
Leisure for Youth and Adults with Disabilities in the Northern Beaches

AUGUST 2010

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Information about *leisure for youth and adults with disabilities* was accurate at the time of publication. Changes occur regularly. Please contact the organisations to confirm details and to ensure that the service can meet your needs. Your suggestions and comments are most welcome.

For more information or to obtain a copy of this directory, please contact the Disability Information Officer at Warringah Library on 9942 2686 or janzm@warringah.nsw.gov.au . It can also be downloaded from the website at www.warringah.nsw.gov.au/services/disability.aspx or www.wls.nsw.gov.au/disabilityinformation.htm .

On the above websites, you can find **useful publications**, search a **database of services** in the Northern Sydney region, and see **fortnightly disability newsletters** about new services, resources, websites etc. The free fortnightly e-newsletter of 8 to 14 pages is emailed in Word or pdf format, or Large Print. To subscribe, email janzm@warringah.nsw.gov.au.

If you need an interpreter, please tell the Translating and Interpreting Service on 13 14 50 that you want to speak with staff on 9942 2686.

When you enquire about any activity, you might be placed on a waiting list. It is important that service providers know that you want to participate in their activity.

Published by: Warringah Disability Information Service,
Warringah Library Service, Community and Environmental Services,
Warringah Council, 725 Pittwater Road, DEE WHY 2099



Warringah Council

Accessibility

Accessible Parks and Reserves in the Northern Beaches

- . **Manly Council** - "Accessing Manly" - phone 9976 1562. See www.manly.nsw.gov.au/Publications.html.
- . **Pittwater Council** - phone 9970 1170 or find information about accessible toilets, showers, MLAK facilities, views, picnic facilities at www.pittwater.nsw.gov.au/community/people_with_disabilities
- . **Warringah Council** - "Accessible Community Facilities" - phone 9942 2787 or see www.warringah.nsw.gov.au/services/disability.aspx under Helpful Publications.
- . **National Parks and Wildlife** - "Guide to NSW National Parks" lists accessible facilities within each park. See www.environment.nsw.gov.au/nationalparks.
- . **Mobility or access maps** show the location of accessible parking, steps, doors, wheelchair accessible toilets, seating, ramps, lifts etc. Phone the management or access committees of the relevant Council or shopping complex for a copy, or check their websites.

Accessible Public Toilets and Facilities

Most public toilets are locked at night for security reasons. The MLAK key (Master Locksmith Access Key) allows you to use facilities accessible only to keyholders at any time. For a list of MLAK facilities, phone Spinal Cord Injuries Australia on 1800 819 775. To obtain a MLAK lock or key, contact 1800 810 698. Most councils have booklets on accessible facilities in their area. Others (and shopping centres) publish a "Mobility Map".

Master Locksmiths Access Key System (MLAK)

Phone: 1800 810 698 **Web:** www.masterlocksmiths.com.au **Email:** national@masterlocksmiths.com.au
C/- Spinal Cord Injuries, 1 Jennifer St, Little Bay NSW 2036

The MLAK key allows access to toilet facilities, with an MLAK lock system, that would normally be locked after hours. A list of facilities with an MLAK system is available from Spinal Cord Injuries Association. A letter of authorisation must be taken to any Master Locksmith to purchase a key (about \$15). Phone your council for information about local locksmiths.

National Public Toilet Map

Phone: 1800 990 646 **Email:** helpline@toiletmap.gov.au **Web:** www.toiletmap.gov.au
Mail to: National Continence Management Strategy, GPO Box 9848, Canberra ACT 2601

This is an initiative under the Australian Government National Continence Management Strategy. The map is a large electronic database of 15 000+ public toilets with location details, opening hours and information on disability access. The map includes toilets located in fast food outlets and service stations along major travel routes. Users can navigate around the website, search for particular towns, shires, parks and streets. They can also print maps of areas to visit.

NSW Visitors Information Line

Phone: 132 077, 9240 8788 **Web:** www.visitnsw.com.au Tourism House, 55 Harrington St, Sydney 2000
Information on attractions, events, towns, tours and accommodation in NSW. Takes bookings and reservations for air, coach and rail trips, tours and accommodation within Australia and within the South Pacific, including Lord Howe and Norfolk Islands. Sydney Visitor Centre at the Rocks on 9240 8788.

Sydney Harbour National Park (NPWS) National Parks & Wildlife Service

Phone: 02 9247 5033 Cadmans Cottage, 110 George St, The Rocks 2000
Email: cadmans.cottage@environment.nsw.gov.au **Web:** www.environment.nsw.gov.au

Information and booking service for tours and special events in Sydney Harbour National Park including Fort Denison, Goat Island, the Quarantine Station, Bare Island, Middle Head & Bradleys Head. Special school holiday tours are available. Please call for information. Limited accessibility.

Toilets for People with Disabilities in Chatswood

Various locations, Chatswood NSW 2067

Toilets can be found at: Chatswood Bowling Club, Dougherty Community Centre, Zenith Theatre, Lemon Grove Shopping Centre, Westfield Shoppingtown, Mandarin Shopping Centre, Myer, Chatswood Chase, Victoria Avenue Plaza and Spring Street Shopping Centre, Beauchamp Park and Chatswood Oval - North. For more information on public toilets, visit the Department of Health and Ageing 'National Public Toilet Map' at www.toiletmap.gov.au .

Art, Craft, Dance, Drama, Gardening, Music

Accessible Arts

Phone: 02 9251 6499

Pier 4, The Wharf, Hickson Rd, Walsh Bay 2000

Email: info@aarts.net.au

Web: www.aarts.net.au

State-wide organisation that promotes participation in all cultural experiences and art forms (including drama, music and dance) for people with physical, intellectual, sensory or psychiatric disabilities. Initiates projects and regional networks, and operates a statewide database providing information on art and disability. Organises training services and conferences for disability services, artists, arts organisations, community groups and interested people. Disability awareness training. Accessible, including toilets.

Accessible Dance Classes - Sydney

Phone: 0402 644 510

at Accessible Arts training room (see above)

Email: kirsty@kirstydance.com.au

Web: www.kirstydance.com.au

Dance classes for youth (aged 16+) and adults with moderate intellectual disability; carers can participate. Can be attended on a casual basis. Experienced teachers - Kirsty Fromholtz and Yumi Schaefer. Wear sneakers or jazz shoes and non-restrictive clothing. Access via entrance driveway on left side. Accessible.

Artability

Phone: 02 9452 1865 (Anne)

Email: wilko52@bigpond.net.au

Forest Community Arts Centre, Shopping Centre, Darley St, Forestville 2087 Ramp, wheelchair access and toilet.

1. Artability - Volunteers run a program of activities (like pottery, ceramic painting, silk painting, cookery, collage) on Sat 1pm-3:30pm (6 weeks). Carers welcome, especially for clients with high support needs.

2. Advance Art classes on Fri 12:15pm-3pm for 8 weeks during school terms. Call Val on 9451 5510.

Australian Music Therapy Association (AMTA) Inc

Phone: 03 9525 9625

Mail to: MBE 148, 45 Glenferrie Rd, Malvern VIC 3144

Email: info@austmta.org.au

Web: www.austmta.org.au

NSW/ACT: radoman@hotmail.com

Association of professionals in music therapy (the use of music to address particular needs, including those of people with disabilities). Registers members, publishes newsletter and Australian Journal of Music Therapy, holds annual national conference and state branch meetings, provides information and resources. Has national register of qualified music therapists, with contact details.

Australian Theatre of the Deaf

Phone: 02 9310 1255

Suite 4, 245 Chalmers St, Redfern NSW 2016

Email: info@atod.org.au

Web: www.atod.org.au

Performance company of deaf and hearing impaired actors. Perform in schools and in main-stage productions. Workshops in signing theatre. Support staff accompanying people with disabilities are admitted free of charge. Performs at various venues. Redfern station accessible - 1 step with staff assistance.

Boonah Creative Arts Centre

Phone: 02 9499 5675

Email: heidi.mecklem@dbb.org.au

West Pymble Shopping Centre, Kendall St, West Pymble NSW 2073

Centacare runs 2 hour sessional art classes from Monday to Wednesday for adults with intellectual, mental or physical disabilities living in Upper North Shore.

CULTIVATE - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Telopea Centre, 59 Parkes St, Ryde NSW 2112

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au Accessible.

TAFE courses, information, demonstrations on accessible and low maintenance gardening (incl tools) as recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Gives talks etc.

Dance Chance Inc

Phone: 02 9456 1165

Email: dancechance@live.com.au

Web: www.dancechance.com.au

Chatswood South Uniting Church, 518 Pacific Hwy / Mowbray Road, Artarmon.

Contemporary and jazz dancing classes for children aged 6+ to adults with a disability on Sat 2-3.15pm during the school term. \$5/lesson. 1 staff:4 dancers.

Dance'n'Time for Children, Teens and Adults with Disability

Phone: 02 9971 8085

Email: dance-n-time@live.com.au

Lifestyle Centre, Spastic Centre, 189 Allambie Rd, Allambie NSW 2100

Based on line dancing, with set steps to music and adapted to capabilities, with stretching and modern dance. For people with disabilities; siblings and carers welcome. Thursday class 6.30-7.30pm. Fully accessible facilities, onsite parking.

Drama and Music for Youth and Adults with Disability

Phone: 02 9970 1000

Class at Annex of Narrabeen High School, Pittwater Rd.

Email: enquiries@nbcc.nsw.edu.au

Web: www.nbcc.nsw.edu.au

Classes use imagination, self-expression and fun in doing voice work, drama exercises and short performance pieces with experienced coach on Mondays 10am-12noon, or 12noon-2pm. \$50 for 7 sessions. Accessible.

Drama Class for Youth with Intellectual Disabilities (MSTYP)

Phone: 02 9498 7671

Email: Margie@mstyp.org.au

St Martin's Anglican Church Hall, 9B Arnold St, Killara 2071

Drama class for 12 people aged 14-25 with intellectual disability. Coach Sher Kearney. Performance for family and friends at the end of 2010. Level entrance.

Drama Workshops for Youth with Disabilities

Phone: 0403 338 107

Email: caroline_downs@optusnet.com.au

Mosman Seniors Centre, 2 Mosman Square, Mosman NSW 2088

Classes use imagination, self-expression and fun in doing voice work, drama exercises and short performance pieces with experienced coach. For youth and adults from age 14. Lifts, toilets, ramp, hearing loop.

Glen Street Theatre

Phone: 9975 1455; 9975 4044

Glen St, Belrose NSW 2085

Email: glenstreet@glenstreet.com.au

Web: www.glenstreet.com.au

Theatre used for professional dramas, comedy, dance, literary luncheons and morning melody concerts. Wheelchair access, toilet facilities, audio loop. Two performances of each show are captioned for people with hearing impairment.

