Personal, Family & Practical Needs

Adoption

Family and Community Services - Community Services Pennant Hills
Phone: 9875 0800
lvl 7, 423 Pennant Hills Rd, Pennant Hills 2120
Mail to: PO Box 263, Pennant Hills 1715
Web: www.facs.nsw.gov.au
Service Description: Works to promote the safety and wellbeing of children and young people and to build stronger families and communities. Assists children, young people and families across a continuum of care with a focus on child protection. Works to protect children and young people from risk of harm and to provide care for children and young people who are not able to live with their families. DoCS core activities are to help protect and care for children and young people and support their families, to provide and fund accommodation and support services for children and young people who need to live away from their families, to regulate child care by licensing and monitoring compliance, to fund and regulate adoption services, to fund support services to assist people who are homeless or at risk of homelessness, to help people separated from their families to trace their records and to co-ordinate services to meet the basic welfare and recovery needs of people affected by natural and other disasters.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite
Phone: 9346 1230
Illife Centre, 157 Balaclava Rd, Macquarie Park 2113
Email: homeservicesintake@baptistcare.org.au
Web: www.baptistcare.org.au
Service Description: Domestic assistance for a person with a disability, or who is frail aged and/or dementia; and respite for their carers. This includes housework and other tasks.

Care for Carers Program - Muscular Dystrophy Association of NSW
Phone: 0429 565 222
105 Bay Drive, Meadowbank 2114
Mail to: PO Box 1365, Meadowbank 2114
Email: kejanna.taylor-king@mdnsw.org.au
Web: www.mdnsw.org.au
Service Description: Care for Carers Program is focused on providing retreats, camps, Duke of Edinburgh, transition to work, equipment funding and respite. Support, information and referral for carers of people who have a neuromuscular condition including carers from rural and regional NSW, Sydney metro area and carers from culturally and linguistically diverse backgrounds. Care for Carers aims to offer support to carers through support networks; information sessions; written information on neuromuscular disorders; advocacy and referral telephone group counselling.

Catholic Community Services - Day and Respite Services
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Day and Social Support Services offering respite, socialisation, activities and outings. Services for the isolated, people with dementia, CALD groups, carers and the frail elderly. Respite cottage for weekend breaks at Waitara.

Club Monte
Phone: 9879 2777
Hal Goldstein Campus, 120 High St, Hunters Hill 2110
Email: daycare@montefiorehome.com.au

Adult Day Care

See also Disability Support and Home Support in this chapter

Armenian Aged Care
Phone: 9419 6394
Armenian Community Welfare Centre, 10 Macquarie St, Chatswood 2067
Mail to: PO Box 694, Chatswood 2057
Email: welfare@armenian.com.au
Epping RSL Granny Smith Day Club
Phone: 9876 4443
Uniting Church Hall, cnr Chester St and Oxford St, Epping 2121
Mail to: c/- Epping RSL & Community Club, 45-47 Rawson St, Epping 2121
Email: caroline.pierotti@yahoo.com
Service Description: Programme designed primarily for older people, incorporating gentle exercise, mental stimulation activities, entertainment, leisure time games, guest speakers on a wide range of topics, music, drama and bingo. Special theme days include Valentine’s Day, St Patrick’s Day, ANZAC Day, Mother’s Day, Father’s Day and Queen’s birthday. Lunches available: gourmet sandwiches and high tea, hot meals such as BBQ, fish and chips, pizza, quiche and roast chicken.

Flexible Respite – Hunters Hill Ryde Community Services
Phone: 9817 0101
46 Gladesville Road, Hunters Hill 2110
Email: carers@hhrcs.org.au
Web: www.hhrcs.org.au
Service Description: Offers carers of people with an age related condition (65+), time out. ‘Our Time’ program provides those you care for with stimulation and interaction with others in the community. The program operates fortnightly bus outings to a variety of venues and accommodates for those with limited mobility. The carer may choose to accompany the person they care for on these outings. HHRCS also provides one on one flexible respite, ‘Your Time’ program. This program operates on a nominated day & time that suits both the carer and person they care for and caters to the interests of the individual.

Healthy Living for Seniors Chatswood
Phone: 1800 486 484
Healthy Living for Seniors Chatswood, 2 Chapman Avenue, Chatswood 2067
Email: infocommunity@unitingcareswact.org.au
Web: www.unitingcareageing.org.au
Service Description: Healthy Living for Seniors Chatswood offers day respite, support and encouragement for carers. We offer a variety of activities for all interests. For more information please call 1800 486 484.

Hunters Hill Ryde Day Centre
Phone: 9817 0101
42 Gladesville Rd, Hunters Hill 2110
Email: hhrcs3@bigpond.com
Web: www.hhrcs.org.au
Service Description: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

In Home Day Respite Northern Suburbs
Phone: 9346 1440
Iliffe Centre, 157 Balaclava Rd, Macquarie Park 2113
Web: www.bcs.org.au
Service Description: Provides in-home respite for carers of people living with dementia living in the community. The program allows carers for some time out as our trained staff provide supervision and through planned in-home activities.

Korean Day Centre
Phone: 0406 384 514, 1800 225 474
The Stables, 1 De Milhau Rd, Hunters Hill 2110
Email: schang@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: A day centre for older Korean residents aged 65+ living in the Hornsby, Ku-ring-gai and Ryde Hunters Hill local government areas. The centre operates 3 days per week. Monday group: Shepherd’s Bay Hall, Meadowbank; Wednesday group: Eastwood Community Hall, Eastwood; Friday group: Beatrice Taylor Hall, Willow Park, Hornsby. The centre specifically aims to provide socialisation opportunities to frail and elderly Korean people in the community. Focus is on health and wellbeing by providing a daily exercise program encouraging clients to remain as active in community life as possible. To provide these opportunities clients are able to access a range of social activities that are culturally specific as well as hobbies such as group excursions, Karaoke, Sudoku, meditation, dance, board games and art groups.
**Ming Shi Chinese Dementia Day Care**  
**Phone:** 9412 3488  
Suite 103, Level One, 10 Help St, Chatswood 2067  
**Mail to:** Suite 103/ 10 Help St, Chatswood 2067  
**Email:** northern@acca.org.au  
**Web:** www.acca.org.au  
**Service Description:** Respite care/centre-bases day care service for Chinese speaking people who have been suffering from early or middle stage of dementia; young people with early on-set dementia; individually designed activities and carer support.

**MS Society of NSW - Metro Northern Region**  
**Phone:** 8815 2100  
Level 3, 3 Richardson Place, North Ryde 2113  
**Mail to:** PO Box 622, North Ryde BC 1670  
**Email:** MSC{}Connect@msaustralia.org.au  
**Web:** www.msaustralia.org.au  
**Service Description:** Support services for people with multiple sclerosis, their families, health professionals, general public. These include: assessment and planning, immunotherapy, urology, occupational therapy, neuropsychology; psycho/social support and support groups for people with MS; limited respite accommodation. Education programs; Library and information services. Education and information for health professionals. Library access to Medline. MSConnect on 1800 042 138 provides information and support 9am-4pm.

**Respite Recreation Network - Respite for Carers of Adults**  
**Phone:** 9346 1400  
Iliffe Centre, 157 Balaclava Rd, Macquarie Park 2113  
**Email:** homeservicesintake@baptistcare.org.au  
**Web:** www.baptistcare.org.au  
**Service Description:** Respite for carers of adults aged 18+ with intellectual disability living in Northern Sydney region with their carer - as in-home respite, or centre program every Friday 4pm-9:30pm.

**Schizophrenia Fellowship of NSW Inc - Respite Services**  
**Phone:** 9879 2600, 1800 124 121  
Building 36, Gladesville Hospital, Digby Rd, Gladesville 2111  
**Email:** respite-admin@sfnsw.org.au  
**Web:** www.sfnsw.org.au  
**Service Description:** Trained respite mental health staff provide a variety of services that aim to meet the individual needs of carers, families and friends. These services include one to one support (in and out of home), centre based activities (planned recreational, social and educational activities) and community access (individual or group activities that encourage community participation) and 24 hour respite for carers and consumers

**Sir Moses Montefiore Jewish Home**  
**Phone:** 9879 2777  
120 High St, Hunters Hill 2110  
**Email:** sirmoses@montefiorehome.com.au  
**Web:** www.montefiorehome.com.au

**Service Description:** Provides care and accommodation appropriate to the Jewish community in either low care (hostel), high care (nursing home) or dementia specific care. Limited respite care available.

**The Gracewood Day Respite Centre - Baptist Care**  
**Phone:** 8832 2003, 8804 4700  
8 Free Settlers Dr, Kellyville 2155  
**Email:** rctoter@baptistcare.org.au  
**Web:** https://baptistcare.org.au/our-services/respite-centres/  
**Service Description:** Day Respite centre will be open Monday-Friday from 8am-4pm with capacity for 25 low care frail age and dementia clients per day.

**The Studio @ Digby House**  
**Phone:** 9858 7777  
Gladesville Hospital, off Punt Rd / building 46, Gladesville 2111  
**Mail to:** c/- 39-41 Fourth Ave, Eastwood 2122  
**Service Description:** Social activity & therapeutic day program for older people living with mental health disorders. Four - terms annually with rotating health & physical education activities focused on building resilience and falls prevention to maintain independence in the community.

**Veterans’ Day Centre**  
**Phone:** 9767 5295  
Building 69, Concord Repatriation General Hospital, Hospital Rd (entry to Day Centre via gate 4 Nullawarra Av), Concord 2137  
**Mail to:** Building 69, Concord Repatriation General Hospital, Gate 4; Nullawarra Ave, Concord 2137  
**Email:** edith.brown@sswahs.nsw.gov.au  
**Web:** www.slhd.nsw.gov.au/concord/  
**Service Description:** Day program providing therapeutic activities and support for veterans and war widows experiencing physical and mental health problems or at risk of social isolation.

**Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc**  
**Phone:** 9816 5000  
6 Victoria Rd, Henley 2111  
**Mail to:** PO Box 162, Gladesville 1675  
**Email:** info@rhhct.org.au  
**Web:** www.rhhct.org.au  
**Service Description:** Main community transport provider in the area that offers accessible door-to-door transport for the frail aged, people with disabilities and their carers: Services include Social Bus Outings, Local FlexiRide Bus, Medical/Hospital Transport, Shopping Centre and Access Transport. Local FlexiRide bus operates Monday to Friday, 9.30-3.00. Buses available for hire to community groups & organisations.
Arthritis and Osteoporosis NSW
Phone: 1800 011 041, 9857 3300
1.15/32 Delhi Rd, North Ryde 2113
Mail to: Locked Bag 2216, North Ryde 1670
Email: info@arthritisnsw.org.au
Web: www.arthritisnsw.org.au
Service Description: Arthritis Foundation peak State Body offering educational and support services. The team organises workshops, seminars and provides education to people with arthritis and osteoporosis, their carers and professionals working with these persons. They also coordinate affiliated groups in NSW. NSW Arthritis support groups are too large please check in resource file or ring the Foundation direct. Educational assistance scheme for young people-The Alison Watson Memorial Education Awards. Information about osteoporosis is also available. Offices in each state include. National 02 9552 6085, ACT 02 6288 4244, NT 08 8948 5232, QLD 07 3857 4200, TAS 03 6224 4755, VIC 03 8531 8000 or WA 08 9388 2199 and SA 08 8379 5711.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)
Phone: 9817 2439
Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville 2111
Email: awch@awch.com.au
Web: www.awch.org.au
Service Description: AWCH is a non-profit organisation advocating for the emotional and social needs of children and families within the health care system in Australia. AWCH advocates for a family-oriented approach to the care of children, acknowledging that families are the main support and strength for children and young people when they are sick or have a chronic illness or condition. AWCH Child Health Library has an extensive collection covering such topics as the psychosocial care of children, paediatric facility design, specific childhood and illnesses. Some audio-visual materials are available for loan. AWCH Ward Grandparent Scheme supports parents and families who may be unable to stay with or visit their hospitalised child regularly or who may need extra support during their child's hospitalisation. It is not always possible for families to support their child in hospital because of restrictions imposed by distance, family, work, or parental health needs.

Care for Carers Program - Muscular Dystrophy Association of NSW
Phone: 0429 565 222
105 Bay Drive, Meadowbank 2114
Mail to: PO Box 1365, Meadowbank 2114
Email: kejanna.taylor-king@mdnsw.org.au
Web: www.mdnsw.org.au
Service Description: Care for Carers Program is focused on providing retreats, camps, Duke of Edinborough, transition to work, equipment funding and respites. Support, information and referral for carers of people who have a neuromuscular condition including carers from rural and regional NSW, Sydney metro area and carers from culturally and linguistically diverse backgrounds. Care for Carers aims to offer support to carers through support networks; information sessions; written information on neuromuscular disorders; advocacy and referral telephone group counselling.

Carer Assist
Phone: 9816 5652
Mail to: Locked Bag 5014, Gladesville 1675
Email: info@carerassist.org.au
Web: www.carerassist.org.au
Service Description: Providing information, education, advocacy and support for people who care for someone with a mental illness. Carer Assist has advocates within the boundaries of 5 Local Health Districts: Sydney LHD with an office in Bankstown, South West Sydney LHD with offices in Campbelltown and Moss Vale. Hunter/New England LHD with offices in Newcastle, Tamworth, Armidale and Taree. Southern NSW LHD with offices in Cooma, Moruya and Goulburn. Murrumbidgee LHD with offices in Albury, Wagga Wagga and Griffith.

Carers NSW
Phone: 1800 242 636 (Carer Line), 9280 4744 (Office)
Level 10., 213 Miller St, North Sydney 2060
Mail to: PO Box 785, North Sydney 2059
Email: contact@carersnsw.org.au
Web: www.carersnsw.org.au
Service Description: Provides information, support and referral on all aspects of caring by informal carers (unpaid family, neighbours, friends) who look after frail aged, younger people with disabilities and supporting people with mental health issues at home. Services include: free Carer Support Kit of practical information for caring at home in many community languages, referral to counselling, phone counselling, a library of carer specific information, conferences and seminars for carers, links to NSW carer groups, Young Carers project, Aboriginal specific worker for Older parent carer project. It represents carers on key policy committees and advisory bodies, produces a monthly newsletter informing members of latest carer issues, fact sheets, and other publications that can be downloaded from website.

Catholic Community Services - Community Aged Care Packages
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: A Commonwealth funded program which provides a planned and managed package of low care level services for older people with complex needs living in their own home.

Catholic Community Services - Community Options Program
Phone: 1800 225 474
Service Description: Case management service that assists people with complex and multiple care and support needs to remain living in their own homes.

Catholic Community Services - Community Support Services
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

Service Description: Promote independence and assist people to maintain their quality of life and remain living in their own homes. Provide personal care and domestic assistance.

Catholic Community Services - Counselling and Advisory Service
Phone: 1800 225 474
The Mercy Arms, 663 Elizabeth St, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

Service Description: Provides counselling, information and advice to high care individuals and carers. Has a role of assessment, identifying and providing links and access to appropriate services, respite, information and support to maintain independent living.

Catholic Community Services - Day and Respite Services
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

Service Description: Day and Social Support Services offering respite, socialisation, activities and outings. Services for the isolated, people with dementia, CALD groups, carers and the frail elderly. Respite cottage for weekend breaks at Waitara.

Catholic Community Services - Dementia Advisory Service
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au

Service Description: Provides information, advice, advocacy, education, counselling and assistance in accessing dementia support services for people with dementia, their carers and the wider community.

Catholic Community Services - Dementia Monitoring Program
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 858, Epping 1710
Email: community.clients@chcs.com.au
Web: www.catholiccommunityservices.com.au

Service Description: Assists people who have memory loss or confusion associated with dementia, mental illness or a disability, who live alone or live with someone who, through their own ill health or disability is unable to provide care.

Catholic Community Services - Extended Aged Care at Home
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

Service Description: A Commonwealth funded program which provides a planned and managed package of high care services for older people with multiple and complex needs living in their own home.

Catholic Community Services - Living Conditions Program
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

Service Description: Provides assistance with sorting through personal items, cleaning and removal of excess rubbish. Provides referrals to ongoing support services to ensure that any intervention is sustainable.

CCA Carer Support
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: carmen.miu@ccas.org.au
Web: www.ccas.org.au

Service Description: Support, resources, options, information referral and assistance for people who are caring for others at home.

Dementia & Memory Community Centre
Phone: 9888 4268
120 Cox's Rd (Cnr Coxs Rd & Norton Rd), North Ryde 2113
Email: nsw.admin@alzheimers.org.au
Web: www.alzheimers.org.au

Service Description: People with dementia and their carers can meet in a safe, comfortable environment to enjoy various activities.

Diverse Community Care - Dementia Support
Phone: 9898 0000
Suite 211, 14 Lexington Dr, Bella Vista 2153
**Heart Support Australia - Ryde Branch (HSA)**

Phone: 0417 066 871  
Mail to: c/- 45 Constitution Rd, Ryde 2112  
Email: pambarter@tpg.com.au  
Web: www.heartnet.org.au  

**Service Description:** Local branch of a national organisation with volunteers who provide support, information and encouragement to people with a heart condition. The group runs gentle exercise classes for people with heart conditions on Mondays, please contact for details. Also runs a Friday walking group.

**Hunters Hill Ryde Carers Support Service**

Phone: 9817 0101  
Mail to: PO Box 990, Gladesville 1675  
Email: carers@hhrcs.org.au  
Web: www.hhrcs.org.au  

**Service Description:** Supports the carers of aged people and adults - children with disabilities living in Ryde/Hunters Hill. Information sessions, advocacy, support, referral, short-term counselling, courses and bus outings. Day & evening support groups include: carers of young adults with a disability, carers of children with a disability and Korean carers of children with a disability. We also offer flexible respite to carers for aged in way of bus outings alternate Mondays / Tuesdays. HHRCs support groups provide information, education, advocacy and non clinical counselling for carers of the following: Dementia, Acquired Brain Injury / Spinal / Stroke (ABISS), Adults with Disabilities (YADs), Korean Cockatoos (children with intellectual disabilities) and Autism and Diverse Disabilities (CADD).  

**MNDcare - Motor Neurone Disease Australia**

Phone: 9816 5322  
Mail to: PO Box 990, Gladesville 1675  
Email: info@mndaust.asn.au  
Web: www.mndcare.net.au  

**Service Description:** The MNDcare website was developed by MND Australia for health and community care professionals involved in the care and support of people with Motor Neurone Disease. It deals with diagnosis, living with MND, end of life, and referral pathways throughout Australia.  

**Motor Neurone Disease Association of NSW Inc**

Phone: 1800 777 175  
Building 4, Gladesville Hospital, Victoria Rd, Gladesville 2111  
Mail to: Locked Bag 5005, Gladesville 1675  
Email: admin@mndnsw.asn.au  
Web: www.mndnsw.asn.au  

**Service Description:** Provides information, support, advocacy and equipment to people living with Motor Neurone Disease (MND) in NSW and ACT. Regional advisor service in ACT assists people with MND to access relevant services, aids and equipment. Provides support, information and education services for people living with MND, their family, friends, health and community care providers involved in their care across NSW.  

**MS Society of NSW - Metro Northern Region**

Phone: 8815 2100  
Level 3, 3 Richardson Place, North Ryde 2113
Mail to: PO Box 622, North Ryde BC 1670  
Email: MSConnect@msaustralia.org.au  
Web: www.msaustralia.org.au  
Service Description: Support services for people with multiple sclerosis, their families, health professionals, general public. These include: assessment and planning, immunotherapy, urology, occupational therapy, neuropsychology; psycho/social support and support groups for people with MS; limited respite accommodation. Education programs; Library and information services. Education and information for health professionals. Library access to Medline. MSConnect on 1800 042 138 provides information and support 9am-4pm.

**North Ryde Community Aid & Information Centre Inc**  
Phone: 9888 3380  
4 Cutler Pde, North Ryde 2113  
Web: www.nrcra.org.au  
Service Description: For the aged or disabled, and their carers, living independently: NRCA provides Information and referral, advocacy and client case co-ordination; Social groups and outings including Armenian group, practical help with linen, and medical transports.

**Northern Sydney Carer Support Service**  
Phone: 9462 9488  
Mail to: Level 2, Building 51, Reserve Road, Royal North Shore Hospital, St Leonards 2065  
Email: NSLHD-CARERS@health.nsw.gov.au  
Web: www.nscarersupport.com.au  
Service Description: Provides information, education and links to services for carers to assist them care at home for a family member or friend who has a longer term disability or illness. Carer Event Diary shows activities, support groups and other events for Carers taking place in the region.

**Online Inclusion**  
Phone: 9364 0111  
78c Charles St, Putney 2112  
Mail to: PO Box 3277, Putney 2112  
Email: info@oi.org.au  
Web: www.oi.org.au  
Service Description: Provides an online support platform for people living with a disability, their families, carers and support teams. The disability information hub provides online therapy, information, resources, support links and fact sheets. Online group sessions, workshops and conversations from a variety of service providers.

**Schizophrenia Fellowship of NSW Inc - New Moves**  
Phone: 9879 2600  
Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville 2111  
Mail to: Schizophrenia Fellowship of NSW Inc, Locked Bag 5014, Gladesville 1675  
Email: sue.sacker@sfnsw.org.au  
Web: www.sfnsw.org.au  
Service Description: This free Healthy Lifestyle program is designed to improve the physical and mental well being of adults (18-65 years) with a mental health condition, through education, physical activity and healthy eating. Social and peer support is provided by the group, and the team leader motivates to develop and achieve participants' personal goals. Visits to gyms / cafes / shopping centres help to integrate what is learned. 16-week program on Wednesdays in Gladesville and Hornsby, Saturdays in Balgowlah. Gladesville group for carers.

**Schizophrenia Fellowship of NSW Inc - Respite Services**  
Phone: 9879 2600, 1800 124 121  
Building 36, Gladesville Hospital, Digby Rd, Gladesville 2111  
Email: respite-admin@sfnsw.org.au  
Web: www.sfnsw.org.au  
Service Description: Trained respite mental health staff provide a variety of services that aim to meet the individual needs of carers, families and friends. These services include one to one support (in and out of home), centre based activities (planned recreational, social and educational activities) and community access (individual or group activities that encourage community participation) and 24 hour respite for carers and consumers.

**Stroke Recovery Assoc Of NSW**  
Phone: 1300 650 594, 9807 6422  
Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE 2112  
Mail to: PO Box 3401, Putney 2112  
Email: info@strokensw.org.au  
Web: www.strokensw.org.au  
Service Description: Peak body for Stroke Recovery Groups throughout NSW. Directory of Stroke Recovery Groups in metropolitan and country areas. Information over the telephone or through mail on Strokes and recovery from Strokes, peer support and counselling, resource library of books, pamphlets and videos.

**Stroke Recovery Association Inc**  
Phone: 9807 6422, 1300 650 594  
227 Morrison Rd, Putney 2112  
Mail to: PO Box 3401, Putney 2112  
Email: info@strokensw.org.au  
Web: www.strokensw.org.au  
Service Description: Provides support and information for people who have had a stroke and their carers. Can provide details of local support groups and organise speakers on stroke recovery and stroke prevention.

**The Working Carers Support Gateway**  
Phone: 6686 7887  
Shop 3, 166 River Street, Ballina 2478  
Email: info@workingcarers.org.au  
Web: www.workingcarers.org.au  
Service Description: Information support website for people who juggle paid work with caring for a relative.
or friend in need of help because they are ill, frail or have a disability.

**Cemeteries and Crematoria**

**Field of Mars Cemetery**  
Phone: 9805 0499  
Quarry Rd, Ryde 2112  
Mail to: Cnr Delhi & Plassey rd, North Ryde 2113  
Email: admin@nmct.com.au  
Web: fieldofmarscemetery.com.au  
**Service Description:** A cemetery with both traditional and lawn sections. Has some historical records for Protestant and Catholic burials commencing 1890. Protestant phone 9805 0499. For all Catholic records, including prior 1890, contact Catholic Cemetery 9649 6423.

**Macquarie Park Cemetery & Crematorium**  
Phone: 9805 0499  
Cnr Delhi & Plassey Rds, North Ryde 2113  
Email: admin@nmct.com.au  
Web: www.maccem.com.au  
**Service Description:** Lawn and monumental cemetery and crematorium. Caters to the needs of all cultures and beliefs. After funeral catering. Cafe and florist on site. Touch screen available to locate lots.

**Northern Metropolitan Cemeteries Trust**  
Phone: 9805 0499  
Corner Delhi and Plassey Rd, North Ryde 2113  
Email: admin@nmct.com.au  
**Service Description:** The Northern Metropolitan Cemeteries Trust recognise that cemeteries are primarily a place for the living, a tranquil environment where current and future generations can share cherished memories, pay their respects and celebrate the lives and achievements of those who have gone before. We strive daily to maintain our vision of being a caring and responsive organisation, an integral part of our diverse community and at the forefront of world class memorial parks. Responsible for Macquarie Park Cemetery & Crematorium, Field of Mars Cemetery, Frenchs Forest Bushland Cemetery and Gore Hill Memorial Cemetery.

**Northern Suburbs Memorial Gardens & Crematorium**  
Phone: 9887 2033  
199 Delhi Rd, North Ryde 2113  
Mail to: PO Box 401, North Ryde 1670  
Email: info@northernsuburbscrem.com.au  
Web: www.northernsuburbscrem.com.au  
**Service Description:** Chapel Services, Cremation Services, Function Centre & Cafe’, Park Tours, Cremation & Memorial Products including Niches, Rose Gardens & Family Memorials for the placement of ashes. Open days held see website for details.

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**Child Car Restraints**

**Gillespie’s Hire and Sales Service**  
Phone: 9411 2180, 0419 614 608  
13 Elizabeth St, Artarmon 2064  
Mail to: PO Box 45, Artarmon 1570  
Email: sales@ghss.com.au  
Web: www.ghss.com.au  
**Service Description:** Gillespie's carry a huge range of home medical equipment for sales or hire. Informational brochures as well as sales and hire price lists on many products are available for download in PDF format.

**Child Care. Information**

[mychild.gov.au](http://mychild.gov.au)  
Web: www.mychild.gov.au  
**Service Description:** Provides information on different types of child care and how to get assistance with the cost of child care. Includes a database to search for child care centres in a local area. May include the centres’ vacancy and fee information.

