

USE OF THIS DIRECTORY



This Directory has been re-launched for the benefit of consumers of Health Services from across the Central Coast region – its aim is to be “consumer” accessible and friendly. The printed version of this directory was developed in collaboration between NSCCAH Consumer & Community Participation Unit and Carer Support – Central Coast Sector.

Please use this directory to make contact with an appropriate support group or service. Such support can be very beneficial to your physical and emotional health and well-being.

If you are a member of a Support Group which is not in this directory, or if you have any suggestions, comments or feedback in relation to the content of the directory, or would like a hard copy of the directory Northern Sydney Central Coast Health Carer Support (Central Coast Sector) invites you to contact us.

Please contact:

Carer Support (Central Coast Sector)
Northern Sydney Central Coast Health
PO Box 361
GOSFORD NSW 2250
Ph: 4320 5556 Fax: 4320 5555

by email skeane@nsccaahs.health.nsw.gov.au

To navigate the directory online

Use the arrows at the bottom of the page to browse the document or click on a heading in the index to go to the page, **return to top** will take you back to the index.

To Print a page

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ATSI - Mother & Baby Support

for Families Expecting a Baby up to 6 months: Gosford Shire

Support for Aboriginal families who are expecting a baby, also to get the care they need during pregnancy, when in hospital and after the birth of the baby. Linking to family support, Health Services and cultural community events. Providing advocacy for Aboriginal family needs.

For further information contact the Aboriginal Mother & Baby Educational Officer

CONTACT INFORMATION

Child & Family Health Early Childhood Nursing Service NSCCH

Gateway Centre

PO Box 361

Gosford NSW 2250

Contact: Child & Family Health, Early Childhood Service

Phone: 4328 7900

Contact: Aboriginal Mother & Baby Educational Officer

Phone: 4328 7939

Phone: 0414 19 29 91

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ATSI - Early Intervention Support

for Families with Children up to 5 years: Gosford Shire

The Educational Officer can assist with referrals, advocacy and support, family support, early education, allied health services, childcare, immunisation, prenatal classes and links to cultural community events.

For further information contact the Early Intervention Educational Officer

CONTACT INFORMATION

Child & Family Health Early Childhood Nursing Service NSCCH

Gateway Centre

PO Box 361

Gosford NSW 2250

Contact: Child & Family Health, Early Childhood Service

Phone: 4328 7900

Contact: Aboriginal Early Intervention Educational Officer

Phone: 4328 7937

Phone: 0402 89 13 33

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ADHD Slow Learner's Support Group

Support for parents of children with ADD (Attention Deficit Disorder) or ADHD (Attention Deficit Hyperactivity Disorder). To help ensure that children receive guidance and understanding. The group also aims to raise awareness about ADD within the community.

Meetings: 2nd Wednesday in the Month (except school holidays) Family Welfare Centre, 3 Literacy Close, Kanwal.

CONTACT INFORMATION

ADHD Slow Learner's Support Group

2 / 1 Archer Close

Kanwal NSW2259

Contact: Clarice Dickens

Phone: 4392 3731 (Home)

Phone: 4329 5055 (RAISE)

Top:

ADSSI (Aged & Disability Support Services)

ADSSI - Support aged and younger people with disabilities within their home, family or neighbourhood.

ADSSI Provides: Comprehensive assessment, service assessment / coordinate services, case management. Support services include: Social support service, social support outings and activities, transport to appointments, assistance with shopping, home modification and maintenance, garden & lawn maintenance, domestic assistance, respite care, volunteer service, personal care, laundry services.

CONTACT INFORMATION

ADSSI (Aged & Disability Support Services)

Tuggerah Business Park

Tuggerah NSW 2259

Contact: Chief Executive Officer

Phone: 4334 2633 Fax: 4334 3212

Website: www.adssi.org

E-mail: info@adssi.org

Top:

Al-Anon Family Groups

AL-ANON (and ALATEEN for younger members) is a worldwide organisation that offers a self-help recovery program for families and friends of alcoholics whether or not the alcoholic seeks help or even recognises the existence of a drinking problem. Members give and receive comfort and understanding through a mutual exchange of experiences, strength and hope.

AL-ANON is not a religious organisation or a counselling agency. It is NOT a treatment centre nor is it allied with any other organisation offering such services. Al-Anon Family Groups, which includes Alateen for teenagers, neither expresses opinions on outside issues nor endorses outside enterprises. No dues or fees required.

Meetings: Groups held in Woy Woy (Wed – 7pm, Thurs-12.30pm, Sat – 2pm, Sun 7pm (Adult Children)), Wyong (Tues-7pm, Thurs 7.30-8.30pm, Fri- 10.30am, Sat-10am), Gorokan (Mon-11am), Kincumber (Mon-10.30am), Chittaway Point (Sun 2-3pm), Wyoming (Tues-8pm) and Bateau Bay (Wed-12.15pm). Meetings last for 90 minutes. Mutual sharing of similar situations. The emphasis is on trust & anonymity.

CONTACT INFORMATION

Al-Anon Family Groups

PO Box 217

Hamilton NSW 2303

Contact: Office Secretary

Phone: 4344 6939
 Phone: 4390 7413
 Phone: 4342 2295
 Website: www.al-anon.alateen.org/australia/
 E-mail: alanonnorthernnsw@bigpond.com
Top:

Albinism Fellowship of Australia (AFA)

The aim of the Albinism Fellowship of Australia (AFA) is to provide support, information and fellowship to those with albinism and their significant others. Albinism is a condition affecting the pigment in a person's skin, hair & eyes, or just eyes. We do this through membership, 4 newsletters a year, State run get togethers and activities throughout the year, outreach to parents of newly diagnosed babies with albinism, adults with albinism, and service providers, and by running a two day conference every 2 years in a different state. We have a DVD sets of both Sydney & Adelaide conferences with speakers from all aspects of Albinism related topics, as well as Albinism Information cards to hand out to interested people.

Meetings: Each state representative holds several get togethers a year as part of the annual membership of between \$22 - \$40. Next conference September 2009 in Brisbane.

CONTACT INFORMATION

Albinism Fellowship of Australia (AFA)
 PO Box 5281
 Erina Fair,
 Erina NSW 2250
 Contact: Kim Gillespie (President)
 Phone: 0425 229 799
 Website: www.albinismaustralia.org
 E-mail: info@albinismaustralia.org
Top:

Amputee Association Inc -Central Coast

The Group aims to encourage amputees to be as independent as possible whether in the workplace or home & encourage & assist in informing the community, including health professionals, as to the needs of amputees, by a constant exchange of information. Support for families and Carers.

Meetings: held 3rd Tuesday of each Month, 11am Central Coast Leagues

CONTACT INFORMATION

Amputee Association Inc -Central Coast
 c/o 22 Narara Crescent
 Narara NSW 2250
 Contact: Beryl Owen
 Phone: 4328 1004 Fax: 4329 6104
 Website: www.centralcoastamputee.org.au
 E-mail: beryl@idl.com.au
Top:

Anxiety Disorders Alliance (ADA) Support Groups

Monthly Support Groups, provide an opportunity to share experiences, gain support, friendship and information. Self Help Groups, a structured self-treatment program which teaches people with phobias or obsessive compulsive disorders to work out their own self – exposure treatment. Parent Support Groups, parents and carers can share experiences, gain support and learn more about these disorders and their treatment.

Monthly Support Groups & Parent Support Groups, no cost, no need to book, just turn up.

Meetings: Support group for carers and consumers. Gosford group- at Gosford Narara Community Centre, 2 Pandala Rd Narara at 9 am on the 3rd Saturday of the month. Jesmond Group- Neighbourhood Centre, 44 Mordue Pde Jesmond on the 1st Wednesday of the month at 4:30pm.

CONTACT INFORMATION

Anxiety Disorders Alliance (ADA)
Level 5, 80 William St,
East Sydney 2011

Contact: Julie Leitch ADA Coordinator
Phone: 1300 794 992
Fax: 9339 6066
Website: www.ada.mentalhealth.asn.au
E-mail: jleitch@mentalhealth.asn.au

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ARAFMI

Families and Friends Promoting Mental Health & Wellbeing

Central Coast ARAFMI is a non-government family support organisation which aims to provide education, counselling, support, social interaction and advocacy for families, carers and people whose lives are affected by mental illness(consumers). Other staff: Family Support, Child & Adolescent, Recreation.

Family support groups: Kids Connecting- A group for children 8yrs to 13yrs who have a family member with a mental health problem.

Yakkalla- Recreation & Leisure Program for consumers. Womens & Mens groups, monthly activity calendar.

Groups: ARAFMI 1,2,3,4, Mental Health First Aid, Carers coping skills, 8 stages of healing Smiles, relaxation.

Meetings: Kids Connecting – Wednesdays 3.30- 5.30pm in Bateau Bay & Erina areas. Yakkalla Recreation & Leisure Program for consumers operates 5 days a week. Family support groups run across the Central Coast each month. Educational groups run throughout the year.

CONTACT INFORMATION

ARAFMI Central Coast
PO Box 6159
20-22 Cottage 6 Kincumber St
Kincumber NSW 2251

ARAFMI has offices on the Central Coast at Kincumber, Gosford & Bateau Bay

Contact Regional Manager
Phone: 4369 4233

Fax: 4363 1069
Website: www.ccarafmi.org.au
E-mail: ccarafmi@bigpond.net.au

Top:

Arthritis Foundation of NSW

To provide emotional support and information to people who suffer from all forms of Arthritis and related conditions. Central Coast Contacts: Kincumber: Merle 4368 6399
Long Jetty: Liz 4332 5245 Woy Woy: Fran 4343 1995 Tuggerah Lakes: Judy 4358 8446

Meetings: For meeting times, venues and information contact local number or Arthritis Foundation for more details

CONTACT INFORMATION

Arthritis Foundation of NSW
Locked Bag 16
North Parramatta NSW, 2151
Contact Secretary
Phone: 1800 011 041
Phone: 9683 1622
Fax: 9683 1633
Website: www.arthritisnsw.org.au
E-mail: info@arthritisnsw.org.au

Top:

Asbestos Support Group

To offer support to victims of asbestos diseases and their families. To offer information about the disease and legal advice if needed. We have speakers on many subjects. At our meetings we have a solicitor present to advise any new members of their rights and best actions legally and medically.

Meetings: 4th Wednesday of each month at 1pm at Niagara Park Community Centre.

CONTACT INFORMATION

Asbestos Diseases Foundation of Australia Inc
Suite 3, 133-137 Parramatta Rd
Granville NSW 2142
Phone: 1800 006 196 (free call)
Fax: 9697 3259
Contact: Maree Stokes
Phone: 0419 418 190
Website: www.adfa.org.au
E-mail: info@adfa.org.au

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Asthma Educators -NSCCAHS

The service aims to provide optimal asthma control and management via the assessment and the provision of education / information and ongoing support as required through a team approach.

Referrals accepted from clients, carers, Gosford & Wyong Hospitals, General Practitioners, Paediatricians and Respiratory Specialist. Each Educator has identified service area and referral criteria and this should be discussed on an individual basis with the clinician.

The Asthma Friendly Schools Program and Asthma Friendly Children's Services education sessions are available to Gosford and Wyong LGA primary and secondary schools, family day care centres and before and after school care centres.

CONTACT INFORMATION

Asthma Educators Central Coast Health Service - NSCCAHS

Gosford Hospital

Respiratory Investigation Unit

Contact: **Clinical Nurse Consultant Adult Asthma Educator**

Phone: 4320 3410

Fax: 4320 2042

Mobile: 0414 192 240

E-mail: klangbridge@nsccaahs.health.nsw.gov.au

Wyong Central Community Health Centre

38a Pacific Highway

Wyong NSW 2259

Contact: **Clinical Nurse Consultant Asthma Educator**

Phone: 4356 9408

Fax: 4356 9401

Mobile: 0416 193 396

Email: nfenton@nsccaahs.health.nsw.gov.au

The Gateway

Mann St

Gosford NSW 2250

Contact: **Clinical Nurse Consultant Paediatric Asthma Educator**

Phone: 4328 7976

Mobile: 0416 193 997

Fax: 4328 7925

Email: lbirch@nsccaahs.health.nsw.gov.au

Top:

Australian Dyspraxia Association Inc

A national not for profit organisation which provides education, referral, advocacy, training, support and phone HELP-LINE services to families, teachers and professionals Australia wide. Contact head office for further details.

CONTACT INFORMATION

Australian Dyspraxia Association Inc

"Can-Do Cottage" PO Box 5519

South Windsor NSW 2756

Contact: Christine Meredith CEO

Phone: 4577 6220

Fax: 4577 6088
 Website: www.dyspraxia.com.au
 E-mail: information@dyspraxia.com.au
Top:

Autism & Aspergers Family Support Group

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

A library is available and a regular newsletter is produced.

Meetings: 3rd Wednesday of each month except in the school holidays at Banksia Family Centre, Bateau Bay, from 10.30am.

