment services to people with a disability from birth to 65 years of age. Specialist seating and technology service for people with a disability. Registered provider with the NDIS for therapy and Support Co-ordination for all disability groups.

Top:

Chronic Fatigue Syndrome Support Group Kincumber

Kincumber Neighbourhood Centre

1/20 Kincumber St, Kincumber NSW. 2251

Phone: 4363 1044

Website: www.kincumber.nsw.au

E-mail: me.cfs.fm.cc@outlook.com

This support group is for those affected by Chronic Fatigue Syndrome and Fibro-Myalgia. The group members share research, difficulties and successes in a friendly, supportive atmosphere.

Meetings: Meets on the 2nd Tuesday of each month at Kincumber Neighbourhood Centre from 10.30am to 12. The centre is at 1/20 Kincumber St, Kincumber. Just a short walk through from the Kincumber Shopping Village.

Top:

Coastwide Child and Family Services

PO Box 4235 East Gosford NSW 2250

Phone: 4340 1111 Fax: 4340 0888

E-mail: admin@ccfdc.com.au

Website: www.ccfdc.com.au

Contact Coastwide Child and Family Services for more details regarding each of their programmes.

Family Day Care: With over 30 years of experience Coastwide Family Day Care provides safe and secure home-based education, care and support services for children aged 6 weeks to 13 years. Highly trained and experienced professionals provide play based learning experiences for children and a valuable support network for parents. With a focus on relationship building educators offer mentoring support and referrals to specialist early childhood intervention services. Coastwide Family Day Care is an inclusive service, providing support mechanisms for all parents including geographically or socially isolated families, single parents, culturally and linguistically diverse families and parents who require additional support.

Coastwide Family Day Care is available weekdays, weekends, evenings, overnight, before and after school, permanent and occasional bookings available. Flexible hours of care to be negotiated to meet family's care needs.

Supported Playgroups: We currently offer 6 Supported Playgroups which support local vulnerable families who are in need of a little extra help and assistance. Supported playgroups are facilitated by trained Early Childhood Staff, who set up interesting play experiences for children and are able to offer information to parents. Parents are able to interact with other local parents and share ideas. Staff are able to refer families to support and other community agencies when necessary.

MY TIME: We currently offer 2 My Time Sessions for parents or carers who care for a young child with a disability or chronic illness. At MyTime, parents are able to meet parent/carers in similar circumstances, gain support and share experiences. Trained Early Childhood workers facilitate activities for children and also provide parents with information about community support networks services.

Specialist / Therapists offer workshops at our sessions regularly. This assists many parents, with strategies, whilst they are on waiting lists. Children can also attend and enjoy fun and interesting play experiences.

PlayConnect: PlayConnect is a facilitated playgroup held weekly for children aged 0-6 years who may have Autism Spectrum Disorder (ASD) characteristics, developmental delays in communication and social skills and / or behavioural and sensory issues. During playgroup caregivers and children join in a variety of play experiences, practise skills and have fun.

Families and carers can also access information about other services for children within their community.

Top:

Coeliac NSW and ACT

PO Box 271, Wahrenga 2076

Drop in Centre, Suite 1 41-45 Pacific Highway, Waitara.

Phone: 1300 458 836 or 9487 5088

Email: nsw@coeliac.org.au

Website: <http://nswact.coeliac.org.au>

To provide information & support to those medically diagnosed as having coeliac disease and their families, sufferers of dermatitis herpetiformis and those medically diagnosed as requiring a gluten free diet.

1 in 100 people have coeliac disease however approximately 80% remain undiagnosed.

Top:

Commonwealth Respite and Carelink Centre Central Coast

Phone: *freecall* 1800 052 222

Fax: 02 4304 0726

Street Address (shop front): Shop 2, Ground Floor, Citigate, 451 Pacific Highway, North Gosford 2250

Email address: carerrespite@health.nsw.gov.au

Office Hours: Mon to Fri 8:00 am to 4:30 pm

**24hr assistance available for emergency respite on freecall: 1800 052 222*

Service Description: The Commonwealth Respite & Carelink Centre (CRCC) provides assistance to Carers with organising emergency or short term planned respite. This is a way of relieving the stress of being a Carer. Respite can occur in a variety of settings suitable for both the Carer and the person being cared for.

CRCC also assists with connecting Carers to services and support networks.

CRCC can also support Carers through the following programs:

- Mental Health Respite Program – supports Carers with in-home respite, social support, community access and assists with linking with others long term support.
- Young Carers Program – Offers support to Young Carers (under 18yrs) who are studying and maybe having difficulty managing their studies with their caring responsibilities.
- Respite Support for Carers of Young People with Severe or Profound Disability – Supports Carers with in-home respite, social support, community access and assists with linking with other long terms support.
- Residential Respite Booking Service – Offers information about short-term residential respite in a Hostel or Nursing Home for older people, designed to provide their Carers with a break from caring. CRCC provides a booking service with Residential Aged Care Facilities on the Central Coast.

Top:

Continence Advisor – CCLHD

Erina Community Health Centre, 169 The Central Coast Hwy, Erina NSW 2250

Phone: 4367 9600 Fax: 4367 5911

Wyong Central Community Health Centre, 38a Pacific Highway Wyong NSW 2259

Phone: 4356 9300 Fax: 4356 9305

The Clinical Nurse Consultant Continence Advisor provides individual consultation on bladder and bowel problems. A clinic is based at Erina Community Health Centre and 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.

- Referrals to the Continence Advisor are via Community Health Access and Intake (CHAI) 1300 725 565 fax 4320 9333 or via My Aged Care if over 65 years of age. A medical referral and accompanying medical history is appreciated.
- Information on Continence Management in the form of booklets and leaflets are available free of charge on request by contacting the Continence Helpline on 1800 330 066.

Top:

Counselling & Group Work

BaptistCare

102 Pacific Highway (next to BP) Tuggerah NSW 2259

Contact: Cathy Zervos Intake Officer 1300 130 225 Phone: 4352 7900

Fax: 4353 5638

Website : www.baptistcare.org.au

A whole of family approach to relationships with a specialisation in working with families where there is domestic violence. Family Safety is the priority in our work which includes Women's Advocacy, Men's Behaviour Change Programs, support groups for victims of domestic violence and family counselling to rebuild relationship following the trauma of abuse.

Top:

Deaf Society of NSW – Newcastle Office

1/133 King Street (PO Box 1098), Newcastle NSW 2300 Contact: Andrew Wiltshire and Margot Cullan

Phone: 1800 893 855 / 4929 7494

Fax: 4929 1404

Website: www.deafsocietynsw.org.au

E-mail: newcastle@deafsociety.com

The Deaf Society of NSW provides a range of services for Deaf / Hard of Hearing people who use Auslan (Australian Sign Language). The Deaf Society works within the community to ensure Deaf/Hard of Hearing people achieve their full rights through; Information, education & research and development. Assistance to access, apply and coordinate NDIS plans.

Meetings: Walk in service to Newcastle office from 9am – 1pm Mondays.
Tuesdays, Wednesday, Thursday and Friday appointments required.