InRhythm (also known as Renewtree)

Phone: 0401 030 237, 1300 554 035

Email: info@inrhythm.com.au

Web: www.inrhythm.com.au

Offers music workshops and interactive performances that focus on the abilities of each individual so as to create the most beautiful music possible. Can come to your centre on a regular basis or as a "one off" special event.

Merry Makers Australia

Phone: 02 4356 1097

Meet at St Ives Community Hall, Killeaton St & Memorial Ave, St Ives 2075

Email: merrymakers@merrymakers.com.au

Web: www.merrymakers.com.au

This group of people (aged 5-55+) with intellectual and/or physical disabilities perform with music and dance. Meets each Saturday from 12noon to 4pm. Waiting list so please ring first. Ramp, toilets, parking.

Mouth & Foot Painting Artists Pty Ltd (MFPA)

Phone: 02 9698 3933

15 McCauley St, Alexandria NSW 2015

Email: manager@mfpa.com.au

Web: www.mfpa.com.au

Artists who are unable to hold a brush can join this international organisation as students, then full members when their art is of similar standard similar to able bodied artists. Sells cards, calendars etc. Wheelchair accessible ground floor.

Musical Between - Music Therapy

Phone: 0421 744 090

Email: mbetween@gmail.com

Thornleigh Community Centre, Cnr Phyllis and Central Ave, Thornleigh 2120 Mail to PO Box 137, Gordon 2072

People of any age and ability can attend music therapy classes by Izumi Nago, Registered Music Therapist, to increase self awareness, develop social skills, build relationship, express emotions and increase vocalisation, especially for people with disability (aged 2+) who are non verbal. Uses Nordoff-Robbins approach. Concert in December. Mon, Tue.

NIDA Open Program (National Institute for Dramatic Art)

Phone: 02 9697 7626

NIDA, 215 Anzac Pde, Kensington NSW 2033

Email: open@nida.edu.au

Web: www.nida.edu.au

Acting courses open to anyone. Community groups can design their own course to suit the needs of their members – send details to Open program. Level access and toilets ground floor only.

Northside Enterprise - Drama Class for Young Adults

Phone: 02 9905 5377

5/26 Williams St, Brookvale NSW 2100

Email: leisurelink@northside-enterprise.org.au

Web: www.northside-enterprise.org.au

Youth aged 18+ can join the drama classes and workshops which are part of its Leisure Link program. Class on Tue 3.30-5.30pm explores characters and scenes, improvises, enjoys drama games. \$7/class. Accessible (phone first).

Pioneer Clubhouse

Phone: 02 9907 9999

2 Quirk Rd (off Balgowlah Rd), Balgowlah 2093

Email: mail@pioneerclubhouse.org.au

Web: www.pioneerclubhouse.org.au

Community based program for people (aged 18+) with mental illness to support recovery through job readiness skills (kitchen, clerical, maintenance), transitional employment, job search training. Social program Thu Sat. Art/music activities Friday 3-5pm. Orientation Tuesdays for new members 11am, for public 2pm. Clubhouse run by people who attend, with staff support. Ramp at back entrance.

Point Break Drama Acting School

Phone: 02 9907 2963

Email: info@pointbreakdrama.com.au

Web: www.pointbreakdrama.com.au

Meets at New Life Baptist Church Hall, 28 Fisher Rd, Dee Why NSW 2099 Accessible.

Adult evening classes: Acting Basics 1, 2, 3 and Camera Course. Drama Class for youth 10-13 and 14-17 late afternoon Wed/Thu, for kids 7-9yrs on Thu. 10 week courses, include people with mild disabilities. Private singing lessons.

Special Olympics Upper North Shore Dance Group (SOSUNS)

Phone: 0403 497 517

Mail: PO Box 585, Turramurra 2074

Email: elissa@souppernorthshore.com

Web: www.souppernorthshore.com

SOSUNS has 8 dance groups for people with intellectual disability, of all ages and levels of ability, offering fun, dance and an improved social life. Groups meet in Turramurra (3), Asquith, Hunters Hill, Lane Cove, Epping, Castle Hill. Must be registered as a Special Olympic athlete. Accessibility depends on venue.

Studio ARTES Northside Inc

Phone: 02 9482 5266

Units 3, 67-71 Jersey St, Hornsby NSW 2077

Email: wendy@studioartes.com.au

Web: www.studioartes.com.au

This community-based service facilitates artistic expression, recreation, and pre-vocational skills for adults (aged 18+) with disabilities. Full day or 2-hour training in painting, drawing, pottery, weaving, watercolours, sewing, decoupage, music, drama, dance. Customised programs by artists and trainees. Social club on Fri 3-5pm, friendship group Tue 9-11.30am, bus trips, weekends. Art exhibitions at Gallery (corner of George / Florence St, Hornsby). Fully accessible.

Sunday Activities for Adults with Special Needs

Phone: 02 9913 1474

Email: manresa123@optusnet.com.au

Activities at Nelson Heather Centre, 4 Jacksons Rd, Warriewood NSW 2102

Craft and social activities at centre or elsewhere. Volunteers welcome for driving, meal preparation, craft skills, wheelchair help. Parking available. Ramps, parking, wheelchair accessible toilets.

Sunshine Paper Studio

6 West Street, Pymble 2073

Phone: 02 9496 8700

Email: lrellis@sunshinehome.net.au

Adults (aged 18+) with disabilities can learn new skills while making handmade paper artworks, cards, notepaper in a supportive environment. Mon-Fri 9am-3pm Community Participation or user-pays basis, weekends on request. Exhibitions and sales at the Art Studio. Level access, parking, accessible toilets.

UTS Music Therapy Clinic

Phone: 0407 990 351

Email: mtharmony@three.com.au

UTS Sydney, Kuring-gai Campus, Eton Rd, Lindfield 2070

Offers music therapy intervention for people with disability to aid in increased self awareness, development of social skills, relationship building and increase vocalisation for clients who are non verbal. Ramps, lifts, parking and toilets.

Workshops in Arts for People with Disabilities (WAPD)

Phone: 02 8839 3398

Mail to: PO Box 3636, Parramatta NSW 2124

Email: office_riverside@parracity.nsw.gov.au

Web: www.riversideparramatta.com.au

Encourage participation, self expression and self discovery in the arts. Activities allow individual and group participation at different levels of capability. Drama and Movement on Tue 10-11:30am (Severe Disability) and 12-1:30pm (Moderate Disability) at Granville Town Hall, 8 Carlton St, Granville. Dance and Performance on Thu 10-11:30am (Severe Disability) and 12-1:30pm (Moderate Disability) at Ermington Community Centre. Accessible entry and toilets.

Communication, Colleges and Libraries

TAFE has training for people with vision impairment who want to enter or re-enter the workforce, and need new skills, update existing skills or learn JAWS or Zoom Text. Phone TAFE's Vision Impairment Unit on 9472 1216 for information about classes in the Northern Sydney Institute.

Adaptive Technology Access Centre (ATAC)

Phone: 02 9847 6568

Hornsby Library, 28-44 George St, Hornsby 2077

Email: hsc@hornsby.nsw.gov.au

Web: www.hornsby.nsw.gov.au

Located in Hornsby Library, it includes equipment suitable for people with a disability, the elderly and those with vision impairment, and has a range of computer programs and equipment. Accessible entry & toilet; Closed Circuit Television; Open Book; Jaws; Zoom Text Extra; Luxo Lamp; Intellikeys.

Deaf Society of NSW

Phone: 02 8833 3600, (TTY 1800 893 885)

Email: info@deafsociety.com

Web: www.deafsocietynsw.org.au

Level 4 (Entry via Horwood pl), 69 Phillip St, Parramatta NSW 2124 PO Box 1060, Parramatta 2124

Provides support services and programs for deaf people. Includes community access and information service, interpreting service, employment service & work place support, deafness awareness training, community education, independent living skills program. Qualification & literacy taught in Auslan and workplace programs for the wider community. Lift, hearing loops, toilet.

Macquarie Community College

Phone: 02 8845 8888

Cnr Rickard St & Marsden Rd, Carlingford 2118

Email: enquiries@macquarie.nsw.edu.au

Web: www.macquarie.nsw.edu.au

Offers a wide variety of day and evening classes and weekend workshops, covering recreation, languages, sport, IT and business training. Some courses for people with intellectual disability. Literacy and English as a Second Language classes. Covers the area from Carlingford to Chatswood. Accessible.

Local Libraries in the Northern Beaches

Services for people with disabilities exist in most libraries. The following capital letters identify services in each library:

Audio cassettes - spoken word (fiction, biography, skills)

Captioned DVDs

DVDs (movies)

Disabled toilet access for wheelchairs

Home Library Service - materials are selected and delivered to you by the library (Doctor's certificate needed)

Inter-Library Loans (like non-English reading material) from the State Library

Large print books - fiction, non-fiction, biographies

Magnifying glasses and sheet magnifiers

Navigator audio reading device for vision impaired

Parking spaces designated for disabled users

Reading development and literacy materials to learn English

Special Needs Officer to obtain the above or other materials

Talking books and magazines

Library	Phone	Services
Avalon	9918 3013	L, P (1), R
Belrose	9452 3211	A, C, D, DVD, H, L, M, P (1), T
Dee Why	9942 2449	A, C, D near, DVD, I, H, L, M, N, P (4), R, S, T
Forestville	9452 5706	A, C, D, DVD, H, L, P (1), T
Manly	9976 1720	A, C, D, DVD, H, L, M, R, S, T
Mona Vale	9970 1600	A, C, D, H, L, M, N, R, S, T
Terrey Hills	9450 2216	A, C, D, L, T
Warringah Mall	9942 7999	A, C, D near, DVD, H, L, M, P, R, T

For people with vision impairment:

Chroma SVGA Magnification system enlarges whatever is placed on the glass tray - at Forestville Library.

Library staff at all libraries can enlarge the print on computer screens by altering the font size on the toolbar. Most libraries have Zoomtext which enlarges anything on the computer screen.

The library catalogue, various databases and information are available online so you can select items from your home computer.

Manly Library - Home Library Service

Phone: 02 9976 1730

Email: marian.gray@manly.nsw.gov.au

Manly Library Market Place, Manly NSW 2095

Web: www.manly.nsw.gov.au

Supplies library items to borrowers who are unable to visit the Library in person (private residents, aged care facilities, private hospitals etc), and those who visit the library but cannot carry their self selected items home. Deliveries made mainly by volunteer couriers. Wheelchair access, toilets, parking, ramps, lift.

Mosman Day and Evening College

Phone: 02 9968 4000

Email: mecenrol@swiftdsl.com.au

Web: www.mec.nsw.edu.au

Mosman High School, Gladstone Avenue (entrance), Mosman NSW 2088

The College runs day and evening courses as well as one-day workshops in a broad range of subjects.

National Relay Service

Phone: 1800 555 660 / TTY 1800 555 630

Email: helpdesk@relayservice.com.au

21a Elliott St, Balmain NSW 2041

Web: www.relayservice.com.au

A telephone relay service for Australians who are deaf, have a hearing and/or speech impairment, to communicate with anyone who uses a standard telephone and vice versa. Operates daily 24 hours. Calls to NRS are charged at the local rate.

