

CENTRAL COAST 2019

# Support Groups & Services Directory

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



**Health**  
Central Coast  
Local Health District

## **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 (CCLHD)  
PO Box 361  
GOSFORD NSW 2250

Ph: 4320 5556

Fax: 4320 5555

Email: [CCLHD-CSUCC@health.nsw.gov.au](mailto: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](http://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.

Directory first published March 2005. This version updated May 2019.

# Table of Contents

Adssi In-home Support.....	5
Al-Anon Family Groups.....	5
Albinism Fellowship of Australia (AFA).....	5
Alcoholics Anonymous.....	6
Anxiety Support and Self Help Groups.....	6
Arthritis & Osteoporosis NSW.....	6
Asbestos Diseases Foundation of Australia.....	7
Autism & Aspergers Family Support Group.....	7
Autism Central Coast.....	7
Autoimmune Resource & Research Centre (ARRC).....	8
Bereaved by Suicide.....	8
Better Hearing Australia Central Coast Inc (BHACC).....	8
Brain Tumour Support Group.....	9
Breastfeeding Support “Drop In”.....	9
Burns Survivor Support Group.....	9
Cancer Council Erina Office.....	9
Cancer Council NSW.....	10
Cancer Information & Support Society Inc. CISS.....	10
Cancer Nurse Coordinators - CCLHD.....	10
Central Coast Community Women’s Health Centre.....	11
Central Coast Family Support Services.....	11
Central Coast Myeloma Support Group.....	11
Central Coast Outreach Services.....	12
Cerebral Palsy Alliance (formally The Spastic Centre of NSW).....	12
CoastCanCare Wellness Programs.....	12
Coastwide Child and Family Services.....	12
Commonwealth Respite and Carelink Centre Central Coast.....	13
Continence Advisor - CCLHD.....	14
Counselling & Group Work.....	14
Dementia Carer Support Groups CCLHD.....	14
Dementia YODSS Central Coast.....	14
Disability Person’s Organisation (Voices for Central Coast Disability).....	15
Early Childhood Health Services CCLHD.....	15
Eating Disorder Carer Support Groups (Butterfly Foundation).....	15
Eating Disorder Outpatient Service CCLHD.....	15
Evolution Youth Service.....	16
Family Care Cottages - Early Childhood Health Services.....	16
Family & Carer Mental Health Program, Parramatta Mission - Central Coast.....	16
Family Drug Support Group.....	17
Gosford Women’s Breast Cancer Support Group.....	17
Grandparents Support Groups.....	17
Grow NSW.....	18
Gwandalan Summerland Point Cancer Support Group.....	18

Head & Neck Cancer Support Group .....	18
Implantable Cardioverter Defibrillator (ICD) Support Group.....	18
In Good Company – Erina.....	19
Integrated Living Australia.....	19
Leukaemia Foundation.....	19
Lifeline Hunter Central Coast (NSW).....	19
Lupus Association of NSW.....	20
Melanoma Support Group – Central Coast.....	20
Men Care Too .....	20
Men Do Care.....	21
Mens Shed.....	21
Mental Health and More - Central Coast ARAFMI .....	21
Mental Health Line & Services CCLHD.....	21
Motor Neurone Disease Association of NSW Central Coast Support Group.....	22
MS Central Coast.....	22
Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fybromyalgia.....	22
Ngilyang Aboriginal Pregnancy Child & Family Health Service (AMIHS/BSF).....	23
Northern Settlement Services Ltd .....	23
Pantry Club – Hope Church Central Coast.....	24
Parenting Groups 0-12 months.....	24
Parkinson’s Support Group (Central Coast).....	24
Playgroup NSW – MyTime Peer Support Group.....	25
Playgroup NSW – PlayConnect Playgroup.....	25
Prostate Cancer Support Group (Central Coast).....	25
Regional Youth Support Services Inc.....	25
Respiratory Support Group - CCLHD.....	26
Schizophrenia & Bipolar Fellowship (Central Coast).....	26
Spina Bifida Support Group (Central Coast).....	26
Solace Association Inc NSW Branch.....	26
Stoma Support Group.....	27
Stroke Recovery Clubs Central Coast.....	27
Stroke Recovery Club- Working Age Group Stroke Support (WAGS) .....	27
Synapse – NSW Office.....	28
Thyroid Support Group.....	28
Vision Australia.....	28
West Lakes Support Group.....	28
WIGWAM, Central Coast Cancer Wig Library .....	29
Young Mums Group & Under 21’s Antenatal – CatholicCare.....	29
Glossary of Terms.....	29
Additional Support Organisations.....	30
Central Coast Local Health District.....	34
Other Services .....	34
Community Health Centres.....	35
Neighbourhood & Community Centres.....	36
New Entry Information.....	37

## **Adssi In-home Support**

3A Tuggerah Business Park, Tuggerah 2259

*Contact:* Intake Officer

*Phone:* 1300 578 478

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

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

Support for people who are 65 years plus to live safely and independently within their home, family or in their community. Adssi In-home Support provides: Home Care Packages (Level 1 - 4), Commonwealth Home Support Program, ComPacks and Short Term Restorative Care. Support services include: household chores, transport to appointments, social support groups and outings, occupational therapy, physiotherapy, health and wellbeing programs (falls prevention, gentle exercise etc), Men's Group, assistance with shopping and meal preparation, home modifications (e.g. ramps, rails) and maintenance, garden & lawn maintenance, respite getaways, personal care and twice weekly linen services (delivered to your home).

Adssi HomeLiving Australia provides support to people living with disabilities - coordination of supports, occupational therapy, linen service - clean linen delivery and pickup of used linen; home modifications including rails, ramps, major bathroom modifications, stair lifts etc Our specialist Occupational Therapists provide wheelchair and scooter prescription; Equipment/assistive technology prescription; Assist carers with manual handling advice

## **Al-Anon Family Groups**

PO Box 217, Hamilton 2303

*Helpline:* 1300 252 666 (Free Call)

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

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

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:* Meetings last for 90 minutes, and consists of mutual sharing of similar situations. The emphasis is on trust & anonymity.

Weekly meetings are held in Ettalong, Gorokan, Gosford, Kanwal, Kincumber, Long Jetty, Woy Woy, Wyoming, and Wyong

## **Albinism Fellowship of Australia (AFA)**

PO Box 20729 World Square NSW 2002

*Contact:* Kim Gillespie or Ted Thomas

*Phone:* 1300 221 619

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

*Email:* [membership@albinismaustralia.org](mailto:membership@albinismaustralia.org)

The Albinism Fellowship of Australia (AFA) is a national, non-profit organization 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
  - Biennial conference – next 2019
  - Newsletters by email
  - Outreach to parents of newly diagnosed people with albinism, adults with albinism, service providers
- Visit our website, join our mailing list or join our Facebook page to receive information as it becomes available.
- Meetings:* State run get-togethers and activities throughout the year. Biennial conference (next in 2019).

### **Alcoholics Anonymous**

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

*Phone:* 4323 3890 24hr Helpline

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

*Email:* [aa@ccaa.org.au](mailto: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.

### **Anxiety Support and Self Help Groups**

Facing Anxiety Program, Mental Health Association, Level 5, 80 William St, Woolloomooloo 2011

*Phone:* 9339 6013

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

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

*Anxiety Support Groups:* A free support group meeting is held in Wyoming for people living with Anxiety Disorder and their family and friends. We meet in a friendly, caring and supportive atmosphere to share experiences. Wyoming – Wyoming Community Centre, 147 Maidens Brush Road, Wyoming on the 3rd Saturday of each month at 9.00am. For information about support groups contact Rachel Flint 1300 794 992.

### **Arthritis & Osteoporosis NSW**

Locked Bag 2216, North Ryde NSW, 1670

*Phone:* 1800 011 041 or 9857 3300

*Fax:* 9857 3399

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

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

### **Kincumber Support Group**

Last Friday at 10.00am monthly

Brentwood Village Auditorium, Scaysbrook Dr, Kincumber

Dorothy: 4368 1748

### **Long Jetty Support Group**

1st Thursday at 10.00am monthly  
Karagi Court Community Hall, Yakalla Rd, Bateau Bay  
Liz: 4332 5245

### **Woy Woy Support Group**

3rd Tuesday at 10.30am monthly  
Woy Woy Bowling Club, 186 Brickwharf Rd, Woy Woy  
Jill: 4341 1808 or Heather: 0423 017 450

## **Asbestos Diseases Foundation of Australia**

Suite 3, 133 Parramatta Rd, Granville NSW 2142

*Phone:* Freecall 1800 006 196

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

*Email:* [info@adfa.org.au](mailto: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 4344 4489 or 0419 418 190

## **Autism & Aspergers Family Support Group**

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

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

*Facebook:* Central Coast ASD Support Group (NSW, Australia)

To provide opportunities for families who have an autistic family member (including autism, Aspergers 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.

