

Central Coast 2022

Support Groups & Services Directory

*Support groups can help.
Speak to someone who understands.
Don't just think about it. Call now!*



Use of this Directory

This Directory has been developed for consumers of Health Services from across the Central Coast region – its aim is to be “consumer” accessible and friendly. Service providers should consider printing the booklet and putting a copy in your wait/lounge areas for the general public to read.

Please use this directory to make contact with an appropriate support group or service. Making contact with others in a similar situation can help.

If you are a member of a Support Group that 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 the Carer Support Unit invites you to contact us.

Contact Us

Carer Support Unit – Central Coast Local Health District (I)
PO Box 361
GOSFORD NSW 2250

Phone: 4320 5556

Fax: 4320 5555

Email: CCLHD-CSUCC@health.nsw.gov.au

To navigate the directory online and check for any updates or changes go to:

www.cclhd.health.nsw.gov.au and search for Carer Support.

(This directory was originally developed by the Consumer & Community Participation Unit and Carer Support Unit, CCLHD).

Disclaimer

All possible care has been taken in the preparation of the information in this booklet. The producers of this booklet expressly disclaim any liability for the accuracy of information and under no circumstances shall be held liable in negligence or otherwise in and out of the preparation and supply of any of the information aforesaid.

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Support Groups

A Support Group is a meeting between a group of people with common experiences or concerns who provide each other with encouragement, comfort, and advice.

Child and Family

Grandparents Raising Grandchildren Support Groups

Phone: 4340 1585

Email: ccfss@ccfss.com.au

Contact: Support Worker - Central Coast Family Support Services

Central Coast Family Support facilitates 2 support groups on the Central Coast for grandparents who have the full time care and custody of their grandchildren. Groups meet for up to two hours for a coffee and a chat in a casual, confidential and welcoming environment. Providing an opportunity to meet other caregivers, to relax and take time out and to receive support and information about other services. The support groups not held during school holidays.

Meetings:

- Grandparents Northern Support Group: 12:00pm – 2:00pm, First Wednesday of the month at Wyong SaCC, Wyong Public School, Cutler Drive
- Grandparents Southern Support Group: 12:00pm – 2:00pm, Last Wednesday of the month at Phillip House, 21 Old Mt Penang Road, Kariong

Parenting Groups 0-12 months

Early Childhood Nursing Service – CCLHD Gateway Centre, Gosford NSW 2250

Phone: 4328 7900

- Older Baby Groups 4–7 months: Starting solid foods, changes in routine, sleep, growth and development, keeping baby safe.
- Pre Toddler Sessions 9–12 months: Creative ideas for play, growth and development, independence & safety, eating from the family diet, sleep and settling.

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

Dementia

Dementia Carer Support Groups CCLHD

Dementia and Behaviour Support Services (DABSS)

Phone: 1300 725 565

Aim: To give support, information and education to carers, who are experiencing the effect of the dementia process.

Monthly Support Groups are run in Erina, Woy Woy, The Entrance & Lakehaven. Groups are held in an informal comfortable setting to promote mutual support and understanding. They are facilitated by a health professional experienced in dementia care and the support of carers. Please contact the service for further details on meeting times and days.

Younger Onset Dementia Social Support (YODSS) - Central Coast ARAFMI

Phone: (02) 4334 3666

Email: yakkalla@ccarafmi.org.au

Facebook: YODSSCentralCoast

Website: ccarafmi.org.au/yodss

YODSS is a support group for people experiencing younger onset of dementia and their carers, to make new friends, and connect with others who understand. All are welcome (Fridays 11pm-4pm).

Disability

Autism & Asperger's Family Support Group

Phone: 4357 2993 (Julie) or 4392 4775 (Linda)

Email: wyejulie@yahoo.com.au

Facebook: Central Coast Autism and Asperger's Family Support Group

Provide opportunities for families who have an autistic family member (including Autism, Asperger's Syndrome, PDD NOS and autistic features).

Meetings: Regular gatherings planned across the Central Coast – visit the Facebook group or contact Julie or Linda for details.

Better Hearing Australia Central Coast Inc (BHACC)

Phone: 0480 399 809

Email: bhacc@harbourisp.net.au

Office Hours: Mondays, Tuesdays and Wednesdays from 10.00am to 2.00pm during school terms.

BHACC is the local branch of a national volunteer organisation dedicated to assisting people with hearing impairment to improve their quality of life through the provision of education, support and advocacy.

Services: Weekly Hearing Loss Management Groups teach lip-reading and provide information and support in managing hearing impairment. The Groups also afford a social opportunity for people with hearing loss.

Presentations to community groups, retirement villages and schools on hearing disability and managing a hearing loss can be arranged.

Badges, cards, wristbands and Travel/Hospital Kits identifying that a person has a hearing loss are available for purchase.

Meetings: Hearing Loss Management Groups are held throughout the week at various locations on the Central Coast. For information about group meeting times and venues please contact our office on **0480 399 809** during office hours.

Spina Bifida Support Group (Central Coast)

Phone: Philip & Ann Hudson 4341 7972 or 0422 372 834

Phone: Kerry Daintin 4328 3235

Phone: Spina Bifida Information Line 1300 655 447

Email: annhuddo@gmail.com

Provides social support for families with a child with Spina Bifida. All general support offered – talks, meetings and links to services. Local Support group organise social outings and luncheons at different times of the year.

Stroke Recovery Clubs Central Coast

Contact: Stroke Recovery Association NSW

Phone: 1300 650 594 or 9807 6422

Website: www.strokensw.org.au

Email: info@strokensw.org.au

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

Meetings:

Wyong: Diggers at the Entrance – 10.00am – 12.00pm, 2nd Wednesday of the month

Woy Woy: Everglades Country Club – 11.00am – 1.00pm, 2nd Tuesday of the month

Woy Woy Hydrotherapy Pool: 10.00am – 12.00pm, Tuesdays and Saturdays

Stroke Recovery Club- Working Age Group Stroke Support (WAGS)

Affiliated with Stroke Recovery Association of NSW

Phone: 1300 650 594 or 9807 6422

Website: www.wags.com.au or www.strokensw.org.au

Email: info@strokensw.org.au

A meeting place for working age people (aged 67 and under) to share their knowledge and experience of Stroke. Meet other people and join in activities and outings.

Meetings:

- WAGS: 10.00am – 12.00pm, 1st Saturday of the month at Mingara.
- Scallywags: Working Age Men's Group – 12:30 – 2.00pm, fortnightly on Fridays.

Contact Stroke Recovery Association to confirm times, dates, and for further details.

Drug and Alcohol

Alcoholics Anonymous

Shop 6, William Court, 12 William Street, Gosford 2250

Phone: 4323 3890 24hr Helpline

Website: www.ccaa.org.au

Email: aa@ccaa.org.au

Alcoholics Anonymous is a fellowship of men and women who share their experience, strengths and hope with each other that they may solve their common problem and help others recover from alcoholism. The only requirement for membership is a desire to stop drinking. There are no fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organisation or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and to help other alcoholics to achieve sobriety.

Meetings: 6 – 8 meetings are held daily throughout the Central Coast. Details are available via the website, or phone for information.

Family Drug Support Group

Phone: 1300 368 186 **Head Office Phone:** 4782 9222

Website: www.fds.org.au

Email: admin@fds.ngo.org.au

Contact: Renee Vincent 0491 091 520 or renee@fds.ngo.org

Group aims 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: Please contact Renee or visit the FDS website. 6:00 –8:00pm, 1st Monday of the month Wyoming Community Centre, 147 Maidens Brush Rd, Wyoming.

Health

Arthritis & Osteoporosis NSW

Phone: 1800 011 041

Website: www.arthritisnsw.org.au

Email: info@arthritisnsw.org.au

Community groups comprise of members who join together to support each other and to gain knowledge about their condition to better understand how to manage it.

Long Jetty Support Group:

1st Thursday monthly

Karagi Court Community Hall, Yakalla Rd, Bateau Bay

Contact: Robin Blon 0451 062 914

Asbestos Diseases Foundation of Australia

Phone: 1800 006 196

Website: www.adfa.org.au

Email: info@adfa.org.au

The Asbestos Diseases Foundation of Australia (ADFA) is a community based, not-for profit organisation working to provide support to people living with asbestos related diseases, family members, carers and friends. It has a long history of being engaged in advocacy work within the Australian community.

