

# DISEASES, DISABILITIES AND DISORDERS

## Disability Aids & Equipment

### Ability Technology Ltd

**Phone:** 9907 9736 **Fax:** 02 9907 9599

29 Frenchs Forest Rd, Seaforth 2092

**Mail to:** Private Box 44, 145 Sydney Rd, Fairlight 2094

**Email:** [info@ability.org.au](mailto:info@ability.org.au)

**Web:** [www.ability.org.au](http://www.ability.org.au)

**Service Description:** 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

### Amputee Association of Sydney Inc

**Phone:** 9890 0949 **Fax:** 02 9630 6864

1 Fennell St, North Parramatta 2151

**Mail to:** PO Box 129, Northmead 2152

**Email:** [amputees@northcott.com.au](mailto:amputees@northcott.com.au)

**Web:** [www.amputeesnsw.org.au](http://www.amputeesnsw.org.au)

**Service Description:** Support group that offers phone counselling and visits new amputees in hospitals to assist them where possible. Also publishes quarterly magazine.

**Hours:** Mon-Fri 10:30am-3:30pm (office)

### Cerebral Palsy Alliance - TASC

**Phone:** 9975 8469 **Fax:** 02 9975 8485

TASC Services Building, 189 Allambie Rd, Allambie Heights 2100

**Mail to:** PO Box 184, Brookvale 2100

**Email:** [tasc@cerebralpalsy.org.au](mailto:tasc@cerebralpalsy.org.au)

**Web:** [www.cerebralpalsy.org.au](http://www.cerebralpalsy.org.au)

**Service Description:** 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

**Alternative Names:** TASC, Formerly The Spastic Centre

### East Coast Scooters Mobility

**Phone:** 9970 8481 **Fax:** 02 9970 8352

1467 Pittwater Rd, Narrabeen 2101

**Email:** [ecomob@optusnet.com.au](mailto:ecomob@optusnet.com.au)

**Web:** [www.scootersandmobility.com.au](http://www.scootersandmobility.com.au)

**Service Description:** Service that sells/hires mobility scooters, powerchairs, electric and manual wheelchairs, walking frames. Some secondhand too. Home demonstrations, service and repair (with replacement machine during repair).

**Hours:** Mon-Fri 8:30am-5:30pm. Sat 8.30am-12.30pm.

Also by appointment. On-call

## Independent Living Centre NSW (ILC)

**Phone:** 1300 885 886 (info line) **Fax:** 02 9890 0966

1 Fennell St, Parramatta 2150

**Email:** [help@ilcnsw.asn.au](mailto:help@ilcnsw.asn.au)

**Web:** [www.ilcnsw.asn.au](http://www.ilcnsw.asn.au)

**Service Description:** 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 secondhand 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. Will do community talks and group tours of assistive technology products / services.

**Hours:** Mon-Fri 9am-5pm. Make appointment for occupational therapist

## Laryngectomee Association of NSW Inc

**Phone:** 9451 7926 **Fax:** 02 9451 7926

4 Merelyn Rd, Belrose 2085

**Mail to:** PO Box 380, Belrose 2085

**Email:** [lansw@bigpond.com](mailto:lansw@bigpond.com)

**Web:** [www.stilltalking.org](http://www.stilltalking.org)

**Service Description:** Provides a range of welfare services to laryngectomees and those with similar disorders or throat cancer. Is able to provide contact details for support groups throughout NSW.

**Hours:** Mon-Sun 8am-8pm

## Limb Management Clinic

**Phone:** 9382 1470, 9382 1471 **Fax:** 02 9382 1580

Rehabilitation Department, Level 4, Sydney Children's Hospital, High St, Randwick 2031

**Web:** [www.sch.edu.au](http://www.sch.edu.au)

**Service Description:** Provides a coordinated multidisciplinary service to children with amputations and congenital limb deficiencies. Genetic, plastic surgery, Orthopaedic, Rehabilitation, Prosthetic, Physiotherapy, Occupational Therapy, and Social Work Services are provided.

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

## Magnamail P/L

**Phone:** 8874 8777 **Fax:** 02 8874 8780

2 William St, Brookvale 2100

**Mail to:** PO Box 880, North Ryde 1670

**Email:** [enquiries@magnamail.com.au](mailto:enquiries@magnamail.com.au)

**Web:** [www.magnamail.com.au](http://www.magnamail.com.au)

**Service Description:** Mail order firm and showroom with useful kitchen accessories, household cleaning and health care products, gardening gadgets, storage ideas, toys.

**Hours:** Customer service phone 7:30am-4:30pm Mon-Fri, Shop 9am-4:30pm Mon-Fri

## Met-a-lite Manufacturing Co Pty Ltd CLOSED

**Phone:** 9905 3947 **Fax:** 02 9905 5959

17-19 Mitchell Rd, Brookvale 2100

**Mail to:** PO Box 9, Brookvale 2100

**Email:** [metalite@optusnet.com.au](mailto:metalite@optusnet.com.au)

**Web:** [www.metalite.com.au](http://www.metalite.com.au)

**Service Description:** 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-3.30pm, Fri 7:30am-1pm

## QMNS Mobility

**Phone:** 1300 458 188 **Fax:** 02 9972 9038

Shop 1, 637-641 Pittwater Rd, Dee Why 2099

**Email:** [info@qmnsmobility.com](mailto:info@qmnsmobility.com)

**Web:** [www.qmnsmobility.com](http://www.qmnsmobility.com)

**Service Description:** Hires and sells aids for daily living and bathroom, beds and pillows, mattress, liftchairs and back support, wheelchairs (electric, manual), commode chairs, walking and standing aids, scooters, change tables, MBT footwear, portable ramps. Invacare, Pride, Broda, Antama. Free catalogue. Home visits.

**Hours:** Mon-Sat 9am-5pm

## Seaforth Pharmacy

**Phone:** 9948 1476 **Fax:** 02 9948 5649

551 Sydney Rd, Seaforth 2092

**Service Description:** Full pharmacy.

Sales and hire of homecare, surgical and mobility aids/equipment including wheelchairs, walking frames, crutches, commodes, shower chairs, TENS machines, nebulisers, breast pumps, I.V. stands, B.P. monitors.

Delivery service available.

Diabetes Australia sub-agent.

**Hours:** Open 7 days 8.30am -7pm.

## ShopMobility

**Phone:** 1800 245 642 **Fax:** 02 9905 8650

Ground floor, Warringah Mall, Pittwater Rd, Brookvale 2100

**Mail to:** PO Box 7001, Warringah Mall, Brookvale 2100

**Web:** [www.warringahmall.com.au/customerservice.amx](http://www.warringahmall.com.au/customerservice.amx)

**Service Description:** Service provides free powered scooters, wheelchairs, crutches, walking frames and sticks for people (aged 18+ with mobility problem) while shopping. Assistance to complete simple application for membership (identification like drivers licence, pension card, passport). Recommend booking in advance. Located ground floor behind Myers, nearby carpark.

**Hours:** Mon-Wed Fri 9am-5:30pm Thu 9am-9pm Sat 9am-5pm Sun 10am-4pm

## Skyline Pharmacy

**Phone:** 9451 4169 **Fax:** 02 9975 4169

14 Frenchs Forest Rd, Frenchs Forest 2086

**Email:** [pharmacy.skyline@gmail.com](mailto:pharmacy.skyline@gmail.com)

**Service Description:** Full pharmacy including supplies (diabetes, surgical, sports medicine, medela breast pumps, asthma, first aid), surgical stockings, webster packs, compounding. Hire and sell crutches, wheelchairs, walking frames, commodes, shower chairs, TENS machines, nebulisers. Home delivery to surrounding suburbs.

**Hours:** Mon-Fri 8:30am-7:30pm, Sat 9:30am-1:30pm

## Specialised Wheelchair Company

**Phone:** 9905 5333 **Fax:** 02 9905 2208

Unit 5, 26 Wattle Rd, Brookvale 2100

**Email:** [iain@swco.com.au](mailto:iain@swco.com.au)

**Web:** [www.swco.com.au](http://www.swco.com.au)

**Service Description:** 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

**Alternative Names:** Australian Surgical Aid Centre Pty Ltd

## Telstra Disability Equipment Program

**Phone:** 1800 068 424 **Fax:** 1800 814 777

**Mail to:** Reply Paid 4997, Melbourne 8060

**Email:** [disability@online.telstra.com](mailto:disability@online.telstra.com)

**Web:** [www.telstra.com.au/disability](http://www.telstra.com.au/disability)

**Service Description:** Provides communication equipment on rental basis. Application forms online and from office, needed only for TTY. Resources: Telephone typewriter (TTY), volume control phone, general purpose alarm, hands free phone, big button phone, cordless phone etc.

**Hours:** Mon-Fri 9am-5pm EST

## The Platform Lift Company Inc

**Phone:** 1300 884 960 **Fax:** 02 8580 5048

Unit 34, 49-51 Mitchell Rd, Brookvale 2100

**Email:** [info@platformliftcompany.com](mailto:info@platformliftcompany.com)

**Web:** [www.platformliftcompany.com](http://www.platformliftcompany.com)

**Service Description:** Can supply and install both stair lift and platform lift (up to 5 floor range) models, for residential and commercial buildings and outdoors. All lifts have numerous safety features including slip resistant floors, rigid handrails and contact-sensitive perimeter safety edges. Can customise lifts, and financial packages are available.

**Hours:** Mon-Fri 8.30am-5pm

## True Blue Mobility

**Phone:** 9972 0011 **Fax:** 02 9971 3148

838 Pittwater Rd, Dee Why 2099

**Mail to:** PO Box 5124, Wheeler Heights 2097

**Email:** [info@truebluemobility.com.au](mailto:info@truebluemobility.com.au)

**Web:** [www.truebluemobility.com.au](http://www.truebluemobility.com.au)

**Service Description:** Sells/rents mobility scooters, wheelchairs, crutches, walking frames, and also sells power chairs, tilt chairs, utility chairs, walking sticks, bathroom and toilet products, commodes. Makes home visits.

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

## Alcohol Abuse

### Al-Anon - Mona Vale

Common Room, Mona Vale Community Health Centre, Mona Vale Hospital Coronation St, Mona Vale 2103

**Email:** [agso@alphalink.com.au](mailto:agso@alphalink.com.au)

**Web:** [www.al-anon.alateen.org/australia](http://www.al-anon.alateen.org/australia)

**Service Description:** Meetings: Friday 1pm, Sunday 5pm in the common room, Mona Vale Community Health Centre, Mona Vale Hospital, Coronation St. Mona Vale (Both one and half hours long) Coffee and tea provided

**Hours:** 5pm Sunday, 1pm Friday

### Al-Anon Family Group

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### Al-Anon Family Group

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### Al-Anon Family Group

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### Al-Anon Family Group

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### Alcoholics Anonymous (AA) - Warringah

**Phone:** 9488 9820 (24 hours)

**Mail to:** AA Northside Central Service Office, PO Box 151, St Ives 2075

**Email:** [nscso@bigpond.com](mailto:nscso@bigpond.com)

**Web:** [www.aa.org.au](http://www.aa.org.au)

**Service Description:** Support group for people who share experience, strength and hope with each other to recover from alcoholism. Free meetings: At 34 Howard Ave, Dee Why: Tue 7am, Wed 8pm, Thu 7am and 6pm, Fri 8pm, Sat 8am, Sun 4pm. 57-59 Oaks Ave, Dee Why Thu 7pm. 150 Fisher Rd North, Cromer Tue 7.30pm (men) and Sat 2pm. Public School, Cnr Oliver St / Wyadra Ave, Harbord Sat 7pm. Community Centre, Cnr Lovett / Condamine St, Manly Vale Sun 10.30am. 57-59 Oaks Ave, Dee Why Thu 7pm. St Albans, 67 Bantry Bay Rd, Frenchs Forest Mon 8am, Sat 8pm. Guides Hall (behind Ambulance), Narrabeen Sun 8pm. Tramshed, 1395 Pittwater, Narrabeen Thu 8.30am.