## **Autism Central Coast**

3/3 Pioneer Drive, Tuggerah 2259

*Phone:* 0410 918 100 or 0452 299 181

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

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

Autism Central Coast is a Not for Profit organisation, that provides support services for anyone seeking assistance with a special needs child or adult on the Central Coast NSW.

Services include babysitting and in-home childcare, Life Skills day and weekend programs, respite, supported independent living, newsletters. NDIS provider.

## **Autoimmune Resource & Research Centre (ARRC)**

Halekulani Bowling Club, 50 Natuna Ave Budgewoi 2262

*Contact:* Coordinator

*Phone:* 4921 4095

*Email:* [Janine.Furner@hnehealth.nsw.gov.au](mailto:Janine.Furner@hnehealth.nsw.gov.au)

Kariong Somersby Rotary Club, 21 Old Penang Rd Kariong 2250.

*Contact:* Mery-Anne

*Phone:* 0412 092 498

*Web:* [www.autoimmune.org.au/cafe-conversations](http://www.autoimmune.org.au/cafe-conversations)

ARRC is a registered NFP-charity dedicated to improving quality of life for people living with autoimmune illness through education, support and research. Our focus is on lupus, scleroderma, Raynaud's Phenomenon, Sjögren's Syndrome, PAH, Vasculitis, RA and associated autoimmune conditions.

Our Café Conversation program brings together people living with autoimmune illness in local areas to talk, laugh and support each other. Family and friends welcome. Meeting details are posted in <https://www.facebook.com/AutoimmuneAustralia>

## **Bereaved by Suicide**

*Contact:* Local Facilitator - Liz Martin

*Phone:* 4369 1431 or 0424 470 029

*Email:* [jedda@coastal.net.au](mailto:jedda@coastal.net.au)

A support group for persons who have been bereaved by the suicide of a partner, family member or friend. Trained support workers, who have also been bereaved by suicide, are available at the meetings to assist.

*Meetings:*

Gosford, Central Coast Leagues Club, Gosford - 2nd & 4th Tuesday of the month from 2.00 - 4.00pm

Wyong, St Vincent de Paul Building, 47 Howarth Street, Wyong - 1st & 3rd Tuesday of the month from 1.00- 3.00pm

## **Better Hearing Australia Central Coast Inc (BHACC)**

Chertseydale Community Cottage, Willow Road, Springfield

BHACC Inc. PO Box 3717 Wamberal NSW 2260

*Phone:* (02) 4321 0275

*Email:* [bhacc@harbourisp.net.au](mailto: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 Personal 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 4321 0275 during office hours or call Geraldine on 4325 3313.

For inquiries about BHACC membership or for assistance with any hearing related problem please contact our office.



## **Brain Tumour Support Group**

PO Box 5102, Erina Fair Erina 2250

*Phone:* 4336 4500 *Cancer Council Connect:* 13 11 20

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

A support group for people living with brain tumour and their carers and/or family.

*Meetings:* Meet 3rd Wednesday of each month 10.00am to 12.00pm at The Cancer Council Community Hub, The Hive Erina Fair Erina.

*Facilitator:* Rhonda Cashin 0404 869 815

## **Breastfeeding Support “Drop In”**

Child & Family Health Nursing

*Phone:* 4328 7900

Offered over a 2 hour time frame, mothers may choose to utilize this service by staying for a brief time or the two hours. The group provides timely, comprehensive, accessible and positive information to support and encourage mothers to maintain breastfeeding, and gives breastfeeding mothers the opportunity to support each other within a friendly environment.

Erina - Monday 9.30 - 11.30am

Gosford - Wednesday 1.30 - 3.30pm & Friday 9.30 - 11.30am

Kincumber - Tuesday 9.30 - 11.30am

Lake Haven - Thursday 9.30 - 11.30am

Long Jetty - Tuesday 1.30 - 3.30pm

Woy Woy - Thursday 9.30 - 11.30am

Wyong Central - Monday 1.30 - 3.30pm

See Community Health Centres list at back of directory or contact Child & Family Health.

## **Burns Survivor Support Group**

*Coordinator:* Rachel Foley

*Phone:* 0422 418 213

*Email:* [rachelfoley@hotmail.com](mailto: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 Council Erina Office**

Erina Community Office, The Hive (near Hoyts Cinemas)

PO Box 5102 Erina Fair 2250

*Community Program Co-ordinator Phone:* 4336 4502 *Cancer Council Connect:* 13 11 20

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

### **Cancer Council NSW**

*Phone:* 13 11 20

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

Cancer Council NSW is a community funded, community focussed cancer charity dedicated to the defeat of cancer. Through the development of prevention strategies, research into new treatments and cures, and by providing clinical and emotional support to those affected by cancer, we work towards realising our vision of a society where lives are not cut short, or their quality diminished by cancer. Cancer Council NSW has the broadest reach of any cancer organisation in New South Wales and has been a trusted charity for more than 50 years.

*Cancer Council Telephone Support Groups:* Cancer Council runs telephone support groups for advanced cancer, brain tumours, lung cancer, multiple myeloma, pancreatic cancer, Carers Groups and Life after Loss groups .

*Meetings:* Each groups runs for an hour and is led by two-trained co-facilitators. For information and referrals contact Cancer Council.

### **Cancer Information & Support Society Inc. CISS**

*Contact:* Mary Sponberg-Macready

*Phone:* 4322 8767

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

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

CISS 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 \$60 p.a. for a double and \$50 p.a. for a single. Members receive regular newsletters with information about worldwide developments in the treatment of cancer and have access to an extensive library of reference material.

*Meetings:* The Central Coast branch holds a general meeting on the third Monday of each month at the Arts & Crafts Centre, Henry Kendall Gardens, Bellbird Drive (off Maidens Brush Rd, Wyoming) at 7.00pm (2.00pm in winter) with a guest speaker and sharing of information and common experiences. An excellent library is available for members. All are welcome. For further information contact Mary Sponberg-Macready on (02) 4322 8767.

### **Cancer Nurse Coordinators - 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.

#### **Cancer Nurse Coordinators Central Coast**

Haematology:	4320 9636	Mob: 0421 028 990
Head and Neck/Lung:	4320 9823	Mob: 0421 028 988
Colorectal/Upper GIT:	4320 9824	Mob: 0436 607 597
Breast (McGrath nurse):	4320 9826	Mob: 0455 086 774
Gynae:	4320 9825	Mob: 0414 192 882
Urology/Neurology:	4320 9822	Mob: 0434 565 24
Prostate Cancer Specialist Nurse:	4336 6627	Mob: 0436 609 857

## Central Coast Community Women's Health Centre

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

We are a feminist women's health centre providing holistic health services to women at three centres located at Wyoming, Wyong and Woy Woy. Our services include clinical health services; counselling; therapeutic and social groups, daily drop-in facility, face to face and phone information and referral, advocacy and a safe, respectful, and friendly space for women of all ages, backgrounds and cultures. Services by women for women.

Women and girls health clinic, counselling, library, childcare, information, resources & referral, drop in centre, safe place for women. Access to complementary therapists. Groups covering anxiety, stress management, boundaries, self-esteem and domestic violence. Social groups including book club, coffee mornings, craft.

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

### Wyoming

37 Maidens Brush Rd Wyoming NSW. 2250

Phone: 4324 2533 Email: [admin@cccwhc.com.au](mailto:admin@cccwhc.com.au)

### Peninsula

20A McMasters Road, Woy Woy NSW 2256

Phone: 4342 5905 Email: [pwhc@cccwhc.com.au](mailto:pwhc@cccwhc.com.au)

### Northern

7 Rose Street Wyong NSW 2259

Phone: 4351 1152 Email: [nwhc.reception@cccwhc.com.au](mailto:nwhc.reception@cccwhc.com.au)

## Central Coast Family Support Services

21 Old Mt Penang Road, PO Box 7125 Kariong NSW 2250

Phone: 4340 1585

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

Email: [ccfss@ccfss.com.au](mailto: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
- Counselling
- Parenting groups
- Young Parent Program
- Grandparents Raising Grandchildren Program

## Central Coast Myeloma Support Group

Haematology Nurse Practitioner, Cancer Day Unit, PO Box 361 Gosford Hospital

Phone: 4320 9641 Email: [jacqueline.jagger@health.nsw.gov.au](mailto: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: Every 2nd month on the last Thursday of the month, 6.00- 8.00pm at Central Coast Leagues Club.