CONTACT INFORMATION

Autism & Aspergers Family Support Group
 PO Box 3175
 Tuggerah NSW 2259
 Contact: Co-ordinator
 Phone: 4392 4775 (Linda)
 Phone: 4367 0370 (Lee)

Blind & Visually Impaired Support Group Wyong Shire

This is a support group for people with vision impairment in the Central Coast area. There are monthly meetings for discussions on any problems that members have. (No meeting in January) For Adults and Senior Citizens. No membership charge. Cost of \$3 per meeting (morning tea included)

Meetings: 1st Monday of the month, Legend Room, Mingara, Wyong Rd, Tumbi Umbi. From 10am to 12.30pm.

CONTACT INFORMATION

Blind & Visually Impaired Support Group Wyong Shire
 8 Kenmare Ave
 Berkley Vale, NSW 2261
 Contact: Joy Buckley
 Phone: 4388 1280
 Website: www.rbs.org.au

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Brain Injury Association of NSW Inc

The Brain Injury Association of NSW (BIA NSW) is available to all persons within NSW affected by acquired brain injury – those with acquired brain injuries, family members, carers, friends, service providers, and the broader community.

In its role as a peak body, BIA NSW undertakes varied activities such as Information, Referral & Research service; lobbying & advocacy services – including an Individual Advocacy service; Case Management and brokerage service; the co-ordination of a Speakers Bureau; ongoing policy work; training for service providers; and the publication of regular newsletters.

CONTACT INFORMATION

Brain Injury Association of NSW Inc
 Suite 102, 3 Carlingford Road,
 Epping NSW 2121
 Phone: 02 9868 5261
 Freecall: 1800 802 840
 Fax: 02 9868 5619
 Website: www.biansw.org.au
 Email: mail@biansw.org.au

Breast Cancer Nurse Co-ordinators

To provide information and support to women who have experienced breast cancer and are undergoing or have finished treatment. The Breast Cancer Nurse Co-ordinators are available to refer to other services as required and co-ordinate care from diagnosis through treatment and follow up.

Contact Information: 4320 5343

Support Groups:

Gosford Women's Breast Cancer Group meets last Wednesday each month, 10.30 am - 12.30 at NSW Cancer Council, The Hive, Erina Fair.
 Gosford Soiree (for women under 50 yrs) meet at Iguana's Waterfront Bar in Gosford on 1st Wednesday each month 7 – 9pm.

CONTACT INFORMATION

Cancer Council NSW
 The Hive, Erina Fair
 Erina 2250
 Contact: Manager & Regional Programs Co-ordinator
 Phone: 4336 4500
 Fax: 4367 5895
 Website: www.cancercouncil.com.au
 E-mail: info.centralcoast@nswcc.org.au

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Breastfeeding Support “Drop In”

Provides timely, comprehensive, accessible and positive information that supports and encourages mothers to maintain breastfeeding. Gives breastfeeding mothers the opportunity to support each other within a breastfeeding friendly environment. Offered over a 2 hour time frame, mothers may choose to utilize this service by staying for a brief time or the whole two hours.

Available at Lake Haven, Wyong Central, Long Jetty, Gosford and Woy Woy Community Health Centres. Please contact your local centre for days and times. (See Community Health Centres list at back of directory or contact Child & Family Health.

CONTACT INFORMATION

Child & Family Health,
 Early Childhood Nursing Service -NSCCAHS
 Gateway Centre

PO Box 361
Gosford NSW 2250
Phone: 4328 7900
Top:

Bungree Aboriginal Association

Bungree Aboriginal Association is a Central Coast Aboriginal Community based organisation, which provides a wide range of services to help Aboriginal people on the Central Coast. Aboriginal Community Aged Care Packages, Aboriginal Detached Housing (Youth & Family), Support Workers, Emergency Relief & Aboriginal Community Housing Program.

Office Hours: Monday to Friday 9 am to 5 pm. Closed Wed @ 1.00 pm. Services include: Aboriginal Community Options, Aboriginal HACC Education & Information Officer, Aboriginal Respite Care. Community Aged Care Packages, Supported Accommodation Assistance Program, Housing, Transportation, Emergency Relief

CONTACT INFORMATION

Bungree Aboriginal Association
38 Victoria Ave
Toukley NSW 2263
Contact: Co-ordinator
Phone: 4397 7700
Fax: 4397 3385
Top:

Cancer Council NSW

Mission: to defeat cancer by early detection & prevention programs, supportive care programs, information provision & fund raising events to support cancer research.

Courses & training programs are co-ordinated from the Gosford Office. These include: Living with Cancer Education Program, Support Groups including Survival Aspects of Cancer, Workplace Training in Sun Protection & a Community Speakers Program on cancer prevention and management.

CONTACT INFORMATION

Cancer Council NSW
The Hive, Erina Fair
PO Box 5102
Erina Fair 2250
Contact: Regional Programs Co-ordinator & Manager
Phone: 4336 4500
Phone: Cancer Council HELPLINE 131120
Fax: 4367 5895
Website: www.nswcc.org.au
E-mail: info.centralcoast@nswcc.org.au
Top:

Cancer Council Connect Breast Cancer Peer Support

Provides information, emotional and practical peer support for women being treated for breast cancer. Cancer Council Connect links people with someone who has had breast cancer, who understands how the person might be feeling and the challenges they may

face. The volunteers are at least two years past their treatment and have been trained to offer practical and emotional support. This support is in addition to that provided by health professionals, family and friends and offers a dimension of hope and encouragement by someone who "has been there" Cancer Council Connect is also available for a range of other cancers.

CONTACT INFORMATION

Cancer Council NSW
153 Dowling Street
Woolloomooloo NSW 2011
Contact: Cancer Council Connect
Phone: 9334 1900
Phone: Cancer Council Help Line 131120
Fax: 9358 1452
Website: www.cancercouncil.com.au

Top:

Cancer Information & Support Society Inc. CISS

CISS (Central Coast) is an organisation providing information, resources and support for persons with cancer, their families and friends so all may benefit by meeting with others to share information, common experiences, strength and hope. We promote prevention, self-help and freedom of choice in therapies for cancer and other degenerative diseases.

Membership to CISS is \$40 p.a. this entitles members to regular newsletters with information about worldwide developments in the treatment of cancer. Also access to an extensive library of reference material, plus informative guest speakers at each monthly meeting.

Meetings: 3rd Monday of the month at Senior Citizens Centre, 217 Albany St, Gosford. A donation of \$4.00 for non-members is appreciated. All welcome.

CONTACT INFORMATION

Cancer Information & Support Society Inc. CISS
18 Corona Lane
Glennings Valley NSW 2261
Contact: Pat Pearce
Phone: 4388 4770
Mobile: 0414 453 761
Website: www.ciss.org.au

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Candles Cancer Support Group Inc

To provide support for cancer patients, their carer, families and friends from the point of diagnosis onwards. Hospital visits arranged on referral. Telephone or email service available for those unable to attend meetings.

Meetings: 1st and 3rd Wednesday each month 10am-12pm. Family Services Centre, Literary Close Kanwal.

CONTACT INFORMATION

Candles Cancer Support Group Inc
PO Box 4506

Lake Haven NSW 2263
 Contact: Lyn Smith
 Phone: 4393 5017
 Mobile: 0405 447 638
 E-mail: wyongcandles@bigpond.com
Top:

Carers Group - (COATS) Community Outreach & Therapy Team

Monthly support group for carers of people with chronic neurological conditions; eg Parkinson's; MND; MS; stroke, myositis, etc. Provides information, support and social contact with other carers

Meetings:

North group: 4th Thursday in the month from 12noon to 2pm. Contact Marilyn for venue.

South group: Last Tuesday of the month 12 noon to 2pm. Group meets at Woy Woy Community Centre.

CONTACT INFORMATION

Community Outreach Team (CORT) NSCCAHS
 PO Box 361
 Gosford NSW. 2250
 Contact: Marilyn Smith (Long Jetty)
 Phone: 4328 7311
 Contact: Irene Brandford (Woy Woy)
 Phone: 4328 7306
 Fax: 4328 7300
 E-mail: mxsmith@nsccaahs.health.nsw.gov.au
Top:

Carers Morning Tea

To provide regular support and information for those caring for another person. A chance to meet with others in a similar position. A variety of activities. Open to all carers

Meetings: meets at Kincumber Neighbourhood Centre on the third Wednesday of the month. Contact centre for more information.

CONTACT INFORMATION

Kincumber Neighbourhood Centre
 PO Box 6268
 Kincumber NSW. 2251
 Contact: June Galea
 Phone: 4363 1044
 Fax: 4369 6721
 Website: www.kdnc.com.au
 E-mail: kdncinc@bigpond.net.au
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Carer Support Central Coast-NSCCAHS

Carer Support is a strategy of NSW Health to promote and encourage recognition of carers as respected and valued partners in health care supported by the NSW Carers Action Plan 2007-2012.

We aim to educate and support staff to identify and engage carers, increase the understanding of health professionals to the expressed needs of carers, identify and reduce access barriers to NSCC health services, and encourage the provision of timely and accurate information promoting carer independence and empowerment.

While Carer Support offer information on a range of alternative options for carers to follow up. The team appreciates that each caring role is unique, therefore our information and advice is given as guidance only. Individual Carers may also contact the Carer Support Unit to provide information or suggestions for the further development of NSCCH services to better meet their needs as a carer.

The NSW Carers Action Plan 2007-2012 outlines the NSW Government commitment to carers achieving quality of life for themselves and the people they support.

Key Priorities for Action:

1. *Carers are recognised, respected and valued*
2. *Hidden carers are identified and supported*
3. *Services for carers and the people they carer for are improved*
4. *Carers are partners in care*
5. *Carers are supported to combine caring and work*

CONTACT INFORMATION

Carer Support Central Coast -NSCCAHS

PO Box 361

Gosford, NSW 2250

Contact: Manager

Phone: 4320 5556

Fax: 4320 5555

Mobile: 0405 539 536

Website: www.nscchahs.health.nsw.gov.au/carersupport/default.shtml

E-mail: skeane@nscchahs.health.nsw.gov.au

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Carer Support Group - Woy Woy Hospital

No support group is currently running at the hospital. However, contact may be made with Social Worker for details of groups on the Peninsula or other resources for Carers where they can obtain information, education and “survival techniques” specifically for Carer support.

CONTACT INFORMATION

Carer Support Group - Woy Woy Hospital

Social Work Department Woy Woy Hospital

Contact: Social Worker

Phone: 4344 8503 Fax: 4344 8544

E-mail: sphall@nscchahs.health.nsw.gov.au

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Carer Support Group - Nareen Gardens (Bateau Bay)

To provide a safe place where carers can talk about their lives, feelings & problems with others who understand them and to provide more information on other services available. Not dementia specific, but majority of carers dealing with dementia in various stages.

Meetings: 2nd Tuesday of the month, 1pm – 3pm at meeting room, Nareen Gardens.

CONTACT INFORMATION

Carer Support Group - Nareen Gardens (Bateau Bay)
 Nareen Gardens Retirement Village,
 5 Yakalla Street
 Bateau Bay NSW 2261
 Contact: Co-ordinator
 Phone: 4384 8117
 Fax: 4334 1475
 E-mail: heather.coombes@uchunter.org.au
Top:

Carer Support Group Warnervale (Hamlyn Terrace)

To provide a safe place where carers can talk about their lives, feelings & problems with others who understand them and to provide more information on other services available. Not dementia specific, but majority of carers dealing with dementia in various stages.

Meetings: 2nd Tuesday of month, 1pm - 3pm, Nareen Community House, 35-45 Louisiana Rd, Hamlyn Terrace

CONTACT INFORMATION

Warnervale Carer Support Group
 UnitingCare – Ageing
 Starrett Lodge
 35-45 Louisiana Road
 Hamlyn Terrace NSW 2259
 Contact: Co-ordinator
 Phone: 4393 8866
 Fax: 4393 8850
 Mobile: 0418 669 009
 E-mail: tony.smith@uchunter.org.au
Top:

Central Coast Australian – German Friendship & Welfare Society Inc

To assist German speaking ill, lonely and frail aged people on the Central Coast, at home or institutions. Fostering & cultivating German language, general support & social contact. A project of the German speaking community

Meetings:

Mingara Recreation Club, Tumbi Umbi 9am -12.30. 1st Tuesday of month
 Ourimbah RSL, 10.30am for socialising and lunch, 3rd Tuesday of month

CONTACT INFORMATION

Central Coast Australian-German Friendship & Welfare Society Inc,
 PO Box 71
 Budgewoi NSW 2262
 Contact: Erika Walker
 Phone: 4390 9040
 Mobile: 0407 583 234
 Fax: 4390 9040
 Website: www.geocities.com/german_australianfriendship/
 E-mail: germanfriendship@westnet.com.au
Top:

Central Coast Cancer Support Group

Information and support is available for Cancer patients, family and carers each fortnight. Guest speakers, reading library, morning tea, quarterly luncheons & social group.

Meetings: Meetings are held Mondays fortnightly 10am – 12.30. Room 1, Education Centre, Gosford Hospital, Hospital Road (formerly Stephen St)

CONTACT INFORMATION

Central Coast Cancer Support Group

Contact: Eugene

Phone: 4341 7860

Contact: Estelle & Paul

Phone: 4396 1964

Contact: Bette & Ted

Phone: 4388 4183

Email: mummo00@vtown.com.au

Top:

Central Coast Deaf Group

To provide support and information for Deaf / Hearing Impaired persons with their communication, social events and sports.