**Hours:** Office Mon-Fri 9am-5pm, phone number is 24 hrs

**Alternative Names:** AA, Alcoholics Anonymous

## Alcoholics Anonymous (AA) Manly

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## Alcoholics Anonymous (AA)

**Phone:** 9488 9820 (24 hours)

**Web:** [www.aa.org.au/](http://www.aa.org.au/)

**Service Description:** Fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. Meeting schedule - Sundays: 10am Mona Vale (Soccer Club, Kitchener Park, upstairs - 1hr meeting), 8pm Narrabeen (The Guides Hall, rear of ambulance station); Monday: 1pm Mona Vale (Community Building, Mona Vale Hospital); Wednesdays: 8pm Mona Vale (Mona Vale Memorial Hall); Fridays: 8pm Newport (Newport Community Centre, 11-13 The Boulevard)

**Hours:** Sun, Mon, Wed, Fri

**Alternative Names:** AA

## Drug Information @ Your Library

**Phone:** 9970 1600 **Fax:** 02 9979 1465

Mona Vale Library, Park St, Mona Vale 2103

**Email:** [sharelle\\_ravenscroft@pittwater.nsw.gov.au](mailto:sharelle_ravenscroft@pittwater.nsw.gov.au)

**Web:** [www.pittwater.nsw.gov.au/library/drug\\_information](http://www.pittwater.nsw.gov.au/library/drug_information)

**Service Description:** Mona Vale Library has a collection of specially selected resources that offer up to date information about alcohol and drugs, and other materials. Mona Vale Library is working with the State Library of NSW to deliver a wide range of topics for members of the public. Drug information can be found in our Drug Info @ Your Library collection.

**Hours:** Mon-Fri 10am-6pm, Sat 10am-2pm, Sun 1pm-5pm

**Alternative Names:** druginfo@your library; Pittwater Library Service

## Life Returning - Northern Beaches

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## Mission Australia Fairlight Centre

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## Narcotics Anonymous- Pittwater

**Phone:** 9519 6200

**Web:** [www.na.org.au](http://www.na.org.au)

**Service Description:** Non profit fellowship that meets regularly to help each other stay free from drugs through a program of complete abstinence from all drugs. The only requirement for membership is the desire to stop using drugs. Various lunchtime and evening meetings. Meetings held at Avalon, Newport and Warriewood, times available on the website.

## Northern Beaches Drug, Alcohol and Gambling Service

**Phone:** 9998 0360 **Fax:** 02 9998 0774

Mona Vale Hospital - Bldg 3, Coronation Rd, Mona Vale 2103

**Service Description:** Also provided at Queenscliff, Cnr Lakeside Cres & Pittwater Rd, North Manly. Services include assessment, counselling, psychotherapy, information and education, support for family members, NA and AA networking, assessment and referral for detoxification, rehabilitation and methadone services.

Appointments by phone for people with drug, alcohol and gambling problems, and their family members.

**Hours:** Mon-Fri 8:30am-5pm After-hour appointments on request

## South Pacific Private

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## Anxiety

### Facing Anxiety Program - Warringah Support Group

**Phone:** 1300 794 992 **Fax:** 02 9339 6066

Meets at Warringah Mall Library, Level 2, Arena Cove, Warringah Mall, Brookvale 2100

**Mail to:** Facing Anxiety Support Groups, Level 5, 80 William St, East Sydney 2011

**Email:** [jleitch@mentalhealth.asn.au](mailto:jleitch@mentalhealth.asn.au)

**Web:** [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

**Service Description:** People with anxiety disorders, their family and friends meet in a relaxed atmosphere on the 3rd Saturday of each month from 12noon. Anxiety includes disorders like obsessive compulsive, generalised anxiety, social phobia, agoraphobia, panic attacks.

Organised by Mental Health Association NSW.

**Hours:** Office Mon-Fri 9am-4:30pm

### Facing Anxiety Self Help Group - Manly, Dee Why

**Phone:** 9339 6093 **Fax:** 02 9339 6066

**Mail to:** Facing Anxiety Self Help Groups, Level 5, 80 William St, East Sydney 2011

**Email:** [ljunee@mentalhealth.asn.au](mailto:ljunee@mentalhealth.asn.au)

**Web:** [www.mentalhealth.asn.au](http://www.mentalhealth.asn.au)

**Service Description:** This free self help group is a structured 12 week program for people with anxiety, panic, phobias or obsessive compulsive disorders. Trained leaders guide members, step by step, through a program of gradual exposure to overcome their fears. Members determine their targets for homework, and are taught how to face up to and control anxiety, to keep a diary and how to deal with possible set backs. The program is run by the Mental Health Association NSW, and funded by NSW Health. To register for the next group starting 27 September 2011 (6.30pm to 8pm) in Dee Why, phone Linda on 9339 6093.

**Hours:** Office Mon-Thu 9am-4:30pm

## Insight Therapies and Consulting

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## Lifeline Anxiety Management Group

**Phone:** 9949 5522 **Fax:** 02 9948 5472

Lifeline Northern Beaches, 310 Sydney Rd, Balgowlah 2093

**Email:** [admin@lifelinenb.org.au](mailto:admin@lifelinenb.org.au)

**Web:** [www.lifeline.org.au/northernbeaches](http://www.lifeline.org.au/northernbeaches)

**Service Description:** Anxiety management and social support network for people who have anxiety, panic attacks or panic disorders. The group provides information, management strategies, and personal support. Periodic 8-week courses on Thursday afternoon.

**Hours:** Office Mon-Fri 9am-4:30pm. Group Thu 2pm-4pm

**Alternative Names:** Northern Beaches Anxiety Support Network

## Northern Beaches Specialist Mental Health Service for Older People

**Phone:** 9458 4000 **Fax:** 02 9458 4001

**Mail to:** PO Box 465, Manly 2095

**Service Description:** Offers time limited case management to persons aged over 65years living in the Northern Beaches who have or may have a Mood disorder, Psychotic Disorder, an Anxiety Disorder, moderate to severe Behavioural & Psychological Symptoms of Dementia (BPSD), suicidal ideation, or require medication review and assessment and meet the above criteria. Also eligible are adults less than 65 years with significant age specific needs, and Aboriginal & Torres Strait Islanders aged 45 years and over with significant age related issues.

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

**Alternative Names:** Aged Care Mental Health Team

## South Pacific Private

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## Support Groups for Mental Health

**Phone:** 9998 0350 **Fax:** 02 9979 7834

Manly Warringah Division of General Practitioners, Mona Vale Hospital, Coronation Str, Mona Vale 2103

**Email:** [liz@mwdgp.com.au](mailto:liz@mwdgp.com.au)

**Web:**

[www.mwdgp.com.au/page/Division\\_Programs/Community\\_Programs](http://www.mwdgp.com.au/page/Division_Programs/Community_Programs)

**Service Description:** The Manly Warringah Division of General Practice is a network of general practitioners that aims to improve local community health outcomes. The Mental Health Program coordinates groups of 6-10 people to discuss common concerns and coping strategies regarding Panic Disorder, Stress and Anxiety, Post Natal Depression, Mindfulness Skills, and Caring for Carers of Persons with Mental Illness. Day time and evening groups of 7 weeks are run in response to need. Phone or email to place your name on the wait list.

**Hours:** Office Mon-Wed 9am-3:30pm.

## Arthritis

### Arthritis Foundation Of NSW

**Phone:** 1800 011 041 **Fax:** 02 9857 3399

1.15/32 Delhi Rd, North Ryde 2113

**Mail to:** Locked Bag 2216, North Ryde 1670

**Email:** [info@arthritisnsw.org.au](mailto:info@arthritisnsw.org.au)

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

**Service Description:** Arthritis Foundation peak State Body offering educational & support services. The team organises workshops, seminars & provides education to people with arthritis, their carers & professionals working with these persons. They also co-ordinate affiliated groups in NSW. NSW Arthritis support groups are too large please check in resource file or ring the Foundation direct. Educational assistance scheme for young people-The Alison Watson Memorial Education Awards. Information about osteoporosis is also available. Offices in each state include. National 02 9552 6085, ACT 02 6288 4244, NT 08 8948 5232, QLD 07 3857 4200, TAS 03 6224 4755, VIC 03 8531 8000 or WA 08 9388 2199, SA 08 8379 5711.

**Hours:** 9 am - 5 pm, Mon - Fri

### Lupus Support Group - Northern Beaches

**Phone:** 9878 6055

Meets at Mona Vale Hospital, Coronation St, Mona Vale 2103

**Mail to:** PO Box 89, North Ryde 1670

**Email:** [info@lupusnsw.org.au](mailto:info@lupusnsw.org.au)

**Web:** [www.lupusnsw.org.au](http://www.lupusnsw.org.au)

**Service Description:** Support group for people with SLE and related disabilities on the Northern Beaches. Meetings at Mona Vale Hospital, Coronation Street. Head office at 55 Wicks Rd, North Ryde 2113.

**Hours:** Mon-Fri 10am-4pm

## Autism

### ACQUAOT Paediatric Occupational Therapist

**Phone:** 9986 1449 **Fax:** 02 9986 1448

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

**Email:** [acquaot@optusnet.com.au](mailto:acquaot@optusnet.com.au)

**Web:** [www.acquaot.com.au](http://www.acquaot.com.au)

**Service Description:** This private paediatric practice focuses on assisting children aged 2-12 years, who are experiencing difficulty with school participation. Therapy helps children with disorders including ADHD, ADD, Autism, Aspergers and physical difficulties as well as those who just have general difficulties at school, to achieve their potential. Jessica 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

### Autism Advisor Program

**Phone:** 1300 978 611 **Fax:** 02 9975 1633

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

**Mail to:** PO Box 361, Forestville 2087

**Email:** [autismadvisor@autismspectrum.org.au](mailto:autismadvisor@autismspectrum.org.au)

**Web:** [www.autismspectrum.org.au/aap](http://www.autismspectrum.org.au/aap)

**Service Description:** Advisors link families and carers of children under the age of 6 with a confirmed diagnosis of an Autism Spectrum Disorder, 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

### Autism Community Network

**Phone:** 0431 724 229

**Email:** [autismcommunity@yahoo.com](mailto:autismcommunity@yahoo.com)

**Web:** [www.autismcommunity.com.au](http://www.autismcommunity.com.au)

**Service Description:** A parent support network of 10 groups that meet once every fortnight or month - Balgowlah (1st Thu 7.30pm-9.30pm), Terrey Hills (2nd Sun 2pm-4pm), Hornsby (2nd Tue 7.30pm-9pm), Dee Why bowling (1st 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.

### Autism Spectrum Australia (Aspect) - Early Intervention

**Phone:** 8977 8341 **Fax:** 02 8977 8399

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

**Mail to:** PO Box 361, Forestville 2087

**Email:** [infoline@autismspectrum.org.au](mailto:infoline@autismspectrum.org.au)

**Web:** [www.autismspectrum.org.au](http://www.autismspectrum.org.au)

**Service Description:** 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). DVD and manual discusses strategies for parents of children with autism spectrum disorders.