Northern Beaches Community College Inc

Phone: 02 9970 1000

Email: enquiries@nbcc.nsw.edu.au

NBCC Annex, 1525 Pittwater Rd, North Narrabeen 2101

Web: www.nbcc.nsw.edu.au

Wide range of subjects offered throughout the Manly Warringah Pittwater area. Course catalogues available January, late April, late June and late September. On-line courses available. Discount of 10% for people with full Australian pensions and Seniors card holders. Also part-time office at Level 1, 14 William St, Brookvale (opposite Warringah Mall) Tel 9939 9877. Only Narrabeen High School and Dee Why have wheelchair access.

Pittwater Library Service - Home Library Service

Phone: 02 9970 1600

Email: zora_drazic@pittwater.nsw.gov.au

Mona Vale Library, Park St, Mona Vale 2103

Web: www.pittwater.nsw.gov.au/library

Co-ordinates and supplies library items to people in their own homes who are unable to visit the library. Ramp, lift, toilet.

Radio 2 RPH - Radio For Print Handicapped of NSW Co-operative Ltd

Phone: 02 9518 8811

Email: 2rph@2rph.org.au

St Helens Centre, 7/184 Glebe Pt Rd, Glebe 2037

Web: www.2rph.org.au

Reads newspapers, magazines and books for people who cannot see, handle or understand printed material. 1224 khtz AM band. 2RPH - Sydney's Radio Reading Service. Not accessible for wheelchairs.

TAD/ Gale Computer Support Service

Phone: 02 9912 3400

Email: css@tadnsw.org.au

Unit 10, 185 Briens Rd, Northmead 2152

Web: www.tadnsw.org.au

Recycle donated computers and ancillary equipment, install software, then sell computer (\$250 / \$380) with 2 year maintenance to people (aged 3+) with pension, health or veteran card. Windows XP, Microsoft Office 2003. Accessible.

TADAust Connect

Phone: 1300 735 439

Email: adminsupport@tadaustconnect.org.au

Web: www.tadaustconnect.org.au

Mail: GPO Box 2223, Melbourne 3000

Provides low cost fully supported internet services for people with a Disability Services Pension, a DVA Entitlement Pension or an Aged Pension Card.

Talking Manly Daily and Talking North Shore Times

Phone: 1300 847 466

Email: customerservice@visionaustralia.org

Mail to: Vision Australia, PO Box 176, Burwood NSW 2134

Web: www.visionaustralia.org

Vision Australia Volunteer Narrators record all sections of the local newspapers onto master cassette for Blind or Vision Impaired residents. Copies are mailed out once a week to residents wherever the printed newspapers are available.

Vision Australia

Phone: 1300 847 466

Email: info@visionaustralia.org

4 Mitchell St, Enfield NSW 2136

Web: www.visionaustralia.org

Provides a range of services for children and adults who are blind or have low vision. Includes counselling, employment support, computer training, a talking book library and talking newspaper service, transcription facilities, an equipment resource centre, low vision aids and strategies for managing everyday activities and retaining independence. Parking, ramps, lift, toilets.

Warringah Library - Home Library Service

Phone: 02 9942 2393

Email: maggie.forbes-mitchell@wls.nsw.gov.au

Dee Why Library, Pittwater Rd, Dee Why 2099

Web: www.wls.nsw.gov.au

Coordinates and supplies library items to people in their own homes who are unable to visit the library. Does not visit nursing homes or retirement villages, but an agency representative can take a 3-month bulk loan from any branch. Contact 9942 2449 to make arrangements or for more details.

Holiday Camps

For other camp options, phone the Northcott (9890 0100), Epilepsy Association (1300 374 537), Asthma Foundation NSW (9906 3233), Centacare (8425 8700), Sunnyfield (9451 6999), The Spastic Centre (9479 7200), St Ignatius College (9882 8222), FAMI Club (8877 5283), Young Carers NSW (1800 242 636), Autism Spectrum Association (8977 8377), ADHC Metro North (8855 3586).

Camp Breakaway - Central Coast

Phone: 02 4390 7624

Email: info@breakaway.org.au

Cnr Highview and Goorama Ave, San Remo 2262

Web: www.breakaway.org.au

Cabins: 8 fully accessible heated with air con & 8 A-Frame huts with bunks, each for 6 persons. Kitchen halls: 2 self-catering (30+ persons) and 1 catered (30-250). Recreation: tennis/basketball court, shaded BBQ area, mini golf, Tranquil Gardens, grass oval. Runs 3 one-week camps for adults with physical disabilities (aged 18-35, and 35+), with volunteer help. Also 3 weekend camps for children (with their families) that are terminally ill or have rare diseases or syndromes. Site hire for group camps/ functions and private use. Fully accessible facilities.

Camp Toukley

Phone: 02 4396 4336, 1300 733 189

Email: info@lutanda.com.au

Evans Rd, Toukley NSW 2263

Web: www.campstoukley.com.au

Residential camp for disadvantaged children and young people, including an annual camp specifically for children with disabilities (ie Camp Endeavour, 4 day camp for adolescents with physical disabilities aged 12-21, maximum 25 people. Camp site is 14 hectares on shores of Lake Tuggerah, 45 minutes drive from Hornsby. Accommodation is from the Olympic Village, and 50% is accessible. Operates as a Youth Leadership Training Centre as requested. Specific camps are designed to offer accessibility.

Camp Jonathan and Camp David – Lutanda Holiday camps

Phone: 1300 733 189

Email: holidaycamps@lutanda.com.au

Mail to: PO Box 21, Toukley NSW 2263

Web: www.lutanda.com.au

Holiday opportunities in Penrith/ Mt Victoria for people with mild to moderate intellectual disabilities. Camp Jonathan: 4 weeklong camps & 1 weekend for young people aged 8-18. Camp David: 1 weeklong January camp for adults of 18+. Tennis, swimming, basketball, trampoline, volleyball; games room; dining room for catering. Six cabins of 10 beds with 1 bathroom. Accessible, ramps.

Department of Sport and Recreation Camping Programs

Phone: 02 9006 3700, 13 13 02

Email: info@dsr.nsw.gov.au

6 Figtree Drive, Sydney Olympic Park 2127

Web: www.dsr.nsw.gov.au

Children only camps for school years 7 – 12, with camps of 1 to 7 days duration. Program activities include fishing, bush-walking etc. Family and group camps as well. Children under 2yrs old free. Many locations have specifically designed accommodation for people of varying levels of physical and intellectual functional ability. Access varies from site to site.

Galston Gorge Conference & Recreation Centre

Phone: 02 9653 1676

Email: groupbookings@crusaders.edu.au

8 Crusader Rd, Galston NSW 2159

Web: www.crusaders.edu.au

The perfect venue for groups who want to get away and enjoy the outdoors together. Set in a beautiful, tranquil bush land setting 15 minutes from Hornsby and is fully accessible. Facilities include en-suited accommodation for 214 including 8 accessible rooms, new dining hall and lounge, 2 state of the art conference rooms with full audio visual facilities, 10 smaller meeting rooms and gym. Ramps, rails, widened doorways.

Outward Bound Australia

Phone: 02 6235 5700

Naas Rd, Tharwa ACT 2620

Email: info@outwardbound.org.au

Web: www.outwardbound.org.au

Provides challenging experiences that help people discover, develop and achieve their potential. Outdoor, adventure and challenging situations on courses let people take individual and group actions in making decisions. Some scholarships. Not accessible.

Scouts with Special Needs

Phone: 02 9735 9000

Email: info@nsw.scouts.com.au

Web: www.nsw.scouts.com.au

NSW Headquarter, Level 1, Quad 3, 102 Bennelong Parkway, Homebush Bay NSW 2127

Young people with physical and mental disabilities are generally integrated into regular Scout Troops and receive additional support, infrastructure and training. Parents should meet with the Group and Section Leaders to discuss the child's needs and medical issues, and can be involved. NSW has Special Needs Scout Groups, like 1st Cromehurst in Ku-ring-gai, usually for older youth with an intellectual disability. For Sydney Northern Region, phone (02) 9411 4088 or email sn.region@nsw.scouts.com.au. Some facilities are accessible.

United Christian Youth - Camp Kedron

Phone: 02 9450 1296

Emmaus Rd, Ingleside NSW 2101

Email: info@campkedron.com

Web: www.campkedron.com

This non-profit Christian camp, retreat and conference centre is run by volunteers, and is ideal for seminars, conferences, day excursions and all types of camps. Provides conference facilities for 60 and 120 people on a fully catered basis for school groups, church groups etc. Set on the edge of the Ku-ring-gai National Park which provides bush walks and swimming hole. On site are 3 trampolines, pool table, table tennis, volley ball, gymnasium, rock climbing wall and grassed recreation area. A requirement of any group using the facilities is that they have at least one "Christian Life Education" session per stay, usually about 20 minutes. Sports Centre Building with mezzanine for table tennis. Limited Access, stairs.

Youthworks Holiday Camp

Phone: 02 8268 3346

Blue Gum Lodge, off Fels Ave, Springwood 2777

Port Hacking Conference Centres, Rathane Rd, Royal National Park NSW 2230.

Email: holidays@youthworks.net

Web: www.youthworks.net

Christian camping program for children, young adults and adults with disabilities. Various camps run throughout the year (in school holidays) for children and young adults (aged 12 to 20), including one camp in September for those who use wheelchairs. There are two camps per year for adults with physical disabilities - one camp in March and one in November. Accessible bathrooms and rooms.

Social Clubs and Groups

CAsteen – Club for Teens with Aspergers Syndrome

Phone: 0413 781 626

Email: christineayo@optusnet.com.au

Social group for teens aged 13+ with Asperger's disorder, to attend functions, socialise and make friends. Parents organise outings throughout Sydney every two weeks, and are required to attend with their teen. Siblings and friends are also welcome. Communication via Yahoo group mail; contact list and calendar emailed to members.

BIRDS Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

46 Gladesville Rd, Hunters Hill NSW 2110

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.com.au

Provides out-of-hours respite care for adults aged 18-35+ who have sustained brain injury. Peer support, recreation, skill development, leisure activities. Thursday evening group organises monthly independent dinner, shows, movies. Saturday day program includes sailing, beach, video days, trivia, markets etc.

Independent Social Network Group meets on last Sunday of each month. Activities decided by members; family and friends are welcome. Wheelchair access, toilet facilities, designated street parking spots.

Chatswood Social Club

Phone: 02 9420 8555

Chatswood Youth Centre, Cnr Albert Ave & Victor St, Chatswood 2067

Email: admin@recrend.ngo.org.au

Web: www.recrend.org.au

Social club for adults (aged 18+) with mild intellectual disability. Centre based activities include art, craft, drama, games, quiz nights, cooking, discos etc. Weekend outings include movie afternoons, picnics etc. Membership application form on website. Accessible toilet facilities.

