
Services for Children aged 0-6 Years with Additional Needs (Northern Beaches)

May 2011



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Information about *services for children aged 0-5 with additional needs* 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, especially regarding changes to the information in this booklet.

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, please 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.

Advocacy

Action for People with Disability Incorporated

Phone: 02 9449 5355

Cnr Mona Vale Rd and Rosedale Rd, St Ives NSW 2075

Email: action-for-people@swiftdsl.com.au

Web: www.actionadvocacy.org.au

Provides advocacy and support for people with disability and support for their families and significant others in the Northern Metropolitan regions of Sydney.

Contact: Christine Agius, Executive Officer

Hours: Mon-Fri 9am-5pm

Area Served: Northern Sydney

Association for Children with a Disability NSW (ACD NSW)

Phone: 1300 851 603

Mail to: PO Box 131, Gordon NSW 2072

Email: acdnew@acdnew.org.au

Web: www.acdnew.org.au

This non-profit organisation is run by parents of children (of any age) with a disability seeking to help other parents. Free seminars. Members receive free quarterly newsletters, and access to back issues. Publishes 'Through the Maze' (from child to adult), and 'Helping You and Your Family' for parents of children newly diagnosed.

Area Served: NSW

Family Advocacy

Phone: 02 9869 0866 (voice/tty)

Suite 305, 16-18 Cambridge St, Epping NSW 2121

Email: familyadvocacy@family-advocacy.com

Web: www.family-advocacy.com

Statewide independent community-based organisation works with families having a child or adult with a developmental disability. Aims to attain positive social roles for people with a developmental disability by strengthening the knowledge, role and influence of families in the community. Runs information and skill development workshops for families, provides telephone advice, produces resources and two periodical publications. Inclusion Collection Library has videos, books, articles, kits for loan.

Contact: 1800 620 588 non-metro

Hours: Office Mon-Fri 9am-5pm; programs in NSW at various times

Area Served: NSW

Parent Line

Phone: 1300 130 052

Web: www.parentline.org.au

Telephone counselling and referral service for parents of children aged 0-18 years, and for professionals on behaviour issues, referral and support. From February 2011, the Early Childhood Intervention Infoline began operating through Parent Line for families who have questions about their child's development or who have a child who has been diagnosed with a disability. Professional counsellors answer calls regarding parenting issues like discipline or conflict. Calls from anywhere in NSW for cost of a local call. Telephone interpreter service for non-English speaking people. Website has info sheets and parent stories.

Hours: 24/7

Contact: Other phone: 132 055 (TTY)

Side by Side Advocacy

Phone: 02 9808 5500

Shop 1, 30-32 Herbert St, West Ryde NSW 2114 (Mon-Fri 9am-5pm)

Phone: 02 9931 7730 Northern Beaches

32 Howard Ave, Dee Why NSW 2099 (Mon Wed 9.30am-2.30pm)

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Seeks to create and provide opportunities for people with intellectual disabilities to be recognised and respected as valued members of the community, by fostering one-to-one relationships with advocates. Also provides direct advocacy assistance for people with disabilities.

Area Served: Northern Sydney

Assessment and Referral

ADHC Teams - Specialist Support and Case Management

Ageing Disability and Home Care, Family and Community Services (ADHC)

Phone: 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

Web: www.dhs.nsw.gov.au

People to age 64 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, playgroups, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development. Information and referral to ADHC respite and other services like day placement, supported accommodation. **Hours:** Office Mon-Fri 8.30am-5pm

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

Autism Advisor Program

Phone: 1300 978 611

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

Email: autismadvisor@autismspectrum.org.au

Web: www.autismspectrum.org.au/aap

Advisors link families and carers of children aged 0 to 6 years who are diagnosed with an ASD, to the early intervention service provider panel, and provide advice and information about relevant community services. Autism Advisors are the central liaison for early intervention funding packages. The Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) has appointed Autism Spectrum Australia (Aspect) to establish and deliver the Autism Advisor Program in NSW until 2012.

Hours: Mon-Fri 9am-5pm

Cerebral Palsy Alliance - LifePoints Childrens Services

Phone: 02 9975 8400 reception, 8878 3512

McLeod Centre, 189 Allambie Rd, Allambie Heights NSW 2100

Email: tcassis@cerebralpalsy.org.au

Web: www.cerebralpalsy.org.au

Offers specialist assessment, review and recommendations to enhance performance of children who do not receive support from another agency's therapy team. Children aged 0-18 years with cerebral palsy or similar condition.

Hours: Mon-Fri 9am-5pm, with answering machine **Area Served:** Northern Sydney, South West Sydney

Child Development Service (CDS)

Phone: 02 9462 9288

Email: CDS@nscchahs.health.nsw.gov.au

Level 2, Community Health Centre, Royal North Shore Hospital, 2C Herbert St, St Leonards NSW 2065

Service for pre-school aged children in Northern Sydney region with developmental disabilities, providing assessment and counselling on medical and educational management. Moved to Royal North Shore Hospital in Feb 2011.

Hours: Mon-Fri 9am-5pm

Area Served: Northern Sydney

EASIA (EASing Into Academics) Clinic

Phone: 02 9888 3717

Suite 2.05, Level 2, 56 Delhi Rd, Nth Ryde NSW 2113

Email: admin@easia.org.au

Hours: By appointment

Provides academic assessment and intervention services for children in NSW with or without disabilities from 4 years of age.

Macquarie University - Audiology Clinic

Phone: 02 9850 8746

Macquarie University, Building C5A, Rm 564, Linguistics Dept, Balaclava Rd, Macquarie University NSW 2109

Email: audiologyclinic@mq.edu.au

Web: www.ling.mq.edu.au

Provides diagnostic audiology for people of all ages. Rehabilitation service includes rehabilitative audiology, counselling, hearing aid provision, tinnitus treatment and communication training for adults. SHHH Hearing Aid Bank for approved patients. OHS eligible patients welcomed.

Contact: Reception

Hours: Mon-Fri 9am-4:30pm (Office)

Area Served: Sydney Metro

Macquarie University - Speech Clinic

Phone: 02 9850 1450

299 Lane Cove Rd, Macquarie Park NSW 2113

Email: speechclinic@ling.mq.edu.au

Web: www.ling.mq.edu.au/clinics/speech

Provides assessment and management of speech and language difficulties in children, adolescents and adults. Services are provided by student speech pathologists, under the supervision of speech pathologist clinical educators.

Hours: Mon-Fri 9am-5pm

Area Served: Sydney Metro

Northcott - EarlyStart Diagnosis Support

Phone: 02 9472 5200

5/20 George St, Hornsby NSW 2077

Email: edwina.hargreaves@northcott.com.au

Web: www.northcott.com.au

Provides short-term support to families whose pre-school child (aged 0-6) has recently been diagnosed with a disability, is waiting for diagnosis, or where there is concern about the child's development. Referral by self or an agency. Also provides information and referral. Funded by ADHC.

Hours: Mon-Fri 9am-5pm office **Area Served:** Northern Sydney

Northern Beaches Health Service - Paediatric Speech Pathology Service

Phone: 02 9466 2500

Queenscliff Community Health Centre, Palm Ave, North Manly 2100

Assessment, diagnosis and treatment of communication or feeding disorders from birth to school entry. Assessment for school age children. Communication includes speech sounds, language, voice, social skills and fluency (stuttering). Referral by parent / guardian and no referral letter needed. Services are based at Queenscliff Health Centre and Mona Vale Hospital.

Contact: Speech Pathology Intake. Senior Paediatric Speech Pathologist, 9998 0363 at Mona Vale.

Hours: Mon-Fri 8.30am-4.30pm. Speech pathologist will return your call. **Area Served:** Manly, Warringah, Pittwater

Royal Institute for Deaf and Blind Children

Phone: 02 9871 1233 (Voice/TTY)

361-365 North Rocks Rd, North Rocks NSW 2151

Web: www.ridbc.org.au

Provides early intervention, pre-school and school-aged educational programmes for children with hearing and/or vision impairment. Services include centre-based and home-based programs, an audiology clinic and a research and professional training centre operated in affiliation with the University of Newcastle. Also offers a variety of contact options including telephone, post, fax, email, video and video conferencing for families in rural areas. Planning and assessment sessions can be arranged on campus.

Hours: Mon-Fri 8:30am-4:30pm (Office)

Sydney Child Psychology Centre

Phone: 02 9960 1222

Level 1, Bridgepoint Shopping Centre, Brady St, Mosman NSW 2088

Email: info@sydneychildpsychologist.com.au

Web: www.sydneychildpsychologist.com.au

Family centred psychology services, offering assessments and intervention services including development assessment, diagnostic assessment for autism, Aspergers and related difficulties, educational assessment, social skills training and anxiety treatments. Affiliated with the Children's Assessment and Therapy Services (CATS) Network.

Hours: 9am-5pm, Mon-Sat

Area Served: North Sydney, Mosman

Vision Australia

Phone: 1300 847 466, TTY 02 9334 3260

4 Mitchell St, Enfield NSW 2136

Email: info@visionaustralia.org

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.

Hours: Mon-Fri 9am-5pm

Area Served: ACT, QLD, NSW, VIC

Child Care

Family Day Care: Manly 9977 6611, Warringah 9942 2122, Pittwater 9970 1630.

Check your Council's Community Directory usually located in the Services or Community section, and based on the database of LINCS (Local Information Network for Community Services, www.lincs.com.au). Search with the terms 'Child Care' and change the centre of the search (click on the line below the Search field).

Brookvale Childrens Centre

Phone: 02 9941 1900

36 Federal Pde, Brookvale NSW 2100

Email: webbh@warringah.nsw.gov.au

Warringah Council operated full day care for children 6 weeks to 5 years. Fully qualified staff. Suitable for the children of working parents. Priority given to children whose parents are employed full/part time or engaged in study, or children at risk.

Hours: Mon-Fri 7.45am-5.45pm

Area Served: Warringah

KU Early Learning Inclusion

Phone: 02 9268 3917 or 02 9268 3921

129 York St, Sydney NSW 2000

Email: pam.macrossan@ku.com.au

Web: www.ku.com.au

Provides consultancy support and resources for children with additional needs. Includes children from Aboriginal or Torres Strait Islander backgrounds, from Culturally and Linguistically Diverse (CALD) backgrounds, gifted children and children with disabilities or challenging behaviours who are enrolled in KU services.

Hours: Mon-Fri 8:30am-5pm

Area Served: Sydney Metro

Manly Family Day Care

Phone: 02 9977 6611

Childcare & Youth Centre, Kangaroo St, Manly NSW 2095

Email: ann.smith@manly.nsw.gov.au

Web: www.manly.nsw.gov.au

Provides care for children 0-12 years in small groups in homes of registered carers who are selected and monitored by a team of professional staff employed by Council.

Hours: Flexible

Contact: Ann Smith Co-ordinator, (office hours only)

Area Served: Manly, Warringah

Pittwater Council Childrens Services

Phone: 02 9970 1167

Mail to: PO Box 882, Mona Vale NSW 1660

Email: merron_howard@pittwater.nsw.gov.au

Web: www.pittwater.nsw.gov.au

For general information on availability of childcare in the Pittwater area and information on immunisation clinics. Co-ordinates Pittwater Council Childrens Services in the area of long day care, occasional care, family day care, after school care and vacation care, and can provide information on the availability of other child care services in the Pittwater area.

Hours: Mon-Fri 8am-5pm

Contact: Merron Howard

Area Served: Pittwater

SDN Northern Sydney Inclusion Support Agency

Phone: 02 9439 2182

Suite 205/ 35 Hume St, Crows Nest NSW 2065

Email: nsisa@sdn.org.au

Web: www.sdn.org.au

Promotes access and inclusion for all children in early childhood services approved for child care benefit. ISAs employ experienced Inclusion Support Facilitators (ISFs) to support such services to make changes and to use practical resources so that children from priority groups (ongoing high support needs due to disability, refugee or ATSI or CALD background) feel welcome and can join in all service activities. Funded by the Australian government through the Inclusion and Professional Support Program (IPSP).

Hours: Mon-Fri 9am-5pm

Area Served: Northern Sydney

STaR Association

Phone: 02 9888 3717

Suite 2-5, Level 2, 56 Delhi Rd, North Ryde NSW 2113

Email: elise@star.org.au

Web: www.star.org.au

This small registered charity was established by parents and professionals, to provide early intervention support for children (to age 6) with disabilities and their families within mainstream childcare centres. Services include Childcare Support Program, Caring for Carers, Supported Playgroup, Autism Opportunities. Services include preparation / transition to school program, speech and occupational therapy.

Hours: Mon - Fri 10am - 3pm

Area Served: Sydney Metro

Warringah Council Childrens Services

Phone: 02 9942 2122

Email: childrenservices@warringah.nsw.gov.au

Community and Cultural Services, Children Services Civic Centre, 725 Pittwater Rd, Dee Why NSW 2099

Administers and co-ordinates services for children and their families funded by Warringah Council, and encourages the development of other children's services through liaison, support, appropriate subsidies and advocacy. Specific Council programmes include long day care, family day care & occasional care for young children, vacation care for children 5-12 years, & provision of support for children with additional needs to access childcare services.

Hours: Mon-Fri 8:30am - 5pm

Early Childhood Health Centres

Centres provide a free community health service for parents/carers of children aged 0-5 years. The Centres are staffed by registered nurses who are qualified and experienced in midwifery and child and family health. These provide information on caring for babies and young children, including advice on breastfeeding, coping with sleeping and crying, your baby's growth and development, immunisation, safety and play. Other health professionals visit the centres on a regular basis such as medical officer, psychologist, social worker, speech pathologist, lactation consultant. Appointments are necessary for the first visit and developmental checks. Home visits can be arranged when necessary. Phone your local Council for details of locations in your area. See www.health.nsw.gov.au.

Avalon Early Childhood Health Centre

Phone: 02 9918 3741 Avalon Recreation Centre, 59A Old Barrenjoey Rd, Avalon NSW 2107

Provides advice, support and information to new parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education, and school health screening.

Hours: Tues 9am-4:30pm, Wed 9am-4.30pm, Thur 9am-4:30pm, Fri 9am-4:30pm

Contact: (Nurse Unit Manager Queenscliff Health Centre) 9466 2527

Area Served: Pittwater (Avalon, Clareville, Palm Beach, Whale Beach, Bilgola Plateau, Newport)

Balgowlah Early Childhood Centre

Phone: 02 9948 8061 Suite 5/470 Sydney Rd, Balgowlah NSW 2093

Provides advice, support & information to new parents on their child's health & development, parentcraft consultancy, baby health screening, post-natal care & education. New parents group Tue & Thu. Self-weigh available whenever centre is open.

Hours: Mon, Tue, Wed Thu self appointment 9am-12noon. Booked appointments other days. New parent groups Tue & Thu.

Contact: Nurse Unit Manager Heather Gough, Health Centre, 9466 2527, Child & Family Health Nurses Mia Hakvoort.

Area Served: Manly; Warringah

Dee Why Early Childhood Health Centre

Phone: 02 9971 8041 32A Howard Av, Dee Why NSW 2099

Provides advice, support & information to new mothers on their child's health & development, mothercraft consultancy, child health screening, post-natal care & education, home visits. First time mothers group. Pre-natal refresher course for parents expecting their second and subsequent babies. Chinese mothers group.

Hours: Mon-Fri 9am-12 and 2pm-4:30pm. self appointment in the mornings, appointments/groups in the afternoon

Contact: Early Childhood Health Nurse, Queenscliff Health Centre, 9466 2500

Area Served: Warringah

Frenchs Forest Early Childhood Health Centre

Phone: 02 9451 7949 Forestway Shopping Centre, Cnr Forestway and Warringah Rd, Frenchs Forest NSW 2086

Provides advice, support, information & home visits to parents on their child's health & development, parent consultancy, health screening, post-natal care & education, healthy lifestyle. Mother's support groups. Information on community resources. School health. Referrals to local services.

Hours: Phone to make an appointment or attend drop-in clinic.

Contact: NUM, Queenscliff Health Centre, 9466 2527

Area Served: Warringah

Harbord Early Childhood Centre

Phone: 02 9905 2435 29 Lawrence St, Freshwater NSW 2096

Provides advice, support & information to new mothers on their child's health & development, mothercraft consultancy, baby health screening, post-natal care & education, home & hospital visits. Resources: Library of books/videos on parenting for loan (Donation appreciated).

Hours: Mon 9am-12:30pm. Wed & Fri 9am-12:30pm & 2pm-4:30pm. Tue & Thu am group. Tue pm. Some sessions are by appointment only - phone before 1st visit.

Contact: Nurse Unit Manager, Queenscliff Health Centre, 02 9466 2500

Area Served: Warringah

Immunisation Clinic - Chatswood

Phone: 02 9777 7655 Dougherty Community Centre, 7 Victor St, Chatswood NSW 2067

Free immunisation clinics are held monthly. Children under 5 can be immunised in accordance with the Australian Standard Vaccination Schedule which includes vaccination against Hepatitis B, Tetanus, Pertussis (Whooping cough), Poliomyelitis, Measles, Mumps, Rubella, Haemophilus Influenza Type B, Meningococcal C, Pneumococcal, Rotavirus. Immunisation for adults is not provided, such a service can be obtained from your local doctor. **Contact:** Ayesha Niemeyer

Hours: 1st Thursday of the month 2-3:30pm and 6-7:30pm **Area Served:** Sydney Metro

Mona Vale Early Childhood Health Centre

Phone: 02 9999 2571

Park St, Mona Vale NSW 2103

Provides advice, support and information to parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education, conducts parent groups. Information pamphlets on Child and Family Health related topics.