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

**Alternative Names:** former Autism Association of NSW; ASPECT

### Autism Spectrum Australia (Aspect)

**Phone:** 8977 8300 **Fax:** 02 8977 8399

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

**Mail to:** PO Box 361, Forestville 2087

**Email:** [infoline@autismspectrum.org.au](mailto:infoline@autismspectrum.org.au)

**Web:** [www.autismspectrum.org.au](http://www.autismspectrum.org.au)

**Service Description:** This large not-for-profit organisation provides a range of services for people with an Autism Spectrum Disorder and their families in NSW, including: information, diagnosis and assessment, early intervention, schools for children with autism, educational outreach, behaviour intervention, specialised case management, community participation for adults, family support, research and training programs. More details on the website.

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

### Autism Spectrum Australia - Recreational Social Club for Children and Teens

**Phone:** 8868 8500 **Fax:** 02 9896 5266

Vern Barnett School, 41 Cook St, Forestville 2087

**Mail to:** Social Club, PO Box 770, Seven Hills 1730

**Email:** [bdelosario@autismspectrum.org.au](mailto:bdelosario@autismspectrum.org.au)

**Web:**

[www.autismspectrum.org.au/images/file/Events/7\\_%20SOCIAL%20CLUB%20Form.pdf](http://www.autismspectrum.org.au/images/file/Events/7_%20SOCIAL%20CLUB%20Form.pdf)

**Service Description:** For children and teens aged 8-18 diagnosed with an autism spectrum disorder (e.g. Asperger's disorder, autistic disorder, atypical autism, PDD-NOS). With ADHC Peer Support Network funding, the program has mixed boy/girl groups (ages 8-12 centrebased) and separate boy or girl groups (ages 13-18 at Northern Sydney venues) for 1-3 hour sessions to promote friendships while focusing on talents and interests, social activities, opportunity to share experiences and hear guest speakers. Register before attending.

**Hours:** Sessions after school, office Mon-Fri 9am-5pm

## Harbord Homeopathic Clinic

**Phone:** 9905 9415 **Fax:** 02 9905 9416

110/20 Dale St, Brookvale 2100

**Email:** [info@hhcc.com.au](mailto:info@hhcc.com.au)

**Web:** [www.hhcc.com.au](http://www.hhcc.com.au)

**Service Description:** 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. Aurum project. Golden Book of recipes for sale.

**Hours:** Mon-Fri 8am-5pm, Sat 9am-12noon

## Learning Links - Brookvale

**Phone:** 9907 4222 **Fax:** 02 9907 4244

2 Alfred Rd, Brookvale 2100

**Mail to:** PO Box 634, Brookvale 2100

**Email:** [brookvale@learninglinks.org.au](mailto:brookvale@learninglinks.org.au)

**Web:** [www.learninglinks.org.au](http://www.learninglinks.org.au)

**Service Description:** This charity and non profit organisation offering information, support and specialist services for school aged children who have difficulty learning and their families. Other branches at Peakhurst, Penshurst. At our Northern Suburbs branch at Brookvale we offer services for school age children. Services include comprehensive assessments; enhanced learning classes for literacy and speech; occupational & speech therapy; professional development. Also a range of group programs for parents and children including social skills, transition to school. Therapy and support for children with Autism Spectrum Disorder.

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

## Move to Learn Program

**Phone:** 9029 0081 **Fax:** 02 8212 8191

**Mail to:** PO Box 259, Terrey Hills 2084

**Email:** [info@movetolearn.com.au](mailto:info@movetolearn.com.au)

**Web:** [www.movetolearn.com.au](http://www.movetolearn.com.au)

**Service Description:** Neurological-based movement program with information, services and products to assist people with learning difficulties and some disabilities. Seminars for teachers. Books, CDs, DVDs, posters, newsletter. Interactive Learning Difficulty Profile test on website.

**Hours:** Tue Thu 10am-3pm

## Northern Beaches Behaviour Intervention Service

**Phone:** 8977 8857 **Fax:** 02 9975 6076

Trevor Whiddon Bldg, 185 Allambie Rd, Allambie Heights 2100

**Mail to:** PO Box 886, Brookvale 2100

**Email:** [behaviour.support@sunnyfield.org.au](mailto:behaviour.support@sunnyfield.org.au)

**Web:** [www.sunnyfield.org.au](http://www.sunnyfield.org.au)

**Service Description:** 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

## OzSports Ability Counts Club for Children with Disabilities

**Phone:** 0411 563 601

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

**Mail to:** PO Box 669, Lindfield 2070

**Email:** [jas@ozsportssolutions.com.au](mailto:jas@ozsportssolutions.com.au)

**Web:** [www.ozsportssolutions.com.au](http://www.ozsportssolutions.com.au)

**Service Description:** 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.

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

## Social Club for Adults with Aspergers / High Functioning Autism

**Phone:** 0409 603 582

**Mail to:** Adult Social Group, PO Box 361, Forestville 2087

**Email:** [carolinesmith@autismspectrum.org.au](mailto:carolinesmith@autismspectrum.org.au)

**Web:**

[www.autismspectrum.org.au/a2i2i7i3i20i1196/social-club.htm](http://www.autismspectrum.org.au/a2i2i7i3i20i1196/social-club.htm)

**Service Description:** Facilitated by staff of Autism Spectrum Australia (ASPECT), this group meets on alternate Wednesday nights in the Inner West of Sydney. Adults aged 18+ years with primary diagnosis of Asperger's or high functioning Autism (without intellectual disability) experience organised activities like guest speakers, movies, ten pin bowling, games nights and BBQs in a supportive environment. Check website for calendar and changing venues.

**Hours:** Meets Wed 7pm-9pm fortnightly

**Alternative Names:** Autism Spectrum Australia (ASPECT)

## Special Olympics - Sydney Northern Region

**Phone:** 0402 134 376 **Fax:** 02 9997 8883

**Mail to:** PO Box 486, Collaroy Beach 2097

**Email:** [peter\\_langthorne@hotmail.com](mailto:peter_langthorne@hotmail.com)

**Web:** [www.sosnr.org](http://www.sosnr.org)

**Service Description:** Sports training, development and socialising for people aged 6-80 years with an intellectual disability. Sports include swimming, ten pin bowling, athletics, basketball, tennis, golf, sailing, gymnastics, bocce, softball, aquatics. Volunteers welcome. Head office [www.specialolympics.com.au](http://www.specialolympics.com.au)

**Hours:** Mon-Sat 8am-8pm

## Vern Barnett School for Children with Autism

**Phone:** 9454 8359 **Fax:** 02 9975 4068

41 Cook St, Forestville 2087

**Mail to:** PO Box 359, Forestville 2087

**Email:** [vbschool@autismspectrum.org.au](mailto:vbschool@autismspectrum.org.au)

**Web:** [www.aspect.org.au](http://www.aspect.org.au)

**Service Description:** 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.

**Hours:** Mon-Fri 9am-3pm

## “Someone to Turn To” - One on One Parent Support Program

See Page 54

## Brain Injury

### Brain Injury Association of NSW Inc

**Phone:** 9868 5261, 1800 802 840 **Fax:** 02 9868 5619

Suite 102, Level 1, 3 Carlingford Rd, Epping 2121

**Mail to:** PO Box 698, Epping 1710

**Email:** [mail@biansw.org.au](mailto:mail@biansw.org.au)

**Web:** [www.biansw.org.au](http://www.biansw.org.au)

**Service Description:** State peak body representing people who have an Acquired brain injury, their carers, relatives, friends and service providers. Provides an information and referral service, library resources, self help and support groups and undertakes policy work and case management. The service also coordinates a mentoring program for carers of people with ABI. Also provides individual and group advocacy, lobbies for appropriate services and conducts service provider training and special projects.

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

**Alternative Names:** BIANSW

### Northside Enterprise - Drama Class for Young Adults

**Phone:** 9905 5377 **Fax:** 02 9905 5933

5/26 Williams St, Brookvale 2100

**Mail to:** PO Box 1138, Brookvale 2100

**Email:** [leisurelink@northside-enterprise.org.au](mailto:leisurelink@northside-enterprise.org.au)

**Web:** [www.northside-enterprise.org.au](http://www.northside-enterprise.org.au)

**Service Description:** Northside Enterprise invites youth aged 18+ to join their drama classes and workshops which are part of its Leisure Link program. From 3.30-5.30pm on Tuesday, the class explores characters and scenes, improvises and enjoys drama games. Fee \$7/class.

**Hours:** Office Mon-Fri 9am-5pm, drama Tue 3.30-5.30pm

**Alternative Names:** Northside Enterprise

## Northside Enterprise Inc

**Phone:** 9905 5377 **Fax:** 02 9905 5933

5/26 Williams St, Brookvale 2100

**Mail to:** PO Box 1138, Brookvale 2100

**Email:** [northside@pacific.net.au](mailto:northside@pacific.net.au)

**Web:** [www.northside-enterprise.org.au](http://www.northside-enterprise.org.au)

**Service Description:** Adults (aged 18+) with intellectual and/or multiple disabilities take programs focused on education / employment (Post School Options, Community Participation, Transition To Work, Supported Open Employment, Life Choices) that include independent living skills, communication, employment skills, VETAB accredited Certificate 1 in Work Skills, community access and participation. Recreation programs include Leisure Link, and Pathfinders After Hours held from 3.30pm onward, with some weekends.

**Hours:** Mon-Fri 9am-4pm

## Cancer

### Active Women Touched by Cancer Celebrating Life

**Phone:** 9975 7076

Meet at Balgowlah RSL, 30-38 Ethel St, Seaforth 2092

**Mail to:** Active Women Touched by Cancer c/o Balgowlah RSL, 30-38 Ethel St, Seaforth 2092

**Email:** [jane@cara-j.com.au](mailto:jane@cara-j.com.au)

**Web:** [www.touchedbycancer.org.au](http://www.touchedbycancer.org.au)

**Service Description:** A group of active women touched by cancer providing access to support, knowledge, ideas and experiences for other women. Monthly meeting, sometimes preceded by dinner. Also coffee morning on first Friday monthly at Curl Curl Beach kiosk at 12noon.

**Hours:** Third Mon 7pm-9pm each month

### Dee Why Skin Cancer and Cosmetic Clinic

**Phone:** 9984 8888 **Fax:** 02 9984 7266

Suite 10, 818 Pittwater Rd via Delmar Pde, Dee Why 2099

**Email:** [jim@deewhyskin.com.au](mailto:jim@deewhyskin.com.au)

**Web:** [www.deewhyskin.com.au](http://www.deewhyskin.com.au)

**Service Description:** Checks people for skin cancers and melanoma and treats, where necessary. Will check other moles or lumps. No referral needed, cosmetic treatments for broken capillaries and unwanted pigment, spider veins, wrinkle treatment, lip enhancement, microdermabrasion and facial peels. Laser Skin Resurfacing. Appointment only.

**Hours:** Mon-Fri 9am-1pm, 2pm-5pm

## ENCORE Exercise Program for Breast Cancer Survivors

**Phone:** 9285 6264 **Fax:** 02 9283 2485

**Mail to:** YWCA NSW, 5/11 Wentworth Ave, Sydney 2000

**Email:** [encore@ywcansw.com.au](mailto:encore@ywcansw.com.au)

**Web:** [www.ywcansw.com.au/](http://www.ywcansw.com.au/)

**Service Description:** This free 8-week exercise and support program is for women who have experienced breast cancer at any time, in order to improve mobility / flexibility, lymphatic flow, self esteem. YWCA registered program of gentle pool and floor exercise. Necessary to enrol prior to attendance.

**Hours:** Fridays 11.30-1.30pm

## Friends With Cancer

**Phone:** 9997 8220

**Mail to:** PO Box 673, Mona Vale 2103

**Email:** [fwcfriends@yahoo.com.au](mailto:fwcfriends@yahoo.com.au)

**Web:** [www.friendswithcancer.com.au](http://www.friendswithcancer.com.au)

**Service Description:** Friends with Cancer provides a friendly, positive and confidential atmosphere for those diagnosed with cancer, or undergoing treatment, to discuss their needs and feelings with confidential and non judgemental support.