**Child Care - Family Day Care**

CCA Family Day Care  
Phone: 9874 0066  
12 Lakeside Rd, Eastwood 2122  
Mail to: 10 Lakeside Rd, Eastwood 2122  
Email: fdc@ccas.org.au  
Web: www.ccasfdc.org.au/  
**Service Description:** CCA Family Day Care is an approved early childhood service for children from birth to 12 years. Children are cared for in small family groups in the homes of registered Educators who are supported, trained and supervised by a professional Coordination Unit Team. Flexible hours of care are available including evenings and weekends.

Colour My World Children’s Centre  
Phone: 9804 0406  
47 Winbourne Street, West Ryde 2114  
Email: info@cmwchildrenscentre.com.au  
Web: www.cmwchildrenscentre.com.au  
**Service Description:** Additional service at 78 Marsden Road, Ermington.

**Child Care - Long Day Care**

Acre Woods Childcare Eastwood  
Phone: 9869 7100  
In the grounds of TG Milner Field, 146 Vimiera Rd, Eastwood 2122  
Email: eastwood@acrewoods.com.au  
**Service Description:** Long day care centre.

Acre Woods Childcare Gladesville  
Phone: 9879 4546
22-24 College St, Gladesville 2111
Email: gladesville@acrewoods.com.au

Service Description: Long day care centre.

Acre Woods Macquarie Park
Phone: 9889 2027
Address: 40-52 Talavera Road (cnr of Khartou, Macquarie Park 2113
Email: macquariepark@acrewoods.com.au
Service Description: Welcome to Macquarie Park! Our purpose built centre offers a welcoming and warm learning environment for children, with spacious and fully equipped classrooms. All the classrooms overlook the outdoor area which is surrounded by tree and well shaded, encouraging curiosity and exploration. Our dedicated and passionate teaching team pride themselves on ensuring each child has an interesting and fun learning experience.

Active Learning International Pre-School
Phone: 9874 6699
Cnr Kings Rd & Henderson St, Denistone East 2112
Mail to: 36 Henderson St, Denistone East 2112
Email: active.learning@bigpond.com.au
Service Description: 32 place private long day care centre. Mandarin class & keyboard class available with enough enrolments, computer activities, school readiness program.

Apple Cottage
Phone: 9858 7066
Denistone Rd, Eastwood 2122
Mail to: Ryde Hospital, Denistone Rd, Eastwood 2122
Email: resingh@nsccahs.health.nsw.gov.au
Service Description: 40 place child care centre. Place priority - 1st Ryde Hospital staff, 2nd NSAHS staff, 3rd staff of any other Area Health Service, 4th the community.

Banksia Cottage Early Childhood Centre
Phone: 9850 7781
Building X6 A, Macquarie University 2109
Mail to: Locked Bag 3500, North Ryde 1670
Web: mq.edu.au/on_campus/childcare/banksia_cottage/
Service Description: 90 place long day care centre.

Berry Cottage Childcare and Preschool
Eastwood
Phone: 9876 1992
40-42 Vimiera Rd, Eastwood 2122
Service Description: 39 place private long day child care centre with pre-school program.

Blossoms Childcare and Early Learning Centre
Phone: 8084 1808
8 Chatham Rd, West Ryde 2114
Email: blossomswestryde@gmail.com
Service Description: Caters from 6 weeks to 6 years. Qualified and experienced teachers and staff. Nutritious meals provided.

Christopher Robin Preschool & Long Day Care
Phone: 9876 3834
125 Vinriera Rd, Eastwood 2122
Email: christopherrobinpreschool@hotmail.com
Web: www.christopherrobinpreschool.com.au
Service Description: 21 places private preschool, occasional care, vacation care and long day care centre.

Colour My World Children’s Centre
Phone: 9804 0406
47 Winbourne Street, West Ryde 2114
Email: info@cmwchildrenscentre.com.au
Web: www.cmwchildrenscentre.com.au
Service Description: Additional service at 78 Marsden Road, Ermington

Creative Learning Preschool and Long Day Care Centre
Phone: 9878 5227
16 Cam St, North Ryde 2113
Email: creativelearningps@gmail.com
Service Description: 29 place private long day care centre.

Cressy Road Cottages
Phone: 9807 1726
16-18 Cressy Rd, Ryde 2112
Email: cressyrd@bigpond.net.au
Service Description: We are a beautiful boutique care and education service for 0-5 year old children. We pride ourselves on inclusive, respectful, innovative practices which consider the whole child and reflect current methodologies and curriculum (EYLF). Our daily fee includes all program costs, shows and craft activities as well as home cooked meals made by qualified child care cooks. We offer an excellent school readiness program (pre-school) and believe in play-based learning environments where experiences are purposeful.

Explore & Develop - Epping Road North Ryde
Phone: 9888 6114
65 Epping Road, North Ryde 2113
Email: eppingroad@exploreanddevelop.com.au
Service Description: Long Day Care and Preschool

Explore & Develop Macquarie Park
Phone: 9889 1200
Pinnacle Office Park, 6-8 Giffnock Ave, Macquarie Park 2113
Mail to: PO Box 211, North Ryde 1670
Email: macquariepark@exploreanddevelop.com.au
Web: www.exploreanddevelop.com.au
Service Description: Preschool and long day care centre with natural play spaces, above average child to staff ratios and above average space requirements for both indoor and outdoor areas.

Explore & Develop North Ryde - Triniti
Phone: 9889 0440
Triniti Business Campus, T3 Level 1, 39 Delhi Rd, North Ryde 2113
Mail to: PO Box 211, North Ryde BC 1670
Email: northryde@exploreanddevelop.com.au
Web: www.northryde.exploreanddevelop.com.au
Service Description: Preschool and long day care centre with natural play spaces, above average child to staff ratios and above average space requirements for both indoor and outdoor areas.

Goodstart - ABC Ermington
Phone: 9804 8036
12 Winbourne St, West Ryde 2114
Email: enrolements@goodstart.org.au
Web: www.goodstart.org.au/centres/west-ryde-winbourne-street/overview
Service Description: 34 place long day care child centre.

Goodstart Early Learning North Ryde
Phone: 1800 222 543
Shop CC1, Macquarie Centre, Cnr Talavera & Herring Rds, North Ryde 2113
Email: mcf@childcare.com.au
Web: www.goodstart.org.au
Service Description: Long day care.

Gumnut Cottage Early Childhood Centre
Phone: 9850 7740
17 University Ave, Macquarie University 2109
Mail to: Locked Bag 3500, North Ryde 1670
Email: chandima.jayanath@mq.edu.au
Web: https://www.mq.edu.au/about/campus-services-and-facilities/childcare-centres
Service Description: 80 place child care facility for students, staff and the general community.

Hans & Gretel Kindergarten & Long Day Care Centre
Phone: 9809 2164
27 Malvina St, Ryde 2112
Service Description: 39 place private long day care pre-school kindergarten.

Headstart Early Learning Centre
Phone: 9809 0577
6-8 Wattle St, West Ryde 2114
Email: directorwestryde@headstartelc.com.au
Web: www.headstartelc.com.au
Service Description: Long day care.

Henley Long Day Care Centre
Phone: 9879 7694
1a-1b Crown St, Henley 2111
Email: hmplc@bigpond.com

Service Description: 59 place private long day care centre. 24 places 0-3, 35 places 3-5.

Imaginations Pre-school
Phone: 9877 0562
33 Agincourt Rd, Marsfield 2122
Email: imaginationspreschool@outlook.com
Web: www.imaginationspreschool.com.au

Jessica’s Day Child Care
Phone: 9809 6753
Scout Hall, 5 Blaxland Rd, Ryde 2112
Email: jessicas.ccc@gmail.com
Service Description: 24 place private long day care centre for children 2-5 years.

Kids Cottage Hunters Hill
Phone: 9045 3838
38 Earl St, Hunters Hill 2110
Email: info@kidscottagel.com.au
Web: www.kidscottagel.com.au
Service Description: Provides care weekdays for: 0-2 years: 8am - 4.45pm 2-5 years: 7am - 8.00pm

Kids’ Cottage
Phone: +612 9879 7977
329 Victoria Rd, Gladesville 2111
Email: info@kidscottage.com.au
Web: www.kidscottage.com.au
Service Description: Private 34 place long day care centre with preschool program.

KU Macquarie Park Child Care Centre
Phone: 9878 5969
27 Ivanhoe Place, Macquarie Park 2113
Email: ku.macquariepark@ku.com.au
Web: www.ku.com.au
Service Description: 40 place community based funded long day care centre.

Lilypad Early Learning Centre
Phone: 9808 5522
Level 2, Top Ryde City Shopping Centre, 115 Blaxland Rd, Ryde 2112
Mail to: PO BOX 150, RYDE 1680
Email: info@lilypadtopryde.com.au
Web: www.lilypadtopryde.com.au
Service Description: Lilypad Early Learning Centre is a long day care facility located in Top Ryde City Shopping Centre, providing excellence in quality care and education for children from 6 weeks up to 6 years old.

Little Stars Kindergarten
Phone: 9809 3895
Scout Hall, Cnr Angus & See Sts, Meadowbank 2114
Mail to: PO BOX 7011, Berrima 2577
Email: davidstedman@westnet.com.au
Web: www.littlestarskindy.com.au
Service Description: 28 place private long day care centre. 2-3yrs 8 places, 3-5yrs 20 places.
**Little Zak's Academy Meadowbank**  
**Phone:** 9807 6006  
10-12 Porter St, Ryde 2112  
**Email:** meadowbank@littlezaks.com.au  
**Web:** www.littlezaks.com.au  
**Service Description:** Childcare Centre catering for ages 6wks to 6 yrs.

**Macquarie Long Day and Early Learning Centre**  
**Phone:** 9888 2066  
Building B, 11 Talavera Rd, North Ryde 2113  
**Mail to:** PO Box 266, North Ryde 1670  
**Service Description:** Long Day Care Centre/Preschool Programme.

**Meadowbank Multipurpose Learning Centre**  
**Phone:** 9808 2692  
Cnr Thistle & Belmore Sts, Ryde 2112  
**Email:** meadowbank.mlcr@bigpond.com  
**Web:** www.meadowbankmlc.com  
**Service Description:** 64 place private long day care centre. Vacation care. Before and after school care.

**Meadowbank TAFE Children's Centre**  
**Phone:** 9942 3642  
See St, Meadowbank 2114  
**Mail to:** c/- Meadowbank College of TAFE, See St, Meadowbank 2114  
**Email:** NSI.Meadowbankcc@tafensw.edu.au  
**Web:** www.nsi.tafensw.edu.au/Services/MeadowbankChildcare.aspx  
**Service Description:** 40 place centre for children of students. Priority given to families of students and those doing vocational, full time courses.

**Mia Mia. Child & Family Study Centre**  
**Phone:** 9850 9880  
Institute of Early Childhood, Building X5b, Macquarie University 2109  
**Web:** www.miamia.mq.edu.au  
**Service Description:** 51 place 'Not-for-Profit' long day child care centre with strong education, caring & nurturing program available to the community, staff & students. Facility for demonstration and research for students and staff of the university.

**Nought to Five Early Childhood Centre Inc**  
**Phone:** 9887 1974  
16 Waterloo Rd, Macquarie Park 2113  
**Email:** childcare@noughttofive.com.au  
**Web:** www.noughttofive.com  
**Service Description:** 74 place community based not for profit long day care centre.

**Oz Education 2001**  
**Phone:** 1300 644 125  
79 Charles St, Putney 2112  
**Email:** info@ozeducation.com.au  
**Web:** www.ozeducation.com.au  
**Service Description:** 53 place long day care centre with pre-school programs.

**Putney Playground Kindergarten**  
**Phone:** 9808 2540  
6 Frances Rd, Putney 2112  
**Email:** putneyplay@optusnet.com.au  
**Web:** putneyplay.com.au/  
**Service Description:** 36 place private preschool kindergarten. Computer gym, keyboard lessons, kindi dance, multi sports and tennis lessons.

**Red Robin Kindergarten**  
**Phone:** 9874 5717  
19 Welby St, Eastwood 2122  
**Email:** kindy@redrobin.com.au  
**Web:** www.redrobin.com.au  
**Service Description:** 40 place privately owned Child Care Centre for 2-6yrs. Families have a choice of Short Day Care (9am-3pm) or Long Day Care (8am-6pm).

**Top Ryde Early Learning**  
**Phone:** 9807 1619  
16 Pope St, Ryde 2112  
**Email:** director@toprydeearlylearning.com.au  
**Web:** www.toprydeearlylearning.com.au  
**Service Description:** 59 place private long day care and pre-school program, early care and education centre and OOSH care.

**West Ryde Long Day Care Centre**  
**Phone:** 9858 5333  
42 Mons Ave, West Ryde 2114  
**Email:** westrydeldc@bigpond.com  
**Service Description:** Long day care centre.

**West Ryde Neighbourhood Children's Centre**  
**Phone:** 9874 6206  
Suite 8, Level 1, 3 - 5 Anthony Rd, West Ryde 2114  
**Email:** wrncc@bigpond.net.au  
**Service Description:** 51 place not-for-profit long day care centre. closed 2 weeks at Christmas. All meals provided.

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**Child Care - Occasional Care**

**Blossoms Childcare and Early Learning Centre**  
**Phone:** 8084 1808  
8 Chatham Rd, West Ryde 2114  
**Email:** blossomswestryde@gmail.com  
**Service Description:** Caters from 6 weeks to 6 years. Qualified and experienced teachers and staff. Nutritious meals provided.

**Christopher Robin Preschool & Long Day Care**  
**Phone:** 9876 3834  
125 Vimiera Rd, Eastwood 2122  
**Email:** christopherrobinpreschool@hotmail.com  
**Web:** www.christopherrobinpreschool.com.au  
**Service Description:** 21 places private preschool, occasional care, vacation care and long day care centre.
**Eastwood Occasional Child Care Centre Inc**
Phone: 9858 5634
55 Hillview Lane, Eastwood 2122
Email: eoccc@bigpond.net.au
Web: www.eoccc.com.au/
**Service Description:** Occasional and "regular" child care service. Bookings may be made one week in advance. "Regular" bookings can be made when positions are available. The centre also caters for emergency child care where possible. Community based centre.

**Explore & Develop - Epping Road North Ryde**
Phone: 9888 6114
65 Epping Road, North Ryde 2113
Email: eppingroad@exploreanddevelop.com.au
**Service Description:** Long Day Care and Preschool

**Gladesville Occasional Child Care Centre Inc**
Phone: 9817 2345
6 Pittwater Rd, Gladesville 2111
Email: goccc@bigpond.net.au
**Service Description:** Occasional child care provided on a short term, regular and irregular basis for half or full day sessions. Limit of 14 hours per week. Special schemes for out of town visitors, school holidays users. Advance bookings preferred.

**Next Generation Occasional Care Centre**
Phone: 9334 0014
504a Victoria Rd, Ryde 2112
Email: infory@ngclubs.com.au
**Service Description:** Occasional care for children whose parents/carers must be on the premises of Next Generation Ryde or Ryde Aquatic Leisure Centre. Bookings are essential and can be made a week in advance. Maximum of 4 hours per day.

**Child Care - Out of School Hours Care**

**Boronia Park Care Centre Inc**
Phone: 9817 3309
Boronia Park Public School, Pittwater Rd, Hunters Hill 2110
Email: bpcchotmail.com.au
Web: www.boroniaparkcc.com.au
**Service Description:** Before & after school care for children 5-12yrs. Vacation care during 1st week of school holidays for students at this school only.

**CCA Family Day Care**
Phone: 9874 0066
12 Lakeside Rd, Eastwood 2122
Mail to: 10 Lakeside Rd, Eastwood 2122
Email:fdc@cas.org.au
Web: www.ccasfdc.org.au/
**Service Description:** CCA Family Day Care is an approved early childhood service for children from birth to 12 years. Children are cared for in small family groups in the homes of registered Educators who are supported, trained and supervised by a professional Coordination Unit Team. Flexible hours of care are available including evenings and weekends

**Children's Art Classes**
Phone: 9874 7183
33 Wingate Ave, Eastwood 2122
Email: kmdibbs@bigpond.net.au
**Service Description:** Art lessons in drawing and design, painting, figures, colour and landscapes, crafts and sculpture. Qualified teacher. 1 hour classes. Junior and Senior classes. Years 1-12.

**Clement Art School**
Phone: 0414 435 388
Suit 4, 150 Rowe St, Eastwood 2122
Mail to: 75/47, Neridah St, Chatswood 2067
Email: clement_art@hotmail.com
Web: www.clementart.com.au
**Service Description:** Art school for children from beginners to advanced. Classes include drawing, painting, comic, t-shirt painting and computer art.

**Denistone East Before & After School Care Association**
Phone: 9874 6760
35a Brabyn St, Eastwood 2122
Mail to: PO Box 4043, Denistone East 2112
Email: admin@debasca.org.au
Web: www.debasca.org.au
**Service Description:** Before & After School Care for Denistone East Public School. Vacation care is open to any school aged child and programs are available via the website 5 weeks before school holidays. We are approved for 180 places.

**Eastwood Before & After School Care Centre**
Phone: 9874 2019
Eastwood Public School, Rowe St, Eastwood 2122
Mail to: PO Box 129, Eastwood 2122
Email: ebascce@yahoo.com.au
**Service Description:** Before and after school care and Vacation care open to all primary school children.

**Eastwood Heights Out of School Hours Centre Inc**
Phone: 9876 2242
Eastwood Heights Public School, Lincoln St, Eastwood 2122
Mail to: PO Box 3611, Marsfield 2122
**Service Description:** Before and after school care centre.

**Ermington Public School OOSH**
Phone: 9874 4077
14 Winbourne St., West Ryde 2114
Email: ermingtonoosh@live.com.au
Web: www.ermingtonoosh.com
Service Description: Before & after school care for pupils of Ermington Public School. Vacation care for all families 7am-6pm.

Gladesville Before & After School Care Inc
Phone: 9817 3977
Gladesville Public School, Victoria Rd, Gladsvile 2111
Mail to: PO Box 505, Gladsvile 1675
Web: www.goosh.org.au/
Service Description: Before and after school care for children from Gladsvile Public school.

Headstart Early Learning Centre
Phone: 9809 0577
6-8 Wattle St, West Ryde 2114
Email: directorwestryde@headstartelc.com.au
Web: www.headstartelc.com.au
Service Description: Long day care.

Hills Before & After School Care. St Kevin’s
Phone: 1300 553 583
St Kevin’s Catholic School, Hillview St, Eastwood 2122
Mail to: 24/9 Hoyle Ave, Castle Hill 2154
Email: enrol@cubbbycc.com.au
Service Description: Before and after school care for children from St Kevin’s, Eastwood.

Holy Spirit North Ryde OSHC Inc
Phone: 9888 1298
Holy Spirit Primary School, 195 Coxs Rd, North Ryde 2113
Mail to: PO Box 6283, Coxs Rd, North Ryde 1670
Email: holyspiritaftercare@bigpond.com.au
Service Description: Before & after school care for children from the school.

Hunters Hill Public School P & C After School Care
Phone: 9816 1903
Hunters Hill Public School, Alexandra St, Hunters Hill 2110
Mail to: c/- Hunters Hill Public School, Alexandra St, Hunters Hill 2110
Email: hhpasc@hotmail.com
Web: huntershillps.nsw.edu.au/p-c-association/after-school-care/
Service Description: Before and after school care.

Kent Road Primary OSH Care
Phone: 0433 792 343
Kent Road Primary School, Kent Rd, Eastwood 2122
Web: www.primaryoshcare.com.au
Service Description: Before and after school care centre.

Kids Games and Club maX
Phone: 9817 8993
Gladesville Presbyterian Hall, Cnr Victoria & Pittwater Rds, Gladsvile 2111
Mail to: 2 Pittwater Rd, Gladsvile 2111
Email: info@gladsvile.org.au
Web: gladsvile.org.au
Service Description: Club maX is our After School Club featuring stories, craft, games, multimedia, snacks and songs! We feature the world class, proven materials of the Oasis curriculum for helping children learn values with fun! Oasis uses a mosaic approach to teaching that understands the different ways that children learn. The mix of visual, audio, creative, physical and verbal activities caters to these needs and contributes to the variety for fun!

Mark Street After School Care
Phone: 9817 1398
Villa Maria School, Mark St, Hunters Hill 2110
Mail to: 5-7 Mark St, Hunters hill 2110
Email: markstasc@bigpond.com
Service Description: Before School Care from 7-9am After School Care from 3-6pm Vacation Care during school holidays from 8am-6pm. We cater for school aged children, located in Villa Maria Primary School

Meadowbank Multipurpose Learning Centre
Phone: 9808 2692
Cnr Thistle & Belmore Sts, Ryde 2112
Email: meadowbank.mlpc@bigpond.com
Web: www.meadowbankmlc.com
Service Description: 64 place private long day care centre. Vacation care. Before and after school care.

North Ryde Out of School Hours (OOSH) Centre
Phone: 0408 825 733
c/- North Ryde Public School, Coxs Rd, North Ryde 2113
Email: nroshc@primaryoshcare.com.au
Web: www.northryde-p.schools.nsw.edu.au
Service Description: Before and after school care centre.

Our Lady Queen of Peace Gladesville OSHC Inc
Phone: 9878 2651
Father Gell Hall, Our Lady Queen of Peace, Cnr Victoria Rd & Westminster St, Gladsvile 2111
Mail to: c/- Our Lady of Peace, Cnr Victoria Rd & Westminster St, Gladsvile 2111
Service Description: After school care for children at the school. A waiting list may apply. Please contact the child care service to confirm the service’s details.

Red Robin Kindergarten
Phone: 9874 5717
19 Welby St, Eastwood 2122
Email: kindy@redrobin.com.au
Web: www.redrobin.com.au  
**Service Description:** 40 place privately owned Child Care Centre for 2-6yrs. Families have a choice of Short Day Care (9am-3pm) or Long Day Care (8am-6pm).

**Ryde Before & After School Care**  
**Phone:** 9809 3535  
Block D, Ryde Public School, 2 Tucker St, Ryde 2112  
**Mail to:** PO Box 508, Ryde 1680  
**Email:** rydebasb2112@gmail.com  
**Service Description:** Ryde Before & After School Care for any child in the local area aged 5-12yrs. Vacation Care also available.

**Ryde East Out of School Hours Care Centre Inc**  
**Phone:** 9878 3773  
c/- Ryde East Primary School, 12 Twin Rd, North Ryde 2113  
**Email:** rydeeastoshc@fastnet.com.au  
**Web:** www.rydeeastoshc.com.au/  
**Service Description:** Before & after-school child care centre and school holiday care.

**St Charles Borromeo Before & After School Care**  
**Phone:** 9807 3793  
582 Victoria Rd, Ryde 2112  
**Email:** office@scbolqp.org.au  
**Web:** www.scbolqp.org.au/  
**Service Description:** Before and after school care at the school for the primary school age children of the Parish of St Charles.

**St Michael's Out of School Hours Care Centre**  
**Phone:** 1300 105 343 (Camp Australia Head Office)  
St Michael's Primary School, 53 Maxim St, Meadowbank 2114  
**Service Description:** Before and after school hours care centre.

**Truscott St (North Ryde) Out of School Hours Care Centre**  
**Phone:** 9889 2441  
c/- Truscott Street Public School, Truscott St, North Ryde 2113  
**Email:** truscottstosh@gmail.com  
**Web:** www.truscottstosh.com.au/  
**Service Description:** Before and after school care centre. Also pupil-free days and Vacation Care.

**West Ryde Before & After School Care Centre Inc**  
**Phone:** 9858 5114  
West Ryde Primary School, 6 Endeavour St, West Ryde 2114  
**Mail to:** PO Box 235, West Ryde 2114  
**Email:** westrydecc@hotmail.com  
**Web:** www.westrydeasc.com.au/  
**Service Description:** Before & after school care and vacation care for West Ryde Primary students & children from the area. Semi-structured activities.

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### Child Care - Preschools

**Active Learning International Preschool Eastwood**  
**Phone:** 9874 6699  
36 Henderson St, Eastwood 2122  
**Email:** active.learning@bigpond.com.au  
**Service Description:** We are a long day care for children aged 2-5 years. We provide a school readiness program. Mandarin class available with enough enrolments. Computer activities. We have a qualified cook at the centre to prepare daily meals.

**Christ Church Gladesville Preschool**  
**Phone:** 9817 2631  
Cnr Victoria Rd & Jordan St, Gladesville 2111  
**Mail to:** PO Box 250, Gladesville 1675  
**Web:** www.christchurch.org.au  
**Service Description:** 60 place funded community based preschool, 120 per week.

**Christopher Robin Preschool & Long Day Care**  
**Phone:** 9876 3834  
125 Vimiera Rd, Eastwood 2122  
**Email:** christopherrobinpreschool@hotmail.com  
**Web:** www.christopherrobinpreschool.com.au  
**Service Description:** 21 places private preschool, occasional care, vacation care and long day care centre.

**Explore & Develop Macquarie Park**  
**Phone:** 9889 1200  
Pinnacle Office Park, 6-8 Giffnock Ave, Macquarie Park 2113  
**Mail to:** PO Box 211, North Ryde 1670  
**Email:** macquariepark@exploreanddevelop.com.au  
**Web:** www.exploreanddevelop.com.au  
**Service Description:** Preschool and long day care centre with natural play spaces, above average child to staff ratios and above average space requirements for both indoor and outdoor areas.

**Explore & Develop North Ryde - Triniti**  
**Phone:** 9889 0440  
Triniti Business Campus, T3 Level 1, 39 Delhi Rd, North Ryde 2113  
**Mail to:** PO Box 211, North Ryde BC 1670  
**Email:** northryde@exploreanddevelop.com.au  
**Web:** www.northryde.exploreanddevelop.com.au  
**Service Description:** Preschool and long day care centre with natural play spaces, above average child to staff ratios and above average space requirements for both indoor and outdoor areas.

**Giant Steps Sydney Ltd**  
**Phone:** 9879 4971  
Step House, 23 Punt Rd, Gladesville 2111  
**Mail to:** PO Box 209, Gladesville 1675  
**Email:** michelle.jocum@giantsteps.net.au  
**Web:** www.giantsteps.net.au  
**Service Description:** Provides comprehensive services to children aged 5 to 18, with primary diagnosis of Autism Spectrum Disorder. Provides
trans-disciplinary education with therapy remediation (speech, music, occupational) in a single program, and a gradual systematic approach to integrating children into local schools. Addresses underlying neurological impairments so child can benefit from an academic program. Giant Steps Early Learning - early intervention for children with autism ages 3 to 6. Weekly playgroup "Playsteps" for ages 18 months to 5 years at Gladesville.