Support groups reduce isolation, empower individuals, and restore hope. Groups are non-judgemental, empathic, inclusive and caring, and offer information about the disease, current medical research, and legal advice if needed.

Meetings: 4th Wednesday of each month at 1.00 –3.00pm at *Ourimbah RSL Bowling Club, 622 Pacific Highway Ourimbah 2258*. For more information contact Maree Stokes on **0419 418 190**.

Burns Survivor Support Group

Coordinator: Rachel Foley

Phone: 0422 418 213

Email: rachelfoley@hotmail.com

Our aim is to provide a support network for burns survivors, people with burn injuries and their families both during the recovery period and after they leave the hospital system so that they may share their experiences, knowledge and feelings with one another at informal meetings and social gatherings.

Meetings: Held on the Central Coast -contact the Coordinator for details.

Cancer Information & Support Society Inc. (CISS)

Contact: Sue Johnston

Phone: 0410 696 458

Website: www.ciss.org.au

Email: cisscentralcoast@bigpond.com

CISS is an organisation providing information, resources, support and counselling for people with cancer, their families, friends and carers. We promote prevention, self-help and freedom of choice in therapies for cancer and other degenerative diseases, and support therapies which do no harm. We encourage people with cancer to make informed decisions about their treatment and recovery, and to play an active part in that process.

Membership of CISS is \$50 p/a and members receive six newsletters yearly, with information about items of interest, current cancer research updates and electronic links and references to well-researched articles on treatment and recovery. In addition, members have access to a members only e-library, a chat room and a forum.

Meetings: The Central Coast branch meets on the third Monday of each month at 7pm at *Green Point Community Centre, 96 Koolang Road, Green Point*. During the months of May, June, July and August, meetings are held on the third Saturday of the month at 2pm.

Meetings generally include a guest speaker, as well as sharing of information and common experiences. An excellent library of books, DVDs and reference materials is available for members. There is no cost for members, and a gold coin donation for visitors. All are welcome.

Cancer Council Support Groups

Take a Step: Walking Support Group – All Cancers

When: 10am, 4th Thursday each Month

Location: Outside Trojans Rugby Club, The Haven, 2 Scenic Highway Terrigal NSW 2260

Facebook: www.facebook.com/events/398493177973981

Contact: Kelly Corlett - **Phone: 0418 655 059** or email: kellycorlett@bigpond.com

Jill Ashby - **Phone: 0439 178 138** or email: jillashby1@gmail.com

Gwandalan Summerland Point Cancer Support Group – All Cancers

When: 1.00pm - 3.00pm, 3rd Tuesday of each Month

Location: Gwandalan Community Hall, Koowong Road Gwandalan NSW 2259

Contact: Gwen Bates

Phone: 4972 5319

Email: gwenfraser2011@gmail.com

West Lakes Cancer Support Group

When: 7.00pm - 8.30pm, 2nd Tuesday of each Month

Location: Dora Creek Workers Club Meeting Room, 1 Minnie Street Dora Creek NSW 2264

Contact: Allan 0414 32 8341 or Marie 0418 497 216

Stoma Support Group

Support Group for people living with a stoma is temporarily on pause due to Covid-19. Call or email for more information.

Contact: Stoma Therapy Clinical Nurse Consultant

Cancer Care Unit Gosford Hospital

Phone: 4320 3323

Email: CCLHD-Stomaltherapy@health.nsw.gov.au

Speak to someone who understands

Head & Neck Support Group

When: 10.00am – 12.00pm, 3rd Thursday of each Month

Location: Cancer Council Community Hub, The Hive Erina Fair NSW 2250

Contact: Gary Mar

Phone: 0412 262 145

Email: Gsm18@live.com.au

Prostate Cancer Support Group

When: 9.30am-12pm, last Friday of each month

Location: Terrigal Uniting Church Hall, 380 Terrigal Drive Terrigal NSW 2260

Contact: John Daven

Phone: 0419 207 518 or 4329 2244

Email: jdaven@bigpond.net.au

Other Contacts: Lindy Lawler - Phone: 4353 9300 or email: lindy.lawler@health.nsw.gov.au

Jacqui Swindells – Phone: 4367 9600 or email: jacqui.swindells@health.nsw.gov.au

Eating Disorder Support Groups (Butterfly Foundation)

Helpline: 1800 334 673

Website: www.butterfly.org.au/get-support/face-to-face-support.groups

Information, workshops and online support groups for people experiencing an eating disorder or body image issue and for their carers, family and friends.

Implantable Cardioverter Defibrillator (ICD) Support Group

Contact: Kerry Staniford, CNS Heart Failure Service

Phone: 4320 3934

Email: kerry.Staniford@health.nsw.gov.au

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 3 times per year either at Gosford or Wyong.

Motor Neurone Disease (MND) Association of NSW Central Coast Support Group

Family Support Regional Adviser: 1800 777 175

Advisor Central Coast: 02 8877 0964

Website: www.mndnsw.asn.au

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

MND support groups and coffee mornings provide the opportunity for people living with MND to meet together regularly to chat and learn from each other.

Meetings: The Central Coast Support Group meets on the first Thursday of the month on a bi-monthly basis at Narara Community Centre, 2 Pandala Rd, Narara. Get-together, general discussion, usually with a guest speaker.

For more information and to confirm dates, times and your attendance contact Kath Teesson, MND NSW Central Coast office, phone **8877 0964**.

Multiple Sclerosis (MS) Central Coast

Phone: MS Connect 1800 042 138

Website: www.ms.org.au

Email: msconnect@ms.org.au

MS Peer Support program is a great way for people affected by multiple sclerosis to connect with and support each other – both those living with the disease, and also carers, family and friends.

Giving and receiving practical and emotional support can help you understand a recent diagnosis, manage your symptoms and live well with multiple sclerosis. It's also a great way to make new friends!

Face to Face Peer Support Groups:

Central Coast MS Peer Support – Holgate on Saturdays

Gosford MS Peer Support Group – Narara on 3rd Wednesday each month (except Dec & Jan) at 11.30am

Telegroups:

Meet by telephone rather than in person and are an effective way of connecting people by phone who have a common need:

- **Taking Control of your MS**
Fourth Wednesday of the month – 12pm to 1pm
- **Under 30s After Hours Telegroup**
First Thursday night of every month – 6.30pm to 7.30pm
- **Men's support group**
First Thursday of the month – 1.30pm to 2.30pm
Last Tuesday of the month – 12pm to 1pm
First Friday of the month – 12.30pm to 1.30pm
- **Women's support group**
Fourth Monday of the month – 12.30pm to 1.30pm
- **Women in 40 to 64 group**
Third Tuesday of the month – 1.30pm to 2.30pm
- **Over 65's group**
First Tuesday of the month – 10.30am to 11.30am
Second Tuesday of the month – 10.30am to 11.30am
- **After hours group for working people**
Second Wednesday night of the month – 7.00pm to 8.00pm
- **General support groups**
Second Monday of the month – 7pm to 8pm
Second Tuesday of the month – 7pm to 8pm
- **Mums with MS support group**
Second Tuesday of the month – 1pm to 2pm

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia

Kincumber Neighbourhood Centre 1/20 Kincumber St, Kincumber NSW 2251

Phone: 4363 1044

Email: me.cfs.fm.cc@outlook.com

This support group is for those affected by Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia. The group members share research, coping strategies and provide support in a friendly atmosphere and all sufferers, family members and carers are welcome.

Meetings: 10.30am – 12pm 2nd Tuesday of each month at Kincumber Neighbourhood Centre. The centre is at 1/20 Kincumber St, Kincumber, just a short walk through from the Kincumber Shopping Village. After the meeting, we generally migrate to a local cafe for a well-earned coffee.

Please call before attending to confirm the group is running.

Myeloma Support Group

Haematology Nurse Practitioner, Cancer Day Unit, Gosford Hospital

Phone: 4320 9641

Email: jacqueline.jagger@health.nsw.gov.au

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: 6.00–8.00pm, last Thursday of the month every 2nd month, at Central Coast Leagues Club.

Speak to someone who understands

Parkinson's Support Group (Central Coast)

Phone: 1800 644 189

Website: www.parkinsonsnsw.org.au

Email: supportgroups@parkinsonsnsw.org.au

Parkinson's NSW Support Groups provide non-judgemental support and evidence-based information for people living with Parkinson's, their carers and family members.

