

CENTRAL COAST 2021

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 (I)
PO Box 361
GOSFORD NSW 2250

Ph: 4320 5556

Fax: 4320 5555

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

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

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

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

Disclaimer

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

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Table of Contents

Albinism Fellowship of Australia (AFA)	5
Alcoholics Anonymous	5
Anxiety Support and Self Help Groups.....	5
Arthritis & Osteoporosis NSW	6
Asbestos Diseases Foundation of Australia.....	6
Autism & Aspergers Family Support Group.....	6
Autism Central Coast	7
Bereaved by Suicide.....	7
Better Hearing Australia Central Coast Inc (BHACC)	8
Burns Survivor Support Group.....	8
Cancer Council Erina Office	8
Cancer Council NSW	9
Cancer Information & Support Society Inc. CISS.....	9
Cancer Nurse Coordinators - CCLHD.....	9
Central Coast Community Women's Health Centre.....	10
Central Coast Family Support Services.....	10
Central Coast Myeloma Support Group	11
Central Coast Outreach Services	11
Cerebral Palsy Alliance (formally The Spastic Centre of NSW)	11
CoastCanCare Wellness Programs.....	11
Coastwide Child and Family Services	12
Continence Advisor - CCLHD.....	13
Counselling & Group Work	13
Dementia Carer Support Groups CCLHD	13
Dementia YODSS Central Coast.....	13
Disability Person's Organisation (Voices for Central Coast Disability)	14
Early Childhood Health Services CCLHD	14
Eating Disorder Carer Support Groups (Butterfly Foundation)	14
Eating Disorder Outpatient Service CCLHD.....	14
Coast Youth Services	15
Family Care Cottages - Early Childhood Health Services	15
Family & Carer Mental Health Program, Parramatta Mission - Central Coast	15
Family Drug Support Group	16
Gosford Women's Breast Cancer Support Group.....	16
Grandparents Raising Grandchildren Support Groups.....	16
Grow NSW/ACT.....	17
Gwandalan Summerland Point Cancer Support Group.....	17
Head & Neck Cancer Support Group	17
Implantable Cardioverter Defibrillator (ICD) Support Group.....	17
Integrated Living Australia	18
Leukaemia Foundation.....	18
Lifeline Hunter Central Coast (NSW).....	18
Lupus Association of NSW	19

Melanoma Support Group – Central Coast	19
Men Care Too	19
Gosford Community Men's Shed Inc	19
Mental Health Line & Services CCLHD.....	20
Motor Neurone Disease Association of NSW Central Coast Support Group	20
MS Central Coast.....	20
Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia	21
Ngilyang Aboriginal Pregnancy Child & Family Health Service (AMIHS/BSF)	21
Northern Settlement Services Ltd	22
Pantry Club – Hope Church Central Coast.....	23
Parenting Groups 0-12 months.....	23
Parkinson's Support Group (Central Coast)	23
Playgroup NSW – MyTime Peer Support group	23
Playgroup NSW – PlayConnect Playgroup.....	24
Prostate Cancer Support Group (Central Coast)	24
Regional Youth Support Services Inc.	24
Respiratory Support Group – CCLHD	24
Schizophrenia & Bipolar Fellowship (Central Coast)	25
Spina Bifida Support Group (Central Coast).....	25
Solace Association Inc NSW Branch.....	25
Stoma Support Group	25
Stroke Recovery Clubs Central Coast	26
Stroke Recovery Club – Working Age Group Stroke Support (WAGS)	26
Synapse – NSW Office	27
Vision Australia	28
West Lakes Cancer Support Group.....	28
WIGWAM, Central Coast Cancer Wig Library	28
Young Mums Group & Under 21's Antenatal – CatholicCare.....	28
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

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

Email: membership@albinismaustralia.org

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

Activities of the AFA:

- Facebook page with over 600 members offering real time advice and peer support
- 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

Email: aa@ccaa.org.au

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

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

Anxiety Support and Self Help Groups

Facing Anxiety Program, Mental Health Association, Suite 2.02 Building C, 33-35 Saunders Street, Pyrmont NSW 2009

Phone: 1300 794 992

Web: www.understandinganxiety.org.au

Email: 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

Fax: 9857 3399

Phone: 1800 011 041

Web: www.arthritisnsw.org.au

Email: info@arthritisnsw.org.au

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

Long Jetty Support Group

1st Thursday monthly

Karagi Court Community Hall, Yakalla Rd, Bateau Bay

Robin Blon: 0451 062 914

Asbestos Diseases Foundation of Australia

Suite 3, 133 Parramatta Rd, Granville NSW 2142

Phone: Freecall 1800 006 196

Web: www.adfa.org.au

Email: info@adfa.org.au

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

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

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

Autism & Aspergers Family Support Group

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

Email: wyeiejulie@yahoo.com.au

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

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 INC

3/3 Pioneer Drive, Tuggerah 2259

Phone: 0410 918 100 or 0452 299 181

Facebook: Autism Central Coast INC

Web: www.autismcentralcoast.org

Email: 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.