## **Central Coast Outreach Services**

Grace Community Baptist Church

*Co-ordinator:* Barbara Kisiel

*Phone:* 0416 947 632 or 4332 1108

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

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

Counselling services, assistance for victims of domestic violence, and food hampers.

## **Cerebral Palsy Alliance (formally The Spastic Centre of NSW)**

6 Teamster Close, Tuggerah Business Park, Tuggerah NSW 2261

PO Box 5415 Chittaway Bay NSW 2261

*Phone:* 4356 6300

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

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

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, and Support Co-ordination for all disability groups.

## **CoastCanCare Wellness Programs**

*Phone:* 4320 9855

*Email:* [CCLHD-CoastCanCare@health.nsw.gov.au](mailto: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.

## **Coastwide Child and Family Services**

2/21 Jusfrute Drive West Gosford

PO Box 4235 East Gosford NSW 2250

*Phone:* 4340 1111

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

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

### **PlayConnect**

PlayConnect is a facilitated playgroup held weekly 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.

## **Commonwealth Respite and Carelink Centre Central Coast**

Shop 2, Ground Floor, Citigate, 451 Pacific Highway, North Gosford 2250

*Phone:* Freecall 1800 052 222 – 24hr assistance available for emergency respite

*Fax:* 4304 0726

*Email:* [CCLHD-CarerRespite@health.nsw.gov.au](mailto:CCLHD-CarerRespite@health.nsw.gov.au)

*Office Hours:* Mon to Fri 8.00am to 4.30pm

*Service Description:* The Commonwealth Respite & Carelink Centre (CRCC) provides assistance to Carers with organising emergency or short term planned respite. This is a way of relieving the stress of being a Carer. Respite can occur in a variety of settings suitable for both the Carer and the person being cared for.

CRCC also assists with connecting Carers to services and support networks. CRCC can also support Carers through the following programs:

- **Mental Health Respite Program** – supports Carers with in-home respite, social support, community access and assists with linking with others long term support.
- **Young Carers Program** – offers support to Young Carers (under 18yrs) who are studying and maybe having difficulty managing their studies with their caring responsibilities.
- **Respite Support for Carers of Young People with Severe or Profound Disability** – supports Carers with in-home respite, social support, community access and assists with linking with other long terms support.
- **Residential Respite Booking Service** – offers information about short-term residential respite in a Hostel or Nursing Home for older people, designed to provide their Carers with a break from caring. CRCC provides a booking service with Residential Aged Care Facilities on the Central Coast.

### **Continence Advisor – CCLHD**

Erina Community Health Centre, 169 The 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 advise on products available.

- Referrals to the Continence Advisor are via Community Health Access and Intake (CHAI) 1300 725 565, fax 4320 9333 or via My Aged Care if over 65 years of age. A medical referral and accompanying medical history is appreciated.
- 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.

### **Counselling & Group Work**

BaptistCare, 102 Pacific Highway (next to BP) Tuggerah NSW 2259

*Contact:* Intake Officer 1300 130 225

*Phone:* 4352 7900

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

A whole of family approach to relationships with a specialisation in working with families where there is domestic violence. Family Safety is the priority in our work which includes Women's Advocacy, Men's Behaviour Change Programs, support groups for victims of domestic violence and family counselling to rebuild relationship following the trauma of abuse.

### **Dementia Carer Support Groups CCLHD**

Dementia and Behaviour Support Services (DABSS), Suite 3/451 Pacific Highway, Wyoming NSW 2250

*Phone:* 1300 725 565

*Fax:* 4320 9333

*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, Kincumber, 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.

### **Dementia YODSS Central Coast**

*Phone:* 0412 291 771

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

*Facebook:* YODSS Central Coast

Social group for those diagnosed with Younger Onset Dementia, and their Carers.

*Meetings:* Social Club and Coffee Club contact us for meeting times via Facebook, email or phone.

## **Disability Person's Organisation (Voices for Central Coast Disability)**

*Phone:* Secretary 0490 926 905

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

*Email:* [infovoiccd.org](mailto:infovoiccd.org)

We are a team of People with a Disability, their parents and primary carers. The group is peer-led with a large focus on peer support, advocacy, education and community representation. We hold educational sessions on Disability related topics and peer support including social nights to help and assist those with a Disability.

## **Early Childhood Health Services CCLHD**

PO Box 361, Gosford NSW 2250

*Phone:* 4328 7900

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.

*Hours:* Mon - Fri, 8.30am - 5.00pm

## **Eating Disorder Carer Support Groups (Butterfly Foundation)**

*Web:* <https://thebutterflyfoundation.org.au/our-services/support-groups/carers-support-groups/>

Get support with self-care and helping someone overcome an eating disorder - for family and friends. Online - anywhere in Australia:

- Join FREE
- A safe and conversational space facilitated by our specialist counsellors
- For anyone aged 16 +

*When:* 1st and 3rd Friday monthly, 5:00 - 6:00pm AEST (Note: you can only log in if there is a group on at this time)

## **Eating Disorder Outpatient Service CCLHD**

Toukley Health Centre, 1A Hargraves St Toukley NSW 2263

*Phone:* 4396 5111

*Email:* [Judith.Leahy@health.nsw.gov.au](mailto:Judith.Leahy@health.nsw.gov.au)

The only specialised public service on the Central Coast. Free - The service provides Single Session Interventions, Assessment, Referral and Treatment for children, young people and adults with eating disorders. Practical Eating Groups also available. Clinical staff include: clinical psychologists, dietitians, 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 such as ARFID. We treat males and females. No support group for individuals or families.

## **Evolution Youth Service**

Peninsula Community Centre, 2 Ross Street

Woy Woy, PO Box 512, Woy Woy NSW 2256

Phone: 4342 3684

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

Email: [eyes@cccl.com.au](mailto:eyes@cccl.com.au)

Evolution Youth Service is a free service delivering support and assistance to young people (12 – 18 years of age) and their families. Through assessment and early intervention we can link young people to a range of appropriate support agencies to match their individual needs. Our service is committed to assisting young people to:

- remain engaged with education or employment
- stay connected with their families
- gain knowledge & skills to make positive life choices
- support them to achieve their goals

Evolution Youth Service also has a alcohol and other drugs counsellor available three days a week.

Hours: Open Monday to Friday, 9.00am – 5.00pm. Please contact our friendly staff for more information.

## **Family Care Cottages – Early Childhood Health Services**

Child & Family Health Early Childhood Nursing Service CCLHD, Gateway Centre, PO Box 361 Gosford NSW 2250

Phone (Intake Line): 4328 7901 or 4328 7900

Family Care Cottages offer extra 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 Perinatal Intake line.

## **Family & Carer Mental Health Program, Parramatta Mission – Central Coast**

6/3 Koala Cres, West Gosford 2250

Phone: 4322 1855

Email: [fcmhinfocc@parramattamission.org.au](mailto:fcmhinfocc@parramattamission.org.au)

If you have a family member or care for someone 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. We have two meetings across the Central Coast.

Meetings: 1st Wednesday of the month 6.30 – 8.00pm 6/3 Koala Cres West Gosford.

3rd Tuesday of the month 10.00am – 12.00pm Vinnies Regional Office, 47 Howarth St Wyong.



## **Family Drug Support Group**

PO Box 7363, Leura NSW 2780

Contact: Tony Trimmingham (CEO)

Phone: 1300 368 186 Head Office Phone: 4782 9222 Mob: 0412 414 444

Fax: 4782 9555

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

Email: [admin@fds.ngo.org.au](mailto:admin@fds.ngo.org.au)

Support Group Coordinator: Julie Clark – 0400 113 422

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 Julie or visit the FDS website.

Gosford 1st Monday of the month 6:00 – 8:00pm Wyoming Community Centre, 147 Maidens Brush Rd, Wyoming

## **Gosford Women's Breast Cancer Support Group**

PO Box 5102, Erina Fair, Erina 2250

Phone: 4336 4500 Cancer Council: 13 11 20 Facilitator: 4328 4329

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

Support for women with breast cancer and survivors of breast cancer.