Club Friday

Phone: 02 9976 1562

Manly Council, 1 Belgrave St, Manly 2095

Email: communitydevelopment@manly.nsw.gov.au

Web: www.manly.nsw.gov.au/club-friday.html

This social and recreational respite service is for adults with a mild intellectual disability or brain injury living in the Northern Beaches. They visit various venues in the Northern Beaches on Friday evenings to dine, dance and socialise. Activities include 10 pin bowling, mini golf, movies, two day trips per year. Program of regular events available. Accessible.

Crossroads Christian Fellowship NSW Inc

Phone: 02 9980 8911

Suite 2, 265-271 Pennant Hills Rd, Thornleigh 2120

Email: nsw@crossroadsfellowship.org.au

Web: www.crossroadsfellowship.org.au

Provides a facilitating service for people with disabilities to participate in standard church activities with a special emphasis on social activities. The service operates at various locations throughout New South Wales.

Disabled Alternative Road Travel Service (DARTS)

Phone: 02 9777 7840

Email: darts@tpg.com.au

Web: www.darts.org.au

Dougherty Community Centre, 7 Victor St, Chatswood 2067

Social, recreational and educational bus trips in buses modified to take wheelchairs. A door-to-door service for adults with physical disabilities or aged people who use wheelchairs. Support given by volunteer helpers and companions. New clients welcome. Volunteers needed. Buses are wheelchair accessible.

Discobility - Dance Party for Teens with Special Needs

Dance party for youth aged 12-18 (12-25 Mosman) with disabilities and their friends, is held once per school term on Friday night. Music, prizes, games! Carer must accompany if youth is not self-reliant. Booking and indemnity forms required (from website or at door). Accessible entrance, toilet, disabled parking.

* **Manly** - Manly Youth Centre, Kangaroo St, Manly NSW 2095

Email: myc@manly.nsw.gov.au

Phone: 02 9977 5599

Web: www.manly.nsw.gov.au/YouthEntertainment.html

* **Mosman** - Youth Centre (opp Allan Border oval), 30 The Crescent, Mosman

Email: youth@mosman.nsw.gov.au

Phone: 02 9978 4013

Web: www.mosman.nsw.gov.au/community/youth/whats-on

* **Warringah** - YOYOs, Forestway Shopping Centre, Corner of Forestway and Warringah Rd, Frenchs Forest 2086

Phone: 02 9942 2680

Email: youth@warringah.nsw.gov.au

Web: www.warringah.nsw.gov.au

* **Ku ring gai** - Fitz Youth Centre, St Ives (off Memorial Avenue).

Email: youth@kmc.nsw.gov.au

Phone: 9424 0837

Web: www.kmc.nsw.gov.au/youth

Girl Guides Association (NSW), Northern Sydney Region

Phone: 02 8396 5200

Mail: Locked Bag 950, Strawberry Hills 2012

Email: guides@guidesnsw-act.org.au

Web: www.girlguides-nswact.org.au

Leisure activities for girls aged 5-18 years, adult leadership for women 18-30 with the OP Program. Enjoyable activities with an educational purpose to develop character and reach their full potential. Camping, camp craft, abseiling, canoeing and general fitness pursuits. Girls with a disability can be included, or join Lones program – phone 02 8396 5200. Some guide halls are accessible.

Hear For You (HFY) - Mentoring Program for Hearing Impaired Teens

Phone: 0438 003 526 (SMS)

Mail to: PO Box 122, Northbridge NSW 1560

Email: info@hearforyou.com.au

Web: www.hearforyou.com.au

The program consists of free group activities, seminars, one-on-one mentoring and e-mentoring (via email) so as to motivate deaf / hearing impaired adolescents and boost their confidence and social skills. At information sessions throughout Sydney, parents learn about the program, meet mentors, and register their child.

House with No Steps – Leisure Support Program

Phone: 02 9451 1511

49 Blackbutts Rd, Belrose NSW 2085

Email: cbruce@hwns.com.au

Web: www.hwns.com.au

Live It Up! provides small group activities week days, evenings and weekends on user-pays basis for adults aged 18+ with mild developmental disabilities. Funky Squad program available through Respite Services. Ramps, accessible toilets.

Kaddy Club

Phone: 02 9972 0242 **Email:** lkaddy@tpg.com.au Uniting Church, 3 St Davids Ave, Dee Why 2099
Social activities by voluntary organisation for people using wheelchairs or blind in Manly Warringah Pittwater. 1. Monday Open House (including lunch) 9am-2pm, with pre-arranged pickup by Kaddy Transport. 2. Kaddy Young Adult Group has monthly outings (except January) on Saturdays. Fully accessible.

Leisure Link Program, Northern Sydney region - ADHC

Phone: 02 9841 9350 (Intake) **Web:** www.dadhc.nsw.gov.au
Weekend and/or evening program for people with a disability to spend time with peers in age appropriate creative, recreation and leisure activities. Providers are: Northside Enterprise 9905 5377, Recreation Rendezvous 9420 8555, Centacare (Wairara) 9488 2400, Centacare (Brookvale) 8968 5100. Referrals presented to allocation meeting, with priority based on health, social isolation, accommodation carer situation. It is not respite. **Mail:** ADHC, PO Box 3004, Parramatta 2124.

Mosman Saturday Youth Group

Phone: 02 9978 4013 Youth Centre, 30 The Crescent, Mosman 2088
Email: youth@mosman.nsw.gov.au **Web:** www.mosman.nsw.gov.au
A social and recreational group for local young people with a disability. The group sets the agenda for outings and activities. Fees are charged to cover costs. Includes a Disco once per term called 'Discobility'. Ramp at entry; lift.

MS Society of NSW - Northern Region

Phone: 02 9411 4522 293 Mowbray Rd, Chatswood NSW 2067
Email: Chatswood.Reception@msaustralia.org.au **Web:** www.msaustralia.org.au
Advice and support on accessible local recreation and specialist leisure activities. Library and information services. MS Connect 1800 042 138. Fully accessible.

Northcott Disability Services - Recreation

Phone: 02 9890 0100 1 Fennell St, North Parramatta NSW 2151
Email: recreation@northcott.com.au **Web:** www.northcott.com.au
Recreation for youth (aged 12-18) and adults (18+) with physical disabilities who are Northcott members. Individual recreation programs, outings, camps, holiday programs and social groups. Inter-school sports carnivals open to school-aged children with physical disabilities. A bi-monthly planner for adults, and term planners for youth, school holiday brochures. Facilities are fully accessible. .

Northern Beaches Interchange - Club With No Name

Phone: 02 9970 0500 2 Jacksons Rd, Warriewood NSW 2102
Email: admin@nbi.com.au **Web:** www.nbi.org.au
Peer support program for youth aged 15-24 with moderate-high support needs, living with their families in Manly, Warringah or Pittwater. Adventurous group activities are sporting, educational, environmental, cultural and creative. Staff and volunteer supervision. Fully accessible, including disabled parking.

Pioneer Clubhouse

Phone: 02 9907 9999 2 Quirk Rd (off Balgowlah Rd), Balgowlah 2093
Email: mail@pioneerclubhouse.org.au **Web:** www.pioneerclubhouse.org.au
Community based program for people (aged 18+) with mental illness (as primary diagnosis) to support recovery. Social program Thu Sat. Art activities Friday afternoon. Orientation Tue for new members 11am, for public 2pm. Run by people who attend, with staff support. Schedule, newsletter on web. Ramp, accessible toilet.

Pitane Recovery Centre

Phone: 02 8206 1841 **Email:** admin@canmentalhealth.org.au
CAN Office Training Room, 6A/15 Orchard Rd, Brookvale NSW 2100
For anyone with problems ranging from anxiety to depression to a diagnosed mental illness. The centre is run by consumers. Information, education and training include creative writing sessions, self esteem course, WRAP (Wellness Recovery Action Plan) group, Busting Out of the Welfare & Poverty Cycle course, Beachcombers, women's discussion group, Art Alive. Activities are held at community venues. Mobile Pitane can provide courses at your venue.

Respite Recreation Network - Friday Social Club

Phone: 02 9419 4122

30 Devonshire St, Chatswood NSW 2067

Email: gterzioglu-booth@bcs.org.au

Web: www.bcs.org.au

Peer Support program at Chatswood every Friday (4-9:30pm) for adults with intellectual disability (aged 18-35 years) living in Northern Sydney region with a carer. Negotiated with coordinator at assessment. Accessible.

Scouts with Special Needs

Phone: 02 9735 9000

Email: info@nsw.scouts.com.au

Web: www.nsw.scouts.com.au

NSW Headquarter, Level 1, Quad 3, 102 Bennelong Parkway, Homebush Bay NSW 2127

Young people with physical and mental disabilities are generally integrated into regular Scout Troops and receive additional support, infrastructure and training. Parents should meet with the Group and Section Leaders to discuss the child's needs and medical issues, and can be involved. NSW has Special Needs Scout Groups, like 1st Cromehurst in Kuring-gai, usually for older youth with an intellectual disability. For Sydney Northern Region, phone (02) 9411 4088 or email sn.region@nsw.scouts.com.au. Accessibility depends on facility.

Social Club for Children and Teens with Autism

Phone: 02 8868 8504

Web: www.autismnsw.com.au/upload/SOCIAL%20CLUB%20EOI.doc

Email: bdelrosario@autismspectrum.org.au

Vern Barnett School, 41 Cook St, Forestville 2087

For children and teens diagnosed with an autism spectrum disorder (e.g. autistic disorder, Asperger's disorder, atypical autism, PDD-NOS). With ADHC Peer Support Network funding, the mixed boy/girl groups (for 8-12, 13-18) meet for 1-3 hour sessions to promote talent and interest, social activities, hear guest speakers, share experiences. Occur throughout Sydney.

Social Club for Young Adults with Aspergers

Phone: 0409 603 582

Mail to: PO Box 770, Seven Hills

Email: csmith@autismspectrum.org.au

Web: www.autismspectrum.org.au/a2i2i7i3i2011196/social-club.htm

Autism Spectrum Australia (ASPECT) has set up this club for adults aged 18+ years with Asperger's or similar communication difficulties. Organised activities and events include guest speakers, movies, ten pin bowling, games nights and BBQs. A facilitator attends to assist and organise what people want to do. Bring ID with your address on it. Check website for calendar and changing venues.

Sunday Activities for Adults with Special Needs

Phone: 02 9913 1474

Email: manresa123@optusnet.com.au

Activities at Nelson Heather Centre, 4 Jacksons Rd, Warriewood NSW 2102

Craft and social activities at centre or elsewhere. Volunteers welcome for driving, meal preparation, craft skills, wheelchair help. Parking available. Ramps, parking, wheelchair accessible toilets.