Meetings: 2nd Wednesday of the month, Central Coast Leagues Club 7pm. Free

CONTACT INFORMATION

Central Coast Deaf Group

3 Nellie Rd

Ourimbah NSW 2258

Contact: Grant Playford

Phone: FAX ONLY

Fax : 4362 3628

E-mail : grantplayford@yahoo.com.au

Top:

Central Coast Disability Network (CCDN)

To develop opportunities for people with disabilities to be included in their communities. Learning & Participation Project; Multicultural Access & Equity Project; Individual Advocacy Project; CASS Project (support to people with an acquired brain injury) 6 Newsletters per year, host forums, provide facilitators & trainers. Host Interagency - 2nd Wednesday of February, May, August & November

CONTACT INFORMATION

Central Coast Disability Network

29 Webb St (PO Box 4309)

East Gosford NSW 2250

Contact: Manager

Phone: 4324 2355

Fax: 4324 3187

Website: www.ccdn.com.au

E-mail: managerccdn@bigpond.com

Top:

Central Coast Division of General Practice (CCDGP)

To meet the needs of GP's and the community in the provision of quality health care on the Central Coast. The Central Coast Division of General Practice collaborate in many areas with Northern Sydney Central Coast Health to provide quality health care to the community. See website for further information.

CONTACT INFORMATION

Central Coast Division of General Practice
Suite 4, Erina Plaza, 210 The Entrance Road
Erina NSW 2250

Contact: Chief Executive Officer
Phone: 4365-2294
Mobile: 0401 902 401
Fax: 4365 3836
Website: www.ccdgp.com.au
E-mail: ccdgp@ccdgp.com.au

Top:

Central Coast Dyspraxia Community Support Group

The group aims to provide information, support, and access to resources and raise awareness of Dyspraxia for family, friends and the wider community. The group meets informally once a month, the participants of the group vary from month to month. Guest speakers attend at different meetings to provide information relating to dyspraxia, from a different perspective. The group share stories, experiences and any new information. You do not need to attend each and every meeting but if you are in need of support when times are tough, you know we are here to listen.

Meetings: are held the last Thursday evening of each month; 6-8pm, at The Banksia Family Centre, Sir Josephs Banks Drive, Bateau Bay 2261.

CONTACT INFORMATION

Contact: Co-ordinator
Mobile: 0402 833 771
E-mail: rlsimpson1970@yahoo.com.au

Top:

Central Coast Multicultural Project

To research the needs of people from non English speaking backgrounds on the Central Coast and develop programs and activities to meet these needs. To work with mainstream organizations and services to increase their sensitivity to the needs of non English speaking background clients on the Central Coast. Also for information, referral, casework & community development work. To raise awareness of issues affecting the NESB community on the Central Coast, to advocate on their behalf. To provide information and support to NESB people in order to improve their access to existing services.

Multicultural outreach groups at Woy Woy, Warnervale, San Remo, Banksia Neighbourhood Centres, Wyong & Gosford TAFE & Central Coast Community College. Activities run around the coast. Contact: Community Development Worker - Pari Batha or Settlement Grants Program Worker- Danielle Habib

Meetings:

Multicultural group meeting 1st Thursday of every month @ San Remo Neighbourhood Centre. 10.30am all welcome, no cost contact Danielle.

CONTACT INFORMATION

Central Coast Multicultural Project
Niagara Park Community Centre,
16 Washington Ave
Niagara Park, 2250
Contact: Community Workers
Mobile: 0422 235 034
E-mail: ccmcp@hotmail.com

Top:

Central Coast Premature and Sick Baby Support Group

Central Coast Premature and Sick Baby Support Group is a parent to parent, support group that meets monthly. The group encourages parents to come along to share their story and form friendships with other people that have shared similar experiences to them selves. And to, and relax with other people that understand them. This group is supported by The Benevolent Society's Strengthening Neighbourhoods Community Development Project.

CONTACT INFORMATION

Central Coast Premature and Sick Baby Support Group
PO Box 7175
Toowoomb Bay 2261
Contact: Fiona Dixon
Phone: 0408 689 330
Website: www.centralcoastprems.com
E-mail: fiona@momentbymoment.com.au

Top:

Central Coast Problem Gambling Service

Group & individual counselling for problem gamblers and their families. Community awareness & education. 4 locations: Gosford, Woy Woy, The Entrance & San Remo.

Meetings: Service available Monday to Friday 9am to 5pm.

CONTACT INFORMATION

Central Coast Problem Gambling Service
93 McMasters Rd / PO Box 512
Woy Woy NSW 2256
Contact: Chris Davidson
Phone: 4344 7992
Fax: 4342 4947
Website: www.problemgambling.net.au
E-mail: ccpgs@bigpond.com

Top:

Central Coast Womens Health Centre

Located at 3 branches, Wyoming, Woy Woy & Wyong. To support women of all ages, backgrounds and cultures in a respectful friendly and effective way. Women and girls

health clinic, counselling, library, childcare, information, resources & referral. Access to alternative therapists.

Groups covering anxiety, stress management, transforming anger, art therapy, beyond survival, etc.

Hours: Monday, Wednesday, Thursday 9am – 4pm, Tuesday 9am – 12.30, Friday closed.

CONTACT INFORMATION

Central Coast Womens Health Centre
37 Maidens Brush Rd
Wyoming NSW. 2250

Contact: Womens Health Centre

Phone: 4324 2533

Fax: 4323 7490

Web: www.cccwhc.com.au

E-mail: admin@cccwhc.com.au

Top:

Cleft Pals

Cleft Pals is a support organisation for parents & children who have been born with a Cleft. They aim to provide information & support & to increase awareness of the condition. Some of the services provided are: Contact Parenting, Newsletters, Feeding Equipment, Info Sheets & Kits, Lectures & Talks.

CONTACT INFORMATION

Cleft Pals NSW Inc

PO Box 475

Lane Cove NSW 1595

Phone: 9294 8944

Web: www.cleftpalsnsw.org.au

Top:

Coastlink Respite Care

This service aims to provide quality, innovative respite options for families and individuals living with disabilities on the Central Coast.

Entry criteria :

- (1.) People residing in the Wyong and Gosford Local Government Areas,
- (2.) People with a recognised disability and living at home with a permanent carer,
- (3.) A person with a disability between the ages 0 to 65,
- (4.) Disabilities include – sensory, medical, physical and intellectual,
- (5.) Fees are discussed at the time of assessment. Financial hardship is taken into consideration.

CONTACT INFORMATION

Coastlink Respite Care

Suite 7, 10 William Street

PO Box 759

Gosford NSW 2250

Contact: Co-ordinator

Phone: 4321 1022

Fax: 4321 1077

E-mail: reception@coastlink.org.au

Top:

Coeliac Society of NSW

To provide information & support to people diagnosed with Coeliac & Gluten Intolerance through the first 6 months after diagnosis. Provide recipes & food guides (school lunch ideas). 1 in 20 people are suspected to have coeliac disease however only 1 in 10 diagnosed.

CONTACT INFORMATION

Coeliac Society of NSW
PO Box 271
Wahroonga 2076
Phone: 1300 458 836
Phone: 9487 5088

Top:

Commonwealth Carelink Centre Central Coast

Commonwealth Carelink Centres can offer older Australians, people with disabilities, their carers and families, General Practitioners and other health professionals information about service providers who deliver community, aged care, disability and other support services in their local region. The information provided by Centres can assist people with their choice to remain living independently in their own homes.

If you require information about services in another region, your nearest Centre can transfer your call to the appropriate Centre free of charge.

CONTACT INFORMATION

Commonwealth Carelink Centre - Central Coast
Shop 2, Ground Floor Citigate Centre
PO Box 361
Gosford NSW. 2250
Contact: Co-ordinator
Phone: 1800 052 222
Fax: 4304 0726
Website: www.commcarelink.health.gov.au
E-mail: carelink@nscchahs.health.nsw.gov.au

Top:

Commonwealth Carer Respite Centre

Information, advice and support service for people who are looking after a friend or relative who have a disability, a chronic condition or who are frail aged. Respite is helping carers take a break and the service offers planned and unplanned respite.

The service offers more than respite - it is the contact point to connect carers to other carers, services and support networks. 24 hour emergency respite available on Freecall: 1800 059 059.

Office Hours: 9am - 5pm for information, advice & support. 24 hour emergency respite. Auspiced by Central Coast Health.

CONTACT INFORMATION

Commonwealth Carer Respite Centre
Shop 2, Ground Floor, Citigate Centre,

PO Box 361
Gosford NSW. 2250
Phone: 1800 059 059 (24 hrs)
Fax: 4304 0726
E-mail: carerrespite@nsccahs.health.nsw.gov.au
Top:

Community Access & Support Service (CASS)

Provide support to people with an acquired brain injury living in the community on the Central Coast. Please contact to make a referral or obtain further information about services available. Costs for service dependant on resources & individual circumstances.

CONTACT INFORMATION

Community Access & Support Service (CASS)
29 Webb Street (PO Box 4309)
East Gosford NSW. 2250
Contact: Co-ordinator
Phone: 4324 2355
Fax: 4324 3187
Website: www.ccdn.com.au
E-mail: communityaccess@bigpond
Top:

Community Cancer Care Service - NSCCAHS

Provides symptom management, education and support of patients having chemotherapy and /or radiotherapy and the associated side effects. Support and education of carers and family members, referring on to other services when required.
Available 24 hours x 7 days a week

CONTACT INFORMATION

Community Cancer Care Service -NSCCAHS
Level 2 Gosford Hospital, PO Box 361
Gosford NSW 2250
Contact: Co-ordinator
Phone: 4320 2876
Fax: 4320 3834
Top:

Community Paediatric Team NSCCAHS

We care for families who have a child with major chronic and complex medical issues. The service home visits with these families and provides education, support, medical assistance, advocacy and assistance with accessing outside agencies and resources to assist with the care of their child.

CONTACT INFORMATION

Community Paediatric Team - NSCCAHS

Contact: Sally James
Clinical Nurse Specialist,
Community Paediatrics
Child and Family Health,
Gateway Centre Gosford

Phone: 4328 7928
 Mobile: 0413 482 530
 Fax: 4328 7925
 Email: sjames@nsccaahs.health.nsw.gov.au

Contact: MaryMichal (Mike) Oxby
 Clinical Nurse Specialist,
 Community Paediatrics
 Health Service Building,
 Wyong Hospital

Phone: 4394 8275
 Mobile: 0413 482 528
 Fax: 4394 8121
 E-mail: moxby@nsccaahs.health.nsw.gov.au

Top:

Continence Advisor – Gosford NSCCAHS

The Clinical Nurse Consultant Continence Advisor provides individual consultation on bladder and bowel problems. The clinic is based at Erina Community Health Centre and an appointment is necessary. The nurse is skilled in continence management and provides a confidential and professional service including a comprehensive assessment, identification of contributing factors, education, continence management programs and advise on products available. Clients who are unable to attend the clinic for an appointment will be referred to the community nursing service for a home continence assessment.

- Self referral by phone is encouraged. A medical referral and accompanying medical history is appreciated if available.
- Information on Continence Management in the form of booklets and leaflets is available free of charge on request by contacting the Continence Helpline on 1800 330 066.
- The continence Advisor is available on request to give talks on “*How to Have a Healthy Bladder*” to local community groups as a health promotion initiative.

CONTACT INFORMATION

Continence Advisor - Gosford NSCCAHS

Erina Community Health Centre,
 169 The Entrance Road
 Erina NSW 2250

Contact: Continence Advisor
 Phone: 4367 9600
 Fax: 4367 5911

Top:

Continence Advisor – Wyong NSCCAHS

The Clinical Nurse Consultant Continence Advisor provides individual consultation on bladder and bowel problems. The clinic is based at Wyong Central Community Health Centre and an appointment is necessary. The nurse is skilled in continence management and provides a confidential and professional service including a comprehensive assessment, identification of contributing factors, education, continence management programs and advise on products available. Clients who are unable to attend the clinic for an appointment will be referred to the community nursing service for a home continence assessment.

- Self referral by phone is encouraged. A medical referral and accompanying medical history is appreciated if available.
- Information on Continence Management in the form of booklets and leaflets is available free of charge on request by contacting the Continence Helpline on 1800 330 066.
- The continence Advisor is available on request to give talks on “*How to Have a Healthy Bladder*” to local community groups as a health promotion initiative.

CONTACT INFORMATION

Continence Advisor - Wyong NSCCAHS

Wyong Central Community Health Centre, Level 1, 38 a Pacific Highway

Wyong NSW 2259

Contact: Continence Advisor

Phone: 4356-9300

Fax: 4356 9305

E-mail: lmawler@nsccaahs.health.nsw.gov.au

Top:

Counselling & Group Work

Provide a whole of family approach to relationship and domestic violence counselling where safety is a priority. Individual, couple and family counselling for relationships, and domestic violence issues. Groups for men women and children who have experienced domestic violence.