**Goulding Hill Preschool**
Phone: 9809 3468  
2 Hancott St, Ryde 2112  
Email: info@gouldinghillpreschool.com.au  
Web: www.gouldinghillpreschool.com.au  
**Service Description:** 40 place community based funded pre-school. Priority to 4 yr olds, children with special needs and non-English speaking background families. Children's computers, big, shady playground.

**Goulding Hill Preschool**
Phone: 9809 3468  
2 Hancott St, Ryde 2112  
Email: info@gouldinghillpreschool.com.au  
Web: www.gouldinghillpreschool.com.au  
**Service Description:** 40 place community based funded pre-school. Priority to 4 yr olds, children with special needs and non-English speaking background families. Children's computers, big, shady playground.

**Hunters Hill Preschool Inc**
Phone: 9817 1871  
Cnr Herberton Av & Church St, Hunters Hill 2110  
Mail to: PO Box 64, Hunters Hill 2110  
Email: hhpreschool@bigpond.com  
Web: www.hhpreschool.com.au  
**Service Description:** 58 place community based non-profit preschool. Children can be placed on waiting list at 2yrs.

**Imaginations Pre-school**
Phone: 9877 0562  
33 Agincourt Rd, Marsfield 2122  
Email: imaginationspreschool@outlook.com  
Web: www.imaginationspreschool.com.au  
**Service Description:** 28 place centre. Long Day Care. Cater for children aged 2 to 6.

**KU Eastwood Preschool**
Phone: 9874 3162  
4a Rutledge St, Eastwood 2122  
Email: ku.eastwood@ku.com.au  
Web: www.ku.com.au  
**Service Description:** 40 place community based funded preschool.

**KU North Ryde Preschool**
Phone: 9878 0254  
147-151 Coxs Rd, North Ryde 2113  
Email: ku.northryde@ku.com.au  
Web: www.ku.com.au  
**Service Description:** 40 place per day community based funded preschool providing full day sessions only.

**North Ryde Community Preschool Inc**
Phone: 9808 3015  
13 Clermont Ave, Ryde 2112  
Mail to: PO Box 6024, North Ryde 2113  
Email: admin@nrcp.org.au  
Web: www.nrcp.org.au  
**Service Description:** 40 place community based funded preschool. Special needs teacher; children with special needs are integrated into the pre-school program. Concessions are available for low income earners and single parents. Names can be included on waiting list from 2yrs.

**Putney Playground Kindergarten**
Phone: 9808 2540  
6 Frances Rd, Putney 2112  
Email: putneyplay@optusnet.com.au  
Web: putneyplay.com.au/  
**Service Description:** 36 place private preschool kindergarten. Computer gym, keyboard lessons, kindi dance, multi sports and tennis lessons.

**Red Robin Kindergarten**
Phone: 9874 5717  
19 Welby St, Eastwood 2122  
Email: kindy@redrobin.com.au  
Web: www.redrobin.com.au  
**Service Description:** 40 place privately owned Child Care Centre for 2-6yrs. Families have a choice of Short Day Care (9am-3pm) or Long Day Care (8am-6pm).

**Riverside Preschool Inc**
Phone: 9816 3384  
2a Crown St, Henley 2111  
Email: riversidepreschool@bigpond.com  
Web: www.riversidepreschool.com.au  
**Service Description:** 50 place community based preschool. 2, 3 or 5 day program.

**St Dunstan’s Preschool Kindergarten Inc**
Phone: 9887 1481  
112 Lovell Rd, Eastwood 2122  
Email: mail@stdunstanskindergarten.com.au  
Web: www.stdtk.org.au  
**Service Description:** 40 place community based funded preschool. Children may attend Mon-Wed or Thu-Fri.

**St George’s Preschool (Marsfield) Inc**
Phone: 9887 1281  
100 Balaclava Rd, Eastwood 2122  
Email: stgeorgepreschool@swiftdsl.com.au  
Web: www.stgeorgespreschool.com.au  
**Service Description:** 27 place per day community based funded preschool. Names can be placed on waiting list from 2yrs.

**St John’s North Ryde Preschool Association Inc**
Phone: 9888 7835  
152 Coxs Rd, North Ryde 2113  
Mail to: PO Box 6193, North Ryde 2113  
Email: preschool@northrydeanglican.org.au  
Web: www.northrydeanglican.org.au  
**Service Description:** 40 place community based funded preschool. Provision for children with special needs and children from NESB.

**Tennyson Preschool Kindergarten**
Phone: 9879 4296  
15a Stanbury St, Gladesville 2111  
Service Description: 29 place private pre-school. Fee relief approved.

The Children’s House Montessori Preschool
Phone: 9889 0400
109 Cressy Rd, North Ryde 2113
Mail to: PO Box 6645, North Ryde 2113
Email: childrenshousensw@bigpond.com
Web: www.sydneymontessorisociety.nsw.edu.au
Service Description: Community based not-for-profit preschool for children from three years of age. Children attend for 3 years including 1st year of school.

Truscott Street Public School
Phone: 9878 1264
Truscott St, North Ryde 2113
Email: truscottst-p.school@det.nsw.edu.au
Web: www.truscottst-p.schools.nsw.edu.au
Service Description: A mainstream (regular) public school that also has 4 classes for children with multiple and physical disabilities. Students with these special needs may begin their schooling from preschool age (4 years).

Child Care - Vacation Care

Blossoms Childcare and Early Learning Centre
Phone: 8084 1808
8 Chatham Rd, West Ryde 2114
Email: blossomswestryde@gmail.com
Service Description: Caters from 6 weeks to 6 years. Qualified and experienced teachers and staff. Nutritious meals provided.

Boronia Park Care Centre Inc
Phone: 9817 3309
Boronia Park Public School, Pittwater Rd, Hunters Hill 2110
Email: bpcchotmail.com.au
Web: www.boroniaparkcc.com.au
Service Description: Before & after school care for children 5-12yrs. Vacation care during 1st week of school holidays for students at this school only.

CCA Family Day Care
Phone: 9874 0066
12 Lakeside Rd, Eastwood 2122
Mail to: 10 Lakeside Rd, Eastwood 2122
Email: fdc@ccas.org.au
Web: www.ccasfdc.org.au/
Service Description: CCA Family Day Care is an approved early childhood service for children from birth to 12 years. Children are cared for in small family groups in the homes of registered Educators who are supported, trained and supervised by a professional Coordination Unit Team. Flexible hours of care are available including evenings and weekends

Christopher Robin Preschool & Long Day Care
Phone: 9876 3834
125 Vimiera Rd, Eastwood 2122
Email: christopherrobinpreschool@hotmail.com
Web: www.christopherrobinpreschool.com.au
Service Description: 21 places private preschool, occasional care, vacation care and long day care centre.

Denisstone East Vacation Care
Phone: 9874 6760
Denisstone East Public School, 35a Brabyn St, Eastwood 2122
Mail to: PO Box 4043, Denisstone East 2112
Email: admin@debasca.org.au
Web: www.debasca.org.au
Service Description: Vacation care provided in school holidays. Program available approx a month before the holidays. Child care benefit is available.

Eastwood Before & After School Care Centre
Phone: 9874 2019
Eastwood Public School, Rowe St, Eastwood 2122
Mail to: PO Box 129, Eastwood 2122
Email: ebascce@yahoo.com.au
Service Description: Before and after school child care and Vacation care open to all primary school children.

Ermington Public School OOSH
Phone: 9874 4077
14 Winbourne St, West Ryde 2114
Email: ermingtonoosh@live.com.au
Web: www.ermingtonoosh.com
Service Description: Before & after school care for pupils of Ermington Public School. Vacation care for all families 7am-6pm.

Headstart Early Learning Centre
Phone: 9809 0577
6-8 Wattle St, West Ryde 2114
Email: directorwestryde@headstartelc.com.au
Web: www.headstartelc.com.au
Service Description: Long day care.

Meadowbank Multipurpose Learning Centre
Phone: 9808 2692
Cnr Thistle & Belmore Sts, Ryde 2112
Email: meadowbank.mlcc@bigpond.com
Web: www.meadowbankmlc.com
Service Description: 64 place private long day care centre. Vacation care. Before and after school care.

Ryde Before & After School Care
Phone: 9809 3535
Block D, Ryde Public School, 2 Tucker St, Ryde 2112
Mail to: PO Box 508, Ryde 1680
Email: rydebasc2112@gmail.com
Service Description: Ryde Before & After School Care for any child in the local area aged 5-12yrs. Vacation Care also available.
West Ryde Before & After School Care Centre Inc
Phone: 9858 5114
West Ryde Primary School, 6 Endeavour St, West Ryde 2114
Mail to: PO Box 235, West Ryde 2114
Email: westrydecc@hotmail.com
Web: www.westrydebasc.com.au
Service Description: Before & after school care and vacation care for West Ryde Primary students & children from the area. Semi-structured activities.

Child Protection

Community Services Helpline
Phone: 132 111 (Helpline), 133 627 (Mandatory Reporters/Professional Notifiers)
Web: www.community.nsw.gov.au
Service Description: 24 hour helpline for child protection issues. Staff take all reports relating to child protection issues within NSW and refer these reports so that appropriate action is taken. Covers young people at risk including those in the care of the Director General (previously known as State Wards) and young people from Aboriginal or Non English Speaking Backgrounds.

Northern Sydney - Child Protection Service
Phone: 9462 9266
RNS Community Health Centre, Level 2, 2C Herbert St, St Leonards 2065
Service Description: 24-hour medical service, crisis counselling and support service, and court preparation and support for children and young people aged 0-16 years who have been physically, sexually and emotionally abused or neglected. This service works closely with the Department of Community Services and the NSW Police.

Counselling - Children

CCA Emergency Relief & Social Welfare Service
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au
Web: www.ccas.org.au
Service Description: Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.

CCA Grief and Loss Counselling
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: moya.silcock@ccas.org.au
Web: www.ccas.org.au
Service Description: Grief and loss counselling in a safe and supportive environment.

Centrelink
19-27 Devlin St, Ryde 2112
Mail to: Locked Bag 5, Regents Park DC 2143
Service Description: Administers pensions, benefits and allowances; registration for employment assistance; job search facilities; referrals for employment assistance; specialist employment assistance services for disadvantaged groups. Ryde and Parramatta offices share a multicultural officer 9865 9175, who assists refugees, migrants and small ethnic groups with information on employment, welfare, etc.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc
Phone: 9809 0287
Mail to: PO Box 20, Putney 2112
Web: www.cdlsaus.org.au
Service Description: Provide support & information for families affected by CdLS, also provide information for support workers and to educate the public. Research programmes in USA and England. contacts in all states and contact with overseas groups

Family Relationship Centre Macquarie Park
Phone: 8874 8088
Level 1, 68 Waterloo Rd, Macquarie Park 2113
Email: macparkfrc@ransw.org.au
Web: www.familyrelationships.gov.au
Service Description: We provide Family Dispute Resolution service to separating parents and significant others around childrens matters. We also assist families to connect with other services which help prevent a relationship breaking down and will provide assistance to separating families. The service is managed by Relationships Australia - New South Wales.

Huntington’s NSW Inc
Phone: 9874 9777, 1800 244 735 (Regional NSW)
Elsie Court Cottage, 21 Chatham Rd, West Ryde 2114
Mail to: PO Box 178, West Ryde 1685
Email: info@huntingtonsnsw.org.au
Web: www.huntingtonsnsw.org.au
Service Description: The association provides information, advice assistance and counselling to the person affected, families, healthcare professionals and others concerned with Huntington’s Disease. Produces and distributes many publications and other information on Huntington’s Disease, including a newsletter. Fortnightly Social Club for people with Huntington’s, holiday camps, seminars and family support sessions, carer support program, and advocate on behalf of families to a variety of government and other organisations, on diverse issues. Supports research. Registered NDIS provider to coordinate and manage life stages, transitions and supports.
Muscular Dystrophy Association of NSW
Phone: 9888 5711, 1800 635 109
Lvl 1, Ste 1.04, 82 Waterloo Rd, Macquarie Park 2113
Mail to: PO Box 1365, Meadowbank 2114
Email: info@mdnsw.org.au
Web: www.mdnsw.org.au
Service Description: Provides support; equipment; advice; referral; advocacy; physical aids; welfare; moral support; welfare; camps; retreats and counselling to those with neuromuscular disorders and their families. Online training modules for staff. Financially supports medical and scientific research, organises various fund-raising events and runs a public education program. For Neuromuscular Management Clinics contact Prince of Wales Hospital Nerve and Muscle Clinic 9382 1700 or Sydney Children's Hospital 9382 1700. Clinics provide access to neurologists, occupational therapists, physiotherapists, geneticists, genetic counsellors, psychologists and social workers. NDIS provider.

Relationships Australia (New South Wales) - Northern Regional Office
Phone: 1300 364 277; 02 8874 8000
Suite 102, 68 Waterloo Rd, Macquarie Park 2113
Mail to: PO Box 371, North Ryde BC 1670
Email: north@ransw.org.au
Web: www.relationships.com.au
Service Description: Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

Ryde Drug & Alcohol Service
Phone: 9858 7776
Ryde Mental Health, Denistone Rd, Eastwood 2122
Service Description: Outpatient service for drug and alcohol dependent people and their families. Assessment, counselling, gambling counselling referral to community resources and education. Stop smoking counselling. Counselling for problem gambling Mon & Tue.

The Macquarie University Psychology Clinic
Phone: 9850 8000
Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University 2109
Mail to: The Macquarie University Psychology Clinic, Department of Psychology, Macquarie University 2109
Email: Psychology.Clinic@mq.edu.au
Web: www.psy.mq.edu.au/clinic.htm
Service Description: Provides a range of psychology services for adults, children and families including therapy and counselling for anxiety, phobias and depression, ADHD, relationship problems and bereavement. Also offers parenting skills training, social skills groups for primary school children, assessment and treatment for child and adolescent behavioural and emotional problems, psychometric assessment of cognitive functioning and learning disabilities. The clinic is staffed by registered or provisionally registered psychologists who are undertaking specialised post graduate training, in Clinical Psychology and Clinical neuropsychology.

Counselling - Crisis

Lifeline Australia
Phone: 13 11 14 (24 hours)
Web: www.lifeline.org.au
Service Description: A free 24 hour telephone crisis support service.

NSW Domestic Violence Line
Phone: 1800 656 463, 1800 671 442 (TTY)
Email: DVLine@facs.nsw.gov.au
Web: www.domesticviolence.nsw.gov.au
Service Description: Confidential telephone crisis counselling and referral service for all women, or people in same sex relationships, who are experiencing or have experienced violence from a partner or ex-partner with whom they have, or have had, an intimate relationship. Provides information about assistance available from police, courts and the law. Also provides information about support groups and counselling services. Refuge accommodation may also be provided and is subject to assessment. Ages 18 onwards.

Rape and Domestic Violence Services Australia
Phone: 1800 424 017 (NSW), 1800 737 732 (Aust), 1800 211 028 (SACA)
Mail to: PO Box 555, Drummoyne 2047
Email: info@rape-dvservices.org.au
Web: www.rape-dvservices.org.au
Service Description: 24/7 telephone and on-line counselling for anyone whose life has been affected by sexual, domestic or family violence. Face to Face counselling for adults who experienced childhood sexual assault and those who are impacted by the Royal Commission into Institutional Responses to Child Sexual Abuse.

Counselling - Family & Relationship

ANGLICARE Counselling
Phone: 9798 1400
1 Sloane St, Summer Hill 2130
Email: ashfield@anglicare.org.au
Web: www.anglicare.org.au
Service Description: Counselling and relationship services, support coordination disability services, youth services and sustainability living - emergency relief and financial counselling.

BaptistCare Relationship Services
Phone: 1300 130 225 (Appointments/Enquiries)
Level 2, 402-410 Chapel Rd, Bankstown 2200
Counselling - Financial

CatholicCare Financial Counselling Service
Phone: 8424 8700
Level 3, 3-5 Anthony Rd, West Ryde 2114
Email: naremburnfc@dbb.org.au
Web: www.catholiccaredbb.org.au

CCA Financial Counselling Service
Phone: 9858 1377
2 Dickson Ave, West Ryde 2114
Email: f.counselling@ccas.org.au
Web: www.ccas.org.au
**Personal, Family & Practical Needs**

**Service Description:** Provides financial counselling and support to anyone experiencing a financial problem on a one-to-one basis.

**CCA Financial Counselling Service**

Phone: 9858 1377  
2 Dickson Avenue, West Ryde 2114  
Mail to: 12 Lakeside Rd, Eastwood 2122  
Email: f.counselling@ccas.org.au  
**Service Description:** Provides free, confidential financial counselling services for anyone experiencing a financial problem. Can provide budgeting information on credit and debt, bankruptcy and paralegal issues. Financial counsellors can act on behalf of clients to mediate, negotiate or advocate on credit and debt issues. Free Tax Help program July-October.

**Christians Against Poverty (CAP)**

Phone: 9086 6940  
C3 Church Ryde, 89 Blaxland Rd, Ryde 2112  
Mail to: PO Box 919, RYDE 1680  
Email: gail.sinclair@capaus.org  
Web: www.capaust.org  
**Service Description:** A national, free debt counselling service providing support and practical assistance to anyone who is facing hardship as a result of financial difficulties. CAP offers a free debt counselling service which includes budgeting and financial education.

**Financial Information Service (FIS)**

Phone: (Appointments) 132 300  
19-27 Devlin St, Ryde 2112  
Mail to: Locked Bag 5, Regents Park DC 2143  
**Service Description:** Provides an impartial, free and confidential service to the community: information on retirement planning; investment principles; buying/selling a home; making best use of resources and money; taxation issues; general finance issues; financial planning; Centrelink entitlements; aged care issues - hostels, nursing homes, retirement villages, etc.

**Relationships Australia (New South Wales) - Northern Regional Office**

Phone: 1300 364 277; 02 8874 8000  
Suite 102, 68 Waterloo Rd, Macquarie Park 2113  
Mail to: PO Box 371, North Ryde BC 1670  
Email: north@ransw.org.au  
Web: www.relationships.com.au  
**Service Description:** Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

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**Counselling - Gambling**

**Gambling Help NSW**

Phone: 1800 858 858  
Web: www.gamblinghelp.nsw.gov.au  
**Service Description:** Provides confidential counselling, referral and support to people experiencing gambling related problems. Can assist with accessing financial, legal and face-to-face counselling for gamblers, their families and friends. Multilingual crisis counselling also available.

**Ryde Drug & Alcohol Service**

Phone: 9858 7776  
Ryde Mental Health, Denistone Rd, Eastwood 2122  
**Service Description:** Outpatient service for drug and alcohol dependent people and their families. Assessment, counselling, gambling counselling referral to community resources and education. Stop smoking counselling. Counselling for problem gambling Mon & Tue.

**Sydney Korean Women's Association**

Phone: 9801 5512  
Cnr Balaclava & Agincourt Rds, Marsfield 2122  
Mail to: 22 Zanco Rd, Marsfield 2122  
Email: ko_wo_asso@hotmail.com  
**Service Description:** The SKWA provides: classes in health, dance classes, and seminars for Centrelink, citizenship, education, housing, health, women, youth and children's issues. Information and referrals on a range of services.

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**Counselling - Grief**

**CCA Grief and Loss Counselling**

Phone: 9858 3222  
12 Lakeside Rd, Eastwood 2122  
Email: moya.silcock@ccas.org.au  
Web: www.ccas.org.au  
**Service Description:** Grief and loss counselling in a safe and supportive environment.

**National Association for Loss and Grief (NALAG) NSW**

Phone: 6882 9222  
Welchman St, Dubbo 2830  
Mail to: PO Box 379, Dubbo 2830  
Email: info@nalag.org.au  
Web: www.nalag.org.au  
**Service Description:** NALAG encourages and promotes professional and community education in the areas of loss and grief and can provide assistance in referrals to counsellors for individual counselling and grief support to those suffering the effects of loss and grief. Other Services: Blue Healers Depression, Stress and Anxiety Program, Seasons for Growth Children’s Program, Partners in Depression.
SIDS and Kids - Red Nose: Saving Little Lives
Phone: 1300 308 307
Lvl 1 Building 125, Cnr Church St and Glover St, Lilyfield 2040
Mail to: PO Box 488, Rozelle 2039
Email: sydney@sidsandkids.org
Web: www.sidsandkids.org

Service Description: SIDS and Kids is dedicated to saving the lives of babies and children during pregnancy, birth, infancy and childhood and supporting bereaved families. We deliver on our vision through world class research; evidence-based education and bereavement support; and advocacy. From October 2016 SIDS and Kids will be rebranding to Red Nose - Saving Little Lives.

Disability Services/Support

See also Home Support Services, Adult Day Care, and Respite Care in this chapter and Hearing Impairment, Visual Impairment and Rehabilitation Services in the Health chapter

3M Australia - Head Office
Phone: 9498 9333, 136 136
Building A, 1 Rivett Rd, North Ryde 2113
Mail to: Locked Bag 19, North Ryde 2113
Web: www.3m.com.au

Service Description: Anti-slip and anti fatigue matting, flooring for walking/wheeling/wet areas. Scotch clad self-adhesive marking tape, respirators, cleaning chemicals, door pads, scourers & entrance mats. Pharmaceutical, dental, medical, transport and marine products. Over 64,000 products available.

Achieve Australia
Phone: 1300 224 438
Suite 101, Level 1, 1 Epping Rd, North Ryde 2113
Email: ssoans@achieveaustralia.org.au
Web: www.achieveaustralia.org.au

Service Description: Provides employment options for people with a disability and/or mental illness. Options include: NDIS plan management; Transition to work; Commercial enterprises employment; Day Programs and Community Living; Drop in Support.

Action for People with Disability Inc
Phone: 9449 5355
Cnr Mona Vale Rd and Rosedale Rd, St Ives 2075
Mail to: PO Box 297, St Ives 2075
Email: action-for-people@swiftdsl.com.au
Web: www.actionadvocacy.org.au

Service Description: Provides advocacy and support for people with disability and support for their families in the Northern region of Sydney.

ADDults with ADHD NSW Inc
Phone: 9889 5977
ADHD Centre, Gate 51 Wicks Rd, North Ryde 2113
Mail to: PO Box 22, Epping 1710
Email: info@adultadhd.org.au
Web: www.adultadhd.org.au

Service Description: Telephone Helpline which offers support and evidence based information to adults with ADHD and their families. Extensive referral register provides a link between the community and professionals. News and information about ADHD and events on the website. Provides support ADHD Parent Support Groups.

Aged Services Social Support
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Mail to: PO Box 260, North Ryde BC 1670
Email: info@ai-media.tv
Web: www.ai-media.tv

Service Description: Volunteers, including Chinese and other cultures, visit or telephone housebound people in private homes for social support and to relieve loneliness.

Ageing, Disability and Home Care (ADHC) - Northern Sydney District Community Pathways North
Phone: 1800 905 535
93 George St, Hornsby 2077
Mail to: FACS - ADHC, PO Box 1746, Hornsby 2077
Email: NS.IandP@facs.nsw.gov.au
Web: www.adhc.nsw.gov.au

Service Description: Direct provision of support services and funding of services in the non-government areas for younger people (to age 65) with a disability and their carers. This ensures equitable opportunity to participate in community life.

Alliance Home Care Services & Nursing Agency
Phone: 9310 6511
Level 2, 59 Buckingham St, Surry Hills 2010
Mail to: Level 2, 59 Buckingham St, Surry Hills 2010
Email: alliance@alliancehealth.com.au
Web: www.alliancehealth.com.au

Service Description: Offers care and support for people in their own homes, hospitals, groups homes, residential and respite facilities. Services include personal care, light cleaning, meal preparation, companionship, palliative care and escorting to medical appointments, shopping or community
access. The Agency provides health care (registered nurses, enrolled nurses, assistance and ancillary staff) and allied health services (physiotherapists, psychologists, occupational therapists, social workers, speech therapists, practice managers and associated assistants), and recruitment and agency services for the health care sector.

**ArjoHuntleigh Getinge Group**

Phone: 1800 072 040  
Level 2, 4 Talavera Rd, Macquarie Park 2113  
Email: enquiriesau@arjohuntleigh.com  
Web: www.arjohuntleigh.com.au  

**Service Description:** Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. As a group it is a leading global provider of innovative solutions for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and other institutions. ArjoHuntleigh has been operating in Australia since 1989 and is a leading global provider of medical technology products and solutions for patients/residents with reduced mobility and related condition.

**Arthritis & Osteoporosis NSW**

Phone: 9857 3300  
Suite 1.15, 32 Delhi Rd, North Ryde 2113  
Mail to: Locked Bag 2216, North Ryde 1670  
Email: info@arthritisnsw.org.au  
Web: www.arthritisnsw.org.au  

**Service Description:** Provides information, advice and education regarding all types of arthritis, osteoporosis and rheumatic disorders. Fund raises for research. Also publishes quarterly magazine. Can provide details of support groups throughout NSW. Co-ordinates water exercise classes in Sydney metropolitan area, holds annual camps for children and has an educational assistance scheme for young people with arthritis.

**Arthritis and Osteoporosis NSW**

Phone: 1800 011 041, 9857 3300  
1.15/32 Delhi Rd, North Ryde 2113  
Mail to: Locked Bag 2216, North Ryde 1670  
Email: info@arthritisnsw.org.au  
Web: www.arthritisnsw.org.au  

**Service Description:** Arthritis Foundation peak State Body offering educational and support services. The team organises workshops, seminars and provides education to people with arthritis and osteoporosis, their carers and professionals working with these persons. They also coordinate affiliated groups in NSW. NSW Arthritis support groups are too large please check in resource file or ring the Foundation direct. Educational assistance scheme for young people-The Alison Watson Memorial Education Awards. Information about osteoporosis is also available. Offices in each state include. National 02 9552 6085, ACT 02 6288 4244, NT 08 8948 5232, QLD 07 3857 4200, TAS 03 6224 4755, VIC 03 8531 8000 or WA 08 9388 2199 and SA 08 8379 5711.