Sunnyfield - Club Rec in Chatswood, Ryde, Hornsby

Phone: 02 8977 2753

Meets at West Ryde, Waitara, Chatswood 2067

Email: rap@sunnyfield.org.au

Web: www.sunnyfield.org.au

Recreational activities and outings for youth (aged 18+) and adults with disabilities needing low support, and living with family / carer. Meet Saturday fortnightly 10am-4pm. Not accessible for wheelchair users, use public transport.

Sunnyfield at Frenchs Forest Centre

Phone: 02 8977 2753

Email: rap@sunnyfield.org.au

Web: www.sunnyfield.org.au

Meets Capital Business Park, Unit B4, 1-3 Rodborough Rd, Frenchs Forest 2086

* **Social Group for Adults on the Northern Beaches** Social group providing moderate support for adults aged 20+ who decide on recreational activities and have weekly outings. Meets each Sat 9am-4pm at Capital Business Park in Frenchs Forest. Accessible venue.

* **Recreational Respite Program** Social activities for adults aged 18+ with low support needs. Movies, bowling, BBQs, bushwalks. Limited transport. Meets Wed and Thu, 7-9pm, at Centre and community venues alternatively. Fees \$6-20 per session.

Sport Activities

'Favourite Walks in Warringah' and 'Easy Walks in Pittwater' are available from the Aged Services staff or libraries at the Councils.

Australian Floorball Association

Phone: 0429 661 814

Web: www.beachesfloorball.org.au

Similar to ice hockey, but played on a basketball court. Coaching and referees, displays, events and festivals, corporate days, sponsorship opportunities, school activities. People with disabilities welcome. Accessible.

Australian Paralympic Committee (APC)

Phone: 02 9704 0500

Email: auspara@paralympic.org.au

Web: www.paralympic.org.au

Building A, 1 Herb Elliott Ave, Sydney Olympic Park NSW 2127

National umbrella group for paralympic sports. Responsible for Australia's elite athletes with a disability. Administers the Paralympic Preparation Program and is responsible for the selection, assembly and management of Australian Teams competing in Paralympic Games and other major international competitions. Fully accessible premises including toilets.

Avalon Womens Bowling Club

Phone: 02 9918 3231

Web: www.avalonbowlingclub.com

Bowling Green Lane, Avalon 2107

Lawn bowls, petanque, croquet, vision impaired bowlers on Tuesday mornings. Not accessible for wheelchair users.

Blind Sporting Association of NSW Inc

Phone: 02 9638 7075

Mail to: c/- 46 Rippon Av, Dundas NSW 2117

Umbrella sports organisation for people of all ages with a vision impairment. Primary interest in competition for athletics, swimming, lawn bowls, goal ball, tandem cycling, tenpin bowling, cricket, golf, power-lifting, rowing and sailing. Meetings at Association Blind Citizens, Shirley House, 11a Ethel Street.

Blowfly Cricket for Children & Teens with Additional Needs

Phone: 0401 743 747 Mark

Email: dwhoward@optusnet.com.au

Web: www.hkhdca.com.au/news.aspx

Claude Cameron Grove, Corner of Westbrook Ave and Kintore St, Wahroonga 2076.

Hornsby Ku-ring-gai and Hills District Cricket Association hosts modified cricket for children aged 4.5 to 18 years with autism or intellectual disabilities. Modified rules permit one chaperone to assist passively onfield. If support required or challenging behaviour exists, a carer must be provided. 2pm-4pm on Sundays Oct-Dec and 31 Jan-Feb (\$80).

Boccia Club for Kids and Teens on the Northern Beaches

Phone: 0414 771 033 Scott, 0418 467 702 Peter

Email: pking@tscnsw.org.au

Web: www.bocciansw.org.au

Arranounbai School, 5 Aquatic Drive, Allambie Heights / French's Forest (near Warringah Aquatic Centre). NSW

Boccia provides 2 coaches and equipment for children (K-18) with disabilities (ambulant, wheelchair etc) on Thu 4-5pm in school term. Parents and carers are expected to stay, join in and learn the game.

Boccia NSW – Friday Boccia Club on the Northern Beaches

Phone: 0418 467 702

Email: pking@tscnsw.org.au

Web: www.bocciansw.org.au

Meets at Avalon Recreation Centre, 59A Old Barrenjoey Rd, Avalon NSW 2107 People (aged 15+) with any level of disability (from ambulant to those restricted to a wheelchair, with limited or non-existent hand function) play this sport with soft leather bowls. Equipment, qualified coaches, referees provided. Bring own ramp assistant or personal care staff if required. Fri 10am-1pm, \$10 per session. Fully accessible, nearby parking, shops, cafes. 2012 Paralympics in London. Elite squad trains 4 days/week.

Bowling for People with Disabilities

Phone: 02 9972 3400

Email: amf_deewhymgr@amfbowling.com.au

Web: www.amfbowling.com.au

AMF Dee Why Bowl, 932 Pittwater Rd (behind Dee Why RSL), Dee Why 2099

Saturday 9:30am-12 noon Dolphin League. This 24 lane tenpin bowling centre for the general public has cafe and refreshment facilities, amusement machines. It provides special bumpers along gutters, and ramps for bowling.. All other times \$7/game for people with disabilities. Access to lanes, toilets, parking, handle balls, ball ramps.

Collaroy Beach Rock Pool

Phone: 02 9982 9261

Web: www.warringah.nsw.gov.au/services/disability.aspx

opposite Alexander St, Collaroy Beach, 1101 Pittwater Rd, Collaroy NSW 2097

Access ramps into the larger and wading pools, a grab rail along the pool cliff side. Submersible wheelchair and MLAK key for disabled toilet (available from the Lifeguard Room at the NE corner of nearby Collaroy Surf Club building). Freewheeler beach wheelchair (by MLAK or lifeguard). Wheelchair accessible paths to the Surf Club, toilet, pool showers and paths around the pool. Wider disabled parking spaces near childrens playground. Liberty Swing for wheelchair users (use with MLAK key). MLAK accessible toilet. Ramp access to beach south of the pool.

DARTS Yoga Group

Phone: 02 9777 7840

Email: darts@tpg.com.au

Web: www.darts.com.au

Forestville Community Arts Centre, Darley St, Forestville NSW 2087

Yoga for adults with moderate to severe physical disabilities. Volunteer support persons welcome. Meet for lunch in nearby shopping centre later. Current waiting list. Accessible toilet, ramp, parking.

Disabled Surfers Association (DSA)

Phone: 0408 486 020

PO Box 345, The Entrance 2261

Email: dsa@disabledsurfers.org

Web: www.disabledsurfers.org

Support, coaching and friendship for any persons with a disability, ranging from asthma or joint injuries to paraplegia, for former surfers or beginners. Special events, 'Hands On Day' for the public. Special soft Malibu surfboards, helmets, coaching by arrangement. Runs 'Train the Trainer' certificate course teaching volunteers how to look after the disabled in and out of the surf. Publishes 'Off the Lip', News and Views, program details of coming events, competitions, awards. Holds annual Carnival on last Saturday in February at Collaroy Beach. Accessible.

Disabled Wintersport NSW

Phone: 02 6495 4334

15 Beverly St, Merimbula NSW 2548

Email: finsko@bigpond.net.au

Web: www.disabledwintersport.com.au

Assists people with a disability to participate in ice hockey, speed skating, curling, alpine and cross country skiing. Subscription form can be downloaded from website. Fully accessible 3 x 3 bedroom lodges, 4 bedsitter units.

Empower Health

Phone: 0415 748 062

Checkers Resort, 331 Mona Vale Rd, Terrey Hills 2084

Email: nick@empowerhealth.com.au

Web: www.empowerhealth.com.au

Personal training, circuit classes, kids fitness, boxing cardio, DIY for anyone aged 8+ years. Babysitting available. No sign up fees, no lock in contracts. People with disabilities welcome. Level entrance.

Fishabout Tours

Phone: 02 9451 5420

11A Ashton Ave, Forestville NSW 2087

Email: john@fishabouttours.com.au

Web: www.fishabouttours.com.au

Fishing tour with expert tuition on Sydney Harbour or Hawkesbury River. 6.1m motorboat, or 5.5m motorboat with drop-down side section. Tour provides tackle, bait, lures, light refreshments. Tour maximum is 5 (4 if 2 wheelchair users included). Skipper is experienced with wheelchairs.

FreeWheelers - Beach Wheelchairs in Northern Sydney region

Several local councils and surf clubs have this wheelchair, with soft pneumatic balloon tyres that roll easily over sand and low waves, when pushed by a carer. For anyone with mobility difficulties, and aged 6+. For a free booking, contact:

* Bilgola Surf Life Saving Club lifeguard 9918 2337. Pittwater Council 9970 1170.

* Collaroy Surf Life Saving Club lifeguard 9982 9261, Warringah Council 9942 2111.

* Newport Surf Life Saving Club lifeguard 9997 5116 on weekends, or phone 0418 28 362 weekdays. Info from Pittwater Council 9970 1170.

Hornsby Satellites - Indoor Soccer for Youth/Adults with Disabilities

Phone: 02 4329 4080

Email: sam_indoorsoccer@hotmail.com

Hornsby Ku-ring-gai Police Community Youth Club, 94 George St, Hornsby 2077

Indoor soccer for children (aged 6+), youth and adults with /without disabilities. Carer must stay if support is required or challenging behaviour exists. Accessible.

Hornsby United Bowlers Team

Phone: 0409 047 970

Web: www.amfbowling.com.au

AMF Bowling Centre, 116 George St, Hornsby NSW 2077

Ten pin bowling is run by people with disability for bowlers. Meets at 10am Sundays, and attend local, state, national competitions. Also have social club with activities determined by members. Each game costs \$5.50. AMF on 9477 3914. Access to lanes, toilets, parking, handle balls and ball ramps.

Liberty Swing for Wheelchair Users – Collaroy and Seaforth

Phone: 02 9942 2686 (Warringah Council), 02 9976 1563 (Manly Council)

Web: www.warringah.nsw.gov.au/services/liberty_swing.aspx

* Collaroy Beach - opposite Eastbank Ave, Pittwater Road.

* Seaforth - Baranbali Playground, cnr Fromelles Ave and Baranbali Ave.

Swing with platform for wheelchair and user, unlock with MLAK key. Wheelchair is reversed onto platform, then fastened; user is secured with seatbelt. Swing can be pushed from the side. No booking. Accessible parking, toilets.

Manly Swim School - Mobile Lessons

Phone: 0422 406 467

Email: bryce@manlysurfschool.com

Web: http://manlysurfschool.com/PDF/MSS1016_swim_school.pdf For people from 6 months to adulthood, in your own home in Northern Sydney region. Programs include water babies, learn to swim, stroke improvement, nippers, intensive holiday program. Also pool parties, special events and school programs. Wetsuits, equipment and sunscreen provided. Experienced with children / adults with disability. \$50/half-hour, \$80/hour.

Nican Inc

Phone: 02 6241 1220

Unit 5, 48 Brookes St, Mitchell ACT 2911

Email: info@nican.com.au

Web: www.nican.com.au

Australia-wide directory of organisations involved in recreation, tourism, sport and the arts for people with disabilities. Accessible entrance, toilets, parking.