CONTACT INFORMATION

Life Care Counselling and Family Services

2A Alison Road

Wyong NSW 2259

Contact: Cathy Zervos or Andrew Campbell

Phone: 1300 130 225

Fax: 4353 4578

Website : www.bcs.org.au

Top:

Deaf Society of NSW – Newcastle Office

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

We also provide Drop in service to the local community Central Coast – Thursdays at Niagara Park Community Centre during school terms 4.30pm – 6.30pm

Meetings: Tuesday by appointment and can meet at Newcastle on Thursdays 10am – 2pm

CONTACT INFORMATION

Deaf Society of NSW (Newcastle Office)

CLM Building

Level 3, 108-110 Hunter St,

Newcastle NSW 2300

Contact: Justine Maggs

Phone: 1800 893 855
 TTY: 1800 893 885
 Fax: 4929 1404
 Website: www.deafsocietynsw.org.au
 E-mail: hunter@deafsociety.com

Top:

Dementia Care Team NSCCAHS

Dementia Care Team offer people on the Central Coast a comprehensive range of services to both people experiencing the effects of Chronic Memory Loss, Alzheimers Disease or other dementia conditions and their carers or families. These services are also available to the general public and Health Care providers.

This service includes a comprehensive assessment, counselling, referral to support services, education, client monitoring and ongoing evaluation. The team also facilitates Carers Support Groups across the coast to provide carers past and present ongoing information, guidance and support.

Meetings: Contact Mo Kane, Carer Support Group Co-ordinator on 4320 2281 for more details about the Support Groups.

CONTACT INFORMATION

Dementia Care Team NSCCAHS

PO Box 361

Gosford NSW 2250

Contact: Clinical Nurse Specialist

Phone: 4336 7754

Fax: 4336 7756

E-mail : ehetherington@nsccaahs.health.nsw.gov.au

Contacts: **Wyong Shire**
 4336 7754 Eileen Hetherington or Lyndall Ives
Woy Woy / Gosford
 4344 8430 Pam Dawse
Kincumber / Erina / Terrigal
 4320 2281 Mo Kane

Top:

Dementia Carer Support Groups NSCCAHS

To give support, guidance and education to carers, past and present who are experiencing the effect of the dementia process. Facilitated by a specialist in Dementia Nursing Care. Informal comfortable setting to promote mutual support and understanding. Various meetings held around the Central Coast.

Meetings: Support Groups are run in Gosford, Kincumber, Long Jetty, Woy Woy , Wyong & Henry Kendall Village. Please contact the service for further details on meeting times and days.

CONTACT INFORMATION

Dementia Support Groups NSCCAHS

PO Box 361

Gosford NSW 2250

Contact: Co-ordinator
 Phone: 4320 2281
 Fax: 4320 5488
 E-mail: mkane@nscchhs.health.nsw.gov.au
Top:

Diabetes Australia – NSW Support Groups – Central Coast

To provide information and support for people with diabetes, their families and carers. Parents support group provides information & support for parents of children with diabetes. Opportunity to listen to interesting guest speakers & meet others with diabetes, their families and carers.

Meetings:

Toukley Support Group meet 2nd Wednesday of month, at Lions Club Building, Ray St, Toukley at 9.30am.

Woy Woy Support Group meets on 2nd Tuesday of every month 10am at Everglades Golf Club, Woy Woy.

CONTACT INFORMATION

Diabetes Support Groups Central Coast / Diabetes NSW

Contact: Diabetes Australia -NSW
 Phone: 1300 136 588
 Contact: Toukley Support Group
 Phone: 4396 2338
 Contact: Central Coast Parents Support Group
 Phone: 4328 5105
 Contact: Woy Woy Support Group
 Phone: 4344 2977
 Website: www.diabetesnsw.com.au
 E-mail: info@diabetesnsw.com.au

Top:

Dragon's Abreast Central Coast

Raise breast cancer awareness and the benefits of paddling for health. Encourage breast cancer survivors to become members of Dragons Abreast, either as a paddler or social member. A great support to all survivors.

Meetings: Sunday mornings – Peel Street Toukley. Every 6th Wednesday evening (dinner meeting), contact for more details

CONTACT INFORMATION

Dragon's Abreast Central Coast
 PO Box 4336
 Bay Village NSW 2261
 Contact: Co-ordinator
 Phone: 0410 79 27 25
 Website: www.dragonsabreast.com.au

Top:

Early Childhood Health Services

Child & Family Health Nurses provide parenting and educational support for families with babies and young children 0- 5 years. Services include universal home visit for all families

with a new baby, developmental health checks as per the Personal Health Record Book (Blue Book). New baby group, older baby group, pre-toddler group, an 18 month screening session.

Breastfeeding support 'Drop -In', immunisation clinics, clinic appointments for support and information on baby and toddler management, safety, feeding, sleep & settling, postnatal depression, growth and development. Family Care Cottage appointments for families requiring longer appointment times or day stays. Contact your nearest Community Health Centre (list at back of directory) for days and times, or contact Child & Family Health.

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

CONTACT INFORMATION

Child & Family Health
Early Childhood Nursing Service -NSCCH
The Gateway Centre
PO Box 361
Gosford NSW 2250
Phone: 4328 7900
Fax: 4328 7925

Top:

Eating Disorder Early Intervention Outpatient Service NSCCAHS

Part-time service with assessment, referral and treatment for people who fit in the Early Intervention criteria. Counselling for individuals, parents, friends and families.

CONTACT INFORMATION

Eating Disorder Early Intervention Outpatient Service (NSCCAHS)
Wyong Central Community Health Centre
38a Pacific Highway
Wyong NSW 2259
Contact: Area Co-ordinator
Phone: 4356 9418
E-mail: jleahy@nsccaahs.health.nsw.gov.au

Top:

Eating Disorders Foundation Recovery Group

Monthly support groups for those in the stages of recovery from an eating disorder provide an opportunity to share experiences and gain support. Groups are run by people who have recovered from an eating disorder and who have acquired skills in group leadership either because they have professional qualifications in a relevant field (eg psychology or social work) or have participated in the internship provided by the Eating Disorders Foundation (EDF). EDF aims to provide a place for people to discuss issues of mutual concern.

Meetings held the 3rd Tuesday of each month, 6.30 to 8pm in Wyong. Please call EDF for details of venue.

CONTACT INFORMATION

The Eating Disorders Foundation
PO Box 532
Willoughby NSW 2068
Phone: 9412 4499

Web: www.edf.org.au

Email: edf@edf.org.au

Top:

Eleanor Duncan Aboriginal Health Centre

The Eleanor Duncan Aboriginal Health Centre cares for the cultural and health needs of Aboriginal People across the Central Coast. Provides a range of health services including hearing clinic, dental clinic, drug and alcohol service, immunisation and a roster of doctors

CONTACT INFORMATION

Eleanor Duncan Aboriginal Health Centre

37 Alison Road

Wyong NSW 2259

Contact: Manager

Phone: 4351 1040

Fax: 4351 1037

Top:

Enough Is Enough Central Coast Road Trauma Support

To assist people affected by any form of road trauma, whether they have been a victim of a road incident, the family or carer of a victim, the first on the scene or a witness. The support group aims to bring people together in a caring and safe environment to give and receive mutual support. The group is also able to offer assistance for those affected by road trauma as they face the court processes resulting from the incident.

Meetings: Meetings are held on the first Tuesday of each month between 7pm and 9pm. Contact for venue.

CONTACT INFORMATION

Enough Is Enough Central Coast Road Trauma Support & Education Network

PO Box 9120

Wyoming NSW 2250

Contact: Joy Noble

Phone: 4329 1099

Fax: 4329 1977

Website: www.enoughisenough.org.au

E-mail: joynoble@bigpond.net.au

Top:

Epilepsy Action Australia

Seizure management, information, first-aid training, education programs, counselling, peer support, Epilepsy 360 magazine

Meetings: Call for further information about memory workshops, camps and information sessions.

CONTACT INFORMATION

Epilepsy Association

PO Box 9878 (In Your Capital City)

Epping NSW 1710

Contact: Customer Service Centre

Phone: 1300 37 45 37

Fax: 1300 88 68 94
 Website: www.epilepsy.org.au
 E-mail: epilepsy@epilepsy.org.au
Top:

Family Care Cottages - Early Childhood Health Services

Child & Family Health – NSCCH

Family Care Cottages offer support to families with children 0-5years needing extra help for complex problems requiring an extended time or a day stay appointment. Support and advice are offered for a range of issues including Sleep & settling, breastfeeding, child behaviour problems, parenting concerns, stress & anxiety, postnatal distress / depression or feeding & weaning difficulties
 An appointment can be made by contacting Wyong or Gosford Family Care Cottage.

CONTACT INFORMATION

Child & Family Health Early Childhood Nursing Service NSCCH
 Gateway Centre
 PO Box 361
 Gosford NSW 2250
 Contact: Child & Family Health, Early Childhood Service
 Phone: 4328 7900
 Intake line: 4328 7901
Top:

Family Drug Support Group

To assist families to deal with drug issues in a way that strengthens relationships and achieves positive outcomes. Open meetings for family members affected by drugs and alcohol. Providing opportunities to talk and listen to others in a non-judgemental, safe environment.

Meetings: Held at ARAFMI Cottage 6/20 Kincumber St, Kincumber on the 1st & 3rd Tuesday of the month 7-9pm.

CONTACT INFORMATION

Family Drug Support Group
 PO Box 7363
 Leura NSW 2780
 Contact: Tony Trimmingham
 Phone: 4782 9222
 Phone: 1300 368 186
 Fax: 4782 9555
 Mobile: 0412 414 444
 Website: www.fds.org.au
 E-mail: admin@fds.ngo.org.au
Top:

Family Support Centre Kanwal

We provide counselling, legal advice, parenting groups, justice of the peace, mobile activity playgroup, Seasons for Growth (support group for children who have experienced grief & loss) referral and advocacy for clients as well as fax and laminating service.

Meetings: The centre opens from 9-3 mon to Friday. Mobile activity play groups are held Mon- Thurs 10am – 12, Parenting support groups are held Tuesday & Thursday from 10am – 12 in school terms. Seasons for Growth, Wednesday afternoons. Counselling by appointment only.

CONTACT INFORMATION

Kanwal Family Support Centre
3 Literary Close,
Kanwal NSW
Postal address:
PO Box 4040
Lakehaven NSW 2263

Contact: Co-ordinator
Phone: 4393 2383
Fax: 4393 1724
Website: www.familysupportcentre.org.au
Top:

Foster Care Association (NSW) Inc

The Foster Care Association provides support and assistance to foster carers and kinship carers throughout NSW, including a newsletter, web site and 24 hour support line.

CONTACT INFORMATION

Foster Care Association (NSW) Inc
131 Hawkesbury Road
Westmead NSW 2145
Contact: Tony Trimmingham
Phone: 9633 5816
Fax: 9633 4914
24 hr HELPLINE: 1800 783 663
Website: www.fcansw.org.au

Top:

Friendship Angels

To provide knitted, crocheted & sewn items to those in hospital, nursing homes etc. While we are a community project of Candles Cancer Support Group Inc our support is not limited to cancer patients.

Meetings: 1st and 3rd Tuesday each month 10am –noon or byo lunch and stay till 2pm.
Wyong Youth & Community Hall
Wallarah Rd Kanwal (near Wyong Leagues Club)

CONTACT INFORMATION

Friendship Angels
PO Box 4506
Lake Haven NSW 2259
Contact: Lyn Smith
Phone: 4393 5017
Mobile: 0405 447 638
E-mail: friendshipangles@bigpond.com
Top:

Gosford Family Support

A service for parents with children aged 0-8 years that have a disability or syndrome. We provide supports and information about services, finances, care-giving and taking time out for yourself.

CONTACT & MEETING INFORMATION

Gosford Family Support

Gosford City Family Support Service

Gosford Family Centre, cnr Racecourse & Showground Rds Gosford

Contact: Alison

Phone: 4340 1585

E-mail: gcfss@ozemail.com.au

Contact: Kerry

Phone: 0434 426 703

E-mail: kduncan@horizons.ngo.org.au

Grandparents Support Groups

Grandparents support groups are for grandparents who are carers of their grandchildren due to a range of circumstances. For grandparents involved in raising their grandchildren to support each other as much as possible.

Offer non-judgemental support to each other. Share experience, knowledge, ideas and information. Meet others who understand our situation/s. Provide social functions for relaxation and sharing. Workshops & information sessions, topics to reflect the need of grandparents.

Meetings: Contact co-ordinator in each area to find out details of meeting times.

CONTACT INFORMATION

Grandparents Support Groups Central Coast

Support Worker Gosford Family Support Services

Phone: 4340 1585

Bateau Bay: 4334 3377

Gosford: 4340 1585

Kanwal: 0429 914 553

Lakehaven: 4392 7255

Woy Woy: 4341 2072 4342 9995

Wyong: 4333 5111

E-mail : gcfss@ozemail.com.au

Top:

GROW NSW

GROW's primary aim is to help fellow sufferers of mental illness or emotional distress recover their mental health and well being through self-activation and friendly mutual help.

GROW has four essential features: (1.) The GROW Program, based on common rules for healthy living and proven experience-based steps for recovery and personal growth. (2.) The Group Method, encourages participation of all members (3.) The Caring & Sharing Community, encouraging members to care for both themselves and others. (4.) The Organisational and Legal Structure of GROW.