Meetings: Last Wednesday of the month at the Cancer Council Community Office, The Hive Erina Fair from 10.30am – 12.30pm

## **Grandparents Support Groups**

Support Worker Central Coast Family Support Services

Phone: 4340 1585

Email: [ccfss@ccfss.com.au](mailto:ccfss@ccfss.com.au)

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.

**Grandparents Northern Support Group:** First Friday of the month 10:00am – 12:00pm at Wyong Public School, Cutler Drive, Wyong (SaCCS) Schools as Community Centre.

**Grandparents Southern Support Group:** Second and last Friday of the month 10:00am – 12:00pm at the Erina Centre Meeting Room 2, The Hive Erina Fair.

## **Grow NSW**

6 Albion Street, Harris Park NSW 2150

*Phone:* Freecall 1800 558 268 or 9633 1800

*Website:* [www.grow.org.au](http://www.grow.org.au)

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

Grow is a caring and supporting community based organisation that offers practical steps and peer support to help you recover your mental health and achieve your personal goals.

Grow has several essential features:

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

*Meetings:* Grow groups meet weekly at Wyong (Tuesday), Woy Woy (Monday), and Bateau Bay (Thursday). For times & venues for all Grow Groups listed at [www.grow.org.au](http://www.grow.org.au) For any further information phone FREECALL 1800 558 268 or 02 9633 1800 Monday to Friday, 9:00am to 4:30pm

## **Gwandalan Summerland Point Cancer Support Group**

*Phone:* 4972 5319

*Email:* [gwenfraser2011@gmail.com](mailto:gwenfraser2011@gmail.com)

*Meetings:* 3rd Tuesday of each month 12.00 – 2.00pm at Gwandalan Bowling Club, Gwandalan.

## **Head & Neck Cancer Support Group**

PO Box 5102, Gosford 2250

*Phone:* 4336 4500

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

Support for people living with head & neck cancer, survivors and carer support networks.

*Meetings:* 3rd Thursday of each month at Cancer Council Community Office, The Hive Erina Fair from 10am to 12 noon.

## **Implantable Cardioverter Defibrillator (ICD) Support Group**

Kerry Staniford, CNS Heart Failure Service

*Phone:* 4320 3934

*Email:* [Kerry.Staniford@health.nsw.gov.au](mailto: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 4 times per year, 2 meetings at Wyong and 2 meetings at Gosford. Please contact co-ordinator for meeting dates, venue & time, and for catering purposes confirm your attendance a week prior to the meeting.

## **In Good Company - Erina**

*Phone:* 9552 1606

*Web:* [www.pdcnsw.org.au/projects/peer-support-groups](http://www.pdcnsw.org.au/projects/peer-support-groups)

*Email:* [jane.scott@pdcnsw.org.au](mailto:jane.scott@pdcnsw.org.au)

The Physical Disability Council of NSW (PDCN) hosts peer support group for people living with disability and their invited guests. The groups are facilitated by a person living with disability and are being held in various locations throughout NSW. Come along to share stories and challenges, socialise and meet others, find ways to manage the NDIS, listen to guest speakers and learn about your rights. To find out more or to register your interest contact Peer Support Project Officer, Jane Scott.

## **Integrated Living Australia**

*Contact:* Dementia Services Manager

*Phone:* 0459 878 508

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

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

Support Group for carers of people living with dementia  
Seaview Room Ettalong Diggers, 51-52 The Esplanade, Ettalong Beach, 2257. 1st Friday of the month  
10.00am – 12.00pm.

Memory Lane Cafe

Relaxed morning tea for people living with dementia and their carers.

Wallarah Bay Recreational Club - 40 Wallarah Rd, Gorokan, 2263. First Wednesday of the month 10.00 – 11:30am

## **Leukaemia Foundation**

Support Service Co-ordinator Central Coast, PO Box 6048 Long Jetty NSW 2261

*Phone:* 1800 620 420 or 4332 9168 *Mob:* 0401 104 662

*Fax:* 4332 0419

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

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

Support and practical assistance to those diagnosed with leukaemia, myeloma, lymphoma and other related blood disorders. Monthly support groups are held on the last Tuesday of the month at Wyong Golf Club 2.00 – 3.30pm and on the last Thursday of the month 10.00 – 11.30am at the Cancer Council Community Hub, The Hive Erina Fair. Education days.

## **Lifeline Hunter Central Coast (NSW)**

PO Box 9094, Wyoming NSW 2250

*CEO:* Gillian Summers

*24 hour Crisis Line:* 13 11 14 *Phone:* 4320 7400

*Fax:* 4324 2753

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

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

### **Lupus Association of NSW**

PO Box 89, North Ryde NSW 1670

*Phone:* 1800 802 088 or 9878 6055

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

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

### **Lymphoedema Support Group - The Entrance**

*Contact:* Jo Thompson - BN2Health

*Phone:* 4384 1501

*Meetings:* 10.00am – 12.00pm (need to ring to confirm meeting dates) Diggers at The Entrance

### **Melanoma Support Group – Central Coast**

*Contact:* Jay Allen

*Phone:* 0430 933 012

*Email:* [jay.allen@melanoma.org.au](mailto:jay.allen@melanoma.org.au)

*Meetings:* Cancer Council Hub, Erina Fair on the first Wednesday of the month from 6.00 – 8.00pm.

### **Men Care Too**

*Contact:* Greg Smith

*Phone:* 0400 604 231

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

*Email:* [mencaretoo.greg@gmail.com](mailto: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.

Online resource with events, activities and workshops advertised as they become available.

## **Men Do Care**

*Phone:* 4322 1855

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

4th Tuesday of the month 6.30pm - 8pm, 6/3 Koala Crescent, West Gosford

## **Mens Shed**

*Phone:* 0466 266 083

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

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

1 Glennie St WestGosford, NSW, 2250

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

## **Mental Health and More - Central Coast ARAFMI**

Lerida House – Head Office, 21 Bellbowrie Ave Narara

*Phone:* 4323 7731

*Fax:* 4323 3054

*Web:* <http://ccarafmi.org.au/>

*Email:* [ccarafmi@bigpond.net.au](mailto:ccarafmi@bigpond.net.au)

Yakkalla Cottage – Social & Recreation Facility, 6 Community Road, Bateau Bay 2261

*Phone:* 4334 3666

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

Mental Health & More 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). Our new property at Narara also offers the opportunity for respite to both carers and consumers. NDIS provider.

## **Mental Health Line & Services CCLHD**

Mental Health Service, PO Box 361, Gosford NSW 2250

*Phone:* 1800 011 511

Mental Health Line 1800 011 511 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 & Young People's Mental Health, Adult Mental Health, Specialist Mental Health Services for Older People, 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.

## **Motor Neurone Disease Association of NSW Central Coast Support Group**

*Phone Family Support Regional Adviser: 1800 777 175 Phone Advisor Central Coast: 0426 259 632*

*Web: [www.mndnsw.asn.au](http://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 motor neurone disease to meet together regularly to chat and learn from each other.

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 Vicki Southgate, MND NSW Central Coast office, phone 8877 0964.

## **MS Central Coast**

*Phone: MS Connect 1800 042 138*

*Website: [www.ms.org.au](http://www.ms.org.au)*

*Email: [msconnect@ms.org.au](mailto: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!

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

Men's telegroup – 1st Thursday of month, 1.30 – 2.30pm

People with MS living in residential care – 1st Wednesday of the month, 11.00am – 12.00pm

Women's support group - 4th Monday of the month 12:30 – 1:30pm

Over 65's - 1st Tuesday of the month 10:30 – 11:30am

Mums with MS support group - 2nd Tuesday of the month 1.00 – 2.00pm

People with MS – general group for support & to share information – 1st Monday of the month, 11.00am – 12.00pm; 2nd Monday of the month 7.00 – 8.00pm; 2nd Tuesday of the month 7.00 – 8.00pm

Carers/family members – 1st Tuesday of the month 7:30 – 8:30pm

After hours telegroup for working people with MS – 2nd Wednesday night of the month, 7.00 – 8.00pm

Telelink Program: Connects newly diagnosed people with MS over the phone to provide peer support, to gather information, and provide support over a 6 week program – phone MS Connect.

## **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](mailto: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.