We provide the following out of their NDIS packages:

- Respite
- School Holiday Programs
- Saturday centre based program
- Girls Butterfly program
- 1:1 supports (in home or community) all ages
- Community outings
- Supported independent living homes
- Soccer and bowling programs
- Weekday day program
- After school care

Bereaved by Suicide

Contact: Local Facilitator - Liz Martin

Phone: 4369 1431 or 0424 470 029

Email: 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.

Better Hearing Australia Central Coast Inc (BHACC)

BHACC Inc. PO Box 3717 Wamberal NSW 2260

Phone: (02) 4321 0275

Email: bhacc@harbourisp.net.au

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

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

Services:

- Weekly Hearing Loss Management Groups teach lip-reading and provide information and support in managing hearing impairment. The Groups also afford a social opportunity for people with hearing loss.
- Presentations to community groups, retirement villages and schools on hearing disability and managing a hearing loss can be arranged.
- Badges, cards, wristbands and Travel/Hospital Kits identifying that a person has a hearing loss are available for purchase.

Meetings: Hearing Loss Management Groups are held throughout the week at various locations on the Central Coast. For information about group meeting times and venues please contact our office on 4321 0275 during office hours.

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

Burns Survivor Support Group

Coordinator: Rachel Foley

Phone: 0422 418 213

Email: rachelfoley@hotmail.com

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

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

Cancer 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

Cancer Council NSW – Central Coast Community Office

Contact: Twynette Dickson 02 4336 4502

Phone: 13 11 20

Web: www.cancercouncil.com.au

We are Australia's leading cancer charity, working across every area of every cancer. Every day, we support families affected by cancer when they need it most, speak out on behalf of the community on cancer issues, empower people to reduce their cancer risk, and find new ways to better detect and treat 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 groups for advanced cancer, brain tumour, multiple myeloma, pancreatic cancer, metastatic melanoma, metastatic breast cancer, Carers Groups and Life after Loss Groups. Each group runs for an hour and is lead by two trained co-facilitators.

For information and referrals contact Cancer Council 13 11 20 or 1300 755 632.

Email: tsg@nswcc.org.au

Cancer Information & Support Society Inc. CISS

Contact: Sue Johnston

Phone: 0410 696 458

Web: www.ciiss.org.au

Email: ciisscentralcoast@bigpond.com

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

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

Meetings: The Central Coast branch meets on the third Monday of each month at 7pm at Green Point Community Centre, 96 Koolang Road, Green Point. During the months of May, June, July and August, meetings are held on the third Saturday of the month at 2pm. Meetings generally include a guest speaker, as well as sharing of information and common experiences. An excellent library of books, DVDs and reference materials is available for members. There is no cost for members, and a gold coin donation for visitors. All are welcome.

For further information contact Sue Johnston on 0410 696 458.

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

Head and Neck:	4320 9823	Mob: 0421 028 988
Colorectal/Upper GIT:	4320 9824	Mob: 0436 607 597
Lung	43203762	Mob: 0409 132 841
Breast (McGrath nurse):	4320 9826	Mob: 0455 086 774
Colorectal/Upper GIT/ Gynaecology	4320 9825	Mob: 0414 192 882
Primary Brain Tumors:	4320 9822	Mob: 0434 565 240
Prostate Cancer Specialist Nurse:	4336 6627	Mob: 0436 609 857

Central Coast Community Women's Health Centre

Web: www.cccwhc.com.au

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

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

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

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

Wyoming

37 Maidens Brush Rd Wyoming NSW. 2250

Phone: 4324 2533 Email: info@cccwhc.com.au

Peninsula

20A McMasters Road, Woy Woy NSW 2256

Phone: 4342 5905 Email: pwhc@cccwhc.com.au

Northern

7 Rose Street Wyong NSW 2259

Phone: 4351 1152 Email: nwhc.reception@cccwhc.com.au

Central Coast Family Support Services

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

Phone: 4340 1585

Web: www.ccfss.org.au

Email: ccfss@ccfss.com.au

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

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

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

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

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: 0418 134 655 or 4332 1108

Web: www.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

Email: Tuggerah@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 or mobile 0447 288 130.