Hours: Mon-Fri Business hours. Check with nurse-in-charge for special appointment times.

Contact: Nursing Unit Manager Queenscliff Health Centre, 9466 2500

Area Served: Pittwater

Narrabeen Early Childhood Health Centre

Phone: 02 9913 8870

1393 Pittwater Rd, Narrabeen NSW 2101

Provides advice, support and information to parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education, home visits. New parents group. Community Resource Centre for training of student nurses/midwives for practical experience. Paediatric/Physiotherapy assessment clinic. First mothers' groups and groups as to community need. Advice on Immunisation. Available to any member of the public.

Hours: Mon-Fri

Contact: Child and Family Health, Queenscliff Health Centre; 02 9466 2500

Area Served: Pittwater; Warringah

Queenscliff Community Health Centre

Phone: 02 9466 2500

Cnr Lakeside Cres & Palm Ave, North Manly NSW 2100

Services include: Northern Beaches Adolescent Service, Family & Child Health Services, Childrens Speech Pathology Service, Child and Family Counselling, Early Childhood Centre Head Office on the Northern Beaches, Mental Health Adult Counselling, Drug and Alcohol.

Hours: Mon-Fri 8:30am-5pm

Area Served: Manly, Warringah, Pittwater

Tresillian Family Care Centre Willoughby

Phone: 02 8962 8300

2 Second Av, Willoughby NSW 2068

Residential program offers an intensive style of care for families experiencing difficulties with their infants and young children, 0-2 years of age. Willoughby has a 5 day program and families are offered individually designed management plans.

Hours: Residential Program Mon-Fri

Contact: Centre Manager

Area Served: Sydney Metro

Early Intervention

ACQUAOT Paediatric Occupational Therapist

Phone: 02 9986 1449

ACQUA, at Terrey Hills Swim Centre, 31 Myoora Rd, Terrey Hills NSW 2084

Email: acquaot@optusnet.com.au

Web: www.acquaot.com.au

Private paediatric practice assists children aged 2-12 years, who have difficulty with school participation due to disorders like ADHD, ADD, Autism, Aspergers, physical difficulties as well as general difficulties. Jessica Westover also runs camp sessions during school holidays to improve motor skills, social interaction, playground game skills and rules, writing and transition to school.

Hours: Mon-Fri 9am-5pm. Also 0439 634 501

ADHC Teams - Specialist Support and Case Management

Phone: 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

Web: www.dhs.nsw.gov.au

People to age 64 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, playgroups, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development. Information and referral to ADHC respite and other services like day placement, supported accommodation. **Hours:** Office Mon-Fri 8.30am-5pm

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

Autism Advisor Program

Phone: 1300 978 611

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

Email: autismadvisor@autismspectrum.org.au

Web: www.autismspectrum.org.au/aap

Advisors link families and carers of children aged 0 to 6 years who are diagnosed with an ASD, to the early intervention service provider panel, and provide advice and information about relevant community services. Autism Advisors are the central liaison for early intervention funding packages. The Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) has appointed Autism Spectrum Australia (Aspect) to establish and deliver the Autism Advisor Program in NSW until 2012.

Hours: Mon-Fri 9am-5pm

Area Served: NSW

Autism Spectrum Australia (Aspect) - Early Intervention

Phone: 02 8977 8300

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

Email: infoline@autismspectrum.org.au

Web: www.autismspectrum.org.au

Services for children aged 0-6 with an Autism Spectrum Disorder and their families include: information through Infoline on 8977 8377; comprehensive evidence-based diagnosis and assessments; Building Blocks early intervention as home or centre based service, More Than Words – Hanen Program (parent training program) and therapy (speech, occupational therapy). Also administers AutismPro™ (a web based planning tool for parents and professionals) supporting children to age 7. DVD and manual discusses strategies for parents of children with autism spectrum disorders. **Hours:** Mon-Fri 9am-5pm **Area:** NSW

Be Centre

Phone: 02 9986 0955

Hours: Mon-Fri 9am-5pm

Unit 11, 9 Apollo Street, Warriewood NSW 2102

Email: info@becentre.com.au

Web: www.becentre.com.au

This not-for-profit foundation addresses emotional, behavioural, and mental health problems through professional individual and group Play Therapy for children aged 3-12 and Creative Therapy for young people aged 13-19, Parent information workshops and support. Work shops for professionals and Post Graduate Training in Play Therapy. **Area:** Northern Sydney

Cerebral Palsy Alliance (formerly The Spastic Centre)

Phone: CP Helpline 1300 39 29 20.

Head Office, 321 Mona Vale Rd, Terrey Hills NSW 2084

Email: scnsw@cerebralpalsy.org.au

Web: www.cerebralpalsy.org.au

Comprehensive information, early intervention, therapy, vocational training and employment services, residential services, respite care, transport, Conductive Education, advice and modification of equipment aids, technology, Hart Walker, parent groups, hydrotherapy and information. Hydrotherapy pool. Service sites at Allambie Heights, Ryde, Prairiewood, Penrith, Croudace Bay (Newcastle), Singleton. Therapy services in Orange, Dubbo, Moruya, Armidale, Canberra (Southern Tablelands), Nowra, Wagga Wagga and Raymond Terrace for school aged children with disabilities and significant and complex needs. **Contact:** Pathways 1300 888 378

Hours: Mon-Fri 9am-5pm

Area Served: NSW, ACT

Cerebral Palsy Alliance - Centre for Conductive Education

Phone: 02 9975 8424

McLeod Centre, The Spastic Centre of NSW, 189 Allambie Rd, Allambie Heights 2100

Email: afrost@cerebralpalsy.org.au

www.cerebralpalsy.org.au/our-services/children-and-teenagers/conductive-education

A holistic intervention for developing problem solving skills to maximise physical abilities and for promoting independence and self confidence in all daily activities. For children and teens to age 18 with cerebral palsy. Financial support of ING and Rotary International.

Hours: Mon-Fri 8am-5pm

Area Served: NSW ACT

Dalwood Spilstead Centre Early Intervention Program

Phone: 02 9951 0365

Cnr Callicoma Ave & Frenchs Forest Rd, Seaforth NSW 2092

A holistic program to meet children and family needs including the provision of a structured preschool program for children with delays in social behavioural and developmental areas. Family focussed therapy programs including specialised playgroups, O.T. and Speech pathology. **Hours:** Mon - Fri 8am-4.30pm **Area Served:** Manly, Warringah, Pittwater

DET Early Intervention Support Class

Phone: 02 9987 3913

Dee Why Public School, Cnr Regent St and Fisher Rd, Dee Why NSW 2099

Email: deewhy-p.school@det.nsw.edu.au

Web: www.deewhy-p.schools.nsw.edu.au

Dept of Education and Training provides small group half-day sessions with individual learning program for each child, in collaboration with parents, therapist, early childhood teacher. Or resource support in government-funded community-based preschools or child care centres. **Hours:** Mon-Fri 9am-3pm Office **Contact:** Disabilities Program Consultant

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

Early Education (EarlyEd) Inc

Phone: 02 9923 2727

3 Cunningham St, North Sydney NSW 2060

Email: info@earlyed.com.au

Web: www.earlyed.com.au

Early childhood intervention services for children with disability / difficulty (physical, intellectual, communication, play, sensory, social, emotional, behaviour). Group programs, therapy, individual educational sessions, support to childcare/preschool, transition to school, home visiting, family support. Also at 17 Virginia St, Rosehill 2142.

Hours: Mon to Fri 8:30am - 4:30pm

Area Served: Northern Sydney HACC, Auburn, Holroyd, Parramatta

EASIA (EASing Into Academics) Clinic

Phone: 02 9888 3717

Suite 2.05, Level 2, 56 Delhi Rd, Nth Ryde NSW 2113

Email: admin@easia.org.au

Hours: By appointment

Area Served: NSW

Provides academic assessment and intervention services for children with or without disabilities from 4 years of age.

Fisher Road School for Specific Purposes

Phone: 02 9981 5222

115 Fisher Rd, Dee Why NSW 2099

Email: fisherrd-s.school@det.nsw.edu.au

Web: www.fisherrd-s.schools.nsw.edu.au

Provides special educational programs for pupils aged 4-20 years with intellectual disability. Includes academic, communication, Music therapy, sensory, adapted Conductive education, work skills and integration into community and satellite classes.

Hours: Mon-Fri 8:45am-3:15pm

Area Served: Manly, Warringah, Pittwater

Guide Dogs NSW/ACT - Head Office

Phone: 02 9412 9300

2-4 Thomas St, Chatswood NSW 2067

Web: www.guidedogs.com.au

Provides a range of mobility and orientation services to people with vision impairment or low vision. Includes cane training, electronic aids and guide dogs. Also have a neurological vision impairment program, Pets As Therapy project and a weekly. Low Vision Clinic. From toddlers to the elderly.

Contact: 02 9687 1121 (TTY)

Hours: Mon-Fri 9am-5pm

Area Served: NSW, ACT

Kids First Children's Service

Phone: 02 9938 5419

Level 1, 527 Pittwater Rd (cnr Pine Ave), Brookvale NSW 2100

Email: enquiries@kids-first.com.au

Web: www.kids-first.com.au

Integrated Education and Health Centre. Free seminars for Parents and Carers. Primary and High School tuition. Social skills & school readiness for 3-5 yr olds. Speech pathology, occupational therapy, educational psychology, school holiday activities, family and child counselling, clinical nutrition.

Hours: Mon-Fri 9-6pm Sat 8-3pm

Contact: Sonia Walker Director

Area Served: Northern Beaches

Lifestart Northern Beaches - Early Childhood Intervention

Phone: 02 9451 9564

Arranounbai School, 5 Aquatic Dr, Frenchs Forest NSW 2086

Email: northernbeaches@lifestart.org.au

Web: www.lifestart.org.au

Offers a wide range of early childhood intervention services (birth to school entry) and family to family support, information and courses for families.

Hours: Mon-Fri 9am-5pm in school terms

Area Served: Manly, Pittwater, Warringah, Mosman, North Sydney, Willoughby

Lizard Children's Centre

Phone: 02 9904 8130

Level 3, 126 Greville St, Chatswood NSW 2067

Email: admin@lizardcentre.com

Web: www.lizardcentre.com

Private paediatric clinic provides speech pathology, Applied Behavioural Analysis (ABA) programs for children with autism and related disorders, educational assessment and remediation for K-6, social skills groups, behaviour management consultation for home / school / pre-school / psychological service. Training programs for parents, professionals including therapists, teachers, allied health staff. ABA therapist training. Outreach service to rural / remote families and interstate.

Hours: Mon-Sat 9am-5.30pm

Area Served: National

Physical Ability Unit - Motor Skills Therapy

Phone: 02 9975 7743 (Michelle)

Arranounbai School, 5 Aquatic Drive, Frenchs Forest NSW 2086

Email: pau@nscchahs.health.nsw.gov.au

Area Served: Northern Beaches

Individual or group sessions to develop motor and play skills for children and teens to age 18 with physical disabilities or medical conditions. Staffed by physiotherapist, occupational therapist, nurse. Includes fine and gross motor play and language simulation. Run for 1-2 hours per week during school terms.

Hours: Office hours: Mon-Thu 9am-3pm

Queenscliff Community Health Centre

Phone: 02 9466 2500

Cnr Lakeside Cres & Palm Ave, North Manly NSW 2100

Services administered include: Northern Beaches Adolescent Service, Family & Child Health Services, Paediatric Speech Pathology Service, Paediatric Occupational Therapy, Child and Family Counselling, Early Childhood Centre Headoffice on the Northern Beaches, Mental Health Adult Counselling, Drug and Alcohol.

Hours: Mon-Fri 8:30am-5pm

Area Served: Manly, Warringah, Pittwater

Royal Institute for Deaf and Blind Children

Phone: 02 9871 1233 (Voice/TTY)

361-365 North Rocks Rd, North Rocks NSW 2151

Web: www.ridbc.org.au

Provides early intervention, pre-school and school-aged educational programs for children with hearing and/or vision impairment. Services include centre-based and home-based programs, an audiology clinic and a research and professional training centre operated in affiliation with the University of Newcastle. Also offers a variety of contact options including telephone, post, fax, email, video and video conferencing for families in rural areas. Planning and assessment sessions can be arranged on campus.

Hours: Mon-Fri 8:30am-4:30pm (Office)

St Gabriel's School

Phone: 02 9634 2367

190 Old Northern Rd, Castle Hill NSW 2154

Email: office@stgabriels.nsw.edu.au

Web: www.stgabriels.nsw.edu.au

Provides specialised education for children with hearing impairment, autism, intellectual disabilities and requiring low-medium support to develop language, literacy, numeracy, social skills. Students aged 4-13 attend the registered / accredited kindergarten to Year 6. Currently year 8-10 learning support centre at Gilroy college provides a full secondary curriculum to secondary aged students with hearing impairment.

Hours: Mon-Fri 8:30am-3:30pm

Area Served: NSW

STaR Association

Phone: 02 9888 3717

Suite 2-5, Level 2, 56 Delhi Rd, North Ryde NSW 2113

Email: elise@star.org.au

Web: www.star.org.au

This small registered charity was established by parents and professionals, to provide early intervention support for children (to age 6) with disabilities and their families within mainstream childcare centres. Services include Childcare Support Program (supported child placement in participating childcare centres, with an individual education plan based on the centre assessment, therapist's goals and the family's priorities with focus on transition to school), Caring for Carers (carer information sessions, lectures and workshops, networking for family / friends and individual support to parents and carers of preschool children), Supported Playgroup (play based programs for children 0-5 yrs with a disability or developmental delay and their families), Autism Opportunities (educational and therapy services to children aged 0-6 with ASD). Services include preparation / transition to school program, speech and occupational therapy.

Hours: Mon - Fri 10am - 3pm

Area Served: Sydney Metro

Sydney Child Psychology Centre

Phone: 02 9960 1222

Level 1, Bridgepoint Shopping Centre, Brady St, Mosman NSW 2088

Email: admin@sydneychildpsychologist.com.au

Web: www.sydneychildpsychologist.com.au

Family centred psychology services, offering assessments and intervention services including development assessment, diagnostic assessment for autism, aspergers and related difficulties, educational assessment, social skills training and anxiety treatments. Affiliated with the Children's Assessment and Therapy Services (CATS) Network. Four psychologists available.

Hours: 9am-5pm, Mon-Sat

Area Served: North Sydney, Mosman

The ADHD Centre

Phone: 02 9889 5977

c/o Macquarie Hospital, Unit 3, 51 Wicks Rd, North Ryde NSW 2113

Email: info@add.org.au

Web: www.add.org.au

ADDults with ADHD NSW manages the centre and has broadened its outlook to include family needs served by the former Hyperactivity/Attention Deficit Association. Resources include the Library facilities, luncheons, quarterly information afternoons, annual conference, quarterly newsletters, telephone support and referrals for people with ADHD and their families. Have information on alternate treatments. Phone before visiting on Tue-Thu 10:30am-2:30pm.

Hours: Tue-Thu 10:30am-2:30pm

Contact: Joy Toll 0416 111 036 **Area Served:** NSW and interstate

The Shepherd Centre - Northern Region

Phone: 02 9412 2666

19 Bancroft Av, Roseville NSW 2069

Email: enquiries@shepherdcentre.com.au

An auditory, early intervention program that teaches children to speak so as to integrate into the mainstream school system. Centre-based lessons with some support for pre-school staff. Quarterly newsletter. **Hours:** Mon-Fri 9am-5pm

Contact: TTY 9351 7881. Coordinator

Area Served: Northern Sydney, Central Coast

Vision Australia

Phone: 1300 847 466, TTY 02 9334 3260

4 Mitchell St, Enfield NSW 2136

Email: info@visionaustralia.org

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.

Hours: Mon-Fri 9am-5pm

Area Served: ACT, QLD, NSW, VIC

Equipment and Aids

Ability Technology Ltd

Phone: 02 9907 9736

29 Frenchs Forest Rd, Seaforth NSW 2092

Email: info@ability.org.au

Web: www.ability.org.au

Assists people with disabilities to use computer technology, home automation equipment etc. Test new devices, offer advice, conduct assessments, supply devices and systems, undertake training and provide technical support. Medico-legal reports done nationally. Also undertake research projects on issues relating to technology and disabilities. Useful website, with newsletters.

Hours: Mon-Fri 9am-5pm

Contact: Manager

Area Served: National

Australian Support Dogs

Phone: 1300 788 721

Mail to: PO Box 5492, West Chatswood NSW 1515

Email: information@asdog.org.au

Web: www.asdog.org.au

Service Description: Trains assistance dogs to perform tasks for people with physical disabilities including fetching and carrying, opening doors and helping with getting in and out of cars. In emergencies the dogs are capable of alerting neighbours.

Hours: Variable.