Top:

Dementia Carer Support Groups CCLHD

Community Outreach and Therapy Service (COATS)

PO Box 183, Woy Woy NSW 2256

Phone: 4344 8495 Fax: 4344 8590

E-mail: Diana.Maddrell@health.nsw.gov.au

Aim: To give support, guidance and education to carers, who are experiencing the effect of the dementia process. Monthly **Support Groups** are run in Erina, Kincumber, Woy Woy, The Entrance & Lakehaven. Groups are held in an informal comfortable setting to promote mutual support and understanding. They are facilitated by a Social Worker experienced in dementia care and support of carers. Please contact the service for further details on meeting times and days.

Top:

Dementia YODSS Central Coast

Social group for those diagnosed with Young Onset Dementia, and their Carers.

Contact: YODSSCC@gmail.com or call 0412 291 771

Facebook: YODSS Central Coast

Meetings: Social Club and Coffee Club contact us for meeting times via Facebook, email or phone.

Top:

Diabetes NSW

CUSTOMER CARE LINE: 1300 536 953

Hours: Mon-Fri 8.30am-5pm and Wed 9.30am-5pm

Phone: (02) 9552 9900 Fax: 1300 536 953

Website: www.diabetesnsw.com.au

E-mail: customerservice@diabetesnsw.com.au

Support group Information link: <https://diabetesnsw.com.au/support-diabetes-nsw/support-group-network/>

Central Coast Support Groups:

Provide information and support for people with diabetes, their families and carers. The groups are an opportunity to listen to interesting guest speakers & meet others with diabetes, their families and carers.

Woy Woy Support Group: Everglades Country Club, Dunban Road, Convenor: Norm Warren 4369 6495 or 0414 696 495

Support groups are also run in the Hunter region contact Jo for more information on 9552 9909.

Top:

Early Childhood Health Services CCLHD

The Gateway Centre, PO Box 361, Gosford NSW 2250
Phone: 4328 7900 Fax: 4328 7925

Child & Family Health Nurses provide parenting and educational support for families with babies and young children 0- 5 years. Services include universal health 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 session. Breastfeeding support 'Drop-In', immunisation clinics, clinic appointments for developmental screening, 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.

Hours of operation: Mon- Fri 8.30am-5.00pm

Top:

Eating Disorder Outpatient Service CCLHD

Toukley Community Health Centre, 1A Hargraves St Toukley NSW 2263
Phone: 4356 9418 (on divert) E-mail: Judith.Leahy@health.nsw.gov.au

The only specialised public service on the Central Coast. Free, service with assessment, referral and treatment for children, young people and adults with eating disorders. Clinical staff – clinical psychologists, social workers, dietitians, nurse, art therapist.

Early Intervention - for early treatment of an eating disorder, for under 18's.

Day program - 3 day or 1 day options, for more intensive treatment for people over 18 years of age.

We treat anorexia nervosa, bulimia nervosa, binge eating disorder and some other specified feeding and eating disorders'. We treat males and females. No support group for individuals or families.

Top:

Encore YWCA Australia

Contact: Kim Leckey Phone: 4332 0309 Mob: 0403 540 423
Website: www.ywca.encore.org.au E-mail: kimleckey@optusnet.com.au

Exercise and information for after breast cancer treatment/s.

When: Tuesdays for 8 weeks 6.00-8.00pm at Berkeley Vale Private Hospital twice per year.

Top:

Evolution Youth Service

Peninsula Community Centre, 2 Ross Street, Woy Woy - PO Box 512, Woy Woy NSW 2256
Phone: 4342 3684 E-mail: eys@coastcommunityconnections.com.au

Website: www.coastcommunityconnections.com.au

Evolution Youth Service provides early intervention programs and services to young people 12-17 years of age and /or their families:

- Support, advice and referral
- Case management
- Skill focussed groups or training for youth
- Personal development program
- Alcohol & Other Drugs Worker
(counselling & education 12-18 years of age)

Hours: Open Monday to Friday 9.00am – 5.00pm. Please contact our friendly staff for more information.

Top:

Family Care Cottages - Early Childhood Health Services

Child & Family Health Early Childhood Nursing Service CCLHD
Gateway Centre, PO Box 361 Gosford NSW 2250
Intake line: 4328 7901 or 4328 7900

Family Care Cottages offer extra 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 Perinatal Intake line.

Top:

Family & Carer Mental Health Program

6/3 Koala Cres, West Gosford 2250
Contact: 4322 1855 Fax: 4322 0200 Email: familycarerNSCC@ucmh.org.au

If you have a family member or care for someone with a mental illness then this support group is an opportunity for you to meet with other carers to gain mutual support and exchange information. We have four meetings across the Central Coast.

Meetings: **Erina** 2nd Tuesday of the month 10.00am-12noon Erina Trust Hall, cnr Karalta Rd & Ilya Ave Erina. **Wyong** 3rd Tuesday of the month 10.00am-12noon Vinnies Regional Office, 47 Howarth Street Wyong.

Top:

Family Drug Support Group

PO Box 7363, Leura NSW 2780 Contact: Tony Trimmingham (CEO) Phone: 1300 368 186
Head Office Phone: 4782 9222 Mob: 0412 414 444 Fax: 4782 9555
Website: www.fds.org.au E-mail: admin@fds.ngo.org.au
Support group Coordinator: Julie Clark – 0400 113 422

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: Held at The Epicentre Community Centre, 28 Brava Ave North, San Remo 6 - 8pm.

Top:

Gosford Women's Breast Cancer Support group

PO Box 5102, Erina Fair, Erina 2250
Phone: 4336 4500 Cancer Council: 13 11 20 Facilitator: 4328 4329
Website: www.cancercouncil.com.au
Email: sandrash@nswcc.org.au

Support for women with breast cancer and survivors

Meetings: Last Wednesday of the Month at the Cancer Council Community Office, The Hive Erina fair, Erina from 10.30am-12.30pm

Top:

Grandparents Support Groups

Support Worker Central Coast Family Support Services
Phone: 4340 1585 E-mail: ccfss@ccfss.com.au

Central Coast Family Support facilitates 2 support groups on the Central Coast for grandparents who have the full time care and custody of their grandchildren. Groups meet for up to two hours for a coffee and a chat in a casual, confidential and welcoming environment. Providing an opportunity to meet other caregivers, to relax and take time out and to receive support and information about other services.

Wyong Grandparents Raising Grandchildren Support Group:

- First Thursday of the month 9:30am—11:30am

Wyong Public School, Cutler Drive, Wyong (SaCCS) Schools As Community Centre

Gosford Grandparents Raising Grandchildren Support Group

- Last Thursday of the month 9:30am—11:30am
Central Coast Family Support 21 Old Mount Penang Rd, Kariong
The support groups not held during school holidays.

Top:

GROW NSW

6 Albion Street, Harris Park NSW 2150

Phone: 1800 558 268 or 9633 1800

Website: www.grow.org.au

E-mail: nsw@grow.org.au

GROW is a caring and supporting community based organisation that offers practical steps and peer support to help you recover your mental health and achieve your personal goals.