**Association for Children with a Disability NSW (ACD NSW) CLOSED**

Phone: 1300 851 603  
Email: acdnsw@acdnsw.org.au  
Web: www.acdnsw.org.au  

**Service Description:** Please contact Children Disability Australia on 1800 222 660 or info@cda.org.au for support and information for parents, carers and families of children with disability. ACD NSW closed 30 June 2015. All assets transferred to CDA, including two information books written by parents for parents: 'Through the Maze' (summary of services and tips), and 'Helping You and Your Family' for parents of children newly diagnosed. Online book purchase and download, and membership (free for parents). 'Accessible Sydney' app.

**AstraZeneca Pty Ltd**

Phone: 1800 805 342  
5 Alma Rd, North Ryde 2113  
Mail to: PO Box 131, North Ryde 2113  
Email: medinfo.australia@astrazeneca.com  
Web: www.astrazeneca.com.au  

**Service Description:** Focuses primarily on three important areas of healthcare: Cardiovascular and Metabolic disease (CVMD); Oncology; and Respiratory, Inflammation and Autoimmunity (RIA). The manufacturing plant based in North Ryde, Sydney, produces medicines that make a difference to the lives of people all over the world. Have an extensive range of products for asthma, cannot be purchased directly from the company you have to go through a wholesaler.

**At Home Care - Feros Care: Northern Sydney**

Phone: 1300 763 583  
Mail to: Locked Bag 1, Coolangatta 4225  
Email: community@feroscare.com.au  
Web: www.feroscare.com.au  

**Service Description:** Feros Care is an award winning, not for profit aged and community care provider in NSW, QLD, TAS and VIC. All of our services promote the status of older people and actively support their right to lifestyle choices, advocacy and independence. Services available in the Northern Sydney Region Include: Home Care Packages; At Home Care Packages (Formerly CACPS, EACH and EACH D) can provide an at home care alternative for people who need some assistance to stay at home or whose dependency and complex care needs would normally qualify them for entry into a residential aged care home. Types of services can include transport, social support, domestic assistance, personal care, home maintenance, nursing care, assistive technologies, therapy and exercise, medication assistance and food services.

**Battery World**

Phone: 9807 8582  
39 Church St, Ryde 2112  
Email: ryde@batteryworld.com.au  
Web: www.batteryworld.com.au
Service Description: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

**BCS Cooinda Court Hostel**
Phone: 9346 1300
159 Balaclava Rd, Macquarie Park 2113
Email: ask@bcs.org.au

**Brain Injury Australia Limited**
Phone: 9808 9390
Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney 2112
Mail to: PO Box 220, Marrickville 1475
Email: admin@braininjuryaustralia.org.au
Web: www.braininjuryaustralia.org.au

**Calvary Retirement Community Ryde**
Phone: 8878 1400
678 Victoria Rd, Ryde 2112
Web: www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

**Care Call Emergency Response Service**
Phone: 1300 130 100
157 Balaclava Rd, Macquarie Park 2113
Email: carecall@baptistcare.org.au
Web: www.baptistcare.org.au/carecall

**Care for Carers Program - Muscular Dystrophy Association of NSW**
Phone: 0429 565 222
105 Bay Drive, Meadowbank 2114
Mail to: PO Box 1365, Meadowbank 2114
Email: kejanna.taylor-king@mdnsw.org.au
Web: www.mdnsw.org.au

**Carer Assist**
Phone: 9816 5652
Mail to: Locked Bag 5014, Gladesville 1675
Email: info@carerassist.org.au
Web: www.carerassist.org.au

**Catholic Community Services - Community Aged Care Packages**
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

**Catholic Community Services - Community Options Program**
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

**Catholic Community Services - Community Support Services**
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au

**Catholic Community Services - Counselling and Advisory Service**
Phone: 1800 225 474
The Mercy Arms, 663 Elizabeth St, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Provides counselling, information and advice to high care individuals and carers. Has a role of assessment, identifying and providing links and access to appropriate services, respite, information and support to maintain independent living.

**Catholic Community Services - Day and Respite Services**
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Day and Social Support Services offering respite, socialisation, activities and outings. Services for the isolated, people with dementia, CALD groups, carers and the frail elderly. Respite cottage for weekend breaks at Waitara.

**Catholic Community Services - Dementia Monitoring Program**
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 858, Epping 1710
Email: community.clients@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Assists people who have memory loss or confusion associated with dementia, mental illness or a disability, who live alone or live with someone who, through their own ill health or disability is unable to provide care.

**Catholic Community Services - Extended Aged Care at Home**
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: A Commonwealth funded program which provides a planned and managed package of high care services for older people with multiple and complex needs living in their own home.

**Catholic Community Services - Living Conditions Program**
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Provides assistance with sorting through personal items, cleaning and removal of excess rubbish. Provides referrals to ongoing support services to ensure that any intervention is sustainable.

**CCA Community Transport**
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au

Web: www.ccas.org.au
Service Description: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare Service**
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au
Web: www.ccas.org.au
Service Description: Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.

**CCA Telephone Linkage**
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au
Web: www.ccas.org.au
Service Description: Supportive service to senior people through telephone linkage in their own homes, CCA will call for a friendly chat Mon-Fri to enable them to maintain independence by reducing social isolation and social exclusion.

**Christian Community Aid Inc**
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au
Web: www.ccas.org.au
Service Description: Multi-purpose neighbourhood centre providing information and referral and a variety of services for people who are aged or disabled and their carers and services for all members of the community including social groups. Fax and photocopying facilities, volunteer training and recruitment, shopping services, lunches and outings, J.P. services and NILS (No Interest Loan Scheme). See separate entries for particular services.

**City of Ryde - Community Services**
Phone: 9952 8222
3 Richardson Pl, North Ryde 2113
Mail to: Locked Bag 2069, North Ryde 1670
Email: cityofryde@ryde.nsw.gov.au
Web: www.ryde.nsw.gov.au
Service Description: Planning and co-ordination of services for aged, disabled, families, children, youth.

**City of Ryde Access Advisory Committee**
Phone: 9952 8222
Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde 2112
Mail to: Locked Bag 2069, North Ryde 1670
Email: cityofryde@ryde.nsw.gov.au
Web: www.ryde.nsw.gov.au/Council/Committees+/Advisory+Committees/Access+Committee
Service Description: Provides advice to the City of Ryde on ways to increase awareness and understanding of the needs and access problems of people with disabilities in the area. Suggests some practical solutions for Council's consideration and
possible inclusion in capital works programs and strategies.

**Cochlear Ltd**
**Phone:** 1800 620 929
1 University Ave, Macquarie University 2109
**Mail to:** PO Box 1444, Macquarie Centre 2113
**Email:** customerservice@cochlear.com
**Web:** www.cochlear.com

**Service Description:** Cochlear is an Australian company, and for 30 years has developed technology to help people to hear, and be heard. Cochlear has reconnected over 250,000 hearing impaired adults and children around the world to their families, friends and communities. Along with research and development, Cochlear continues to partner with international researchers and hearing professionals.

**Complaints Resolution and Referral Service (CRRS)**
**Phone:** 1800 880 052
52 Pitt St, Redfern 2016
**Mail to:** PO Box Q687, Queen Victoria Building 1230
**Email:** crrs@workfocus.com
**Web:** www.crrs.net.au

**Service Description:** The service handles complaints about Commonwealth funded disability employment services and advocacy programs. The service is funded by the Commonwealth as a part of the Quality Assurance system and operated by an independent non-government organisation. The main focus will be the resolution of complaints that have been unable to be resolved by the service provider or where a service user is more comfortable with an independent complaints service.

**CTA Australia**
**Phone:** 1300 282 679
Unit 23, 43-51 College St, Gladesville 2111
**Email:** salesnsw@cobbletac.com
**Web:** www.cobbletac.com

**Service Description:** CTA Australia designs manufactures and installs tactile guidance products, safety stair nosing, braille signage, marine grade safety flooring, disability grab rails, safety stair treads, inlaid architectural entrance matting and anti slip safety tapes.

**Cystic Fibrosis Australia**
**Phone:** 9889 5171
Rose Cottage, 2 Richardson Place, North Ryde 2113
**Mail to:** PO Box 268, North Ryde 1670
**Email:** general@cfa.org.au
**Web:** www.cysticfibrosis.org.au

**Service Description:** National body comprising member State Associations. Assists member organisations to achieve common objectives by developing national education programs and collecting and distributing information about Cystic Fibrosis at national and international levels.

**Deafness Council of NSW Inc**
**Phone:** 9412 6800

**Mail to:** Australia Hearing Hub, Level 5, 16 University Avenue, Macquarie University 2109
**Email:** info@deafnesscouncilofnsw.org.au
**Web:** www.hearing.com.au

**Service Description:** Peak advocacy organisation. Supports /assists members like Better Hearing (Aust), SHHH Australia, Australian Tinnitus Association, Menieres Support Group (NSW), Ephpheta Centre, Parent Council for Deaf Education, Cicada (Cochlear Implantees). Meets alternate months. Organises Hearing Awareness week, seminars. Office not open to public, except by appointment. OASIS Forum online for hearing impaired and deaf people.

**Disability Rights and Information Service**
**Phone:** 9370 3100
Level 10, 1 Lawson Sq, Redfern 2016
**Mail to:** PO Box 666, Strawberry Hills 2012
**Email:** dris@pwd.org.au
**Web:** www.pwd.org.au

**Service Description:** Offers a free individual and group advocacy service for people with disability. The service provides non-legal advocacy to individuals and groups of people with disability who have serious and urgent problems. The service also gives information to people with disability and their associates about how to advocate for themselves.

**DoE Student Services, Northern Sydney Region**
**Phone:** 9986 7000
2/75 Talavera Rd, Macquarie Park 2113
**Email:** disability.support@det.nsw.edu.au
**Web:**

**Service Description:** The Learning and Support Team assists classroom teachers to address the educational needs of students with a disability, learning difficulty or behaviour disorder. Services include guidance (counsellors), student welfare, aboriginal liaison, disability programs (assist and advise schools regarding students with special education needs, and manage the Regional special education services from kindergarten to Year 12).

**Driving Training, Assessment and Rehabilitation**
**Phone:** 9808 9328
Ground Floor, 235 Morrison Rd, Ryde 2112
**Mail to:** PO Box 6, Ryde 1680
**Email:** driving@royalrehab.com.au
**Web:**

**Service Description:** Driving assessment and training following illness or disability (including first-time drivers). Occupational therapists and driving instructors work together to assess, advise, support and rehabilitate people toward independent driving. Specialist back-up by an orthoptist or other health professionals as required. Provides information on RMS medical report forms and RMS testing
procedures and licensing. Website has referral form, information, contacts etc.

**Emotional Health Clinic**
**Phone:** 9850 8711  
**Level 1, The Australian Hearing Hub, Maquarie University, 16 University Ave, North Ryde 2113**  
**Email:** ehc.admin@mq.edu.au  
**Web:** www.centreforemotionhealth.com.au

**Service Description:** The Centre offers assessment and treatment of child, adolescent and adult anxiety and related disorders. The Centre provides a range of programmes designed to help people of all ages to normalise and reduce their anxiety, creating confidence and future resilience.

**Ethnic People with Disabilities Program (EPDP)**
**Phone:** 9569 1288  
**Addison Road Centre Bld 3, 142 Addison Rd, Marrickville 2204**  
**Email:** epdp@eccfcsc.org  
**Web:** www.eccfcsc.org

**Service Description:** Ethnic People with Disability Program (EPDP) is an information and advocacy service funded by the NSW Department of Ageing, Disability and Home Care. The program provides services to people with disabilities and their carers from Culturally and Linguistically Diverse (CALD) backgrounds.

**Family Advocacy**
**Phone:** 9869 0866 (voice/tty)  
**Suite 305, 16-18 Cambridge St, Epping 2121**  
**Mail to:** PO Box 502, Epping 1710  
**Email:** communications@family-advocacy.com  
**Web:** www.family-advocacy.com

**Service Description:** Family Advocacy is an independent and impartial advocacy organisation that works with families across NSW to promote and defend the rights and interests of people who have a developmental disability. It provides: Advocacy and Leadership development opportunities for families who wish to speak up for the rights and needs of their family member with a disability, Workshop and information sessions, telephone support and advice, Inspiration through resources, Systemic advocacy.

**Heart Support Australia - Ryde Branch (HSA)**
**Phone:** 0417 066 871  
**Mail to:** c/- 45 Constitution Rd, Ryde 2112  
**Email:** pambarter@tpg.com.au  
**Web:** www.heartnet.org.au

**Service Description:** Local branch of a national organisation with volunteers who provide support, information and encouragement to people with a heart condition. The group runs gentle exercise classes for people with heart conditions on Mondays, please contact for details. Also runs a Friday walking group.

**Home and Garden Maintenance**
**Phone:** 9888 3380  
**4 Cutler Pde, North Ryde 2113**  
**Email:** nrca@nrca.org.au  
**Web:** www.nrca.org.au

**Service Description:** Volunteers provide occasional light gardening assistance, eg weeding, pruning or planting of new shrubs. Lawn mowing service in conjunction with North Ryde RSL provided to North Ryde area residents at a subsidised cost. Light home maintenance by volunteers provides help with minor domestic odd jobs, eg light bulb changing, sticky doors or hanging items. Offered to community residents over age 65.

**Hunter's Hill Council - Community Services**
**Phone:** 9879 9400  
**22 Alexandra St, Hunters Hill 2110**  
**Mail to:** PO Box 21, Hunters Hill 2110  
**Email:** council@huntershill.nsw.gov.au  
**Web:** www.huntershill.nsw.gov.au

**Service Description:** Planning for provision of services for aged, disabled, families, children, youth.

**Hunters Hill Access Advisory Committee**
**Phone:** 9879 9419  
**22 Alexandra St, Hunters Hill 2110**  
**Mail to:** Hunter's Hill Council, PO Box 21, Hunters Hill 2110  
**Email:** council@huntershill.nsw.gov.au  
**Web:** www.huntershill.nsw.gov.au

**Service Description:** Aims to improve access for people with disabilities to public buildings, parks, roads, public transport, etc. and to increase awareness of access issues in the local community.

**Information on Disability and Education Awareness Services (IDEAS)**
**Phone:** 1800 029 904, 6947 3377  
**53 Merivale St, Tumut 2720**  
**Mail to:** Administration, PO BOX 786, Tumut 2720  
**Email:** ideas@ideas.org.au  
**Web:** www.ideas.org.au

**Service Description:** Information service for people with disabilities. Comprehensively lists equipment suppliers and service providers. Listings include services that provide accommodation, employment, recreation, equipment, law, mobility, therapy, transport, travel, frail aged, accessible holidays, recreation, household products, education, access, communication, suppliers. Government departments/agencies, Commonwealth Home Support Programme (CHSP), Health, Legal Acts and Standards. Community Education Program. An Education Officer is available to come and talk to groups, staff meetings and attend Expos throughout NSW. IDEAS ONLINE - Website has extensive resources for people with disabilities and an online service for service providers. Outlets in Newcastle and Wollongong.

**Italian Bilingual School**
**Phone:** 9807 2272  
**30-32 See St, Meadowbank 2114**  
**Email:** info@ibs.nsw.edu.au  
**Web:** www.ibs.nsw.edu.au

**Service Description:** Bilingual primary school.
**Lifestart Plus - including Autism and Better Start Services**

**Phone:** 9364 0111  
Head office, 78C Charles St, Putney 2112  
**Mail to:** PO Box 3277, Putney 2112  
**Email:** lifestartplus@lifestart.org.au  
**Web:** www.lifestart.org.au/how-we-can-help/lifestart-plus  

**Service Description:** Provides additional services and therapy for children with disabilities: occupational therapy, speech pathology, physiotherapy, Hanen programs (words, talking), communication and social skills. Services are given at a Lifestart Centre, your child's early childhood centre or school, or at home. Can be claimed through DSS Helping Children with Autism, Better Start funding packages, Medicare or self-funded.

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**Lifestyle Home Services**

**Phone:** 1800 225 474  
Unit 3, Level 2, 20-36 Nancarrow Avenue, Meadowbank 2114  
**Mail to:** PO Box 1011, Meadowbank 2114  
**Email:** lifestyle@chcs.com.au  
**Web:** www.lifestylehomeservices.com.au  

**Service Description:** Lifestyle Home Services is a business unit of Catholic Community Services and provides in-home aged and disability care services in the Ryde LGA.

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**Macquarie Centre Shop Mobility**

**Phone:** 9887 0820  
Cnr Herring & Waterloo Rds, North Ryde 2113  
**Mail to:** PO Box 1521, Macquarie Centre 2113  
**Email:** lifestyle@chcs.com.au  
**Web:** www.macquariecentre.com.au  

**Service Description:** "Shop Mobility" at Macquarie Centre offers free mobility equipment such as wheel chairs and powered scooters to customers with limited mobility. Bookings are recommended.

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**Macquarie University, Equity Services**

**Phone:** 9850 7497  
Level 2, C8A Lincoln Building, Central Ave, Macquarie University 2109  
**Email:** campuswellbeing@mq.edu.au  
**Web:** www.students.mq.edu.au/support/health_and_wellbeing  

**Service Description:** Disability support is available to any student with a disability or health condition which impacts their ability to study. The support, called reasonable adjustments, aims to give equitable access to learning content and testing so that you can perform at your best. Campus Wellbeing and Support Service provides support to students at Macquarie University North Ryde and City campus, Macquarie University International College (MUIC), Macquarie Graduate School of Management (MGSM) and Open Universities Australia (OUA). To receive support, you must register with Campus Wellbeing and provide documentation about the impact of your disability or health condition on your studies.

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**Magnamail**

**Phone:** 1800 251 252, 8874 8777 (within Sydney)  
**Mail to:** PO Box 880, North Ryde BC 1670  
**Email:** contactus@magnamail.com.au  
**Web:** www.magnamail.com.au  

**Service Description:** No slip rug holder, indoor shoe/slipper (easy to put on), multi purpose touch light, foot scrubber, card holders, bathtub safety rail, folding bath and shower seat, plus several other products. See website for more items.

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**Meadowbank TAFE. Northern Sydney Institute of TAFE**

**Phone:** 131 674, 9942 3666  
See St, Meadowbank 2114  
**Email:** nsi.study@tafensw.edu.au  
**Web:** www.tafestudy.info  

**Service Description:** Offers a variety of courses from Certificate, advanced diploma, degrees, trades and short flexible courses including business, fine arts, hairdressing, sport and recreation, beauty and welfare, information technology, literacy, engineering trades, construction and transport, hospitality, child studies and therapeutic massage.

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**Mental Health Sports Network (MHSN)**

**Phone:** 9879 2600  
Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville 2111  
**Mail to:** Locked Bag 5014, Gladesville 1675  
**Email:** mhsn@sfsw.org.au  
**Web:** www.mentalhealthsportsnetwork.org.au  

**Service Description:** The MHSN provides sport and recreation to people with mental illness, and establishes partnerships with sporting bodies. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, and tennis, and possibly more later. The website provides information on events, sporting activities, competitions, memberships, sporting rules, sponsorship, training etc. Auspiced by the Schizophrenia Fellowship of NSW, the MHSN is supported by the Department of Sport and Recreation.

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**Metro Inn Ryde**

**Phone:** 9807 4022  
Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde 2112  
**Mail to:** 860 Victoria Rd, Ryde 2112  
**Email:** sales@rydeinn.com.au  
**Web:** www.rydeinn.com.au/  

**Service Description:** Motel.

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**Minimbah Challenge Inc**

**Phone:** 9887 2299  
10 Vincentia St, Marsfield 2122  
**Mail to:** PO Box 1653, North Ryde 2113  
**Email:** admin@minimbah.org.au  
**Web:** www.minimbah.org.au  

**Service Description:** Provides independent living skills training, community access programs and social recreation for adults with intellectual and multiple disabilities, the majority of whom have high support needs.
**MNDcare - Motor Neurone Disease Australia**  
**Phone:** 9816 5322  
**Mail to:** PO Box 990, Gladesville 1675  
**Email:** info@mndausn.au  
**Web:** www.mndcare.net.au  
**Service Description:** The MNDcare website was developed by MND Australia for health and community care professionals involved in the care and support of people with Motor Neurone Disease. It deals with diagnosis, living with MND, end of life, and referral pathways throughout Australia.

**Mobility Parking Scheme (MPS)**  
**Phone:** 13 22 13  
**RTA Motor Registry, Cnr Blaxland & North Rds, Ryde 2112**  
**Mail to:** RTA Motor Registry, PO Box 335, Ryde 1680  
**Service Description:** Applications for a new or renewed MPS card need to be signed by a medical doctor. The RTA will issue a licence-style card that includes the cardholder's photograph, and other security features such as a hologram and a 'ghost' photo image. Proof of identity will also be required to ensure only eligible people receive a card.

**Motor Neurone Disease Association of NSW Inc**  
**Phone:** 1800 777 175  
**Building 4, Gladesville Hospital, Victoria Rd, Gladesville 2111**  
**Mail to:** Locked Bag 5005, Gladesville 1675  
**Email:** admin@mndnsw.asn.au  
**Web:** www.mndnsw.asn.au  
**Service Description:** Provides information, support, advocacy and equipment to people living with Motor Neurone Disease (MND) in NSW and ACT. Regional advisor service in ACT assists people with MND to access relevant services, aids and equipment. Provides support, information and education services for people living with MND, their family, friends, health and community care providers involved in their care across NSW.

**MS Society of NSW - Metro Northern Region**  
**Phone:** 8815 2100  
**Level 3, 3 Richardson Place, North Ryde 2113**  
**Mail to:** PO Box 622, North Ryde BC 1670  
**Email:** MSConnect@msaustralia.org.au  
**Web:** www.msaaustralia.org.au  
**Service Description:** Support services for people with multiple sclerosis, their families, health professionals, general public. These include: assessment and planning, immunotherapy, urology, occupational therapy, neuropsychology; psycho/social support and support groups for people with MS; limited respite accommodation. Education programs; Library and information services. Education and information for health professionals. Library access to Medline. MSConnect on 1800 042 138 provides information and support 9am-4pm.

**Muscular Dystrophy Association of NSW**  
**Phone:** 9888 5711, 1800 635 109  
**Lvl 1, Ste 1.04, 82 Waterloo Rd, Macquarie Park 2113**  
**Mail to:** PO Box 1365, Meadowbank 2114  
**Email:** info@mdnsw.org.au  
**Web:** www.mdnsw.org.au  
**Service Description:** Provides support; equipment; advice; referral; advocacy; physical aids; welfare; moral support; welfare; camps; retreats and counselling to those with neuromuscular disorders and their families. Online training modules for staff. Financially supports medical and scientific research, organises various fund-raising events and runs a public education program. For Neuromuscular Management Clinics contact Prince of Wales Hospital Nerve and Muscle Clinic 9382 1700 or Sydney Children's Hospital 9382 1700. Clinics provide access to neurologists, occupational therapists, physiotherapists, geneticists, genetic counsellors, psychologists and social workers. NDIS provider.

**New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)**  
**Phone:** 9490 0054  
**15 Twin Rd, North Ryde 2113**  
**Email:** mywellbeing@newhorizons.net.au  
**Service Description:** The PHaMs program aims to provide increased opportunities for recovery for people aged 16+ whose ability to manage their daily activities and to live independently in the community is severely affected by mental illness. The strengths-based, recovery approach supports social and emotional wellbeing, community access, referral and liaison with services, employment.

**Northern Sydney Home Nursing Service - NSHNS**  
**Phone:** 9887 5444  
**Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde 2113**  
**Mail to:** PO Box 551, Nth Ryde BC 1670  
**Email:** nslhd-nshns@health.nsw.gov.au  
**Web:** www.nswcid.org.au  
**Service Description:** The Hosiers Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 0677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Mona Centre, 02 9976 9888, Mona Vale Centre, 02 9988 0555,  
**NSW Council for Intellectual Disability (NSW Cid)**  
**Phone:** 9211 1611, 1800 424 065 (Country callers)  
**Lvl 2, 418a Elizabeth St, Surry Hills 2010**  
**Email:** info@nswcid.org.au  
**Web:** www.nswcid.org.au  
**Service Description:** A peak organisation representing the rights and interests of people with an intellectual disability. Lobbying government, provides policy advice, systemic advocacy, information
provision and dissemination. Provides Easy Read translation for government and services in addition to training on inclusive practices. Has a database with information on over 1400 services and resources available for people with an intellectual disability and their families and advocates. Also has a reference library which is accessible on request. The Board of Directors consists of a majority of people with intellectual disabilities.

**NSW Developmental Disability Health Unit**
Phone: 9808 9287
Royal Rehab, 241 Morrison Rd, Ryde 2112
Mail to: PO Box 6, Ryde 1680
Email: cdds@med.usyd.edu.au
Web: www.cds.org.au

**Service Description:** Provides leadership in research, teaching and clinical practice to inform families and providers of services to people with developmental disabilities. Health clinic, disability information service and research advice.

**NSW Elder Abuse Helpline & Resource Unit (EAHRU)**
Phone: 1800 628 221
Mail to: PO Box 78, Gladesville 1675
Email: eahru@chcs.com.au
Web: www.elderabusehelpline.com.au

**Service Description:** A free, confidential helpline offering information, support and referrals to anyone that suspects, witnesses or experiences elder abuse.

**NSW Network of Women with Disability**
Phone: 1800 629 072 (or 9891 6400)
10-12 Hutchinson St, Granville 2142
Mail to: PO Box 884, Granville 2142
Email: women@mdaa.org.au
Web: www.mdaa.org.au

**Service Description:** The NSW Network of Women with Disability invites you to join us to: build a community in which we can share our knowledge and skills, share our stories and ideas, create a place where we can celebrate our individual and collective differences as women with disability, connect with and support each other and work towards inclusion and equality for women with disability.

**NSW Seniors Information Service (SIS)**
Phone: 13 77 88
Mail to: Locked Bag 2090, North Ryde 1670
Email: info@service.gov.au
Web: service.nsw.gov.au

**Service Description:** Provides older people, their families and friends with information on the range of services and options available to them, including lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing, community care and support at home, residential aged care. provides information over the phone and more information can be gained from the website. It has a series of fact sheets and some information resources from other NSW Government agencies. The Seniors Information Service does not advise callers what actions to take in their particular circumstances or guide them in making their decisions. Also all enquiries for Seniors Card to this same contact.