Our welcoming Support Groups are part of Parkinson's NSW – the Peak Body for the State's Parkinson's community – and can provide a forum for people living with Parkinson's to gain access to information, advice from Parkinson's Registered Nurses, counselling and other specialised support.

Parkinson's NSW and its network of more than 70 Support Groups also provides advocacy for the Parkinson's community, and education for individuals, Primary and Allied Health professionals and Aged Care Support Workers.

Together we also raise funds for ongoing delivery of services, as well as support for research projects which have the potential to provide better quality of life for people living with Parkinson's today while the search for a cure continues.

Meetings: Contact Parkinson's NSW for details of meetings in your area.

Respiratory Support Group – CCLHD

Phone: 1300 725 565

Support for clients and carers who have a Chronic Respiratory Disease.

The group offers monthly educational meetings and guest speakers. Social and community awareness events may also be held throughout the year. Sessions run for approximately 1.5 – 2 hours.

'Short Pants' Gosford Support Group is held at the Erina Health Centre (near Rivers outlet store) 169 Central Coast Hwy Erina.

The group is affiliated with The Australian Lung Foundation and is a component of Pulmonary Rehabilitation.

Note: Support Group has been temporarily paused due to Covid-19. Call 1300 725 565 for more information.

LGBTQI+

Parents of Gender Diverse Children

Email: info@pgdc.org.au

Website: www.pgdc.org.au

Parents of Gender Diverse Children works hard to give a voice to parents and those parenting transgender and gender diverse children. We know that parents who are well supported are better able to support their children; and that feeling connected, safe and included plays a vital part in creating strong and resilient families.

We provide confidential, non-judgemental direct peer support to families – individual contact with all families is a vital part of what we do. Building on that direct peer support we run monthly catchups that are a fun and social way for families to meet and build a support network, in a safe, inclusive and non-judgemental environment. We also have an online "Parent Hub" that provides a safe space to seek peer support, chat with others parents and carers and share their experiences.

The Rainbow Coalition

Website: facebook.com/The-Rainbow-Coalition-178566282958957

The Rainbow Coalition is a space for young people aged 12 to 24 who identify as sexually or gender diverse. It's a great opportunity for young LGBTQIA+ people to get together on a weekly basis, feel supported, and build community.

Mental Health

ARAFMI - Family and Carer Support

Phone (02) 4323 7731

Email: catherinerowe@ccarafmi.org.au

Website: ccarafmi.org.au/family-support

Facebook: [GrandfamiliesARAFMI](https://www.facebook.com/GrandfamiliesARAFMI)

Central Coast ARAFMI is a trauma-informed community providing support groups, activities, education, information and respite accommodation for people impacted by mental health issues, and their Carers. CC ARAFMI is a NDIS registered provider.

Counselling, support groups, information, advocacy, education, outreach, and referrals for those who care for someone impacted by mental health or trauma.

Grow NSW/ACT

Website: www.grow.org.au

Email: eastregion.admin@grow.org.au

Grow is a Community Mental Health Organisation. We change the lives of people who are struggling with their mental health through our peer support, mutual support and shared stories of lived experience.

Grow has several essential features:

- The Grow program based on common rules for healthy living and proven experienced-based steps for recovery and personal growth.
- The Group Method encourages participation of all members.
- The Caring and Sharing Community, encouraging members to care for both themselves and others.

Meetings: Grow groups meet weekly at Woy Woy (Monday) and Wyong (Tuesday). For times and venue for Grow groups visit www.grow.org.au.

For further information phone **1800 558 268** (Select option 2), Monday to Friday, 8am-4pm.

Schizophrenia & Bipolar Fellowship (Central Coast)

Phone: **Stephanie 0407 606 890**

Email: ks.wood@bigpond.com

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

Meetings: Due to COVID restrictions, please call to check where meetings are being held. There is an option to meet at Memorial Park, Woy Woy.

Uniting – Central Coast, Family & Carer Mental Health Program

21/1 Reliance Drive, Tuggerah 2259

Phone: **4322 1855**

Email: fcmhinfo@uniting.org

If you have a family member or care for someone living with a mental illness then this support group is an opportunity for you to meet with other carers to gain mutual support and exchange information.

Meetings:

- 6.30pm – 8.00pm, 1st Wednesday of the month at 21/1 Reliance Drive, Tuggerah.
- 10am - 12pm, 2nd Tuesday of the month, walk and talk support group meeting at Japanese Gardens Café, 36 Webb Street, East Gosford.
- 10am - 12pm, 3rd Tuesday of the month at The Wyong Milk Factory, Alison Road, Wyong.

Services

The following services are available to provide information and advice to individuals on health and well-being related topics.

Aboriginal & Torres Strait Islander Services

Ngiyang Aboriginal Pregnancy Child & Family Health Service (AMIHS/BSF)

“Strong women, Strong babies”

Phone: 02 4394 9148

Hours: Monday to Friday, 8.30am – 5.00pm

Ngiyang, meaning “we all, including you” is a Pregnancy, Child and Family Health service based in Gosford. We offer weekly playgroups and outreach clinics at:

- West Gosford – Coastwide Child and Family Services, 21 Jusfrute Drive, West Gosford, Tuesday 12:30pm–2.00pm
- Umina – Mingaletta, Aboriginal and Torres Strait Islander Cooperation, 6 Sydney Avenue, Umina Beach, Tuesday 10.00am – 11.30am
- The Entrance Community Centre – The Benevolent Society, cnr Oakland and Battley Avenue, The Entrance, Wednesday 10.00am – 12.00pm.

Ngiyang combines both the Aboriginal Maternal and Infant Health Service (AMIHS), an antenatal to 6 week postnatal service and the Building Strong Foundations Service (BSF), a postnatal service that supports parents from birth until the child starts school. The team consists of Aboriginal Health Workers, Midwives, Child and Family Health Nurses and a Social Worker who work in partnership to provide culturally appropriate care and support for Aboriginal families who live in the Gosford Local area, from Brisbane Water to the north including The Entrance, Long Jetty and Bateau Bay corridor.

The support provided includes: outreach and home visiting antenatal care and infant/child developmental checks, parenting support, infant feeding support, immunisations, transport to appointments, and support to access other services.

Nunyara

2 Ward Street, Gosford, NSW 2250, Monday - Friday, 8.30am - 4.30pm

Phone: 4320 2698

Email: CCLHD-Nunyara@health.nsw.gov.au

Website: www.cclhd.health.nsw.gov.au/ourservices/AboriginalHealth

Nunyara means ‘to make well again’.

Nunyara is the Aboriginal Health Unit within the Central Coast Local Health District. Our aim of Nunyara is to support the health of Aboriginal and Torres Strait Islander people and improve living on the Central Coast.

The health services provided by Nunyara include:

Aboriginal Chronic Care - provide follow up, linking and referral service to Aboriginal and Torres Strait Islander patients after leaving hospital.

Aboriginal Hospital Liaison Officers - provide cultural support to Aboriginal and Torres Strait Islander patients and their families when in hospital.

Aboriginal Palliative Care - is the total care of patients who have a condition which is incurable and will shorten their life. This care focuses on maintaining quality of life for as long as possible and involves physical, emotional, cultural and spiritual support for patients and their families.

Get in touch for more information on how Nunyara Aboriginal Health Unit can support local Aboriginal patients and families.

Other Aboriginal and Torres Strait Islander Support Organisations

Bungree Aboriginal Association	4350 0100	www.bungaree.org.au
Central Coast Community Legal Centre – Aboriginal Support	4353 4988	www.centralcoastclc.org.au/aboriginal-support
Darkinjung Land Council	4351 2930	www.darkinjung.com.au
Mingaletta Aboriginal and Torres Strait Islander Corporation	4342 7515	www.mingalettaatsic.wixsite.com
Yerin Aboriginal Health Services	4351 1040	www.yerin.org.au

Aged Care**Services Australia - Aged Care Specialist Officers**

This is a free service available at the Woy Woy Services Australia centre to help with the following:

- Providing in-depth information on the different types of aged care services
- Checking if you're eligible for government funded services and making a referral for an aged care assessment
- Providing financial information about aged care services
- Helping you appoint a representative for My Aged Care
- Connecting you to local support services

To book an appointment call **1800 227 475** or ask at your local Services Australia service centre.