GROW has several 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.

Meetings: Grow groups meet weekly at Wyong - (Tuesday), Woy Woy (Monday), and Bateau Bay (Thursday). For Times & Venues for all Grow Groups listed at www.grow.org.au For any further information phone FREECALL 1800 558 268 or 02-9633 1800 Mon. – Fri: 9:00 am to 4:30 pm

Top:

Gwandalan Summerland Point Cancer Support group

Phone: 4972 5319

E-mail: gwenfraser2011@gmail.com

Meetings: 3rd Tuesday of each month 1.00pm – 3.00pm at the Gwandalan Community Hall, Koowong Rd, Gwandalan.

Top:

Head & Neck Cancer Support Group

PO Box 5102, Gosford 2250

Phone: 4336 4500

Email: sandrash@nswcc.org.au

Website: www.cancercouncil.com.au

Support for people living with Head & Neck cancer, survivors and carer support networks.

Meetings: 3rd Thursday of each month at Cancer Council Community Office the Hive Erina Fair, Erina from 10am to 12noon.

Top:

Horizons Central Coast Family Services

PO Box 5262 Chittaway Bay NSW 2261

Phone: 4351 5008 Fax: 4351 5009

Email: admin@horizonsfs.org.au

Provide casework support for families with dependant children 0-18 years of age living in the Wyong Shire. Services include: information and referral, assessment and case planning, skills development groups and individual support, parenting programmes and groups.

Meetings: Various groups held – contact Horizons for current details of dates and venues.

Top:

Implantable Cardioverter Defibrillator (ICD) Support Group

Kerry Staniford CNS Heart Failure Service Phone: 4320 3934

E-mail: Kerry.Staniford@health.nsw.gov.au

Support and education for people who have an Implantable Cardiovertor 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, 2 meetings at Wyong and 2 meetings in Gosford, please contact co-ordinators to confirm meeting dates, venue & time. For catering purposes numbers are required week prior to meeting.

Top:

In good company - Erina

Contact: Peer Support Group Facilitator: melanie.schlaeger@pdcnsw.org.au.

Website: <https://www.pdcnsw.org.au/projects/peer-support-groups/>

Telephone: PDCN on 9552 1606

The Physical Disability Council of NSW (PDCN), hosts peer group for people living with disability and their invited guests The groups are facilitated by a person living with disability and are being held in various locations throughout NSW.

Some of the benefits of being in the groups include:

- A chance to build networks and share stories with people living with disability
- An opportunity to learn new skills by supporting each other or bringing in guest speakers
- A place to start thinking about what you want & need to participate in a full & meaningful life
- A collaborative approach to engaging with and educating the broader local community to enhance community inclusion
- A place to find out more about the National Disability Insurance Scheme (NDIS)

Meetings: the 1st Tuesday of the month, in Erina 11 am – 1pm.

Top:

Leukaemia Foundation

Support Service Co-ordinator Central Coast

PO Box 6048 Long Jetty NSW 2261

Phone: 1800 620 420 or 4332 9168

Mob: 0401 104 662 Fax: 4332 0419

E-mail: gthomas@leukaemia.org.au

Website: www.leukaemia.org.au

Support and practical assistance to those diagnosed with Leukaemia, Myeloma, Lymphoma and other related blood disorders. Regular support group in the Wyong and Gosford area. Education days.

Top:

Lifeline Hunter Central Coast (NSW)

24 hour Crisis Line – 13 11 14

CEO: Gillian Summers

PO Box 9094, Wyoming NSW 2250

Phone: 4323 6105 Fax: 4324 2753

E-mail: admin@lifelinecc.org.au Web: www.lifeline.org.au

Vision: An Australia Free of Suicide

Mission: To support Australians in times of crisis and equip individuals and communities to be resilient and suicide safe.

Frontline Services:

- 24/7 telephone crisis support
- Affordable face-to-face counselling
- Community suicide prevention awareness presentations
- Range of Skills-for-Life training workshops
- SOS: Survivors of Suicide bereavement support groups
- Suicide Response Team
- Anger Management
- Reducing Domestic Violence

Top:

Lupus Association of NSW

PO Box 89, North Ryde NSW 1670

Phone: 1800 802 088 or 9878 6055 Fax: 9878 6049

Website: www.lupusnsw.org.au E-mail: info@lupusnsw.org.au

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.

Top:

Lymphoedema Support Group – The Entrance

Meetings held at: Diggers at the Entrance, 315 The Entrance Rd, The Entrance between 10am – 12 midday. Contact: Jo Thompson- BN2Health on 4384 1501 or mobile 0404 280 446 for more information and meeting dates.

Top:

Melanoma Support Group – Central Coast

Meetings held at: Cancer Council Hub, Erina Fair on the first Wednesday of the month from 6pm-8pm. For more information contact Jay Allen on 0430 933 012 or email:

jay.allen@melanoma.org.au

Top:

Memory Lane Cafes

Contact: Delphis Australia

Phone: 4324 4244

Email: info@delphisaustralia.org.au

Website: www.delphisaustralia.org.au

The Memory Lane Café is a place for carers to come with the person they are caring for and share a cup of coffee with other people who are in a similar situation in a relaxing yet stimulating environment. There will be information, education and support provided in this time. There will also be a variety of sensory activities for all to enjoy. You are welcome to come for the entire time or just drop in, have a coffee and chat. A fun filled morning which will enlighten your senses. *A gold coin donation would be appreciated.* DROP IN ANYTIME BETWEEN 10.00am – 11.30am

Locations: Gosford RSL Cafe

Yallabee Ave,
West Gosford

2nd Thursday of each month

Ettalong Beach Memorial Club

Rocky Point Café

54 The Esplanade , Ettalong Beach

3rd Wednesday of each month

Wallarah Recreational Club

Wallarah Rd, Gorokan

4th Tuesday of each month

Top:

Memory Lane Coffee Club

Contact: Delphis Australia

Phone: 4324 4244

Email: info@delphisaustralia.org.au

Website: www.delphisaustralia.org.au

Dementia Carers Support group – a forum for carers to have a cuppa and a chat with others in similar situations and gain a better understanding of dementia or other forms of memory loss.

RSVP required one week prior and respite Care can be provided at no charge while carer takes a break. Information, education and support is provided. A gold coin donation is much appreciated.

Meetings: The third Friday of the month 10.30am-12noon - venue can vary.