Meetings: Meetings are held at: Woy Woy on Mondays, 7pm -151 Blackwell Rd. Bateau Bay on Thursdays, 10.15am - Baptist Church, 8 Yakkalla St, Bateau Bay.
For further information on Meetings & Venues FREECALL 1800 558 268

CONTACT INFORMATION

GROW NSW

27 Hope St

Rosehill NSW 2142

Contact: GROW NSW

Phone: 1800 558 268

Phone: 9633 1800

Fax: 9633 1149

Website: www.grow.net.au

E-mail: grownsw@tpg.com.au

Top:

HUGS (HIV Understanding Group Support)

To provide support to people who are HIV+ who live and work on the Central Coast. For further details please contact the Co-ordinator.

Meetings: Every 2nd Thursday on pension days at 12.30 - share lunch.

CONTACT INFORMATION

HUGS (HIV Understanding Group Support)

PO Box 878

Gosford NSW 2250

Contact: Co-ordinator

Phone: 4323 2905

Fax: 4322 1030

E-mail: posnet@tpg.com.au

Top:

Implantable Cardioverter Defibrillator (ICD) Support Group

Support and education for people who have an Implantable Cardioverter Defibrillator. Meeting format includes a guest speaker and refreshments, followed by Newsletter – open to all ICD recipients and their partners.

Meetings: Group meets 4 times per year, contact co-ordinators to confirm meeting dates, venue & time. For catering purposes numbers are required week prior to meeting.

CONTACT INFORMATION

Implantable Cardioverter Defibrillator Support Group

Gosford Hospital

Gosford NSW 2250

Alison Austen

CNS Cardiac Rehabilitation

Phone: 4320 5417

E-mail: aausten@nsccaahs.health.nsw.gov.au

Kerry Staniford

CNS Heart Failure Service

NCSSAHS

Phone: 4320 3934
 E-mail: kstaniford@nsccahs.health.nsw.gov.au
Top:

Kabaro Filipino Women's Support Group Inc

To provide Filipino women and their children the support they need in time of crisis and provide services like advocacy, referral and information. Projects include YAPAC (Youth Actively Participating in Australian Community); Filipino Carers Support Group: Information gathering, women's issues etc.

Meetings: Contact for more details and information on other activities.

CONTACT INFORMATION

Kabaro Filipino Women's Support Group Inc
 PO Box 186
 Budgewoi NSW 2262
 Contact: Olivia Fuente
 Phone: 4359 3076
 Fax : 4359 3076
 Mobile: 0408 288 871

Top:

“Legs Alive” Support Group

Support group for people with leg ulcers / medical leg problems. The aim of “Legs Alive “ is to empower and improve the lives of community based people with leg problems in an effort to enhance their lifestyle through health promotion and illness / injury prevention. A bus is available to pick up clients who live at the northern end of the Central Coast. Morning tea provided.

Meetings: 1st Tuesday of each month from 10.30am – 12.30

CONTACT INFORMATION

Community Nursing NSCCAHS – “Legs Alive”
 38A Pacific Hwy (meetings @ Toukley)
 Wyong NSW 2259
 Contact: Francis McNulty
 Phone: 4356 9423
 Fax: 4356 9401
 E-mail: fmcnulty@nsccahs.health.nsw.gov.au

Top:

Lifeline Central Coast (NSW)

Mission Statement – To offer hope & understanding to those in crisis so they may be empowered and grow. Offers "Living Works" Suicide Intervention Training, as well as Certificate IV Telephone Counselling Skills. Bereaved by Suicide Support Group Meetings. Contact Lifeline for details

CONTACT INFORMATION

Lifeline Central Coast
 PO Box 9094
 Wyoming NSW 2250

Contact: Director - Lesley West
 Phone: 131 114
 Phone: 4323 6105 Fax: 4324 2753
 Website: www.lifeline.org.au/centralcoastnsw
 E-mail: ceocc@centralcoastnsw.lifeline.org.au

Top:

Lucky Hearts Club

Group is run by ex-cardiac clients as self help group. To provide an avenue for social activity and support for a healthy lifestyle after rehabilitation for as heart attack or heart surgery. Newsletter distributed 2 times per year

Meetings: Quarterly Committee Meetings

CONTACT INFORMATION

Lucky Hearts Club
 1 Warrawilla Road
 Wyoming NSW 2250
 Contact: Norman & Margaret Law
 Phone: 4328 4913 (Home)

Top:

Lucky Hearts Club NSCCAHS

The Lucky Hearts Club is an informal club for people to join after some rehabilitation – if they have had a heart attack or coronary artery surgery or angioplasty / stent procedure – to give support with the maintenance of better health and lifestyle changes.

Meetings: The Committee meets in the Health Services Building, Gosford Hospital – Corner of Racecourse Road and Stephen Street. All new faces are welcome. Meeting involves 12 people - 6 ex cardiac rehab patients and their spouse. They form the "social" committee

CONTACT INFORMATION

Lucky Hearts Club (NSCCAHS)
 HSB Level 2, Gosford Hospital, PO Box 361
 Gosford NSW 2250
 Contact: Darrell Warrington - Clinical Nurse Consultant
 Phone: 4320 3652
 Fax: 4320 5492
 E-mail: dwarrington@nsccaahs.health.nsw.gov.au

Top:

Lupus Association of NSW

To provide help to local people living with lupus with information and specialist guest speakers and support. Contact Lupus Association for details of local support group.

CONTACT INFORMATION

Lupus Association of NSW
 PO Box 89
 North Ryde NSW 1670
 Contact: Co-ordinator

Phone: 1800 802 088
 Phone: 9878 6055
 Fax: 9878 6049
 Website: www.lupusnsw.org.au
 E-mail: info@lupusnsw.org.au

Top:

ME / Chronic Fatigue Society of NSW

ME / Chronic Fatigue Support Groups create a safe, friendly environment with social support and access to health care information for a better quality of life.

Meetings: Please contact the ME / Chronic Fatigue Society of NSW, or visit there website for further information

CONTACT INFORMATION

ME / Chronic Fatigue Society of NSW
 Suite 903, 10 Help St
 Chatswood NSW 2067
 Contact: Co-ordinator
 Phone: 9904 8433
 Fax: 9904 8435
 Website: www.me-cfs.org.au
 E-mail: mesoc@zip.com.au

Top:

Men Accessing Resources & Services (MARS)

This project targets a broad range of Central Coast organisations which work with families and children and want to include more males in their service delivery. Some examples are community centres, education delivery, health services & family support.

MARS works alongside service providers in developing creative, strength based strategies for engaging men.

CONTACT INFORMATION

Men Accessing Resources & Services (MARS)
 PO Box 111
 Wyong NSW 2259
 Benevolent Society Hunter
 Contact: John Roberts
 Phone: 4353 4688
 Mobile: 0420 959 004
 Website: www.bensoc.org.au
 E-mail: johnr@bensoc.org.au

Top:

Mental Health Central Intake NSCCAHS

Central Coast Health provides a comprehensive range of clinical and community based services for older persons, adults and younger persons with a mental health disability.

Aged Care Mental Health Team, Therapy and Counselling Team (TACT), Anxiety Management Psychotherapy Group, Depression Management, Obsessive-Compulsive Disorder Group Program, Post Traumatic Stress Disorder Groups, Treatment for Adult Survivors of Childhood Abuse & Neglect. Younger Persons : Child and Adolescent Mental Health Service (CAMHS), Young People & Early Psychosis Intervention Program (YPPI)

CONTACT INFORMATION

Mental Health Central Intake (NSCCAHS)

Mental Health Service, PO Box 361

Gosford NSW 2250

Contact: Central Intake Line

Phone: 4320 3500

Phone: 4320 3170 General Enquiries

Fax: 4323 6228

Top:

Merry Makers

Providing social activities designed specifically for people with an intellectual disability. Provides an avenue for parent advocacy. Merry Makers works for the well-being and betterment of the lives of adults with an intellectual disability residing across the Central Coast.

Meetings: Weekly - every Thursday night a dance is organised at the Entrance Primary school at 7pm. Other activities are also run - contact for more details.

CONTACT INFORMATION

Merry Makers

PO Box 629

Toukley NSW 2263

Contact: Co-ordinator

Phone: 4396 1808

Fax: 4396 1047

Top:

Motor Neurone Disease Association of NSW Central Coast Support Group

MND Association provides support, information, education & equipment to people with MND, their carers, families and health professionals involved in their care. MND Association offer consultancy service.

Central Coast support group, supporting patients & carers on the CC. Some fundraising & awareness stalls for MND. Caring and advice.

Meetings: Central Coast Support Group meets bi-monthly at Gosford Senior Citizens Centre at 2pm on a Saturday. Contact Audree Dash 4384 2907 for more details.

CONTACT INFORMATION

Motor Neurone Disease Association of NSW

Gladesville Hospital, Locked Bag 5005

Gladesville NSW 1675

Contact: Regional Adviser NSW
Jo Fowler

Phone: 1800 777 175

Contact: Central Coast Co-ordinator
Audree Dash

Phone: 4384 2907

Top:

Multicultural Social Support Service (MSSS)

Providing social support for people who are frail aged, younger people with a disability, & their carers who are from culturally & linguistically diverse backgrounds (CALD).

Examples of services provided: one on one support to attend social activities, taking clients shopping, bill paying, medical appointments, help with letter writing, mail reading, friendly home visits, phone calls accompanying clients to group activities/ events etc

CONTACT INFORMATION

Multicultural Social Support Service
Tuggerah Lakes Community Centre
PO Box 4167
Bay Village NSW 2261
Contact: Coordinators
Phone: 4334 3877
Fax: 4334 3044
E-mail: msss-nss@bigpond.net.au
Top:

Multiple Birth Association Hornsby Ku-ring-gai Hills

Including Central Coast

Support for expectant families of multiple births - twins, triplets and more. Run by volunteers to provide a support service for families faced with the special challenges of raising multiples. Contact AMBA NSW for other areas 9875 2404. Also provide a Library, equipment hire, and 11 newsletters a year for members. Also have regular playgroups and social outings for the children and the adults as well as regular guest speakers at our meetings.

CONTACT INFORMATION

Hornsby Ku-ring-gai Hills Multiple Birth Association (HKHMBA)
PO Box 715
Pennant Hills NSW 1715
Phone: 9990 6808
Website: www.hkhmba.org
E-mail: information@hkmba.org
Top:

MS Society Central Coast

Supporting people with MS and their families / carers. MS Central Coast support group contacts: Gosford: Katie 4389 1320 CC North: Kevin 4390 3132

Meetings:

Gosford: 3rd Wednesday every 2nd month, Central Coast Leagues 10.30am-12pm

CC North: 3rd Thursday every 2nd month, Doyalson Wyee RSL 12 – 2pm

Contact MS Connect for any additional information

CONTACT INFORMATION

MS Society Central Coast
PO Box 3441
Erina NSW 2250
Phone: 4367 5281

Contact: MS Connect
Phone: 1800 042 138
Website: www.msaustralia.org.au/nswvic/
E-mail: scarter@mssociety.com.au

Top:

MY TIME – Coastwide Child and Family Services

MY TIME groups provide local support for carers of children under school age, with a disability or chronic illness. Parents can socialise and share ideas with others who understand the rewards and intensity of the caring role. Carers must be receiving Carers Allowance for child to be able to attend.

Meetings: Thursdays during school terms 12.30 to 2pm.

CONTACT INFORMATION

MY TIME Facilitator
PO Box 4235
East Gosford 2250
Contact: Amanda (Facilitator)
Phone: 4340 1111
Fax: 4340 0888

MY TIME – San Remo

Support group for families who have a child under school age with a disability or chronic illness.

Meetings: Tuesday 9.30-11.30am at 'Jabiru Cottage' in the grounds of Northlakes Public School, San Remo.

CONTACT INFORMATION

MY TIME
C/- Northlakes Public School
Goorama Ave
San Remo NSW
Contact: Chris Berryman (Facilitator)
Phone: 4390 9718
Phone: 0413 199 555
Fax: 4390 4793
Email: Christine.berryman@det.nsw.edu.au

Myeloma Support Group Central Coast

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

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

CONTACT INFORMATION

Myeloma Support Group Central Coast
Haematology Cancer Nurse Co-ordinator
Cancer Care Centre
PO Box 361

Gosford Hospital
Contact: Jacqui Jagger
Phone: 4320 5406
Email: jjagger@nscchahs.health.nsw.gov.au

National Relay Service (NRS)

A phone solution for people who are deaf or have a hearing, or speech impairment. It is also available to anyone who wants to call a person with a hearing or speech impairment.

Making a National Relay Service (NRS) call is similar to making any phone call. The only difference is a relay officer is on the line to ensure the call goes smoothly.

There are four ways to use the National Relay Service:

Speak and Read -if you can speak but not hear

Type and Read -if you can't hear and don't use your voice

Type and Listen - if you can speak but not hear

Speak and Listen – If you are hard to understand on the phone.