Meets on the 2nd Tuesday of each month at Kincumber Neighbourhood Centre from 10.30am – 12pm. 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.

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

“Strong women, Strong babies”

Child & Family Services Gateway, 237 Mann Street, Gosford NSW 2250

*Phone:* 4328 7900

*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 12:30 – 2.00pm

Umina – Mingaletta, Aboriginal and Torres Strait Islander Corporation, 6 Sydney Avenue, Umina Beach, Tuesday 10.00 – 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.

## **Northern Settlement Services Ltd**

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

*Phone:* 4334 3877

*Fax:* 4334 3044

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

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

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

**The Multicultural Community Development Project** aims to build stronger communities by developing stronger links and assisting members of CALD communities to participate in community life and activities.

**Family & Community Settlement Services** support migrants & refugees, who are permanent residents, within 5 years of settlement in Australia.

**Multicultural Social Support (MSSS) Service** supports the frail aged from culturally & linguistically diverse backgrounds and their carers. Our volunteers can take clients out to shopping, doctor’s appointment and so on. MSSS 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 English conversation class on Tuesdays at the Youth Hub at Erina Fair. This program is coordinated by Family & Community Settlement Services.

**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** provides respite care to culturally & linguistically diverse carers who support frail aged or have a disability in their own homes in order to enable time and energy to care for themselves.

Please contact the office if you are interested in volunteering. Immigration Advice is available at our head office in Hamilton. Please make an appointment on 4969 3399 or free call 1800 813 205.

*Hours:* Mon-Fri 8.30am – 4.30pm

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

*Referral:* Self, friend, carer, family, My Aged Care (1300200422), GP etc.

*Disability Access:* Yes

*Languages (other than English):* Spanish, Farsi, Thai

### **Pantry Club – Hope Church Central Coast**

*Contact:* Coordinator Pantry Club, 4 Sydney Ave Umina

*Phone:* 4344 2509

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

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

The Pantry Club offers practical support to those suffering financial hardship on the Umina / Woy Woy Peninsula by offering grocery assistance and scrumptious morning tea and cappuccino. Our volunteers are friendly and supportive listeners, can help build connections into the community and refer to other organisations when needed. Everyone is most welcome to drop in for a coffee.

### **Parenting Groups 0-12 months**

Early Childhood Nursing Service - CCLHD Gateway Centre, PO Box 361 Gosford NSW 2250

*Phone:* 4328 7900

New Baby Groups 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 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.

### **Parkinson's Support Group (Central Coast)**

*Phone:* 1800 644 189

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

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

We aim to help individuals and their families better manage living with Parkinson's disease by providing a forum for people with P.D. and their carers, to gain access to information, counselling and support.

We are governed by Parkinson's NSW, through whom we have access to Info line, counsellors, support groups and advocacy on behalf of the P.D. community to raise awareness and education to anyone affected by P.D. including Health Professionals. Parkinson's NSW also provides resources and runs fundraising events for people with P.D. and their families, for research into healing.

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



## **Playgroup NSW – MyTime Peer Support group**

*Phone:* 1800 171 882

*Web:* [www.playgroupnsw.org.au](http://www.playgroupnsw.org.au) or [www.mytime.net.au](http://www.mytime.net.au)

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

MyTime Peer Support Groups are for anyone that is caring for a child with a disability or chronic medical condition 0 – 16 yrs. Parents are welcome to attend with or without their child.

Bateau Bay, Banksia Centre, 7 Sir Joseph Banks Drive – Thursday 9.30am

Erina, Erina Library, Meeting Room 2, Terrigal Drive – Monday 9.30am

## **Playgroup NSW – PlayConnect Playgroup**

*Phone:* 1800 171 882

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

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

PlayConnect Playgroups are facilitated playgroups specifically for children aged 0 – 6 years with Autism Spectrum Disorder (ASD) or ASD like symptoms. Children do not need to have a formal diagnosis to attend.

West Gosford PlayConnect, 1/21 Jusfrute Drive West Gosford NSW 2250, Friday 10.00am

## **Prostate Cancer Support Group (Central Coast)**

Erina Community Health Centre, 169 The Central Coast Highway, Erina

*Phone:* 4367 9600

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

The group provides an opportunity to meet with men who have experienced prostate cancer. Information and sharing of similar experiences plus we have an available up to date library of books, reference material with guest speakers organised monthly. Men and their partners are welcome.

**Gosford Group:** Terrigal Uniting Church 380 Terrigal Drive, Terrigal 9.30am – 12.00pm (9:30am for new members, 10.00am for existing members) last Friday of the month

*Contact:* Jacquie Swindells 4367 9600.

*Chairman:* John Daven 4329 2244 or 0419 207 518

## **Regional Youth Support Services Inc.**

123 Donnison Street (PO Box 1300) Gosford NSW 2250

*Phone:* 4323 2374

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

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

Regional Youth Support Services ('RYSS') is a leading, locally based youth specific charity service, delivering frontline 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.

The following services are provided: support, information, assessment, referrals, supervised activities, advocacy services, workshops, case management, excursions & programs to enhance personal development.

For more information contact Regional Youth Support Services."

## **Respiratory Support Group - CCLHD**

*Phone:* 4394 7137

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. Lungbusters is held at the Wyong Health Centre (grounds of Wyong Hospital).

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

## **Schizophrenia & Bipolar Fellowship (Central Coast)**

PO Box 647, Woy Woy NSW 2256

*Phone:* Stephanie 4344 7989 or Conette 4368 2214

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

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 12.30 – 3.00pm. Uniting Church of Australia, Donnison Street, Gosford. Meeting room at the rear of the building, walk up driveway & turn right at the end.

## **Spina Bifida Support Group (Central Coast)**

PO Box 374, Ettalong Beach NSW 2257

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

*Phone:* Kerry Daintin 4328 3235

*Phone:* Spina Bifida Information Line 1300 655 447

*Email:* [ann.hudson@optusnet.com](mailto:ann.hudson@optusnet.com)

To provide 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.

## **Solace Association Inc NSW Branch**

*Contact:* Local Facilitator - Liz Martin

*Phone:* 4369 1431 or 0424 470 029

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

*Email:* [jedda@coastal.net.au](mailto:jedda@coastal.net.au)

Solace - Support, Ongoing, Love, Acceptance, Care, and Encouragement.

Solace is a support group for persons who have been bereaved by the death of a spouse / partner. Trained support workers, who have also been bereaved, are available at the meetings to assist.

*Meetings:*

Gosford: Central Coast Leagues Club, Gosford - 2nd & 4th Tuesday of the month from 2.00 – 4.00pm

Wyong: St Vincent de Paul Building, 47 Howarth Street, Wyong - 1st & 3rd Tuesday of the month from 1.00 – 3.00pm

## **Stoma Support Group**

Contact: Stomal Therapy Nurse (CCLHD)

Phone: 4320 3323

Email: [Debra.Day@health.nsw.gov.au](mailto:Debra.Day@health.nsw.gov.au)

Support group for people living with a stoma. All ages welcome.

Meetings: x4 per year; 3rd Wednesday of February, May, August & November – 1.30 – 3.30pm. Venue changes each meeting between Woy Woy, Kincumber, Long Jetty and Wyong, please check with Stomal Therapy Service for venue and address.

## **Stroke Recovery Clubs Central Coast**

Contact: Stroke Recovery Association NSW

Phone: Freecall 1300 650 594 or 9807 6422

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

Email: [info@strokensw.org.au](mailto: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:

Gosford: 10.00am – 12.00pm, every 2nd Friday.

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

Web: [www.wags.com.au](http://www.wags.com.au) or [www.strokensw.org.au](http://www.strokensw.org.au)

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

A meeting place for working age 65 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 - meet fortnightly on Fridays, 12:30 – 2.00pm.

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

### **Synapse - NSW Office**

Suite 102, Level 1, 3 Carlingford Road, Epping NSW 2121  
PO Box 3356, South Brisbane QLD 4101

*Phone:* Freecall 1800 673 074 or (07) 3137 7400

*Fax:* (07) 3137 7452

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

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

*Facebook:* [www.facebook.com/synapse.org.au](http://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.