Top:

Memory Lane Leisure Club

Contact: Delphis Australia

Phone: 4324 4244

Email: info@delphisaustralia.org.au

Website: www.delphisaustralia.org.au

A flexible recreational program that offers an opportunity to rekindle old memories and to create new ones. Actual activities & venues change each month and are designed to meet the leisure expectations of those participating. Transport is provided in a comfortable, air conditioned maxi van & can accommodate up to 3 couples per outing. Cost varies dependent on activity. Cost = \$10 per couple for transport. **BOOKINGS ARE ESSENTIAL.** Contact: Delphis Australia

Top:

Memory Lane Restaurants

Contact: Delphis Australia

Phone: 4324 4244

Email: info@delphisaustralia.org.au Website: www.delphisaustralia.org.au

Locations: Woy Woy & Gorokan

A luncheon / dance (optional) experience held monthly for people with dementia and their carer. A superb dining opportunity with ambiance...music, candles, table decorations...plus a three course meal with wine, all provided for a memorable dining experience. Transport provided if required to Woy Woy. Lunchtime functions - cost \$45 per couple. **BOOKINGS ARE ESSENTIAL**

Top:

Mental Health Line & Services CCLHD

Mental Health Service, PO Box 361, Gosford NSW 2250 Mental Health Line: 1800 011 511

The Mental Health Line is a 24 hour telephone service operating 7 days a week across NSW.

Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them. It can link people into the most appropriate part of the Central Coast Mental Health Service, (eg: Children & Young People's Mental Health, Adult Mental Health, Specialist Mental Health Services for Older People, Aboriginal Mental Health Team and the inpatient units). Carers, mental health professionals and emergency services workers can also access advice and relevant services through the Mental Health Line.

Top:

Motor Neurone Disease Association of NSW Central Coast Support Group

Gladesville Hospital, Locked Bag 5005, Gladesville NSW 1675
 Family Support Regional Adviser MNDNSW: Phone: 8877 0906 or 1800 777 175
 Deb Ward, MND Advisor Central Coast - 0419 225 594

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 people living with MND & carers on the CC. Some fundraising & awareness stalls for MND, caring and advice.

Meetings: Central Coast Support Group meets bi-monthly at the Gosford Narara Neighbourhood Centre, 2 Pandala Rd, Narara on a Thursday afternoon from 1pm till 3pm. Contact MND NSW on 1800 777 175 or Deb Ward, Regional Advisor 0419 225 594 for details.

Top:

MS Central Coast

Contact: MS Connect 1800 042 138

Website: www.ms.org.au

E-mail: msconnect@ms.org.au

Supporting people with MS and their families / carers.

Meetings: Support groups for people with MS operate on the Central Coast contact MS Connect 1800 042 138 for details or www.ms.org.au/support-services/ms-peer-support-connect-with-others.aspx

Top:

Ngiyang Aboriginal Pregnancy Child & Family Health Service (AMIHS/BSF)

“Strong women, Strong babies”

Child & Family Services Gateway

237 Mann Street, Gosford NSW 2250

Phone: 4328 7900 Monday – Friday 8.30am – 5.00pm

Ngiyang, meaning 'we all, including you' is a Pregnancy, Child and Family Health service based in Gosford. We offer weekly drop-in clinics at Gosford, 64 Williams street; Mingaletta (Umina) and The Entrance Community centre, Clinic and home visit appointments can be made for antenatal checkups, and child and family developmental checks and concerns. We offer activities such as weekly playgroups, craft and parenting groups. Our team supports families during pregnancy until the child attends school.

AMIHS is an antenatal and 8 week postnatal service which aims to improve health outcomes for Aboriginal women, families and babies by providing a culturally sensitive service. The Midwife and Aboriginal Health Worker provide health education and support for families during pregnancy and following birth until the baby is 8 weeks old. AMIHS clients must live in the Gosford Local Government area, The Entrance, Long Jetty & Bateau Bay corridor. AMIHS Services include : antenatal care and parenting support, assistance with maternity booking in, early support after the birth of the baby, assistance with infant feeding, linking to Ngiyang Child Health services for baby health checks and immunisations, parenting advice and support, linking to other support services. AMIHS links with a range of services on the Central Coast who provide support and services for families expecting or with a new baby. Some of these include: Aboriginal Medical services, Child and Family Health services, General practitioners, Services who are able to provide specific support such as Housing, Centrelink, Family support services, Supported playgroups and community groups. A Q4NL (quit for a new life) clinician supports families to have a smoke free environment at home for their babies.

BSF (Building Strong Foundations) is a postnatal service that supports parents from birth until the child starts school. The Child Health nurse works with an Aboriginal Health worker to provide

a culturally appropriate approach for Aboriginal families in Gosford Local Government area, The Entrance, Long Jetty & Bateau Bay corridor. The nurse is available for developmental checks and immunisations, and aims to work in partnership with parents by providing parenting support and guidance as needed, and referral to services when indicated. The Aboriginal Health worker offers support and education, and can provide transport to clinic or GP appointments or to the weekly playgroup if required. She also assists with housing applications and other social needs. The service provides a counselling service with a social worker.

Top:

Northern Settlement Services Ltd

1 Bay Village Rd, Bateau Bay NSW 2261 Phone: 4334 3877 Fax : 4334 3044

E-mail: cc@nsservices.com.au. Northern Settlement Service provides support services to migrants and refugees living on the Central Coast.

MULTICULTURAL COMMUNITY DEVELOPMENT PROJECT (COMMUNITY BUILDERS)

This project supports the Central Coast Culturally and Linguistically Diverse (CALD) Community to participate in general events and facilitates opportunities for members of the CALD community to exchange their cultural experience with the wider Central Coast community.

FAMILY AND COMMUNITY SETTLEMENT SERVICES

This service provides assistance and information through casework, referrals, advocacy and group work to migrant and humanitarian community members, including youth, and their communities throughout the Central Coast. The service is available to eligible clients who have settled in Australia for 5 years or less.

PLAYING AROUND THE WORLD

The purpose of this project is to link the culture and experience from different members of diverse communities to a range of children's activities with the main goal of the project to bring families together to share ideas, experience friendship and give children the opportunity to learn through play.

MULTICULTURAL SOCIAL SUPPORT SERVICE (MSSS)

Targets the needs of the frail aged, younger people with a disability and carers who are of diverse communities. The service is provided by volunteers from the community and is a combination of face to face and group social support.

COMMUNITY VISITORS' SCHEME (CVS)

The Community Visitors Scheme provides volunteer visits to enrich the quality of life of older people who are from diverse communities living in residential aged care facilities.

This includes small groups in aged care facilities with a number of residents who have similar interests or backgrounds. CVS also provide one on one home visits for people from CALD backgrounds living at home who are recipients of Home Care Packages.

MIGRATION ADVICE & ASSISTANCE (Once a Month)

Our Registered Migration Agent provides professional, up-to-date advice and assistance to ensure that the immigration process goes as smoothly as possible for our clients. The area of immigration law in Australia is complex with different visas being available depending on clients' circumstances.

CONSULTANCY / TRAINING

Cultural Awareness Training to community and mainstream service providers, students and businesses.

Top:

Pantry Club – Hope Church Central Coast

Contact: Coordinator Pantry Club

4 Sydney Ave Umina Phone: 4344 2509

Email: reception@hopechurchcc.org.au

Website: www.hopechurch.org.au

The Pantry Club offers practical support to those suffering financial hardship on the Umina / Woy Woy Peninsula by offering grocery assistance and scrumptious morning tea and cappuccino. Our volunteers are friendly and supportive listeners, can help build connections into the community and refer to other organisations when needed. Everyone is most welcome to drop in for a coffee.