**Online Inclusion**
Phone: 9364 0111
78c Charles St, Putney 2112
Mail to: PO Box 3277, Putney 2112
Email: info@oi.org.au
Web: www.oi.org.au

**Service Description:** Provides an online support platform for people living with a disability, their families, carers and support teams. The disability information hub provides online therapy, information, resources, support links and fact sheets. Online group sessions, workshops and conversations from a variety of service providers.

**Panasonic Aus NSW**
Phone: 1300 880 600, 132 600
1 Innovation Rd, Macquarie Park 2113
Mail to: Locked Bag 2244, North Ryde BC 1670
Email: dealersupport@panasonic.com.au
Web: www.panasonic.com.au

**Service Description:** Portable phones. KX-TG6561ALT base dial allows you to make calls with or without the handset . Melbourne: 03 9565 6700, Brisbane: 07 3308 6455, Adelaide: 08 8300 9600, Perth: 08 9352 2400

**Parkinson’s NSW**
Phone: 1800 644 189
Macquarie Hospital, Building, 120 Coxs Rd, North Ryde 2113
Mail to: P.O Box 71, North Ryde BC 1670
Email: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au

**Service Description:** Support group for carers and people who have Parkinsons Disease.

**Parkinson’s NSW Inc**
Phone: 1800 644 189 (Toll free), 8051 1900
Macquarie Hospital, Building 17, 51 Wicks Road, North Ryde 2113
Mail to: PO Box 71, North Ryde BC 1670
Email: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au

**Service Description:** Non profit organisation which provides support and information to people with Parkinson's disease, their relatives and health professionals. Can provide details of a network of support groups throughout NSW. Provides free counselling

**Patterson Medical**
Phone: 1300 473 422
Ground floor, 10 Ajulius Ave, Nth Ryde 2113
Mail to: PO Box 1006, Nth Ryde 2113
Email: sales@pattersonmedical.com.au
Web: www.pattersonmedical.com.au

**Service Description:** Patterson Medical is a provider of rehabilitation and assisted living products including: Daily living aids, recreational games and toys for
special needs and achievement, rehabilitation equipment, mobility aids, bathroom and toileting, education, language and therapy cards.

**Prestige Packing Company**  
**Phone:** 9690 8976  
Unit 6, 7-9 Rhodes St, West Ryde 2114  
**Email:** vocationalservices@richmondpra.org.au  
**Web:** www.richmondpra.org.au  
**Service Description:** Prestige Packing is one of RichmondPRA’s community businesses, offering people who have been out of work due to mental illness the opportunity of paid employment in a highly supportive environment, where they can gain confidence, update their skills and plan their employment future with one-on-one assistance with a vocational support worker. RichmondPRA takes a recovery focused approach and working in our community businesses provides people with a mental illness, or psychosocial disability, with the opportunity of transitional supported employment to prepare them for the open workforce or tertiary education.

**Printacall**  
**Phone:** 9809 2392, 9809 1283 (TTY)  
2 Doig Av, Denistone East 2112  
**Email:** sales@printacall.com.au  
**Web:** www.printacall.com.au  
**Service Description:** Assistive listening devices for people who are hearing impaired. Telephone Typewriters (TTY), audio loop systems for home and public buildings, soundfield systems for classrooms. Personal communicators including door flashing lights and vibration clocks. Alert systems that flash and vibrate for the door, telephone, baby cry and smoke alarms for people with hearing or vision impairment. Have a telephone system called Uniphone 1150, which is a combination of a telephone and a TTY as well as alerting you of incoming calls via a built in flasher and loud volume output control.

**Raclo Remote Control**  
**Phone:** 9879 6088  
304 Victoria Rd, Gladesville 2111  
**Email:** webmail@raclo.com.au  
**Web:** www.raclo.com.au  
**Service Description:** Service and installation of automatic gates, audio and electric gate releases.

**Relationships Australia (New South Wales) - Northern Regional Office**  
**Phone:** 1300 364 277; 02 8874 8000  
Suite 102, 68 Waterloo Rd, Macquarie Park 2113  
**Mail to:** PO Box 371, North Ryde BC 1670  
**Email:** north@ransw.org.au  
**Web:** www.relationships.com.au  
**Service Description:** Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

**Respite Recreation Network - Respite for Carers of Adults**  
**Phone:** 9346 1400  
Iliffe Centre, 157 Balaclava Rd, Macquarie Park 2113  
**Email:** homeservicesintake@baptistcare.org.au  
**Web:** www.baptistcare.org.au  
**Service Description:** Respite for carers of adults aged 18+ with intellectual disability living in Northern Sydney region with their carer - as in-home respite, or centre program every Friday 4pm-9:30pm.

**Return2Sport for Adults with Physical Disability**  
**Phone:** 9808 9353  
c/o Royal Rehab, 235 Morrison Rd, Ryde 2112  
**Email:** Sebastian.VanVeenendaal@Royalrehab.com.au  
**Web:** www.royalrehab.com.au  
**Service Description:** Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people with a physical disability as independently as possible. Programs are conducted at various venues: beach access, basketball, cycling (St Ives), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing, with basketball, fencing, tennis, running, and yoga at Royal Rehab. Also Monday choir and fortnightly craft evenings.

**Royal Rehab - Community Integration Program**  
**Phone:** 9808 9222  
59 Charles St, Ryde 2112  
**Mail to:** PO Box 6, Ryde 1680  
**Email:** info@royalrehab.com.au  
**Web:** www.royalrehab.com.au  
**Service Description:** The Community Integration Program (CIP) is a leading authority in community inclusion for people with disabilities. CIP specialises in the provision of home-based support and access to services for people with disabilities to enable them to lead valued lives in the community. The program accepts people of varied disabilities.

**Scalabrini Village Ltd**  
**Phone:** 8876 6800  
230 Victoria Rd, Gladesville 2111  
**Mail to:** Suite 3, Level 3, 230 Victoria Rd, Gladesville 2111  
**Email:** admin@scalabrini.com.au  
**Web:** www.scalabrini.com.au  
**Service Description:** Scalabrini Village offers residential aged care, with a particular emphasis on specialised dementia care and palliative care. Six villages are characterised by the presence of Italian speaking staff and Religious Sisters and a distinctly Italian heritage: the cuisine, the cultural festivals and the importance of family. Villages in Allambie Heights, Austral, Bexley, Chipping Norton, Drummoyna and Griffith.
**Schizophrenia Fellowship of NSW Inc - New Moves**  
**Phone:** 9879 2600  
Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville 2111  
**Mail to:** Schizophrenia Fellowship of NSW Inc, Locked Bag 5014, Gladesville 1675  
**Email:** sue.sacker@sfnsw.org.au  
**Web:** www.sfnsw.org.au  
**Service Description:** This free Healthy Lifestyle program is designed to improve the physical and mental well being of adults (18-65 years) with a mental health condition, through education, physical activity and healthy eating. Social and peer support is provided by the group, and the team leader motivates to develop and achieve participants' personal goals. Visits to gyms / cafes / shopping centres help to integrate what is learned. 16-week program on Wednesdays in Gladesville and Hornsby, Saturdays in Balgowlah. Gladesville group for carers.

**Schizophrenia Fellowship of NSW Inc - Respite Services**  
**Phone:** 9879 2600, 1800 124 121  
Building 36, Gladesville Hospital, Digby Rd, Gladesville 2111  
**Email:** respite-admin@sfnsw.org.au  
**Web:** www.sfnsw.org.au  
**Service Description:** Trained respite mental health staff provide a variety of services that aim to meet the individual needs of carers, families and friends. These services include one to one support (in and out of home), centre based activities (planned recreational, social and educational activities) and community access (individual or group activities that encourage community participation) and 24 hour respite for carers and consumers.

**Self Advocacy Sydney Inc**  
**Phone:** 9622 3005  
Suite 106b, lvl 1, 30-32 Campbell St, Blacktown 2148  
**Mail to:** PO Box 8049, Blacktown 2148  
**Email:** info@sasinc.com.au  
**Web:** www.sasinc.com.au  
**Service Description:** Self Advocacy organisation run by and for people with intellectual disability which assists them to understand their rights and have their voice heard.

**Seton Villa**  
**Phone:** 9888 5244  
162a Balaclava Rd, Marsfield 2122  
**Email:** info@setonvilla.org.au  
**Web:** www.setonvilla.org.au  
**Service Description:** Services to adults with intellectual disability, including accommodation (7 group homes), 2 outreach units, supported holidays, active aging, living skills training and a Life Choices community participation day program.

**Shopping Assistance**  
**Phone:** 9888 3380  
4 Cutler Pde, North Ryde 2113  
**Email:** nrca@nrca.org.au  
**Web:** www.nrca.org.au  
**Service Description:** For the HACC eligible, a volunteer collects our client and takes them shopping once a fortnight for up to 2 hours; for their groceries and small errands, and returns them home. This usually involves time out for a cup of coffee and a chat. Home Delivery service option for groceries may be required pending quantity.

**Shopping Services**  
**Phone:** 9858 3222  
Christian Community Aid, 12 Lakeside Rd, Eastwood 2122  
**Email:** maree.prentice@ccas.org.au  
**Web:** www.ccas.org.au  
**Service Description:** The Shopping service provides: 1. Shopping bus program to Carlingford Court Mon & Fri fortnightly - door to door transport. or 2. Shopping by a volunteer. or 3. shopping through Internet Woolworths Home Shop - a cost is involved.

**Side by Side Advocacy**  
**Phone:** 9808 5500  
Shop 1, 30-32 Herbert St, West Ryde 2114  
**Email:** info@sidebysideadvocacy.org.au  
**Web:** www.sidebysideadvocacy.org.au  
**Service Description:** Seeks to create and provide opportunities for people with intellectual disabilities to be recognised and respected as valued members of the community, by fostering one-to-one relationships with advocates. Also provides direct advocacy assistance for people with disabilities.

**Skillseekers Community Access Service**  
**Phone:** 1300 858 378 (Initial contact), 9805 0625  
74 Agincourt Rd, Marsfield 2122  
**Web:** www.dosomethingnearyou.com.au  
**Service Description:** A non-vocational day program to assist people with cerebral palsy to access the community in order to facilitate their potential for personal and social independence.

**Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc**  
**Phone:** 9817 0101  
42 Gladesville Rd, Hunters Hill 2120  
**Email:** inhome_abi@hhrcs.org.au  
**Web:** www.hhrcs.org.au  
**Service Description:** Provides structured social program for adults aged 18+ who have acquired a brain injury (ABI). Peer support, skill development, leisure activities on Saturday 10am-4pm include Sailability, music, bowling, lunches. Encourage inclusion within client's leisure preferences, to improve quality of life. Families/Carers are consulted in developing individualised Support Plans for clients.

**Social Support CALD Program**  
**Phone:** 9817 0101  
46 Gladesville Rd, Hunters Hill 2110  
**Email:** office1@hhrcs.org.au  
**Web:** www.hhrcs.org.au
**Personal, Family & Practical Needs**

**Service Description:** Aims to reduce social isolation for elderly and disabled people in CALD communities by offering support, information and facilitating access to social activities to existing groups; support to form new groups; one-to-one support to social activities; group outings.

**Sound Expression - Music Therapy**
**Phone:** 0416 288 917  
**Sound Expression, 7 Avon Rd, North Ryde 2113**  
**Email:** iani@soundexpression.com.au  
**Web:** www.soundexpression.com.au  
**Service Description:** The clinic provides music therapy, music lessons and school-readiness programs for children aged 2-18 years with special needs.

**Special Olympics Australia - National Office**  
**Phone:** 1300 225 762 (mobile phones incur charges)  
**The Binary Centre Bldg 1 Lvl 3, 3 Richardson Place, North Ryde 2113**  
**Mail to:** P.O. Box 62, Concord West 2138  
**Email:** info@specialolympics.com.au  
**Web:** www.specialolympics.com.au  
**Service Description:** Special Olympics Australia is a not-for-profit organisation that transforms the lives of people with intellectual disability through sports participation and competition. Special Olympics is not just one single event. It happens year-round in communities across Australia. Sports include: alpine skiing, aquatics (swimming at all levels), athletics, basketball, bocce, cricket, dance, figure skating, football (soccer), golf, gymnastics, sailing, softball, tennis, tenpin bowling. Through sport, athletes are given the opportunity to develop skills, make friends and be part of the community regardless of their skill level. Under 8 years welcome but unable to compete.

**Statewide Behaviour Intervention Service (SBIS)**
**Phone:** 9407 1900  
**Level 4, 93 George St, Parramatta 2150**  
**Mail to:** CBD BC Parramatta, PO Box 3038, Parramatta 2124  
**Email:** SBIS.ADMIN@facs.nsw.gov.au  
**Web:** www.adhc.nsw.gov.au  
**Service Description:** Specialist service of Ageing Disability and Home Care (ADHC) working with clinicians and others who provide services for people with intellectual disability who have challenging or offending behaviours. SBIS also provides training in relation to intellectual disability and challenging behaviour.

**Stroke Recovery Assoc Of NSW**
**Phone:** 1300 650 594, 9807 6422  
**Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE 2112**  
**Mail to:** PO Box 3401, Putney 2112  
**Email:** info@strokensw.org.au  
**Web:** www.strokensw.org.au  
**Service Description:** Peak body for Stroke Recovery Groups throughout NSW. Directory of Stroke Recovery Groups in metropolitan and country areas.

Information over the telephone or through mail on Strokes and recovery from Strokes, peer support and counselling, resource library of books, pamphlets and videos.

**Stroke Recovery Association Inc**
**Phone:** 9807 6422, 1300 650 594  
**227 Morrison Rd, Putney 2112**  
**Mail to:** PO Box 3401, Putney 2112  
**Email:** info@strokensw.org.au  
**Web:** www.strokensw.org.au  
**Service Description:** Provides support and information for people who have had a stroke and their carers. Can provide details of local support groups and organise speakers on stroke recovery and stroke prevention.

**The Learning Clinic**
**Phone:** 9817 7002  
**Suite 33, 1-7 Jordan St, Gladesville 2111**  
**Email:** info@thelearningclinic.com.au  
**Web:** www.thelearningclinic.com.au  
**Service Description:** Intensive, Applied Behavioural Analysis (ABA) therapy for children, adolescents and adults with Autism or other learning disorders. Proficiency and creativity in teaching language, play and socialisation skills. TLC ABA programs are flexible to adapt to best suit the individual needs of each client we work with.

**The ORS Group**
**Phone:** 9191 3700  
**Level 1, 5-9 Devlin St, Ryde 2112**  
**Email:** ors@orsgroup.com.au  
**Web:** www.orsgroup.com.au  
**Service Description:** The Ors Group is a provider of Disability Employment Services. The ORS Group can help workers and job seekers manage their disability, injury or medical conditions and maintain or find sustainable employment. The ORS Group also works with employers to provide advice, support and recruitment services at no cost.

**The Shepherd Centre - Macquarie**
**Phone:** 8297 4700  
**The Australian Hearing Hub, 16 University Ave, Macquarie University 2109**  
**Email:** enquiries@shepherdcentre.org.au  
**Web:** www.shepherdcentre.org.au  
**Service Description:** The early intervention program for children to age 6 with hearing loss provides tools to learn to listen and speak. Cochlear implant program available. Family-centred practice with various specialists providing support in audiology, listening and spoken language, child and family counselling.

**The Special Needs Dentistry Practice - Eastwood**
**Phone:** 0481 818 200  
**Suite 1 Level 1, 192 Rowe St, Eastwood 2122**  
**Email:** Info@jdental.com.au  
**Web:** www.jdental.com.au
Service Description: This practice offers a range of specialist dental services for adults and adolescents with special needs. Stair access only.

**The World Milal Australia Inc**
Phone: 9858 3573
6/35 West Pde, Eastwood 2122
Email: ausmilal@gmail.com
Web: www.ausmilal.org

Service Description: School of Rehabilitation (Sat 10am-4pm), Individual Rehabilitation Program (Mon-Fri), Sunday School (11am-2pm), Inviting Day (December), Family Camp (summer,winter), Group Home, Sign Language Academy (Sun, Tue), Voluntary Workers Education Centre, Milal Night (Literature event/Vocational rehab.)

**Total Patient Care NSW**
Phone: 9878 6188
322 Pittwater Rd, East Ryde 2113
Mail to: PO Box 6306, North Ryde 2113
Email: sales@totalpatientcare.com.au
Web: www.totalpatientcare.com.au

Service Description: Total Patient Care supplies a wide range of Allied Health products including Daily Living Aids, Rehabilitation and Mobility Aids, Patient Lifters, Change Tables and Treatment Tables, Exercise Therapy, Orthopedic supplies, Physiotherapy supplies, Hand Therapy Splints and accessories.

**Willandra Village**
Phone: 9346 1340, 9346 1342
149-153 Epping Rd, Cnr Epping & Balaclava Rds, Macquarie Park 2113
Mail to: 149-153 Epping Rd, Macquarie Park 2113
Email: sotton@baptistcare.org.au
Web: www.baptistcare.org.au

Service Description: Retiremet village for senior men & women, independent living.

**Yoga Infinity for People with / without Disability**
Phone: 0458 798 378
West Ryde Uniting Church - hall, 7 Maxim St, West Ryde 2114
Email: rosannarobertson@icloud.com
Web: www.yogainfinity.com.au

Service Description: Yoga for teens and adults with disability, with a teacher with 10 years experience and a passion to improve others' health and relaxation. All stretches, relaxation and breathing techniques done in a chair or using other props. Equipment provided. Previous experience is not necessary. Groups or individuals are welcome. Volunteer support persons welcome.

**CCA Emergency Relief & Social Welfare Service**
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au
Web: www.ccas.org.au

Service Description: Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.

**Central West Contact Service (CWCS)**
Phone: 9893 7949
13 Marion St, Harris Park 2150
Mail to: PO Box 9157, Harris Park 2150
Email: cwcs@bigpond.com
Web: www.macquarielegal.org.au

Service Description: CWCS is an independent service that facilitates supervised contact sessions on our premises with children and their non residential parent. We also provide a changeover/changeback service for children having contact off site where we act as the exchange point only, without parents meeting. Separate entrances and staggered arrival times to our centre help to ensure that contact can proceed smoothly and free of conflict. To access any of our services, parents must complete separate intake interviews and sign the relevant service agreements. Once intakes have been completed the Coordinator assesses the matter to determine whether it is suitable for our service. Please phone for further details, or to request our Information Package.

**Domestic Violence Liaison Committee - Ryde Hunters Hill**
Phone: 9952 8303
Argyle Centre Meeting Room, Cnr Argyle Ave & Blaxland Rd, Ryde 2112
Mail to: Locked Bag 2069, North Ryde 1670

Service Description: A committee of professionals from community organisations, government departments and interested members of the community who meet regularly to discuss issues relating to domestic violence. Advocate, educate and participate in or initiate projects associated with domestic violence issues.

**Domestic Violence Liaison Officer**
Phone: 9879 9699
Gladesville Police Station, 8 Victoria Rd, Gladesville 2111
Web: www.police.nsw.gov.au

Service Description: Assists with matters relating to domestic violence including applications for Apprehended Violence Orders (AVO).

**Family Relationship Centre Macquarie Park**
Phone: 8874 8088
Level 1, 68 Waterloo Rd, Macquarie Park 2113
Email: macparkfrc@ransw.org.au
Web: www.familyrelationships.gov.au

Service Description: We provide Family Dispute Resolution service to separating parents and significant others around childrens matters. We also

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**Domestic Violence**

See also Child Abuse and Family Support in this chapter and Emergency Accommodation in the Accommodation chapter.
Personal, Family & Practical Needs

assist families to connect with other services which help prevent a relationship breaking down and will provide assistance to separating families. The service is managed by Relationships Australia - New South Wales.

Gladesville Police Station
Phone: 9879 9699
Corner Punt & Victoria Rds, Gladesville 2111
Mail to: 8 Victoria Rd, Gladesville 2111
Web: www.police.nsw.gov.au
Service Description: Police station covers North Ryde, West Ryde, Ryde, Gladesville & Hunters Hill areas. Services provided: General Duties Police; Detectives; Licensing Officer; Traffic Officer; Domestic Violence Officer, Youth Liaison Officer; Crime Prevention Officer; Scene of Crime Officers.

Immigrant Women’s Speakout Association of NSW Inc
Phone: 9635 8022
Mail to: PO Box 9031, Harris Park 2150
Email: women@speakout.org.au
Web: www.speakout.org.au
Service Description: Peak advocacy, information, referral and research body representing the ideas and issues of immigrant and refugee women in NSW. Also undertakes community development projects and provides direct services in the areas of domestic violence, education and training.

The Northern Centre
Phone: 9334 0111
West Ryde Community Building, 3-5 Anthony Rd, West Ryde 2114
Mail to: PO Box 506, West Ryde 1685
Email: admin@thenortherncentre.org.au
Web: www.thenortherncentre.org.au
Service Description: Family support services for families with children under 18 years of age living in the Ryde/Hunters Hill LGA. Services include counselling, advocacy, advice and referral, supported playgroup. Homelessness Early Intervention Service for single people and families with or without children living in the Northern Sydney District.

Email: administration@ccas.org.au
Web: www.ccas.org.au
Service Description: Multi-purpose neighbourhood centre providing information and referral and a variety of services for people who are aged or disabled and their carers and services for all members of the community including social groups. Fax and photocopying facilities, volunteer training and recruitment, shopping services, lunches and outings, J.P. services and NILS (No Interest Loan Scheme). See separate entries for particular services.

Co.As.It (Casa d’Italia) - Head Office
Phone: 9564 0744
67 Norton St, Leichhardt 2040
Mail to: PO Box 342, Leichhardt 2040
Email: info@coasit.org.au
Web: www.coasit.org.au
Service Description: Community welfare organisation providing a range of services to people from an Italian speaking background. Includes advocacy, counselling, Home Care Packages, day care, social groups, Italian bilingual school and gambling, drug and alcohol services. Also provides casework and Psychology services for people with chronic mental illness and advocacy, community visitors scheme for the elderly and companionship program.

Greek Welfare Centre - Head office
Phone: 9516 2188
378a King St, Newtown 2042
Mail to: PO Box 784, Newtown 2042
Email: admin@gwccs.org.au
Web: www.gwccservices.org
Service Description: Provide services and programs that enable and empower individuals and groups from the Greek community, and the community at large, to participate in all aspects of Australia’s Culturally and Linguistically Diverse society. Services include: social and community services, children’s services; home care services.

Iranian Community Organisation
Phone: 8626 7095
18 Kendall St., Harris Park 2150
Mail to: 2/7 Parkes St,, Parramatta 2150
Email: iraniancomo@optusnet.com.au
Web: www.aic.org.au
Service Description: Provides settlement services including information, referral and casework for people of Iranian and Afghan backgrounds. Also runs a group for women, a men’s health group. English language classes and computer classes. Child study course Partner with Granville TAFE Contact office for bookings.

JewishCare
Phone: 9488 7100 (North Shore)
2/177 Rosedale Rd, St Ives 2075
Mail to: Fischl House, 3 Saber Street,, Woollahra 2025
Email: firstcall@jewishcare.com.au
Web: www.jewishcare.com.au
Personal, Family & Practical Needs

Service Description: All of JewishCare's non-site specific services are available to members of the community who live on the north shore. A range of support services are provided to older people living in their own home, vulnerable and needy people and those with mental health issues and disabilities. As well as professionally trained staff JewishCare also has hundred of dedicated volunteers. The Links Program which started on the north shore, links an isolated older person with a volunteer. Together, they go out, maybe for a coffee or just a chat. This simple activity can make a big difference to the life of the older person and help them to feel more connected.

Migrant and Settlement Services
Phone: 9858 1377
2 Dickson Ave, West Ryde 2114
Email: f.counselling@ccas.org.au
Web: www.ccas.org.au
Service Description: Migrants and refugees receive assistance with settlement issues including housing, education and employment, advocacy, referral and information services

Sir Moses Montefiore Jewish Home
Phone: 9879 2777
120 High St, Hunters Hill 2110
Email: sirmoses@montefiorehome.com.au
Web: www.montefiorehome.com.au
Service Description: Provides care and accommodation appropriate to the Jewish community in either low care (hostel), high care (nursing home) or dementia specific care. Limited respite care available.

Sydney Korean Women's Association
Phone: 9801 5512
Cnr Balaclava & Agincourt Rds, Marsfield 2122
Mail to: 22 Zanco Rd, Marsfield 2122
Email: ko_wo_asso@hotmail.com
Service Description: The SKWA provides: classes in health, dance classes, and seminars for Centrelink, citizenship, education, housing, health, women, youth and children's issues. Information and referrals on a range of services.

Family Support

Aboriginal Early Years Project Northern Sydney
Phone: 9814 5100
Suite 12, Level 3, 3-5 Anthony Rd, West Ryde 2114
Email: Kylie.Martin@benevolent.org.au
Web: www.benevolent.org.au
Service Description: Eligibility: Up to 5 yearsAssists families with Aboriginality who are experiencing difficulties in the care and parenting of their children during the early years. Priority is given where children are under 3 yrs and/or a family is referred directly from Family and Community Services. Families with significant issues as well as children with complex developmental, social and / or emotional needs can be supported through the program.

Brighter Futures Northern Sydney
Phone: 9814 5100
Mail to: Suite 12, Level 3, 3-5 Anthony Road, West Ryde 2114
Email: Fiona.carr@benevolent.org.au
Web: www.benevolent.org.au
Service Description: Assists families who are experiencing difficulties in the care and parenting of their children during the early years. Priority is given where children are under 3 yrs and/or a family is referred directly from Family and Community Services. Families with significant issues as well as children with complex developmental, social and / or emotional needs can be supported through the program. The team is multidisciplinary and also operates the West Ryde Early Years Centre.

Centrelink
19-27 Devlin St, Ryde 2112
Mail to: Locked Bag 5, Regents Park DC 2143
Service Description: Administers pensions, benefits and allowances; registration for employment assistance; job search facilities; referrals for employment assistance; specialist employment assistance services for disadvantaged groups. Ryde and Parramatta offices share a multicultural officer 9865 9175, who assists refugees, migrants and small ethnic groups with information on employment, welfare, etc.

Coral Tree Family Service
Phone: 9887 5830 (Coral Tree Family Service)
Cnr Badajoz & Twin Rds, North Ryde 2113
Mail to: PO Box 142, North Ryde 1670
Service Description: A tertiary referral service for families where a child is experiencing mental health difficulties that require a greater level of intervention than local services can offer or who has not benefited from the usual treatment.