Other Aged Care Support Organisations

My Aged Care	1800 200 422	www.myagedcare.gov.au
Central Coast Aged Care Assessment Team (ACAT)	1300 725 565	
Older Persons Advocacy Network (OPAN)	1800 700 600	www.opan.com.au
Council on the Aging (COTA)	1800 449 102	www.cotansw.org.au
Dementia Australia	1800 100 500	www.dementia.org.au
Seniors Rights Service	1800 424 079	www.seniorsrightsservice.org.au

Carers and Young Carers**Carer Support Unit and Carer Retreat – CCLHD**

91 Holden St, Gosford 2250 (onsite parking is available for carers)

Phone: 4320 5556

Email: CCLHD-CSUCC@health.nsw.gov.au

Carer Support Unit staff provide:

- Information about services to support carers
- Assistance navigating the health sector and local services
- Guidance with Centrelink Carer Payment and Allowance claims
- Business facilities and internet access for carers
- Emotional support

Open Monday – Friday (except public holidays), 9am – 4:30pm.

Speak to someone who understands

Carer Gateway

Phone: 1800 422 737 (Monday – Friday, 8am – 5pm)

Website: www.carergateway.gov.au

Carer Gateway provides in-person, phone and online services to support Australia's 2.65 million unpaid carers. Carer Gateway has many services including:

- Counselling
- Practical supports tailored to your needs
- Planned and emergency respite care
- Peer support
- Coaching and online skills courses

Other Carer Support Organisations

CarersNSW & Young Carers NSW	9280 4744	www.carersnsw.org.au
Little Dreamers	1800 717 515	www.littledreamers.org.au
Young Carers Network		www.youngcarersnetwork.com.au

Child and Family

Central Coast Family Support Services

21 Old Mt Penang Road, Kariong NSW 2250

Phone: 4340 1585

Website: www.ccfss.org.au

Email: ccfss@ccfss.com.au

Central Coast Family Support provides a range of services for families that build and enhance parenting skills and relationships. We assist families to strengthen relationships and inspire positive change through learning and skill development. Our service is free and confidential, covering the Central Coast region.

We can support and/or advocate with issues such as financial problems – conflict in the home – counselling – behavioural issues – parenting – advice and referral for effective outcomes and many other concerns affecting family life.

Central Coast Family Support offer the following services:

- Case management
- Group work
- Parenting groups
- Young Parent Program
- Grandparents Raising Grandchildren Program

Coastwide Child and Family Services

2/21 Jusfrute Drive West Gosford 2250

Phone: 4340 1111

Website: www.ccfdc.com.au

Email: admin@ccfdc.com.au

Contact Coastwide Child and Family Services for more details regarding each of their programmes.

Family Day Care

With over 30 years of experience Coastwide Family Day Care provides safe and secure home-based education, care and support services for children aged 6 weeks to 13 years. Highly trained and experienced professionals provide play based learning experiences for children and a valuable support network for parents. With a focus on relationship building, educators offer mentoring support and referrals to specialist early childhood intervention services. Coastwide Family Day Care is an inclusive service, providing support mechanisms for all parents including geographically or socially isolated families, single parents, culturally and linguistically diverse families and parents who require additional support. Coastwide Family Day Care is available weekdays, weekends, evenings, overnight, before and after school, permanent and occasional bookings available. Flexible hours of care to be negotiated to meet family's care needs.

Supported Playgroups

We currently offer 7 Supported Playgroups which support local vulnerable families who are in need of a little extra help and assistance. Supported playgroups are facilitated by trained Early Childhood Staff, who set up interesting play experiences for children and are able to offer information to parents. Parents are able to interact with other local parents and share ideas. Staff are able to refer families to support and other community agencies when necessary.

My Time

We currently offer 2 My Time Sessions for parents or carers who care for a young child with a disability or chronic illness. At MyTime, parents are able to meet parent/carers in similar circumstances, gain support and share experiences. Trained Early Childhood workers facilitate activities for children and also provide parents with information about community support networks services.

Specialist/Therapists offer workshops at our sessions regularly. This assists many parents, with strategies, whilst they are on waiting lists. Children can also attend and enjoy fun and interesting play experiences. Sessions are held at Bateau Bay and Erina.

Play Connect

Play Connect is a facilitated playgroup held weekly at West Gosford for children aged 0-6 years who may have Autism Spectrum Disorder (ASD) characteristics, developmental delays in communication and social skills and/or behavioural and sensory issues. During playgroup caregivers and children join in a variety of play experiences, practise skills and have fun.

Families and carers can also access information about other services for children within their community.

Early Childhood Health Services CCLHD

Phone: 4328 7900

Hours: Mon - Fri, 8.00am - 5.00pm

Child & Family Health Nurses provide parenting and educational support for families with babies and young children 0-5 years. Services include universal health 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 session. Breastfeeding support 'Drop-In', immunisation clinics, clinic appointments for developmental screening, 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.

Family Care Cottages - Early Childhood Health Services

Child & Family Health Early Childhood Nursing Service CCLHD, Gateway Centre Gosford NSW 2250

Phone (Intake Line): 4328 7901 or 4328 7900

Family Care Cottages offer extra support to families with children 0-5 years 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 Perinatal Intake line.

Other Child and Family Support Organisations

Breastfeeding Helpline	1800 686 268	www.breastfeeding.asn.au
Child Protection Help Line	132 111	www.facs.nsw.gov.au/families
Family Relationships Advice Line	1800 050 321	www.familyrelationships.gov.au
Interrelate Family & Relationship Line	1300 473 528	www.interrelate.org.au
My Forever Family	1300 782 975	www.myforeverfamily.org.au
Parentline	1300 130 052	www.parentline.org.au
Pregnancy Counselling Australia	1300 737 732	www.pregnancycounselling.com.au
Siblings Australia	08 8253 4936	www.siblingsaustralia.org.au
Tresillian	1300 272 736	www.tresillian.org.au

Crisis Support and Counselling

Life Line - Hunter Central Coast (NSW)

24 hour Crisis Line: 13 11 14

Phone: 1300 152 854 Fax: 4324 2753

Website: www.lifelinedirect.org.au/centralcoast

Email: ccadmin@lifeline.org.au

Vision: An Australia Free of Suicide

Mission: To support Australians in times of crisis and equip individuals and communities to be resilient and suicide safe.

Frontline Services:

- 24/7 telephone crisis support
- Affordable face-to-face counselling
- Community suicide prevention awareness presentations
- Range of Skills-for-Life training workshops
- SOS: Survivors of Suicide bereavement support groups
- Suicide Response Team
- Anger Management
- Reducing Domestic Violence

Bereavement Counselling – CCLHD Palliative Care

Phone: 4336 7777

Co-ordinator: Kathy Williams

Bereavement counselling is a confidential discussion with a specially trained professional who can support you to explore the impact of your loss and identify strategies for coping as well as possible.

This free service is for family and friends of someone who has died through the Palliative Care Service, or other bereaved people living on the Central Coast. Self-referrals are welcomed, and parents may refer on behalf of a child.

Our Bereavement Counsellors also facilitate groups to provide opportunities to explore the challenges of grief and the things that can help people to cope. Groups are currently on hold due to Covid-19, but you can register your interest by phoning **4336 7777**.

Stand By – Support After Suicide

Phone: 1300 727 247

Program Worker: Karissa Lewis

Website: www.standbysupport.com.au

Email: standby.hnecc@socialfutures.org.au

The StandBy program is focused on supporting anyone who has been bereaved or impacted by suicide at any stage in their life, including:

- Individuals, families and friends
- Witnesses
- First Responders
- Service Providers

StandBy is accessible 24 hours a day, seven days a week, providing free face-to-face and/or telephone support at a time and place that is best for each individual.

The program offers coordinated evidence-based support and resources (including connections to local services and groups) that is individualised for each person's unique circumstance. This support is continued for up to two years to ensure those that engage with StandBy are not alone and receive ongoing support.

StandBy is guided by local advisory groups – which includes community stakeholders as well as those with Lived Experience. StandBy National is informed by our National Lived Experience Advisory Group.

StandBy builds community preparedness and resilience through extensive training to community and professional groups to ensure effectiveness and that duplicated effort is avoided. The program is also ideally placed to offer a settings-based approach, providing group support after a suicide for schools, workplaces and community groups.

Griefline - Integrating Grief Program

This is a free counselling and support service developed by Griefline and funded by the NSW Government to provide enhanced bereavement care for the people of NSW.