Top:

Parenting Groups 0-12 months

Early Childhood Nursing Service - CCLHD

Gateway Centre, PO Box 361 Gosford NSW 2250 Phone: 4328 7900

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 Session 9 - 12 months: Creative ideas for play, development, independence & safety, eating from the family diet, sleep.

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

Top:

Parkinson's Support Group (Central Coast)

Contact: Parkinsons NSW

Phone: 1800 644 189

Website: www.parkinsonsnsw.org.au

E-mail: pnsw@parkinsonsnsw.org.au

We aim to help individuals and their families better manage living with Parkinson's disease by providing a forum for people with P.D. and their carers, access to information, counselling and support. We are governed by Parkinson's NSW, through whom we have access to Info line, counsellors, support groups and advocacy on behalf of the P.D. community to raise awareness and education to anyone affected by P.D. including Health Professionals. Parkinson's NSW also provides resources and runs fundraising events for people with P.D. and their families, for research into healing.

Meetings: Contact Parkinson's NSW for details of meetings in your area.

Playgroup NSW – MyTime Peer Support group

Phone: 1800 171 882 Fax: 9684 5613

Email: mbifulo@playgroupnsw.com.au

Website: www.playgroupnsw.org.au or www.mytime.org.au

MyTime peer support groups are for anyone that is caring for a child with a disability or chronic medical condition 0 – 16 yrs. Parents are welcome to attend with or without their child.

Top:

Playgroup NSW – Play Connect Playgroup

Phone: 1800 171 882 Fax: 9684 5613

Email: mbifulo@playgroupnsw.org.au

Website: www.playgroupnsw.org.au

Playconnect Playgroups are facilitated playgroups specifically for children aged 0 – 6 years with Autism Spectrum Disorder (ASD) or ASD like symptoms, children do not need to have a formal diagnosis to attend

Top:

Prostate Cancer Support Group (Central Coast)

C/E Continence Advisor

Erina Community Health Centre, 169 The Central Coast Highway, Erina

Phone: 4367 9600 Fax: 4367 5911

Website: www.prostate.org.au

The group provides an opportunity to meet with men who have experienced prostate cancer. Information and sharing of similar experiences plus we have an available up to date library of books, reference material with guest speakers organised monthly.

Meetings: Last Friday of month, Terrigal Uniting Church, 380 Terrigal Drive, Terrigal at 9.30am. Partners Welcome.

The Wyong Shire Prostate Cancer Support group meets the last Monday in every month at Toukley RSL 10am – 12md. Partners are welcome. Contact Lindy Lawler 4356 9300.

Top:

Red Nose Grief and Loss

Level 1, Building 125, Corner of Church and Glover Streets, Lilyfield, NSW 2039. PO Box 488, Rozelle NSW 2039.

24 hour Bereavement hotline 1300 308 307 Fax: 8585 8791

Website: www.rednosegriefandloss.com.au E-mail: support@rednose.com.au

To support families who experience the death of their baby or child during pregnancy, birth and childhood. Providing 24hour Bereavement Support, Counselling, Support Groups, Parent & Family Support, Advocacy, Education, Training and Memorial Services. Red Nose Greif and Loss line 24hrs – 1300 308 307

Top:

Regional Youth Support Services Inc.

123 Donnison Street (PO Box 1300) Gosford NSW 2250

Phone: 4323 2374 Fax: 4323 3796

E-mail: administration@ryss.com.au

Website: www.ryss.com.au

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, case management, excursions & programs to enhance personal development. These are co-ordinated from a range of Central Coast locations. For more information contact Regional Youth Support Services

Top:

Respiratory Support Groups- CCLHD

Support for clients and carers who have a Chronic Respiratory Disease.

The groups operate in both Wyong and Gosford Shires and offer monthly educational meetings and guest speakers. Social and community awareness events may also be held throughout the year. Sessions run for approximately 1.5 -2hrs.

'Short Pants' Gosford Support Group is held at the Erina Health Centre (near Rivers outlet store) 169 Central Coast Hwy Erina 2250.

'Lungbusters' Wyong Support Group is held on the Wyong hospital campus in the Green Room, Health Services Building (block D) Wyong Health Services Building, PO Box 4200 Lake Haven NSW 2263

Contact: Support Group Coordinator on: 4394 7145 or 4394 7144

Both groups are affiliated with The Australian Lung Foundation and are a component of Pulmonary Rehabilitation. Please contact appropriate person prior to attending first meeting for specific dates and times.

Top:

Schizophrenia & Bipolar Fellowship (Central Coast)

PO Box 647, Woy Woy NSW 2256

Phone: Stephanie 4344 7989 or Kate 4368 2214

Email: ks.wood@bigpond.com

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 Thursday each month from 12.30pm 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.

Top:

Spina Bifida Support Group (Central Coast)

PO Box 374, Ettalong Beach NSW 2257

Contact: Philip & Ann Hudson 4341 7972 Mob: 0422 372 834

Contact: Kerry Daintin 4328 3235

Spina Bifida Information Line 1300 655 447

E-mail: ann.hudson@optusnet.com.au

To provide social support for families with a child with Spina Bifida. All general support offered - talks, meetings and links to services. Local Support group organise social outings and luncheons at different times of the year.

Top:

Solace Association Inc NSW Branch

Phone: 4369 1431 Mobile: 0424 470 029 Fax: 4369 1431

Contact: Local Facilitator - Liz Martin

Email: jedda@coastal.net.au Website: www.solace.org.au

Solace is a support group for persons who have been bereaved by the death of a spouse / partner facilitators are trained and have also been bereaved. S-Support, O-Ongoing, L-Love, A-Acceptance, C-Care, E-Encouragement.

Meetings: 2nd & 4th Tuesday of the month from 2-4pm Central Coast Leagues Club – Gosford
1st & 3rd Tuesday of the month from 1-3pm St Vincent de Paul 47 Howarth Street Wyong

Top:

Stoma Support Group

Contact: Stomal Therapy Nurse (CCLHD)

Phone: 4320 3323 E-mail: Debra.Day@health.nsw.gov.au

Support group for people living with a stoma. All ages welcome.

Meetings: x4 per year; 3rd Wednesday of February, May, August & November – 1.30-3.30pm.
Venue changes each meeting between Woy Woy, Kincumber, Long Jetty and Wyong, please check with Stomal Therapy Service for venue and address.

Top:

Stroke Recovery Clubs Central Coast

Contact: Stroke Recovery Association NSW

Phone: Freecall: 1300 650 594 or 9807 6422

Website: www.stroksnsw.org.au E-mail: info@stroksnsw.org.au

A meeting place for anyone who has been affected by Stroke, to share their knowledge and experience and to meet other people and join in activities and outings.