Northcott Disability Services - Recreation

Phone: 02 9890 0100

1 Fennell St, North Parramatta NSW 2151

Email: recreation@northcott.com.au

Web: www.northcott.com.au

Recreation for youth (aged 12-18) and adults (18+) with physical disabilities who are Northcott members. Involves individual recreation programs, outings, camps, holiday programs and social groups. Inter-school sports carnivals open to school-aged children with physical disabilities. A bi-monthly planner for adults, and term planners for youth, school holiday brochures. Fully accessible facilities.

Northern Area Recreation Association Inc (NARA)

Phone: 02 9452 4993

Mail: PO Box 101, Belrose West NSW 2085

Sporting group run by volunteers for persons aged 10 to 50 years with an intellectual disability. Indoor cricket and indoor soccer on Saturday morning (Thornleigh) and 6 discos (Lindfield). If support is required, a carer must be provided.

Transport can be booked to sport. No wheelchair access at discos.

NSW Push and Power Sports Inc

Phone: 0439 583 249

Mail: PO Box 370, St Marys NSW 1790

Email: info@pushandpower.org.au

Web: www.pushandpower.org.au

Sporting Association for people in manual and electric wheelchairs. Offers wheelchair rugby league and soccer. Parking, toilets available at game venue. Accessible.

NSW Sport and Recreation

Phone: 13 13 02

6 Figtree Drive, Homebush Bay NSW 2127

Email: info@dsr.nsw.gov.au

Web: www.dsr.nsw.gov.au

Assists NSW residents to participate in sport and recreation, and improve wellbeing. Key roles include: provide financial assistance to help build /develop sporting facilities, nurture sporting talent, develop sport and recreation industry, provide information and advice, regulate industry (boxing and motorsport) coaching development, sport and water safety, sport and recreation centres for schools, corporate and community groups, children and families; physical activity opportunities for people of all ages; increase opportunities for participation for under-represented groups including people with disability. Accessible venues.

NSW Sport and Recreation – Academy of Sport and Recreation

Phone: 02 9006 3723

Email: mzaska@dasr.nsw.gov.au

Web: www.dsr.nsw.gov.au/sydneyacademy.asp

Sydney Academy of Sport and Recreation, Wakehurst Parkway (1.5 km from Pittwater Rd), Narrabeen NSW 2101

*** Fitness for Athletes with a Disability at Gym**

Regular training facility with various adaptive equipment including widened bench press, wheelchair entry arm and leg ergometers, variable incline bench with dumbbell holder trays, and weight resistance and stretching multi-station for training while in wheelchair. Session on Wednesday 6.30-7.30pm for small group of 6 people requiring low support. Carer must attend if person requires 1-on-1 assistance or supervision of behaviour / personal care. Carer/staff welcome to participate in program. Fully accessible.

*** Squad Programs for Basketball and Athletics**

Squad programs for high school students aged 13+ and adults with disabilities needing low/moderate support, during school term to develop skills required in basketball on Tue 5:30pm-6:30pm and athletics on Fri 4:30pm-5:30pm. Eligibility grading by head coach. Fully accessible.

Pat Taylor Swimming School

Phone: 02 9977 6125

Mail: PO Box 1233, Manly NSW 1655

Email: pat_swim@bigpond.net.au

Web: www.pattaylorsswimschool.com.au

Classes are conducted at: Lindfield - Cromehurst School, Wed and Fri from 3.30pm, Sat from 8am plus afternoons from 1.30pm. Dee Why: - Fisher Rd Special School, Mon, Tue, Thu, Fri from 3:45pm, Sat from 8am. Mona Vale Hospital - Fri from 4pm, Sat from 1.30pm. All indoor heated pools. Discount for special needs. Classes for babies and toddlers, learn to swim, stroke correction, adults, water safety. School holiday classes. Terms are the same as school terms, generally 10 weeks. Bookings are for 1/2 hr or 1 hr lessons per week.

Personal Fitness Trainer - Disability Specialist

Phone: 02 9918 5697

Fitrec, 88 Patrick St, Avalon NSW 2107

Email: opawloff@bigpond.net.au

Web: www.e-bility.com/fitrec

Qualified personal trainer experienced in working with people with disabilities. Will assist small groups (up to 4 people) in gym with equipment like treadmills, rowing machines, exercise bikes, weights. Also outdoor recreation involving fitness, fitness testing, bush walking. Australian Fitness Accreditation Council accreditation. Parents welcome to assist but fee if they also exercise.

Rainbow Clubs - Epping, Lindfield, Warringah

Phone: 0418 963 087

Email: rainbow_clubaust@hotmail.com

Web: www.rainbowclubaust.com.au

Mail to: Rainbow Club Australia Inc, GPO Box 872, Sutherland NSW 1499

Provides swimming club for children and youth aged 0-18 with a disability, held at indoor pools. Membership \$50. * Epping – Carlisle Swimming Cherrybrook, 33 Shepherds Drive, each Sat 2pm and alternate Sun 10am. * Lindfield - Cromehurst Special School, cnr Nelson and Tyron Rd, each Sun 2pm. * Warringah - Warringah Aquatic Centre, 5 Aquatic Drive, Frenchs Forest, each Sun 9am. Some social occasions. Waiting lists. Fully accessible.

Recreation Rendezvous

Phone: 02 9420 8555

180 Longueville Rd, Lane Cove 2066

Email: admin@recrend.ngo.org.au

Web: www.recrend.org.au

Supports adults (aged 18-65 years) with moderate to high support needs, living in Lower North Shore, to access local mainstream sporting and recreation activities of their choice, with individual recreation plan and possible support up to 3 years. Has library of leisure activities. Runs training for staff of mainstream recreation groups. Auspices Chatswood Social Club. Leisure Link provider. Accessible.

Riding for the Disabled Association (RDA) - Ryde

Phone: 0411 250 915

Email: ryde@rdansw.org.au

Web: www.rda.org.au

Mail to: Secretary, RDA - Ryde Centre, PO Box 3821, Marsfield NSW 2122

Closed until 2011 while premises are relocated to Marsfield. Instructors and volunteers assist children and adults with disabilities to enjoy the therapeutic value and mental stimulation of riding.

Sailability Manly

Phone: 02 9976 2134 or 0414 825 133

Email: e.shervington@bigpond.com

Sailing at Manly Yacht Club, East Esplanade, Manly 2095

Web: www.manlysailability.com.au

Fortnightly sailing at all levels for people with disabilities regardless of ability, in modified boats. Members train to sail and compete. Come 'n' Try days. Carers must attend the first session, can sail and attend social events. Booking essential 24 hours in advance so boats available. Website has sailing times, newsletters, photos. Ramp, toilet, parking, boat hoist.

Sailability Middle Harbour

Phone: 0416 009 482

Email: jt@zeta.org.au

Sail at Middle Harbour Yacht Club, Lower Parriwi Rd, The Spit, Mosman 2088

Web: www.sailability.org.au/middleharbour

Sailing for people with disabilities at all levels, in modified boats. Members train to sail and compete. Carers must attend the first session and can sail and attend social events. Offer regular Come & Try days. Modified boats, assisted access. Ramp and accessible parking.

Sailability NSW - Pittwater

Phone: 02 9918 6539

Email: ajo94109@bigpond.net.au Allan

Sailing at Roland Reserve, Bayview NSW 2104

Web: www.sailability.org/au/pittwater

Local branch of an Australia-wide organisation facilitates fortnightly sailing at all levels for people with disabilities. Members train to sail and participate in competitions. Come 'n' Try days. AYF certification and integrated sailing can be arranged. Carers must attend the first sessions, and can sail and attend social events. Booking essential. Committee meets 7pm first Thursday monthly. Check recorded message on 8212 5319 on sailing day. Accessible yachts, hoist etc.

Sailors with disAbilities (SWD)

Phone: 02 8230 0880

Email: info@sailorswithdisabilities.com

Mail: PO Box 2099, Strawberry Hills NSW 1420

Web: www.sailorswithdisabilities.com

Activities include inshore and offshore sailing with training and support for people with disabilities. Planned programs include harbour sailing and ocean sailing, including the Sydney to Hobart. Also have a school program where youths come out sailing with SWD, both inshore and offshore. 54 ft boat Carpe Diem. Everyone is welcome. Twilight sailing Fridays 5pm from October onwards.

Scouts with Special Needs

Phone: 02 9735 9000

Email: info@nsw.scouts.com.au

Web: www.nsw.scouts.com.au

NSW Headquarter, Level 1, Quad 3, 102 Bennelong Parkway, Homebush Bay NSW 2127

Young people with physical and mental disabilities are integrated into regular Scout Troops and receive additional support, infrastructure and training. Parents should meet with the Group and Section Leaders to discuss the child's needs and medical issues, and can be involved. For Sydney Northern Region, phone 9411 4088 or email sn.region@nsw.scouts.com.au. Some accessible facilities.

Sensory Room at Spastic Centre, St Ives

Phone: 02 9449 3048

Email: plepp@tscnsw.org.au

6 Stanley Street, St Ives 2075

Web: www.thespasticcentre.org.au

Complete with music, disco ball, massage bed, bean bags, mobiles, colourful posters, streamers. For hire for \$10/hour by appointment during weekdays.

Sensory Trail - Cumberland State Forest

Phone: 02 9871 3377

Web: www.dpi.nsw.gov.au/forests

95 Castle Hill Rd, West Pennant Hills NSW 2125

Smooth flat track of 350 metres, with a guide rope, and Braille brochures at Information Centre. Can book a forest ranger for group; guided forest walks. Also short talks, slide shows, BBQ and picnic area, nursery, cafe etc. Open daily 9am-5pm (-6pm summer). Flat track with guide rope, disabled toilets.

Sitting Volleyball Australia (NSW) Inc

Phone: 02 9601 4987

c/- 6 Reid Place, Moorebank NSW 2170

Email: whiteman.m@hotmail.com

Teens (aged 14+) and adults with physical disabilities (especially those with lower limb deficiencies) or able bodied persons play volleyball sitting on the floor. Come 'n' Try days. More players are very welcome. Accessible.

Soccer for Children and Teens with Disabilities

Phone: 02 9402 5317 Toolang Oval, St Ives NSW 2075 **Email:** dwhoward@optusnet.com.au
Web: www.stivesfootball.com.au/pages_about_registration/specialneeds.htm

St Ives Soccer Club hosts modified soccer for children and youth aged 4.5 to 18 years with autism or intellectual disabilities. Modified rules permit one chaperone to assist passively onfield. If support is required or challenging behaviour exists, a carer must attend. Saturday 1pm-2pm game from 17 April 2010. \$100/season.

Special Olympics - Sydney Northern Region

Phone: 0402 134 376 **Mail:** PO Box 486, Collaroy Beach 2097
Email: peter_langthorne@hotmail.com **Web:** www.sosnr.org

Sports training, development and socialising for people aged 6-80 years with intellectual disability. Sports include swimming, ten pin bowling, athletics, basketball, tennis, golf, sailing, gymnastics, bocce, softball, aquatics. Volunteers welcome. Head office www.specialolympics.com.au Some accessible venues.