### **Thyroid Support Group**

PO Box 5102, Erina Fair Erina 2250

*Phone:* 4336 4500 Cancer Council: 13 11 20

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

A support group for people living with Thyroid cancer and survivors and people living with Thyroid Dysfunction, includes carer support groups

*Quarterly Meetings:*

On a Saturday at Cancer Council Community Office The Hive, Erina Fair, Erina 10.00am – 12.00pm. Need to telephone Barbara Young 4369 4461 or 0409 033 916 for specific meeting dates.

### **Vision Australia**

The Gateway Centre, Suite 1, Level 3/237 Mann Street, Gosford NSW 2250

*Contact:* Team Manager (Joanne Northcote)

*Phone:* 1300 84 74 66

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

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

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.

Telelink service is available for those who seek to connect to other people with vision loss, via their telephone.

An information and library service is also available, as well as talking newspapers.

Contact local office on 4321 6700 for vision impaired support groups on the Central Coast e.g. recreational activities groups.

### **West Lakes Cancer Support Group**

*Contact:* Arnold 4973 3735 or Marie 0418 497 216

*Meetings:* 2nd Tuesday of each month, 7.00 – 8.30pm Morisset Country Club

**WIGWAM, Central Coast Cancer Wig Library**

Phone: 4320 2181

Free Wig Loan Service for cancer patients 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. For general enquiries phone CoastCanCare on 4320 9855.

**Young Mums Group & Under 21's Antenatal - CatholicCare**

CatholicCare Pregnancy Counselling

Contact: Julie Brooks

Phone: 4356 2622 or 0407 586 339

Pregnancy Counselling: Free for women of any age.

Groups: Support and education for young pregnant women and young mothers.

Meetings: Young Parent Groups at Liberty Church, 129 Erina St, Gosford and at Lakelands Community Centre, 3 Literary Close, Kanwal (Approx fortnightly). No cost.

Preparation for Birth and Parenthood courses 5 x 6wk sessions Gosford & Kanwal. No cost.

## Glossary of Terms

Term	Definition/Meaning
<b>Advocacy</b>	To plead in favour of; support or urge by argument; recommend publicly.
<b>Carer</b>	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.
<b>CCLHD</b>	Central Coast Local Health District is the organisation that covers the local government areas of Wyong Shire and Gosford City.
<b>Consumer</b>	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.
<b>Community</b>	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.
<b>NGO</b>	Non Government Organisation
<b>Participation</b>	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.
<b>Respite</b>	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.
<b>Support Group</b>	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.

# Additional Support Organisations

Ability Links	4326 0400	<a href="http://www.vinnies.org.au/abilitylinks">www.vinnies.org.au/abilitylinks</a>
Advocates for Survivors of Child Abuse	1300 657 380	<a href="http://www.asca.org.au">www.asca.org.au</a> or <a href="http://www.blueknot.org.au">www.blueknot.org.au</a>
Addison's Disease Association Inc	6652 4761	<a href="http://www.addisons.org.au">www.addisons.org.au</a>
Adult Migrant English Service	1800 114 707	<a href="http://www.ames.edu.au">www.ames.edu.au</a>
Aftercare	1300 001907	<a href="http://www.aftercare.com.au">www.aftercare.com.au</a>
Aged-care Rights Service (TARS)	02 9281 3600 1800 424 079	<a href="http://www.agedrights.asn.au">www.agedrights.asn.au</a>
Aged Care Info Line	1800 200 422	<a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
AIDS Hotline & Information Service	1800 451 600	<a href="http://thealbioncentre.org.au/">http://thealbioncentre.org.au/</a>
Alcohol & Drug Information Service	02 9361 8000 1800 422 599	<a href="http://www.svhs.org.au">www.svhs.org.au</a>
Ambulance Service	131 233 000 Emergency	<a href="http://www.ambulance.nsw.gov.au">www.ambulance.nsw.gov.au</a>
Anxiety Disorders Information	1300 794 991	<a href="http://www.wayahead.org.au">www.wayahead.org.au</a>
Asbestos Diseases Advisory Services	1800 646 690	<a href="http://www.asbestosdiseases.org.au">www.asbestosdiseases.org.au</a>
Assisted Living Programs (ALPS)	4349 3700	<a href="http://www.ccdn.com.au">www.ccdn.com.au</a>
Assistive Technology Centre	1300 452 679	<a href="http://www.ilcnsw.asn.au">www.ilcnsw.asn.au</a>
BaptistCare Services BCS Head Office	1300 275 227 02 8713 4333 02 9023 2500	<a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a>
Bereavement CARE centre	1300 654 556	<a href="http://www.bereavementcare.com.au">www.bereavementcare.com.au</a>
Bowel Group for Kids (BGK)		<a href="http://www.bgk.org.au">www.bgk.org.au</a>
Brain Injury Association of NSW	1800 673 074	<a href="http://www.synapse.org.au">www.synapse.org.au</a>
Breastfeeding Helpline	1800 686 268	<a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a>
BreastScreen Australia	132 050	<a href="http://www.cancerscreening.gov.au">www.cancerscreening.gov.au</a>
Bungree Aboriginal Association	4350 0100	<a href="http://www.bungree.org.au">www.bungree.org.au</a>
Cancer Helpline	131 120	<a href="http://www.cancercouncil.com.au">www.cancercouncil.com.au</a>
Cardiomyopathy Association of Aust	1300 552 622	<a href="http://www.cmaa.org.au">www.cmaa.org.au</a>
CareSearch - Palliative Care	08 7221 8233	<a href="http://www.caresearch.com.au">www.caresearch.com.au</a>
Carers NSW CareLine	1800 242 636	<a href="http://www.carersnsw.org.au">www.carersnsw.org.au</a>
Carer Gateway	1800 422 737	<a href="http://www.carergateway.gov.au">www.carergateway.gov.au</a>
CatholicCare	4356 2600	<a href="http://www.catholiccareddb.org.au">www.catholiccareddb.org.au</a>
Centrelink • Disability Sickness & Carers • Seniors card • Aged Pension • Family Assistance Office	132 717 137 788 132 300 136 150	<a href="http://www.humanservices.gov.au">www.humanservices.gov.au</a>  <a href="http://www.seniorscard.nsw.gov.au">www.seniorscard.nsw.gov.au</a>
Central Coast Outreach Services	0418 134 655 02 4333 1108	<a href="http://www.ccos.com.au">www.ccos.com.au</a>
Cerebral Palsy Helpline	1300 302 920	
Child Abuse Prevention Service	02 9716 8000	<a href="http://www.childabuseprevention.com.au">www.childabuseprevention.com.au</a>
Child Protection Helpline	132 111	