Meetings: Wyong, Diggers at the Entrance; Westlakes; Wangi Wangi & Woy Woy, Everglades Country Club. Contact Stroke Recovery Association NSW for further details Phone: 1300 650 594

Top:

Stroke Recovery Club- Working Age Group Stroke Support (WAGS)

Affiliated with Stroke Recovery Association of NSW

Phone: 1300 650 594 or 9807 6422

Websites: www.wags.com.au www.stroksnsw.org.au

E-mail: info@stroksnsw.org.au

A meeting place for working age 65 and under to share their knowledge and experience of Stroke. Meet other people and join in activities and outings.

Meetings: WAGS - 1st Saturday of the month at Mingara. Scallywags, Working Age Men's Group meets fortnightly on Fridays. Please make contact to confirm times and dates. Contact Stroke Recovery Association for further details.

Top:

Synapse – NSW Office

Suite 102, Level 1, 3 Carlingford Road, Epping NSW 2121
 PO Box 3356, South Brisbane QLD 4101
 Freecall: 1800 673 074 or (07) 3137 7400 Fax: (07) 3137 7452
 Website: www.synapse.org.au
 Email: info@synapse.org.au
 Facebook: www.facebook.com/synapse.org.au

Reconnecting the lives of over 2 million Australians affected by Brain Disorders.

First and foremost, we strive to reconnect the lives of those most at risk in our community – those affected by a Brain Disorder (such as Brain Injury, Stroke, or other diseases / genetic disorders of the brain).

We believe that anyone affected by a Brain Disorder is entitled to lead a life of quality, based on their own decisions and choices. To ensure this happens, we have developed the necessary services and resources to support those seeking assistance to achieve their goals. For more information about our range of programs please visit www.synapse.org.au

Top:

Thyroid Support Group

PO Box 5102, Erina Fair Erina 2250
 Phone: 4336 4500 Cancer Council: 13 11 20
 Websites: www.cancercouncil.com.au Email: sandrash@nswcc.org.au

A support group for people living with Thyroid cancer and survivors and people living with Thyroid Dysfunction, includes carer support groups

Meetings: Quarterly on a Saturday at Cancer Council Community Office The Hive, Erina Fair, Erina from 10am-12noon. Need to telephone Terry Mc Kinnon on 0419 997 683 for specific meeting dates.

Top:

Vision Australia

The Gateway Centre, Suite 1, Level 3 / 237 Mann Street, Gosford NSW 2250
 Contact: Team Manager (Joanne Northcote) Phone: 1300 84 74 66 Fax: 1300 847 329
 Website: www.visionaustralia.org.au E-mail: info@visionaustralia.org

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 on 4321 6700 for vision impaired support groups on the Central Coast.

Top:

Vision Impaired Support Group (Northlakes)

Contact: Richard Beeston Phone: 4392 8857

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: 2nd Monday of the month, Lakehaven Library, Lakehaven Shopping Centre from 10am to 12noon.

Top:

WIGWAM, Wig Library Loan Service- Cancer Services CCLHD

Gosford Hospital

Phone: 4320 2181 for an appointment, or 4320 9638 for general enquiries.

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

Top:

Young Mums Group & Under 21's Antenatal – CatholicCare

CatholicCare Pregnancy Counselling

Contact: Julie Brooks

Phone: 4356 2622 Fax: 4027 5042

E-mail: Julie.brooks@dbb.org.au

Pregnancy Counselling: Free. For women of any age.

Groups: Support and education for young pregnant women and young mothers.

Meetings: Young Parent Groups Thursdays fortnightly 1.30 – 3.00pm @ Wyoming Community Centre, 147 Maiden Brush Rd AND Tuesday fortnightly 1.30 – 3.00pm at Lakelands Community Centre, 3 Literary Close, Kanwal (school terms only). FREE

Also under 21's Antenatal groups 5 x 6wk sessions Wyoming & Kanwal. FREE.

Top:

Glossary of Terms

TERM	DEFINITION / MEANING
Advocacy	To plead in favour of; support or urge by argument; recommend publicly.
Carer	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.
CCLHD	Central Coast Local Health District is the organisation that covers the local government areas of Wyong Shire and Gosford City.
Consumer	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.
Community	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.
NGO	Non Government Organisation
Participation	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.
Respite	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.
Support Group	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

Additional Community Supports 2017		
Ability Links	4326 0400	Vinnies.org.au
Advocates for Survivors of Child Abuse	1300 657 380	www.asca.org.au
Addison's Disease Association Inc	6652 4761	www.addisons.org.au
Adult Migrant English Service	1800 114 707	www.ames.edu.au
Aftercare PHaMs	4352 9200	www.aftercare.com.au
Aged Care Rights Service	1800 424 079	www.tars.com.au
Aged Care info Line	1800 500 853	www.myagedcare.gov.au
AIDS Hotline & Information Service	1800 451 600	
Alcohol & Drug Information Service	1800 422 599	
Ambulance Service	131 233	
Anxiety Disorders Information	1300 794 992	www.mentalhealth.asn.au
Asbestos Diseases Advisory Services	1800 646 690	www.asbestosdiseases.org.au
Assisted Living Programs (ALPS)	4324 2355	www.ccdn.com.au
BCS Care BCS Care Centre – Wisemans Ferry	4340 8100 4566 4700 Fax: 4566 4950	
Bereavement CARE centre	1300 654 556	www.bereavementcare.com.au
Brain Injury Association of NSW	1800 802 840	www.biansw.org.au
Breastfeeding Helpline	1800 686 268	www.breastfeeding.asn.au
BreastScreen Australia	132 050	www.cancerscreening.gov.au
Bungree Aboriginal Association	4397 7700	
Cancer Helpline	131 120	www.cancercouncil.com.au
Cardiomyopathy Association of Aust	1300 552 622	www.cmaa.org.au
CareSearch		www.caresearch.com.au
Carers NSW CareLine	1800 242 636	www.carersnsw.asn.au
Carers Gateway	1800 422 737	www.carergateway.gov.au
Centacare	4324 6403	
Centrelink ▪ General Enquiries ▪ Disability Sickness & Carers ▪ Seniors card ▪ Aged Pension ▪ Family Assistance Office	131 021 132 717 1300 364 758 132 300 136 150	www.centrelink.gov.au www.seniorscard.nsw.gov.au
Cerebral Palsy Helpline	1300 30 29 20	www.cphelpline.com.au
Child Abuse Prevention Service	1800 688 009	www.childabuseprevention.com.au
Child Support Agency	131 272	www.csa.gov.au
Chronic Fatigue Syndrome ME NSW	9904 8433	www.me-cfs.org.au
Cleft Pals	9294 8944	www.cleftpalsnsw.org.au
Community Transport – Central Coast	4355 4588	
Community Pathways Team	1300 160 096	For under 65s
Connecting Carers – Foster & Kinship	1300 794 653	
Continence Helpline	1800 330 066	
COTA (Council on the Ageing)	1800 449 102	
Crime Stoppers	1800 333 000	www.crimestoppers.com.au
Crohn's & Colitis Association (Aus)	1800 138 029	
Cystic Fibrosis Foundation NSW	1800 650 614	www.cysticfibrosis.org.au
Dads in Distress	1300 853 437	www.dadsindistress.asn.au
Delphis Australia	43244 244	www.delphisaustralia.org.au
Dementia Helpline	1800 100 500	www.alzheimers.org.au
Child Protection Helpline	132 111	
Disability Equipment Access Services Information (IDEAS)	1800 029 904	www.ideas.org.au
Domestic Violence Helpline	1800 656 463	