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

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

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

Email: admin@ccfdc.com.au

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

Family Day Care

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

Supported Playgroups

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

MY TIME

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

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

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.

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 required.
- 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

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)

Phone: 1300 725 565

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

Dementia YODSS Central Coast

Phone: 4334 3666

Email: yakkalla@ccarafmi.org.au

Facebook: YODSSCentralCoast

Social group for those diagnosed with Younger Onset Dementia and their Carers.
Friday afternoons – please phone for details.

We do have a COVID check in procedure.

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

Email: info@voiccd.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

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. 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 face-to-face support group for individuals or families on the Central Coast.

On-line support through The Butterfly Foundation and FEAST.

Web: www.feast-ed.org

Coast Youth Services

1 Ross st Woy Woy

PO Box 512 Woy Woy NSW 2256

Phone: 4343 1888

Web: www.coastcommunityconnections.com.au

Email: eyes@cccl.com.au

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

Our service is committed to assisting young people:

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

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

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

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 0-5 years needing extra help for complex problems requiring an extended time or a day stay appointment. Support and advice are offered for a range of issues including: Sleep & settling, breastfeeding, child behaviour problems, parenting concerns, stress & anxiety, postnatal distress/depression or feeding & weaning difficulties. An appointment can be made by contacting Perinatal Intake line.

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

21/1 Reliance Drive, Tuggerah 2259

Phone: 4322 1855

Email: fcmhinfoccc@parramattamission.org.au

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

We have two meetings across the Central Coast.

Meetings: 1st Wednesday of the month 6.30pm – 8.00pm at 21/1 Reliance Drive, Tuggerah.

2nd Tuesday of the month 10am - 12pm for a walk and talk support group meeting at Japanese Gardens Café, 36 Webb Street, East Gosford.

3rd Tuesday of the month 10am - 12pm at The Wyong Milk Factory, Alison Road, Wyong.

Family Drug Support Group

PO Box 7363, Leura NSW 2780

Contact: Tony Trimmingham (CEO)

Phone: 1300 368 186 Head Office Phone: 4782 9222

Fax: 4782 9555

Web: www.fds.org.au

Email: 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

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 10am-12pm

Grandparents Raising Grandchildren Support Groups

Support Worker Central Coast Family Support Services

Phone: 4340 1585

Email: 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 Wednesday of the month from 12:00pm – 2:00pm at Wyong SaCC, Wyong Public School, Cutler Drive

Grandparents Southern Support Group: Last Wednesday of the month from 12:00pm – 2:00pm at Phillip House, 21 Old Mt Penang Road, Kariong

Grow NSW/ACT

Suite 1B, 85 River Street Ballina NSW 2478

Website: www.grow.org.au

Email: eastregion.admin@grow.org.au

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

Grow has several essential features:

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

Meetings: Grow groups meet weekly at Woy Woy (Monday), Wyong (Tuesday) Bateau Bay (Thursday), Maitland (Thursday). For times and venue for all Grow groups listed www.grow.org.au.

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

Gwandalan Summerland Point Cancer Support Group

Phone: 4972 5319

Email: gwenfraser2011@gmail.com

Meetings: 3rd Tuesday of each month 1pm – 3pm at Gwandalan Community Hall, Koowong Road, Gwandalan.

Head & Neck Cancer Support Group

PO Box 5102, Gosford 2250

Phone: 4336 4500

Web: 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

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

Meetings: Group meets 3 times per year either at Gosford or Wyong.

Integrated Living Australia

Contact: Dementia Services Manager

Phone: 0459 878 508

Email: kgarth@integratedliving.org.au

Web: www.integratedliving.org.au

Support Group for Carers of people living with Dementia, Centre based respite available, Gosford, Gorokan and Woy Woy.

Leukaemia Foundation

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

Mob: 0401 104 662

Phone: 1800 620 420

Web: www.leukaemia.org.au

Email: gthomas@leukaemia.org.au

Support and practical assistance to those diagnosed with Leukaemia, Myeloma, Lymphoma and other related Blood Disorders.

Monthly Support Group – last Thursday Month February-November 10am-1130am at the Cancer Council Meeting room, The Hive, Erina Fair.