**Hours:** Enquiries welcome, email

[fwcfriends@yahoo.com.au](mailto:fwcfriends@yahoo.com.au) for prompt reply or call 9997 8220.

## Laryngectomy Association of NSW Inc

See Page 111

## Northern Beaches Palliative Care Service

**Phone:** 9998 3600 **Fax:** 02 9979 7221

Palliative Care Unit, 18 Coronation St, Mona Vale 2103

**Mail to:** PO Box 81, Mona Vale 1660

**Web:** [www.hammond.com.au](http://www.hammond.com.au)

**Service Description:** A service for patients with advanced diseases, such as cancer, within Manly Warringah & Pittwater, run under the auspices of Hammond Care Health and Hospitals. Inpatient units for palliative care are Greenwich Hospital (25 beds) and Neringah Hospital (Wahroongah -19 beds). Consultation at Manly and Mona Vale hospitals. Support for patients, carers and newly bereaved. A Day hospital is now available. All services are in liaison with the patients general practitioner.

**Hours:** Office Mon-Fri 8am-4.30pm, 24 hour telephone advice available

## Northern Beaches Prostate Cancer Support Group

**Phone:** 9981 2616

Mona Vale Hospital, Palliative Care Cottage, Coronation St, Mona Vale 2103

**Mail to:** PO Box 264, Mona Vale 1660

**Email:** [adtaylor17@bigpond.com](mailto:adtaylor17@bigpond.com)

**Service Description:** This support group meets at 6.30pm on first Tuesday monthly for men with prostate cancer, and carers or partners. Excellent speakers. Information and supper.

**Hours:** 6.30pm on first Tue monthly

**Alternative Names:** Mona Vale Hospital Prostate Cancer Support Group

## NSW Cancer Council - Warringah Shop

**Phone:** 9939 2668 **Fax:** 02 9939 2208

Shop 349, Level 2, Warringah Mall, cnr Condamine St and Old Pittwater Rd, Brookvale 2100

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

**Service Description:** Retail outlet for a range of skin cancer prevention products and for the provision of cancer related information.

**Hours:** Mon-Wed 9am-5:30pm, Thur 9am-9pm, Fri 9am-5:30pm, Sat 9am-5pm, Sun 10am-4pm

## Pink Connections

**Phone:** 9982 4396

Meet at Mona Vale Golf Club, Golf Ave, Mona Vale 2103

**Web:** [www.bcna.org.au/membgroup/search](http://www.bcna.org.au/membgroup/search)

**Service Description:** A group of women who have survived breast cancer or are currently undergoing treatment meet on the first Tuesday morning monthly to provide support, exchange ideas and thoughts, develop friendships.

**Hours:** First Tue each month, 10am-12noon

## Pittwater Pinks Dragon Boat Team

**Phone:** 9982 8189

Training at: Rowland Reserve, Pittwater Rd, Bayview 2104

**Mail to:** 11 Surrey Avenue, Collaroy 2097

**Email:** [pittwaterpinks@hotmail.com](mailto:pittwaterpinks@hotmail.com)

**Service Description:** Pittwater Pinks is a dragon boat team of breast cancer survivors. Come along to get fit and meet supportive friends. Established since 2005 at Bayview and looking for new members..

**Hours:** Training: Off season: Sunday 9 - 11am/Summer: Sunday 8 - 10am. Tuesday & Thursday 6 - 7.30pm

## Cerebral Palsy

## Cerebral Palsy Alliance (formerly The Spastic Centre)

See Page 18

## Cerebral Palsy Alliance - Aquability (hydrotherapy)

**Phone:** 9975 8479 **Fax:** 02 9975 8457

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

**Mail to:** Cerebral Palsy Alliance, PO Box 184, Brookvale 2100

**Email:** [aquability@cerebralpalsy.org.au](mailto:aquability@cerebralpalsy.org.au)

**Web:** [www.cerebralpalsy.org.au](http://www.cerebralpalsy.org.au)

**Service Description:** Therapy and hydrotherapy program Aquatic Physiotherapist for people with cerebral palsy or like disabilities in heated (33 degrees) pool. Can refer to accessible pools, and offer workshops for carers on aquatic activities for people with disability. Saturday 9.30-11am swimming for service users, with carer or family member in water. Daily use (Tue-Thu 8:30-9:30am or Mon-Thu 12:30pm-1:30pm) by non-clients at \$5 per entry. Stroke development for school students Tue Wed Thu 3.30-4.30pm; pre-school class Wed 11.30am and Thu 9.30am. Limited availability for swim school hire.

**Hours:** Office Mon-Thu 8:30am-4:30pm. Swimming Sat am

**Alternative Names:** Formerly The Spastic Centre

## Cerebral Palsy Alliance - CP Helpline

**Phone:** 1300 30 29 20

**Mail to:** PO Box 184, Brookvale 2100

**Email:** [cphelpline@cerebralpalsy.org.au](mailto:cphelpline@cerebralpalsy.org.au)

**Web:** [www.cerebralpalsy.org.au](http://www.cerebralpalsy.org.au)

**Service Description:** 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

**Alternative Names:** Formerly The Spastic Centre

## Cerebral Palsy Alliance - Flexible Respite Metro North

**Phone:** 9899 3373 **Fax:** 02 9899 8296

189 Allambie Rd, Allambie Heights 2100

**Mail to:** PO Box 184, Brookvale 2100

**Email:** [jvellachich@cerebralpalsy.org.au](mailto:jvellachich@cerebralpalsy.org.au)

**Web:** [www.cerebralpalsy.org.au](http://www.cerebralpalsy.org.au)

**Service Description:** Flexible respite is a planned break from the regular caring role. The family decides on the type of respite including in-home respite, community access, family holiday, after liaising with a coordinator to organise individual programs.

**Hours:** Mon-Wed 9am-3pm office

**Alternative Names:** Formerly The Spastic Centre

## Cerebral Palsy Alliance - Manly Warringah Community Access Service

**Phone:** 9907 2622 **Fax:** 02 9907 2633

43 Carter Rd, Brookvale 2100

**Email:** [paullepp@cerebralpalsy.org.au](mailto:paullepp@cerebralpalsy.org.au)

**Web:** [www.cerebralpalsy.com.au](http://www.cerebralpalsy.com.au)

**Service Description:** Supports adults to gain access to community activities and services, and to achieve individual personal goals. A group of members and staff can give presentations to community groups, schools and overseas visitors.

**Hours:** Mon-Fri 9am-3pm

**Alternative Names:** Formerly The Spastic Centre

## Cerebral Palsy Alliance - Sportfitz Gym

**Phone:** 9975 8425 **Fax:** 02 9975 8439

McLeod House, 189 Allambie Rd, Allambie Heights 2100

**Mail to:** PO Box 184, Brookvale 2100

**Email:** [sportfitz@cerebralpalsy.org.au](mailto:sportfitz@cerebralpalsy.org.au)

**Web:** [www.cerebralpalsy.org.au](http://www.cerebralpalsy.org.au)

**Service Description:** People aged 10-77 with cerebral palsy or related disabilities can attend "Circuit" classes and "Free open gym time" with a personal training program. The recreation team answers questions, and assists clients who want to participate in community sport and recreation. Also Sportfitz gym in Prairiewood.

**Hours:** Mon-Fri 8.30am-4.30pm

**Alternative Names:** Formerly The Spastic Centre

## Cerebral Palsy Alliance Research Foundation (CP Foundation)

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## Cerebral Palsy Register of NSW

**Phone:** 9479 7200 **Fax:** 02 9479 7291

Australian Cerebral Palsy Register, 321 Mona Vale Rd, Terrey Hills 2084

**Mail to:** PO Box 184, Brookvale 2100

**Email:** [cpreregister@cerebralpalsy.org.au](mailto:cpreregister@cerebralpalsy.org.au)

**Web:** [secure.cpreregister-aus.com.au](http://secure.cpreregister-aus.com.au)

**Service Description:** A web-based register to record the incidence and prevalence of cerebral palsy in NSW. Data in the register will support research into the causes and possible prevention of cerebral palsy and inform service provision in NSW. The register is managed at the national level by the Cerebral Palsy Institute, a division of Cerebral Palsy Alliance in NSW.

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

**Alternative Names:** Formerly The Spastic Centre

## Kids OT - Paediatric Occupational Therapy

**Phone:** 9451 5735

Ste 13/ Forestway Shopping Cntr, Forestway, Frenchs Forest 2086

**Email:** [amanda@kidsot.com.au](mailto:amanda@kidsot.com.au)

**Web:** [www.kidsot.com.au](http://www.kidsot.com.au)

**Service Description:** Private practice specialising in one-hour classes for children with autism, ADHD, cerebral palsy, sensory processing and learning difficulties.

Assessment, group programs, individual and school-based intervention, school readiness, access consultation, ideas for parents and teachers. Martial methods and Interactive Metronome program on Fridays for youth to age 21.

**Hours:** Mon-Fri 9am-5pm, Sat 9am-4pm

## The Foot Group - Podiatry Clinic in Brookvale

**Phone:** 9938 2222 **Fax:** 02 9938 2922

Suite 144, Lifestyle Working Bldg, 117 Old Pittwater Rd, Brookvale 2100

**Email:** [reception@thefootgroup.com.au](mailto:reception@thefootgroup.com.au)

**Web:** [www.thefootgroup.com.au](http://www.thefootgroup.com.au)

**Service Description:** General foot care services including ingrown toe nail treatment, chronic and complex conditions, gait analysis, biomechanic assessments, orthotic therapy. Onsite accessible parking, lift access, toilet.

Experienced with disabilities like Down syndrome, autism, cerebral palsy, mental illness. On the spot health fund claiming (HICAPS), DVA patients and Enhance Primary Care patients (need referral by GP) welcome.

**Hours:** Mon-Fri 8am-6pm, Sat by appointment

## The Spastic Centre, Community Access Services

**Phone:** 9479 7200 **Fax:** 02 9479 7293

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

Mail to: PO Box 184, Brookvale 2100

**Email:** [scnsw@tscnsw.org.au](mailto:scnsw@tscnsw.org.au)

**Web:** [www.thespasticcentre.org.au](http://www.thespasticcentre.org.au)

**Service Description:** Community Access Services are day option programs for people who have severe and multiple disabilities. They are a viable and valuable alternative to employment. CAS service users are actively involved in the management of the CAS at all levels. Program activities may include drama, dance and arts classes, gardening, ice skating and ten pin bowling. Service users also access local community facilities and retail outlets. The service fosters the development of skills that maximise independence in all areas of life.

CAS programs operate in Sydney at Brookvale, Marsfield, St Ives, Sefton and Liverpool, and in the Hunter at Newcastle.

**Hours:** Mon-Fri 9am-3pm

## Dementia

### Allambie Heights Luncheon Club

**Phone:** 9970 8399 **Fax:** 02 9913 2777

Benevolent Society, 181 Allambie Heights Rd, Allambie heights 2100

**Mail to:** PO Box 1572, Warriewood 2102

**Email:** [nbfs@bensoc.org.au](mailto:nbfs@bensoc.org.au)

**Web:** [www.bensoc.org.au](http://www.bensoc.org.au)

**Service Description:** Provides a 2 course hot meal, dessert and tea or coffee for older members of the community who often eat alone and would like to share a meal with others. It seeks to reduce social isolation and loneliness by allowing people to meet others in a relaxed and friendly atmosphere once a week. Monday's lunch is 'dementia specific'.