Special Olympics - Upper North Shore Sydney Region

Phone: 0403 497 517 **Mail to:** PO Box 262, Mona Vale NSW 2103
Email: Elissa@souppernorthshore.com **Web:** www.souppernorthshore.com

Sports training, development and socialising during school terms for people aged 6-80 years with intellectual disability. Sports include: basketball, softball, dance, learn to swim, swim squad, golf, tennis, soccer, cricket, gymnastics, ten pin bowling. All volunteers welcome. Some accessible venues.

Surf Life Saving Program for Children and Adults with Disabilities

Phone: 02 9913 8066 at Newport Surf Life Saving Club, Newport Beach 2106
Email: info@surflifesaving.net.au **Web:** www.surflifesaving.net.au

Interactive activities on the beach and in the surf, include land based ones to provide awareness of the beach environment, basic aquatic survival techniques, games on the beach. Staff : student ratio 1:3. School staff or carers are welcome.

Tennis NSW - Tennis for People with Disabilities

Phone: 02 9763 7644 **Email:** tennis@tennisnsw.com.au **Web:** www.tennis.com.au/nsw

Sydney Olympic Park Tennis Centre, Rod Laver Drive, Sydney Olympic Park NSW 2127

Encouragement and practical support for people with disabilities to become involved with mainstream tennis, providing information, access, register of coaches and clubs, coaching and support structure. Fully wheelchair accessible.

The Spastic Centre - Aquability (hydrotherapy)

Phone: 02 9975 8479 **Web:** www.thespasticcentre.org.au

Captain Ron Patrick Hydrotherapy Pool, 5 Aquatic Drive, Frenchs Forest 2086

Therapy / hydrotherapy for people with cerebral palsy or like disabilities in heated (33 degrees) pool. Aquatic physiotherapist can refer to accessible pools, and offer workshops for carers on aquatic activities for people with disability. Sat swimming for service users, with carer or family member in water. Daily use (Tue-Thu 8:30-9:30am or Mon-Thu 12:30pm-1:30pm) by non-clients at \$5 per entry. Limited availability for swim school hire. Ramp entry, hoist in change room, car park.

The Spastic Centre - Recreation Program, Met North & East Sydney

Phone: 02 9975 8405 189 Allambie Rd, Allambie Heights NSW 2100
Email: smarmont@tscnsw.org.au **Web:** www.thespasticcentre.org.au

Recreation information, accessible holiday and travel information. Advocacy training and liaison/support to recreation providers in the community. Community development and training, consultancy to generic service providers. Integration and training support. After-hour activities. Also aqua fitness programs for people with physical disabilities on Tuesday nights, Sailability. Nearby parking and buses for people using wheelchairs. Accessible lifts in buildings.

The Spastic Centre - Sportfitz Gym

Phone: 02 9975 8425 189 Allambie Rd, Allambie Heights NSW 2100
Email: sportfitz@tscnsw.org.au **Web:** www.thespasticcentre.org.au

Gym for people aged 12-60 with cerebral palsy can attend "Circuit" classes and "Free open gym time" with a personal training program. The recreation team of the Spastic Centre answers questions, and assists clients who want to participate in community sport and recreation. Fully wheelchair accessible. There is also a Sportfitz gym in Prairiewood.

Vertical Innovations

Phone: 02 9979 2582

Email: info@vertical.com.au

Factory 4, 4-6 Tengah Crescent, Mona Vale 2103

Web: www.vertical.com.au

1. Manufacture and sale of adventure access equipment for service providers, rescue and height safety. 2. Corporate teamwork and problem solving. 3. Tailor-made outdoor adventure programs (canoeing, flying fox, giant swing, archery, ropes etc) for people with disabilities. Accessible.

Warringah Aquatic Centre

Phone: 02 9451 8000

Email: aquatic-centre@warringah.nsw.gov.au

Aquatic Drive, Frenchs Forest NSW 2086

Web: www.warringahaquatic.com.au

Heated indoor swimming pool with diving boards, heated outdoor 25m pool & toddlers pool with BBQ & playground areas. Learn to swim for children & adults. Recreation programs includes aquaerobics, deep water workouts, yoga, pilates, Senior's fitness classes. Creche facility Monday to Friday. Kiosk. Swim shop. Children's birthday parties, holiday activity program. Rainbow Swim Club for children with disabilities. Ramp access to indoor pool, mechanical pad lift, private shower & toilet & disabled parking.

Warringah Walkers

Phone: 02 9976 9531

Email: JAngray@nsceahs.health.nsw.gov.au

Health Promotion Unit, Manly Hospital, 150 Darley Rd, Manly NSW 2095

Program run by the Dept of Sport and Recreation for over fifties. Walks planned by participants and Northern Beaches Health Promotion Unit. Walks are graded not too strenuous and last 3 or more hours, with some day trips. Copies of planned walks available.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: admin@wsnsw.org.au

600 Victoria Rd, Ryde NSW 2112

Web: www.wsnsw.org.au

Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with disabilities. Sports include archery, athletics, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis. Fee for booking MAA Arrive Alive Basketball Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Jennifers@wsnsw.org.au. Office & toilet accessible; parking available.

Wheelies with Wings

Phone: 02 4877 2772

Email: cleggair@optus.com.au

Mail: C/O Post Office, Berrima 2577

Web: www.wheelieswithwings.com.au

Wheelies with Wings provides a limited flying training program to raise the self esteem of people with lower limb disabilities. Ramps, toilets, showers, parking.

Sydney City

(Entry fees may apply.)

Art Gallery of NSW

Phone: 1800 679 278, 02 9225 1700

Email: artmail@ag.nsw.gov.au

Art Gallery Rd, The Domain, Sydney NSW 2000

Web: www.artgallery.nsw.gov.au

The leading museum of arts in NSW holds significant collections of Australian, European and Asian art, and presents about 30 exhibitions annually. Many exhibitions are accompanied by activities including lectures, symposiums, family programs, films and guided tours. Art Research Library open to the public daily until 4pm. Restaurant, cafe and bookshop on site. Six car spaces for people with disabilities and accessible public programs for people with visual and hearing impairments. Guided tours available daily. Ramp access, lifts, audio loop in theatre, Auslan interpreted tours, portable fm transmitter available.

Australian Museum

Phone: 02 9320 6000

Email: sand@austmus.gov.au

6 College St, Sydney NSW 2000

Web: www.australianmuseum.net.au

Museum of natural sciences and history offering public programs, school programs, and an enquiry and information service. Ramp access, lifts, handrail, accessible toilets.

Chinese Gardens of Friendship

Phone: 02 9240 8888

Email: chinesegarden@shfa.nsw.gov.au

Darling Harbour, Sydney NSW 2000

Web: www.chinesegarden.com.au

These were designed as a gift by Sydney's sister city Guangzhou to celebrate Australia's Bicentenary and opened in 1988. The gardens feature pavilions, ponds, bridges, waterfalls and a traditional Chinese Tea House. Accessible toilets, ramp. No wheelchair access to teahouse or higher level.

Hyde Park Barracks Museum

Phone: 02 8239 2311

Email: info@hht.net.au

Queens Square, Macquarie St, Sydney 2000

Web: www.hht.net.au

Designed by convict architect Francis Greenway, it was used as convict barracks, courts and government offices and now a museum about the convicts' daily life. The museum holds public education programs and special activities. Cafe open daily. Venue available for hire. Toilets; ramp access to ground floor only, Braille guide.

Luna Park Sydney

Phone: 02 9922 4464

Web: www.lunaparksydney.com

1 Olympic Dr, Milsons Point NSW 2061

This 1930s amusement park has rides, games, street performers and history tours. Lifts, accessible toilets and parking.

Museum of Contemporary Art (MCA)

Phone: 02 9245 2400

Email: mail@mca.com.au

140 George St, The Rocks NSW 2000

Web: www.mca.com.au

Exhibitions of Australian and international contemporary art. Free admission and guided tours. Special exhibitions may have admission charge. Wheelchair access via George St entrance, accessible toilet.

Museum of Sydney

Phone: 02 9251 5988

Email: info@hht.net.au

Cnr Phillip and Bridge Sts, Sydney 2000

Web: www.hht.net.au

Innovative installations and new media technologies offers visitors a journey into Sydney's past: pre-contact, at colonisation and as an evolving city. Museum tours free with entry daily at 10:30am and 2pm (depending on numbers). Wheelchair access to all floors, large print guides available and hearing loop in the AGL Theatre. Venue available for hire. Wheelchair access all floors, hearing loop, large print guide.

Powerhouse Museum

Phone: 02 9217 0111

Web: www.powerhousemuseum.com.au

500 Harris St, Ultimo NSW 2007

Vibrant, modern and fully interactive, the vast collection acquired over 125 years includes treasures, oddities and innovations from Australia and around the world. Temporary exhibitions complement an eclectic range of permanent displays from popular culture, decorative arts and design, cultural heritage to the environment. Highlights include tours, lectures, cultural performances and more. Ramps and lifts to all main levels. Routes marked on disabilities guide map. Hearing loop.

Royal Botanic Gardens and Sydney Domain

Phone: 02 9231 8111

Email: feedback@rbgsyd.nsw.gov.au

Mrs Macquaries Rd, Sydney NSW 2000

Web: www.rbgsyd.nsw.gov.au

Botanic gardens and public parklands covering 60 hectares with displays of Australian and overseas plants adjacent to Sydney CBD. Herbarium, restaurants, gift shops and visitor centre. Wheelchair access, handrails, ramps, toilets. Map.

Sydney Aquarium Darling Harbour

Phone: 02 8251 7800

Email: mail@sydneyaquarium.com.au

Aquarium Pier, Darling Harbour, Sydney 2000

Web: www.sydneyaquarium.com.au

Exhibitions and displays focusing on marine life in a variety of settings. Over 11,500 Australian aquatic animals. Two courtesy wheelchairs available at front desk free. Nearly all wheelchair accessible, accessible toilet, ramp.

Sydney Jewish Museum

Phone: 02 9360 7999

Email: admin@sjm.com.au

148 Darlinghurst Rd, Darlinghurst NSW 2010

Web: www.sydneyjewishmuseum.com.au

The museum preserves and teaches the history and lessons of the holocaust, and explores the history and culture of the Jewish people and their ongoing contribution to Australia. Meet survivors and hear their stories. Ramp, chairlift.

Sydney Observatory

Phone: 02 9921 3485

Email: observatory@phm.gov.au

Observatory Hill, Watson Rd, Millers Point 2000

Web: www.sydneyobservatory.com.au

It offers hands-on night and day telescope viewing, a 3D space theatre, an astronomy museum and a regular program of exhibitions, films and talks. Also conducts school holiday activities and tours for educational and other groups. Grounds available for hire for functions. Access to ground level, toilet.