Defence Community Organisation - Sydney Office (DCO)
Phone: 9393 3314
Level 3, Defence Plaza, 270 Pitt St, Sydney 2000
Mail to: Locked Bag 18, Darlinghurst 2010
Email: DCO.Sydney@defence.gov.au
Web: www.defence.gov.au/DCO/
Service Description: Provides wide range of family support and counselling services for Australian Defence Force members, their families and communities. Assists families with community based information, matters relating to education and conditions of military service.

Huntington's NSW Inc
Phone: 9874 9777, 1800 244 735 (Regional NSW)
Elsie Court Cottage, 21 Chatham Rd, West Ryde 2114
Mail to: PO Box 178, West Ryde 1685
**Lifestart Plus - including Autism and Better Start Services**

**Phone:** 9364 0111  
**Head office, 78C Charles St, Putney 2112**  
**Mail to:** PO Box 3277, Putney 2112  
**Email:** lifestartplus@lifestart.org.au  
**Web:** www.lifestart.org.au/how-we-can-help/lifestart-plus

**Service Description:** Provides additional services and therapy for children with disabilities: occupational therapy, speech pathology, physiotherapy, Hanen programs (words, talking), communication and social skills. Services are given at a Lifestart Centre, your child’s early childhood centre or school, or at home. Can be claimed through DSS Helping Children with Huntington’s Disease. Supports research. Registered NDIS provider to coordinate and manage life stages, transitions and supports.

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**Macquarie University Centre for Emotional Health Clinic (CEHC)**

**Phone:** 9850 8711  
**Australian Hearing Hub, Level 1, 16 University Av, Macquarie University 2109**  
**Email:** ehc.admin@mq.edu.au  
**Web:** www.mq.edu.au/ceh-clinic.com.au

**Service Description:** Research, assessment and treatment of anxiety disorders and related issues. Children, adolescent, adults and older adults.

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**Parent Line**

**Phone:** 1300 130 052  
**Mail to:** PO Box 360, Summer Hill 2130  
**Email:** info@parentline.org.au  
**Web:** www.parentline.org.au

**Service Description:** Telephone and web-based counselling and referral service for parents of children aged 0-18 years, and for professionals on behaviour issues, referral and support. Incorporates the Early Childhood Intervention Infoline for families who have questions about their child’s development or who have a child who has been diagnosed with a disability. Professional counsellors answer calls regarding parenting issues like challenging behaviour or conflict. Calls from anywhere in NSW for cost of a local call. Telephone Interpreter Service (13 14 50) for non-English speaking people; brochures in several languages. Website has info sheets, parent stories, blog.

**Relationships Australia (New South Wales) - Northern Regional Office**

**Phone:** 1300 364 277; 02 8874 8000  
**Suite 102, 68 Waterloo Rd, Macquarie Park 2113**  
**Mail to:** PO Box 371, North Ryde BC 1670  
**Email:** north@ransw.org.au  
**Web:** www.relationships.com.au

**Service Description:** Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

**The Northern Centre**

**Phone:** 9334 0111  
**West Ryde Community Building, 3-5 Anthony Rd, West Ryde 2114**  
**Mail to:** PO Box 506, West Ryde 1685  
**Email:** admin@thenortherncentre.org.au  
**Web:** www.thenortherncentre.org.au

**Service Description:** Family support services for families with children under 18 years of age living in the Ryde/Hunters Hill LGA. Services include counselling, advocacy, advice and referral, supported playgroup. Homelessness Early Intervention Service for single people and families with or without children living in the Northern Sydney District.

**Ryde Family Support Service**

**Phone:** 9334 0111  
**Suite 6, Ground Floor, West Ryde Community Centre, 3 Anthony Rd, West Ryde 2114**  
**Mail to:** PO Box 506, West Ryde 1685  
**Email:** admin@rydefamilyservices.org.au  
**Web:** www.rydefamilyservices.org.au

**Service Description:** Provides family support for families with children under 18 years of age living in the Northern Sydney District. Support available to families, children, and young people. Also facilitate a Grandparent carers group for Grandparents with primary care of Grandchildren.

**St Vincent de Paul Society - West Ryde & North Ryde**

**Phone:** 9809 2757  
**47 Ryedale Rd, West Ryde 2114**  
**Mail to:** westrydeshop@sydneyvinnies.org  
**Email:** westrydeshop@sydneyvinnies.org  
**Web:** www.vinnies.org.au

**Service Description:** A voluntary organisation providing a variety of welfare services. Donations to the charity centre may be left in the 24hr shute at the front of the shop. Another shop at 191 Coxs Road, North Ryde ph 9887 3356. Clothing, furniture, household goods, etc. Collection service at West Ryde.

**The Learning Clinic**

**Phone:** 9817 7002  
**Suite 33, 1-7 Jordan St, Gladesville 2111  
**Email:** info@thelearningclinic.com.au
Personal, Family & Practical Needs

Web: www.thelearningclinic.com.au
Service Description: Intensive, Applied Behavioural Analysis (ABA) therapy for children, adolescents and adults with Autism or other learning disorders. Proficiency and creativity in teaching language, play and socialisation skills. TLC ABA programs are flexible to adapt to best suit the individual needs of each client we work with.

The Salvation Army - Ryde Corps
Phone: 8644 0022
Ryde Secondary College Auditorium, Malvina Rd, Ryde 2112
Mail to: PO Box 3750, Marsfield 2122
Service Description: Sunday meeting 10am; "Kids Church" is held concurrently. Bible study group. Provides emergency assistance to those in need with food parcels and some financial aid.

Friendly Visiting

Aged Services Social Support
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au
Web: www.ccas.org.au
Service Description: Volunteers, including Chinese and other cultures, visit or telephone housebound people in private homes for social support and to relieve loneliness.

Buddhist Compassion Relief Tzu Chi Foundation Australia
Phone: 9874 7666
20-22 Glen St, Eastwood 2122
Email: sydney@tzuchi.org.au
Service Description: Charity programs include visiting the sick and needy, providing financial support if required, and delivering bread to the community. Environmental programs include, water saving initiatives, aluminium can and battery collection and tree planting.

Christian Community Aid Book Club
Phone: 9858 1377
Meets at Christian Fellowship Hall, 165 Shaftsbury Rd, Eastwood 2122
Email: css@ccas.org.au
Service Description: The group meet to improve their English skills and to meet new friends. Members read a couple of chapters a week and retell the story in their own words. Questions are also asked regarding vocabulary and grammar.

Community Visitors Scheme
Phone: 9817 0101
42-46 Gladesville Rd, Hunters Hill 2110
Email: cvs@hhrcs.org
Web: www.hhrcs.org.au
Service Description: The scheme links a volunteer visitor with a resident of an Australian Government funded aged care home who has been identified as socially isolated and whose quality of life would be improved by friendship/companionship.

Dementia & Memory Community Centre
Phone: 9888 4268
120 Cox's Rd (Cnr Coxs Rd & Norton Rd), North Ryde 2113
Email: nsw.admin@alzheimers.org.au
Web: www.alzheimers.org.au
Service Description: People with dementia and their carers can meet in a safe, comfortable environment to enjoy various activities.

Dorothy Henderson Lodge
Phone: 9346 1320
157 Balaclava Rd, Macquarie Park 2113
Email: dhl@bcs.org.au
Web: www.bcs.org.au
Service Description: Hostel accommodation for 79 residents of which 13 are in a secure unit.

Home Instead Senior Care
Phone: 9816 1599, 0414 585 543
Unit 7, 71-75 Gladesville Rd, Hunters Hill 2110
Email: david.carver@homeinstead.com.au
Web: www.homeinstead.com.au
Service Description: A private non-medical provider of home care services for older people including companionship, personal assistance with showering and dressing, meal preparation, light housekeeping, medication reminders, errands and incidental transportation. All CAREGivers are fully screened trained and insured.

Lifestyle Home Services
Phone: 1800 225 474
Unit 3, Level 2, 20-36 Nancarrow Avenue, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: lifestyle@chcs.com.au
Web: www.lifestylehomeservices.com.au
Service Description: Lifestyle Home Services is a business unit of Catholic Community Services and provides in-home aged and disability care services in the Ryde LGA.

Muscular Dystrophy Association of NSW
Phone: 9888 5711, 1800 635 109
Lvl 1, Ste 1.04, 82 Waterloo Rd, Macquarie Park 2113
Mail to: PO Box 1365, Meadowbank 2114
Email: info@mdnsw.org.au
Web: www.mdnsw.org.au
Service Description: Provides support; equipment; advice; referral; advocacy; physical aids; welfare; moral support; welfare; camps; retreats and counselling to those with neuromuscular disorders and their families. Online training modules for staff. Financially supports medical and scientific research, organises various fund-raising events and runs a public education program. For Neuromuscular Management Clinics contact Prince of Wales Hospital Nerve and Muscle Clinic 9382 1700 or Sydney Children's Hospital 9382 1700. Clinics provide access to neurologists, occupational therapists,
physiotherapists, geneticists, genetic counsellors, psychologists and social workers. NDIS provider.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd
Phone: 9809 2211
305 Blaxland Rd, Ryde 2112
Service Description: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd
Phone: 9809 2211
305 Blaxland Rd, Ryde 2112
Service Description: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Scalabrini Village Ltd
Phone: 8876 6800
230 Victoria Rd, Gladesville 2111
Mail to: Suite 3, Level 3, 230 Victoria Rd, Gladesville 2111
Email: admin@scalabrini.com.au
Web: www.scalabrini.com.au
Service Description: Scalabrini Village offers residential aged care, with a particular emphasis on specialised dementia care and palliative care. Six villages are characterised by the presence of Italian speaking staff and Religious Sisters and a distinctly Italian heritage: the cuisine, the cultural festivals and the importance of family. Villages in Allambie Heights, Austral, Bexley, Chipping Norton, Drummoyne and Griffith.

Seton Villa
Phone: 9888 5244
162a Balaclava Rd, Marsfield 2122
Email: info@setonvilla.org.au
Web: www.setonvilla.org.au
Service Description: Services to adults with intellectual disability, including accommodation (7 group homes), 2 outreach units, supported holidays, active aging, living skills training and a Life Choices community participation day program.

Social Meal Groups
Phone: 9888 3380
4 Cutler Pde, North Ryde 2113
Email: nrca@nrca.org.au
Web: www.nrca.org.au
Service Description: Social groups for HACC eligible residents. Particularly caters to the aged that may be socially isolated or financially disadvantaged and still living in their own homes. Home style 3 course meal every week Tues & Wed, and substantial morning tea on Thurs. Plus guest speaker, entertainment or activity each meal. Groups have an outing once a month instead of gathering at NRCA.

Volunteer Visiting Program - Ryde to Hunters Hill
Phone: 9817 0101
46 Gladesville Rd, Hunters Hill 2110
Email: volunteervisit@hhrcs.org.au
Web: www.hhrcs.org.au
Service Description: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Woolwich Village
Phone: 1800 024 915
11 Gladstone Ave, Woolwich 2110
Mail to: PO Box 116, Woonona 2517
Email: woolwichrcf@irt.org.au
Web: www.irt.org.au
Service Description: 10 self care units and 40 hostel units, 1 unit for respite care, 6 secure dementia units.

Zendeege Behtar (Better Life): Iranian Women’s Group
Phone: 9858 1377
Meets at Eastwood Community Hall, 159-161 Shaftsbury Rd, Eastwood 2122
Email: css@ccas.org.au
Service Description: The group meet once a fortnight to come together to meet new people and make friends. The group participates in different activities including dancing, stretching, sharing food and also learning from various guest speakers.

Home Support Services
See also Community Aid Services in the Community Organisation and Development chapter, and Food Services in this chapter.

Alliance Home Care Services & Nursing Agency
Phone: 9310 6511
Level 2, 59 Buckingham St, Surry Hills 2010
Mail to: Level 2, 59 Buckingham St, Surry Hills 2010
Email: alliance@alliancehealth.com.au
Web: www.alliancehealth.com.au
Service Description: Offers care and support for people in their own homes, hospitals, groups homes, residential and respite facilities. Services include personal care, light cleaning, meal preparation, companionship, palliative care and escorting to medical appointments, shopping or community access. The Agency provides health care (registered nurses, enrolled nurses, assistance and ancillary staff) and allied health services (physiotherapists, psychologists, occupational therapists, social workers, speech therapists, practice managers and associated assistants), and recruitment and agency services for the health care sector.

Australian Unity Home Care Service
Phone: 9476 7200
Level 3, 110 George St, Hornsby 2077
Email: BMNS@facs.nsw.gov.au
Web: www.australianunity.com.au
Service Description: Provides assistance to frail aged and disabled people (all ages) and their carers with practical tasks, ie housekeeping, personal care & respite care, enabling clients to remain in their own homes.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite
Phone: 9346 1230
Illife Centre, 157 Balaclava Rd, Macquarie Park 2113
Personal, Family & Practical Needs

Email: homeservicesintake@baptistcare.org.au
Web: www.baptistcare.org.au
Service Description: Domestic assistance for a person with a disability, or who is frail aged and/or dementia; and respite for their carers. This includes housework and other tasks.

CASS Level 2 Home Care Packages- Chinese & Korean
Phone: 9789 4587
CASS, 44-50 Sixth Ave, Campsie 2194
Email: cass@cass.org.au
Web: www.cass.org.au
Service Description: The Level 2 Home Care Package is a Commonwealth funded program for CASS. These service packages assist older people in their daily care needs. With a team of professionally trained staff, CASS aims to assist Chinese and Korean speaking elderly to remain in their own home safely and respectfully.

Catholic Community Services - Community Aged Care Packages
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: A Commonwealth funded program which provides a planned and managed package of low care level services for older people with complex needs living in their own home.

Catholic Community Services - Community Options Program
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Case management service that assists people with complex and multiple care and support needs to remain living in their own homes.

Catholic Community Services - Community Support Services
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarro Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Promote independence and assist people to maintain their quality of life and remain living in their own homes. Provide personal care and domestic assistance.

Catholic Community Services - Counselling and Advisory Service
Phone: 1800 225 474
The Mercy Arms, 663 Elizabeth St, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114

Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Provides counselling, information and advice to high care individuals and carers. Has a role of assessment, identifying and providing links and access to appropriate services, respite, information and support to maintain independent living.

Catholic Community Services - Dementia Monitoring Program
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 858, Epping 1710
Email: community.clients@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Assists people who have memory loss or confusion associated with dementia, mental illness or a disability, who live alone or live with someone who, through their own ill health or disability is unable to provide care.

Catholic Community Services - Extended Aged Care at Home
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: A Commonwealth funded program which provides a planned and managed package of high care services for older people with multiple and complex needs living in their own home.

Catholic Community Services - Living Conditions Program
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Provides assistance with sorting through personal items, cleaning and removal of excess rubbish. Provides referrals to ongoing support services to ensure that any intervention is sustainable.

CCA Carer Support
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: carmen.miu@ccas.org.au
Web: www.ccas.org.au
Service Description: Support, resources, options, information referral and assistance for people who are caring for others at home.

CCA Telephone Linkage
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
Email: administration@ccas.org.au
Web: www.ccas.org.au
Service Description: Supportive service to senior people through telephone linkage in their own homes,
CCA will call for a friendly chat Mon-Fri to enable them to maintain independence by reducing social isolation and social exclusion.

**Christian Community Aid Linen Service**
Phone: 9858 3222  
12 Lakeside Road, Eastwood 2122  
Email: marie.wilkie@ccas.org.au  
Web: www.ccas.org.au  
**Service Description:** Clean Linen sheets, pillowslips, towels delivered. Your bed made and used linen taken for washing.

**Clothes for the Housebound**
Phone: 9888 6947  
Shop 6, 203 Coxes Rd, North Ryde 2113  
**Service Description:** Visits housebound women in their homes by appointment with ladies wear retailer.

**Club Monte**
Phone: 9879 2777  
Hal Goldstein Campus, 120 High St, Hunters Hill 2110  
Email: daycare@montefiorehome.com.au  
**Service Description:** Day centre for older people. Transport to and from the centre in some areas. Morning and Afternoon tea, Kosher lunch provided. Regular outings, entertainment and health and well-being exercises included.

**Daughterly Care Pty Ltd**
Phone: 9970 7333  
Shop 3, 20 Wellington St, Narrabeen 2101  
Mail to: PO Box 670, Narrabeen 2101  
Email: info@daughterlycare.com.au  
Web: www.daughterlycare.com.au  
**Service Description:** 2hrs-24hr live in aged care & dementia specialists also helping people live independently in their own home/hostel. Respite, shopping, socialisation, drive to appointments, outings etc. Light household duties, personal care, meal preparation. Palliative care.

**Diverse Community Care - Dementia Support**
Phone: 9898 0000  
Suite 211, 14 Lexington Dr, Bella Vista 2153  
Mail to: PO Box 7166, Baulkham Hills 1755  
Email: info@diverse.org.au  
Web: www.diverse.org.au  
**Service Description:** Provides monitoring and support for people living in the community who suffer with dementia. Also provides respite for carers (including support for carers from Arabic, Chinese and multicultural backgrounds). The service also runs a social support program for people living in Baulkham Hills LGA, Community Options for people in Auburn, Bankstown, Baulkham Hills, Holroyd, Hunters Hill, Ryde and Parramatta LGAs. Service also offers COMPACKS covering Holroyd, Parramatta, Bankstown, Auburn, Ryde, Hunters Hill and Baulkham Hills.

**Easy Care Gardening Inc.**
Phone: 9983 1644  
Level 3, Building 1,, 20 Bridge St, Pymble 2073  
Mail to: PO Box 5337, South Turramurra 2074  
Email: ecg2074@easycaregardening.org.au  
Web: www.easycaregardening.org.au  
**Service Description:** ECG is a volunteer organisation providing a subsidised gardening service for frail aged pensioners and people on a disability pension and their carers, to enable them to remain in their own homes.

**Home and Garden Maintenance**
Phone: 9888 3380  
4 Cutler Pde, North Ryde 2113  
Email: nrca@nrca.org.au  
Web: www.nrca.org.au  
**Service Description:** Volunteers provide occasional light gardening assistance, eg weeding, pruning or planting of new shrubs. Lawn mowing service in conjunction with North Ryde RSL provided to North Ryde area residents at a subsidised cost. Light home maintenance by volunteers provides help with minor domestic odd jobs, eg light bulb changing, sticky doors or hanging items. Offered to community residents over age 65.

**Home Instead Senior Care**
Phone: 9816 1599, 0414 585 543  
Unit 7, 71-75 Gladesville Rd, Hunters Hill 2110  
Email: david.carver@homeinstead.com.au  
Web: www.homeinstead.com.au  
**Service Description:** A private non-medical provider of home care services for older people including companionship, personal assistance with showering and dressing, meal preparation, light housekeeping, medication reminders, errands and incidental transportation. All CAREGivers are fully screened trained and insured.

**Huntington’s NSW Inc**
Phone: 9874 9777, 1800 244 735 (Regional NSW)  
Elise Court Cottage, 21 Chatham Rd, West Ryde 2114  
Mail to: PO Box 178, West Ryde 1685  
Email: info@huntingtonsnsw.org.au  
Web: www.huntingtonsnsw.org.au  
**Service Description:** The association provides information, advice assistance and counselling to the person affected, families, healthcare professionals and others concerned with Huntington's Disease. Produces and distributes many publications and other information on Huntington's Disease, including a newsletter. Fortnightly Social Club for people with Huntington's, holiday camps, seminars and family support sessions, carer support program, and advocate on behalf of families to a variety of government and other organisations, on diverse issues. Supports research. Registered NDIS provider to coordinate and manage life stages, transitions and supports.

**Korean Day Centre**
Phone: 0406 384 514, 1800 225 474  
The Stables, 1 De Milhau Rd, Hunters Hill 2110  
Email: schang@chchs.com.au
Personal, Family & Practical Needs

Web: www.catholiccommunityservices.com.au
Service Description: A day centre for older Korean residents aged 65+ living in the Hornsby, Ku-ring-gai and Ryde Hunters Hill local government areas. The centre operates 3 days per week. Monday group: Shepherd's Bay Hall, Meadowbank; Wednesday group: Eastwood Community Hall, Eastwood; Friday group: Beatrice Taylor Hall, Willow Park, Hornsby. The centre specifically aims to provide socialisation opportunities to frail and elderly Korean people in the community. Focus is on health and wellbeing by providing a daily exercise program encouraging clients to remain as active in community life as possible. To provide these opportunities clients are able to access a range of social activities that are culturally specific as well as hobbies such as group excursions, Karaoke, Sudoku, meditation, dance, board games and art groups.

Linen Program - North Ryde Community Aid
Phone: 9868 3380
4 Cutler Pde, North Ryde 2113
Email: nrca@nrca.org.au
Web: www.nrca.org.au
Service Description: Bathroom manchester changed, bed linen stripped and bed remade, with commercially laundered linen supplied by Alsco Linen Service. 2 bath towels plus 2 crisp white sheets and 2 pillowcases per bed.

Magnamail
Phone: 1800 251 252, 8874 8777 (within Sydney)
Mail to: PO Box 880, North Ryde BC 1670
Email: contactus@magnamail.com.au
Web: www.magnamail.com.au
Service Description: No slip rug holder, indoor shoe/slipper (easy to put on), multi purpose touch light, foot scrubber, card holders, bathtub safety rail, folding bath and shower seat, plus several other products. See website for more items.

Mahboba's Promise
Phone: 9887 1665
4/1 Avon Rd, North Ryde 2113
Mail to: PO box 6234, North Ryde 2113
Email: office@mahbobaspromise.org
Web: mahbobaspromise.org
Service Description: Mahboba's Promise helps to support women and children in Afghanistan. We offer school education, vocational training, food and accommodation. We help people become self sufficient.

Multicultural Home Care Package Level 2
Phone: 8422 2300
Mail to: 181 Allambie Rd, Allambie Heights 2100
Email: kathie.ponting@benevolent.org.au
Web: www.bensoc.org.au
Service Description: Multicultural Home Care Packages provide culturally appropriate assistance by trained bilingual carers to older people needing support to remain living at home. Includes help with bathing, meals, laundry, shopping, transport, and social activities. For people from a CALD background.

Northern Sydney Home Nursing Service - Ryde Centre
Phone: 9816 0550
Building 16, Gladesville Hospital, Victoria Rd, Gladesville 2111
Email: NSHNS@nsccahs.health.nsw.gov.au
Service Description: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

Private Care
Phone: 1300 559 260, 9416 6922
level 1, 345 Pacific Hwy, Lindfield 2070
Mail to: PO Box 547, Lindfield 2070
Email: info@private-care.com.au
Web: www.private-care.com.au
Service Description: Services offered: Nursing care, personal care, child care, post-hospital care, disability care, companionship, palliative care, respite care, travel assistance, dementia care, housekeeping, cleaning and concierge. Custom support available: Ongoing or casual, hourly basis (3 hours min) to 24x7 live-in field staff, Registered Nurses and Carers/AIN’s plus office Registered Nurse Co-ordination.
Registered nurse access 24x7, Dedicated care coordinator client management.

Ros’s Care for the Elderly
Phone: 9681 7703
9/79 Woodpark Rd, Woodpark 2164
Mail to: 9/79 Woodpark Rd, Woodpark 2164
Email: roslynmarshall@bigpond.com
Web: www.rosicare.com.au
Service Description: Home support service offering personal care, shopping, home cleaning, laundry, gardening, transport and respite care. For elderly people or people with disabilities aged 40 and over.

Ryde Hunters Hill Home Modification & Maintenance Service
Phone: 9952 8222
3 Richardson Pl, North Ryde 2113
Mail to: Locked Bag 2069, North Ryde 1670
Email: hmms@ryde.nsw.gov.au
Web: www.ryde.nsw.gov.au
Service Description: Provides home modification & maintenance services for frail older people and people with disabilities and their carers enabling them to remain living independently at home.

Schizophrenia Fellowship of NSW Inc
Phone: 9879 2600
Building 36, Gladesville Hospital, Victoria Rd, Gladesville 2111
Mail to: Locked Bag 5014, Lindfield 2070
Email: admin@sfnsw.org.au
Web: www.sfnsw.org.au
Service Description: Provides referral, support and advocacy for people living with mental illness, their carers and mental health professionals. Has support
groups throughout the NSW. More than 100 different services for people living with mental illness and/or their carers including the following: Ostara employment service; Sunflower health; Personal Helpers and Mentors Program; Recovery and Resources. NDIS provider.

Shopping Assistance
Phone: 9888 3380
4 Cutler Pde, North Ryde 2113
Email: nrca@nrca.org.au
Web: www.nrca.org.au
Service Description: For the HACC eligible, a volunteer collects our client and takes them shopping once a fortnight for up to 2 hours; for their groceries and small errands, and returns them home. This usually involves time out for a cup of coffee and a chat. Home Delivery service option for groceries may be required pending quantity.

Shopping Services
Phone: 9858 3222
Christian Community Aid, 12 Lakeside Rd, Eastwood 2122
Email: maree.prentice@ccas.org.au
Web: www.ccas.org.au
Service Description: The Shopping service provides: 1. Shopping bus program to Carlingford Court Mon & Fri fortnightly - door to door transport. Or 2. Shopping by a volunteer. Or 3. shopping through Internet Woolworths Home Shop - a cost is involved.

Sir Moses Montefiore Jewish Home
Phone: 9879 2777
120 High St, Hunters Hill 2110
Email: sirmoses@montefiorehome.com.au
Web: www.montefiorehome.com.au
Service Description: Provides care and accommodation appropriate to the Jewish community in either low care (hostel), high care (nursing home) or dementia specific care. Limited respite care available.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc
Phone: 9817 0101
42 Gladstone Rd, Hunters Hill 2110
Email: inhome_abi@hhrcs.org.au
Web: www.hhrcs.org.au
Service Description: Provides structured social program for adults aged 18+ who have acquired a brain injury (ABI). Peer support, skill development, leisure activities on Saturday 10am-4pm include Sailability, music, bowling, lunches. Encourage inclusion within client's leisure preferences, to improve quality of life. Families/Carers are consulted in developing individualised Support Plans for clients.