Child Support Agency	131 272	<a href="http://www.csa.gov.au">www.csa.gov.au</a>
Cleft Pals	9294 8944	<a href="http://www.cleftpalsnsw.org.au">www.cleftpalsnsw.org.au</a>
Coeliac NSW and ACT	1300 458 836 9487 5088	<a href="https://nswact.coeliac.org.au/">https://nswact.coeliac.org.au/</a>
Community Transport - Central Coast	4355 4588	<a href="http://www.ctccl.org.au">www.ctccl.org.au</a>
Community Pathways Team For under 65s	1300 160 096	
Continence Helpline	1800 330 066	<a href="http://www.continence.org.au">www.continence.org.au</a>
COTA (Council on the Ageing)	1800 449 102	<a href="http://www.cota.org.au">www.cota.org.au</a>
Crime Stoppers	1800 333 000	<a href="http://www.crimestoppers.com.au">www.crimestoppers.com.au</a>
Crohn's & Colitis Australia	1800 138 029	<a href="http://www.crohnsandcolitis.com.au">www.crohnsandcolitis.com.au</a>
Cystic Fibrosis Foundation NSW	1800 232 823	<a href="http://www.cysticfibrosis.org.au">www.cysticfibrosis.org.au</a>
Dads in Distress	1300 853 437	<a href="http://www.dadsindistress.asn.au">www.dadsindistress.asn.au</a>
Deaf Society of NSW	1800 893 855	<a href="http://www.deafsocietynsw.org.au">www.deafsocietynsw.org.au</a>
Dementia Australia Helpline	1800 100 500	<a href="http://www.dementia.org.au">www.dementia.org.au</a>
Diabetes NSW	1300 342 238	<a href="http://www.diabetesnsw.com.au">www.diabetesnsw.com.au</a>
Disability Equipment Access Services Information (IDEAS)	1800 029 904	<a href="http://www.ideas.org.au">www.ideas.org.au</a>
Domestic Violence Helpline	1800 656 463	<a href="http://www.domesticviolence.nsw.gov.au">www.domesticviolence.nsw.gov.au</a>
Down Syndrome Association of NSW	9841 4444	<a href="http://www.dsansw.org.au">www.dsansw.org.au</a>
Eleanor Duncan Aboriginal Health Centre	4351 1040	<a href="http://www.yerin.org.au">www.yerin.org.au</a>
Epilepsy Action Australia	1300374537	<a href="http://www.epilepsy.org.au">www.epilepsy.org.au</a>
Ethnic Communities Council of Aust	9319 0288	<a href="http://www.eccnsw.org.au">www.eccnsw.org.au</a>
Fairhaven Services (Disability Support)	4349 5500	<a href="http://www.fairhaven.org.au">www.fairhaven.org.au</a>
Family Planning Healthline	1300 658 886	<a href="http://www.fpnsw.org.au">www.fpnsw.org.au</a>
Family Relationship Advice Line	1800 050 321	<a href="http://www.familyrelationships.gov.au">www.familyrelationships.gov.au</a>
Gambling Solutions Central Coast	4344 7992	<a href="http://www.coastcommunityconnections.com.au">www.coastcommunityconnections.com.au</a>
Gay & Lesbian Counselling Line	1800 184 527	<a href="http://www.livingproud.org.au/living-proud-services/community-services/phoneline/">www.livingproud.org.au/living-proud-services/ community-services/phoneline/</a>
Generation Q	4323 2374	<a href="http://www.ryss.com.au">www.ryss.com.au</a>
Genetic and Rare Disease Network	1300 770 995	<a href="https://gardn.org.au/contact/">https://gardn.org.au/contact/</a>
Glaucoma Australia	1800 500 880	<a href="http://www.glaucoma.org.au">www.glaucoma.org.au</a>
Gambling Helpline	1800 858 858	<a href="http://www.gamblinghelp.nsw.gov.au">www.gamblinghelp.nsw.gov.au</a>
Guardianship Tribunal	1300 006 228	<a href="http://www.gt.nsw.gov.au">www.gt.nsw.gov.au</a>
Guide Dogs NSW / ACT	02 9412 9300	<a href="http://www.guidedogs.com.au">www.guidedogs.com.au</a>
Health Direct	1800 022 222	<a href="http://www.healthdirect.org.au">www.healthdirect.org.au</a>
HealthCare (Hunter Nursing)	9412 9300	<a href="http://www.hunternursing.com.au">www.hunternursing.com.au</a>
Hepatitis Helpline	1800 803 990	<a href="http://www.hep.org.au">www.hep.org.au</a>
HIV Hotline & Information Service	1800 451 600	<a href="http://thealbioncentre.org.au/">http://thealbioncentre.org.au/</a>
Home Doctor Service	13 74 25	<a href="http://www.homedoctor.com.au">www.homedoctor.com.au</a>
Homicide Victims Support Group	1800 191 777	<a href="http://www.hvsgnsw.org.au">www.hvsgnsw.org.au</a>
Huntington Disease Association	9874 9777	<a href="http://www.ahdansw.asn.au">www.ahdansw.asn.au</a>

## Central Coast Local Health District

Integrated Living	1300 473 528	<a href="http://www.integratedliving.org.au">www.integratedliving.org.au</a>
Interrelate Family & Relationship Line	1300 473 528	<a href="http://www.interrelate.org.au">www.interrelate.org.au</a>
LawAccess NSW	1300 888 529	<a href="http://www.lawaccess.nsw.gov.au">www.lawaccess.nsw.gov.au</a>
Legal Aid	02 4324 5611	<a href="http://www.legalaid.nsw.gov.au">www.legalaid.nsw.gov.au</a>
Lifeline	13 11 14	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Meals on Wheels Central Coast	4357 8444	<a href="http://www.ccmow.com.au">www.ccmow.com.au</a>
ME/CFS & FM Association NSW	9904 8433	<a href="http://www.mecfsw.org.au">www.mecfsw.org.au</a>
Medicines Line	1300 633 424	<a href="http://www.nps.org.au">www.nps.org.au</a>
Meniere's Australia	1300 368 818	
Men's Line Australia	1300 789 978	<a href="http://www.mensline.org.au">www.mensline.org.au</a>
Men's Sheds Australia	1300 550 009	<a href="http://www.mensshed.org">www.mensshed.org</a>
Mental Health Information Service	1300 794 991	<a href="http://www.mentalhealth.asn.au">www.mentalhealth.asn.au</a>
Mothersafe	1800 647 848	<a href="http://www.mothersafe.org.au">www.mothersafe.org.au</a>
MY AGED CARE	1800 200 422	<a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>
My Forever Family	1300 782 975	<a href="http://www.myforeverfamily.org.au">www.myforeverfamily.org.au</a>
Muscular Dystrophy NSW	1800 635 109 02 9888 5711	<a href="http://www.mdsw.org.au">www.mdsw.org.au</a>
National Replay Service (NRS)	1800 555 660	<a href="http://www.relayservice.com.au">www.relayservice.com.au</a>
Northcott Central Coast	1800 818 286	<a href="http://www.northcott.com.au">www.northcott.com.au</a>
Northern Settlement Services	4334 3877	<a href="http://www.nssservices.com.au">www.nssservices.com.au</a>
NDIS National Disability Insurance Scheme	1800 800 110	<a href="http://www.ndis.gov.au">www.ndis.gov.au</a>
Needle Clean Up Hotline	1800 633 353	<a href="http://thealbioncentre.org.au/">http://thealbioncentre.org.au/</a>
NSW Trustee & Guardian	1300 364 103	<a href="http://www.tag.nsw.gov.au">www.tag.nsw.gov.au</a>
Office of Public Guardian	1800 451 510	<a href="http://www.lawlink.nsw.gov.au/opg">www.lawlink.nsw.gov.au/opg</a>
Office of the Australian Information Commissioner	1300 363 992	<a href="https://www.oaic.gov.au/">https://www.oaic.gov.au/</a>
Ombudsman NSW	1800 451 524 9286 1000	<a href="http://www.ombo.nsw.gov.au">www.ombo.nsw.gov.au</a>
Osteoporosis NSW	1800 242 141	<a href="http://www.osteoporosis.org.au">www.osteoporosis.org.au</a>
Paraquad - Bright Sky	9132 4253	<a href="http://www.paraquad.org.au">www.paraquad.org.au</a>
Parentline	1300 130 052	<a href="http://www.parentline.org.au">www.parentline.org.au</a>
Poisons Information Centre	13 11 26	<a href="http://www.poisonsinfo.nsw.gov.au">www.poisonsinfo.nsw.gov.au</a>
Prader-Willi Syndrome Association	1800 797 287	<a href="http://www.pws.org.au">www.pws.org.au</a>
Pregnancy Counselling Australia	1300 737 732	<a href="http://www.pregnancycounselling.com.au">www.pregnancycounselling.com.au</a>
Rape Crisis Centre	1800 424 017	<a href="http://www.nswrapecrisis.com.au">www.nswrapecrisis.com.au</a>
Red Cross Central Coast	4324 3411	<a href="http://www.redcross.org.au">www.redcross.org.au</a>
Red Nose Grief and Loss	1300 308 307	<a href="http://www.rednosegriefandloss.com.au">www.rednosegriefandloss.com.au</a>
Relationships Australia	1300 364 277	<a href="http://www.relationships.com.au">www.relationships.com.au</a>
Salvo Counselling	13 72 58	<a href="http://www.salvationarmy.org.au/find-help/counselling/">www.salvationarmy.org.au/find-help/counselling/</a>
Salvo Youth Crisis Line	8736 3293	<a href="http://www.youthpoint.com.au/salvo-youth-crisis-line-2/">www.youthpoint.com.au/salvo-youth-crisis-line-2/</a>
SANE Mental Illness Helpline	1800 187 263	<a href="http://www.sane.org">www.sane.org</a>
Seniors Rights Service	1800 424 079	<a href="https://seniorsrightsservice.org.au/">https://seniorsrightsservice.org.au/</a>