**Hours:** Restaurant meal Mon & Thurs 12pm-1pm

**Alternative Names:** Seniors Luncheon

### Anglicare Chesalon Frenchs Forest Day Centre

See Page 11

### Anglicare Community Services, North Manly Day Therapy Centre

See Page 11

### Austral House Nursing Home

See Page 11

### Bayview Gardens Nursing Home

See Page 12

### Bee Cos We Care

**Phone:** 9450 0333

27/23 Narabang Way, Belrose 2085

**Mail to:** PO Box 2030, Dee Why 2099

**Email:** [info@beecoswecare.com.au](mailto:info@beecoswecare.com.au)

**Web:** [www.beecoswecare.com.au](http://www.beecoswecare.com.au)

**Service Description:** Bee Cos We Care provide the community with a personalised professional service tailored to individual needs. Services include: Personal Care, Respite Care, Palliative Care, Dementia Care, Disability Assistance, Household Duties, Transport.

### Chesalon Pittwater Day Centre

**Phone:** 9979 6832; 0411 537 099 **Fax:** 02 9979 6051

St John's Church, 1624 Pittwater Rd, Mona Vale 2103

**Mail to:** PO Box 1440, Mona Vale 1660

**Email:** [csgro@anglicare.org.au](mailto:csgro@anglicare.org.au)

**Web:** [www.anglicare.org.au](http://www.anglicare.org.au)

**Service Description:** Over 65 years of age, for persons with mild dementia, frail aged or socially isolated. We pick up clients from their home in the Pittwater region and drive them home, lunch and entertainment or activities provided.

**Hours:** Mon-Fri 10am-3pm

## Chesalon Pittwater Day Centre- Under 65 Social Support Group

**Phone:** 9905 5227; 0413 986 287 **Fax:** 02 9905 1473  
c/o Chesalon Nth Manly Social Support, 59 Thomas St,  
North Manly 2100

**Mail to:** PO Box 1440, Mona Vale 1660

**Email:** [ldick@anglicare.org.au](mailto:ldick@anglicare.org.au)

**Web:** [www.anglicare.org.au](http://www.anglicare.org.au)

**Service Description:** Chesalon Services assists either within the client's home, or while accessing community services. These services are directed towards meeting the person's need for social contact and/or accompaniment so that they can continue to participate in community life. We will work closely with each client to increase their social networks and help them participate in meaningful and enjoyable activities that are appropriate to the individual needs, interests and abilities.

**Hours:** Out of business hours. After 3pm weekdays or any time Saturday or Sunday.

## Combined Care for the Elderly

**Phone:** 9997 8683 **Fax:** 02 9979 9529

Suite 6b, 16 Waratah St, Mona Vale 2103

**Mail to:** PO Box 30, Mona Vale 2103

**Email:** [ccmv@rslcom.net.au](mailto:ccmv@rslcom.net.au)

**Service Description:** Serve the community with respite care, dementia care, cleaning, lawnmowing, shopping, washing, preparation of meals, companionship, general maintenance. Privately owned.

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

## Community Connect Northern Beaches Dementia Carers Support Group

**Phone:** 9931 7750; 02 9931 7751 **Fax:** 02 9931 7766

St John's Anglican Church, 1624 Pittwater Rd, Mona Vale 2103

**Mail to:** 30 Howard Ave, Dee Why 2099

**Email:** [info@norbeachconnect.com.au](mailto:info@norbeachconnect.com.au)

**Web:** [www.norbeachconnect.com.au](http://www.norbeachconnect.com.au)

**Service Description:** Carers of someone with dementia can talk with others in a similar situation, learn about available services, relax, share information/guest speakers and enjoy morning tea. Last Monday of the month.

**Hours:** 10am to 12.00pm

## Community Options: Manly Warringah Pittwater

**Phone:** 9979 7677 **Fax:** 02 9979 7611

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

**Email:** [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)

**Web:** [www.communitycare.org.au](http://www.communitycare.org.au)

**Service Description:** Provides comprehensive assessment, case management, monitoring and brokerage services for people with complex care needs and their carers to assist them to remain living independently at home. Assistance is provided in a flexible and co-ordinated way to best meet individual needs.

**Hours:** 8:30pm-4:30pm, Mon-Fri After hours emergency on call service available for current clients

## Daughterly Care Pty Ltd

**Phone:** 9970 7333 **Fax:** 02 9913 2214

Shop 3, 20 Wellington St, Narrabeen 2101

**Mail to:** PO Box 670, Narrabeen 2101

**Email:** [info@daughterlycare.com.au](mailto:info@daughterlycare.com.au)

**Web:** [www.daughterlycare.com.au](http://www.daughterlycare.com.au)

**Service Description:** 2hrs-24hr live in aged care & dementia specialists also helping people live independently in their own home/hostel. Respite, shopping, socialisation, drive to appointments, outings etc. Light household duties, personal care, meal preparation. Palliative care.

**Hours:** 2 hr minimum up to 24hr live in care.

## Dementia Monitoring Service

**Phone:** 9979 7677 **Fax:** 02 9979 7611

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

**Email:** [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)

**Web:** [www.communitycare.org.au](http://www.communitycare.org.au)

**Service Description:** A community based service for people who have memory loss, who live alone and who require regular monitoring of their well-being in order to remain independent and in their own home.

**Hours:** Mon-Fri 8:30am-4:30pm; After hours on call for emergencies;

## HealthCall at Home, In Home Care Services

**Phone:** 9979 2022; 02 9979 3033 **Fax:** 02 9449 7278

Northern Beaches Office, Suite 17 Pittwater Place 10 Park St, Mona Vale 2103

**Mail to:** PO Box 6036, Pymble 2073

**Email:** [enquiries@healthcall.com.au](mailto:enquiries@healthcall.com.au)

**Web:** [www.healthcall.com.au](http://www.healthcall.com.au)

**Service Description:** Reliable, Quality In Home Care Services including:-Home Help – meal preparation, grocery shopping, light housekeeping, companionship, community access; Personal Care – showering, dressing, grooming, medication reminders and In Home Nursing Care – simple and complex dressings, Continence Care, Diabetic Monitoring, Tracheostomy Care, Catheter Care, Stomal Care, Enteral Feeding, Skin and Pressure care, Assistance with Mobility and Exercise. We support People with Disabilities, Dementia and Alzheimer's Disease and provide Palliative Care, Respite Care

**Hours:** Contact 1300 363 898 24 hours a day

**Alternative Names:** HealthCall Community Services; HealthCall Flex Employment; HealthCall Workforce Solutions

## Manly Warringah Pittwater Dementia Respite Service

**Phone:** 9979 7677 **Fax:** 02 9979 7611

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

**Email:** [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)

**Web:** [www.communitycare.org.au](http://www.communitycare.org.au)

**Service Description:** The Dementia Respite Service is funded by the Australian government under the National Respite for Carers Program. It provides in-home and out-of-home respite for up to 12 carers of people with dementia and challenging behaviours who may otherwise be unable to access mainstream services.

**Hours:** 8.30 - 4.30 M-F

## Northern Beaches Dementia Advisory Service

**Phone:** 9979 7677 **Fax:** 02 9979 7611

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

**Email:** [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)

**Web:** [www.communitycare.org.au](http://www.communitycare.org.au)

**Service Description:** Promotes local awareness of dementia, works with service providers to provide practical and effective assistance to sufferers and their carers, promotes dementia education and training and assists with home management strategies, provides information and referrals to counselling services and assessment, supports local carer groups.

**Hours:** Mon-Fri 8.30am - 4.30pm

## Northern Beaches Specialist Mental Health Service for Older People

See Page 114

## Oxley Home Care

**Phone:** 9986 2266 **Fax:** 02 9986 2267

19/7 Narabang Way, Belrose West 2085

**Mail to:** PO Box 151, Belrose West 2085

**Email:** [admin@oxleyhomecare.com.au](mailto:admin@oxleyhomecare.com.au)

**Web:** [www.oxleyhomecare.com.au](http://www.oxleyhomecare.com.au)

**Service Description:** Family owned and operated private home care company providing individualised and flexible home based services to the whole community. Offer assistance with personal care, domestic assistance, meal preparation, shopping and errands, transport, social support, childcare, garden and home maintenance, house minding and pet care – one hour minimum. Specialists in supporting families, people with disabilities, acute and chronic health issues and dementia. Provide nursing, respite, palliative and overnight and 24 hour live in care.

**Hours:** 24/7

## Pittwater Uniting Church

See Page 39

## Rehabilitation & Aged Care Service - Mona Vale Hospital

**Phone:** 9998 0344 **Fax:** 02 9998 0344

Assessment and Rehabilitation Unit Mona Vale Hospital, Coronation St, Mona Vale 2103

**Mail to:** PO Box 81, Mona Vale 1660

**Email:** [aijohnso@nscchhs.health.nsw.gov.au](mailto:aijohnso@nscchhs.health.nsw.gov.au)

**Service Description:** General aged care assessment for conditions such as dementia, physical frailty or disability which may at least in part be remediable, e.g. following stroke or orthopaedic procedure/injury. Rehabilitation is provided on an outpatient basis (inpatients treated in a separate unit). Assessment, centre based or in the home, may be followed by a range of programmes and equipment to meet individual needs. Services include physiotherapy, occupational therapy, speech pathology and social work. Referral is made to appropriate services, e.g. home nursing, community services, specific patient education programmes and dementia support (including home visiting & support to carers and sufferers).

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

## RSL Lifecare Limited

See Page 12

## The Safely Home Project

**Phone:** 1800 100 500

**Web:** [www.alzheimers.org.au](http://www.alzheimers.org.au)

**Service Description:** Safely Home is a joint project of Alzheimer's Australia NSW and the NSW Police. It provides rapid and accurate identification and return of a wandering person to their home. The person may have dementia or an intellectual or other disability. See the website for more info on how the project operates. To obtain an information kit, please telephone the Dementia Helpline on 1800 100 500.

## Wesley Gardens - UnitingCare Ageing Northern Sydney Region

See Page 13

## Windsong at Manly Aged Care Facility

**Phone:** 9951 0400 **Fax:** 02 9951 0488

5-13 King St, Manly Vale 2093

**Email:** [windsong@cookcare.com.au](mailto:windsong@cookcare.com.au)

**Web:** [www.cookcare.com.au](http://www.cookcare.com.au)

**Service Description:** 82 bed extra service aged care facility including secure dementia care wing and respite beds. Each room has ensuite bathroom.

## Depression

## Insight Therapies and Consulting

See Page 102

## South Pacific Private

See Page 101

## Support Groups for Mental Health

See Page 114

## Diabetes

### Heartmoves

**Phone:** 0405 457 063

Nelson Heather, 4 Jackson Rd, Warriewood 2102

Mail to: 16/30 Macpherson St, Warriewood 2102

**Email:** [ingridvanbarendavey@yahoo.com.au](mailto:ingridvanbarendavey@yahoo.com.au)

**Service Description:** Heartmoves is a low to moderate exercise program for people with stable health conditions like cardiac or diabetic conditions or for anyone who hasn't exercised for a while.

**Hours:** Tuesday 9.30 to 10.30am and Thursday 10.30 to 11.30am.

### The Australian Diabetes Council - Manly Warringah Branch

**Phone:** 9982 3185

Dee Why RSL Club, 932 Pittwater Rd, Dee Why 2099

**Mail to:** 11 Macquarie St, Cromer 2099

**Service Description:** Provides support for diabetes sufferers & their families. Regular meetings with guest speakers.

**Hours:** 1st Mon in month at 7.30 pm except for Jan and Oct.

## Drug Abuse

### Drug Information @ Your Library

See Page 113

### Life Returning - Northern Beaches

See Page 99

### Mission Australia Fairlight Centre

See Page 9

## Narcotics Anonymous Australia

**Phone:** 9565 1453 **Fax:** 02 9519 7554

**Mail to:** 1st Floor, 204 Kings St, Newtown 2042

**Email:** [info@na.org.au](mailto:info@na.org.au)

**Web:** [www.na.org.au](http://www.na.org.au)

**Service Description:** Non profit fellowship that meets regularly in Manly to help each other stay free from drugs through a program of complete abstinence from all drugs. The only requirement for membership is the desire to stop using drugs.