Area Served: National

Brookvale Toy Library

Phone: 02 9905 4895

1 Mitchell Rd, Brookvale NSW 2100

Email: btl@iprimus.com.au

Web: www.brookvaletoylibrary.com.au

HIRE of toys, for education & entertainment of 6 months to 8 year olds: Puzzles, Nursery & Activity Toys, Trikes, Ride-ons & Ride-in cars, Car & Train sets, Doll's Houses, Roller Coasters & Climbing equipment, Cubby Houses & Castles. Sales of Nursery Toys, Back-Packs, Pram/Buggies, Trikes & Go-Karts. Brands: Kids 11, Jolly Jumper, Kelty, Triang, PinToy, and many more. "Special Needs" mobility buggy (wheel chair alternative) for sale.

Hours: Tue-Fri 9:30am-4pm, Sat 9am-12pm. Closed Sun & Mon.

Contact: Keryn, Beverley, & Ian Burns

Area Served: Manly; Warringah; Mosman; Pittwater; Ku-ring-gai

Cerebral Palsy Alliance - LifePoints Childrens Services

Phone: 02 9975 8400 reception, 8878 3512

McLeod Centre, 189 Allambie Rd, Allambie Heights 2100

Email: tcassis@cerebralpalsy.org.au

Web: www.cerebralpalsy.org.au

Offers specialist assessment, review and recommendations to enhance performance of children who do not receive support from another agency's therapy team. Children aged 0-18 years with cerebral palsy or similar condition.

Hours: Mon-Fri 9am-5pm, with answering machine

Area Served: Northern Sydney , South West Sydney

Cerebral Palsy Alliance - TASC

Phone: 02 9975 8469

TASC Services Building, 189 Allambie Rd, Allambie Heights 2100

Email: tasc@cerebralpalsy.org.au

Web: www.cerebralpalsy.org.au

Technology solutions for computer Access, Seating and Communication (TASC) provides individual consultation and assessment for computer and communication devices, specialised posture, seating systems and wheelchair modification and repairs. Also loan some equipment for trial. Can provide medico-legal assessments; have an information and resource service. Bi-monthly newsletter free on website.

Hours: Mon-Fri 8am-4pm

Area Served: NSW, ACT

Cerebral Palsy Alliance - Technability

Phone: 02 9975 8418

McLeod House, 187-189 Allambie Rd, Allambie Heights NSW 2100

Email: technability@cerebralpalsy.org.au

Web: www.technability.com.au

A sales and marketing service for specialised technology designed for people with disabilities. Its wide range of equipment includes switches, communication devices, environmental control systems, speech recognition systems and alternative access to computers. Staff can visit your centre or attend conferences for displays. Newsletter, catalogue, equipment loan and free demonstration.

Hours: Mon-Fri 8am-4:30pm

Contact: Customer Support Officers (2), Manager / Product Specialist

Area Served: National (also New Zealand)

Cubby House Toy Library Inc

Phone: 02 9971 7006

32 Howard Ave, Dee Why NSW 2099

Email: cubbyh@tpg.com.au

Service Description: Community based toy library for children with

additional needs - physical, developmental, learning, speech, emotional or social. Toys, books, CDs, DVDs for children; reference books for parents. Staffed by volunteers in open hours. Occupational therapist appointments free to members. Prospective members must phone for initial appointment.

Area Served: Manly, Warringah, Pittwater (and Northern Sydney)

Hours: Wed Thu 9:45am-1pm. Fri Sat 9:45am-12pm. Closed school holidays and public holidays.

DryBib Australia, BandanaBib

Phone: 02 9799 2424;

Email: r@drybib.net

DryBib Australia, PO Box 354, Summer Hill NSW 2130

Web: www.bigbandanabibs.com.au

Suppliers to 100 retailers of BandanaBib, a bib for children and adults who have problems with saliva control or swallowing difficulties. The front of the bib is cotton and the backing is a special fleece that absorbs and disperses moisture. Also Bigbibs for youth and adults. Various patterns and colours. Free postage. **Hours:** Mon-Fri 9am-5pm **Area Served:** National

e-Bility DisABILITY Information Resources

Phone: 02 9810 2216

Web: www.e-bility.com

Comprehensive online resource for disability and accessibility related information, resources, services and products, including directories for accessible travel, disability services brochures, articles, disability classifieds (secondhand equipment, properties, vehicles), motivational speakers, book reviews etc. **Hours:** Mon-Fri 9:30am-4:30pm

Enable NSW – formerly PADP

Phone: 1800 362 253

Email: enable@hss.health.nsw.gov.au

Mail to: Locked Bag 5270, Parramatta NSW 2124

Web: www.enable.health.nsw.gov.au

Administers the following NSW Health disability equipment programs: Aids and Equipment Program, Prosthetic Limb Service and the Home Respiratory Program. Provides a wide range of equipment and services to people with permanent disabilities, mainly to assist them in the area of mobility, personal care and communication. To request equipment or services, an appropriate therapist or clinician must make an assessment and recommendation. People do not need a Disability Support Pension (DSP) concession card to be eligible for assistance. People's income is used to classify their application into one of four income bands. Oxygen supplies are provided through 'The Home Oxygen Program and eligibility is means tested.

Hours: Mon - Fri 9.00am - 5.00pm

Area Served: NSW

Gillespie's Hire and Sales Service

Phone: 02 9411 2180

Email: ghss@ghss.com.au

13 Elizabeth St, Artarmon NSW 2064

Web: www.ghss.com.au

Sells and hires invalid and rehabilitation aids including wheelchairs, bathroom equipment and walking frames. Also provides short term hire of car-seats and baby capsules.

Hours: Mon-Fri 9am-5:30pm, Sat 9am-12pm

Contact: 0419 614 608

Area Served: Sydney Metro

Guide Dogs NSW/ACT - Head Office

Phone: 02 9412 9300

Web: www.guidedogs.com.au

2-4 Thomas St, Chatswood NSW 2067

Provides a range of mobility and orientation services to people with vision impairment or low vision. Includes cane training, electronic aids and guide dogs. Also have a neurological vision impairment program, Pets As Therapy project and a weekly. Low Vision Clinic. From toddlers to the elderly.

Hours: Mon-Fri 9am-5pm

Contact: 02 9687 1121 (TTY)

Area Served: NSW, ACT

Hire for Baby - Lower North Shore

Phone: 02 8086 2513

Email: northernbeaches@hireforbaby.com

30 Smith Av, Allambie NSW 2100

Web: www.hireforbaby.com.au

An equipment hire service for babies and toddlers, stock includes cots, high chairs etc. Have an RTA accredited rental plan and install baby capsules and child restraints. Also offers free advice and inspection of child restraints.

Contact: Ros Molloy

Area Served: Sydney Metro

Independent Living Centre NSW (ILC)

Phone: 1300 885 886 Infoline, 9890 0940 reception

Email: help@ilcnsw.asn.au

1 Fennell St, Parramatta NSW 2150

Web: www.ilcnsw.asn.au

Provides free information, advice, and comprehensive display (no sale or hire) of commercially available equipment and products, building design and access requirements for NSW people with disabilities. Call or make an appointment for advice or equipment. User can try products at the centre before purchase. Website has product database, list of second hand equipment, guides (e.g. home design, falls prevention), training news, assistive technology database, links. Also has Medico Legal Consultancy and ILC Access for people with disabilities. Make appointment for occupational therapist

Hours: Mon-Fri 9am-5pm.

Contact: ILC Infoline or ILC Centre Based Team Leader

Area Served: NSW

Intouch Direct

Phone: 1300 134 260, (1300 366 455)

Level 1, 3368 Pacific Hwy, Springwood QLD 4127

Email: healthcare@intouchdirect.com.au

Web: www.intouchdirect.com.au

National supplier of health-care products specialising in continence care and management. Intouch manages and administers Continence Aids Assistance Scheme (CAAS) on behalf of the Commonwealth Government Department of Health and Ageing. The CAAS provides up to \$489.95 and four free deliveries each financial year for eligible clients. Email

caas@intouchdirect.com.au or phone 1300 366 455. National supplier of continence aids for Department of Veterans Affairs (DVA) Rehabilitation Appliances Program (RAP). Ph 1300 134 606 or email dva@intouchdirect.com.au

Hours: Mon-Fri 8.30am-5pm

Contact: Leonie Mulheran

Area Served: National

Master Locksmiths Access Key System (MLAK)

Phone: 1800 810 698

C/- Spinal Cord Injuries, 1 Jennifer St, Little Bay NSW 2036

Email: national@masterlocksmiths.com.au

Web: www.masterlocksmiths.com.au

The MLAK will open all toilets (some usually locked after hours), playgrounds and other facilities that are fitted with the specially designed lock. Any person with a disability, or organisation caring for one, is able to purchase an MLAK master key, with a letter of authorization. A list of facilities with an MLAK system is available from Spinal Cord Injuries Association or at www.scia.org.au.

Hours: 9am-4pm Mon-Fri

Area Served: National

Met-a-lite Manufacturing Co Pty Ltd

Phone: 02 9905 3947

17-19 Mitchell Rd, Brookvale NSW 2100

Email: metalite@optusnet.com.au

Web: www.metalite.com.au

Hires and repairs wheelchairs, commode chairs, walking aids, scooters and other equipment. Sells wheelchairs, walking frames, commode chairs, walking sticks, scooters, change tables, standing frames, crutches, disability aids. Manufactures some orthopaedic and physiotherapy equipment. Spare parts. Free catalogue. **Hours:** Mon-Thu 7:30am-4pm, Fri 7:30am-1:30pm

Contact: Proprietors. Also 9905 2213

Area Served: National

Muscular Dystrophy Association of NSW

Phone: 02 9809 2111

Suite 101, 7 Bay Drive, Meadowbank NSW 2114

Email: services@mdnsw.org.au

Web: www.mdnsw.org.au

Provides support, equipment, advice, referral, advocacy, physical aids, welfare, moral support, welfare and counselling to those with neuromuscular disorders. Financially Supports medical and scientific research, organises a variety of fund-raising events and runs a public education program. For Neuromuscular Management Clinics contact Prince of Wales Hospital Nerve and Muscle Clinic 9382 1700 or Sydney Children's Hospital 9382 1700. Clinics provide access to neurologists, occupational therapists, physiotherapists, geneticists, genetic counsellors, psychologists and social workers.

Hours: Mon-Fri 8:30am-5pm

Contact: Toll free ph: 1800 635 109

Area Served: NSW

Nana's Weighted Blankets

Phone: 0410 478 810

8 Wolstenholme St, Rutherford NSW 2320

Email: info@nanasweightedblankets.com.au

Web: www.nanasweightedblankets.com.au

A weighted blanket is a blanket filled with poly-pellets (safe, non toxic, fully machine washable) to give the blanket added weight. The deep pressure provided by the weighted blanket releases a brain chemical that calms the individual by allowing the body to relax and induce sleep. Suitable for children, teens and adults affected by conditions like Autism Spectrum Disorder, ADHD, ADD, PDD-NOS, Sensory Integration or Processing Disorder, Rett's Syndrome, Bi-Polar, Tourette's Syndrome, CP, Alzheimer's, Dementia, Restless Leg Syndrome, Menopause and Insomnia. Ready made or custom made blankets of various fabrics and sizes, as well as fitted zip sheets, shoulder wraps, sensory cushions, ankle and wrist weights. Money back guarantee and free postage in Australia.

Hours: Mon-Fri 9am-5pm

Area Served: National

Noah's Ark Toy Library for Children with Special Needs Inc

Phone: 02 9411 4429

2 Elizabeth St, Artarmon NSW 2064

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Loans toys and play equipment for children with special needs. Provides support and advice on play, choosing /using toys and equipment to assist child development and therapy programs. Mobile van visits Artarmon, Baulkham Hills, Ryde, Thornleigh, Wahroonga. **Hours:** Office Mon 10am-3pm. Closed public and school holidays.

Northcott , Computer Assistive Technology Services (CATS)

Phone: 02 9890 0181

Northcott Building, 1 Fennell St, North Parramatta NSW 2151

Email: cats@northcott.com.au

Web: www.northcottcats.com.au

A resource centre for computer based technology and communications options. A range of services are offered including advisory sessions, classroom/home consultations, medico-legal assessments, telephone information line, tours of equipment on display, equipment hire and equipment training. Also conduct CATS clinics in Coffs Harbour, Dubbo, Tamworth and Wagga Wagga.

Hours: Mon- Fri 9am-5pm

Area Served: NSW

Northcott Equipment Solutions (NES)

Phone: 02 9890 0195

1 Fennell St, North Parramatta NSW 2151

Email: nesadmin@northcott.com.au

Web: www.northcott.com.au/nes.php

Seating service can help with personalised seating and postural support requirement including assessment, manufacture and fitting of customised seating. Skilled Orthotists provide custom made long leg calipers, below the knee calipers, body jackets and spinal braces, and dynamic and static hand splints. Custom Footwear make handcrafted orthopaedic shoes, boots and sandals. They also provide individual adjustments to fashion shoes. Wheelchairs and Equipment service offers repairs to manual and powerdrive wheelchairs, refurbishment of older equipment, manufacture and fitting of customised accessories such as trays, belts, foot supports etc. individual modifications such as conversion of powerdrive wheelchairs to chin control, and affordable service plans for routine maintenance and prevention of serious problems. Sales of specialised communication equipment & assistive devices for people with disabilities. Specialised services: wheelchair and manual handling equipment maintenance. Repairs and maintains mobility and rehabilitation equipment, including manual and power wheelchairs.

Hours: Mon-Fri, 8am-4pm

Contact: Business Manager Ms Purvi Bhanot

Area Served: NSW

NSW Inclusion and Professional Support Program - Specialist Equipment

Phone: 1800 157 818

Esme Cahill Building, Level 2, 3 Joynton Ave, Zetland NSW 2017

Email: inclusion1@gowrie-sydney.com.au

Web: www.cscentral.org.au

Provides a specialist equipment pool for children with ongoing high support needs (primarily those with disabilities), in Commonwealth funded children's services. Information and referral is also available to families and other members of the community. Office not open to public.

Hours: Mon-Fri 9am-5pm

Contact: 02 8571 9759

Pearce's Child Restraints

Phone: 02 9997 4602

5/6 Wilmette Pl, Mona Vale NSW 2103

Web: www.pearceschildrestraints.com.au

Contact: Mitch Burt

Area Served: Sydney Metro

Sales and hire service for baby capsules and car seats, child restraint fitting station. Visit selected hospitals on North Shore.

Quantum Technology Pty Ltd

Phone: 02 9479 3100

1/2 Pioneer Avenue, Thornleigh NSW 2120

Email: info@quantumtechnology.com.au

Web: www.quantumtechnology.com.au

Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers, magnification units, portable note takers, tactile graphics makers and the Mountbatten Braille writer. Equipment demonstrations available in-store and in-home. Home delivery and trial options available too.

Contact: Software Priority Support Line Ph: 1300 791 777

Hours: Mon-Fri 8:30am-5pm

Area Served: National

Roland Priestley Pty Ltd

Phone: 02 9417 0184

29b Babbage Rd, Roseville NSW 2069

Email: rolandpriestley@iprimus.com.au

Web: www.rolandpriestley.com.au

Sell mobility aids including manual and electric wheelchairs, power chairs and scooters; also hire scooters. Supply folding ramps for access to buildings and cars. Delivery fee depends on distance travelled.

Hours: Mon-Fri 9am-5pm

Area Served: NSW

Specialised Wheelchair Company

Phone: 02 9905 5333

Unit 5, 26 Wattle Rd, Brookvale NSW 2100

Email: jain@swco.com.au

Web: www.swco.com.au

Sell power and manual wheelchairs, specialised power wheelchair control systems. Professional assessments for seating and pressure care, postural positioning, home automation (environment control). Power and manual wheelchairs (Glide, Melrose, Otto Bock), pressure care and positioning products (incl Jay, Roho). Demonstrate, sell and deliver rehabilitation equipment to aid mobility. Hire standard wheelchairs and walking frames but do NOT sell prosthesis or aids fitted to the body.

Hours: Mon-Fri 8:30am-5pm

Area Served: Sydney Metro; Hunter; ACT; Bathurst; Orange

TAD/ Gale Computer Support Service

Phone: 02 9912 3400, 1300 663 243

Unit 10, 185 Briens Rd, Northmead NSW 2152

Email: css@tadnsw.org.au

Web: www.tadnsw.org.au

Volunteers refurbish donated computers and ancillary equipment, install software, sell the computer (\$200 or \$350) and provide 2 year maintenance to people (aged 3+) with Pension, Health or Veterans card. Contain Windows XP and Microsoft Office 2003. TADAust Connect offers a low cost internet service for \$10 per month.

Hours: Mon-Fri 9am-4pm

Area Served: Sydney metro

Technical Aid to the Disabled (TAD) NSW

Phone: 02 9912 3400, 1300 663 243 Unit 10, 185 Briens Rd, Northmead NSW 2152

Email: info@tadnsw.org.au **Web:** www.tadnsw.org.au

A voluntary organisation provides: 1. **Custom Designed Aids Service (CDA)**. Technicians (engineers, tradesmen etc) design and construct aids for people with disabilities in NSW, and modify existing commercial items to suit individual needs. 2.

George Winston **Library and Information Service** assists volunteers, people with disabilities, carers, students, rehabilitation staff to find information on technology applied to help people with disabilities. Lending library. 3. TAD/Gale Computer Support Service (see above) 4. **Freedom Wheels** customises bikes to the exact needs of the child (age 3+) or adult.