CONTACT INFORMATION

National Relay Service (NRS)

88 Darling St

East Balmain NSW 2041

Phone: 1800 555 660

TTY: 1800 555 630

Fax: 1800 555 690

Website: www.relayservice.com.au

E-mail: helpdesk@relayservice.com.au

Top:

Northern Womens Health Centre

(Previously known as Rose Cottage)

Northern Women's Health Centre is a non profit community based organisation and is the northern branch of the Central Coast Women's Health Centre. It provides a range of services including information and referral, counselling and groups for a cost of donation only, free legal advice and affordable massage.

All services provided by women for women. The centre is a part time service and receives limited funding. It relies on support from the community to run its programs.

Hours: Monday & Thursday 9.30 am to 4 pm

CONTACT INFORMATION

Northern Womens Health Centre

7 Rose Street

Wyong NSW 2259

Contact: Community Development Worker / Health worker

Phone: 4351 1152

Fax : 4353 5200

Web: www.cccwhc.com.au

E-mail: nwhc@internode.on.net

Top:

Parenting Groups 0-18 months

New Baby Group 0-8 weeks

Share ideas and experiences, discuss feeding, sleep and settling, develop parenting skills and confidence, discuss lifestyle changes and looking after yourself.

Older Baby Group 4-7 months

Starting solid foods, changes in routine, sleep, growth and development, keeping baby safe.

Pre Toddler Group 9 – 12 months

Creative ideas for play, development, independence & safety, eating from the family diet, sleep.

18 month Screening Session

In partnership with parents this session conducts the 18 month developmental screen as per the Personal Health Record Book and discuss key developmental changes and issues.

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

CONTACT INFORMATION

Child & Family Health
Early Childhood Nursing Service – NSCCH
Gateway Centre
PO Box 361
Gosford NSW 2250
Phone: 4328 7900

Top:

Parkinson's Support Group (Central Coast)

Aim to help individuals and their families better manage living with Parkinson's disease. Providing a forum for people with Parkinson's Disease and their carers, access to information, counselling and support.

Infoline, Counselling, Support Groups, Advocacy on behalf of Parkinson's disease community to increase community awareness and education to health professionals. Parkinsons NSW has newsletters, videos, tapes and books for people with Parkinson's and their families.

Meetings: 2nd Tuesday of month, Niagara Park Community Centre at 1.30 pm

CONTACT INFORMATION

Parkinson's Support Group (Central Coast)
PO Box 136
Morisset NSW 2264
Contact: Convenor - Les Norris
Phone: 4973 2775
Fax: 4973 2775
Contact: President- John Swivel
Phone: 4368 6454
Phone: 1800 644 189
Mobile: 0418 607 684

Website: www.parkinsonsnsw.org.au

E-mail: lesleenorris@yahoo.com.au

Top:

Peninsula Women's Health Centre

Drop in service offering information, support and referral to women and girls in the community. Providing services to meet needs of women on the Peninsula in partnership with other services. Services include: Coastcare counselling, Women's Health Clinic offering pap smears, breast checks, pregnancy testing & information, counselling on menopause, HRT, contraception, and PMT, sexual difficulties. Domestic Violence Support Group, and other Support Groups. Information sessions on a variety of topics. Drop in for a chat or ring for current program of activities.

Hours: Tuesday, Wednesday & Thursday, 9.30 am to 3.00 pm

CONTACT INFORMATION

Peninsula Women's Health Centre

20a Mcmasters Rd

WOY WOY NSW 2256

Contact: Co-ordinator

Phone: 4342 5905

Fax: 4342 5906

Website: www.cccwhc.com.au

E-mail: pwhc@hotmail.net.au

Top:

Polio Survivor's Australia Inc.

To raise funds to help survivors of polio. To raise medical and community awareness of our needs. To provide information & telephone support and friendship in an atmosphere of understanding and acceptance, so that we may look to the future with hope and optimism.

Meetings: Meetings are held on the second Monday of every Month (10.00 am – 12) at Mingara Recreation Club. All polio survivors & spouses / carers are welcome. Interested community members & medical or allied health staff are also welcome to attend.

CONTACT INFORMATION

Polio Survivor's Australia Inc.

Contact: Shari Brewster

Phone: 4388 9616

Top:

Prostate Cancer Support Group (Central Coast)

To advise, inform & support men with prostate problems. To promote awareness & pursue a path of advocacy. Reference material & updated information is given to those seeking support. Guest speakers are organised. The group is represented on the Prostate Cancer Advocacy Group & has attended national seminars in Sydney & Adelaide.

Meetings: Last Friday of month, Erina Community Health Centre, 169 The Entrance Rd, Erina at 10am.

CONTACT INFORMATION

Prostate Cancer Support Group (Central Coast)

2 Louise Close
 Ourimbah NSW 2258
 Contact: Robert Collard
 Phone: 4362 2764 (Home)
 Phone: 9418 7942
 Fax: 9420 3635
 Website: www.prostate.org.au
 E-mail: prostate@prostate.org.au
Top:

RAISE Network

To provide parent and community support for those with children and young adults with disabilities, disorders and syndromes (including ADD ADHD). Resource, Advocacy, Information, Support & Education. Occasional family outings / activities. Meetings and drop-in centre at the Niagara Park Community Centre.

Meetings: Niagara Park Community Centre, Washington Avenue, Niagara Park. Drop-in Centre 10.30 am – 1.30 pm every Friday. Night meetings held 7.30 pm – 9.30 pm – 1st Thursday of each month. Have a chat from 11am to 2pm, on the 4th Friday of month.

CONTACT INFORMATION

RAISE Network
 c/o Niagara Park Community Centre,
 Washington Ave
 Niagara Park NSW 2250
 Contact: Co-ordinator - Anne Dunn
 Phone: 4329 5055
 Fax: 4329 5800
 E-mail: dunnwell@acay.com.au
Top:

Regional Youth Support Services Inc.

To provide a point of access on the Central Coast for high quality services, resources and facilities specifically tailored to young people aged 12 – 25 years.

The following services are provided: support, information, assessment, referrals, supervised activities, advocacy services, workshops, excursions & programs to enhance personal development. These are co-ordinated from a range of Central Coast locations.

Meetings: For more information contact Regional Youth Support Services

CONTACT INFORMATION

Regional Youth Support Services Inc.
 123 Donnison Street (PO Box 1300)
 Gosford NSW 2250
 Contact: Service Manager
 Phone: 4323 2374:
 Fax: 4323 3796
 E-mail: administration@ryss.com.au
Top:

Respiratory Support Groups- NSCCAHS

Support for clients with a chronic respiratory disease and their carers.

Gosford Shire Short Pants

Meetings: 1st Tuesday of the month. Meetings are held at the Erina Health Centre next to the Rivers outlet store.

CONTACT INFORMATION:

Erina Health Centre

169 Central Coast Hwy (Formally known as Entrance Rd)

Erina 2250

Contact: Penny Prebble

Phone: 4356 9406

Email: pprebble@nsccaahs.nsw.gov.au

Wyong Lungbusters

Meetings: 2nd Thursday of month at 10am- Meetings held at Wyong Health Service Building in the grounds of Wyong Hospital

CONTACT INFORMATION

Respiratory Community Nursing - NSCCAHS

Level 2, Wyong Central Community Health Centre

38a Pacific Highway,

Wyong NSW 2259

Contact: Carmel Jenkins

Phone: 4356 9400

Fax: 4356 9401

E-mail: cjenkins@nsccaahs.health.nsw.gov.au

Top:

Schizophrenia & Bipolar Fellowship

To support consumers and carers. And to provide an opportunity for carers and consumers to socialise and support each other.

Meetings: Meetings are held on the 1st Thursday each month from 1pm to 3pm. Uniting Church of Australia, Donnison Street, Gosford. Meeting room at the rear of the building, walk up driveway & turn right at the end.

CONTACT INFORMATION

Central Coast Schizophrenia and Bipolar Fellowship

46 Undara Rd

Bensville NSW 2251

Contact: Co-ordinator, David Yeh

Phone: 4368 1254

Phone: 4368 2214

Top:

SIDS & Kids NSW

To support families affected by death of a child during pregnancy, birth and up to six years, regardless of cause of death. Providing compassionate, safe, and confidential education, training, bereavement support and advocacy, to help families in their time of need. SIDS

and Kids NSW bereavement support telephone line 24hrs - 1800 651 186. Advocacy and Special Projects

Meetings: 1st Wednesday of month at Diabetic Centre cnr Holden & Faunce St West, Gosford at 7.30 pm. Phone 4390 3238 for more information.

CONTACT INFORMATION

SIDS & Kids NSW

PO Box 431

Camperdown NSW 1450

Contact: Co-ordinator

Phone: 1800 651 186

Phone: 9818 8400

Fax: 9818 4555

Website: www.sidsandkids.org/nsw

E-mail: sydney@sidsandkidsnsw.org

Top:

Sign & Speak Australia

To teach KEY Word signing (based on AUSLAN) to all ages and abilities, hearing and deaf. Key word signing choir for beginners and experienced singers who enjoy signing music.

Meetings: Different activities are organised each month. Contact Jane for details.

CONTACT INFORMATION

Sign & Speak Australia

PO Box 4619

Lake Haven NSW 2263

Contact: Jane Beale

Phone: 1300 787 136

SMS: 0404 839 712

Mobile: 0404 838712

E-mail: signandspeak@iinet.net.au

Top:

Slimmers Social Support Group

To assist women to achieve & maintain a healthy weight at an affordable cost.

There is a weekly weigh in on digital scales and information on topics such as healthy eating, achieving personal lifestyle changes. There are also books, magazines and videos to borrow. Fun laughter and friendships are amongst the aims of this group whilst you are managing your weight. Cost is \$1 per week (to be paid whether you attend or not) No registration fee.

Meetings: Every Wednesday for 1 hour starting at 9am

CONTACT INFORMATION

Berkeley Vale Neighbourhood Centre

The Berkeley Centre, Heather Ave

Glenning Valley NSW 2261

Contact: Gillian Holton
 Phone: 4388 5801
 Fax: 4388 2081
 Website: www.bvnc.org.au
 E-mail: bvnc@idx.com.au

Top:

Sole Parent Support Group

Sole Parent Support Group meets Thursday mornings of school term to help sole parents living with or apart from their children to socialise with their peers in a caring and supportive environment. Each week is a different topic of interest ranging from self development workshops through to craft and guest facilitators.

Meetings: Thursday mornings of school terms 10am – 12 at Lakelands Community Centre, Literary Close Kanwal.

CONTACT INFORMATION

Sole Parent Family Worker
 PO Box 4040, Lakehaven 2263
 3 Literary Close
 Kanwal
 Phone: 4393 2383
 Fax: 4393 1724
 Website: www.familysupportcentre.org.au
 E-mail: admin@fscentre.ngo.org.au

Top:

Spastic Centre of NSW - PATHWAYS

Central contact number for all information, referral, intake and planning for the Spastic Centre of NSW. Local therapy & treatment services to children with cerebral palsy or similar disability - Kids on the Coast, 2 Berkeley Road, Glenning Valley, 2261

CONTACT INFORMATION

Spastic Centre of NSW - PATHWAYS
 2 Berkeley Road
 Glenning Valley NSW 2261
 Contact: Pathway Initial Contact
 Phone: 1300 888 378
 Fax: 9975 8420
 Website: www.thespasticcentre.org.au
 E-mail: scnsw@tscnsw.org.au

Top:

Spina Bifida Support Group (Central Coast)

To provide social support for families with a child with Spina Bifida. All general support offered - talks, meetings. **Spina Bifida Information Line 1300 655 447**

Local Support group organise social outings and luncheons at different times.

CONTACT INFORMATION

Spina Bifida Support Group (Central Coast)

PO Box 374
 Ettalong Beach NSW 2257
 Contact: Philip & Ann Hudson
 Phone: 4341 7972
 Mobile: 0422 372834
 Contact: Kerry Daintin
 Phone: 4328 3235
 E-mail: ann.hudson@optusnet.com.au
Top:

Stroke Recovery Clubs Central Coast

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

Meetings: Watanobbi: Watanobbi Community Centre; Westlakes: Wangi Wangi: Woy Woy: Meals on Wheels Building, Woy Woy. Contact Stroke Recovery Association NSW for further details 1300 650 594

CONTACT INFORMATION

Stroke Recovery Clubs
 Watanobbi, Westlakes & Woy Woy
 Contact: Stroke Recovery Association NSW
 Phone: Freecall 1300 650 594
 Phone: 9807 6422
 Fax: 9808 6173
 Website: www.strokensw.org.au
 E-mail: info@strokensw.org.au
Top:

Stroke Recovery Club- Working Age Stroke Support (WAGS)

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

Meetings: WAGS - 1st Saturday of the month Scallywags, Working Age Mens Group meet Fridays. Contact Stroke Recovery Association for further details.

CONTACT INFORMATION

Working Age Stroke Survivor (WAGS) Stroke Recovery Club
 Contact: Stroke Recovery Association of NSW
 Phone: 1300 650 594
 Phone: 9807 6422
 Fax: 9808 6173
 Website: www.wags.com.au
 www.strokensw.org.au
 E-mail: info@strokensw.org.au
Top:

Stuttering Innovations (SI)

To deliver speaking skills to minors that enable them to overcome stuttering behaviours. Please visit the SI Website at www.stutteringinnovations.com and order a free SI Media Pack that covers before and after videos of SI students and testimonials from their families.