While grief is the normal reaction to bereavement, the death of a significant person can be challenging. People experience grief in different ways and require a range of supports to meet their individual needs. The bereaved may struggle to cope with everyday life and need more intensive one-to-one support to address their emotional and psychological distress.

Griefline's Integrating Grief Program is aimed at helping individuals struggling with their grief, by assisting them to come to terms with the loss and support them to participate in daily activities.

Griefline is here to support people in their grief and help them explore and manage their distress.

Who is this program for?

- Bereaved individuals aged 18+ living in NSW who are struggling to cope with the death of someone special or significant
- Individuals suffering from impaired daily functioning, feeling incapacitated by grief, and having difficulty engaging socially
- Individuals experiencing a shift or change in daily habits that felt easy or normal before
- Individuals experiencing intense and ongoing emotions such as anger, sadness, numbness, anxiety, depression and/or guilt

Visit: griefline.org.au/get-help/integrating-grief-program for information about how to access free bereavement counselling. Griefline also offers free telephone support, online forums, support groups and resources for people experiencing all forms of grief and loss.

Other Crisis Support and Counselling Organisations

Bereavement Care Centre	1300 654 556	www.bereavementcare.com.au
Domestic Violence Hotline	1800 656 463	www.domesticviolence.nsw.gov.au
Full Stop Australia (for sexual and domestic violence)	1800 385 578	www.fullstop.org.au
Gambling Solutions	4344 7992	www.coastcommunityconnections.com.au/gambling-solutions
MensLine Australia	1300 789 978	www.mensline.org.au
Q Life – LGBTI Peer Support	1800 184 527	www.qlife.org.au
Red Nose Grief and Loss	1300 308 307	www.rednosegriefandloss.com.au
Relationships Australia NSW	1300 364 277	www.relationshipsnsw.org.au
Salvation Army Counselling and Bereavement	13 72 58	www.salvationarmy.org.au/need-help/professional-counselling-and-bereavement
Open Arms – Veterans and Families Counselling	1800 011 046	www.openarms.gov.au
Victims Access Line	1800 633 063	www.victimsservices.justice.nsw.gov.au

Disability

Autism Central Coast INC

39 Treelands Dr, Jilliby, NSW, 2259

Phone: 0410 918 100

Facebook: Autism Central Coast INC

Website: www.accservices.org

Email: admin@accservices.org

Autism Central Coast is a Non-For-Profit organisation that provides support services for anyone seeking assistance with a special needs child or adult on the Central Coast/Lake Macquarie regions of NSW.

We provide the following out of their NDIS packages:

- Respite (Jilliby or Hunter Valley)
- School Holiday Programs
- Saturday centre-based program (fortnightly)
- Girls Butterfly program (fortnightly)
- 1:1 supports (in home or community) all ages
- Community outings
- Supported independent living homes
- Soccer and bowling programs
- Weekday day program
- After school care
- Social groups – Friday nights 15-25yrs
- Social groups – Saturday nights 25yrs+
- Gardening club/program
- Hobby farm program
- Cleaning/In home maintenance
- Support coordination

Cerebral Palsy Alliance

Tuggerah Centre

6 Teamster Close Tuggerah NSW 2259

Phone: 4356 6300

Website: www.cerebralpalsy.org.au

Email: Tuggerah@cerebralpalsy.org.au

Erina Centre

3/20 Karalta Road Erina NSW 2250

Phone: 4335 5700

Contact number is for all information, referral, intake and planning by the Cerebral Palsy Alliance. Local therapy & treatment services are available to people with a disability from birth to 65 years of age. Specialist seating and technology services are available for people with a disability.

CPA is a registered NDIS provider for therapy for all disability groups.

Synapse – NSW Office

Sydney (NSW State Office)

Address: Suite 601, Level 6, 35 Smith Street, Parramatta NSW 2150

Phone: 1800 673 074 (9am – 5pm, Monday – Friday)

Fax: 02 9868 5619

Gosford

Address: Suite 2, Level 1, Gateway Centre, 237 Mann Street Gosford NSW 2250

Phone: 1800 673 074 (9am – 5pm, Monday – Friday)

Fax: 02 9868 5619

Website: www.synapse.org.au

Email: info@synapse.org.au

Facebook: www.facebook.com/synapse.org.au

Synapse is dedicated to reconnecting the lives of those affected by neurocognitive disability.

We believe that everyone affected by neurocognitive disability is entitled to a life of quality, based on their own decisions and choices. In working to achieve this, Synapse delivers a range of services across Australia.

Contact us to find out about our resources or our information and referral, advocacy, NDIS, and training services.

Vision Australia

Suite G.02, Ground Floor, 40 Mann Street Gosford, 2250

Contact: Team Manager (Roger Danvers)

Phone: 1300 84 74 66

Website: www.visionaustralia.org.au

Email: info@visionaustralia.org

Assists people of all ages who are blind or have low vision to experience life to the fullest. Information, advice and practical solutions are provided. Our services include: low vision services, independent living services, children's services, employment services, adaptive technology, orientation and mobility and equipment solutions.

Telelink services are available to those who seek to connect to other people with vision loss, via their telephone. We also offer a telehealth service to provide our services to clients direct to their home. Our library services provide access to a diverse range of reading materials. This service provides access to a large range of audio books, newspapers, magazines, Braille books and even music Braille. You can instantly stream your material or download later.

Contact the local office on **4321 6700** for more information on community groups and activities for people who are blind or have low vision on the Central Coast.

Other Disability Support Organisations

ASPECT Autism Spectrum Australia	1800 277 328	www.autismspectrum.org.au
Assistive Technology Australia	1300 452 679	www.at-aust.org
Deaf Society	Phone: 1800 893 855 SMS: 0427 741 420 Skype: The Deaf Society TTY: (02) 8833 3691	www.deafsociety.org.au
IDEAS (Information on Disability, Education and Awareness Services)	6947 3377	www.ideas.org.au
Down Syndrome Australia	1300 881 935	www.downsyndrome.org.au
Fairhaven Disability Support	4349 5500	www.fairhaven.org.au
Guide Dogs Australia	1800 484 333	www.guidedogs.com.au
Muscular Dystrophy NSW	1800 635 109	www.mdns.org.au
National Relay Service	Voice Relay number: 1300 555 727 TTY number: 133 677 SMS relay number: 0423 677 767	www.relayservice.com.au
National Disability Insurance Scheme (NDIS)	1800 800 110	www.ndis.gov.au
Forward Ability Support (previously ParaQuad NSW)	8741 5600	www.fas.org.au
Spinal Cord Injuries Australia	1800 819 775	www.scia.org.au
Stroke Line	1800 787 653	www.strokefoundation.com.au
Sunnyfield Disability Services	1300 588 688	www.sunnyfield.org.au
Technical Aid for Disabled	1300 663 243	www.tad.org.au
Women with Disabilities Australia	0438 535 123	www.wwda.org.au

Health

Albinism Fellowship of Australia (AFA)

Phone: 1300 221 619

Website: www.albinismaustralia.org

Email: membership@albinismaustralia.org

NSW Representative Email: albinismnsw@albinismaustralia.org

The Albinism Fellowship of Australia (AFA) is a national, non-profit organisation run by volunteers who all have been personally touched by albinism in some way. The AFA's key purpose is to provide support, education and fellowship to those with albinism, parents of children with albinism as well as their families and friends.

Activities of the AFA:

- Facebook page with over 600 members offering real time advice and peer support
- Outreach to parents of newly diagnosed people with albinism, adults with albinism, service providers
- Biennial conference – see our website for details
- Financial membership of the AFA which gives access to:
- Financial members only area of our website for detailed information, stories and recommendations
- Newsletters by email
- Reduced registration for conferences and events.

Visit our website for information, to become a financial member, or to join our Facebook page.

Meetings: State run get-togethers and activities throughout the year (Covid permitting). Biennial conference.

Cancer Nurse Co-ordinators –CCLHD

The role of the Cancer Nurse coordinator is to help a person with a cancer diagnosis navigate the hospital and community health system as smoothly as possible. They can act as a link between the various people involved in caring for a person with cancer. For example the GP, specialist, surgeon, radiation oncologist, medical oncologist, community nurses and palliative care staff. Please note that all Cancer Nurse Coordinators work part-time hours and messages are returned within 2 business days. Patients can also access the Community Cancer Care 24 hour phone line for urgent symptom advice.