Lifeline Hunter Central Coast (NSW)

PO Box 9094, Wyoming NSW 2250

24 hour Crisis Line: 13 11 14 *Phone:* 1300 152 854

Fax: 4324 2753

Web: www.lifelinedirect.org.au/centralcoast

Email: ccadmin@lifeline.org.au

Vision: An Australia Free of Suicide

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

Frontline Services:

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

Lupus Association of NSW

PO Box 89, North Ryde NSW 1670

Phone: 1800 802 088 or 9878 6055

Web: www.lupusnsw.org.au

Email: info@lupusaust.org.au

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

Melanoma Support Group – Central Coast

Contact: Jay Allen

Phone: 0430 933 012

Email: jay.allen@melanoma.org.au

Meetings: Cancer Council Hub, Erina Fair on the first Monday of the month from 6.00pm – 8.00pm (ring to check).

Men Care Too

Contact: Greg Smith

Phone: 0400 604 231

Web: www.mencaretoo.org

Email: mencaretoo.greg@gmail.com

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

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

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

Gosford Community Men's Shed Inc

Phone: 4089 0543

Web: www.gosfordmensshed.blogspot.com

Email: gosfordshed@gmail.com

1 Glennie St West Gosford, 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 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 and Adolescent Mental Health Service (CAMHS), Adult Mental Health, Older People's Mental Health Service, Aboriginal Mental Health Team and the inpatient units.

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

Motor Neurone Disease Association of NSW Central Coast Support Group

Phone Family Support Regional Adviser: 1800 777 175 *Phone Advisor Central Coast:* 02 8877 0964

Web: 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 Kath Teesson, MND NSW Central Coast office, phone 8877 0964.

MS Central Coast

Phone: MS Connect 1800 042 138

Website: www.ms.org.au

Email: msconnect@ms.org.au

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

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

Face to Face Peer Support groups

Central Coast Saturday MS Peer Support – Holgate

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

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

Under 30s Telegroup – First Friday of every month, 12.30pm – 1.30pm.

Men's support group – 1st Thursday of the month – 1.30pm to 2.30pm, last Tuesday of the month – 12pm – 1pm

Women's support group – 4th Monday of the month – 12.30pm to 1.30pm

Women in 40 to 64 group – 3rd Tuesday of the month – 1.30pm to 2.30pm

Over 65's group – 1st Tuesday of the month – 10.30am – 11.30am

After hours group for working people – 2nd Wednesday night of the month – 7.00pm to 8.00pm

Family and friends telegroup – 1st Tuesday of the month – 7.30pm to 8.30pm

General support groups – 2nd Monday of the month – 7pm to 8pm

Second Tuesday of the month – 7pm to 8pm

Mums with MS support group – 2nd Tuesday of the month – 1pm to 2pm

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibromyalgia

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

Phone: 4363 1044

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

This support group is for those affected by Myalgic Encephalomyelitis/Chronic Fatigue Syndrome and Fibro-Myalgia. 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”

Phone: 02 4394 9148

Hours: Monday to Friday, 8.30am - 5.00pm

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

West Gosford – Coastwide Child and Family Services, 21 Jusfrute Drive, West Gosford, Tuesday 12:30 - 2.00pm

Umina – Mingaletta, Aboriginal and Torres Strait Islander Cooperation, 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

Email: cc@nsservices.com.au

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

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

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

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

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

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

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

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

Speak to someone who understands

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

Immigration advice is available at our head office in Hamilton. Please make an appointment on Ph: 4969 3399 or free call Ph: 1800 813 205.

Hours: Mon- Fri 9am – 4pm.

Fee's: Small fee for transport and some social activities for MSSS.

Referral: Self, Friend, Carer, family, My Aged Care (Ph: 1300 200 422), 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

Email: 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

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

Email: pnswn@parkinsonsnsw.org.au

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

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

Parkinson's NSW and its network of more than 80 Support Groups also provides advocacy for the Parkinson's community, and education for individuals, Primary and Allied Health professionals and Aged Care Support Workers.