SI sells home training kits and runs intensive courses, please phone 4381 1625 or visit the SI website.

CONTACT INFORMATION

Stuttering Innovations (SI)
PO Box 5001
Erina Fair NSW 2250
Contact: Director
Phone: 4381 1625
Website: www.stutteringinnovations.com
E-mail: michael@stuttering.com.au

Top:

Support Group for People with Disabilities and their Families

To provide support, guidance and information to families and individuals.

Meetings: Meetings are held on the 4th Saturday of each month 2pm – 3.30pm at Our Lady of the Rosary Catholic Church, Wyoming.

CONTACT INFORMATION

FOCUS (Diocese of Broken Bay)
7 Ruby Place
Green Point NSW 2251
Contact: Karen Campbell
Phone: 4365 1712
E-mail: kjcampbell54@optusnet.com.au

Top:

The WIGWAM, Wig Library Loan Service- Cancer Services NSCCAHS

To provide a free Wig Library Loan Service to cancer patients experiencing hair loss due to chemotherapy or radiotherapy treatments. This is a professional and sensitive FREE service that includes wig fitting, advice and supply. Turbans, hats and scarves are also available for loan.

Hours: By appointment only – Mondays - Thursdays

CONTACT INFORMATION

WIGWAM - Cancer Support Co-ordinator NSCCAHS
Cancer Care Centre, Gosford Hospital
Contact: Co-ordinator
Phone: 4320 3392

Top:

Vision Australia

To assist people of all ages who are blind or vision impaired to experience life to the fullest. Information, advice and practical solutions are provided. Services include: low vision services, independent living services, children's services, employment services, adaptive technology and training service, equipment solutions. An information and library service is also available, as well as talking newspapers. Contact local office for vision impaired support groups.

CONTACT INFORMATION

Vision Australia
 The Gateway Centre, 1 / 237 Mann Street
 Gosford NSW 2250
 Contact: Team Manager (Amanda Hancock)
 Phone: 4325 3686
 Phone: 1300 84 74 66
 Fax: 4323 7956
 Website: www.visionaustralia.org.au
 E-mail: amanda.hancock@visionaustralia.org
Top:

Vision Impaired Support Group Gosford

An opportunity to meet with people who have the same vision impairment and become aware of the research and information available. Contact co-ordinator Gordon Taylor for more info.

Meetings: Meet on the 3rd Tuesday of the Month at Central Coast Leagues Club, Dane Drive Gosford from 11am – 12 noon

CONTACT INFORMATION

Vision Impaired Support Group Gosford
 20 Warri Crescent
 McMasters Beach NSW 2251
 Contact: Gordon Taylor – co-ordinator
 Phone: 4382 1512
Top:

Web Youth Service

The WEB is a place for young people 12 to 18 years old who are attending high school. The WEB provides activities and support to young people in the Peninsula area. In general the WEB tries to provide a place for young people to congregate, socialise, meet new friends, that is cost effective & safe, which assists with engagement with the wider community.

Young people can also access the Adolescent Primary Health Clinic (APHC) to see a General Practitioner or the Clinical Nurse on Friday afternoons at the WEB Youth Service from 4.30pm to 7.30pm. (Note clinic is closed during school holidays.) The WEB Alcohol and Other Drugs (AOD) Counsellor is available on Tuesdays, Thursdays and Fridays to see young people who may be experiencing problems with their own or others drug use.

Parents or caregivers who are experiencing difficulties with young people using alcohol or other drugs can also see the AOD counsellor for referral, information and support. The AOD counsellor is available on Tuesdays by appointment and Fridays for 'drop in'

Hours:

Monday & Tuesday	2.00pm – 5.00pm
Wednesday & Thursday	2.00pm – 6.00pm
Friday	2.30pm – 9.30pm
Saturday	4.30pm – 9.30pm

CONTACT INFORMATION

Web Youth Service
93 McMasters Road, PO Box 512
Woy Woy NSW 2256

Contact: Aidan Devine, Manager
Phone: 4342 3684
Fax: 4342 3914
Mobile: 0414 511 841
E-mail: webyouthservices@bigpond.com

Contact: Veronica McKibbin, AOD Counsellor
Phone: 4342 3684
Fax: 4342 3914
Mobile: 0414 511 841
E-mail: webyouthservices@bigpond.com
Website: www.pccinc.com.au

Top:

Weeroona Association

Endeavours to assist children and young adults with a disability to have a freer and more fulfilling life by assisting with provision of equipment, support, training and recreational opportunities to enhance their capacity to become involved in the community. They can provide financial assistance for care, education and therapy for children to 21 with a physical disability. They can also provide transport by bus, educational and mobility equipment & respite care.

CONTACT INFORMATION

Weeroona Association
7 Waratta Road
Killarney Vale NSW 2261
PO Box 7033
Kariiong 2250

Contact: Co-ordinator
Phone: 4388 2589
Phone: 4340 1170 (message bank)

Top:

Wesley Seniors Day Centre

Activities for frail older people and people with dementia. These activities are designed to develop, maintain and support social interaction. They are conducted in a day centre setting though we also offer group outings. Our program includes: Dementia specific days a choice of social activities, outings, individual care, personal care as necessary, choice of meals, and various therapies. Our Day Centre has a homely feel and is proud of its person centred approach to caring for our clients Monday to Fridays 9am to 3pm.

CONTACT INFORMATION

Wesley Seniors Day Centre
4/15 Anzac Rd
Tuggerah NSW 2259

Contact: Deborah Williams
Phone: 4305 3388

Fax: 4353 9353
 Website: www.wesleymission.org.au
 E-mail: deborah.williams@wesleymission.org.au
Top:

Wisemans Ferry - BCS Care Centre

Offering domestic assistance, personal care, respite and transport to the frail aged and younger people with a disability. Must live in Wisemans Ferry or surrounding areas.

Hours: Tuesday to Thursday 9am – 5pm

CONTACT INFORMATION

BCS Care Centre Wisemans Ferry
 The Community Health Centre,
 5550 Old Northern Rd
 Wisemans Ferry NSW 2775
 Contact: Co-ordinator
 Phone: 4566 4700
 Fax: 4566 4950
 E-mail: lduffy@bcs.org.au

Top:

Wisemans Ferry Cancer Support Group

The Wisemans Ferry Cancer Support Group was formed to provide support for Cancer sufferers, their carers and survivors of cancer. In a relaxed, informal atmosphere, members can talk openly of their experiences and exchange health information. Guest speakers attend occasionally and pamper days are held regularly. Morning tea is provided and there is no charge.

Meetings: Held every second Friday from 10am – 12 at Casserly Cottage, opposite the Wisemans Ferry Inn, Old Northern Rd, Wisemans Ferry.

CONTACT INFORMATION

Co-ordinators – Penny Cousins & Lois Casserly
 Casserly Cottage
 Old Northern Rd
 Wisemans Ferry NSW 2775
 Contact: Co-ordinator
 Phone: 4566 4237
 Phone: 4566 4481
 Fax: 4566 4237
 E-mail: pencousens@yahoo.com.au

Top:

Wisemans Ferry Sunshine Group

We are a volunteer run Remote Respite Day Care – we aim to provide social interaction, hotmeals, access to ancillary services – opportunity to mix and learn from others. We cater for isolated, aged, handicapped residents and their carers.

Meetings: Casserly Cottage, 5550 Old Northern Rd, Wisemans Ferry, Wednesdays 9am – 2.30pm

CONTACT INFORMATION

Co-ordinators –Lois Casserly
 Casserly Cottage
 5550 Old Northern Rd
 Wisemans Ferry NSW 2775
 Contact: Co-ordinator
 Phone: 4566 4481
 Phone: 0434 149 335
 Fax: 4566 4237

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Top:**Womens Friendship Group**

To provide information to women with a disability through an informal but structured learning environment where social contact is a positive by product. Membership is free, the only cost would be for any activities

Meetings: Gosford group meet 2nd Friday each month 10am to 12, at CCDN, 29 Webb St, East Gosford. Wyong group meet 3rd Monday each month 1pm-3pm, Northern Womens Health Centre- 7 Rose St Wyong. Please ring CCDN if interested.

CONTACT INFORMATION

Central Coast Disability Network
 29 Webb St
 East Gosford NSW 2250
 Contact: Robyn Brain
 Phone: 4324 2355
 Fax: 4324 3187
 Website: www.ccdn.com.au
 E-mail: participationccdn@bigpond.com

Top:**Workwise Central Coast Inc**

Provides vocational and training assistance. Offers support with resumes, job applications, job search, labour market information and access to FREE training courses in Computers, Aged Care, Office Administration, Basic Bookkeeping & a variety of other courses.

CONTACT INFORMATION

Workwise Central Coast Inc
 PO Box 114
 Wyong NSW 2259
 Contact: Co-ordinator
 Phone: 4353 2199 Fax: 4351 2714
 Website: www.workwiseinc.com.au
 E-mail: workwise@workwiseinc.com.au

Top:**Yakkalla Recreation Program NSCCAHS & ARAFMI**

To promote mental well being for consumers of mental health services living in the community from across the Central Coast. Recreation and leisure activities. The service

operates on a referral basis, for more information talk to your health worker or call Yakkalla Staff for more details. Morning pick up at Wyong & Gosford stations & northern bus run.

CONTACT INFORMATION

Yakkalla Recreation Program –ARAFMI & NSCCAHS

PO Box 4325 Bay Village

Bateau Bay NSW 2261

Contact: Yakkalla staff

Phone: 4334 3666

Fax: 4332 7806

E-mail: arafmibb@bigpond.com

Top:

Young Mums Group & Under 21's Antenatal - Centacare

Counselling & support for young pregnant women and young mothers.

Meetings: YMG @ Gosford Wednesdays fortnightly 2-4pm YMG @ Wyong Weds fortnightly 2pm-3.30. Under 21's 6 x 6wk sessions Gosford & Wyong FREE

CONTACT INFORMATION

Centacare Pregnancy Counselling

20 Watt Street

Gosford NSW 2250

Contact: Angie Knighton

Phone: 4324 6246

Fax: 4323 7025

E-mail: aknighton@brokenbay.catholic.org.au

Top:

Glossary of Terms

TERM	DEFINITION / MEANING
Advocacy	To plead in favour of; support or urge by argument; recommend publicly.
Carer	Carers are unpaid and defined as someone who looks after relatives or friends who have a disability, a chronic illness, or are frail aged. Carers are spouses, daughters, sons, siblings and other relatives and friends. They provide care that is expected to be sustained and ongoing.
NSCCAHS	Northern Sydney Central Coast Area Health Service is the organisation that covers the local government areas of Warringah, Manly, Pittwater, North Sydney, Mosman, Lane Cove, Hunter's Hill, Willoughby, Ryde, Hornsby, Ku-ring-gai, Wyong and Gosford.
Consumer	Users of the Area Health Service and their families – this can be current, in the past or in the future consumers. This refers to a consumer being an active participant in health services, rather than a passive recipient.
Community	Can be described as the geographic area, the connected organisations & agencies as well as the multitude of networks that are currently in operation across a region.
NGO	Non Government Organisation
Participation	The term participation is usually used to reflect the longer-term involvement of consumers in the decision making & planning of health services. This refers to a more active relationship between the health service and the local communities and consumers.
Respite	Opportunity for Carers to take a break from their caring roles, eg holiday respite, day care, residential respite, in-home support. NOTE : Some Services have varying definitions of respite and it is important to check with the individual agency of their definition.
Support Group	A group of people who may have common experience, who may provide information, assistance, mutual understanding, and expertise in particular health conditions – this can relate to medical conditions or specific services. These groups can be quite varied in structure from social support, to advocacy on particular issues to affirmative action.