Additional Community Supports 2017		
Down Syndrome Association of NSW	9841 4444	www.dsansw.org.au
Eleanor Duncan Aboriginal Health Ctr	4351 1040	
Epilepsy Action Australia	1300374537	www.epilepsy.org.au
Ethnic Communities Council of Aust	9319 0288	www.eccnsw.org.au
Fairhaven Services (Disability Support)	4323 3566	www.fairhavenservices.com.au
Family Planning Healthline	1300 658 886	www.fpnsw.org.au
Family Relationship Advice Line	1800 050 321	
Gambling Solutions Central Coast	4344 7992	www.coastcommunityconnections.com.au
Gay & Lesbian Counselling Line	1800 184 527	www.glccs.org.au
Generation Q	4323 2374	www.ryss.com.au
Genetic Support of Australia Assn	9211 1462	www.agsa-geneticsupport.org.au
Gentle Exercise Class (incorporating Lungs in Action) modified exercise classes for people with chronic conditions. Session across the Coast.	4332 5224 0412 193 562	info@medifitt.com.au
Glaucoma Australia	1800 500 880	www.glaucoma.org.au
G Line- Gambling info	1800 633 635	
Guardianship Tribunal	1800 463928	www.gt.nsw.gov.au
Guide Dogs NSW / ACT	4925 3066	www.guidedogs.com.au
Health Direct	1800 022 222	www.healthdirect.org.au
HealthCare (Hunter Nursing)	4959 6711	www.hunternursing.com.au
Hepatitis Helpline	1800 803 990	www.hep.org.au
Home Doctor Service	13 74 25	www.homedoctor.com.au
Homicide Victims Support Group	1800 191 777	www.hvsgnsw.org.au
Huntington Disease Association	9874 9777	www.ahdansw.asn.au
Independent Living Centre	1300 885 886	www.ilcnsw.asn.au
Interrelate Family & Relationship Line	1300 736 966	www.interrelate.org.au
LawAccess NSW	1300 888 529	www.lawaccess.nsw.gov.au
Lifeline	131 114	
Meals on Wheels Central Coast	4357 8444	www.ccmow.com.au
Medicines Line	1300 633 424	www.nps.org.au
Meniere's Australia	1300 368 818	www.menieres.org.au
Men's Line Australia	1300 789 978	www.menslineaus.org.au
Men's Sheds-Central Coast	0413 244 484	www.mscci.org
Mental Health Information Service	1300 794 991	www.mentalhealth.asn.au
Mothersafe	1800 647 848	www.mothersafe.org.au
MY AGED CARE	1800 200 422	www.myagedcare.gov.au
Muscular Dystrophy NSW	9809 2111	www.mdnsw.org.au
National Relay Service (NRS)	1800 555 660	www.relayservice.com.au
Northcott Central Coast	4351 0861	
Northern Settlement Services	4334 3877	www.nsservices.com.au
NDIS National Disability Insurance Scheme		www.ndis.nsw.gov.au
Needle Clean Up Hotline	1800 633 353	
NSW Trustee & Guardian	1300 364 103	www.tag.nsw.gov.au
Office of Public Guardian	1800 451 510	www.lawlink.nsw.gov.au/opg
Office of Information Commissioner	1800 463 626	www.oic.nsw.gov.au
Ombudsman NSW	1800 451 524	www.ombo.gov.au
Osteoporosis NSW	1800 242 141	www.osteoporosis.org.au
Paraquad – Bright Sky	1300 886 601	www.paraquad.org.au
Parentline	1300 1300 52	www.parentline.org.au
Poisons Information Centre	131 126	www.chw.edu.au/poisons
Prader-Willi Syndrome Association	9525 6238	www.pws.org.au/nsw
Pregnancy Counselling Australia	1300 737 732	www.pregnancycounselling.com
Rape Crisis Centre	1800 424 017	www.nswrapecrisis.com.au

Additional Community Supports 2017

Red Cross Central Coast	4324 3411	www.redcross.org.au
Relationships Australia	1300 364 277	www.relationships.com.au
Salvo Counselling	0418 633 732	www.salvoscounselling.salvos.org.au
Salvo Crisis Line	1300 363 622	www.salvos.org.au
SANE Mental Illness Helpline	1800 187 263	www.sane.org
Seniors Information Service	131 244	www.seniorsinfo.nsw.gov.au
Siblings Australia Inc		www.siblingsaustralia.org.au
Sign & Speak Australia	1300 787 136	
Spinal Cord Injuries Australia	1800 819 775	www.scia.org.au
State Emergency Service (SES)	132 500	www.ses.nsw.gov.au
Stroke Line	1800 787 653	www.strokefoundation.com.au
Sue Mann's Nursing & Community Care	4365 3200	www.suemann.com.au
Taxi Transport Subsidy Scheme	131500	www.transport.nsw.gov.au/customers/taxis/ttss
Technical Aid For Disabled NSW	1300 663 243	www.tadnsw.org.au
The Butterfly Foundation(eating disorders)	1800 334 673	www.thebutterflyfoundation.org.au
Tourette Syndrome Association	(02) 9382 3726	www.tourette.org.au
Transport Info Line	131 500	www.transportnsw.info
Translating & Interpreting Service (TIS)	131 450	www.tisnational.gov.au
Tresillian	1300 272 736	www.tresillian.net
Vietnam Veterans Counselling Service	1800 011 046	www.vvaa.org.au
Victims Access Line	1800 633 063	www.victimservices.justice.nsw.gov.au
Welfare Rights Centre	1800 226 028	www.welfarights.org.au
Wesley Seniors living centre	4352 3880	www.wesleymission.org.au
Women with Disabilities Australia		www.wwda.org.au
Women's Legal Service NSW	1800 801 501 or 8745 6988	www.wlsnsw.org.au

Top:

Central Coast Local Health District

Gosford Hospital Holden Street Gosford 2250 4320 2111	Long Jetty Hospital Wyong Road Killarney Vale 2261 4336 7700
Wyong Hospital Pacific Highway Hamlyn Terrace 2259 4394 8000	Woy Woy Hospital Ocean Beach Road Woy Woy 2256 4344 8444
Other Services	
Admissions	4320 3556
Alcohol & Other Drug Intake	4394 4880
Biala Cottage (Medical examination, treatment & follow-up after sexual abuse)	4320 3175
Aged Care Assessment Team (ACAT)	4304 0700
Residential Respite Booking Service	4304 0708
Aged Residential Care Consultancy (ARCCS)	4304 0777
Carer Support Unit and Carer Retreat & Information	4320 5556
Child & Family Health	4328 7900
Community Cancer Care Coordinator	4320 2876
Community Neurological Support & Community Outreach Team	4344 8556
Community Nursing	4356 9400
Dental Clinic	1300 789 404
Dementia Care Services	4336 7843
Diabetic Clinic	4320 3321
Health Related Transport	1300 739 463
Mental Health Line (NSW Health)	1800 011 511
Multicultural Health	4320 3048
Outpatients Clinics	
Gosford	4320 3389
Wyong	4394 8149
Palliative Care Service	4336 7777
Patient Representative (Complaints Officer)	4320 3920
Youth Health Service	4356 9333
Community Health Centres	
<i>Hours of operation: 8.30am – 5.00pm Monday to Friday</i>	
Erina Community Health Centre 169 The Entrance Road Erina 2250	4367 9600
Kincumber Community Health Centre Rear of Kincumber Shopping Centre Kincumber 2251	4369 2355
Lake Haven Community Health Centre Stratford Avenue Lake Haven 2263	4393 7777
Long Jetty Community Health Centre Wyong Road Killarney Vale 2261	4336 7800
Mangrove Mountain Community Health Centre (restricted hours) RMB 1640 Nurses Road Mangrove Mountain 2250	4373 1249

Community Health Centres <i>Hours of operation: 8.30am – 5.00pm Monday to Friday</i>	
Toukley Community Health Centre Hargraves Street Toukley 2263	4396 5111
Woy Woy Community Health Centre Ocean Beach Road Woy Woy 2256	4344 8432
Wyang Community Health Centre Pacific Highway Hamlyn Terrace 2259	4394 8229
Wyang Central Community Health Centre 38A Pacific Highway Wyong 2259	4356 9300
Family Care Cottage Gosford Gateway Centre Gosford 237 Mann St Gosford 2250	4328 7900
Family Care Cottage Kanwal Pacific Highway Kanwal 2259	4394 8229

Top:

Neighbourhood & Community Centres

<p>Berkeley Vale Neighbourhood Centre The Berkley Centre, Heather Ave Glennig Valley, NSW 2261 Ph: 4388 5801 Fax: 4388 2081</p>	<p>Mangrove Mountain & Districts Community Group 120 Ironbark Rd Mangrove Mountain NSW 2250 Ph: 4374 1255</p>	<p>Toukley Neighbourhood Centre Heador Street Toukley NSW 2263 Ph: 4396 1555 Fax: 4396 5818</p>
<p>Blue Haven School as Community Centre, Dolphin Cottage Colarado Drive Blue Haven NSW 2262 Ph: 4399 0167 Fax: 4399 0184</p>	<p>Niagara Park Community Centre Washington Avenue Niagara Park NSW 2250 Ph: 4329 7144 Fax: 4329 7188</p>	<p>Umina School as Community Centre Beachside Family Centre Sydney Ave Umina NSW 2257 Ph: 4343 1929 Fax: 4344 4130</p>
<p>Chertsey Interagency Schools as Community Centres Willow Road Springfield NSW 2250 Ph: 4323 7158 Fax: 4323 7158</p>	<p>Northlakes School as Community Centre Jabiru Cottage Goorama Ave San Remo NSW 2262 Ph: 4390 9718 Fax: 4390 4793</p>	<p>Warnervale Family & Community Centre 271 – 273 Warnervale Rd Hamlyn Terrace NSW 2259 Ph: 4392 8734 Fax: 4394 0801</p>
<p>Cynthia Street Community Centre 4 – 10 Cynthia Street Bateau Bay NSW 2261 Ph: 4332 7450 Fax: 4334 6329</p>	<p>Northern Lakes Family Centre Corner Acacia Avenue & Elizabeth Bay Drive Lake Munmorah NSW 2259 Ph: 4390 3670</p>	<p>Watanobbi Community Centre 1 Harrington Cl Watanobbi NSW 2259 Ph: 4351 2860</p>
<p>Gosford City Community Services Narara Community Centre 2 Pandala Road Narara, NSW 2250 Ph: 4329 4477 Fax: 4329 6832</p>	<p>Peninsula Community Centre 93 McMasters Road Woy Woy NSW 2257 Ph: 4341 9333 Fax: 4342 4947</p>	<p>Wyoming Community Centre 147 Maidens Brush Road Wyoming NSW 2250 Ph: 4323 7483 Fax: 4325 0955</p>
<p>Green Point Community Centre 96 Koolang Road Green Point NSW 2250 Ph: 4367 7591 Fax: 4367 7659</p>	<p>San Remo Neighbourhood Centre 28 Brava Avenue San Remo NSW 2262 Ph: 4390 7888 Fax: 4399 2398</p>	<p>Wyoming Youth Centre Warrawilla Road Wyoming NSW 2250 Ph: 4325 0661 Fax: 4325 0662</p>
<p>Kariong Neighbourhood Centre 10 Langford Drive Kariong NSW 2250 Ph: 4340 1724 Fax: 4340 4595</p>	<p>The Banksia Family Centre Lot 21 Sir Joseph Banks Drive Bateau Bay NSW 2261 Ph: 4334 3390 Fax: 4334 3484</p>	<p>Wyong Neighbourhood Centre Inc Alison Road Wyong NSW 2259 Ph: 4353 1750 Fax: 4352 1209</p>
<p>Kincumber & District Neighbourhood Centre 20 - 22 Kincumber Street Kincumber NSW 2251 Ph: 4363 1044 Fax: 4369 6721</p>	<p>The Entrance Neighbourhood Centre Corner The Entrance Road & Campbell Avenue The Entrance NSW 2261 Ph: 4332 4545 Fax: 4334 2437</p>	<p>Wyong School as Community Centre Cutler Drive Wyong NSW 2259 Ph: 4352 3637 Fax: 4351 2885</p>

New Entry Information

Name of Support Group / Organisation:					
Brief Description of group / service, including aim, and any particular focus. <i>(100 words or less- attach additional page if necessary)</i>					
Meeting Information: days / times/ venue <i>(30 words or less)</i>					
Contact Details: TO BE PUBLISHED IN DIRECTORY Contact Person / Position: <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> Address – postal or street as appropriate <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Phone:</td> <td style="width: 50%; border: none;">Phone:</td> </tr> <tr> <td style="border: none;">Mobile:</td> <td style="border: none;">Fax:</td> </tr> </table>		Phone:	Phone:	Mobile:	Fax:
Phone:	Phone:				
Mobile:	Fax:				
Email contact: <i>if available and appropriate for service to be contacted by email</i>					
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. Contact Name: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;">Phone:</td> <td style="width: 50%; border: none;">Mobile:</td> </tr> </table> Email: Other Information:		Phone:	Mobile:		
Phone:	Mobile:				
Web Address: <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: Central Coast Local Health District – Carer Support Unit web site: http://www.cclhd.health.nsw.gov.au/patientsandvisitors/CarerSupport/Pages/Support-groups-and-services-directory.aspx Return completed from to: Carer Support Unit PO Box 361, (91 Holden Street) Gosford NSW 2250 Telephone: 4320 5556 Fax: 4320 5555 Email: CCLHD-CSUCC@health.nsw.gov.au					