Immigration

Department of Immigration and Border Protection
Phone: 131 881 (General enquiries)
9 Wentworth St, Parramatta 2150
Mail to: Locked Bag CC7, Parramatta 2123
Web: www.immi.gov.au
Service Description: Provides information and services relating to temporary and permanent residency within Australia, visas, citizenship and settlement services; Translating and Interpreting Service

Immigration Advice and Rights Centre Inc (IARC)
Phone: 8234 0700
Level 5, 362 Kent St, Sydney 2000
Mail to: PO Box Q1283, Queen Victoria Building 1230
Email: iarcadmin@iarc.asn.au
Web: www.iarc.asn.au
Service Description: IARC helps vulnerable people navigate Australian migration law. We advocate for a just and equitable immigration system. IARC is an independent, non-government Community Legal Centre that provides free expert, compassionate and confidential immigration and citizenship advice to disadvantaged people in NSW. We also offer community legal education and training.

Migrant and Settlement Services
Phone: 9858 1377
2 Dickson Ave, West Ryde 2114
Email: f.counselling@ccas.org.au
Web: www.ccas.org.au
Service Description: Migrants and refugees receive assistance with settlement issues including housing, education and employment, advocacy, referral and information services

Interpreting & Translating Services

Ai-Media
Phone: 8870 7700
Lvl 3, 12 Waterloo Rd, Macquarie Park 2113
Mail to: PO Box 260, North Ryde BC 1670
Email: info@ai-media.tv
Web: www.ai-media.tv
Service Description: Ai-Media is a captioning and transcription company providing services for television, schools, universities, for the government and corporate sectors. Ai-Media's live captioning solution Ai-Live benefits people who are deaf and hard of hearing, as well as people on the Autism Spectrum Disorder, who have Cerebral Palsy, or who use English as an Additional Language. Ai-Media can also make online video content accessible and WCAG 2.0 compliant through provision of closed captioning, transcription and audio description. Ai-Media is a registered NDIS service provider.

Campus Wellbeing and Support Services
Phone: 9850 7497
Campus Wellbeing, lvl 2, C8A Lincoln Building, Macquarie University 2109
Email: campuswellbeing@mq.edu.au
Web: mq.edu.au/disability
Service Description: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Health Care Interpreter Service WS LHD
Phone: 9912 3800
Cumberland Hospital, Bld 61, North Parramatta 2151
Email: WSLHD-HCIS@swahs.health.nsw.gov.au
Web: www.nsccahs.health.nsw.gov.au
Service Description: Interpreting service for clients of public hospitals, community health services, Home & Community Care (HACC) services and some non-government organisations in the Northern Sydney Area.

National Accreditation Authority For Translators and Interpreters Ltd
Phone: 6260 3035
Unit 17a, 2 King St, Deakin 2600
Mail to: PO Box 223, Deakin West 2600
Email: info@naati.com.au
Web: www.naati.com.au
Service Description: National standards body for the translation and interpreting profession.

Low Cost Goods and Services

Aboriginal Early Years Project Northern Sydney
Phone: 9814 5100
Suite 12, Level 3, 3-5 Anthony Rd, West Ryde 2114
Email: Kylie.Martin@benevolent.org.au
Web: www.benevolent.org.au
Service Description: Eligibility: Up to 5 years-Assists families with Aboriginality who are experiencing difficulties in the care and parenting of their children during the early years. Priority is given where children are under 3 yrs and/or a family is referred directly from Family and Community Services. Families with significant issues as well as children with complex developmental, social and / or emotional needs can be supported through the program. The team is multidisciplinary and also operates the West Ryde Early Years Centre.

Arndell School
Phone: 9888 3737
Badajoz Rd, North Ryde 2113
Mail to: PO Box 142, North Ryde 2113
Email: arndell-s.school@det.nsw.edu.au
Web: www.arndell-s.schools.nsw.edu.au/
Service Description: Part of a joint DET and Health facility for students aged 5-10 with significant behavioural and emotional difficulties. Referrals come to the school directly from education personnel after consultation with the student’s family. Assessments are carried out by Coral Tree Family Services.

Arthritis & Osteoporosis NSW
Phone: 9857 3300
Suite 1.15, 32 Delhi Rd, North Ryde 2113
Mail to: Locked Bag 2216, North Ryde 1670
Email: info@arthritisnsw.org.au
Web: www.arthritisnsw.org.au
Service Description: Provides information, advice and education regarding all types of arthritis, osteoporosis and rheumatic disorders. Fund raises for research. Also publishes quarterly magazine. Can provide details of support groups throughout NSW. Co-ordinates water exercise classes in Sydney metropolitan area, holds annual camps for children and has an educational assistance scheme for young people with arthritis.

Brighter Futures Northern Sydney
Phone: 9814 5100
Mail to: Suite 12, Level 3, 3-5 Anthony Road, West Ryde 2114
Email: Fiona.carr@benevolent.org.au
Web: www.benevolent.org.au
Service Description: Assists families who are experiencing difficulties in the care and parenting of their children during the early years. Priority is given where children are under 3 yrs and/or a family is referred directly from Family and Community Services. Families with significant issues as well as children with complex developmental, social and / or emotional needs can be supported through the program.

CatholicCare Financial Counselling Service
Phone: 8424 8700
Level 3, 3-5 Anthony Rd, West Ryde 2114
Email: naremburnfc@dbb.org.au
Web: www.catholiccaredbb.org.au

CCA Financial Counselling Service
Phone: 9858 1377
2 Dickson Ave, West Ryde 2114
Email: f.counselling@ccas.org.au
Web: www.ccas.org.au
Service Description: Provides financial counselling and support to anyone experiencing a financial problem on a one-to-one basis.

CCA Financial Counselling Service
Phone: 9858 1377
2 Dickson Avenue, West Ryde 2114
Mail to: 12 Lakeside Rd, Eastwood 2122
Email: f.counselling@ccas.org.au
Service Description: Provides free, confidential financial counselling services for anyone experiencing a financial problem. Can provide budgeting information on credit and debt, bankruptcy and paralegal issues. Financial counsellors can act on behalf of clients to mediate, negotiate or advocate on credit and debt issues. Free Tax Help program July-October.

Centrelink
19-27 Devlin St, Ryde 2112
Mail to: Locked Bag 5, Regents Park DC 2143
Service Description: Administers pensions, benefits and allowances; registration for employment assistance; job search facilities; referrals for employment assistance; specialist employment

Personal, Family & Practical Needs
assistance services for disadvantaged groups. Ryde and Parramatta offices share a multicultural officer 9865 9175, who assists refugees, migrants and small ethnic groups with information on employment, welfare, etc.

**Christians Against Poverty (CAP)**
Phone: 9086 6940
C3 Church Ryde, 89 Blaxland Rd, Ryde 2112
Mail to: PO Box 919, RYDE 1680
Email: gail.sinclair@capaust.org
Web: www.capaust.org

**Service Description:** A national, free debt counselling service providing support and practical assistance to anyone who is facing hardship as a result of financial difficulties. CAP offers a free debt counselling service which includes budgeting and financial education.

**Complete Retirement Planner**
Phone: 9805 0399
Unit 5, 6-8 Byfield St, North Ryde 2113
Mail to: Universal Magazines Pty Ltd, Private Bag 154, North Ryde 2113
Web: www.retirementplan.com.au

**Service Description:** The Complete Retirement Planner is a planning tool for Australians preparing for their financial independence. It has been published by Universal Magazines nationally since 1993, and on a state basis for several years before this. It is published twice a year, in June and December. It aims to "provide quality information to help our readers and viewers plan their decisions more thoroughly".

**Coral Tree Family Service**
Phone: 9887 5830 (Coral Tree Family Service)
Cnr Badajoz & Twin Rds, North Ryde 2113
Mail to: PO Box 142, North Ryde 1670

**Service Description:** A tertiary referral service for families where a child is experiencing mental health difficulties that require a greater level of intervention than local services can offer or who has not benefited from the usual treatment.

**Early Childhood Health Centre - Gladesville**
Phone: 9817 2337
6 Pittwater Rd, Gladesville 2111

**Service Description:** Provides support, advice and referral on all issues relating to parenting and child development. Regular screening and assessment of children 0-5 yrs. Support and education groups for parents.

**Early Childhood Health Centre - Hunters Hill**
Phone: 9817 2337
9 Church St, Hunters Hill 2110
Mail to: 6 Pittwater Rd, Gladesville 2111

**Emergency Food Relief**
Phone: 9888 3380
4 Cutler Pde, North Ryde 2113
Email: nrca@nrca.org.au
Web: www.nrca.org.au

**Service Description:** Local residents in need of emergency food assistance can receive a supply of non-perishable items, upon request without embarrassment. Service relies on the generosity of donations of food & personal hygiene products, thus only monthly relief is encouraged.

**Financial Information Service (FIS)**
Phone: (Appointments) 132 300
19-27 Devlin St, Ryde 2112
Mail to: Locked Bag 5, Regents Park DC 2143

**Service Description:** Provides an impartial, free and confidential service to the community: information on retirement planning; investment principles; buying/selling a home; making best use of resources and money; taxation issues; general finance issues; financial planning; Centrelink entitlements; aged care issues - hostels, nursing homes, retirement villages, etc.

**Hardship Assistance**
Phone: 9817 0101
opportunities to frail and elderly Korean people in the community. Focus is on health and wellbeing by providing a daily exercise program encouraging clients to remain as active in community life as possible. To provide these opportunities clients are able to access a range of social activities that are culturally specific as well as hobbies such as group excursions, Karaoke, Sudoku, meditation, dance, board games and art groups.

Lifestart Co-operative Ltd - Head Office
Phone: 9364 0111
Head office:, 78C Charles St, Putney 2112
Mail to: PO Box 3277, Putney 2112
Email: info@lifestart.org.au
Web: www.lifestart.org.au

Service Description: Offers a wide range of early childhood intervention services, including home based, centre based and inclusion support, school age inclusion support programs for children and young people aged 0-23 years. Also family to family support, information and courses for families. Branches throughout Sydney and the Shoalhaven/Illawarra.

Lifestart Plus - including Autism and Better Start Services
Phone: 9364 0111
Head office, 78C Charles St, Putney 2112
Mail to: PO Box 3277, Putney 2112
Email: lifestartplus@lifestart.org.au
Web: www.lifestart.org.au/how-we-can-help/lifestart-plus

Service Description: Provides additional services and therapy for children with disabilities: occupational therapy, speech pathology, physiotherapy, Hanen programs (words, talking), communication and social skills. Services are given at a Lifestart Centre, your child’s early childhood centre or school, or at home. Can be claimed through DSS Helping Children with Autism, Better Start funding packages, Medicare or self-funded.

Macquarie University Accommodation Service
Phone: 9850 7965
Building E3A, Level 1, Macquarie University 2109
Email: housing@mq.edu.au
Web: www.accommodation.mq.edu.au

Service Description: Provides information and assistance with regards to both on and off campus accommodation options for students and staff of Macquarie University. The service does operate and manage accommodation facilities.

Mahboba’s Promise
Phone: 9887 1665
4/1 Avon Rd, North Ryde 2113
Mail to: PO box 6234, North Ryde 2113
Email: office@mahbobaspromise.org
Web: mahbobaspromise.org

Service Description: Mahboba’s Promise helps to support women and children in Afghanistan. We offer school education, vocational training, food and
accommodation. We help people become self sufficient.

**Metro Inn Ryde**
**Phone:** 9807 4022
Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde 2112
**Mail to:** 860 Victoria Rd, Ryde 2112
**Email:** sales@rydeinn.com.au
**Web:** www.rydeinn.com.au/
**Service Description:** Motel.

**North Ryde Community Aid & Information Centre Inc**
**Phone:** 9888 3380
4 Cutler Pde, North Ryde 2113
**Web:** www.nrca.org.au
**Service Description:** For the aged or disabled, and their carers, living independently: NRCA provides Information and referral, advocacy and client case co-ordination; Social groups and outings including Armenian group, practical help with linen, and medical transports.

**NSW Seniors Information Service (SIS)**
**Phone:** 13 77 88
**Mail to:** Locked Bag 2090, North Ryde 1670
**Email:** info@service.gov.au
**Web:** service.nsw.gov.au
**Service Description:** Provides older people, their families and friends with information on the range services and options available to them, including lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing, community care and support at home, residential aged care. provides information over the phone and more information can be gained from the website. It has a series of fact sheets and some information resources from other NSW Government agencies. The Seniors Information Service does not advise callers what actions to take in their particular circumstances or guide them in making their decisions. Also all enquiries for Seniors Card to this same contact.

**Relationships Australia (New South Wales) - Northern Regional Office**
**Phone:** 1300 364 277; 02 8874 8000
Suite 102, 68 Waterloo Rd, Macquarie Park 2113
**Mail to:** PO Box 371, North Ryde BC 1670
**Email:** north@ransw.org.au
**Web:** www.relationships.com.au
**Service Description:** Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

**The Northern Centre**
**Phone:** 9334 0111
West Ryde Community Building, 3-5 Anthony Rd, West Ryde 2114

**Ryde Family Support Service**
**Phone:** 9334 0111
Suite 6, Ground Floor, West Ryde Community Centre, 3 Anthony Rd, West Ryde 2114
**Mail to:** PO Box 506, West Ryde 1685
**Email:** admin@rydefss.ngo.org.au
**Web:** www.rydefamilyservices.org.au
**Service Description:** Provides family support for families in the Ryde Hunters Hill LGA with children under 18 years of age. Support available to families, children, and young people. Also facilitate a Grandparent carers group for Grandparents with primary care of Grandchildren.

**Seniors Card**
**Phone:** 13 77 88
**Mail to:** Locked Bag 2090, North Ryde 1670
**Email:** info@service.gov.au
**Web:** www.seniorscard.nsw.gov.au
**Service Description:** Seniors Card is a discount card providing access to NSW Government transport concessions, travel and business discounts. It is free to join for seniors 60 years old and over working less than 20 hours paid work per week. Apply online or by phoning 13 77 88.

**Seton Villa**
**Phone:** 9888 5244
162a Balaclava Rd, Marsfield 2122
**Email:** info@setonvilla.org.au
**Web:** www.setonvilla.org.au
**Service Description:** Services to adults with intellectual disability, including accommodation (7 group homes), 2 outreach units, supported holidays, active aging, living skills training and a Life Choices community participation day program.

**St Vincent de Paul Society - West Ryde & North Ryde**
**Phone:** 9809 2757
47 Ryedale Rd, West Ryde 2114
**Email:** westrydeshop@sydneyvinnies.org
**Web:** www.vinnies.org.au
**Service Description:** A voluntary organisation providing a variety of welfare services. Donations to the charity centre may be left in the 24hr shute at the front of the shop. Another shop at 191 Coxs Road, North Ryde ph 9887 3356. Clothing, furniture, household goods, etc. Collection service at West Ryde.

**The Learning Clinic**
**Phone:** 9817 7002
Personal, Family & Practical Needs

**The Learning Clinic**

**Suite 33, 1-7 Jordan St, Gladesville 2111**  
**Email:** info@thelearningclinic.com.au  
**Web:** www.thelearningclinic.com.au  
**Service Description:** Intensive, Applied Behavioural Analysis (ABA) therapy for children, adolescents and adults with Autism or other learning disorders. Proficiency and creativity in teaching language, play and socialisation skills. TLC ABA programs are flexible to adapt to best suit the individual needs of each client we work with.

**The Salvation Army - Ryde Corps**

**Phone:** 8644 0022  
Ryde Secondary College Auditorium, Malvina Rd, Ryde 2112  
**Mail to:** PO Box 3750, Marsfield 2122  
**Service Description:** Sunday meeting 10am; "Kids Church" is held concurrently. Bible study group. Provides emergency assistance to those in need with food parcels and some financial aid.

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**Meal Services**

**Emergency Food Relief**

**Phone:** 9888 3380  
4 Cutler Pde, North Ryde 2113  
**Email:** nrca@nrca.org.au  
**Web:** www.nrca.org.au  
**Service Description:** Local residents in need of emergency food assistance can receive a supply of non-perishable items, upon request without embarrassment. Service relies on the generosity of donations of food & personal hygiene products, thus only monthly relief is encouraged.

**Ethnic & Australian Centre Based Luncheons**

**Phone:** 9858 3222  
12 Lakeside Rd, Eastwood 2122  
**Mail to:** Christian Community Aid, 12 Lakeside Rd, Eastwood 2122  
**Email:** CarmenMiu@ccas.org.au  
**Web:** www.ccas.org.au  
**Service Description:** Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

**Friday Lunch Group**

**Phone:** 9858 3222  
Christian Community Aid, 12 Lakeside Rd, Eastwood 2122  
**Email:** win.sun@ccas.org.au  
**Web:** www.ccas.org.au  
**Service Description:** Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

**Hardship Assistance**

**Phone:** 9817 0101  
46 Gladesville Rd, Hunters Hill 2110  
**Email:** office1@hhrcs.org.au  
**Web:** www.hhrcs.org.au  
**Service Description:** Hardship Assistance - food and financial assistance. Hardship Assistance......one day a week call the centre to make an appointment. Food parcel ...call the office for more information.

**Korean Day Centre**

**Phone:** 0406 384 514, 1800 225 474  
The Stables, 1 De Milhau Rd, Hunters Hill 2110  
**Email:** schang@chcs.com.au  
**Web:** www.catholiccommunityservices.com.au  
**Service Description:** A day centre for older Korean residents aged 65+ living in the Hornsby, Ku-ring-gai and Ryde Hunters Hill local government areas. The centre operates 3 days per week. Monday group: Shepherd’s Bay Hall, Meadowbank; Wednesday group: Eastwood Community Hall, Eastwood; Friday group: Beatrice Taylor Hall, Willow Park, Hornsby. The centre specifically aims to provide socialisation opportunities to frail and elderly Korean people in the community. Focus is on health and wellbeing by providing a daily exercise program encouraging clients to remain as active in community life as possible. To provide these opportunities clients are able to access a range of social activities that are culturally specific as well as hobbies such as group excursions, Karaoke, Sudoku, meditation, dance, board games and art groups.

**Meals on Wheels**

**Phone:** 9817 0101  
Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill 2110  
**Email:** mow1@hhrcs.org.au  
**Web:** www.hhrcs.org.au  
**Service Description:** Meals are delivered to the aged, disabled and carers at minimum cost on long or short term basis. Cold or frozen meals are provided. Dietary needs catered for.

**Saturday Lunch Group**

**Phone:** 9858 3222  
12 Lakeside Rd, Eastwood 2122  
**Mail to:** Christian Community Aid, 12 Lakeside Rd, Eastwood 2122  
**Email:** marie.wilkie@ccas.org.au  
**Web:** www.ccas.org.au  
**Service Description:** Spend your Saturdays visiting different interesting places each fortnight. Sometimes its trips to markets, stores, gardens or nice cafes. This group is for seniors and people with a disability.

**Social Meal Groups**

**Phone:** 9888 3380  
4 Cutler Pde, North Ryde 2113  
**Email:** nrca@nrca.org.au  
**Web:** www.nrca.org.au  
**Service Description:** Social groups for HACC eligible residents. Particularly caters to the aged that may be socially isolated or financially disadvantaged and still living in their own homes. Home style 3 course meal every week Tues & Wed, and substantial morning tea on Thurs. Plus guest speaker, entertainment or activity each meal. Groups have an outing once a month instead of gathering at NRCA.
**St Vincent de Paul Society - West Ryde & North Ryde**  
**Phone:** 9809 2757  
47 Ryedale Rd, West Ryde 2114  
**Email:** westrydeshop@sydneyvinnies.org  
**Web:** www.vinnies.org.au  
**Service Description:** A voluntary organisation providing a variety of welfare services. Donations to the charity centre may be left in the 24hr shute at the front of the shop. Another shop at 191 Coxs Road, North Ryde ph 9887 3356. Clothing, furniture, household goods, etc. Collection service at West Ryde.

**Tender Loving Cuisine**  
**Phone:** 1800 801 200 (Client Services), 9713 5355 (Office)  
**Mail to:** GPO Box 5105, Sydney 2001  
**Email:** clientservices@tlc.org.au  
**Web:** www.tlc.org.au  
**Service Description:** A service that provides healthy home delivered meals. A range of diabetic and gluten free meals and soups are also available. Local branch offices are located throughout the state. A free brochure can be mailed on request.

**The Salvation Army - Ryde Corps**  
**Phone:** 8644 0022  
Ryde Secondary College Auditorium, Malvina Rd, Ryde 2112  
**Mail to:** PO Box 3750, Marsfield 2122  
**Service Description:** Sunday meeting 10am; "Kids Church" is held concurrently. Bible study group. Provides emergency assistance to those in need with food parcels and some financial aid.

**Older People - Information Services**  
See also Community Information Services and Community Aid Services in Community chapter

<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Address</th>
<th>Email</th>
<th>Web</th>
<th>Service Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Combined Pensioners &amp; Superannuants Association of NSW Inc (CPSA)</td>
<td>9281 3588, 1800 451 488 (Country Callers)</td>
<td>Level 9, 28 Foveaux St, Surry Hills 2010</td>
<td><a href="mailto:cpsa@cpsa.org.au">cpsa@cpsa.org.au</a></td>
<td><a href="http://www.cpsa.org.au">www.cpsa.org.au</a></td>
<td>Peak organisation serving pensioners of all ages, superannuants and low-income retirees. Information and support services include: Health Promotion Service for Older People, Community Visitors Scheme, social and support service through branches at local level. Publishes THE VOICE.</td>
</tr>
<tr>
<td>Health Promotion Service for Older People</td>
<td>9281 3588</td>
<td>C/-CPSA, Level 9, 28 Foveaux St, Surry Hills 2010</td>
<td><a href="mailto:health@cpsa.org.au">health@cpsa.org.au</a></td>
<td><a href="http://www.cpsa.org.au">www.cpsa.org.au</a></td>
<td>A free service that coordinates volunteers who are trained to conduct health education sessions with seniors groups regarding medication management, diabetes, dental care, falls prevention and osteoporosis. Volunteers speak English and many community languages.</td>
</tr>
<tr>
<td>Meadowbank TAFE, Northern Sydney Institute of TAFE</td>
<td>131 674, 9942 3666</td>
<td>See St, Meadowbank 2114</td>
<td><a href="mailto:nsi.study@tafensw.edu.au">nsi.study@tafensw.edu.au</a></td>
<td><a href="http://www.tafestudy.info">www.tafestudy.info</a></td>
<td>Offers a variety of courses from Certificate, advanced diploma, degrees, trades and short flexible courses including business, fine arts, hairdressing, sport and recreation, beauty and welfare, information technology, literacy, engineering trades, construction and transport, hospitality, child studies and therapeutic massage.</td>
</tr>
<tr>
<td>NSW Elder Abuse Helpline &amp; Resource Unit (EAHRU)</td>
<td>1800 628 221</td>
<td>PO Box 78, Gladesville 1675</td>
<td><a href="mailto:eahru@chcs.com.au">eahru@chcs.com.au</a></td>
<td><a href="http://www.elderabusehelpline.com.au">www.elderabusehelpline.com.au</a></td>
<td>A free, confidential helpline offering information, support and referrals to anyone that suspects, witnesses or experiences elder abuse.</td>
</tr>
<tr>
<td>NSW Seniors Information Service (SIS)</td>
<td>13 77 88</td>
<td>Locked Bag 2090, North Ryde 1670</td>
<td><a href="mailto:info@service.gov.au">info@service.gov.au</a></td>
<td>service.nsw.gov.au</td>
<td>Provides older people, their families and friends with information on the range services and options available to them, including lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing, community care and support at home, residential aged care, provides information over the phone and more information can be gained from the website. It has a series of fact sheets and some information resources from other NSW Government agencies. The Seniors Information Service does not advise callers what actions to take in their particular circumstances or guide them in making their decisions. Also all enquiries for Seniors Card to this same contact.</td>
</tr>
<tr>
<td>Seniors Information Service</td>
<td>13 77 88</td>
<td>Level 8, 23-31 Moore St, LIVERPOOL 2170</td>
<td></td>
<td><a href="http://www.seniorsinfo.nsw.gov.au">www.seniorsinfo.nsw.gov.au</a></td>
<td></td>
</tr>
</tbody>
</table>
**Service Description:** The NSW Seniors Information service provides older people, their families and friends with information on the range of services and options available to them. These include lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing. Other services include community care, support at home and residential aged care. It has a series of fact sheets and some information resources from other NSW government agencies. The Seniors Information service does not advise callers what action to take in their particular circumstances or guide them in making decisions.

**Seniors Information Service**  
Phone: 13 77 88; 13 14 50 (Interpreting Service)  
Mail to: Locked Bag 2090, North Ryde 2113  
Email: info@service.nsw.gov.au  
Web: www.seniorsinfo.nsw.gov.au/home  

**Service Description:** A service of Family & Community Services - Ageing, Disability & Home Care, NSW Govt. The Seniors Information Service can provide fact sheets and information on a range of issues and can help you find answers to questions like these - what concessions am I entitled to for transport, health care or general living costs, were can I go to learn to use a computer and the internet, how do I go about applying for a pension, what are my housing options, where can I go to volunteer my time and skills, now that I've retired, how do I organise support in my home to help me with self care, housework or gardening, or how do I find a good nursing home in my local area?. Fact sheets and information is available on a ra. The Service can also provide contact details for legal, health or financial services that are qualified to advise you, ideally within your local community.

**Pensions & Benefits**

**Aboriginal Early Years Project Northern Sydney**  
Phone: 9814 5100  
Suite 12, Level 3, 3-5 Anthony Rd, West Ryde 2114  
Email: Kylie.Martin@benevolent.org.au  
Web: www.benevolent.org.au  

**Service Description:** Eligibility: Up to 5 yearsAssists families with Aboriginality who are experiencing difficulties in the care and parenting of their children during the early years. Priority is given where children are under 3 yrs and/or a family is referred directly from Family and Community Services. Families with significant issues as well as children with complex developmental, social and/or emotional needs can be supported through the program.

**Arndell School**  
Phone: 9888 3737  
Badajoz Rd, North Ryde 2113  
Mail to: PO Box 142, North Ryde 2113  
Email: arndell-s.school@det.nsw.edu.au  
Web: www.arndell-s.schools.nsw.edu.au/  

**Arthritis & Osteoporosis NSW**  
Phone: 9857 3300  
Suite 1.15, 32 Delhi Rd, North Ryde 2113  
Mail to: Locked Bag 2216, North Ryde 1670  
Email: info@arthritisnsw.org.au  
Web: www.arthritisnsw.org.au  

**Service Description:** Provides information, advice and education regarding all types of arthritis, osteoporosis and rheumatic disorders. Fund raises for research. Also publishes quarterly magazine. Can provide details of support groups throughout NSW. Co-ordinates water exercise classes in Sydney metropolitan area, holds annual camps for children and has an educational assistance scheme for young people with arthritis.