Top:

Additional Community Supports

Additional Community Supports		
Advocates for Survivors of Child Abuse	1300 657 380	www.asca.org.au
Aged Care Rights Service	1800 424 079	www.tars.com.au
Aged Care info Line	1800 500 853	
Alcohol & Drug Information Service	1800 422 599	
Ambulance Service	131 233	
AIDS Hotline & Information Service	1800 451 600	
Addison's Disease Association Inc	6652 4761	www.addisons.org.au
Adult Migrant English Service	1800 114 707	www.ames.edu.au
Asbestos Diseases Advisory Services	1800 646 690	www.asbestosdiseases.org.au
Bereavement CARE centre	1300 654 556	www.bereavementcare.com.au
Brain Injury Association of NSW	1800 802 840	www.biansw.org.au
Breastfeeding Helpline	4328 2536	www.breastfeeding.asn.au
BreastScreen Australia	132 050	www.cancerscreening.gov.au
Cancer Helpline	131 120	www.cancercouncil.com.au
Cardiomyopathy Association of Aust	1300 552 622	www.cmaa.org.au
CareSearch		www.caresearch.com.au
Carers NSW CareLine	1800 242 636	www.carersnsw.asn.au
Centacare	4324 6403	
Centrelink		
▪ General Enquiries	131 021	www.centrelink.gov.au
▪ Disability Sickness & Carers	132 717	
▪ Seniors card	1300 364 758	www.seniorscard.nsw.gov.au
▪ Aged Pension	132 300	
▪ Family Assistance Office	136 150	
Cerebral Palsy Helpline	1300 30 29 20	www.cphelpline.com.au
Child Abuse Prevention Service	1800 688 009	
Child Support Agency	131 272	
Coastwide Community Transport	4323 4028	
Community Transport – Wyong	4392 5633	
Community Care Services	4324 4244	
Continence Helpline	1800 330 066	
COTA (Council on the Ageing)	1800 449 102	
Crime Stoppers	1800 333 000	www.crimestoppers.com.au
Crisis Line	131 114	
Crohn's & Colitis Association (Aus)	1800 138 029	www.acca.net.au
Cystic Fibrosis Foundation NSW	1800 650 614	
Dads in Distress	1300 853 437	www.dadsindistress.asn.au
Dementia Helpline	1800 100 500	
Dept of Community Services - Gosford - Wyong	4336 2400 4352 6500	
DoCS Helpline	132 111	
Dept of Health & Ageing	1800 048 998	
Disability Equipment Access Services Information (IDEAS)	1800 029 904	www.ideas.org.au
Domestic Violence Helpline	1800 656 463	
Down Syndrome Association of NSW	9683 4333	www.dsansw.org.au
Ethnic Communities Council of Aust	9319 0288	
Family Planning Healthline	1300 658 886	www.fpahealth.org.au
Family & Community Services	1300 653 227	www.facs.gov.au
Family Relationship Advice Line	1800 050 321	
Gay & Lesbian Counselling Line	1800 184 527	www.glccs.org.au
Generation Q	4323 2374	www.ryss.com.au
Genetic Support of Australia Assn	9211 1462	www.agsa-geneticsupport.org.au
Glaucoma Australia	1800 500 880	www.glaucoma.org.au

Additional Community Supports		
G Line- Gambling info	1800 633 635	
Grief Support Inc. (24 hr)	9489 6644	
Gosford Family Support	4340 1585	
Gosford Seniors Centre	4324 4749	
Guardianship Tribunal	1800 463928	www.gt.nsw.gov.au
Hepatitis C Helpline	1800 803 990	www.hepatitisc.org.au
Home Care Referral Service	1800 350 79	
Home Maintenance & Modification Service		
▪ Gosford	4341 9355	
▪ Wyong	4334 2633	
Homicide Victims Support Group	1800 191 777	
Huntington Disease Association	9874 9777	www.ahdansw.asn.au
Independent Living Centre	1300 885 886	www.ilcnsw.asn.au
Interpreter Service	131 450	
Interrelate Family & Relationship Line	1300 736 966	www.interrelate.org.au
Kids Helpline	1800 55 1800	www.kidshelp.com.au
Kidsnet – Westmead Hospital	9845 2432	
Kincumber Men's Shed	4369 5705	
LawAccess NSW	1300 888 529	www.lawaccess.nsw.gov.au
Lifeline	131 114	
Lifeline Just Ask (mental health)	1300 131 114	www.justask.org.au
Meals on Wheels		
• Gosford	4367 4333	
• Wyong	4333 6942	
• Woy Woy	4341 6699	
Medicines Line	1300 888 763	www.nps.org.au
Meniere's NSW		www.menieresnsw.org.au
Mens Line Australia	1300 789 978	
Mental Health Information Service	1300 794 991	www.mentalhealth.asn.au
Mothersafe	1800 647 848	
Northern Settlement Services	1800 813 205	
Muscular Dystrophy Association	1800 635 109	www.mdansw.org
Needle Clean Up Hotline	1800 633 353	
Office of Public Guardian	1800 451 510	www.lawlink.nsw.gov.au/opg
Osteoporosis Campaign Aust Infoline	1300 301 028	
Ombudsman	1800 451 524	www.nswombudsman.nsw.gov.au
Paraquad	1300 886 601	www.paraquad.org.au
Parentline	132 055	
Poisons Information Centre	131 126	
Prader-Willi Syndrome Association	9525 6238	www.pws.org.au/nsw
Pregnancy Counselling Australia	1300 737 732	www.pregnancycounselling.com
Public Trustee	1300 364 103	www.pt.nsw.gov.au
Rape Crisis Centre	1800 424 017	www.nswrapecrisis.com.au
Reachout		www.reachout.com.au
Red Cross	4324 3411	
Relationships Australia	1300 364 277	www.relationships.com.au
Salvo Crisis Line	1300 363 622	www.salvos.org.au
SANE Mental Illness Helpline	1800 187 263	www.sane.org
Seniors Information Service	131 244	
Siblings Australia Inc		www.siblingsaustralia.org.au
Spinal Cord Injuries Australia	1800 819 775	www.scia.org.au
State Emergency Service (SES)	132 500	www.ses.nsw.gov.au
Stroke Foundation	1800 787 653	www.strokefoundation.com.au
Suicide Helpline	1800 191 919	
Taxi Transport Subsidy Scheme	1800 623 724	
Technical Aid For Disabled	1300 663 243	www.tadnsw.org.au

Additional Community Supports		
Transport Info Line	131 500	
Translating & Interpreting Service (TIS)	131 450	
Tresillian	1800 637 357	
UNIFAM Counselling & Mediation	4324 4387	
Veterans' Affairs Network	1300 551 918	www.dva.gov.au
Veterans Home Care	1300 550 450	
Vietnam Veterans Counselling Service	1800 011 046	www.dva.gov.au
Victims Support Line	1800 633 063	www.lawlink.nsw.gov.au/voc
Welfare Rights Centre	1800 226 028	www.welfarerights.org.au
Women's Information & Referral Service	1800 817 227 TTY 1800 673 304	
Women with Disabilities Australia		www.wwda.org.au
Women's Legal Resource Centre	1800 801 501	www.womenslegalnsw.asn.au

Updates 6/06, 1/07, 1/08, 11/08

Top:

Northern Sydney Central Coast Health

Gosford Hospital Holden Street Gosford 2250 4320 2111	Long Jetty Hospital Wyong Road Killarney Vale 2261 4336 7700
Wyong Hospital Pacific Highway Hamlyn Terrace 2259 4394 8000	Woy Woy Hospital Ocean Beach Road Woy Woy 2256 4344 8444
Other Services	
Adult Day Care	4320 3637
Alcohol & Other Drug Intake	4394 4880
Biala Cottage (Medical examination, treatment & follow-up after sexual abuse)	4320 3175
Caring Networks	4304 0700
Aged Care Assessment Team (ACAT)	4304 0700
Residential Respite Booking Service	4304 0708
Aged Residential Care Consultancy (ARCCS)	4304 0777
Child & Family Health	4328 7900
Community Neurological Support & Community Outreach Team	4328 7301
Community Nursing	4356 9400
Dental Clinic	1300 789 404
Diabetic Clinic	4320 3321
Health Related Transport	4320 3177
Mental Health Central Intake	4320 3500
Outpatients Clinics	
Gosford	4320 3389
Wyong	4394 8149
Palliative Care Service	4336 7777
Stomal Therapy Service	4320 3323
Youth Health Service	4356 9333
Community Health Centres	
<i>Hours of operation: 8.30am – 5.00pm Monday to Friday</i>	
Erina Community Health Centre 169 The Entrance Road Erina 2250	4367 9600
Kincumber Community Health Centre Rear of Kincumber Shopping Centre Kincumber 2251	4369 2355
Lake Haven Community Health Centre Stratford Avenue Lake Haven 2263	4393 7777
Long Jetty Community Health Centre Wyong Road Killarney Vale 2261	4336 7800
Mangrove Mountain Community Health Centre (restricted hours) RMB 1640 Nurses Road Mangrove Mountain 2250	4373 1249
Toukley Community Health Centre Hargraves Street Toukley 2263	4396 5111

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

Top:

Neighbourhood & Community Centres

<p>Berkeley Vale Neighbourhood Centre The Berkley Centre, Heather Ave Glenning Valley, NSW 2261 Ph: 4388 5801 Fax: 4388 2081</p>	<p>Mangrove Mountain & Districts Community Group 120 Ironbark Rd Mangrove Mountain NSW 2250 Ph: 4374 1255</p>	<p>Toukley Neighbourhood Centre Heador Street Toukley NSW 2263 Ph: 4396 1555 Fax: 4396 5818</p>
<p>Blue Haven School as Community Centre, Dolphin Cottage Colarado Drive Blue Haven NSW 2262 Ph: 4399 0167 Fax: 4399 0184</p>	<p>Niagara Park Community Centre Washington Avenue Niagara Park NSW 2250 Ph: 4329 7144 Fax: 4329 7188</p>	<p>Umina School as Community Centre Beachside Family Centre Sydney Ave Umina NSW 2257 Ph: 4343 1929 Fax: 4344 4130</p>
<p>Chertsey Interagency Schools as Community Centres Willow Road Springfield NSW 2250 Ph: 4323 7158 Fax: 4323 7158</p>	<p>Northlakes School as Community Centre Jabiru Cottage Goorama Ave San Remo NSW 2262 Ph: 4390 9718 Fax: 4390 4793</p>	<p>Warnervale Family & Community Centre 271 – 273 Warnervale Rd Hamlyn Terrace NSW 2259 Ph: 4392 8734 Fax: 4394 0801</p>
<p>Cynthia Street Community Centre 4 – 10 Cynthia Street Bateau Bay NSW 2261 Ph: 4332 7450 Fax: 4334 6329</p>	<p>Northern Lakes Family Centre Corner Acacia Avenue & Elizabeth Bay Drive Lake Munmorah NSW 2259 Ph: 4358 3487 Fax: 4358 3538</p>	<p>Watanobbi Community Centre 1 Harrington Cl Watanobbi NSW 2259 Ph: 4351 2860</p>
<p>Gosford City Community Services Narara Community Centre 2 Pandala Road Narara, NSW 2250 Ph: 4329 4477 Fax: 4329 6832</p>	<p>Peninsula Community Centre 93 McMasters Road Woy Woy NSW 2257 Ph: 4341 9333 Fax: 4342 4947</p>	<p>Wyoming Community Centre 147 Maidens Brush Road Wyoming NSW 2250 Ph: 4323 7483 Fax: 4325 0955</p>
<p>Green Point Community Centre 96 Koolang Road Green Point NSW 2250 Ph: 4367 7591 Fax: 4367 7659</p>	<p>San Remo Neighbourhood Centre 28 Brava Avenue San Remo NSW 2262 Ph: 4390 7888 Fax: 4399 2398</p>	<p>Wyoming Youth Centre Warrawilla Road Wyoming NSW 2250 Ph: 4325 0661 Fax: 4325 0662</p>
<p>Kariong Neighbourhood Centre 10 Langford Drive Kariong NSW 2250 Ph: 4340 1724 Fax: 4340 4595</p>	<p>The Banksia Family Centre Lot 21 Sir Joseph Banks Drive Bateau Bay NSW 2261 Ph: 4334 3390 Fax: 4334 3484</p>	<p>Wyong Neighbourhood Centre Inc Alison Road Wyong NSW 2259 Ph: 4353 1750 Fax: 4352 1209</p>
<p>Kincumber & District Neighbourhood Centre 20 - 22 Kincumber Street Kincumber NSW 2251 Ph: 4363 1044 Fax: 4369 6721</p>	<p>The Entrance Neighbourhood Centre Corner The Entrance Road & Campbell Avenue The Entrance NSW 2261 Ph: 4332 4545 Fax: 4334 2437</p>	<p>Wyong School as Community Centre Cutler Drive Wyong NSW 2259 Ph: 4352 3637 Fax: 4351 2885</p>

New Entry Information

Name of Support Group / Organisation:					
Brief Description of group / service, including aim, and any particular focus. <i>(100 words or less- attach additional page if necessary)</i>					
Meeting Information: days / times/ venue <i>(30 words or less)</i>					
Contact Details: TO BE PUBLISHED IN DIRECTORY Contact Person / Position: <i>(our experience has been that it is better to list position rather than persons name, unless specifically required) ie Secretary / Co-ordinator etc</i> Address – postal or street as appropriate <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Phone:</td> <td style="width: 50%;">Phone:</td> </tr> <tr> <td>Mobile:</td> <td>Fax:</td> </tr> </table>		Phone:	Phone:	Mobile:	Fax:
Phone:	Phone:				
Mobile:	Fax:				
Email contact: <i>if available and appropriate for service to be contacted by email</i>					
Contact Details: FOR CARER SUPPORT USE ONLY – not to be published in directory, to be only used by Carer Support Staff for contact as appropriate. Contact Name: <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Phone:</td> <td style="width: 50%;">Mobile:</td> </tr> </table> Email: Other Information:		Phone:	Mobile:		
Phone:	Mobile:				
Web Address: <i>organisation or group directly affiliated with organisation if appropriate</i>					
View the current version of the Central Coast Support Groups & Services Directory online at Northern Sydney Central Coast Health – Carer Support web site: http://www.nsccahs.health.nsw.gov.au/carersupport/cc/centralcoast.shtml Return completed from to: Margot Lipscombe Carer Support NSCCAHS PO Box 361, 21 Beane St Gosford NSW 2250 Fax: 4320 5555 Email: mlipscombe@nsccahs.health.nsw.gov.au					