Head and Neck:	4320 9823	0421 028 988
Colorectal / Upper GIT/ Gynaecological:	4320 9824	0436 607 597
Lung:	43203762	0409 132 841
Breast (McGrath nurse):	4320 9826	0408 587 316 / 0408 651 089
Neurology:	4320 9822	0434 565 240
Prostate Cancer Specialist Nurse:	4336 6627	0436 609 857
Melanoma / Urology / Sarcoma:	4320 9775	0429 671 700
Radiation & Surgical Oncology:	4320 9825	0414 192 882
Community Cancer Care:	4320 9656	

CoastCanCare Wellness Programs

Phone: 4320 9855 or mobile 0447 288 130

Email: CCLHD-CoastCanCare@health.nsw.gov.au

Free wellness programs for Central Coast adults diagnosed with cancer, their carers and other support people. It is an opportunity to focus on enjoying life, by connecting with others through a variety of programs including Art Therapy, Music therapy, Tai Chi, Exercise, Self-Care, Meditation. These programs are held throughout the Central Coast, during the day, evenings, and week-ends. The program is a Central Coast Local Health District initiative that is funded primarily by 'Dry July'. Regular Legal and Financial workshops held at various locations on the Central Coast. Please call for details of the next available workshop.

Speak to someone who understands

Central Coast Community Women's Health Centre

Wyoming

37 Maidens Brush Rd Wyoming NSW 2250

Phone: 4324 2533

Email: info@cccwhc.com.au

Peninsula

20A McMasters Road, Woy Woy NSW 2256

Phone: 4342 5905

Email: pwhc@cccwhc.com.au

Northern

7 Rose Street Wyong NSW 2259

Phone: 4351 1152

Email: nwhc.reception@cccwhc.com.au

Central Coast Community Women's Health Centre (CCCWHC) is a feminist holistic health service provider. We are a safe space for women of all ages, backgrounds and cultures and we provide services to any person who identifies as a woman or as a non-binary person who has female anatomy. CCCWHC operate from three centres Wyoming, Wyong (Northern) and Woy Woy (Peninsula). All services are provided by women for women.

All three centres provide counselling, therapeutic, social connection, exercise and activity, health and educational groups and access to complementary therapists and women's support service providers such as Legal Aid. Being a trauma informed service, we specialises in supporting women that may be experiencing domestic and family violence, childhood trauma, anxiety and post-natal depression.

We have part-time doctors and nurse at our Wyoming service, providing specialist women's health within a holistic women's setting at our Women's Health Clinic. Our doctors and nurse will see clients presenting with general health issues including reproductive and sexual health, poor nutrition, chronic disease, tobacco, drug and alcohol dependency, mental and emotional health and well-being issues. Cervical screening, breast checks, treatment of gynaecological issues, contraception, pregnancy testing and a range of other women's health issues are all part of the specialised women's health client care provided at our Clinic.

By appointment, we provide childcare for preschool aged babies and infants while their mother or carer attends appointments or groups. For information and service hours, please visit www.cccwhc.com.au

Hours: Visit website for hours of operation for each centre.

Continence Advisor – CCLHD

Erina Community Health Centre

169 Central Coast Hwy, Erina NSW 2250

Phone: 4367 9600

Wyong Central Community Health Centre

38a Pacific Highway Wyong NSW 2259

Phone: 4356 9300

The Clinical Nurse Consultant Continence Advisor provides individual consultation on bladder and bowel problems. A clinic is based at Erina Community Health Centre and 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 advice on products available.

- All Referrals must be via a GP or allied health provider.
- Information on continence management in the form of booklets and leaflets are available free of charge on request by contacting the Continence Helpline on 1800 330 066.

Eating Disorder Outpatient Service CCLHD

Toukley Health Centre

1A Hargraves St Toukley NSW 2263

Phone: 4396 5111

Email: Judith.Leahy@health.nsw.gov.au

Website: www.feast-ed.org; www.edfa.org.au; www.butterfly.org.au

The only free specialised public service on the Central Coast. The service provides single session interventions, assessment, referral and treatment for children, young people and adults with eating disorders. Clinical staff include: clinical psychologists, dieticians, a social worker, and a GP/inpatient liaison nurse.

We treat anorexia nervosa, bulimia nervosa, binge eating disorder and some other specified feeding and eating disorders. No face-to-face support group for individuals or families on the Central Coast.

On-line support through The Butterfly Foundation, Eating Disorder Families Australia and FEAST.

Lupus Association of NSW

Phone: 1800 802 088 or 9878 6055

Website: www.lupusnsw.org.au

Email: info@lupusaust.org.au

The aim is to provide people living with lupus with information and support. Contact Lupus Association for details of local support group.

WIGWAM, Central Coast Cancer Wig Library

Phone: 4320 2181 or mobile 0447 298 130

Email: CCLHD-WigWam@health.nsw.gov.au

Free Wig Loan Service for people diagnosed with cancer who are experiencing hair loss due to chemotherapy or radiotherapy treatments. This is a professional and sensitive service that includes wig fitting, advice and supply. Turbans, hats and scarves are also available.

Phone and leave a message. You will be phoned within the week to discuss your needs, and to make an appointment.

Other Health Support Organisations

Cancer Helpline	131 120	www.cancercouncil.com.au
Breastscreen	132 050	www.breastscreen.nsw.gov.au
Addisons Disease Association	0455 534 472	www.addisons.org.au
Autoimmune Resource and Research (recently merged with Arthritis NSW)	1800 011 041	www.autoimmune.org.au transitioning to www.arthritisnsw.org.au
Sexual Health InfoLink	1800 451 624	
Sexual Health Clinic (CCLHD)	4320 2114	www.cclhd.health.nsw.gov.au/services/sexual-health
Drug and Alcohol Service (CCHLD)	4394 4880	www.cclhd.health.nsw.gov.au/services/drugs-and-alcohol
Cardiomyopathy Association Australia	1300 552 622	www.cmaa.org.au
Coeliac Australia Helpline	1300 458 836	www.coeliac.org.au
Continence Helpline	1800 330 066	www.continence.org.au
Chrons & Colitis Australia	1800 138 029	www.crohnsandcolitis.com.au
Cystic Fibrosis NSW	8732 5700	www.cfcc.org.au
Diabetes NSW	1300 342 238	www.diabetesnsw.com.au
Epilepsy Action Australia	1300 374 537	www.epilepsy.org.au
Family Planning Talkline	1300 658 886	www.fpnsw.org.au
Glaucoma Australia	1800 500 880	www.glaucoma.org.au
Health Direct	1800 022 222	www.healthdirect.org.au
Hepatitis Infoline	1800 803 990	www.hep.org.au
Huntington's NSW ACT	9874 9777	www.ahdansw.asn.au
Osteoporosis NSW	1800 242 141	www.osteoporosis.org.au
Poisons Information	13 11 26	www.poisonsinfo.nsw.gov.au
Tourette Syndrome Association	9382 3726	www.tourette.org.au

Legal and Financial

Centrelink • Disability, Sickness & Carers • Aged Pension & Seniors Health Card • Family Assistance Office	132 717 132 300 136 150	www.servicesaustralia.gov.au
Crime Stoppers	1800 333 000	www.crimestoppers.com.au
Law Access NSW	1300 888 529	www.lawaccess.nsw.gov.au
Legal Aid -Gosford	4324 5611	www.legalaid.nsw.gov.au
NSW Civil & Administrative Tribunal (NCAT)	1300 006 228	www.ncat.nsw.gov.au
NSW Trustee & Guardian	1300 109 290	www.tag.nsw.gov.au
Office of the Australian Information Commissioner	1300 363 992	www.oaic.gov.au
Ombudsman NSW	1800 451 524	www.ombo.nsw.gov.au
Welfare Rights Centre	1800 226 028	www.welfare-rightscentre.org.au
Womens Legal Service NSW	1800 801 501 or 8745 6988	www.wlsnsw.org.au

LGBTQI+

ACON Hunter

Address: 129 Maitland Rd, Islington NSW 2296

Phone: (02) 4962 7700

Email: hunter@acon.org.au

Website: www.acon.org.au

ACON is NSW's leading health organisation specialising in community health, inclusion and HIV responses for people of diverse sexualities and genders. Established in 1985, ACON works to create opportunities for people in our communities to live their healthiest lives.