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

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

Playgroup NSW - MyTime Peer Support group

Phone: 1800 171 882

Web: www.playgroupnsw.org.au or www.mytime.net.au

Email: rpragnell@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 Trust Community Hall, Cnr Karalta Road & Ilya Avenue - Monday 9.30am

West Gosford: PlayConnect Coastwide Child and Family Services, 1/21 Jusfrute Drive - Friday 10am

Playgroup NSW – PlayConnect Playgroup

Phone: 1800 171 882

Web: www.playgroupnsw.org.au

Email: rpragnell@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

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. Lindy Lawler 4353 9300

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

Email: administration@ryss.com.au

Regional Youth Support Services ('RYSS') is a leading, locally based youth specific not-for-profit 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. RYSS delivers intensive support for young people through Case Management, Early Intervention, Advice & Referral services, Transitional Accommodation and Targeted Living Skills Programs, Advocacy & Social Engagement strategies, a broad range of NDIS supports including Coordination of Supports, SLES, community and social engagement 1:1 and group activities, support with education needs, employment solutions, Cultural and kin connection support for Aboriginal and Torres Strait Islander young people, Leaving custody support and crime prevention initiatives.

Any young person on the Central Coast can access RYSS' supports by phoning (02) 4323 2374 or can find out the latest programs and activities by visiting our website – www.ryss.com.au

Respiratory Support Group – CCLHD

Phone: 1300 725 565

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

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

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

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

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

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

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

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

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

Email: 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.

Stoma Support Group

Contact: Stomal Therapy Nurse (CCLHD)

Phone: 4320 3323

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

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

Meetings: Meetings from 2021 will be 3rd Wednesday of May & November 1.30pm – 4pm. Please ring for venue as this will change from year to year

Stroke Recovery Clubs Central Coast

Contact: Stroke Recovery Association NSW

Phone: Freecall 1300 650 594 or 9807 6422

Web: www.strokensw.org.au

Email: info@strokensw.org.au

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

Meetings:

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 or www.strokensw.org.au

Email: info@strokensw.org.au

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

Meetings:

WAGS: 10.00am – 12.00pm, 1st Saturday of the month at Mingara.

Scallywags: Working Age Men's Group – meet fortnightly on Fridays, 12:30 – 2.00pm.

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

Synapse - NSW Office

Sydney (NSW State Office)

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

Postal: PO Box 3483, Parramatta CBD NSW 2124

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

Fax: 02 9868 5619

Gosford

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

Postal: PO Box 3483, Parramatta CBD NSW 2124

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

Fax: 02 9868 5619

Web: www.synapse.org.au

Email: info@synapse.org.au

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

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

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

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

Vision Australia

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

Email: 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. Our services include: low vision services, independent living services, children's services, employment services, adaptive technology, orientation and mobility and equipment solutions.

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

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

West Lakes Cancer Support Group

Contact: Allan 0414 328 341 or Marie: 0418 497 216

Meetings: 2nd Tuesday of each month, 7.00 – 8.30pm Dora Creek Workers Club

WIGWAM, Central Coast Cancer Wig Library

Phone: 4320 2181 or mobile 0447 298 130

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

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

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

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

Glossary of Terms

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

Additional Support Organisations

Advocates for Survivors of Child Abuse	8920 3611	www.asca.org.au or www.blueknot.org.au
Addison's Disease Association Inc	0455 534 472	www.addisons.org.au
Adult Migrant English Program	132 637	www.ames.net.au
Stride	1300 001 907	www.stride.com.au
Aged-care Rights Service (TARS)	02 9281 3600 1800 424 079	www.agedrights.asn.au
Aged Care Info Line	1800 200 422	www.myagedcare.gov.au
AIDS Hotline & Information Service	1800 451 600	http://thealbioncentre.org.au/
Alcohol & Drug Information Service	1800 250 015 02 9361 8000	www.svhs.org.au
Ambulance Service	131 233 000 Emergency	www.ambulance.nsw.gov.au
Anxiety Disorders Information	1300 794 991	www.wayahead.org.au
ARAFMI - Mental Health and More	4323 7731	www.ccarafmi.org.au
Asbestos Diseases Advisory Services	1800 646 690	www.asbestosdiseases.org.au
ASPECT Autism Spectrum Australia	1800 277 328	www.autismspectrum.org.au
Assistive Technology Centre	1300 452 679	www.ilcnsw.asn.au
Baptist Care Services BCS Head Office	1800 103 853 02 8713 4333	www.baptistcare.org.au
Bereavement CARE centre	1300 654 556	www.bereavementcare.com.au
Bowel Group for Kids (BGK)		www.bgk.org.au
Brain Injury Association of NSW	1800 673 074	www.synapse.org.au
Breastfeeding Helpline	1800 244 281	www.breastfeeding.asn.au
BreastScreen Australia	132 050	www.breastscreen.nsw.gov.au
Bungree Aboriginal Association	4350 0100	www.bungree.org.au
Cancer Helpline	131 120	www.cancercouncil.com.au
Cardiomyopathy Association of Aust	1300 552 622	www.cmaa.org.au
Carer Gateway	1800 422 737	www.carergateway.gov.au
CatholicCare	4356 2600	www.catholiccareddb.org.au
Centrelink • Disability Sickness & Carers • Seniors card • Aged Pension • Family Assistance Office	132 717 137 788 132 300 136 150	www.humanservices.gov.au www.seniorscard.nsw.gov.au
Cerebral Palsy Helpline	1300 888 778	www.cerebralpalsy.org.au
Child Protection Helpline	132 111	www.facs.nsw.gov.au
Child Support Agency	131 272	www.csa.gov.au
Cleft Pals	9294 8944	www.cleftpalsnsw.org.au