Hours: Mon-Fri 9am-5pm **Area Served:** Sydney Metro (branches in NSW, sister orgs in other states)

The Cleft Palate & Lip Society - National & NSW

Phone: 02 9294 8944 (helpline) **Mail to:** PO Box 475, Lane Cove NSW 1595

Web: www.cleftpals.org.au or www.cleftpalsnsw.org.au

National volunteer support group of parents and professionals who supply information, equipment and support for anyone born with a cleft lip or palate or both. Provide feeding equipment of special design. Teenage Connection email service. Earwrap orders. Quarterly CleftPALS newsletter. **Hours:** Helpline 24hrs. Office Mon-Sun 9am-5pm

Contact: Web or Therese (02) 8205 1898 **Area Served:** National (Sydney headquarters, contacts in all states, territories)

Vision Australia

Phone: 1300 847 466, TTY 02 9334 3260 4 Mitchell St, Enfield NSW 2136

Email: info@visionaustralia.org **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.

Hours: Mon-Fri 9am-5pm **Area Served:** ACT, QLD, NSW, VIC

Zortex Orthotics

Phone: 02 9438 5003 96 Chandos St, St Leonards NSW 2065

Email: skerr@zortexorthotics.com

Supplies custom designed orthoses (devices that support limb to enhance movement), especially for children with cerebral palsy and spinal scoliosis (including Hart Walker and Spinecor). **Area Served:** National

Family Support

Parent groups

ADHC - Better Start for the Future

Phone: 02 8424 2536

Level 6, 12 Help St, Chatswood NSW 2067

Email: Bettina.Bacall-Arenstein@dhs.nsw.gov.au

Web: www.adhc.nsw.gov.au

Ageing Disability and Home Care (ADHC) offers a range of specialist workshops, groups, resources and courses to assist families and carers to develop the skills of children aged 5-18 with a diagnosed intellectual disability, to promote family health and well being. These include: siblings group, Triple P seminars, caring for the parents, sleep, toileting, let's play, eating and drinking clinic, keyword signing (formerly Makaton) for families, beach walking group, rock climbing group. An eligible child would have an intellectual disability and significant deficits in 2 or more functional areas or a diagnosed syndrome strongly associated with intellectual disability e.g. Down Syndrome.

Hours: Office Mon-Fri 8.30am-5pm

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

ADHC Group for Parents of Children with Disabilities

Phone: 02 8424 2500

Meets at Tramshed Community Centre, 1395A Pittwater Rd, Narrabeen 2101

Email: joy.thompson@dhs.nsw.gov.au

Web: www.adhc.nsw.gov.au

This parent-run group is facilitated by two ADHC staff. It is not necessary to be a client of ADHC. Parents identify the focus (perhaps speaker) for each meeting, also share ideas, talk with each other and relax. Meeting 1st Wed monthly from 12.30pm

Hours: Office Mon-Fri 9am-5pm.

Area Served: Manly, Warringah, Pittwater

Autism Community Network – website and parent groups

Phone: 0431 724 229

Area Served: Metro Sydney

Email: autismcommunity@yahoo.com

Web: www.autismcommunity.com.au

A parent support network of 10 groups that meet once every fortnight or month - Balgowlah (Thu 7.30pm-9.30pm), Terrey Hills (Sun 2pm-4pm), Dee Why bowling (Sat 11am-1pm), Bankstown, Belmore, Peakhurst, Penshurst, Lugarno, Kogarah. Website has information about resources, events, meetings, options, questions answered by school teachers, counsellors, ASPECT staff. Confirm attendance since venue or time may change. Coordinator is a local facilitator, Positive Partnerships.

Centacare - Hey Dad - for Fathers of Children with Disabilities

Phone: 02 8425 8715

Tramshed, 1395A Pittwater Rd, North Narrabeen NSW 2101

Email: sean.williams@dbb.org.au

Web: www.centacarebrokenbay.org.au

Program of regular topic nights for fathers of children aged 0-18 with disability requiring moderate-high support.

Refreshments; dates decided at meeting. No child minding. Family and dads events. Ongoing phone support and individual / family counselling if required.

Hours: Office Mon-Fri 9am-5pm

Area Served: Northern Beaches; Mosman

Livewire for Parents of Someone with a Disability

Phone: 02 8425 5971

Mail to: Livewire at Starlight Children's Foundation, Level 3/80 Chandos Street, Naremburn 2065

Email: member.services@livewire.org.au

Web: www.livewire.org.au

This is for parents and carers of people living with a serious illness, chronic health condition or disability; a place where parents can connect with others who understand what they are going through in a supportive environment created just for them. Livewire is run by the Starlight Foundation.

Hours: Office Mon-Fri 9am-5pm **Area Served:** National

MyTime Parent Support Group and Playgroup

Phone: 1300 30 29 20

Meet at McLeod House, Spastic Centre, 189 Allambie Rd, Allambie NSW 2100

Email: agallard@tscnsw.org.au

Web: www.parentingrc.org.au

Parents, grandparents and carers of young children (to age 5) with a disability or chronic medical condition meet weekly for support and information while a play helper leads children in a developmental program of singing, drawing, playing with toys etc. The parent must be eligible for the carers allowance. Meets Fridays 9.30am-11.30am during school terms. Free.

Hours: Office Mon-Fri 9am-5pm **Contact:** Register with Angela Gallard 9975 8411 **Area Served:** Northern Beaches

Northcott - EarlyStart Diagnosis Support

Phone: 02 9472 5200

5/20 George St, Hornsby NSW 2077

Email: edwina.hargreaves@northcott.com.au

Web: www.northcott.com.au

This program provides short-term support to families whose pre-school child (aged 0-6) has recently been diagnosed with a disability, is waiting for diagnosis, or where there is concern about the child's development. Referral by self or an agency. Also provides information and referral. Funded by ADHC.

Hours: Mon-Fri 9am-5pm office

Area Served: Northern Sydney

Northside Community Connect Carers' Program

Phone: 02 9931 7777, 02 9931 7751

30 Howard Avenue, Dee Why NSW 2099

Email: info@northsideconnect.com.au

Web: www.northsideconnect.com.au

Provides carers with information, training, support and referral services. Support groups are provided, also training courses on stress management and carer's issues. Special information sessions and workshops on dementia and other topics available.

Hours: Mon-Fri 10am-4pm

Area Served: Manly, Warringah, Pittwater

Physical Ability Unit - Motor Skills Therapy

Phone: 02 9975 7743 - Michelle

Arranounbai School, 5 Aquatic Drive, Frenchs Forest NSW 2086

Email: pau@nsccahs.health.nsw.gov.au

Individual or group sessions to develop play skills for children and motor skills for children and teens to age 18 with physical disabilities or medical conditions. Staffed by physiotherapist, occupational therapist, nurse. Includes fine and gross motor play and language simulation. Run for 1-2 hours per week during school terms.

Hours: Office hours: Mon-Thu 9am-3pm

Area Served: Manly, Warringah, Pittwater

Queenscliff Child and Family Counselling Service

Phone: 02 9466 2500

Queenscliff Health Centre, Cnr Lakeside Cres & Palm Ave, North Manly 2100

Community mental health service providing assessment & management of significant emotional & behavioural problems of children aged 0-12 years. Also has therapeutic groups for children, parenting groups, talks for parents and consultation in child and family mental health.

Hours: Mon-Fri 8:30am-5pm

Area Served: Manly, Warringah, Pittwater

STaR Association

Phone: 02 9888 3717

Suite 2-5, Level 2, 56 Delhi Rd, North Ryde NSW 2113

Email: elise@star.org.au

Web: www.star.org.au

This small registered charity was established by parents and professionals, to provide early intervention support for children (to age 6) with disabilities and their families within mainstream childcare centres. Services include Childcare Support Program, Caring for Carers (carer information sessions, lectures and workshops, networking for family / friends and individual support to parents and carers of preschool children), Supported Playgroup (play based programs for children 0-5 yrs with a disability or developmental delay and their families), Autism. Services include preparation / transition to school program, speech and occupational therapy

Hours: Mon-Fri 10am-3pm

Area Served: Sydney Metro

"Someone to Turn To" - One on One Parent Support Program

Phone: 02 8977 8335

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

Email: phunterknight@autismspectrum.org.au

Web: www.autismspectrum.org.au

Parents/carers of children with Autism Spectrum Disorder provide emotional and practical support to other parents/carers. Carers are matched on a 1-to-1 basis, according to child's diagnosis and age. Support parents/carers are volunteers, supported and trained by Autism Spectrum Australia (Aspect). A free service with bi-lingual volunteers (including Cantonese, Mandarin, Vietnamese, Arabic, Spanish, Portuguese) and father volunteers.

Hours: Office Mon-Wed 9am-5pm

Contact: Pauline Hunter-Knight, Coordinator. Autism Info line 8977 8377

Area Served: Sydney Metro

Counselling

ADHC Teams - Specialist Support and Case Management

Phone: 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

Web: www.dhs.nsw.gov.au

People to age 64 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, playgroups, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development. Information and referral to ADHC respite and other services like day placement, supported accommodation.

Hours: Office Mon-Fri 8.30am-5pm

Contact: New clients 02 9841 9350

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

Be Centre

Phone: 02 9986 0955

Unit 11, 9 Apollo Street, Warriewood NSW 2102

Email: info@becentre.com.au

Web: www.becentre.com.au

This not-for-profit foundation addresses emotional, behavioural, and mental health problems through professional individual and group Play Therapy for children aged 3-12 and Creative Therapy for young people aged 13-19, Parent information workshops and support. Work shops for professionals and Post Graduate Training in Play Therapy.

Hours: Mon-Fri 9am-5pm

Area Served: Northern Sydney

Carers NSW

Phone: 02 9280 4744, 1800 242 636

Level 18, Roden Cutler House, 24 Campbell St, Sydney NSW 2000

Email: contact@carersnsw.asn.au

Web: www.carersnsw.asn.au

Provides information, support and referral on all aspects of caring to informal carers (family, neighbours and friends) of frail aged and younger people with disabilities at home. Services include: Carer Support Kit in 11 community languages with practical information for caring at home, referral to counselling, a library of carer specific information, organises conferences and seminars for carers, Young Carer project, and Aboriginal specific worker, represents carers on key policy committees and advisory bodies, produces monthly newsletter informing members of latest developments, linked to over 330 carer support groups in NSW. Website information, fact sheets to download. Information and resources are also available for service providers. All programs are also run across regional NSW, including the Older Parent program. **Hours:** Mon-Fri 9am-5pm.

Cottage Counselling Centre

Phone: 02 9972 0141

St Faiths The Cottage, 11 Clarke St, Narrabeen NSW 2101

Email: gennicribb@cottagecounselling.org.au

Web: www.cottagecounselling.org.au

The service offers a range of relationship and personal counselling for a wide range of issues, including depression, anxiety, grief, addiction issues and eating disorders. All counsellors hold graduate counselling qualifications. Children's counselling available. Counselling is held in Narrabeen, Manly and Belrose.

Hours: Office Mon-Fri 8am-8pm

Area Served: Manly, Warringah, Pittwater

Global Counselling Solutions P/L (GCS)

Phone: 0416 066 485

Shire Central 16 /15 Terminus St, Castle Hill NSW 2154

Email: gcsconsultants@optushome.com.au

Counsellor experienced with people with disabilities and their families. Also focuses on mental health, anxiety, depression, mood disorders, individual, relationship and family counselling, employment assistance. Also telephone counselling.

Hours: Mon-Fri 9am-5pm, or by appointment afterhours

Contact: Suzanne.

Area Served: NSW

Hammondcare - Carer Counselling and Advocacy

Phone: 02 9903 8367

Community Services, Pallister House, 97-115 River Rd, Greenwich NSW 2065

Email: counselling@hammond.com.au

Web: www.hammond.com.au

Carers in the Northern Sydney region who support someone with dementia or a disability, or is older and frail, can have individual counselling, information on services and care options (including care respite), referral to and liaison with health and community services, advocacy to access or manage needed services, support for carer support groups. Counselling location negotiated with carer.

Hours: Mon to Fri 9am-5pm

Contact: Sarah or Julie

Area Served: Northern Sydney HACC

Insight Therapies and Consulting

Phone: 02 9997 1640

4/4404 Daydream St, Warriewood NSW 2102

Registered counsellor/therapist, accredited with Carers NSW, 25 years experience with carers of people with disabilities. Also addresses stress, pain management, anxiety, depression, brain function problems (mindfulness), sleep disorders, grief and loss, school and relationship issues. Also qualified in family therapy, cognitive therapy, hypnotherapy. Rooms in Warriewood and North Sydney; can make home visits, especially if physical restrictions exist. **Area:** Northern Beaches, NSW by phone

Hours: Mon-Fri 9am-3pm. Hours of home visits negotiated

Contact: Kym Willington 0427 439 920

Janie Roberts Counselling and Creative Art Therapy

Phone: 0438 644 490

Email: janieroberts@optusnet.com.au

Web: www.janieroberts.com.au

Counsellor/psychotherapist, accredited with Carers NSW, utilises Narrative Therapy, has worked with adults and children (age 10+) with intellectual and physical disabilities (including autism), domestic violence, carers and siblings. Can make home visits 15 mins drive from Elanora accessible venue. Also runs creative art therapy groups to celebrate and build resilience.

Hours: Mon-Fri 9am-3pm. Home visit hours negotiated

Kids Helpline

Phone: 1800 551 800

Mail to: PO Box 2000, Milton QLD 4064

Email: admin@kidshelp.com.au

Web: www.kidshelp.com.au

Kids Helpline is a 24 hour national telephone, email and web based counselling service for young people aged 5 to 25 years. It is free, anonymous and confidential.

Hours: Daily, 24 hours

Contact: 07 3369 1588

Area Served: National

Lifeline - Northern Beaches Inc

Phone: 02 9949 5522, 13 11 14 (Crisis line)

310 Sydney Rd, Balgowlah NSW 2093

Email: angela@lifelinenb.org.au

Web: www.lifeline.org.au/northernbeaches

Lifeline provides 24 hour telephone counselling, personal, gambling, bereavement and financial counselling by appointment. Welfare assistance. Home visits to the housebound and visits to nursing home residents. "Buddy phone" support for suicidal persons. Anxiety support group (on-going) Thu 10.30am. Anxiety support courses Thur 6-8pm. Financial counselling.

Hours: 24 hrs for phones, 10am -1pm for welfare. Appointments for personal counselling by arrangement, also after hours.

Contact: Donna Favaloro, Office

Area Served: Manly, Warringah, Pittwater, Mosman

Muscular Dystrophy Association of NSW

Phone: 02 9809 2111

Suite 101, 7 Bay Drive, Meadowbank NSW 2114

Email: services@mdnsw.org.au

Web: www.mdnsw.org.au

Provides support, equipment, advice, referral, advocacy, physical aids, welfare, moral support, welfare and counselling to those with neuromuscular disorders. Financially Supports medical and scientific research, organises a variety of fund-raising events and runs a public education program. For Neuromuscular Management Clinics contact Prince of Wales Hospital Nerve and Muscle Clinic 9382 1700 or Sydney Children's Hospital 9382 1700. Clinics provide access to neurologists, occupational therapists, physiotherapists, geneticists, genetic counsellors, psychologists and social workers.

Hours: Mon-Fri 8:30am-5pm

Contact: Toll free ph: 1800 635 109

Area Served: NSW

Parent Line

Phone: 1300 130 052, 132 055 (TTY)

Web: www.parentline.org.au

Telephone counselling and referral service for parents of children aged 0-18 years. From February 2011, the Early Childhood Intervention Infoline began operating through Parent Line for families who have questions about their child's development or who have a child who has been diagnosed with a disability. Professional counsellors answer calls regarding parenting issues like discipline or conflict. Calls from anywhere in NSW cost no more than a local call. Telephone interpreter service for non-English speaking people.

Hours: 24/7

Area Served: NSW

Queenscliff Child and Family Counselling Service

Phone: 02 9466 2500

Queenscliff Health Centre, Cnr Lakeside Cres & Palm Ave, North Manly 2100

Community mental health service providing assessment & management of significant emotional & behavioural problems of children aged 0-12 years. Also has therapeutic groups for children, parenting groups, talks for parents and consultation in child and family mental health.

Hours: Mon-Fri 8:30am-5pm

Area Served: Manly, Warringah, Pittwater

Relationships Australia (New South Wales) - Northern Regional Office

Phone: 02 9418 8800

5 Sera St, Lane Cove NSW 2066, also office in Dee Why

Email: enquiries@ransw.org.au

Web: www.relationships.com.au

Provides counselling, mediation, family dispute resolution and relationships education. Appointments available evenings and Saturdays. Services are provided through a network of regional offices.

Hours: Mon-Fri 9am-5pm

Area Served: Hornsby, Hunters Hill, Ku-ring-gai, Lane Cove, Manly, Mosman, North Sydney, Pittwater, Ryde, Warringah, Willoughby

The ADHD Centre

Phone: 02 9889 5977

c/o Macquarie Hospital, Unit 3, 51 Wicks Rd, North Ryde NSW 2113

Email: info@add.org.au

ADDults with ADHD NSW manages the centre and has broadened its outlook to include family needs formerly served by the Hyperactivity/Attention Deficit Association. Resources include the Library facilities, luncheons, quarterly information afternoons, annual conference, quarterly newsletters, telephone support and referrals for people with ADHD and their families. Have information on alternate treatments. Phone before visiting on Tue-Thu 10:30am-2:30pm.