Lunchtime and evening meetings at various locations in Manly - see website for details.

## Narcotics Anonymous-Pittwater

See Page 113

## Northern Beaches Drug, Alcohol and Gambling Service

See Page 113

## Pittwater Community Drug Action Team (CDAT)

**Phone:** 9970 1171 **Fax:** 02 9970 1197

Meets at Mona Vale Hotel board room, Park St, Mona Vale 2103

**Mail to:** CI - Pittwater Council, PO BOX 882, MONA VALE 1660

**Web:** [www.communitybuilders.nsw.gov.au](http://www.communitybuilders.nsw.gov.au)

**Service Description:** The Pittwater CDAT has continued to meet with representatives from Pittwater Council, drug and alcohol agencies, police, high schools and Pittwater residents to highlight the drug and alcohol related issues pertinent to the area and implement projects to help alleviate problems. Project areas concentrated on by the Pittwater CDAT: 1. Information and education - particularly targeting parents and young people. 2. Alcohol - particular focus given to under 18 years and drink drivers. 3. Lobbying - for the provision of more alcohol and drug related support services in Pittwater.

**Hours:** Meets every first Monday of every second month (Feb, Apr, June, Aug, Oct, Dec)

**Alternative Names:** CDAT

## Salvation Army Manly

See Page 9

## South Pacific Private

See Page 101

## Food Allergies

### Anaphylaxis Australia Inc

**Phone:** 9482 5988 **Fax:** 02 9482 4113

204/16 Hunter St Mall, Hornsby 2077

**Mail to:** PO Box 3182, Asquith 2077

**Email:** [coordinator@allergyfacts.org.au](mailto:coordinator@allergyfacts.org.au)

**Web:** [www.allergyfacts.org.au](http://www.allergyfacts.org.au)

**Service Description:** National voluntary, non-profit support organisation for individuals with anaphylaxis and severe allergy. Aims to increase public awareness of food allergy and anaphylaxis, provide education and to advance research.

**Hours:** Mon-Thurs 9am-4pm

**Alternative Names:** AAI, Formerly Food Anaphylactic Children Training and Support Association Inc (FACTS)

## Gambling Compulsion

### Gamblers Anonymous - Manly Vale Group

**Phone:** 9628 5065

Manly Vale Community Centre, Condamine St & Innes Rd, Manly Vale 2093

**Mail to:** PO Box 4097, Tregear 2770

**Email:** [info@gansw.org.au](mailto:info@gansw.org.au)

**Web:** [www.gansw.org.au](http://www.gansw.org.au)

**Service Description:** Self-help group run by compulsive gamblers for compulsive gamblers with a gambling problem. Personal anonymity respected.

**Hours:** Meeting Tues 8pm-9.30pm

### Lifeline - Northern Beaches Inc

See Page 98

### Northern Beaches Drug, Alcohol and Gambling Service

See Page 113

### South Pacific Private

See Page 101

## Hearing Impairment

### AudioClinic

**Phone:** 9979 8092 **Fax:** 02 9997 4760

Waratah Court, Shop 16, 12-14 Waratah St, Mona Vale 2103

**Email:** [monavale@allen-fisher.com](mailto:monavale@allen-fisher.com)

**Web:** [www.audioclinic.com.au](http://www.audioclinic.com.au)

**Service Description:** Audiological assessment & fitting of hearing aids. Prescription of hearing aids both privately and under public health system. Can provide home visits to housebound or nursing home patients.

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

## Australian Hearing - Dee Why

**Phone:** 9971 0922 **Fax:** 02 9971 2577

1/12 Fisher Rd, Dee Why 2099

**Mail to:** PO Box 1787, Dee Why 2099

**Web:** [www.hearing.com.au](http://www.hearing.com.au)

**Service Description:** Provides audiological services, including hearing assessment, hearing aids and ongoing maintenance. Free for eligible clients (under 26 yrs, pensioner concession card holders, most Dept of Veterans Affairs pensioners, their dependents, War Widows).

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

## Glen Street Theatre

**Phone:** 9975 1455; 02 9975 4044; **Fax:** 02 9452 2209

Glen St, Belrose 2085

**Mail to:** PO Box 9, Frenchs Forest 1640

**Email:** [admin@glenstreet.com.au](mailto:admin@glenstreet.com.au)

**Web:** [www.glenstreet.com.au](http://www.glenstreet.com.au)

**Service Description:** Theatre used for professional dramas, comedy, dance, literary luncheons and morning melody concerts. Sorlies Restaurant 85 seat & fully licensed. Function areas used for seminars, ballet classes, social functions. Kiosk & bar facilities. Captioned session for each show. Subscriptions available.

**Hours:** Mon-Fri - Admin 9am-5pm; Box Office 10am-5pm;

## SHHH Australia - National and NSW Office

**Phone:** 9144 7586 **Fax:** 02 9144 3936

Hillview Community Centre, 1334 Pacific Highway, Turramurra 2074

**Email:** [shhh@netspace.net.au](mailto:shhh@netspace.net.au)

**Web:** [www.shhhaust.org](http://www.shhhaust.org)

**Service Description:** This voluntary organisation assists hard of hearing people whose normal mode of communication is the spoken word. It provides information and referral, demonstrations of assistive listening devices for TV and radio, telephone equipment, alarms and other communication aids, factsheets (from Hearing Information Centre), advocacy and a quarterly journal. Provides details of local support groups.

**Hours:** Tue Thu Fri 10am-3pm

**Alternative Names:** Self Help for Hard of Hearing People

## HIV/AIDS

### Clinic 16

**Phone:** 9926 7414 **Fax:** 02 9926 5582

Clinic 16, Building 10, Herbet St, St Leonards 2065

**Service Description:** Free, confidential sexual health, HIV and hepatitis care. Medical treatment, counselling, education, resources, dietary and occupational therapy.

Operate a Needle Syringe Program. Free Hep A & B shots available for some people.

**Hours:** 9am - 5pm, Mon - Fri.

## RUSH Needle and Syringe program

**Phone:** 9977 2666 **Fax:** 02 9977 2104

14 Pittwater Rd, Manly 2095

**Service Description:** Health & care co-ordination. Community development & education. Advice & information on hepatitis, HIV/AIDS & other blood borne viruses. Safe drug use & safe sex practices. Drug information & drug treatment options. Needle cleanup service.

**Hours:** Monday to Friday 12noon-6pm

**Alternative Names:** Responsive User Services in Health

## Hyperactivity

### The ADHD Centre

**Phone:** 9889 5977 **Fax:** 02 9889 5988

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

**Mail to:** PO Box 22, Epping 1710

**Email:** [info@add.org.au](mailto:info@add.org.au)

**Web:** [www.add.org.au](http://www.add.org.au)

**Service Description:** ADDults with ADHD NSW is a registered charity supporting adults and families with ADHD. Resources include telephone helpline and referrals for people with ADHD and their families, Library facilities, quarterly information afternoons, annual conference, quarterly newsletters, information on alternate treatments. Phone before visiting on Tue-Thu 10:30am-2:30pm.

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

**Alternative Names:** Former ADHD NSW or HADA, Hyperactivity/Attention Deficit Association (NSW)

## Incontinence

### Bladder and Bowel Health

**Web:** [www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)

**Service Description:** Website dedicated to bladder and bowel health. Provides information for people affected by incontinence, their family, friends, carers, health professionals etc. It also provides details about support groups, and focuses on prevention, early intervention and management of continence problems.

## Enable NSW

**Phone:** 1800 362 253 **Fax:** 02 8797 6543

**Mail to:** Locked Bag 5270, Parramatta 2124

**Email:** [enable@hss.health.nsw.gov.au](mailto:enable@hss.health.nsw.gov.au)

**Web:** [www.enable.health.nsw.gov.au](http://www.enable.health.nsw.gov.au)

**Service Description:** EnableNSW administers the following NSW Health disability equipment programs: Aids and Equipment Program, Prosthetic Limb Service, Home Respiratory Program. It provides a wide range of equipment (like wheelchairs, nebulisers, mammary prosthesis, mobility aids) and services to people with permanent disabilities, to assist with mobility, personal care, communication, respiratory support. To request equipment or services, complete an application form including assessment and referral by approved therapist or clinician. People do not need a Disability Support Pension (DSP) concession card to be eligible for assistance. Income is used to classify a person's application into one of four income bands. Oxygen supplies are provided through 'The Home Oxygen Program and eligibility is means tested.

**Hours:** Mon-Fri 7:30am-4pm

**Alternative Names:** former Program of Appliances for Disabled People (PADP)

## HealthCall at Home, In Home Care Services

See Page 121

## National Public Toilet Map

**Phone:** 1800 990 646 **Fax:** 03 6211 3222

**Mail to:** National Continence Program, GPO Box 9848, Canberra 2601

**Email:** [helpline@toiletmap.gov.au](mailto:helpline@toiletmap.gov.au)

**Web:** [www.toiletmap.gov.au](http://www.toiletmap.gov.au)

**Service Description:** The National Public Toilet Map is an initiative under the Australian Government National Continence Program. The map is a large electronic database of more than 15 000 public toilets with location details, opening hours and information on disability access. The map includes toilets located in fast food outlets and service stations along major travel routes. Users can navigate around the website, search for particular towns, shires, parks and streets. They can also print maps of areas they wish to visit.

**Hours:** Helpline is available Mon - Fri 9 am - 5 pm

## Rehabilitation & Aged Care Service - Mona Vale Hospital

See Page 122

## Intellectual disability

### Ability Options Employment

**Phone:** 9476 2411 **Fax:** 02 9476 2511

Brookvale Community Centre, Cnr Alfred and Pittwater Rd, Brookvale 2100

**Email:** [chad.hookey@abilityoptions.org.au](mailto:chad.hookey@abilityoptions.org.au)

**Web:** [www.abilityoptions.org.au](http://www.abilityoptions.org.au)

**Service Description:** Disability Employment Service to provide flexible tailored job training, employment placement, and job support for people aged 16+ with medical conditions, disabilities or employment barriers.

**Hours:** Tue Wed 9am-5pm

### Club Friday

**Phone:** 9976 1562 **Fax:** 02 9976 1400

Manly Council Community Development Coordinator, 1 Belgrave St, Manly 2095

**Mail to:** Manly Council, PO Box 82, Manly 1655

**Email:** [communitydevelopment@manly.nsw.gov.au](mailto:communitydevelopment@manly.nsw.gov.au)

**Web:** [www.manly.nsw.gov.au/community-services/aged--disability/club-friday](http://www.manly.nsw.gov.au/community-services/aged--disability/club-friday)

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

**Hours:** Open Fri 6.30pm-11:30pm

### Communities NSW, Sport and Recreation - Fitness for Athletes with a Disability at Gym

**Phone:** 9006 3723 **Fax:** 02 9006 3800

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

**Mail to:** Locked Bag 1422, Silverwater 2128

**Email:** [margot.zaska@communities.nsw.gov.au](mailto:margot.zaska@communities.nsw.gov.au)

**Web:**

[www.dsr.nsw.gov.au/sydneyacademy/sport\\_training.asp](http://www.dsr.nsw.gov.au/sydneyacademy/sport_training.asp)

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

**Hours:** Office Mon-Fri 8:30am-5pm. Activities Wed 6:30pm

**Alternative Names:** NSW Sport and Recreation

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

See Page 108

### Down Syndrome NSW - Parent support

**Phone:** 9841 4444 **Fax:** 02 9841 4400

80 Weston St, Harris Park 2150

**Mail to:** PO Box 9117, Harris Park 2150

**Email:** [admin@dsansw.org.au](mailto:admin@dsansw.org.au)

**Web:** [www.dsansw.org.au](http://www.dsansw.org.au)

**Service Description:** 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)

**Alternative Names:** Formerly Down Syndrome Association of NSW Inc

### Drama and Music for Youth and Adults with Disability

**Phone:** 9970 1000 **Fax:** 02 9970 6453

Class at Annex of Narrabeen High School, Pittwater Rd (200 m north of Garden St), North Narrabeen 2101

**Email:** [enquiries@nbcc.nsw.edu.au](mailto:enquiries@nbcc.nsw.edu.au)

**Web:** [www.nbcc.nsw.edu.au](http://www.nbcc.nsw.edu.au)

**Service Description:** Classes use imagination, self-expression and fun in doing voice work, drama exercises and short performance pieces with experienced coach on Mondays 11am-12noon (music) OR 12noon-1pm (drama). \$25 for 8 sessions.