Coeliac NSW and ACT	1300 458 836	www.coeliac.org.au
Community Transport - Central Coast	4355 4588	www.ctccl.org.au
Community Pathways Team For under 65s	1300 160 096	
ConnectAbility Australia	4349 3700	email: info@caaus.org.au
Continence Helpline	1800 330 066	www.continence.org.au
COTA (Council on the Ageing)	1800 449 102	www.cota.org.au
Crime Stoppers	1800 333 000	www.crimestoppers.com.au
Crohn's & Colitis Australia	1800 138 029	www.crohnsandcolitis.com.au
Cystic Fibrosis Foundation NSW	1800 232 823	www.cysticfibrosis.org.au
Dads in Distress	1300 853 437	www.dadsindistress.asn.au
Deaf Society of NSW	1800 893 855	www.deafsocietynsw.org.au
Dementia Australia Helpline	1800 100 500	www.dementia.org.au
Diabetes NSW	1300 342 238	www.diabetesnsw.com.au
Disability Equipment Access Services Information (IDEAS)	1800 029 904	www.ideas.org.au
Domestic Violence Helpline	1800 656 463	www.domesticviolence.nsw.gov.au
Down Syndrome Association of NSW	9841 4444	www.downsyndrome.org.au
Eleanor Duncan Aboriginal Health Centre	4351 1040	www.yerin.org.au
Epilepsy Action Australia	1300374537	www.epilepsy.org.au
Ethnic Communities Council of Aust	9319 0288	www.eccnsw.org.au
Fairhaven Services (Disability Support)	4349 5500	www.fairhaven.org.au
Family Planning Healthline	1300 658 886	www.fpnsw.org.au
Family Relationship Advice Line	1800 050 321	www.familyrelationships.gov.au
Gambling Solutions Central Coast	4344 7992	www.coastcommunityconnections.com.au
Gay & Lesbian Counselling Line	1800 184 527	www.livingproud.org.au/living-proud-services/ community-services/phoneline/
Generation Q (Regional Youth Support Services)	4323 2374	www.ryss.com.au
Genetic and Rare Disease Network	1300 770 995	https://gardn.org.au/contact/
Glaucoma Australia	1800 500 880	www.glaucoma.org.au
Gambling Helpline	1800 858 858	www.gamblinghelp.nsw.gov.au
Guide Dogs NSW/ACT	02 9412 9300	www.guidedogs.com.au
Health Direct	1800 022 222	www.healthdirect.org.au
HealthCare (Hunter Nursing)	02 4959 6711	www.hunternursing.com.au
Hepatitis Helpline	1800 803 990	www.hep.org.au
HIV Hotline & Information Service	1800 451 600	http://thealbioncentre.org.au/
Homicide Victims Support Group	1800 191 777	www.hvsgnsw.org.au
Huntington Disease Association	9874 9777	www.ahdansw.asn.au