Hours: Tue-Thu 10:30am-2:30pm

Contact: Joy Toll 0416 111 036

Area Served: NSW (and interstate)

Young Carers NSW

Phone: 1800 242 636

Mail to: PO Box 20156, World Square NSW 2002

Email: yc@carersnsw.asn.au

Web: www.youngcarersnsw.asn.au

Provides telephone information, support and activities for young people to age 25 who care for a family member with long-term illness, disability, drug or alcohol problem. Quarterly newsletter (mail or email), camps, discussion board on website, face-to-face counselling, Talk-link (telephone group counselling), regional networks. Information kits available in many languages.

Hours: Mon-Fri 9am-5pm.

Contact: Project Officer. Also answering machine for messages.

General

ADHC Information and Referral

Phone: New clients 02 9841 9350 **Web:** www.adhc.nsw.gov.au **Hours:** Mon-Fri 8.30am-5pm
For children and teens to age 18 with intellectual disability (including developmental disability, autism, co-related physical / sensory disabilities), this contact provides information and referral on all aspects of services of Ageing Disability and Home Care, as well as referral to other services, including respite and advocacy.

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

ADHC Teams - Specialist Support and Case Management

Phone: 02 8424 2500 Level 6, 12 Help St, Chatswood NSW 2067

Web: www.dhs.nsw.gov.au

People to age 64 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, playgroups, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development. Information and referral to ADHC respite and other services like day placement, supported accommodation .

Hours: Office Mon-Fri 8.30am-5pm **Contact:** New clients 02 9841 9350

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

Association for Children with a Disability NSW (ACD NSW)

Phone: 1300 851 603 **Mail to:** PO Box 131, Gordon NSW 2072

Email: acdnew@acdnew.org.au **Web:** www.acdnew.org.au

This non-profit organisation is run by parents of children (of any age) with a disability seeking to help other parents. Free seminars. Members receive free quarterly newsletters, and access to back issues. Publishes 'Through the Maze' (from child to adult), and 'Helping You and Your Family' for parents of children newly diagnosed.

Area Served: NSW

Centacare Broken Bay

Phone: 02 8968 5100 Unit 9B, 44 Wattle Rd, Brookvale NSW 2100

Email: fiona.hastings@dbb.org.au **Web:** www.brokenbay.catholic.org.au

Provides welfare services to families in crisis, counselling, mediation, disability, youth programs, community education and aged care support, mens group (Greg Stock 9488 2532) and counselling.

Hours: Mon-Fri 9am-5pm, Sat 9am-12pm

Contact: Fiona Hastings **Area Served:** Manly, Warringah, Pittwater, Central Coast

Dalwood Spilstead Centre Early Intervention Program

Phone: 02 9951 0365 21 Dalwood Avenue, Seaforth NSW 2092

A holistic program to meet children and family needs including the provision of a structured preschool program for children with delays in social behavioral and developmental areas. Family focussed therapy programs including specialised playgroups, O.T. and Speech pathology.

Hours: Mon - Fri 8am-4.30pm

Contact: K Gwynne Manager

Down Syndrome NSW - Parent support

Phone: 02 9841 4444 80 Weston St, Harris Park NSW 2150

Email: admin@dsansw.org.au **Web:** www.dsansw.org.au

Parent support association that aims to encourage people with Down syndrome to take their place in the community and to raise community understanding of the condition. Services include parent support, information and referral, a book & video library and comprehensive website.

Hours: Mon-Fri 9:30am-4:30pm (Parent support)

Contact: Information Officer or Parent Support contact **Area Served:** NSW

Grandparents raising Grandchildren NSW

Phone: 02 9286 3860, 1800 449 102 Level 4, 280 Pitt St, Sydney NSW 2000

Email: info@cotansw.com.au **Web:** www.raisinggrandchildren.com.au

Telephone enquiries and website providing information for grandparents raising grandchildren.

Hours: Mon-Fri 9am-5pm **Area Served:** NSW

Harbord Homeopathic Clinic

Phone: 02 9905 9415 110/20 Dale St, Brookvale NSW 2100

Email: info@hhcc.com.au **Web:** www.hhcc.com.au

Practitioners Bernadette English, Linlee Jordan, Kim Powell, and Lorraine Ellison have extensive experience with adults and children (including those with ADHD and developmental disabilities). Courses and library (loan to patients) on Homeopathy for mother and child, teens, for birth, for travel. Aum project. Golden Book of recipes for sale.

Hours: Mon-Fri 9am-5pm, Sat 9am-12noon **Area Served:** Manly, Warringah, Pittwater, Mosman

LinC Church Services Network Pittwater Inc

Phone: 02 9973 1777

Uniting Church, 44 Bellevue Ave, Avalon NSW 2107

This network of 8 Churches of various denominations is a referral centre whose volunteers try to meet community needs in Pittwater such as shopping, transport, visiting, friendship. Referrals to other agencies are made when appropriate.

Hours: Mon, Wed, Fri, 9:30am-12:30pm (answering machine at other times)

LinC Warringah

Phone: 02 9451 0872

Mail to: PO Box 83, Belrose West NSW 2085

Email: brassins@optusnet.com.au

Web: www.lincnational.org.au

A referral centre with volunteers helping with welfare assistance, transport, friendship, home care through a network of local churches mobilised to link Christian volunteers with community needs.

Hours: Mon 10am-12pm, Fri 10am-12pm - Message Bank. **Contact:** Mrs. S Brassington Secretary **Area:** Warringah

Northern Beaches Behaviour Intervention Service

Phone: 02 8977 8857

185 Allambie Rd, Allambie Heights NSW 2100

Email: behaviour.support@sunnyfield.org.au

Web: www.sunnyfield.org.au

Team works with children aged 3-18 with intellectual disability who have challenging behaviour, and their families, in order to enhance capacity and support (including existing services). Involves education and training, assessment and positive behaviour support, direct intervention, information, consultation. Not necessary to be a Sunnyfield client.

Hours: Mon-Fri 9am-5pm **Area Served:** Northern Sydney **Referral:** ADHC Information and Referral 9841 9350.

Northern Beaches Lone Parent Family Support Service

Phone: 02 9982 5500

34A Howard Ave, Dee Why NSW 2099

Email: lparents@idx.com.au

Web: www.loneparentfamilysupport.com.au

Counselling support, emergency financial relief, social activities. Incorporates "Birthright" Australia. Parenting skills course. Parenting Plans. Relaxation groups. Educational groups. Trained Counsellor available free of charge. Referral to Morgan House (medium term shelter & support for young mothers with babies)& other appropriate agencies. AOD counselling. Mediation. Supervised Access. **Hours:** Tue, Wed, Thu 9am-5pm **Area Served:** Manly, Warringah, Pittwater

Raising Children Network - The Australian Parenting Website

Web: www.raisingchildren.net.au

A website that provides information that can help parents with the day-to-day decisions of raising children, and looking after their own needs. With government support, this website provides health and development information for parents with children aged 0-15, in formats including text based articles, illustrated demonstrations and audio visual material. It also has forums by child age, parent type, research and neighbourhood, resources like DVDs and child-friendly movie reviews, and e-newsletters for parents or professionals. The disability section addresses common issues and concerns of parents of children with a disability, especially autism.

Hours: Daily, 24 hours

Area Served: National

The ADHD Centre

Phone: 02 9889 5977

c/o Macquarie Hospital, Unit 3, 51 Wicks Rd, North Ryde NSW 2113

Email: info@add.org.au

ADDulTs with ADHD NSW manages the centre and has broadened its outlook to include family needs served by the former Hyperactivity/Attention Deficit Association. Resources include the Library facilities, luncheons, quarterly information afternoons, annual conference, quarterly newsletters, telephone support and referrals for people with ADHD and their families. Have information on alternate treatments. Phone before visiting on Tue-Thu 10:30am-2:30pm.

Hours: Tue-Thu 10:30am-2:30pm

Contact: Joy Toll 0416 111 036 **Area Served:** NSW (and interstate)

Tresillian Family Care Centre Willoughby

Phone: 02 8962 8300

2 Second Av, Willoughby NSW 2068

Email: Tresillian.willoughby@sswahs.nsw.gov.au **Web:** www.tresillian.net

02 9787 0855 (24 hour Parent Helpline for children to age 5)

Service Description: Residential program offers an intensive style of care for families experiencing difficulties with their infants and young children, 0-2 years of age. Willoughby has a 5 day program and families are offered individually designed management plans. 24 hour Parents Help Line offers support and advice for families experiencing difficulties with infants and young children aged 0-5 years. **Hours:** Residential Program Mon-Fri 8am-5pm **Area Served:** Sydney Metro

Uniting Care Burnside Fathers' Support Service

Phone: 02 9781 3350

Cabramatta Multicultural Family Centre, 232 Railway Pde, Cabramatta 2166

Email: fss@burnside.org.au

Provision of support services, workshops and courses for fathers (particularly separated fathers).

Hours: Mon-Fri 1-6pm (office hours)

Contact: Co-ordinator

Area Served: NSW

Financial Issues

ADHC Family Assistance Fund - Metro North

Phone: 02 9841 9350

Suite 601, Level 6, 93 George St, Parramatta NSW 2150

Email: MetroNorth.Intake@dhs.nsw.gov.au

Web: www.adhc.nsw.gov.au

Discretionary funding up to \$2000 per child or teen with disability to age 18 living with the family, for families to help address unmet needs not available from other services or funding. It aims to offset costs associated with caring for the child, with focus on early intervention for long term benefits, and is not an emergency or crisis fund. The young person must be actively receiving case management or equivalent therapy / respite from ADHC or a ADHC funded service provider. Priority given to families with low-moderate income, complex medical/behavioural needs, parental conditions impacting on care, impact on siblings, minimal family support.

Hours: Mon-Fri 8:30am-5pm

Contact: Case work consultant

Area Served: Northern Sydney, Cumberland Prospect, Nepean

Centrelink - Family Payment

Phone: 13 61 50

Mail to: PO Box 5141, Braddon ACT 2612

Web: www.familyassist.gov.au

Provides additional income support (if eligible) to low income working families with children who are not receiving Centrelink or similar income support payments from the Commonwealth.

Hours: Mon-Fri 8am-5pm

Contact: TTY 1800 555 677

Area Served: National

Centrelink Financial Information Service

Phone: 13 23 00

Web: www.centrelink.gov.au

Free, independent and expert information about financial options, investment products, financial planning, social security entitlements, taxation provisions and general financial affairs. Regular seminars and workshops covering financial topics and life stages. Service available to whole community - clients do not need to be receiving Centrelink payments.

Contact: Phone or personal interviews can be booked on 13 10 21. Seminar Places can be booked on 13 63 57 or fis.seminar.bookings@centrelink.gov.au

Centrelink Northern Beaches

Phone: 13 10 21

660 - 664 Pittwater Rd, Brookvale NSW 2100

Web: www.centrelink.gov.au

Pays Pensions, Benefits & Allowances under the Social Security Act. Also offers Financial Information Service (FIS) to anyone. Targets families, jobseekers & young people, aged, those planning retirement, people with disabilities, carers. The Disability Officer can explain & advise on medical eligibility for disability & carer related payments, then refer to Job Network or specialist disability employment, related rehabilitation, training. Social Work Service available for family or personal concerns. Crisis payment after release from prison or psychiatric confinement.

Hours: Mon-Fri 8:30am-4:30pm. Available for phone enquiries 8am-5pm

Contact: Payments 1800 810 586 (tty), Customer Relations 1800 000 567 (tty), Appointments 13 10 21, Multilingual Service 13 12 02 Employment 13 28 50, Youth Allowance & Austudy 13 24 90, Abstudy 13 23 17, Retirement 13 23 00, Disability Sickness Carer & Mobility 13 27 17, Parent or Guardian 13 61 50, International Services 13 16 73

Area Served: Manly, Warringah, Pittwater, Mosman

Christians against Poverty, Oxford Falls Group

Phone: 02 9972 8700; 1300 227 000

Mail to: Locked Bag 8, Dee Why NSW 2099

Email: nicolagibb@capaust.org

Web: www.capaust.org

A charity that assists Australians to deal with debt and poverty through professional and confidential debt-counselling, practical services and financial education. CAP will help anyone free of charge facing hardship as a result of financial difficulty.

Hours: Wed-Fri 9-5pm

Contact: Nicola Sinden - Centre manager

Area Served: Manly; Warringah

Credit Line - Northern Beaches

Phone: 02 9949 5522

310 Sydney Rd, Balgowlah NSW 2093

Email: angela@lifelinenb.org.au

Web: www.lifelinenb.org.au

Provides fully trained financial counsellors to help people in financial difficulties. This may include providing a liaison between a debtor and creditors to work out repayment schemes, budgeting and money management.

Hours: By Appointment

Contact: Lynette Gregory: Financial Counsellor

Area Served: Manly, Warringah, Pittwater, Mosman

Energy Accounts Payments Assistance Scheme (EWON)

Web: www.ewon.com.au

Information on how to make a complaint, disconnection or restriction, customer assistance programs, managing your account, help paying bills, ways to save on your bills, switching retailers. Actual assistance is available from locally based community organisations such as the Smith Family.

Area Served: Area Served: Manly; Warringah; Pittwater

Manly Council Rates Rebates

Phone: 02 9976 1500

Manly Council Chambers, 1 Belgrave St, Manly NSW 2095

Email: records@manly.nsw.gov.au

Web: www.manly.nsw.gov.au

Rebates and concessions for people receiving the Age pension or people who have a Pensioner Concession Card or TPI & EDA Gold Cards.

Hours: Mon-Fri 8.30am-5pm

Contact: Senior Rates Officer.

Area Served: Manly

Medical Energy Rebates

Web: www.industry.nsw.gov.au/energy/customers/rebates/medical-energy-rebate-questions

This is for eligible customers who have an inability to self-regulate body temperature when exposed to extremes (hot or cold) of environmental temperatures. It is associated with certain medical conditions such as Parkinson's disease and multiple sclerosis. You need to complete a Medical Energy Rebate Application Form available from your electricity supplier and have it signed by a doctor who has been treating you for at least three months. Return completed forms to your electricity supplier. A flat rebate amount of \$130 per year will be paid to all eligible customers from 1 January 2010. The Rebate is indexed to inflation (CPI) and will increase annually starting on 1 July 2010. This is separate to the Pensioner Energy Rebate of \$130 received by pensioners in NSW (aged, DSP).

Area Served: NSW

No Interest Loan Scheme (NILS®) – Northern Beaches

Phone: 02 9905 0424

St Vincent De Paul Society, Brookvale Centre, 638 Pittwater Rd, Brookvale 2100

Email: belinda.driver@vinnies.org.au

Web: www.vinnies.org.au

This community based program helps low income people buy essential household items, like a washing machine, fridge or general/ medical appliance, up to \$1000. Usually, eligible people obtain main income from social security (eg pension, benefit, allowance or maximum Family Assistance).

Hours: Mon-Fri 9am-5pm

Area Served: Manly, Warringah, Pittwater

Northern Beaches Lone Parent Family Support Service

Phone: 02 9982 5500

34A Howard Ave, Dee Why NSW 2099

Email: lparents@idx.com.au

Web: www.loneparentfamilysupport.com.au

Counselling support, emergency financial relief, social activities. Incorporates "Birthright" Australia. Parenting skills course. Parenting Plans. Relaxation groups. Educational groups. Trained Counsellor available free of charge. Referral to Morgan House (medium term shelter & support for young mothers with babies)& other appropriate agencies. AOD counselling. Mediation. Supervised Access.

Hours: Tue, Wed, Thu 9am-5pm

Contact: Co-ordinator 9982 5500

Area Served: Manly, Warringah, Pittwater

Pittwater Council - Pensioner Rates Rebates

Phone: 02 9970 1111

Pittwater Council Customer Service Centre, Village Park, 1 Park St, Mona Vale NSW 2103

Email: pittwater_council@pittwater.nsw.gov.au

Web: www.pittwater.nsw.gov.au

Some owners are eligible for a Pension Rebate of up to \$250 of their Rates and Waste Charges. Owners who are eligible must apply to Council for the rebate, and- Live on the property on which the rebate is claimed; and- Be entitled to a Pensioner Concession Card; or- Receive a TPI or EDA pension. Eligible pensioners who are under the accepted retirement age receive an additional rebate of up to \$150. This is a voluntary rebate provided by Council, and is subject to annual review. Owners who become eligible pensioners during the year are entitled to a pro-rata rebate of their Rates, calculated on a quarterly basis. Rebates are also reversed on a quarterly basis when owners become ineligible for the rebate. Application forms are online.