Office Hours:

9am-5pm Monday, Wednesday and Friday

9am-6pm Tuesday, Thursday

Central Coast Pride

200 Mann Street, Gosford 2250

Email: info@centralcoastpride.org.au

Website: facebook.com/centralcoastprideNSW

Youth LGBT drop in group, Trans drop in group, Information and support for PFLAG (parents and friends), Ongoing social and community activations, Flyers, brochures and information for the community.

Mental Health

Central Coast ARAFMI

Narara, Bateau Bay, Woy Woy

Website: www.ccarafmi.org.au

Phone: (02) 4323 7731

Email: info@ccarafmi.org.au

Instagram/Facebook: @CentralCoastARAFMI

Central Coast ARAFMI is a trauma-informed community providing support groups, activities, education, information and respite accommodation for people impacted by mental health issues, and their Carers. CC ARAFMI is a NDIS registered provider.

Respite Accommodation

Short-stay accommodation available for NDIS and self-funded individuals, situated on the leafy acreage of Lerida House in Narara.

Website: ccarafmi.org.au/respite-accommodation

Phone: (02) 4323 7731

Email: info@ccarafmi.org.au

The Trust – Beyond the Stigma

The Trust – Beyond the Stigma is a wellness and social inclusion program led by participants, providing opportunities where people can be their authentic selves, connect with others, and learn new skills in supportive, non-judgmental environments.

Website: www.ccarafmi.org.au/thetrust

Phone: (02) 4323 7731

Email: thetrust@ccarafmi.org.au

Speak to someone who understands

Yakkalla

Yakkalla is a community supporting people who have a lived-experience of mental illness, creating meaningful and inclusive lives through social and recreational opportunities. Yakkalla is NDIS approved, participants-led program.

Website: ccarafmi.org.au/yakkalla

Phone: (02) 4334 3666

Email: yakkalla@ccarafmi.org.au

Mental Health Line & Services CCLHD

Phone: 1800 011 511

Mental Health Line is a 24 hour telephone service operating 7 days a week across NSW. Anyone with a mental health issue can use the Mental Health Line to be directed to the right care for them. It can link people into the most appropriate part of the Central Coast Mental Health Service: Children and Adolescent Mental Health Service (CAMHS), Adult Mental Health, Older People's Mental Health Service, Aboriginal Mental Health Team and the inpatient units.

Carers, mental health professionals and emergency services workers can also access advice and relevant services through the Mental Health Line.

Other Mental Health Support Organisations

SANE Mental Illness Helpline	1800 187 263	www.sane.org
Way Ahead	1300 794 991	www.wayahead.org.au
Mental Health Advocacy Service – Legal Aid.	1300 888 529	www.legalaid.nsw.gov.au/what-we-do/civil-law/mental-health-advice
Suicide Call Back Service	1300 659 467	www.suicidecallbackservice.org.au
Uniting Family and Carer Mental Health program	4322 1855 or 1800 864 846	www.uniting.org/services/mental-health/facility/family-and-carers-mental-health-program-fcmh-central-coast

Mens

Men Care Too

Contact: Greg Smith

Website: www.mencaretoo.org

Email: mencaretoo.greg@gmail.com

Men Care Too is an online resource that provides information and encourages conversations on AWARENESS, WELLBEING and ENGAGEMENT of the 1.2 million Australian Men in unpaid, informal caring roles and the communities around them.

Sharing of relevant information, links and videos along with a weekly email update and blog posts, Men Care Too will increase awareness and recognition of men in unpaid, informal caring roles.

Gosford Community Men's Shed Inc

Address: 1 Glennie St West Gosford, NSW, 2250

Phone: 4089 0543

Website: www.gosfordmensshed.blogspot.com

Email: gosfordshed@gmail.com

A place for retired men aged over 65 to meet, socialise and join in activities. It focuses on the mental, physical and social wellbeing of men.

Other Men's Support Organisations

Australian Men's Shed Association	1300 550 009	www.mensshed.org
MensLine Australia	1300 789 978	www.mensline.org.au

Multicultural**Northern Settlement Services**

Tuggerah Lakes Community Centre, 1 Bay Village Rd, Bateau Bay NSW 2261

Phone: 4334 3877

Fax: 4334 3044

Website: www.nsservices.com.au

Email: cc@nsservices.com.au

Northern Settlement Services provides support services to migrants and refugees living on the Central Coast.

The Multicultural Community Development Project aims to strengthen CALD families, children, young people and communities, and support their connection to the wider community. We facilitate activities like playgroup, community consultations, information session and NSS participates in some community events on the Central Coast to support the engagement and participation of CALD communities. The program also responds to requests from CALD community for information or referral to relevant organisations.

Settlement Engagement and Transition Support (SETS) provides assistance to eligible Visa holders of migrants & refugee backgrounds during their first 5 years of settlement on the Central Coast. This free program provides, Casework, Group work, Advocacy, Information & Referral to individuals, families and young people, through our local office or at other arranged locations. The SETS program also supports local services through cultural competency training & consultation and convenes the Central Coast Multicultural Interagency (CCMI).

Multicultural Social Support (MSSS) supports the frail aged from culturally & linguistically diverse backgrounds. Our volunteers can take Clients out to shopping, doctor's appointments and so on. MSSS also organises regular social activities.

Community Visitors Scheme (CVS) is a program that provides companionship by volunteer visitors to socially isolated people of culturally and linguistically diverse backgrounds who reside in Australian Government-funded aged care homes and those who receive Home Care Package care at home.

Talking Around the World is an informal FREE English conversation class held on Tuesdays through school term at the Erina Community Trust Hall, Erina. This free service is open to all Visa Holders on the Central Coast and is supported by Northern Settlement Services registered Volunteers. The program also offers free childcare, with a crèche onsite and a qualified childcare worker to provide supervision. Morning tea is provided. This program is coordinated by the Settlement Engagement Transition Support Program.

Playing Around the World is to link the culture and experience from different members of diverse communities through a range of children's activities and bring families together, share ideas, friendship and give children the opportunity to learn through play.

Multicultural Flexible In-Home Respite Service to support and maintain care relationships between carers and clients, through providing good quality respite care for frail older people so that the carers can take a break. Respite provided is for care recipients over the age of 65 years, not with a disability under 65 years. Social support, to provide entry-level support services to assist frail older people to live independently at home and in the community.

Please contact the Bateau Bay office if you are interested in volunteering. (Details above)

Central Coast Local Health District

Immigration advice is available at our head office in Hamilton.

Please make an appointment on **Phone: 4969 3399** or free call **Phone: 1800 813 205**.

Hours: Mon-Fri 9am – 4pm.

Fees: Small fee for transport and some social activities for MSSS.

Referral: Self, Friend, Carer, family, My Aged Care (Phone: 1300 200 422), GP etc.

Disability Access: Yes

Languages (Other than English): Spanish, Farsi, Thai

Other Multicultural Service Organisations

Adult Migrant English Program	131 881	www.immi.homeaffairs.gov.au/settling-in-australia/amep
Ethnic Communities Council of Australia	9319 0288	www.eccnsw.org.au
Translating & Interpreting Service (TIS)	131 450	www.tisnational.gov.au

Transport

Community Transport - Central Coast	4355 4588	www.ctccl.org.au
Taxi Transport Subsidy Scheme	13 77 88	www.service.nsw.gov.au/transaction/apply-taxi-transport-subsidy-scheme
Transport Info Line	13 15 00	www.transportnsw.info

Youth

Central Coast Local Health District – Youth Health

Ground floor, Wyong Central Community Health Centre, 38a Pacific Highway, Wyong NSW 2259

Phone: 02 4356 9333, Monday to Friday 8.30am - 5pm.

The Youth Health service helps young people, parents, teachers and anyone else who has concerns about the health or well-being of a young person between 12 and 24 years old. Includes private and confidential clinics provided by General Practitioners (GPs) and Youth Health nurses in youth-friendly locations.

Central Coast Council – Youth Services

Phone: 1300 463 954

Website: www.centralcoast.nsw.gov.au/residents/support-programs/young-people

The Youth Services team at Central Coast Council includes qualified youth workers who provide information, support, advocacy and referral to young people. The team creates and promotes opportunities for young people to develop their aspirations, skills and talents via a range of innovative engagement programs.

Coast Youth Services

1 Ross St Woy Woy

Phone: 4342 3684 or 0405 101 987

Hours: Monday to Friday 9am – 5.00pm. Please contact our friendly staff.

