

LIBRARY SERVICES

Council libraries offer a Housebound Service to people who are unable to visit the library. The service visit you at home and take care of your loan requests.

If you live in a nursing home or retirement village and have limited mobility, Bulk Loan Service is available. All libraries have large print books and talking books in both cassette tapes and CDs.

The Library Disability Information Officer can give advice to older people with a disability about services and activities available to them. Contact 9942 2449 for details.

DID YOU KNOW?

If you have a Pension Concession Card and you are a Warringah ratepayer you may be eligible for rate rebates and a reduction in your waste management charge of up to \$270 each year.

Pensioners under the retirement age may also be eligible for rebates of up to \$150 each year.

Rate rebates are only applicable if you live in the property and only apply for the full year. For more details contact the Rates Team on 9942 2922.

USEFUL CONTACTS

WARRINGAH COUNCIL

Customer Service Centre – 9942 2111

Aged Services – 9942 2560/3

Council meetings information – 9942 2444

Warringah Aquatic Centre – 9451 8000

Website - www.warringah.nsw.gov.au

(NON COUNCIL) SERVICES

Carelink Information Service – 1800 052 222

Northern Beaches

Neighbourhood Service – 9982 3044
(Information)

Community transport (shopping and social outing in mini bus) – 9971 5110

Individual transport needs – 9913 3244

National Relay Service
(for hearing or speech impaired) – 133 677

Translating and Interpreting Service
(TIS) - 131 450

Northern Beaches Food Service
Meals-on-Wheels – 9970 8399



Warringah Council

SENIORS INFORMATION and SERVICES



Warringah Council

Warringah Council

Warringah Council Chambers
Civic Drive, Dee Why

Contact

Aged Services 9942 2560/3

Website

www.warringah.nsw.gov.au

OUR ROLE

Warringah Council has staff that specialise in seniors needs in the local area. Aged Services staff will assist older residents (and their families) by providing information about services in the local area such as:

- > Home support
- > Food services
- > Transport options
- > Respite care
- > Housing choices
- > Volunteer services
- > Recreational activities

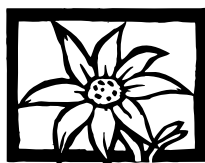
To discuss your needs contact the Aged Services on 9942 2560 or 9942 2563.



FREE INFORMATION

The Council has a range of free information available from the Aged Services, Customer Service Centre, libraries or the Council's website at www.warringah.nsw.gov.au

- > Leisure Guide – all about local groups and activities.
- > Retirement Housing Guide – all about housing services, retirement villages, hostels and nursing homes.
- > Services Guide – all about home support, health and welfare services
- > Shopping Made Easy Guide
- > Services and Groups – for people facing difficult times.
- > Favourite Walks in Warringah
- > Seniors Safety Calendar – tips on road and personal safety
- > Fridge magnets – for emergency contacts or services



Warringah Council

ACTIVITIES ALL YEAR

Throughout the year we offer workshops, seminars and activities especially for seniors, with a full program of events during Seniors Week in March.

Here are just some of the activities on offer:

CHEERS – join this friendly group once a month at a local restaurant to meet new people, experience new foods and get advice on healthy eating.

OMNI (Older Men – New Ideas) – networking for men in an informal setting. This group meets twice monthly for discussion and hosts guest speakers on topics of interest.

Women's Wellness Group – offers women the opportunity to get together, exercise and hear speakers on a range of health and beauty advice.

Seniors Clubs – Clubs for seniors are located in Dee Why, Forestville and Terrey Hills. Come and try indoor bowling, mahjong and card games, dancing, bingo, chess and lots more.

The Warringah Aquatic Centre at Frenchs Forest has special fitness and swimming classes for seniors. For full details contact the Centre on 9451 8000.

For further details contact Aged Services on 9942 2560 or 9942 2563.