Hours: Mon-Thu 8am-5.30pm; Fri 8am-5pm

Contact: Avalon Customer Service Centre, 59A Old Barrenjoey Rd, Avalon

Area Served: Pittwater

Rebate for Assistive Technology etc for Individuals with a Disability

Every student with or without a disability is rebated by 50% by the Australian Tax Office under the "education tax rebate". For information on this and other topics, see the ATO page regarding "People with disabilities – home" at

www.ato.gov.au/individuals/pathway.aspx?sid=42&pc=001/002/074&mfp=001/002&mnu=50558#001_002_074

Salvation Army - No Interest Loan Scheme (NILS®)

Phone: 02 9981 4472

Salvation Army Community Welfare Centre (Northern Beaches), 1 Fisher Rd, Dee Why 2099

Email: cynthia.gregan@ae.salvationarmy.org

Web: www.ae.salvationarmy.org

This community based program helps low income people buy essential household items (like a washing machine, fridge) or general / medical appliance, up to \$1500. Usually, eligible people obtain main income from social security (eg pension, benefit, allowance or maximum Family Assistance) but non-Centrelink clients also welcome. Loan repayment within 18 months is tailored to the individual.

Hours: Mon-Wed Fri 10.30am-4pm (not 12.30-1.30pm)

Area Served: Manly, Warringah, Pittwater

St Vincent de Paul Broken Bay Financial Counselling Service

Phone: 02 9905 0424

638 Pittwater Rd, Brookvale NSW 2100

Email: terry.kibby@vinnies.org.au

Web: www.vinnies.org.au

Provides information on a range of topics including money management skills, debts, being a guarantor and bankruptcy. It is a free confidential service. Appointments necessary.

Hours: Office hours Mon-Fri 9am-5pm

Area Served: Manly, Warringah, Pittwater, Mosman

Supporting Children With Additional Needs (SCAN)

Web: www.community.nsw.gov.au/DOCS/STANDARD/PC_100997.htm

A scheme funded by DoCS to assist children with additional needs who are enrolled in a preschool, occasional care or vacation care centre to have equal access with all other children to the service and program activities. Eligible children include those from an Aboriginal and/or Torres Strait Islander Background, from a Culturally and Linguistically Diverse Background (CALD), children with challenging behaviours and children with a disability. Funding is available to help preschools and childcare services improve the way they support children with additional needs. Funding may be used to provide specialist training for staff, employ a support worker, improve library resources or buy equipment or books that are suitable for children with additional needs. If parents believe their child is eligible they need to speak with the Director or Co-ordinator of the child care service in which their child is enrolled. The Director or Co-ordinator will apply for funding. **Area Served:** NSW

Telephone Allowance (TAL)

Web: www.centrelink.gov.au/internet/internet.nsf/payments/telephone_allow.htm

This payment helps with the cost of maintaining a phone and home internet service: \$23.40 per quarter for holders of a Pensioner Concession card or Commonwealth Seniors Health card, AND have a telephone connected in your own or partner's name AND meet residence requirements; or \$35.20 per quarter for the previous conditions AND home internet service AND income support payment and of age pension age OR receiving Disability Support pension OR receiving Carer Payment OR holding a Commonwealth Seniors Health card. Not subject to income or asset tests. Adjusted each September. For information or to make an appointment, phone 13 1021. **Area Served:** National

The Walter and Eliza Hall Trust

Phone: 02 9264 9480

Mail to: PO Box A2263, Sydney South NSW 1235

Email: wehalltrust@bigpond.com

Web: www.wehalltrust.org.au

Charitable trust providing financial relief for people classified as disadvantaged and in receipt of some form of social security pension as their sole income. This includes assistance to purchase equipment for people with disabilities.

Hours: Mon-Thur 8:30am-5pm

Contact: Secretary

Area Served: NSW, ACT, QLD, VIC

Variety, the Children's Charity (NSW)

Phone: 02 9555 1688

707 Darling St, Rozelle NSW 2039

Email: admin@varietynew.org.au

Web: www.varietynew.org.au

Mission statement is to help improve the quality of life for all sick, disabled and disadvantaged children. Grants made by Variety range from the provision of wheelchairs, computers, coaches and facilities for children's organisations and hospitals. Grants forms can be downloaded from the internet site.

Hours: Mon-Fri 9:00am-5:00pm

Area Served: NSW

Vision Impaired Person's Travel Permit

Phone: 02 9379 4441

490 Pitt St, Sydney NSW 2000

Web: www.transport.nsw.gov.au/concessions/disabled-vision-impaired.html

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.

Application form on website.

Hours: Mon-Fri 8:30am-3:30pm

Area Served: NSW

Warringah Council Rates Rebates

Phone: 02 9942 2922

Warringah Council Civic Centre, 725 Pittwater Rd, Dee Why NSW 2099

Email: council@warringah.nsw.gov.au

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

Rebates on rates and charges may be available to people having a Pensioner Concession Card or Veterans Affairs TPI and EDA Gold Cards. Rebates are only granted on the applicant's principal place of residence, on a quarterly basis. Maximum rebate depends on percentage of ownership of property. Pensioners who become eligible after service date of rate notice are entitled to reduction, based on whole quarterly periods remaining in rating year.

Hours: Mon-Fri 8:30am-5pm

Area Served: Warringah

Fun

Arranounbai Kids Boccia Club

Phone: 0414 771 033

Arranounbai School, 5 Aquatic Drive, Frenchs Forest NSW 2086

Email: pking@tscnsw.org.au

Web: www.bocciansw.org.au

Boccia NSW provides two coaches and equipment for a club for kids and teens (K-18) with disabilities. Parents and carers are expected to stay, join in and learn the game, with the focus on fun, skills and being part of a team. Players from ambulant to those restricted to a wheelchair, with limited or non-existent hand function, can play this sport with soft leather bowls.

Hours: Thu 4pm-5pm during school term

Contact: Scott. Peter 0418 467 702.

Area Served: Manly, Warringah, Pittwater, North Sydney

Australian Music Therapy Association (AMTA) Inc

Phone: 03 9525 9625

Email: info@austmta.org.au, NSW amtansw@gmail.com

Web: www.austmta.org.au

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 resource material. Maintains national register of qualified music therapists.

Hours: Tue Thu 10am-4pm

Area Served: NSW

Blowfly Cricket for Children with Additional Needs

Phone: 0401 743 747

Email: dwhoward@optusnet.com.au

Claude Cameron Grove, Corner of Westbrook Ave and Kintore St, Wahroonga NSW 2076 (venue may change so check)

Web: www.hkhdca.com.au/pageitem.aspx?id=25106&id2=1&eID=2921&entityID=2921

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 is required or challenging behaviour exists, a carer must be provided.

Hours: Saturday games 1pm-2pm or 2.30pm

Contact: Mark Rushton, or David Howard 9402 5317

Fee: \$80/season

Area Served: Northern Sydney

Collaroy Beach Reserve

Phone: 02 9942 2545

Alexander St, Pittwater Rd, Collaroy NSW 2097

Beach reserve with flat terrain, some shade provided by pine trees. Facilities include electric BBQs, picnic tables, showers, unisex accessible toilet with MLAK key, onsite parking, enclosed children's playground. Nearby Surf Club has immersible wheelchair for use in rockpool, beach wheelchair and Liberty swing (with MLAK).

Hours: Office Mon-Fri 9am-5pm

Cubby House Toy Library Inc

Phone: 02 9971 7006

32 Howard Ave, Dee Why NSW 2099

Email: cubbyh@tpg.com.au

Community based toy library for children with additional needs - physical, developmental, learning, speech, emotional or social. Toys, books, CDs, DVDs for children; reference books for parents. Staffed by volunteers in open hours. Occupational therapist appointments free to members. Prospective members must phone for initial appointment.

Hours: Wed Thu 9:45am-1pm. Fri Sat 9:45am-12pm. Closed school holidays and public holidays.

Contact: Administration Manager

Area Served: Manly, Warringah, Pittwater (also Northern Sydney)

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:

* Manly Council - Lifeguard on 9976 1497 or communitydevelopment@manly.nsw.gov.au.

* Newport Surf Life Saving Club lifeguard 9997 5116 on weekends or 0418 628 362 weekdays.

* Bilgola Surf Life Saving Club lifeguard 9918 2337.

* Collaroy Beach - Louise on 9942 2787 or Surf Life Saving Club lifeguard 9982 9261.

Kindergym / Gymnastics

Phone: 02 9982 3331

35 Willandra Rd, Beacon Hill NSW 2100

Email: barbaraquinn@optusnet.com.au

Gymnastics classes for pre-schoolers, run by Beacon Hill Youth Club.

For boys and girls 1 to 5 years, accompanied by an adult, semi-structured group and an optional structured class for 4-year-olds in preparation for school. Saturday and afternoon classes for school children 5+ years. Children with disabilities (special needs) integrated in all classes. Free come and try.

Hours: Mon & Thu from 9:30 am, Sat from 8am.

Kindermusik

Phone: 0402 013 449

Mail to Lifesong, 62 Kens Road, Frenchs Forest NSW 2086

Email: km@molins.net.au

Classes at Manly, North Balgowlah, Mona Vale.

Early childhood music and movement classes for children aged 0-7, intimate group numbers, run by experienced music teachers who teach parents and children to relax. Golden Apples Lullaby CD (Cliona Molins harp and voice) online for \$20.

Liberty Swing for Wheelchair Users - Collaroy, Seaforth

Phone: 02 9942 2686, 02 9976 1563

opposite Homestead Av, Collaroy Beach, Pittwater Rd, Collaroy 2097

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

Swing at Collaroy Beach (opposite Homestead Ave, Pittwater Road) and at Seaforth (Baranbali Playground, cnr Fromelles Ave & Baranbali Ave). Swing with platform for wheelchair and user, unlocked with MLAK key. Wheelchair is reversed onto platform, then fastened; user is secured with seatbelt. Swing can be pushed from the side. No need to book.

Hours: Mon-Fri 9.30am-4.30pm office

Contact: Disability Information Officer

Manly Swim School - Mobile Lessons

Phone: 0422 406 467

Mail to: PO Box 160, Collaroy NSW 2097

Email: bruce@manlysurfschool.com

Web: www.manlysurfschool.com

Programs for children from 6 months to adults of all ages in your own home in Northern Sydney region. These include water babies, learn to swim, stroke improvement, nippers, intensive holiday program. Wetsuits, equipment and sunscreen provided. Experience with children / adults with disability. Manly; Warringah; Pittwater; Mosman; Ku-ring-gai; Willoughby; Hornsby.

National Public Toilet Map

Phone: 1800 990 646

Mail to: National Continence Management Strategy, GPO Box 9848, Canberra 2601

Email: helpline@toiletmap.gov.au

Web: www.toiletmap.gov.au

The National Public Toilet Map is an initiative under the Australian Government National Continence Management Strategy. The map is a large electronic database of more than 14 000 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 they wish to visit. Also available as an App for I-phone, and m.toiletmap.gov.au to mobile phone.

Hours: Helpline is available Mon-Fri 9am-5 pm (not public holidays)

Contact: National Continence Helpline 1800 330 066, Project officer: project@toiletmap.gov.au. People with a hearing, speech or communication impairment, can phone the National Relay Service on 1800 555 677.

Northern Beaches Interchange Inc - School Holiday Program

Phone: 02 9970 0500

2 Jacksons Rd, Warriewood NSW 2102

Email: admin@nbi.org.au

Web: www.nbi.org.au

School holiday program for children aged 5-12 years (Seagulls) and teens aged 12-18 years (TAG) who still attend school and live in Northern Beaches. Seagulls 10am-4pm on 2-3 days per week; TAG 9am-5pm on weekdays.

Hours: Office Mon-Fri 9am-5pm.

Area Served: Manly, Warringah, Pittwater

OzSports Ability Counts Club for Children with Disabilities

Phone: 02 8668 4764

Oval at Fisher Road School, 115 Fisher Rd, Dee Why NSW 2099

Email: jas@ozsportssolutions.com.au

Web: www.ozsportssolutions.com.au

Soccer, Aussie sports, multisport fun sports to improve motor skills, cognitive and emotional development of children (aged 5-8, 9-11) with disabilities on Saturday afternoon. Trained / experienced staff: participant ratio of 1:3. Parents to remain with child; siblings welcome. \$10/session.

Contact: Jas 0411 563 601

Hours: Saturdays during school term - 12noon Group 1 (age 5-8), 1pm Group 2 (9-11) **Area Served:** Northern Sydney

Pat Taylor Swimming School

Phone: 02 9977 6125

Mail to: PO Box 1233, Manly NSW 1655

Email: pat_swim@bigpond.net.au

Web: www.pattaylorsswimschool.com.au

The Pat Taylor Swimming School conducts classes at Cromehurst School, Lindfield, Wednesdays & Fridays from 3.45pm, Sat from 8am plus pm classes. Dee Why: Fisher Rd Special School, Mon, Tue, Fri from 3:45pm, Sat from 8am. Mona Vale Hospital; Fri from 4pm, Saturday from 1.30pm. Arranounbai School, Frenchs Forest on Sun from 9am. All indoor heated pools. Classes for babies to adults. Terms are the same as school terms plus summer school holiday classes. Discounts for twins, large families, pensioners and special needs. Hot winter specials available during terms 2 & 3.

Area Served: Warringah, Pittwater, Ku-ring-gai

Playgrounds in the Northern Beaches

* Manly – At www.manly.nsw.gov.au/attractions/playgrounds you can download a copy of the Manly Council Playground Guide (free map / guide to 31 Council-owned playgrounds) or phone 9976 1563 to get one.

* Pittwater – At www.pittwater.nsw.gov.au/recreation/parks_and_reserves/find_a_park, your search can specify type (e.g. beach), features (e.g. enclosed playground, disability facilities), suitable for (e.g. picnic), nearby facility (e.g. public transport).

* Warringah – At www.warringah.nsw.gov.au/community/parks.aspx you can search for playgrounds alphabetically. Also parks / reserves and community centres, from the menu on the left.

Rhythm Factory – many locations in Northern Sydney region

Phone: 1300 468 858

Dougherty Centre, 7 Victor St, Chatswood NSW 2067

Email: info@rhythmfactory.com.au

Web: www.rhythmfactory.com.au

Classes in dance, music and movement for girls and boys aged 15 months to 8 years, develop gross motor skills, confidence, coordination, self esteem. Children with developmental disability welcome. Classes (maximum 12 per class) are 30 minutes for 15mo-2.5yr and 2yr-3.5yr; and 40 minutes for 3yr-4.5yr and 4yr-6yr. See website for classes in Avalon, Baulkham Hills, Carlingford, Castle Hill, Chatswood, Forestville, Freshwater, Gladesville, Hornsby, Lane Cove, Mosman, North Sydney, St Ives.

Hours: Vary according to location (see website)

Area Served: Northern Sydney

Signed Storybooks - for Deaf and Hearing Kids, Sibings and their Parents!

The whole family can watch, hear, see the signed words (in British Sign Language) and read the text of various storybooks for children of all ages. More books are added constantly to the categories: Adventure, Baby and Toddler, Fairytales and Folktales, Families & Friendships, Funny, Slimy Scary. Can use keyboard with shortcut techniques. www.signedstories.com.

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 be provided.

Hours: Saturday 1pm-2pm

Fee: \$100/season

Contact: David Howard

Area Served: Northern Sydney

TAD / Gale Computer Support Service

Phone: 02 9912 3400

Unit 10, 185 Briens Rd, Northmead NSW 2152

Email: css@tadnsw.org.au

Web: www.tadnsw.org.au

Volunteers refurbish donated computers and ancillary equipment, install software, sell the computer (\$200 or \$350) and provide 2 year maintenance to people (aged 3+) with Pension, Health or Veterans card. Contain Windows XP and Microsoft Office 2003. TADAust Connect offers a low cost internet service for \$10 per month.

Hours: Mon-Fri 9am-4pm

Contact: 1300 663 243

Area Served: Sydney metro

TAD NSW Freedom Wheels

Phone: 02 9912 3400

Unit 10, 185 Briens Rd, Northmead NSW 2152

Email: info@tadnsw.org.au

Web: www.tadnsw.org.au

In the customised bike program, TADNSW's healthcare and engineering staff assess each child at a bike "clinic" and write a specification for a bike to meet their exact needs. This may include stabiliser wheels, postural supports, belts, footcups, towbars and modified handlebars. See website for clinic dates and sites. Also in Queensland, South Australia and Victoria. See website for clinic dates and sites.

Tempo Tricycles Distributions Pty Ltd

Phone: 0407 651 912

Mail to: c/- PO Box 7012, Brendale QLD 4500

Email: sales@tempolafaek.com.au

Web: www.tempotricycles.com

Aims to bring the benefits and joy of cycling to all people.

Hours: Mon-Fri 9am-5pm

Contact: 0407 651 912; 0011 769 666 9458 (Fax)

Area Served: National

Virgin Active Health Club

Phone: 02 9975 8600

16 Rodborough Rd., Frenchs Forest NSW 2086

Email: frenchs@virginactive.com.au

Web: www.virginactive.com.au

Club offers personal training (individual, group), swimming classes in heated 25metre indoor pool, cafe, free internet, spa and sauna, kids club (3mo-15yr), teen holiday program. Family splash - existing member invites partner and kids to free 1.5 hour session in pool at 5 specified times/week. **Hours:** Mon-Thu 5:30am-10pm, Fri 5:30am-9pm, Sat 7am-8pm, Sun 8am-6pm

Information

The Association for Children with a Disability NSW (ACD) produced two booklets with ADHC funding, which are provided free of charge to its new members, or can be purchased by others. Phone 1300 851 603.

'Through the Maze' is a comprehensive and current guide to disability services in metropolitan and regional NSW for families, parents and carers. It covers the stages from diagnosis of a disability or developmental delay in childhood through to adulthood. Written by parents who used the services.

