



Gosford Hospital's Carer Retreat and Information

A quiet, comfortable, home-like place where Carers are welcome to take a break from the bedside or waiting room, relax, unwind or use our FREE facilities.

Open Monday to Friday (except for Public Holidays) 9.00 am - 4.30 pm
91 Holden St, Gosford

Why visit the Carer Retreat?

Caring can be rewarding, tiring and sometimes overwhelming. If you are caring for a patient in Gosford Hospital we invite you to take a break at the Carer Retreat. **Carers help patients in so many ways - the Carer Retreat is here to help you.**

The Carer Retreat is the perfect place to take time out, talk with someone, relax and enjoy free refreshments.



"It is great that this hospital acknowledges that sometimes the carers need to be cared for too."

Information and resources

We have a huge variety of information booklets and resources to support your caring role.

"This retreat is a blessing for carers. I was given all the information I needed to contact agencies for help to support me in my caring role."

Free business facilities

Use phone, email, internet, printer, mobile phone chargers and library books.

"I was able to use the computer to research anything that was worrying me about my sister's illness."



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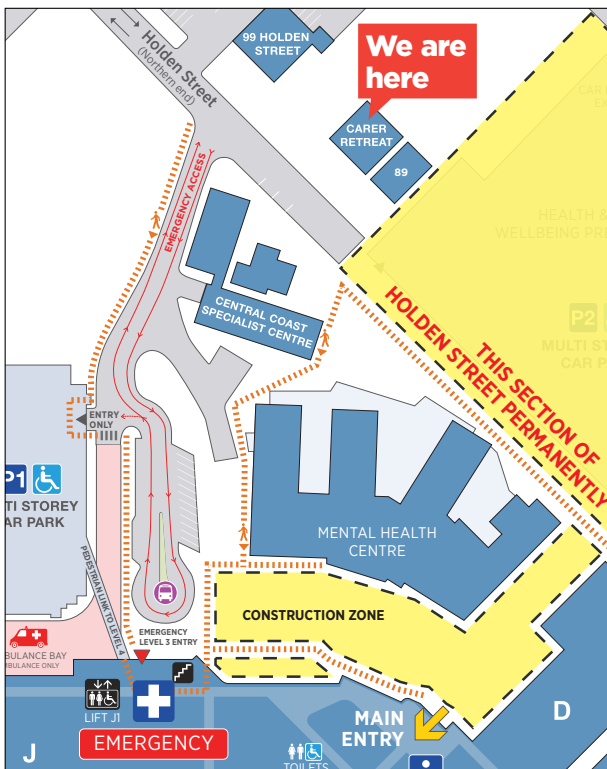
Children and families

“The Carer Retreat is a fantastic facility that lets me relax and de-stress without having to worry about keeping my children quiet and behaved in a ward.”



We have a quiet room, some toys and a garden where children can play with their parents supervising them.

“As soon as we walked in the door they made us feel welcome. I think what is happening here is fantastic, a place away from the tension and stress of waiting rooms.”



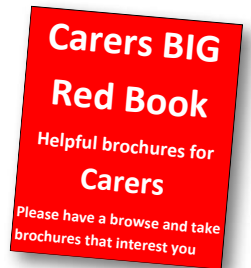
Parking

Talk to us about Carer parking.

Support services

This Carer Information is available on all wards:

- **Big Red Books** contain a wide range of resources and information for carers.



- The **Support Groups and Services Directory** contains contact numbers of support groups and services on the Central Coast. It is also available online: www.cclhd.health.nsw.gov.au



- **Carers ... this is for YOU** contains a brief summary of carer services including respite, counselling and Centrelink payments.



FURTHER INFORMATION

Carer Support Unit - 4320 5556
situated in the **Carer Retreat**
91 Holden Street, Gosford
(opposite Gosford Hospital)

Email:

CCLHD-CSUCC@health.nsw.gov.au

www.cclhd.health.nsw.gov.au
and search “carer”



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