Central Coast Local Health District

Integrated Living	1300 782 896	www.integratedliving.org.au
Interrelate Family & Relationship Line	1300 473 528	www.interrelate.org.au
LawAccess NSW	1300 888 529	www.lawaccess.nsw.gov.au
Legal Aid	02 4324 5611	www.legalaid.nsw.gov.au
Lifeline	13 11 14	www.lifeline.org.au
Meals on Wheels Central Coast	4357 8444	www.ccmow.com.au
ME/CFS & FM Association NSW	9904 8433	www.mecfnsnsw.org.au
Medicines Line	1300 633 424	www.nps.org.au
Meniere's Australia	1300 368 818	
Men's Line Australia	1300 789 978	www.mensline.org.au
Men's Sheds Australia	1300 550 009	www.mensshed.org
Mothersafe	1800 647 848	www.mothersafe.org.au
MY AGED CARE	1800 200 422	www.myagedcare.gov.au
My Forever Family	1300 782 975	www.myforeverfamily.org.au
Muscular Dystrophy NSW	1800 635 109 02 9888 5711	www.mdnsw.org.au
National Replay Service (NRS)	1800 555 660	www.relayservice.com.au
NCAT	1300 006 228	www.ncat.nsw.gov.au
NDIS Support	1800 818 286	www.northcott.com.au
Northern Settlement Services	4334 3877	www.nsservices.com.au
NDIS National Disability Insurance Scheme	1800 800 110	www.ndis.gov.au
Needle Clean Up Hotline	1800 633 353	www.thealbioncentre.org.au/
NSW Trustee & Guardian	1300 364 103	www.tag.nsw.gov.au
Office of Public Guardian	1800 451 510	www.publicguardian.justice.nsw.gov.au
Office of the Australian Information Commissioner	1300 363 992	https://www.oaic.gov.au/
Older Persons Advocacy Network (OPAN)	1800 700 600	www.opan.com.au
Ombudsman NSW	1800 451 524 9286 1000	www.ombo.nsw.gov.au
Osteoporosis NSW	1800 242 141	www.osteoporosis.org.au
Paraquad - Bright Sky	02 8741 5600	www.paraquad.org.au
Parentline	1300 130 052	www.parentline.org.au
Poisons Information Centre	13 11 26	www.poisonsinfo.nsw.gov.au
Prader-Willi Syndrome Association	1800 797 287	www.pws.org.au
Pregnancy Counselling Australia	1300 737 732	www.pregnancycounselling.com.au
Rape Crisis Centre	1800 424 017	www.nswrapecrisis.com.au
Red Cross Central Coast	4324 3411	www.redcross.org.au
Red Nose Grief and Loss	1300 308 307	www.rednosegriefandloss.com.au
Relationships Australia	1300 364 277	www.relationships.com.au

Salvo Counselling	13 72 58	www.salvationarmy.org.au/find-help/counselling/
Salvo Youth Crisis Line	8736 3293	www.youthpoint.com.au/salvo-youth-crisis-line-2/
SANE Mental Illness Helpline	1800 187 263	www.sane.org
Seniors Rights Service	1800 424 079	https://seniorsrightsservice.org.au/
Siblings Australia Inc	08 8253 4937	www.siblingsaustralia.org.au
Sign & Speak Australia	1300 787 136	www.aaspeech.com.au
Spinal Cord Injuries Australia	1800 819 775	www.scia.org.au
State Emergency Service (SES)	132 500	www.ses.nsw.gov.au
Stride	1300 001 907	www.stride.com.au
Stroke Line	1800 787 653	www.strokefoundation.com.au
Sue Mann's Nursing & Community Care	1300 241 300	www.suemann.com.au
Sunnyfield Disability Services	1300 588 688	www.sunnyfield.org.au
Taxi Transport Subsidy Scheme	131 500	www.transport.nsw.gov.au/customers/taxis/ttss
Technical Aid For Disabled NSW	1300 663 243	www.tadnsw.org.au
The Butterfly Foundation (Eating disorders)	1800 334 673	www.thebutterflyfoundation.org.au
Tourette Syndrome Association	(02) 9382 3726	www.tourette.org.au
Transport Info Line	131 500	www.transportnsw.info
Translating & Interpreting Service (TIS)	131 450	www.tisnational.gov.au
Tresillian	1300 272 736	www.tresillian.net
Vietnam Veterans Counselling Service	1800 011 046	www.openarms.gov.au/about/vvcs-now-open-arms-veterans-families-counselling
Victims Access Line	1800 411 822	www.victimsservices.justice.nsw.gov.au
Way Ahead	1300 794 991	www.wayahead.org.au
Welfare Rights Centre	1800 226 028	www.welfarerights.org.au
Women with Disabilities Australia	0438 535 123	http://wwda.org.au/
Women's Legal Service NSW	1800 801 501 or 8745 6988	www.wlsnsw.org.au