'Helping You and Your Family' is for parents of a child who is newly diagnosed with a disability. It focuses on the emotional and relationship issues, and provides an overview of the service system.

The Cerebral Palsy Alliance (former Spastic Centre of NSW) has several resources for parents (Newly Diagnosed, Looking after Yourself, Parent Toolkit) at <http://www.cerebralpalsy.org.au/about-cerebral-palsy/my-child>.

ADHC Teams - Specialist Support and Case Management

Phone: 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

Web: www.dhs.nsw.gov.au

Hours: Office Mon-Fri 8.30am-5pm

People to age 64 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, playgroups, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development. Information and referral to ADHC respite and other services like day placement, supported accommodation.

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

Autism Advisor Program

Phone: 1300 978 611

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

Email: autismadvisor@autismspectrum.org.au

Web: www.autismspectrum.org.au/aap

Advisors link families and carers of children aged 0 to 6 years who are diagnosed with an ASD, to the early intervention service provider panel, and provide advice and information about relevant community services. Autism Advisors are the central liaison for early intervention funding packages. The Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) has appointed Autism Spectrum Australia (Aspect) to establish and deliver the Autism Advisor Program in NSW until 2012.

Hours: Mon-Fri 9am-5pm

Area Served: NSW

Centrelink - Chatswood

Phone: 13 10 21

Customer Service Centre, 56-64 Archer St, Chatswood NSW 2067

Web: www.centrelink.gov.au

Centrelink delivers services, programs and payments for ten government departments. Department of Family and Community Services. Department of Employment, Workplace Relations and Small Business. Department of Transport and Regional Services. Department of Veterans' Affairs. Department of Health and Aged Care. Department of Education, Training and Youth Affairs. Department of Agriculture, Fisheries and Forestry-Australia. Department of Foreign Affairs and Trade. Department of Communication, Information Technology & the Arts. Department of Immigration and Multicultural Affairs. Appointments line: 13 1021, Multilingual service: 13 1202, Family assistance office: 13 6150, Employment services: 13 2850, Youth & Students: 13 2490, Retirement payments: 13 2300, Disability payments: 13 2717

Hours: 8am - 4:30pm

Contact: 1800 000 567 (TTY), Manager

Area Served: Northern Sydney

Cerebral Palsy Alliance (formerly The Spastic Centre)

Phone: 02 9479 7200

Head Office, 321 Mona Vale Rd, Terrey Hills NSW 2084

Email: scnsw@cerebralpalsy.org.au

Web: www.cerebralpalsy.org.au

Comprehensive information, early intervention, therapy, vocational training and employment services, residential services, respite care, transport, Conductive Education, advice and modification of equipment aids, technology, Hart Walker, parent groups, hydrotherapy and information. Hydrotherapy pool. Service sites at Allambie Heights, Ryde, Prairiewood, Penrith, Croudace Bay (Newcastle), Singleton. Therapy services in Orange, Dubbo, Moruya, Armidale, Canberra (Southern Tablelands), Nowra, Wagga Wagga and Raymond Terrace for school aged children with disabilities and significant and complex needs. CP Helpline 1300 39 29 20.

Hours: Mon-Fri 9am-5pm

Contact: Pathways 1300 888 378

Cerebral Palsy Alliance - CP Helpline

Phone: 1300 30 29 20

Mail to: PO Box 184, Brookvale NSW 2100

Email: cphelpline@cerebralpalsy.org.au

Web: www.cerebralpalsy.org.au

Experienced and qualified staff of this confidential telephone information and support service will answer queries about cerebral palsy and related disabilities.

Hours: Mon-Fri 9am-5pm

Contact: National Relay 133 677, Translating & Interpreting Service 131 450

Area Served: National

Cubby House Toy Library Inc

Phone: 02 9971 7006

32 Howard Ave, Dee Why NSW 2099

Email: cubbyh@tpg.com.au

Community based toy library for children with additional needs - physical, developmental, learning, speech, emotional or social. Toys, books, CDs, DVDs for children; reference books for parents. Staffed by volunteers in open hours. Occupational therapist appointments free to members. Prospective members must phone for initial appointment.

Hours: Wed Thu 9:45am-1pm. Fri Sat 9:45am-12pm. Closed school holidays and public holidays.

Contact: Administration Manager

Area Served: Manly, Warringah, Pittwater (also Northern Sydney)

Down Syndrome NSW - Parent support

Phone: 02 9841 4444

80 Weston St, Harris Park NSW 2150

Email: admin@dsansw.org.au

Web: www.dsansw.org.au

Parent support association that aims to encourage people with Down syndrome to take their place in the community and to raise community understanding of the condition. Services include parent support, information and referral, a book & video library and comprehensive website.

Hours: Mon-Fri 9:30am-4:30pm (Parent support)

Early Childhood Intervention Australia (NSW Chapter) Inc

Phone: 02 9873 2593

D Block, 361-365 North Rocks Rd, North Rocks NSW 2151

Email: admin@ecia-nsw.org.au

Web: www.ecia-nsw.org.au

Professional and parental support, and information service for early childhood intervention workers.

Hours: Mon-Fri 9am-5pm

Contact: Administrative Officer

Area Served: NSW

Northcott - EarlyStart Diagnosis Support

Phone: 02 9472 5200

5/20 George St, Hornsby NSW 2077

Email: edwina.hargreaves@northcott.com.au

Web: www.northcott.com.au

This program provides short-term support to families whose pre-school child (aged 0-6) has recently been diagnosed with a disability, is waiting for diagnosis, or where there is concern about the child's development. Referral by self or an agency.

Provides information and referral. Funded by ADHC. **Hours:** Mon-Fri 9am-5pm office **Area Served:** Northern Sydney

Northern Beaches Community Advisory Service

Phone: 02 9979 7677

7/8 Level 1 Pittwater Place, 10 Park St, Mona Vale NSW 2103

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Provides an initial point of entry into the service system by providing information, assessment, advice, advocacy and referral for people within the HACC target group and their carers.

Hours: Mon-Fri 8.30am - 4.30pm

Area Served: Warringah; Pittwater; Manly

NSW Council for Intellectual Disability (NSW CID)

Phone: 02 9211 1611, 1800 424 065

Level 1, 418a Elizabeth St, Surry Hills NSW 2010

Email: mail@nswcid.org.au

Web: www.nswcid.org.au

A peak organisation representing the rights and interests of people with an intellectual disability. Lobbies government, provides policy advice, systemic advocacy, information provision and dissemination. Has a database with information on over 1000 services and resources available for people with an intellectual disability and their families and advocates. Also has a reference library which is accessible on request. The Board of Directors consists of people with intellectual disabilities, their families, and service providers.

Hours: Mon - Fri 9am - 5pm

Parent Line

Phone: 1300 130 052

Web: www.parentline.org.au

Telephone counselling and referral service for parents of children aged 0-18 years, and for professionals on behaviour issues, referral and support. From February 2011, the Early Childhood Intervention Infoline began operating through Parent Line for families who have questions about their child's development or who have a child who has been diagnosed with a disability. Professional counsellors answer calls regarding parenting issues like discipline or conflict. Calls from anywhere in NSW for cost of a local call. Telephone interpreter service for non-English speaking people. Website has info sheets and parent stories.

Hours: 24/7

Contact: Other phone: 132 055 (TTY)

Area Served: NSW

Raising Children Network - The Australian Parenting Website

Web: www.raisingchildren.net.au

A website that provides information that can help parents with the day-to-day decisions of raising children, and looking after their own needs. With government support, this website provides health and development information for parents with children aged 0-15, in formats including text based articles, illustrated demonstrations and audio visual material. It also has forums by child age, parent type, research and neighbourhood, resources like DVDs and child-friendly movie reviews, and e-newsletters for parents or professionals. The disability section addresses common issues and concerns of parents of children with a disability, especially autism.

Hours: Daily, 24 hours

Area Served: National

Royal Institute for Deaf and Blind Children

Phone: 02 9871 1233 (Voice/TTY) 361-365 North Rocks Rd, North Rocks NSW 2151 **Web:** www.ridbc.org.au

Provides early intervention, pre-school and school-aged educational programmes for children with hearing and/or vision impairment. Services include centre-based and home-based programs, an audiology clinic and a research and professional training centre operated in affiliation with the University of Newcastle. Also offers a variety of contact options including telephone, post, fax, email, video and video conferencing for families in rural areas. Planning and assessment sessions can be arranged on campus. **Hours:** Mon-Fri 8:30am-4:30pm (Office) **Area Served:** National

Warringah Disability Information Service

Phone: 02 9942 2686 Warringah Library Service, 725 Pittwater Rd, Dee Why NSW 2099

Email: janzm@warringah.nsw.gov.au **Web:** www.warringah.nsw.gov.au/services/disability.aspx

Provides comprehensive information and referral for residents with disability, their carers, service providers and community in Manly Pittwater Warringah. Free booklets on Leisure for youth and adults with a disability, Services for Children 0-6 with Special Needs - printed and on Council website. Free fortnightly e-newsletter of events, resources etc.

Hours: Mon-Fri 10am-4pm **Area Served:** Warringah, Pittwater, Manly, Northern Sydney

Warringah Disability Newsletter

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

Free fortnightly newsletter of 8-14 pages of information on events, activities, resources, training, conferences etc to interest/benefit people with a disability, their family / carers and service providers in the Northern Sydney area. Email janzm@warringah.nsw.gov.au to receive. Only by email in Word or pdf format, regular or large print. Suggestions and comments are welcome. **Area Served:** Northern Sydney

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.

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. The LINCS database is the basis of the Community Directory of most local councils.

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

Playgroups

ADHC - Better Start for the Future

Phone: 02 8424 2536

Level 6, 12 Help St, Chatswood NSW 2067

Email: Bettina.Bacall-Arenstein@dhs.nsw.gov.au

Web: www.adhc.nsw.gov.au

Ageing Disability and Home Care (ADHC) offers a range of specialist workshops, groups, resources and courses to assist families and carers to develop the skills of children aged 5-18 with a diagnosed intellectual disability, to promote family health and well being. These include: siblings group, Triple P seminars, caring for the parents, sleep, toileting, let's play, eating and drinking clinic, keyword signing (formerly Makaton) for families, beach walking group, rock climbing group. An eligible child would have an intellectual disability and significant deficits in 2 or more functional areas or a diagnosed syndrome strongly associated with intellectual disability e.g. Down Syndrome. **Hours:** Office Mon-Fri 8.30am-5pm

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

Lifestart Northern Beaches - Open Playgroup

Phone: 02 9451 9564

Arranounbai School, 5 Aquatic Dr, Frenchs Forest NSW 2086

Email: northernbeaches@lifestart.org.au

Web: www.lifestart.org.au

Playgroup for young children with special needs, siblings, friends and children without special needs (depending on space). Staff include educators, rostered therapists (speech, OT, physio), parent co-ordinator, volunteers. Thursday 10am-12pm.

Hours: Thu 10am-12pm. Office Mon-Fri 9am-5pm in school terms

Contact: Coordinator

Area Served: Manly LGA, Pittwater LGA, Warringah LGA, Mosman LGA, North Sydney LGA; Willoughby LGA

MyTime Parent Support Group and Playgroup

Phone: 1300 30 29 20 Office Mon-Fri 9am-5pm

McLeod House, Spastic Centre, 189 Allambie Rd, Allambie 2100

Email: agallard@tscnsw.org.au

Web: www.parentingrc.org.au

Parents, grandparents and carers of young children (to age 5) with a disability or chronic medical condition meet weekly for support and information while a play helper leads children in a developmental program of singing, drawing, playing with toys etc. The parent must be eligible for the carers allowance. Meets Fridays 9.30am-11.30am during school terms. Free.

Contact: Register with Angela Gallard 9975 8411

Area Served: Northern Beaches; Mosman

Northern Beaches Interchange - Kookaburra Specialised Playgroup

Phone: 0438 091 885

Narraweena Community Centre, Oceana St, Narraweena NSW 2099

Email: nbi@ans.com.au

Web: www.nbi.org.au

Specialised playgroup for children to age 6 with developmental delay or special needs, siblings and parents in group setting to enhance social skills, gross/fine motor skills, language etc before school entry.

Hours: Mon 10am-12:30pm in school terms

Contact: Penny, Coordinator. Office 9970 0500

Area Served: Manly, Warringah, Pittwater

Physical Ability Unit - Motor Skills Therapy

Phone: 02 9975 7743

Arranounbai School, 5 Aquatic Drive, Frenchs Forest NSW 2086

Email: pau@nscchahs.health.nsw.gov.au

Contact: Michelle Mon- Thu

Area Served: Northern Beaches

Individual or group sessions to develop motor and play skills for children and teens to age 18 with physical disabilities or medical conditions. Staffed by physiotherapist, occupational therapist, nurse. Includes fine and gross motor play and language simulation. Run for 1-2 hours per week during school terms.

Hours: Office hours: Mon-Thu 9am-3pm

STaR Association

Phone: 02 9888 3717

Suite 2-5, Level 2, 56 Delhi Rd, North Ryde NSW 2113

Email: elise@star.org.au

Web: www.star.org.au

This small registered charity was established by parents and professionals, to provide early intervention support for children (to age 6) with disabilities and their families within mainstream childcare centres. Services include Childcare Support Program (supported child placement in participating childcare centres, with an individual education plan based on the centre assessment, therapist's goals and the family's priorities with focus on transition to school), Caring for Carers (carer information sessions, lectures and workshops, networking for family / friends and individual support to parents and carers of preschool children), Supported Playgroup (play based programs for children 0-5 yrs with a disability or developmental delay and their families), Autism Opportunities (educational and therapy services to children aged 0-6 with ASD). Services include preparation / transition to school program, speech and occupational therapy.

Hours: Mon - Fri 10.00 am - 3.00 pm

Area Served: Sydney Metro

Preschools

DVD: "Starting School" - Stories from 6 Families of Children with a Disability

This 25-minute DVD identifies strategies to ease the transition into school for the first time. It will be useful for families from the earliest stages of thinking seriously about choosing a first school - it is realistic, encourages flexibility and cooperation, acknowledges the expertise of parents. It includes both mothers and fathers, grandparents and siblings, and a number of principals, teachers and learning support officers are interviewed. Produced by the Lady Gowrie Childcare Centre with funding from the NSW Government, the single disc includes information in English, Cantonese, Dari, Dinka, Korean, Mandarin, Vietnamese. Request it from Parent Line on 1300 130 052.

Arranounbai School

Phone: 02 9452 3168

Email: arranoun-s.school@det.nsw.edu.au

Contact: Principal Anne Temple

5 Aquatic Drive, Frenchs Forest NSW 2086

Web: www.arranoun-s.schools.nsw.edu.au

Area Served: Northern Sydney

* School for children aged 4 to 18 years with autism, physical disability or medical condition. Infants, primary and secondary school (School certificate and HSC - Dept of Education and Training). Access to physiotherapy, occupational therapy, hydrotherapy pool nearby. Resources for hire: meeting rooms.

Hours: School hours 9am-3pm

DET Early Intervention Support Class

Phone: 02 9987 3913

Email: deewhy-p.school@det.nsw.edu.au

Small group half-day sessions with individual learning program for each child, in collaboration with parents, therapist, early childhood teacher. Or resource support in government-funded community-based preschools or child care centres.

Hours: Mon-Fri 9am-3pm Office

Contact: Disabilities Program Consultant 9941 3000

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove

EASIA (EASing Into Academics) Clinic

Phone: 02 9888 3717

Suite 2.05, Level 2, 56 Delhi Rd, Nth Ryde NSW 2113

Email: admin@easia.org.au

Provides academic assessment and intervention services for children with or without disabilities from 4 years of age.

Hours: By appointment

Area Served: NSW

Fisher Road School for Specific Purposes

Phone: 02 9981 5222

115 Fisher Rd, Dee Why NSW 2099

Email: fisherrd-s.school@det.nsw.edu.au

Web: www.fisherrd-s.schools.nsw.edu.au

Provides special educational programs for pupils aged 4-18 years with intellectual disability. Includes academic, communication, music therapy, sensory, adapted Conductive education, work skills and integration into community and satellite classes.

Hours: Mon-Fri 8:45am-3:15pm

Area Served: Manly, Warringah, Pittwater

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Step House, 23 Punt Rd, Gladesville NSW 2111

Web: www.giantsteps.net.au

Provides therapy remediation and academic education in a single program, and a gradual systematic approach to integrating children into local schools. Addresses underlying neurological impairments so child can benefit from an academic program.

Giant Steps Early Learning - early intervention for children with autism ages 2 to 5. Playgroup "Playsteps" for ages 3-4 at Gladesville and Caringbah.

Hours: School term Mon-Fri 9am-3pm

Area Served: Sydney Metro

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691 or 9850 9697

Bldg X5A, Special Education Centre, Balaclava Rd, Macquarie University 2109

Email: reception@speced.sed.mq.edu.au

Web: www.musec.mq.edu.au/co_school.aspx

Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

Hours: Mon-Fri 8:30am-2:45pm

Area Served: Sydney Metro

RIDBC Roberta Reid Preschool

Phone: 02 9872 0306 (Voice or TTY)

361-365 North Rocks Rd, North Rocks NSW 2151

Email: robertareid@ridbc.org.au

Web: www.ridbc.org.au

Offers a preschool program for children who are deaf or who have parents who are deaf and use AUSLAN as their first language. Concepts are explained to deaf children using AUSLAN first. English is taught as a second language.