**Hours:** Mon 10.30am-12noon or 12pm-1.30pm during school term

### Fisher Road School for Specific Purposes

**Phone:** 9981 5222 **Fax:** 02 9982 5439

115 Fisher Rd, Dee Why 2099

**Email:** [fisherrd-s.school@det.nsw.edu.au](mailto:fisherrd-s.school@det.nsw.edu.au)

**Web:** [www.fisherrd-s.schools.nsw.edu.au](http://www.fisherrd-s.schools.nsw.edu.au)

**Service Description:** Provides special educational programs for pupils aged 4-18 years with moderate or severe intellectual disability. Includes academic, communication (PECS), music therapy, sensory, adapted Conductive education, work skills and integration into community, and satellite classes.

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

### Flintwood Disability Services - Adult Day Programs

**Phone:** 9938 3576 **Fax:** 02 9939 3576

152 Old Pittwater Rd (rear), Brookvale 2100

**Email:** [alison.kennedy@flintwood.org.au](mailto:alison.kennedy@flintwood.org.au)

**Web:** [www.flintwood.org.au](http://www.flintwood.org.au)

**Service Description:** Day program for adults aged 18-65 with intellectual and physical disabilities needing medium to high support, to develop skills, participate in activities and integrate into the community. Similar program at Brookvale (Billenya, 3/7 Orchard Rd) on 9938 4550.

**Hours:** Office Mon-Fri 8am-4pm. Clients attend 9am-3pm

## House With No Steps - Sydney Region

**Phone:** 9451 1511 **Fax:** 02 9452 5932

49 Blackbutts Rd, Belrose 2085

**Mail to:** PO Box 93, Frenchs Forest 1640

**Email:** [enquiries@hwns.com.au](mailto:enquiries@hwns.com.au)

**Web:** [www.hwns.com.au](http://www.hwns.com.au)

**Service Description:** Vocational training and supported employment in gardening and landscaping (Growing Care) and catering; small businesses in packaging and grounds maintenance. Transition to Work, Community Participation programs for independent living skills, training and recreation. Leisure support for small group activities week days, evenings, weekends. Also supported accommodation in homes in Northern Beaches, and group homes in the Sydney region. Upper Crust coffee shop in Normanhurst.

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

**Alternative Names:** HWNS

## Northern Area Recreation Association Inc (NARA)

**Phone:** 9452 4993 **Fax:** 02 9452 4993

**Mail to:** PO Box 101, Belrose West 2085

**Email:** [narasp12@tpg.com.au](mailto:narasp12@tpg.com.au)

**Service Description:** Sporting group run by volunteers for persons aged 10 to 50 years with an intellectual disability as primary diagnosis. Indoor cricket and indoor soccer on Saturday morning (Thornleigh) and 5 discos (Lindfield). If support is required, a carer must be provided. Transport can be booked \$2/trip to sport.

**Hours:** All hours, also answering machine

**Alternative Names:** N A R A

## Northern Beaches Behaviour Intervention Service

See Page 116

## Northside Enterprise Inc

See Page 117

## NSW Council for Intellectual Disability (NSW CID)

**Phone:** 9211 1611 **Fax:** 02 9211 2606

Level 1, 418a Elizabeth St, Surry Hills 2010

**Email:** [mail@nswcid.org.au](mailto:mail@nswcid.org.au)

**Web:** [www.nswcid.org.au](http://www.nswcid.org.au)

**Service Description:** 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

## OzSports Ability Counts Club for Children with Disabilities

See Page 116

## Special Olympics - Sydney Northern Region

See Page 116

## Sunnyfield

**Phone:** 8977 8888 **Fax:** 02 8977 2962

185 Allambie Rd, Allambie Heights 2100

**Mail to:** PO Box 886, Brookvale 2100

**Email:** [info@sunnyfield.org.au](mailto:info@sunnyfield.org.au)

**Web:** [www.sunnyfield.org.au](http://www.sunnyfield.org.au)

**Service Description:** Provides services for people with disability (primarily intellectual), including supported employment (Allambie, Chatswood, St Marys), Day Programs, Centre Based and Flexible Respite, Transition To Work programs, accommodation and drop-in support. Also provides therapy services and comprehensive staff training.

**Hours:** Mon-Fri 8.30am-5pm

## Sunshine Community Access Program

**Phone:** 9452 2122 **Fax:** 02 9452 2166

A4, 1-3 Rodborough Rd, Frenchs Forest 2086

**Mail to:** Head office, PO Box 847, Pymble 2073

**Email:** [info@sunshinehome.net.au](mailto:info@sunshinehome.net.au)

**Web:** [www.sunshinehome.net.au](http://www.sunshinehome.net.au)

**Service Description:** Provides innovative programs for adults aged 16+ with mild to severe intellectual and/or physical disabilities - Skill development, recreation, healthy lifestyles, community access through 'Community Participation' and 'Transition to Work'.

**Hours:** Mon-Fri 9am-4pm

## Learning Disabilities

### ACQUAOT Paediatric Occupational Therapist

See Page 115

### Child Development Service (CDS)

**Phone:** 9462 9288 **Fax:** 02 9462 9066

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

**Email:** [CDS@nscchahs.health.nsw.gov.au](mailto:CDS@nscchahs.health.nsw.gov.au)

**Service Description:** 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

**Alternative Names:** Formerly Chatswood Assessment Centre

## Davis Dyslexia Correction Program

**Phone:** 9977 2061

3/21 Eustace St, Manly 2095

**Email:** [emccarthy5@gmail.com](mailto:emccarthy5@gmail.com)

**Web:** [pac.dyslexia.com/](http://pac.dyslexia.com/)

**Service Description:** The Davis Dyslexia Correction Program is a 30 hour intensive, one-on-one program between a licensed facilitator and a client.

Concepts and tools are tailored to the specific needs of a client, for example: handwriting, maths, directions, coordination, order, time or any other skills that require mastering.

## Kids OT - Paediatric Occupational Therapy

See Page 120

## Learning Links - Brookvale

See Page 116

## Literacy Network (Manly Warringah Inc)

See Page 52

## Move to Learn Program

See Page 116

## Mental Illness

### Anorexia and Bulimia Support Group

**Phone:** 0438 618 873

Meet at South Pacific Private, 24 Beach Rd, Curl Curl 2096

**Email:** [yogi-lou@bigpond.net.au](mailto:yogi-lou@bigpond.net.au)

**Service Description:** Provides support through 12-step self-help program of regular meetings for people with eating disorders like bulimia or anorexia nervosa. Meets Wed 7.15pm.

**Hours:** Wed 7.15pm.

### Brookvale Mental Health Centre

**Phone:** 9938 5350 **Fax:** 02 9905 2567

1 Brookvale Ave, Brookvale 2100

**Service Description:** Early Intervention Team offer counselling, support and assistance to youth with a recent first psychotic episode (open referral) and the family for up to 3 years, plus group program, family information evenings, talks to community.

**Hours:** Mon-Fri 9am-5pm, after hours 9976 9611  
Extended Hours Team

**Alternative Names:** Beaches Early Intervention Team

### Facing Anxiety Program - Warringah Support Group

See Page 113

### Facing Anxiety Self Help Group - Manly, Dee Why

See Page 113

### Insight Therapies and Consulting

See Page 102

### Kids OT - Paediatric Occupational Therapy

See Page 120

### Life Returning - Northern Beaches

See Page 99

### Lifeline Suicide Bereavement Support Group

**Phone:** 9949 5522 **Fax:** 02 9948 5472

Lifeline Northern Beaches, 310 Sydney Rd, Balgowlah 2093

**Mail to:** PO Box 681, Balgowlah 2093

**Email:** [admin@lifelinenb.org.au](mailto:admin@lifelinenb.org.au)

**Web:** [www.lifeline.org.au/northernbeaches](http://www.lifeline.org.au/northernbeaches)

**Service Description:** Adults who have experienced the death of a loved one through suicide can support each other by sharing their experiences, feelings, information and coping skills. Trained, experienced and accredited personal counsellors will facilitate the group. Monday 7-9pm. Phone to check next dates.

**Hours:** Office Mon-Fri 9am-4:30pm. Group alternate Mon 7-9pm

### Mental Health Carer Support Group, Northern Beaches

**Phone:** 9481 0177 **Fax:** 02 9980 8717

**Mail to:** Uniting Care Mental Health - Family & Carer Program, 42/7 Sefton Rd, Thornleigh 2120

**Email:** [lyn.anderson@ucmh.org.au](mailto:lyn.anderson@ucmh.org.au)

**Web:** [www.ucmh.org.au](http://www.ucmh.org.au)

**Service Description:** Uniting Care Mental Health supports families and carers of people with a mental illness. This interest group with regular social activities meets in Dee Why on the 3rd Friday 2pm-4pm.

**Hours:** office Mon-Fri 9am-5pm, group on 3rd Fri 2pm-4pm

### Mona Vale Mental Health Service

**Phone:** 9998 0410 **Fax:** 02 9979 7823

Coronation St, Mona Vale 2103

**Mail to:** PO Box 81, Mona Vale 1660

**Service Description:** Full Assessment, counselling, education & treatment of individuals who suffer from mental illness or severe emotional disorders.

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

## Northern Beaches Mental Health Service Consumer Participation Network (NBCPN)

**Phone:** 9976 9856 **Fax:** 02 9976 9633

Kalori, Manly Hospital, Darley Rd, Manly 2095

**Mail to:** PO Box 465, Manly 1655

**Email:** [rbrown@nscchahs.health.nsw.gov.au](mailto:rbrown@nscchahs.health.nsw.gov.au)

**Service Description:** This team run by service users and volunteers provides information, activities, advocacy and participation in the Northern Beaches Mental Health service. For anyone with problems ranging from anxiety to depression to a diagnosed mental illness.

**Hours:** Mon-Fri 9am-3.30pm

## Ostara - Northern Sydney

**Phone:** 9907 6191 **Fax:** 02 9907 8943

2 Quirk Rd (off Balgowlah Rd), Balgowlah 2093

**Email:** [adrian.leacher@sfnsw.org.au](mailto:adrian.leacher@sfnsw.org.au)

**Web:** [www.sfnsw.org.au](http://www.sfnsw.org.au)

**Service Description:** Provides training (incl TAFE), support and individual assistance for people with mental health issues or who are recovering from mental illness, to find and maintain open employment (award-wage). Accredited Disability Employment Service

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

## Overeaters Anonymous (OA)

**Phone:** 9518 3004 (info and messagebank)

Meet at South Pacific Private, 18 Beach Rd, Curl Curl 2096

**Mail to:** PO Box 35, Dulwich Hill 2203

**Email:** [info@oasydney.org](mailto:info@oasydney.org)

**Web:** [www.oasydney.org](http://www.oasydney.org)

**Service Description:** Provides support through 12-step self-help program of regular meetings for people with eating disorders like compulsive eating, bulimia, anorexia nervosa. Meets Fri 7.15pm.