Sydney Opera House

Phone: 02 9250 7111

Email: infodesk@sydneyoperahouse.com

Bennelong Point, Sydney NSW 2000

Web: www.sydneyoperahouse.com

Iconic performing arts venue. Theatres, concert hall, restaurants. Offers assistance to patrons with disabilities with bookings, theatre access, dining, personal facilities, communications and parking. Call 02 9250 7777 or email bookings@sydneyoperahouse.com Mon-Fri 9.30am-4.30pm re access to audio loop system, lifts and parking. Wheelchair access for a limited number in each theatre, so advise requirements when booking. Parking requires NSW Dept of Motor Transport permit and a minimum of two weekdays notice. Audio description service for patrons who are blind or vision impaired. Lifts, phone for patrons with disabilities (contact Stage Door staff), audio loop. Special performances of current productions for vision impaired and hearing impaired patrons. Wheelchair accessible toilets, lifts, infrared hearing system, audio description service.

Transport

City Rail Transport InfoLine 131 500

Web: www.131500.com.au

Mail to: PO Box K349, Haymarket 1238

Provide details of Easy Access stations located in suburban or intercity centres, where staff will assist people with disabilities who phone prior to travelling.

Community Transport Inc (Manly, Warringah, Pittwater)

Phone: 02 9971 5110

Email: admin@mwpct.org.au

Suite 201, 30 Fisher Rd, Dee Why 2099

Web: www.mwpct.org.au

Frail aged, younger people with disabilities, their carers and transport disadvantaged are collected from their homes for fortnightly shopping to Warringah Mall, Forestway and Warriewood (morning 1.5-2hrs), or recreational outings (afternoon with tea and assistant). Individual transport to appointments (like medical, day care, hairdresser, physiotherapy), for visits etc. Also collect passengers to take to specific organisations. Also Flexible Shuttle for return trip in Northern Beaches, Pittwater Shuttle, and North Shore Shuttle. Accessible.

Disabled Alternative Road Travel Service (DARTS)

Phone: 02 9777 7840

Email: darts@tpg.com.au

Web: www.darts.org.au

Dougherty Community Centre, 7 Victor St, Chatswood NSW 2067

Social, recreational and educational bus trips in buses modified to take wheelchairs. A door-to-door service for adults with physical disabilities or aged people who use wheelchairs. Support given by volunteer helpers and companions.

Disabled Parking - Northern Beaches - Phone 13 22 13

Web: www.rta.nsw.gov.au/rulesregulations/mobilityparking/index.html

Mail to: PO Box 1521, Warriewood NSW 2102

License-style photo card provides parking concessions to people with a temporary or permanent mobility disability or blindness, or those who transport such persons. Obtain application form from your local RTA, website, or phone 13 22 13. Return the form (completed by a registered medical practitioner) to the RTA, with proof of age. Permanent one for 3 years; temporary one for 6 months. Disabled parking permits from overseas or interstate are accepted, must comply with NSW rules. Visitors can apply for temporary permit on usual form, and show passport or credit card.

Local: Blakesley St/Victoria Ave, Chatswood 2067. Shop 12, Forestway Shopping Centre, Frenchs Forest 2086. 239 Pittwater Rd, Manly 2095 (Box 76). Shop 4, Warriewood Square, Warriewood 2102 (Box 1521). Accessible venues.

Forest Coach Lines Pty Ltd

Phone: 02 9450 2277

Email: buses@forestcoachlines.com.au

Mail: 4 Myoora Rd, Terrey Hills 2084

www.forestcoachlines.com.au

Private bus line and coach hire. Enquire about wheelchair accessible services. Phone 131 500 for timetable information. Many buses are accessible.

Kaddy Transport

Phone: 02 9972 0242

Email: 1kaddy@tpg.com.au

3 St Davids Ave, Dee Why NSW 2099

Voluntary organisation provides bus transport for individuals using wheelchairs or permanently blind adults, to medical, hospital, dental appointments or meetings (but no regular ones). 3 buses with hoists and wheelchair security.

Manly Council Community Bus

Phone: 02 9976 1540

Manly Council, 1 Belgrave St, Manly NSW 2095

Email: sandy.mcintyre@manly.nsw.gov.au

Two 12 seater buses used for various Council programs, including the transport of children for before and after school care, vacation care programs, camps arranged by the Youth Services Branch, etc. The bus is available for hire to community based groups.

Manly Warringah Pittwater Community Aid Service Inc

Phone: 02 9913 3244

Email: mwpcas@mwppcommunityaid.com.au

Web: www.mwppcommunityaid.com.au

MWP Community Aid Service Inc, 5 Nareen Pd, North Narrabeen 2101

Individual transport is provided by paid staff for people with complex needs who require accompanying support to access their local community, including medical, hydrotherapy and day care appointments. Provides transport brokerage for wheelchair users.

Pittwater Shuttle Bus Service

Phone: 02 9971 5110

Suite 201, 30 Fisher Rd, Dee Why NSW 2099

Email: admin@mwppct.org.au

Web: www.mwppct.org.au

This flexible bus service operates on Mondays for frail aged or younger people with a disability who can move independently or with the assistance of a carer. The bus collects you from your street and brings you to your destination within Pittwater for \$5 return in a wheelchair accessible bus. Must book by midday on the preceding Thursday to register for pickup on Monday.

Qantas Carer Concession Card

Phone: 1800 806 769

Nican, 5/48 Brookes St, Mitchell ACT 2911

Email: info@nican.com.au

Web: www.nican.com.au/about/qantas_carer.asp

For people with disabilities who need 1-on-1 support from their carer when seated in the plane. Cardholder receives a 10% discount off full price economy and 50% on business class domestic travel. Discount not available on other airfare (like internet, packages etc). This fare is not necessarily the cheapest fare available. Photo ID card valid for 3 years; requires 3 weeks to process. Accessible office, toilet.

State Transit Authority of NSW

Web: www.sydneybuses.info

Public transport depot. General timetable enquiries 131500. Buses fitted with ramps for wheelchair access, low floor buses for people with mobility disabilities. Wheelchair access to depot (at rear) for customer enquiries.

* **Brookvale Bus Depot** – phone 9941 5816, TTY 1800 637 500. Cnr Pittwater / Orchard Roads, Brookvale 2100.

* **Mona Vale Bus Depot** - phone 02 9997 1257 58 Darley St, Mona Vale NSW 2103

Sydney Transport Information

Phone: 131 500 (Infoline)

Web: www.131500.com

Call 131 500 for all bus, train and ferry services. 131 500 mobile internet service offers access to the range of primary 131 500 Transport Infoline services, including late breaking news, next service timetables, transit stop timetables, highlight events and service changes. For ferries - selected bus routes.

Taxi Transport Subsidy Scheme (TTSS)

Phone: 1800 623 724

Level 5, 16-18 Wentworth St, Parramatta 2124

Email: ttss@transport.nsw.gov.au

Web: www.transport.nsw.gov.au/concess_grants/ttss.html

Provides subsidised taxi travel at half the total metered fare up to \$60 for people who are unable to use public transport, due to their qualifying severe and permanent disabilities. Central booking service for wheelchair accessible vehicles 02 8332 0200 or 1800 043 187. Application forms available from Dept of Transport offices, most medical facilities, community transport groups or can be down loaded from website. Doctor's certification necessary.

Vision Impaired Person's Travel Permit

Phone: 02 9379 4441

490 Pitt St, Sydney NSW 2000

Entitles permanent residents of NSW/ACT with significant vision impairment (and attendant possibly) to free travel on CityRail network, government buses and ferries in Sydney/ Newcastle/ Wollongong/ Canberra; and half-fare on country trains. For children and adults. Guide Dogs and Assistance Dogs permitted on trains for vision or hearing impaired persons only.

North Shore Shuttle Bus Service

Phone: 02 9971 5110

Suite 201, 30 Fisher Rd, Dee Why NSW 2099

Email: admin@mwpct.org.au

Web: www.mwpct.org.au

Door to door service to Royal North Shore Hospital for the elderly, people with disability, their carers and the transport disadvantaged in Manly Warringah Pittwater. Subject to availability. Monday to Friday. \$20 return. Booking essential.

Warringah Shuttle Bus Service

Phone: 02 9971 5110

Suite 201, 30 Fisher Rd, Dee Why NSW 2099

Email: admin@mwpct.org.au

Web: www.mwpct.org.au

This flexible bus service operates on Tuesday for frail aged or younger people with a disability who can move independently or with the assistance of a carer. The wheelchair accessible bus collects you from your street and brings you to your destination within Warringah for \$10 return. Must book by midday on the preceding Friday to register for pickup on Tuesday.

Wheelchair Accessible Taxis

Phone: 02 8332 0200, 1800 043 187 (Toll free)

9-13 O'Riordan St, Alexandria NSW 2015

Email: zero200_info@zero200.com.au

Web: www.ccnetwork.com.au

This central booking office for all private and fleet operated wheelchair accessible cabs covers the entire Sydney Metro area. When calling, advise wheelchair type and number of passengers so that correct type of cab can be booked. Complaints about taxi service 1800 648 478. Residents of Newcastle, Wollongong and country NSW can book wheelchair taxis through local operator. Flashcab passenger vans, Tarago buses.

Looking for Disability Information? Try LINCS!

What is LINCS? LINCS stands for the Local Information Network for Community Services, and the database was created by the Data Diction company. The members of the Network include local councils and disability information groups throughout Sydney and NSW on the www.lincs.com.au website.

What is on the Community and Disability Database?

The database consists of descriptions of community based organisations and groups throughout the Northern Beaches, Sydney and beyond. LINCS members contribute to the database by collecting and updating entries in their geographical area. Categories include topics like Leisure and sporting groups, Education or Employment, Personal and Family Services, Law and Justice, Special Interest Groups, Equipment and Disability Aids.

How does one use LINCS?

- You can access the database through each member's homepage via any computer with Internet access.
- The right side of the database's first page has a list of search words. The page also has some hints on search procedure.
- Searches are done on a geographic basis by distance from the specified suburb. So Warringah Council's website will bring up entries closest to Dee Why, while searches through Pittwater or Manly Councils' websites will bring up entries closest to Mona Vale or Manly. The centre of this search can be changed on the line below the search field.
- For example, if you live in Narrabeen, have a mobility disability and need transport, search www.wls.nsw.gov.au/disabilityinformation.htm by using keywords *Disability Transport* and suburb *Narrabeen*.

How can I provide new or changed information?

If some information needs to be changed or added, contact the nearest LINCS member (Council or disability service). In the Northern Beaches, these are:

Manly Library – 9976 1739, www.manly.nsw.gov.au

Pittwater Library – 9970 1603, www.pittwater.nsw.gov.au

Warringah Library – 9942 2605, www.wls.nsw.gov.au/communityinformation.htm

Warringah Disability Information – 9942 2686, www.wls.nsw.gov.au/disabilityinformation.htm