Siblings Australia Inc		<a href="http://www.siblingsaustralia.org.au">www.siblingsaustralia.org.au</a>
Sign & Speak Australia	1300 787 136	<a href="http://www.aaspeech.com.au">www.aaspeech.com.au</a>
Spinal Cord Injuries Australia	1800 819 775	<a href="http://www.scia.org.au">www.scia.org.au</a>
State Emergency Service (SES)	132 500	<a href="http://www.ses.nsw.gov.au">www.ses.nsw.gov.au</a>
Stroke Line	1800 787 653	<a href="http://www.strokefoundation.com.au">www.strokefoundation.com.au</a>
Sue Mann's Nursing & Community Care	1300 241 300	<a href="http://www.suemann.com.au">www.suemann.com.au</a>
Sunnyfield Disability Services	1300 588 688	<a href="http://www.sunnyfield.org.au">www.sunnyfield.org.au</a>
Taxi Transport Subsidy Scheme	131 500	<a href="http://www.transport.nsw.gov.au/customers/taxis/ttss">www.transport.nsw.gov.au/customers/taxis/ttss</a>
Technical Aid For Disabled NSW	1300 663 243	<a href="http://www.tadnsw.org.au">www.tadnsw.org.au</a>
The Butterfly Foundation (Eating disorders)	1800 334 673	<a href="http://www.thebutterflyfoundation.org.au">www.thebutterflyfoundation.org.au</a>
Tourette Syndrome Association	(02) 9382 3726	<a href="http://www.tourette.org.au">www.tourette.org.au</a>
Transport Info Line	131 500	<a href="http://www.transportnsw.info">www.transportnsw.info</a>
Translating & Interpreting Service (TIS)	131 450	<a href="http://www.tisnational.gov.au">www.tisnational.gov.au</a>
Tresillian	1300 272 736	<a href="http://www.tresillian.net">www.tresillian.net</a>
Vietnam Veterans Counselling Service	1800 011 046	<a href="http://www.openarms.gov.au/about/vvcs-now-open-arms-veterans-families-counselling">www.openarms.gov.au/about/vvcs-now-open-arms-veterans-families-counselling</a>
Victims Access Line	1800 411 822	<a href="http://www.victimsservices.justice.nsw.gov.au">www.victimsservices.justice.nsw.gov.au</a>
Welfare Rights Centre	1800 226 028	<a href="http://www.welfarerights.org.au">www.welfarerights.org.au</a>
Women with Disabilities Australia	0438 535 123	<a href="http://wwda.org.au/">http://wwda.org.au/</a>
Women's Legal Service NSW	1800 801 501 or 8745 6988	<a href="http://www.wlsnsw.org.au">www.wlsnsw.org.au</a>

# Central Coast Local Health District

<b>Gosford Hospital</b>	Holden Street, Gosford 2250.....	4320 2111
<b>Wyong Hospital</b>	Pacific Highway, Hamlyn Terrace 2259.....	4394 8000
<b>Long Jetty Hospital</b>	Wyong Road, Killarney Vale 2261.....	4336 7700
<b>Woy Woy Hospital</b>	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
Biala Cottage (Medical examination, treatment & follow-up after sexual abuse)	4320 3175
Inpatient Services ACAT (previously known as ARCCS)	4304 0777
Carer Support Unit and Carer Retreat & Information	4320 5556
Child & Family Health	4328 7900
Children's and Young People's Mental Health - Gosford	4304 7878
Community Health Access and Intake <ul style="list-style-type: none"> <li>• Community ACAT (Aged Care Assessment Team)</li> <li>• Community Nursing <ul style="list-style-type: none"> <li>• Continence</li> <li>• Wound Management</li> <li>• Stomal Therapy</li> </ul> </li> <li>• Community Respiratory Services</li> <li>• Community Occupational Therapy Services</li> <li>• Complex Care Coordination</li> <li>• Dementia &amp; Behaviour Support Services (DABSS)</li> </ul> Patients and carers can self-refer	1300 725 565
Oral Health Service	1300 789 404 press 2 for Gosford
Diabetic Clinic	4320 3321
Patient Transport Service Booking Hub	1300 233 500
Mental Health Line (NSW Health)	1800 011 511
Multicultural Health	4320 3048
Outpatients Clinics <ul style="list-style-type: none"> <li>• Gosford</li> <li>• Wyong</li> </ul>	4320 3389 4394 8149
Palliative Care Service	4336 7777
Patient Safety Consultant (Complaints Unit)	4320 3920
Residential Respite Booking Service	1800 052 222
Youth Health Service Wyong Central Community Health Centre	4356 9333

## Community Health Centres

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

<b>Erina Community Health Centre</b> 169 The Entrance Road, Erina 2250	4367 9600
<b>Kincumber Community Health Centre</b> Rear of Kincumber Shopping Centre, Building 3, 20 Kincumber Street, Kincumber 2251	4369 2355
<b>Lake Haven Community Health Centre</b> 3 Stratford Avenue (between Bunnings and Shopping Centre), Lake Haven 2263	4393 7777
<b>Long Jetty Community Health Centre</b> 64 Wyong Road, Killarney Vale 2261	4336 7800
<b>Mangrove Mountain Community Health Centre</b> (restricted hours) RMB 1640 Nurses Road, Mangrove Mountain 2250	4373 1249
<b>Toukley Community Health Centre</b> 1A Hargraves Street, Toukley 2263	4396 5111
<b>Woy Woy Community Health Centre</b> Ocean Beach Road, Woy Woy 2256	4344 8432
<b>Wyong Community Health Centre</b> 664 Pacific Highway (within Wyong Hospital Campus), Hamlyn Terrace 2259	4394 8229
<b>Wyong Central Community Health Centre</b> 38A Pacific Highway, Wyong 2259	4356 9300
<b>Family Care Cottage Gosford</b> Gateway Centre Gosford, 237 Mann St, Gosford 2250	4328 7900
<b>Family Care Cottage Kanwal</b> <b>664 Pacific Highway (within Wyong Hospital Campus), Hamlyn Terrace 2259</b>	4394 8229

# Neighbourhood & Community Centres

<b>Berkeley Vale Neighbourhood Centre</b> The Berkley Centre, 3 Heather Ave, Glenning Valley, NSW 2261	4388 5801
<b>Bateau Bay Neighbourhood Centre</b> 10 Cynthia Street, Bateau Bay NSW 2261	4332 7450
<b>Blue Haven School as Community Centre Dolphin Cottage</b> Colarado Drive, Blue Haven NSW 2262	4390 8524
<b>Chertseydale Community Cottage</b> Willow Road (part of Chertsey Public School), Springfield NSW 2250	4325 3963 0409 800 821
<b>Gosford Narara Community Centre</b> 2 Pandala Road, Narara, NSW 2250	4329 4477
<b>Green Point Community Centre</b> 96 Koolang Road, Green Point NSW 2250	4367 7591
<b>Kariong Neighbourhood Centre</b> 10 Langford Drive, Kariong NSW 2250	4340 1724
<b>Kincumber Neighbourhood Centre</b> 20 - 22 Kincumber Street, Kincumber NSW 2251	4363 1044
<b>Mangrove Mountain &amp; Districts Community Group</b> 120 Ironbark Rd, Mangrove Mountain NSW 2250	4374 1255
<b>Northlakes School as Community Centre</b> Jabiru Cottage, 69 Goorama Ave, San Remo NSW 2262	4390 9718 or 0409 800 821
<b>Uniting Burnside Northern Lakes Family Centre</b> 1 Colongra Bay Rd Colongra Bay NSW 2259	1800 864 846
<b>Peninsula Community Centre</b> 93 McMasters Road, Woy Woy NSW 2257	4341 9333
<b>San Remo Neighbourhood Centre</b> 28 Brava Avenue, San Remo NSW 2262	4390 7888
<b>The Entrance Neighbourhood Centre</b> Corner of Oakland Street and Battley Street, The Entrance NSW 2261	4332 4545
<b>Toukley Neighbourhood Centre</b> Heador Street, Toukley NSW 2263	4396 1555
<b>Watanobbi Community Centre</b> 1 Harrington Close, Watanobbi NSW 2259	4351 2860
<b>Woy Woy School as Community Centre</b> Park Road, Woy Woy NSW 2257	4343 1929 0477 317 862
<b>Wyoming Community Centre</b> 147 Maidens Brush Road, Wyoming NSW 2250	4323 7483
<b>Wyoming Youth Centre</b> 9 Warrawilla Road, Wyoming NSW 2250	4323 2374
<b>Wyong Neighbourhood Centre</b> Alison Road (old primary school), Wyong NSW 2259	4353 1750
<b>Wyong School as Community Centre</b> Cutler Drive, Wyong NSW 2259	0401 414 177

# 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](mailto: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>