**Hours:** Fri 7.15pm

## Overeaters Anonymous (OA)

**Phone:** 9518 3004 (info and messagebank)

Meet at Forestville Community Arts Centre, Cnr Darley St and Warringah Rd, Forestville 2087

**Mail to:** PO Box 35, Dulwich Hill 2203

**Email:** [info@oasydney.org](mailto:info@oasydney.org)

**Web:** [www.oasydney.org](http://www.oasydney.org)

**Service Description:** Provides support through 12-step self-help program of regular meetings for people with eating disorders like compulsive eating, bulimia, anorexia nervosa. Meets Mon 7pm for Hope in Action Newcomers, and Thu 7pm for the Step study.

**Hours:** Mon 7pm, Thu 7pm

## Overeaters Anonymous (OA)

**Phone:** 9518 3004 (info and message bank)

Tramshed, 1395A Pittwater Rd, Narrabeen 2101

**Mail to:** PO Box 35, Dulwich Hill 2203

**Email:** [info@oasydney.org](mailto:info@oasydney.org)

**Web:** [www.oasydney.org](http://www.oasydney.org)

**Service Description:** Provides support through 12-step self-help program of meetings for people with eating disorders like compulsive eating, bulimia, anorexia nervosa. Meets on Sat 8am. Phone Frances on 9974 5916.

**Hours:** Sat 8am

## Phone Connections Line for Mental Health Consumers

See Page 102

## Pioneer Clubhouse

**Phone:** 9907 9999 **Fax:** 02 9948 3980

2 Quirk Rd (off Balgowlah Rd), Balgowlah 2093

**Email:** [mail@pioneerclubhouse.org.au](mailto:mail@pioneerclubhouse.org.au)

**Web:** [www.pioneerclubhouse.org.au](http://www.pioneerclubhouse.org.au)

**Service Description:** Community based program for people (aged 18+) with mental illness (as primary diagnosis) to support recovery. Work-ordered day, prevocational and job readiness skills (kitchen, clerical, maintenance), transitional employment, job search training - link with Job Network and Personal Support Provider. Social program Thu Sat. Art activities Fri afternoon. Orientation Tue for new members 11am, for public 2pm. Clubhouse run by people who attend, with staff support. See schedule and newsletters on website.

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

## Sanctuary Respite Centre at Manly

**Phone:** 9907 6191 **Fax:** 02 9400 7055

11, 13 & 15 St Barbaras Avenue, Manly 2095

**Mail to:** Schizophrenia Fellowship of NSW Inc, Locked Bag 5014, Gladesville 1675

**Email:** [katherine.owen@sfnsw.org.au](mailto:katherine.owen@sfnsw.org.au)

**Web:** [www.sfnsw.org.au](http://www.sfnsw.org.au)

**Service Description:** Carers, their family and friends who are affected by mental illness can have a short break of 2-3 nights while participating in educational and recreational programs of the Schizophrenia Fellowship of NSW Inc. Funded by the Australian Government under the Mental Health Respite Program.

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

## Schizophrenia Fellowship - Northern Beaches

**Phone:** 9453 1676

Dee Why Senior Citizens Centre, 34 Howard Ave, Dee Why 2099

**Mail to:** 2/6A Violet Ave, Forestville 2087

**Service Description:** Support group for anyone interested in mental illness, especially carers and people with a mental illness, to improve services for people with mental illness by extensive lobbying. Monthly guest speakers are highly qualified. Meetings are advertised in the Manly Daily. Fundraising.

**Hours:** 7:30pm 2nd Tue each month Feb-Nov

**Alternative Names:** Northern Beaches Mental Health Support Group

## South Pacific Private

See Page 101

## Support Groups for Mental Health

See Page 114

## Neurological Disorders

### Epilepsy Action Australia - NSW

**Phone:** 1300 374 537 **Fax:** 1300 886 894

Suite 8, Oxford Place, 44-46 Oxford St, Epping 2121

**Mail to:** GPO Box 9878, Sydney 2000

**Email:** [epilepsy@epilepsy.org.au](mailto:epilepsy@epilepsy.org.au)

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

**Service Description:** Provides information, referral, guidance and support for people with epilepsy and for their relatives. Educational information for teachers, employers and general public; community education; research; family camps; webinars. Counselling 1300 374 537.

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

### MS Society of NSW - Northern Region

**Phone:** 9411 4522 **Fax:** 02 9411 1712

293 Mowbray Rd, Chatswood 2067

**Mail to:** PO Box 1246, Chatswood 2057

**Email:** [Chatswood.Reception@msaustralia.org.au](mailto:Chatswood.Reception@msaustralia.org.au)

**Web:** [www.msaustralia.org.au](http://www.msaustralia.org.au)

**Service Description:** Short-term counselling, professional assessment and treatment - medical, urological, physiotherapy, occupational therapy, neuropsychology. Family support, support groups for people with MS; carers groups. Respite accommodation. Outreach services to country areas. Advice and support on accessible local recreation and specialist leisure activities. Community education. Library and information services. Education and training for other health professionals. Library access to Medline. Also MS Connect 1800 042 138.

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

## Muscular Dystrophy Association of NSW

**Phone:** 9809 2111 **Fax:** 02 9809 4177

Suite 101, 7 Bay Drive, Meadowbank 2114

**Mail to:** PO Box 1365, Meadowbank 2114

**Email:** [services@mdnsw.org.au](mailto:services@mdnsw.org.au)

**Web:** [www.mdnsw.org.au](http://www.mdnsw.org.au)

**Service Description:** 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

**Alternative Names:** MDAA

## Spinal Cord Injuries Australia (SCIA) - Peer Support Program

**Phone:** 9661 8855 **Fax:** 02 9661 9598

1 Jennifer St, Little Bay 2036

**Mail to:** PO Box 397, Matraville 2036

**Email:** [office@scia.org.au](mailto:office@scia.org.au)

**Web:** [www.scia.org.au](http://www.scia.org.au)

**Service Description:** The Peer Support team can assist people with spinal chord injuries or similar conditions by putting them in touch with someone who has been through the difficulties they may be experiencing. They also provide counselling for clients, their family or carers. SCIA has other programs that include the information service, employment service, policy and advocacy, tourism and travel and accommodation service.

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

**Alternative Names:** AQA Rehabilitation and Peer Support Services

## Parkinsons Disease

### Parkinsons Support Group - Manly Mosman

**Phone:** 9949 6339

Meets at Balgowlah RSL, 30-38 Ethel St, Balgowlah 2093

**Mail to:** PO Box 71, North Ryde 1670

**Email:** [trish@parkinsonsnsw.org.au](mailto:trish@parkinsonsnsw.org.au)

**Web:** [www.parkinsonsnsw.org.au](http://www.parkinsonsnsw.org.au)

**Service Description:** Support group for people with Parkinson's disease, their relatives and health professionals. Guest speakers and information. Meet at 10.30am on first Tuesday monthly at Balgowlah RSL.

**Hours:** Meet 10.30am on first Tuesday monthly

## Pittwater Warringah Parkinsons Support Group

**Phone:** 9997 1423 (Marilyn )  
Tramshed Arts & Community Centre, 1395A Pittwater Rd,  
Narrabeen 2101  
**Mail to:** 10 Crescent Rd, Mona Vale 2103  
**Service Description:** Meetings consist of patients, carers  
& friends. Guest speakers from the various professional  
fields.  
**Hours:** Meetings 1.30pm 2nd Thu bi monthly from  
February

## Quadriplegia

### Spinal Cord Injuries Australia (SCIA)

**Phone:** 9661 8855 **Fax:** 02 9661 9598  
1 Jennifer St, Little Bay 2036  
**Mail to:** PO Box 397, Matraville 2036  
**Email:** [office@scia.org.au](mailto:office@scia.org.au)  
**Web:** [www.scia.org.au](http://www.scia.org.au)  
**Service Description:** SCIA is a provider of innovative  
and holistic care programs and facilities to help people with  
spinal cord injuries and similar conditions build fulfilling  
lives. SCIA works to promote awareness of spinal cord  
injuries and similar conditions to create living and  
workplace environments to enable people with physical  
disabilities to achieve independence. SCIA provides  
employment, systemic and individual advocacy, residential  
services and personal and community support, also  
transitional accommodation, training, and community  
awareness. The service provides information on all issues  
related to spinal cord injuries and severe physical  
disabilities including employment options, advocacy,  
accommodation and residential services. SCIA publishes a  
quarterly magazine ACCORD (formerly Quadrangle)  
**Hours:** Mon-Fri 9am-5pm  
**Alternative Names:** SCIA (Formerly AQA)

## Stillbirth and Neonatal Death

### SIDS and Kids - NSW

**Phone:** 1800 651 186 (24 hours) **Fax:** 02 9818 4555  
Level 1 Building 125, Cnr Church St and Glover St,  
Lilyfield 2040  
**Mail to:** PO Box 431, Camperdown 1450  
**Email:** [sydney@sidsandkidsnsw.org](mailto:sydney@sidsandkidsnsw.org)  
**Web:** [www.sidsandkidsnsw.org](http://www.sidsandkidsnsw.org)  
**Service Description:** Provides support to families who  
experience the death of a baby or child during conception  
up to 6 years of age. Provides information about sleeping  
babies safely, Sudden Infant Death Syndrome (SIDS) and  
care of bereaved families. Also has a library and can  
provide details of local support groups.  
**Hours:** 24 hours (Support), Mon-Fri 9am-5pm (Office)  
**Alternative Names:** Sudden Infant Death Association of  
NSW Inc

## Stroke

### Northern Suburbs Stroke Recovery Club - Forestville

**Phone:** 9905 0906  
Meet at Forestville RSL, 22 Melwood Ave, Forestville  
2087  
**Mail to:** 47 Evans St, Freshwater 2096  
**Email:** [info@strokensw.org.au](mailto:info@strokensw.org.au)  
**Web:** [www.strokensw.org.au](http://www.strokensw.org.au)  
**Service Description:** A social and self-help group for  
people who have had strokes or aphasia. Speech pathologist  
provides sessions for people with resulting speech and  
language problems.  
**Hours:** Wed 10am-12pm

### Stroke Recovery Club - Manly Warringah

**Phone:** 9939 6643  
Meet at Balgowlah RSL, 30-38 Ethel St, Balgowlah 2093  
**Mail to:** Unit 90, 1039 Pittwater Rd, Collaroy 2097  
**Email:** [info@strokensw.org.au](mailto:info@strokensw.org.au)  
**Web:** [www.strokensw.org.au](http://www.strokensw.org.au)  
**Service Description:** Social and self-help group for  
people affected by stroke and asphasia. Community bus can  
be arranged door-to-door \$7.  
**Hours:** Meets Wed 10:30am-12:30pm

### Stroke Recovery Club - Mona Vale

**Phone:** 9997 3992  
Pittwater RSL, Cnr Mona Vale Rd & Foley St, Mona Vale  
2103  
**Email:** [info@strokensw.org.au](mailto:info@strokensw.org.au)  
**Service Description:** Self-help organisation to bring  
together people affected by stroke for socialising. Meeting  
1st and 3rd Monday 11am-2pm at Pittwater RSL.  
Occasional social outings.  
**Hours:** Mon 11am-2pm (1st & 3rd Monday monthly)

## Sudden Infant Death Syndrome

### SIDS and Kids - NSW

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