Central Coast Local Health District

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

Other Services

Admissions for Gosford Hospital	4320 3556
Admissions for Wyong Hospital	4394 8155
Alcohol & Other Drug Intake	4394 4880
Biala Cottage (Medical examination, treatment & follow-up after sexual abuse)	4320 3175
Inpatient Services ACAT (previously known as ARCCS)	4304 0700 (ACAT)
Carer Support Unit and Carer Retreat & Information	4320 5556
Child & Family Health	4328 7900
Children and Adolescent Mental Health Service (CAMHS)	4304 7878
Community Health Access and Intake <ul style="list-style-type: none"> • Community ACAT (Aged Care Assessment Team) • Community Nursing <ul style="list-style-type: none"> • Continence • Wound Management • Stomal Therapy • Community Respiratory Services • Community Occupational Therapy Services • Complex Care Coordination • Dementia & Behaviour Support Services (DABSS) 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"> • Gosford • Wyong 	4320 3389 4394 8149
Palliative Care Service	4336 7777
Patient Safety Consultant (Complaints Unit)	4320 3920
Youth Health Service Wyong Central Community Health Centre	4356 9333

Community Health Centres

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

Erina Community Health Centre 169 The Entrance Road, Erina 2250	4367 9600
Kincumber Community Health Centre Rear of Kincumber Shopping Centre, Building 3, 20 Kincumber Street, Kincumber 2251	4369 2355
Lake Haven Community Health Centre 3 Stratford Avenue (between Bunnings and Shopping Centre), Lake Haven 2263	4393 7777
Long Jetty Community Health Centre 64 Wyong Road, Killarney Vale 2261	4336 7800
Mangrove Mountain Community Health Centre (restricted hours) 13 Nurses Road, Mangrove Mountain 2250	4373 1249
Toukley Community Health Centre 1A Hargraves Street, Toukley 2263	4396 5111
Woy Woy Community Health Centre Ocean Beach Road, Woy Woy 2256	4344 8432
Wyong Community Health Centre 664 Pacific Highway (within Wyong Hospital Campus), Hamlyn Terrace 2259	4394 8229
Wyong Central Community Health Centre 38A Pacific Highway, Wyong 2259	4356 9300
Family Care Cottage Gosford Gateway Centre Gosford, 237 Mann St, Gosford 2250	4328 7900
Family Care Cottage Kanwal 664 Pacific Highway (within Wyong Hospital Campus), Hamlyn Terrace 2259	4394 8229

Neighbourhood & Community Centres

Berkeley Vale Neighbourhood Centre The Berkley Centre, 3 Heather Ave, Glenning Valley, NSW 2261	0490 538 494
Bateau Bay Neighbourhood Centre 10 Cynthia Street, Bateau Bay NSW 2261	4332 7450
Blue Haven School as Community Centre Dolphin Cottage Colarado Drive, Blue Haven NSW 2262	4390 8524
Chertseydale Community Cottage Willow Road (part of Chertsey Public School), Springfield NSW 2250	4325 3963 0409 800 821
Gosford Narara Community Centre 2 Pandala Road, Narara, NSW 2250	4329 4477
Green Point Community Centre 96 Koolang Road, Green Point NSW 2250	4367 7591
Hamlyn Terrace Community Centre 80 Minnesota Road Hamlyn Terrace NSW 2259	4350 5555
Kariong Neighbourhood Centre 10 Langford Drive, Kariong NSW 2250	4340 1724
Kincumber Neighbourhood Centre 20 - 22 Kincumber Street, Kincumber NSW 2251	4363 1044
Mangrove Mountain & Districts Community Group 120 Ironbark Rd, Mangrove Mountain NSW 2250	4374 1255
Northlakes School as Community Centre Jabiru Cottage, 69 Goorama Ave, San Remo NSW 2262	4390 9718 or 0409 800 821
Uniting Burnside Northern Lakes Family Centre 1 Colongra Bay Rd Colongra Bay NSW 2259	1800 864 846
Peninsula Community Centre 93 McMasters Road, Woy Woy NSW 2257	4341 9333
San Remo Neighbourhood Centre 28 Brava Avenue, San Remo NSW 2262	4390 7888
The Entrance Neighbourhood Centre Corner of Oakland Street and Battley Street, The Entrance NSW 2261	4332 4545
Toukley Neighbourhood Centre Shop 2/28 Canton Bach Road, Toukley NSW 2263	4396 1555
Watanobbi Community Centre 1 Harrington Close, Watanobbi NSW 2259	4351 2860
Woy Woy School as Community Centre Park Road, Woy Woy NSW 2257	4343 1929 0477 317 862
Wyoming Community Centre 147 Maidens Brush Road, Wyoming NSW 2250	4323 7483
Wyoming Youth Centre 9 Warrawilla Road, Wyoming NSW 2250	4323 2374
Wyong Neighbourhood Centre Alison Road (old primary school), Wyong NSW 2259	4353 1750
Wyong School as Community Centre 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

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>