Website: www.coastcommunityconnections.com.au

Email: eys@cccl.com.au

Coast Youth Services is a free service offering case management and counselling support to young people 12-25 years. Experienced counsellors and caseworkers provide trauma informed, strength-based interventions, education and support.

Our service is committed to assisting young people:

- Remain engaged with education and employment
- Stay connected with their families
- Gain knowledge and skills to make positive life choices
- Support to achieve their goals.

Coast Youth Services also has an alcohol and other drugs counsellor available.

Regional Youth Support Service (RYSS)

131 Henry Parry Drive Gosford NSW 2250

Phone: (02) 4323 2374

Website: www.ryss.com.au

Email: reachout@ryss.com.au

Regional Youth Support Services ('RYSS') is a leading, locally-based youth-specific not-for-profit service, delivering front line youth support and innovative engagement strategies to young people between the ages of 12 and 25, and their families in communities throughout the Central Coast. RYSS delivers intensive support for young people through targeted early intervention, case management, information and referral services, transitional accommodation, targeted Living Skills programs, advocacy and social engagement strategies, cultural and kin connection support for Aboriginal and Torres Strait Islander young people, leaving custody support, and crime prevention initiatives. RYSS also provides a broad range of NDIS supports including Coordination of Supports, School Leavers Employment Support (SLES), community and social engagement of 1:1 and group activities, support with education and employment solutions.

Any young person on the Central Coast can call RYSS on **(02) 4323 2374** or submit an enquiry online via our website www.ryss.com.au to access support or have us help find the right support.

To see what our latest programs and activities are, check out our website or social media pages.

Other Youth Support Organisations

Youth Connections	0422 864 433	www.youthconnections.com.au
Wesley Youth Outreach	4305 3354	www.wesleymission.org.au
Salvation Army – Oasis Central Coast		www.salvationarmy.org.au/oasiscentralcoast/youth-services
Phoenix Youth Support Service	4393 9555	www.wnci.org.au/pyss

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.
CCLHD	Central Coast Local Health District is the organisation that covers the local government areas of Wyong Shire and Gosford City.
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.

Central Coast Local Health District

Gosford Hospital	Holden Street, Gosford 2250	4320 2111
Wyong Hospital	Pacific Highway, Hamlyn Terrace 2259	4394 8000
Long Jetty Hospital	Wyong Road, Killarney Vale 2261	4336 7700
Woy Woy Hospital	Ocean Beach Road, Woy Woy 2256.....	4344 8444

Other Services

Admissions for Gosford Hospital	4320 3556
Admissions for Wyong Hospital	4394 8155
Alcohol & Other Drug Intake	4394 4880
Sexual Assault Service (Biala)	4320 3175
Children and Adolescent Mental Health Service (CAMHS)	4304 7878
Community Health Access and Intake • Community and Inpatient ACAT (Aged Care Assessment Team) • Community Nursing • Continence • Wound Management • Stomal Therapy • Community Respiratory Services • Complex Care Coordination • Dementia & Behaviour Support Services (DABSS) Patients and carers can self-refer	1300 725 565
Covid-19 Testing Clinic (Gosford)	4320 5055
Covid-19 Hotline (including vaccination bookings)	1800 020 080
Consumer Feedback Department	4320 3920
Oral Health Service	1300 789 404 press 2 for Gosford
Diabetic Clinic	4320 3321
Maternity Services (bookings)	4320 2884
Multicultural Health	4320 3048
Outpatients Clinics • Gosford • Wyong	4320 3389 4394 8149
Palliative Care Service	4336 7777
Public Health Unit	4320 9730
Specialist Centre	4320 5600

Community Health Centres

Hours of operation: 8.30am – 5.00pm Monday to Friday

Erina Community Health Centre 169 The Entrance Road, Erina 2250	4367 9600
Kincumber Community Health Centre Rear of Kincumber Shopping Centre, Building 3, 20 Kincumber Street, Kincumber 2251	4369 2355
Lake Haven Community Health Centre 3 Stratford Avenue (between Bunnings and Shopping Centre), Lake Haven 2263	4393 7777
Long Jetty Community Health Centre 64 Wyong Road, Killarney Vale 2261	4336 7800
Mangrove Mountain Community Health Centre (restricted hours) 13 Nurses Road, Mangrove Mountain 2250	4373 1249
Toukley Community Health Centre 1A Hargraves Street, Toukley 2263	4396 5111
Woy Woy Community Health Centre Ocean Beach Road, Woy Woy 2256	4344 8432
Wyong Community Health Centre 664 Pacific Highway (within Wyong Hospital Campus), 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 664 Pacific Highway (within Wyong Hospital Campus), Hamlyn Terrace 2259	4394 8229

Neighbourhood & Community Centres

Berkeley Vale Neighbourhood Centre The Berkley Centre, 3 Heather Ave, Glenning Valley, NSW 2261	4388 5801
Bateau Bay Neighbourhood Centre 10 Cynthia Street, Bateau Bay NSW 2261	4332 7450
Blue Haven School as Community Centre Dolphin Cottage Colarado Drive, Blue Haven NSW 2262	4390 8524
Chertseydale Community Cottage Willow Road (part of Chertsey Public School), Springfield NSW 2250	4325 3963 0409 800 821
Gosford Narara Community Centre 2 Pandala Road, Narara, NSW 2250	4329 4477
Green Point Community Centre 96 Koolang Road, Green Point NSW 2250	4367 7591
Hamlyn Terrace Community Centre 80 Minnesota Road Hamlyn Terrace NSW 2259	4350 5555
Kariong Neighbourhood Centre 10 Langford Drive, Kariong NSW 2250	4340 1724
Kincumber Neighbourhood Centre 20 - 22 Kincumber Street, Kincumber NSW 2251	4363 1044
Mangrove Mountain & Districts Community Group Waratah Rd, Mangrove Mountain NSW 2250	4374 1255
Northlakes School as Community Centre Jabiru Cottage, 69 Goorama Ave, San Remo NSW 2262	4390 9718 or 0409 800 821
Uniting Burnside Northern Lakes Family Centre 1 Colongra Bay Rd Colongra Bay NSW 2259	1800 864 846
Peninsula Community Centre 93 McMasters Road, Woy Woy NSW 2257	4341 9333
San Remo Neighbourhood Centre 28 Brava Avenue, San Remo NSW 2262	4390 7888
The Entrance Neighbourhood Centre Corner of Oakland Street and Battley Street, The Entrance NSW 2261	4332 4545
Toukley Neighbourhood Centre 3 Hedor St, Toukley NSW 2263	4396 1555
Watanobbi Community Centre 1 Harrington Close, Watanobbi NSW 2259	4351 2860
Woy Woy School as Community Centre Park Road, Woy Woy NSW 2257	4343 1929 0477 317 862
Wyoming Community Centre 147 Maidens Brush Road, Wyoming NSW 2250	4323 7483
Wyoming Youth Centre 9 Warrawilla Road, Wyoming NSW 2250	4325 0661
Wyang Neighbourhood Centre Alison Road (old primary school), Wyong NSW 2259	4353 1750
Wyang School as Community Centre Cutler Drive, Wyong NSW 2259	0400 022 312

New Entry Information

Name of Support Group/Organisation:

Brief Description of group/service, including aim, and any particular focus. (100 words or less – attach additional page if necessary)

Meeting Information: days/times/venue (30 words or less)

Details to be Published in the Directory

Contact Person/Position: (our experience has been that it is better to list position rather than persons name, unless specifically required i.e. Secretary/Coordinator etc.)

Address – postal or street as appropriate

Phone:

Phone:

Mobile:

Fax:

Email: if available and appropriate for service to be contacted by email

Web Address: organisation or group directly affiliated with organisation if appropriate

Other Details for Carer Support Use Only (not to be published in directory).

Name:

Phone:

Mobile:

Email:

Other Information:

Please complete the form, print this page and return to:

Carer Support Unit

PO Box 361, (91 Holden Street), Gosford NSW 2250

Telephone: 4320 5556 Fax: 4320 5555

Email: CCLHD-CSUCC@health.nsw.gov.au

View the current version of the Central Coast Support Groups & Services Directory online at:
Central Coast Local Health District – Carer Support Unit web site:

<http://www.cclhd.health.nsw.gov.au/patientsandvisitors/CarerSupport/Documents/SupportGroupsServiceDirectory.pdf>