Hours: Mon-Fri 9am-3pm

Contact: Director of Robert Reid

Area Served: Sydney Metro

SDN Northern Sydney Inclusion Support Agency

Phone: 02 9439 2182

Suite 205/ 35 Hume St, Crows Nest NSW 2065

Email: nsisa@sdn.org.au

Web: www.sdn.org.au

Promotes access and inclusion through the Inclusion Support Subsidy (ISS) for children with ongoing high support needs (primarily disabilities) or of refugee or ATSI background in Commonwealth funded children's services. Offers information, resources and training to Commonwealth funded children's services and staff. Information and referral from children's services staff. Office not open to public.

Hours: Mon-Fri 9am-5pm

Contact: Manager Julie Pearson

Area Served: Northern Sydney

St Gabriel's School

Phone: 02 9634 2367

190 Old Northern Rd, Castle Hill NSW 2154

Email: reception@stgabriels.nsw.edu.au

Web: www.stgabriels.nsw.edu.au

Provides specialised education for children with hearing impairment, autism, intellectual disabilities and requiring low-medium support to develop language, literacy, numeracy, social skills. Students aged 4-13 attend the registered / accredited kindergarten to Year 6.

Hours: Mon-Fri 8:30am-3:30pm

Contact: Director

Area Served: NSW

St Lucy's School

Phone: 02 9487 1277

21 Cleveland St, Wahroonga NSW 2076

Email: reception@stlucys.nsw.edu.au

Web: www.stlucys.nsw.edu.au

An independent, specialist Catholic School and community reaching out to children with disabilities. Provides an educational experience which caters for individual needs and differences within a caring and supportive atmosphere. Satellite classes in Narrabeena and Narrabeen.

Hours: Mon-Fri 8:30am-4pm

Contact: Jo Karaolis, Principal

Supporting Children With Additional Needs (SCAN)

Web: www.community.nsw.gov.au/DOCS/STANDARD/PC_100997.htm

A scheme funded by DoCS to assist children with additional needs who are enrolled in a preschool, occasional care or vacation care centre to have equal access with all other children to the service and program activities. Eligible children include those from an Aboriginal and/or Torres Strait Islander Background, from a Culturally and Linguistically Diverse Background (CALD), children with challenging behaviours and children with a disability. Funding is available to help preschools and childcare services improve the way they support children with additional needs. Funding may be used to provide specialist training for staff, employ a support worker, improve library resources or buy equipment or books that are suitable for children with additional needs. If parents believe their child is eligible they need to speak with the Director or Co-ordinator of the child care service in which their child is enrolled. The Director or Co-ordinator will apply for funding. **Area Served:** NSW

Treetops Pre School

Phone: 02 9999 4107

10 Jubilee St, Warriewood NSW 2102

Email: treetopspreschool@bigpond.com

Preschool is situated at the Pittwater Uniting Church. Full Kindergarten program. Children from 3 to five years.

Hours: 8.45am-3.15pm

Area Served: Warringah; Pittwater

Vern Barnett School for Children with Autism

Phone: 02 8977 8359

41 Cook St, Forestville NSW 2087

Email: vbschool@autismspectrum.org.au

Web: www.aspect.org.au

A comprehensive educational program for children aged 3.75-16 years diagnosed with Autism Spectrum disorder. Combined primary and secondary day school. Emphasises teaching communication and social skills, sensory processing and self-regulation of behaviour. Many satellite classes.

Hours: Mon-Fri 9am-3pm

Contact: Principal, Secretary

Area Served: Northern Sydney (North Western also)

Respite

ADHC Centre-based Respite

Phone: 02 9841 9350

Ageing Disability and Home Care has overnight residential respite houses for children from the age of 7 years, in Dee Why, Forestville and Roseville. The only cost is for activities on outings. To use this service, a referral to the intake officer must be made and a case manager will be allocated to you as soon as possible.

Centacare Disability Services - Respite

Phone: 02 8968 5100

Unit 9B, 44 Wattle St, Brookvale NSW 2100

Email: janelle.phillpot@dbb.org.au

Web: www.centacarebrokenbay.org.au

1. Planned Flexible Respite Service (0-99 years) packages tailored to suit the carer's needs.
2. Children's Respite Services - Vacation Care Program for children and youth (to age 18) with disabilities.
3. Planned, In home Respite for people with disabilities with moderate to high support needs.
4. Planned Ageing Carer Respite Program for carers (aged 60+ or Indigenous carers aged 45+) of people with disabilities. Package is tailored to suit the ageing carer's needs.
5. Leisure Link - weekend and/or evening program for people with disability in creative, recreation, leisure with peers.

Hours: Office Mon - Fri 9am - 5pm, service times vary

Area Served: Northern Sydney / Central Coast AHS

Community Care (Northern Beaches) Inc

Phone: 02 9979 7677

Unit 7/8 Level 1 Pittwater Place, 10 Park St, Mona Vale NSW 2103

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Assistance for frail aged, people with dementia and people with disabilities and their carers through the provision of in home respite, in-home podiatry and packages of care including case management, advocacy and co-ordination of home support services. CCNB aims to meet the changing needs of these people in the Northern Sydney area to enable them to make choices about their lifestyle and live independently in the community. Provide assessment, co-ordination and monitoring services using an individual, flexible and client-centred approach.

Hours: Mon-Fri 8:30am-4:30pm. Answering machine to record messages at other times. After hours on call service for emergencies for existing clients

Area Served: Manly, Warringah, Pittwater, Mosman, North Sydney, Willoughby, Lane Cove, Ryde, Hunter's Hill, Hornsby and Ku-ring-gai

Northcott Flexible Respite Northern Sydney

Phone: 02 9472 5204

Level 5, 20 George St, Hornsby NSW 2077

Email: hornsby.admin@northcott.com.au

Web: www.northcott.com.au

Provides respite for people with disabilities aged 0-65 years and their carers, and Flexible Respite for Ageing Carers aged 70+.

Hours: Mon-Fri 9am-4pm

Contact: Coordinator Alison Trainor

Area Served: Northern Sydney

Northern Beaches Interchange Inc

Phone: 02 9970 0500

2 Jacksons Rd, Warriewood NSW 2102

Email: admin@nbi.org.au

Web: www.nbi.org.au

This non-profit agency provides family support and respite to member families with a child with a disability. Four regular and occasional planned respite programs: 1. Host Program (ages 0-16) 2. Saturday Program (aged 5-16) 3. Peer Support Program (Club With No Name ages 15-24) 4. Respite Options Program (ages 0-24 with high support needs). 5. TAG and Seagull Holiday Program for teens and children. 6. Kookaburra play group (ages 0-6 years) is the early intervention program.

Hours: Office Mon-Fri 9am-5pm. Respite programs weekdays and weekends **Area Served:** Manly, Warringah, Pittwater

Northern Sydney Commonwealth Carer Respite Centre

Phone: 1800 059 059 02 8405 4400

Level 3, 1 Chandos St, St Leonards NSW 2065

Email: nscarers@nsforum.org.au

Web: www.nsforum.org.au

Provides information, support, advice, and assistance in arranging short-term and emergency respite for carers of people who are frail aged, have a disability, chronic condition, mental health disorder, terminal illness.

Hours: Mon-Fri 9am-4:30pm (office), 24 hour emergency service

Contact: Service Manager 1800 052 052

Area Served: Northern Sydney

Respite Intake and Allocation Process (RIAP) - ADHC Metro North

Intake Line (02) 9841 9354 open 17 Jan to 4 Mar 2011 for referrals for flexible respite services from 1 Jul 2011 to 30 Jun 2012. Referrals after 4 March might not be included in the annual allocation. Line open 9am to 4pm, leave a message for staff who will call you. Applications are prioritised in March 2010, with allocation after 30 March. You will receive a letter about the outcome of your referral after the allocation meetings. Discuss any concerns or questions regarding this process with your current respite service provider or call the RIAP Intake line.

Area Served: Auburn LGA, Baulkham Hills LGA, Holroyd LGA, Parramatta LGA, Northern Beaches, Penrith LGA, Blue Mountains LGA

Sunnyfield - Respite in Action, Northern Sydney

Phone: 02 8977 2755, 8977 8888

185 Allambie Rd, Allambie Heights NSW 2100

Email: d.white@sunnyfield.org.au

Web: www.sunnyfield.com.au

Individual respite packages are allocated annually to provide planned and regular service within the family home or outside in the community. The quality program to the person with a disability, through a person centred approach, meets the needs of individuals and families. Not crisis or emergency respite.

Hours: Office Mon-Fri 8am-5pm

Contact: 9451 6999

Area Served: Northern Sydney

Siblings

Some organisations providing respite to people with disabilities now also offer activities for the siblings or children of the person with the disability, like Centacare on 8968 5100 and ADHC on 8424 2500. See the sections on Carers, Information and Respite.

Kids Helpline

Phone: 1800 551 800

Email: admin@kidshelp.com.au

Kids Helpline is a 24 hour national telephone, email and web based counselling service for young people aged 5 to 25 years. It is free, anonymous and confidential.

Contact: 07 3369 1588

Mail to: PO Box 2000, Milton QLD 4064

Web: www.kidshelp.com.au

Hours: Daily, 24 hours

Area Served: National

Livewire for Siblings of Someone with Disability

Phone: 02 8425 5971

Web: www.siblings.livewire.org.au

Mail to: Livewire at Starlight Children's Foundation, Level 3, 80 Chandos Street, Naremburn NSW 2065

This free, safe and supportive online community is for young people (aged 10-20) who have a brother or sister living with a disability, serious illness or chronic health condition. Here they can share experiences with other siblings who understand, gain the skills and knowledge to help them feel more in control of their situation. Members can chat online, create a blog about themselves or interests, enter competitions, read information, check games and music, post in forums. Chat hosts and moderators trained in adolescent health are online 7 days a week, and Livewire works with the Australian Federal Police to ensure all members of Livewire remain safe while engaging with the community.

Hours: Office Mon-Fri 9am-5pm

Area Served: National

Northern Beaches Interchange Inc

Phone: 02 9970 0500

2 Jacksons Rd, Warriewood NSW 2102

Email: admin@nbi.org.au

Web: www.nbi.org.au

This non-profit agency provides family support and respite to member families with a child with a disability. Four regular and occasional planned respite programs: 1. Host Program (ages 0-16) 2. Saturday Program (aged 5-16) 3. Peer Support Program (Club With No Name ages 15-24) 4. Respite Options Program (ages 0-24 with high support needs). 5. TAG and Seagull Holiday Program for teens and children. 6. Kookaburra play group (ages 0-6 years) is the early intervention program.

Hours: Office Mon-Fri 9am-5pm. Respite programs weekdays and weekends **Area Served:** Manly, Warringah, Pittwater

Northern Sydney Commonwealth Carer Respite Centre

Phone: 1800 059 059, 02 8405 4400

Level 3, 1 Chandos St, St Leonards NSW 2065

Email: nscarers@nsforum.org.au

Web: www.nsforum.org.au

Provides information, support, advice, and assistance in arranging short-term and emergency respite for young carers of people who are frail aged, have a disability, chronic condition, mental health disorder, terminal illness.

Hours: Mon-Fri 9am-4:30pm (office), 24 hour emergency service

Contact: Service Manager 1800 052 052

Siblings Australia Inc

Phone: 0408 720 558

Mail to: PO Box 848, Torrens Park SA 5062

Email: kate@siblingsaustralia.org.au

Web: www.siblingsaustralia.org.au

Services and resources for siblings of children with special needs, parents and service providers.

Hours: Mon - Fri 9am-5pm

Contact: Kate Strohm

Area Served: National

Young Carers NSW

Phone: 1800 242 636

Mail to: PO Box 20156, World Square NSW 2002

Email: yc@carersnsw.asn.au

Web: www.youngcarersnsw.asn.au

Provides telephone information, support and activities for young people to age 25 who care for a family member with long-term illness, disability, drug or alcohol problem. Quarterly newsletter (mail or email), camps, discussion board on website, face-to-face counselling, Talk-link (telephone group counselling), regional networks. Information kits available in many languages.

Contact: Project Officer. Also answering machine for messages.

Hours: Mon-Fri 9am-5pm.

Area Served: NSW

Transport

Cars and the GST - purchases by eligible people with disabilities

Web: www.ato.gov.au/content/downloads/bus13098n4325-04-2011.pdf

Area Served: National

Under the goods and services tax (GST) legislation there are concessions for eligible people with disabilities who purchase new cars, second-hand cars and car parts. The concessions are available to:

* eligible disabled veterans who intend to use the car for their personal transportation for a period of two years or until the car has travelled 40000 kilometres;

* eligible people with disabilities who intend to use the car for their personal transportation to or from gainful employment for a period of two years or until the car has travelled 40000 kilometres. Conditions apply - see ATO website for more details.

Dept of Education & Training - Student Special Transport Unit

Phone: 131 071

Web: www.det.nsw.edu.au

This assist eligible students with disabilities to access educational services in government and non-government schools in NSW with a maximum of two trips per day, available to students enrolled in special schools and support classes or in placements in regular classes for students who are mobility dependent. To be eligible to apply for transport assistance, students must: have an identified disability that meets DET established criteria NSW DET Disability Criteria (July 2000); •be enrolled in the closest appropriate government or registered non-government school to their home, following consideration of educational needs and the impact of travelling distance and time on individual learning programs; •have parents and/or carers who have demonstrated in writing their inability to provide or arrange travel for the student either fully or in part; and •be a permanent resident of New South Wales. Please contact your school principal in relation to any enquiries and applications for access to the SSSTS. All Schools not just government. **Hours:** Mon - Fri; 8.30am - 4.30pm

Freedom Motors Australia Pty Ltd

Phone: 02 9673 4033 or 0414 248 836

17 Plasser Cr, St Marys NSW 2760

Email: sales@freedommotorssaustralia.com.au

Web: www.freedommotorssaustralia.com.au

Provides the Freedom Van conversion which has a gently sloping ramp to the rear entrance. The Passenger and Family design options can cater for families with different needs including the self drive option. Vehicles modified include: Chrysler Voyager, Kia Carnival, Mercedes Benz Vito, Toyota Tarago, VW Transporter/Caravelle, Holden Combo and Citroen Berlingo.

Manly, Warringah, Pittwater Community Transport Inc

Phone: 02 9971 5110

Suite 201, 30 Fisher Rd, Dee Why NSW 2099

Email: admin@mwpct.org.au

Web: www.mwpct.org.au

Frail aged, younger people with disabilities, their carers, transport disadvantaged are collected from their homes and taken to fortnightly shopping to Warringah Mall, Forestway and Warriewood (morning 1.5-2hrs), fortnightly Mystery Drives, Individual Transport to medical/ hospital/ social appointments Mon-Sat, North Shore Shuttle to hospitals (Mater, Royal North Shore, Chatswood) Mon-Sat. Collects members to weekly group meetings and community restaurants. Also Flexible Transport within Northern Beaches and to North Sydney. Accessible buses for wheelchair users.

Hours: Mon-Fri 8.30am-4.30pm. Bus hire Mon-Fri evenings, all day Sat-Sun. **Area Served:** Manly, Warringah, Pittwater

Mobility Engineering

Phone: 02 9482 4572

Unit 3/28 Leighton Place, Hornsby NSW 2077

Email: sales@mobilityengineering.com.au

Web: www.mobilityengineering.com.au

Mobility Engineering is involved in the design, development and engineering certification of special needs conversions of various types. Large range of products for people with more common needs available, that suit many makes and models of vehicles. Services include modifications, special equipment and engineering certification. **Hours:** Mon-Fri 8am-5pm

Passes and Concessions Office

Phone: 02 9379 4441

490 Pitt St, Sydney NSW 2000

Email: passes&concessions@railcorp.nsw.gov.au

Web: www.railcorp.nsw.gov.au

Public Transport concession passes for visual impairment, ex-service personnel, full-time school and tertiary students. Doctor must fill in an Application Form. Administers passes & concessions as per Ministry of Transport Policy and Rail Corp procedures. **Hours:** Mon-Fri 8:30am-4pm **Area Served:** NSW

Problem Management Engineering

Phone: 02 9482 2808

6 Kookaburra Rd, Hornsby Heights NSW 2077

Email: bill@pmeautoconversions.com.au

Web: www.pmeautoconversions.com.au

Specialists in vehicle modifications and related products for drivers with disabilities. Some secondhand items.

Hours: Mon-Fri 9am-5pm

Contact: Managing Director 0408 414 073

Area Served: NSW

Qantas Carer Concession Card

Phone: 1800 806 769

Email: info@nican.com.au

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.

Hours: Mon-Fri 9am-5pm

Nican, 5/48 Brookes St, Mitchell ACT 2911

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

Contact: (02) 6241 1220, Freecall/TTY 1800 806 769

Area Served: National

Trakka

Phone: 02 9472 9000

Email: info@trakka.com.au

Sells and converts wheelchair accessible campervans and motor homes.

Hours: Mon-Fri 9am-5pm

9 Beaumont Rd, Mount Kuring-gai NSW 2080

Web: www.trakka.com.au

Area Served: NSW

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