**Brighter Futures Northern Sydney**  
Phone: 9814 5100  
Mail to: Suite 12, Level 3, 3-5 Anthony Road, West Ryde 2114  
Email: Fiona.carr@benevolent.org.au  
Web: www.benevolent.org.au  

**Service Description:** Assists families who are experiencing difficulties in the care and parenting of their children during the early years. Priority is given where children are under 3 yrs and/or a family is referred directly from Family and Community Services. Families with significant issues as well as children with complex developmental, social and/or emotional needs can be supported through the program. The team is multidisciplinary and also operates the West Ryde Early Years Centre.

**CatholicCare Financial Counselling Service**  
Phone: 8424 8700  
Level 3, 3-5 Anthony Rd, West Ryde 2114  
Email: naremburnfc@dbb.org.au  
Web: www.catholiccaredbb.org.au  

**CCA Financial Counselling Service**  
Phone: 9858 1377  
2 Dickson Ave, West Ryde 2114  
Email: f.counselling@ccas.org.au  
Web: www.ccas.org.au  

**Service Description:** Provides financial counselling and support to anyone experiencing a financial problem on a one-to-one basis.

**CCA Financial Counselling Service**  
Phone: 9858 1377  
2 Dickson Avenue, West Ryde 2114  
Mail to: 12 Lakeside Rd, Eastwood 2122  
Email: f.counselling@ccas.org.au  

**Service Description:** Provides free, confidential financial counselling services for anyone experiencing a financial problem. Can provide budgeting
information on credit and debt, bankruptcy and paralegal issues. Financial counsellors can act on behalf of clients to mediate, negotiate or advocate on credit and debt issues. Free Tax Help program July-October.

**Centrelink**
19-27 Devlin St, Ryde 2112
Mail to: Locked Bag 5, Regents Park DC 2143
**Service Description:** Administers pensions, benefits and allowances; registration for employment assistance; job search facilities; referrals for employment assistance; specialist employment assistance services for disadvantaged groups. Ryde and Parramatta offices share a multicultural officer 9865 9175, who assists refugees, migrants and small ethnic groups with information on employment, welfare, etc.

**Christians Against Poverty (CAP)**
Phone: 9086 6940
C3 Church Ryde, 89 Blaxland Rd, Ryde 2112
Mail to: PO Box 919, Ryde 1680
Email: gail.sinclair@capaust.org
Web: www.capaust.org
**Service Description:** A national, free debt counselling service providing support and practical assistance to anyone who is facing hardship as a result of financial difficulties. CAP offers a free debt counselling service which includes budgeting and financial education.

**Complete Retirement Planner**
Phone: 9805 0399
Unit 5, 6-8 Byfield St, North Ryde 2113
Mail to: Universal Magazines Pty Ltd, Private Bag 154, North Ryde 2113
Web: www.retirementplan.com.au
**Service Description:** The Complete Retirement Planner is a planning tool for Australians preparing for their financial independence. It has been published by Universal Magazines nationally since 1993, and on a state basis for several years before this. It is published twice a year, in June and December. It aims to "provide quality information to help our readers and viewers plan their decisions more thoroughly".

**Coral Tree Family Service**
Phone: 9887 5830 (Coral Tree Family Service)
Cnr Badajoz & Twin Rds, North Ryde 2113
Mail to: PO Box 142, North Ryde 1670
**Service Description:** A tertiary referral service for families where a child is experiencing mental health difficulties that require a greater level of intervention than local services can offer or who has not benefited from the usual treatment.

**Early Childhood Health Centre - Gladesville**
Phone: 9817 2337
6 Pittwater Rd, Gladesville 2111
**Service Description:** Provides support, advice and referral on all issues relating to parenting and child development. Regular screening and assessment of children 0-5 yrs. Support and education groups for parents.

**Early Childhood Health Centre - Hunters Hill**
Phone: 9817 2337
9 Church St, Hunters Hill 2110
Mail to: 6 Pittwater Rd, Gladesville 2111
**Service Description:** Provides support, advice and referral on all issues relating to parenting and child development. Regular screening and assessment of children 0-5 yrs. Support and education groups for parents.

**Early Childhood Health Centre - Marsfield**
Phone: 9868 4880
Shop 1, Trafalgar Shopping Centre, Trafalgar Place, Marsfield 2122
**Service Description:** Provides support, advice and referral on all issues relating to parenting and child development. Regular screening and assessment of children 0-5 yrs. Support and education groups for parents. Referral to child guidance professionals. Home visits by appointment.

**Early Childhood Health Centre - West Ryde**
Phone: 8876 0200
West Ryde Community Centre, Anthony Rd, West Ryde 2114
**Service Description:** Provides support, advice, information and referral on all issues relating to parenting and child development. Regular screening and assessment of children 0-5 yrs. Support and education groups for parents. Referral to child guidance professionals. Home visits by appointment.

**Emergency Food Relief**
Phone: 9888 3380
4 Cutler Pde, North Ryde 2113
Email: nrca@nrca.org.au
Web: www.nrca.org.au
**Service Description:** Local residents in need of emergency food assistance can receive a supply of non-perishable items, upon request without embarrassment. Service relies on the generosity of donations of food & personal hygiene products, thus only monthly relief is encouraged.

**Ethnic & Australian Centre Based Luncheons**
Phone: 9858 3222
12 Lakeside Rd, Eastwood 2122
**Huntington’s NSW Inc**

**Phone:** 9874 9777, 1800 244 735 (Regional NSW)

**Email:** info@huntingtonsnsw.org.au

**Web:** www.huntingtonsnsw.org.au

**Service Description:** The association provides information, advice assistance and counselling to the person affected, families, healthcare professionals and others concerned with Huntington’s Disease. Produces and distributes many publications and other information on Huntington’s Disease, including a newsletter. Fortnightly Social Club for people with Huntington’s, holiday camps, seminars and family support sessions, carer support program, and advocate on behalf of families to a variety of government and other organisations, on diverse issues. Supports research. Registered NDIS provider to coordinate and manage life stages, transitions and supports.

**Korean Day Centre**

**Phone:** 0406 384 514, 1800 225 474

**Email:** schang@chcs.com.au

**Web:** www.catholiccommunityservices.com.au

**Service Description:** A day centre for older Korean residents aged 65+ living in the Hornsby, Ku-ring-gai and Ryde Hunters Hill local government areas. The centre operates 3 days per week. Monday group: Shepherd’s Bay Hall, Meadowbank; Wednesday group: Eastwood Community Hall, Eastwood; Friday group: Beatrice Taylor Hall, Willow Park, Hornsby. The centre specifically aims to provide socialisation opportunities to frail and elderly Korean people in the community. Focus is on health and wellbeing by providing a daily exercise program encouraging clients to remain as active in community life as possible. To provide these opportunities clients are able to access a range of social activities that are culturally specific as well as hobbies such as group excursions, Karaoke, Sudoku, meditation, dance, board games and art groups.

**Lifestart Co-operative Ltd - Head Office**

**Phone:** 9364 0111

**Email:** info@lifestart.org.au

**Web:** www.lifestart.org.au

**Service Description:** Offers a wide range of early childhood intervention services, including home.
based, centre based and inclusion support, school age inclusion support programs for children and young people aged 0-23 years. Also family to family support, information and courses for families. Branches throughout Sydney and the Shoalhaven/Illawarra.

**Lifestart Plus - including Autism and Better Start Services**

**Phone:** 9364 0111  
Head office, 78C Charles St, Putney 2112  
**Mail to:** PO Box 3277, Putney 2112  
**Email:** lifestartplus@lifestart.org.au  
**Web:** www.lifestart.org.au/how-we-can-help/lifestart-plus

**Service Description:** Provides additional services and therapy for children with disabilities: occupational therapy, speech pathology, physiotherapy, Hanen programs (words, talking), communication and social skills. Services are given at a Lifestart Centre, your child's early childhood centre or school, or at home. Can be claimed through DSS Helping Children with Autism, Better Start funding packages, Medicare or self-funded.

**Macquarie University Accommodation Service**

**Phone:** 9850 7965  
Building E3A, Level 1, Macquarie University 2109  
**Email:** housing@mq.edu.au  
**Web:** www.accommodation.mq.edu.au

**Service Description:** Provides information and assistance with regards to both on and off campus accommodation options for students and staff of Macquarie University. The service does operate and manage accommodation facilities.

**Mahboba's Promise**

**Phone:** 9887 1665  
4/1 Avon Rd, North Ryde 2113  
**Mail to:** PO box 6234, North Ryde 2113  
**Email:** office@mahbobaspromise.org  
**Web:** mahbobaspromise.org

**Service Description:** Mahboba's Promise helps to support women and children in Afghanistan. We offer school education, vocational training, food and accommodation. We help people become self sufficient.

**Meals on Wheels**

**Phone:** 9817 0101  
Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill 2110  
**Email:** mow1@hhrcs.org.au  
**Web:** www.hhrcs.org.au

**Service Description:** Meals are delivered to the aged, disabled and carers at minimum cost on long or short term basis. Cold or frozen meals are provided. Dietary needs catered for.

**Metro Inn Ryde**

**Phone:** 9807 4022  
Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde 2112  
**Mail to:** 860 Victoria Rd, Ryde 2112  
**Email:** sales@rydeinn.com.au  
**Web:** www.rydeinn.com.au/

**Service Description:** Motel.

**North Ryde Community Aid & Information Centre Inc**

**Phone:** 9888 3380  
4 Cutler Pde, North Ryde 2113  
**Web:** www.nrca.org.au

**Service Description:** For the aged or disabled, and their carers, living independently: NRCA provides Information and referral, advocacy and client case co-ordination; Social groups and outings including Armenian group, practical help with linen, and medical transports.

**NSW Seniors Information Service (SIS)**

**Phone:** 13 77 88  
**Mail to:** Locked Bag 2090, North Ryde 1670  
**Email:** info@service.gov.au  
**Web:** service.nsw.gov.au

**Service Description:** Provides older people, their families and friends with information on the range services and options available to them, including lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing, community care and support at home, residential aged care, provides information over the phone and more information can be gained from the website. It has a series of fact sheets and some information resources from other NSW Government agencies. The Seniors Information Service does not advise callers what actions to take in their particular circumstances or guide them in making their decisions. Also all enquiries for Seniors Card to this same contact.

**Relationships Australia (New South Wales) - Northern Regional Office**

**Phone:** 1300 364 277; 02 8874 8000  
Suite 102, 68 Waterloo Rd, Macquarie Park 2113  
**Mail to:** PO Box 371, North Ryde BC 1670  
**Email:** north@ransw.org.au  
**Web:** www.relationships.com.au

**Service Description:** Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian.

**Robert Menzies College**

**Phone:** 9936 6000  
136 Herring Rd, North Ryde 2113  
**Mail to:** PO Box 1505, Macquarie Centre 2113  
**Email:** enquiries@rmc.nsw.edu.au  
**Web:** www.rmc.org.au

**Service Description:** Student accommodation for Macquarie University. Modern Conference facilities, and catering, available all year. Accommodation and catering available for conference groups in Uni
vacations. Close to shopping centre and public transport.

**The Northern Centre**  
**Phone:** 9334 0111  
West Ryde Community Building, 3-5 Anthony Rd, West Ryde 2114  
**Mail to:** PO Box 506, West Ryde 1685  
**Email:** admin@thenortherncentre.org.au  
**Web:** www.thenortherncentre.org.au  
**Service Description:** Family support services for families with children under 18 years of age living in the Ryde/Hunters Hill LGA. Services include counselling, advocacy, advice and referral, supported playgroup. Homelessness Early Intervention Service for single people and families with or without children living in the Northern Sydney District.

**Ryde Family Support Service**  
**Phone:** 9334 0111  
Suite 6, Ground Floor, West Ryde Community Centre, 3 Anthony Rd, West Ryde 2114  
**Mail to:** PO Box 506, West Ryde 1685  
**Email:** admin@rydefss ngo.org.au  
**Web:** www.rydefamilyservices.org.au  
**Service Description:** Provides family support for families in the Ryde Hunters Hill LGA with children under 18 years of age. Support available to families, children, and young people. Also facilitate a Grandparent carers group for Grandparents with primary care of Grandchildren.

**Saturday Lunch Group**  
**Phone:** 9858 3222  
12 Lakeside Rd, Eastwood 2122  
**Mail to:** Christian Community Aid, 12 Lakeside Rd, Eastwood 2122  
**Email:** marie.wilkie@ccas.org.au  
**Web:** www.ccas.org.au  
**Service Description:** Spend your Saturdays visiting different interesting places each fortnight. Sometimes its trips to markets, stores, gardens or nice cafes. This group is for seniors and people with a disability.

**Seniors Card**  
**Phone:** 13 77 88  
**Mail to:** Locked Bag 2090, North Ryde 1670  
**Email:** info@service.nsw.gov.au  
**Web:** www.seniorscard.nsw.gov.au  
**Service Description:** Seniors Card is a discount card providing access to NSW Government transport concessions, travel and business discounts. It is free to join for seniors 60 years old and over working less than 20 hours paid work per week. Apply online or by phoning 13 77 88.

**Seton Villa**  
**Phone:** 9888 5244  
162a Balaclava Rd, Marsfield 2122  
**Email:** info@setonvilla.org.au  
**Web:** www.setonvilla.org.au  
**Service Description:** Services to adults with intellectual disability, including accommodation (7 group homes), 2 outreach units, supported holidays, active aging, living skills training and a Life Choices community participation day program.

**Social Meal Groups**  
**Phone:** 9888 3380  
4 Cutler Pde, North Ryde 2113  
**Email:** nrca@nrca.org.au  
**Web:** www.nrca.org.au  
**Service Description:** Social groups for HACC eligible residents. Particularly caters to the aged that may be socially isolated or financially disadvantaged and still living in their own homes. Home style 3 course meal every week Tues & Wed, and substantial morning tea on Thurs. Plus guest speaker, entertainment or activity each meal. Groups have an outing once a month instead of gathering at NRCA.

**The Learning Clinic**  
**Phone:** 9817 7002  
Suite 33, 1-7 Jordan St, Gladesville 2111  
**Email:** info@thelearningclinic.com.au  
**Web:** www.thelearningclinic.com.au  
**Service Description:** Intensive, Applied Behavioural Analysis (ABA) therapy for children, adolescents and adults with Autism or other learning disorders. Proficiency and creativity in teaching language, play and socialisation skills. TLC ABA programs are flexible to adapt to best suit the individual needs of each client we work with.

**Welfare Rights Centre**  
**Phone:** 9211 5300  
102/55 Holt St, Surry Hills 2010  
**Email:** welfarerights@welfarerights.org.au  
**Web:** www.welfarerightscentre.org.au  
**Service Description:** An independent community legal centre specialising in Social Security and Centrelink law, policy & administrative practice. Provides free information, advice and advocacy. Volunteers welcome to provide phone advice following training.

**Personal Alarms**

**Care CALL Emergency Response Service**  
**Phone:** 1300 130 100  
**Mail to:** 157 Balaclava Rd, Macquarie Park 2113  
**Email:** carecall@bcs.org.au  
**Web:** https://baptistcare.org.au/our-services/home-services/carecall/contact-carecall  
**Service Description:** Provides personal emergency alarm monitoring, using a waterproof alarm worn as neck pendant or bracelet. This links the user to the monitoring centre's staff using an existing telephone line. For people unable to press a button, the Fall Detector triggers an emergency call. Also Flood Detector for overflows, and Panic Alarm silent button by front door. Free in-home demonstrations.

**Care Call Emergency Response Service**  
**Phone:** 1300 130 100  
157 Balaclava Rd, Macquarie Park 2113
Email: carecall@baptistcare.org.au
Web: www.baptistcare.org.au/carecall
Service Description: Immediate response to emergency situations. Care Call Pendant can be worn as a Bracelet. Care Call Fall Detector. Alarm systems.

Printacall
Phone: 9809 2392, 9809 1283 (TTY)
2 Doig Av, Denistone East 2112
Email: sales@printacall.com.au
Web: www.printacall.com.au
Service Description: Assistive listening devices for people who are hearing impaired. Telephone Typewriters (TTY), audio loop systems for home and public buildings, soundfield systems for classrooms. Personal communicators including door flashing lights and vibration clocks. Alert systems that flash and vibrate for the door, telephone, baby cry and smoke alarms for people with hearing or vision impairment. Have a telephone system called Uniphone 1150, which is a combination of a telephone and a TTY as well as alerting you of incoming calls via a built in flasher and loud volume output control.

Vitalcall - personal response unit
Phone: 1300 360 808
41 Pentex St, Salisbury 4107
Mail to: PO Box 218, Salisbury 4107
Email: vitalcall.sales@chubb.com.au
Web: www.vitalcall.com.au
Service Description: Medical alerting systems for aged and people with disability at home or in residential facilities. Waterproof call button worn as pendant (neck, brooch or wrist) is linked to Response Assistant at Centre via two-way telephone 24/7. Inbuilt motion sensor. Free home demonstration. No long contracts. Dept of Veteran Affairs and Legacy may assist in funding.

Prisoners & Ex-Prisoners Support

Prisoners Aid Association of NSW Inc
Phone: 0412 430 214
Mail to: PO Box 6112, Silverwater BC 1811
Email: info@prisonersaidnsw.org
Web: www.prisonersaidnsw.org
Service Description: Provides welfare services to inmates, ex-offenders and families of inmates in NSW Prisons.

SHINE for Kids
Phone: 9714 3000
The Cottage, Holker St, Silverwater 2128
Mail to: PO Box 67, Ermington 1700
Email: inquiries@shineforkids.org.au
Web: www.shineforkids.org.au
Service Description: Supports children, young people and their families affected by parental involvement in the criminal justice system by providing a range of proven programs that focus on building resilience in children to give them the foundations for a healthy future. Has formed mutual support groups in the western suburbs for children of prisoners aged 5-12 and adolescents aged 12-18.

Respite Care
See also Adult Day Care and Home Support in this chapter

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite
Phone: 9346 1230
Illife Centre, 157 Balaclava Rd, Macquarie Park 2113
Email: homeservicesintake@baptistcare.org.au
Web: www.baptistcare.org.au
Service Description: Domestic assistance for a person with a disability, or who is frail aged and/or dementia; and respite for their carers. This includes housework and other tasks.

Care for Carers Program - Muscular Dystrophy Association of NSW
Phone: 0429 565 222
105 Bay Drive, Meadowbank 2114
Mail to: PO Box 1365, Meadowbank 2114
Email: kejanna.taylor-king@mdnsw.org.au
Web: www.mdnsw.org.au
Service Description: Care for Carers Program is focused on providing retreats, camps, Duke of Edinborough, transition to work, equipment funding and respite. Support, information and referral for carers of people who have a neuromuscular condition including carers from rural and regional NSW, Sydney metro area and carers from culturally and linguistically diverse backgrounds. Care for Carers aims to offer support to carers through support networks; information sessions; written information on neuromuscular disorders; advocacy and referral telephone group counselling.

Catholic Community Services - Day and Respite Services
Phone: 1800 225 474
Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank 2114
Mail to: PO Box 1011, Meadowbank 2114
Email: referrals.communityservices@chcs.com.au
Web: www.catholiccommunityservices.com.au
Service Description: Day and Social Support Services offering respite, socialisation, activities and outings. Services for the isolated, people with dementia, CALD groups, carers and the frail elderly. Respite cottage for weekend breaks at Waitara.

CatholicCare Disability and Ageing Services
Phone: 8968 5100
Unit 9B, 44 Wattle Rd, Brookvale 2100
Mail to: PO Box 7264, Warringah Mall, Brookvale 2100
Email: catherine.archibald@dcb.org.au
Web: www.catholiccaredbb.org.au
Service Description: 1. Planned Flexible Respite Service (0-65 years) packages tailored to suit the carer’s needs. 2. Children’s Respite Services -
Vacation Care Program for children and youth (to age 18) with disabilities. 3. Planned, In home Respite for people with disabilities with moderate to high support needs. 4. Planned Ageing Carer Respite Program for carers (aged 60+ or Indigenous carers aged 45+) of people with disabilities. Package is tailored to suit the ageing carer’s needs. 5. Leisure Link - weekend and/or evening program for people with disability in creative, recreation, leisure with peers - through ADHC funding. 6. Transition To Work program.

**Estia Foundation of Australia (ESTIA)**

**Phone:** 9879 8000

5-7 Pearson St, Gladesville 2111

**Mail to:** PO Box 17, Gladesville 2111

**Email:** admin@estia.org.au

**Web:** www.estia.org.au

**Service Description:** Provides 24 hour respite and group-home supported accommodation services for young Australian adults with intellectual and physical disabilities. The respite homes are located at Gladesville and Roselands, and the group home “Lixouri House” is at North Ryde. Home cooked meals provided by a cook. Flexible respite periods from minimum 3 days to maximum 5 weeks. Respite has five beds. The service is not able to provide nursing care.

**Flexible Respite – Hunters Hill Ryde Community Services**

**Phone:** 9817 0101

46 Gladesville Road, Hunters Hill 2110

**Email:** carers@hhrcs.org.au

**Web:** www.hhrcs.org.au

**Service Description:** Offers carers of people with an age related condition (65+), time out. ‘Our Time’ program provides those you care for with stimulation and interaction with others in the community. The program operates fortnightly bus outings to a variety of venues and accommodates for those with limited mobility. The carer may choose to accompany the person they care for on these outings. HHRC also provides one on one flexible respite, ‘Your Time’ program. This program operates on a nominated day & time that suits both the carer and person they care for and caters to the interests of the individual.

**HammondatHome - In Home Respite**

**Phone:** 1800 826 166

97-115 River Rd, Greenwich 2065

**Mail to:** HammondAtHome, 202 / 280 Pacific Hwy, Lindfield 2070

**Email:** gateway@hammond.com.au

**Web:** www.hammond.com.au

**Service Description:** Offers in and out-of-home planned respite to carers of persons with dementia and associated challenging behavior, and frail aged, in Lower North Shore region, Hunters Hill, Ryde. The program supports carers to have a break from their caring role and to pursue opportunities including employment or study.

**In Home Day Respite Northern Suburbs**

**Phone:** 9346 1440

Iliffe Centre, 157 BalACLava Rd, Macquarie Park 2113

**Web:** www.bcs.org.au

**Service Description:** Provides in-home respite for carers of people living with dementia living in the community. The program allows carers for some time out as our trained staff provide supervision and through planned in-home activities.

**Kincare Dementia Respite**

**Phone:** 1300 733 510

Building A, Level 4, 20 Lexington Dr, Bella Vista 2153

**Mail to:** PO Box 7607, Baulkham Hills BC 2153

**Email:** mail@kincare.org

**Web:** www.kincare.com.au

**Service Description:** Subsidised in-home dementia respite (minimum 48 hours) for carers of people with dementia & behaviours of concern.

**Korean Day Centre**

**Phone:** 0406 384 514, 1800 225 474

The Stables, 1 De Milhau Rd, Hunters Hill 2110

**Email:** schang@chcs.com.au

**Web:** www.catholiccommunityservices.com.au

**Service Description:** A day centre for older Korean residents aged 65+ living in the Hornsby, Ku-ring-gai and Ryde Hunters Hill local government areas. The centre operates 3 days per week. Monday group: Shepherd's Bay Hall, Meadowbank; Wednesday group: Eastwood Community Hall, Eastwood; Friday group: Beatrice Taylor Hall, Willow Park, Hornsby. The centre specifically aims to provide socialisation opportunities to frail and elderly Korean people in the community. Focus is on health and wellbeing by providing a daily exercise program encouraging clients to remain as active in community life as possible. To provide these opportunities clients are able to access a range of social activities that are culturally specific as well as hobbies such as group excursions, Karaoke, Sudoku, meditation, dance, board games and art groups.

**MS Society of NSW - Metro Northern Region**

**Phone:** 8815 2100

Level 3, 3 Richardson Place, North Ryde 2113

**Mail to:** PO Box 622, North Ryde BC 1670

**Email:** MSConnect@msaustralia.org.au

**Web:** www.msaustralia.org.au

**Service Description:** Support services for people with multiple sclerosis, their families, health professionals, general public. These include: assessment and planning, immunotherapy, urology, occupational therapy, neuropsychology; psycho/social support and support groups for people with MS; limited respite accommodation. Education programs; Library and information services. Education and information for health professionals. Library access to Medline. MSConnect on 1800 042 138 provides information and support 9am-4pm.

**Northcott Flexible Respite Northern Sydney**

**Phone:** 9890 0100

Level 5, 20 George St, Hornsby 2077

**Mail to:** PO Box 4055, Parramatta 2124

**Email:** Fr.headoffice@northcott.com.au
Web: www.northcott.com.au
**Service Description:** Provides respite for people with disabilities aged 0-65 years and their carers, upon application through RIAP on 8424 2550.

**Northern Sydney Carer Respite and Information Centre**
**Phone:** 8405 4444
Level 3, 1 Chandos St, St Leonards 2065
**Mail to:** PO Box 564, St Leonards 1590
**Email:** carelink@nsforum.org.au
**Web:** www.nsforum.org.au
**Service Description:** Provides information and advice about carer support and respite options, and assists carers living in the Northern Sydney region to access short-term and emergency respite. Includes young carers program. Emergency Respite after hours 1800 059 059

**Rehabilitation & Aged Care Service Time Off Program (TOPs)/Richard Geeves Centre**
**Phone:** 9488 8694
Richard Geeves Centre, 8 Murrua Rd, North Turramurra 2074
**Service Description:** TOP's provides emergency or occasional planned in-home respite for carers of people with dementia. It offers a flexible approach to respite, during the day or evening, any day of the week and at weekends. The average length of time is 3 hours but longer times are available to meet request. The service employs staff who are experienced in dementia care.

**Respite Recreation Network - Respite for Carers of Adults**
**Phone:** 9346 1400
Iliffe Centre, 157 Balaclava Rd, Macquarie Park 2113
**Email:** homeservicesintake@baptistcare.org.au
**Web:** www.baptistcare.org.au
**Service Description:** Respite for carers of adults aged 18+ with intellectual disability living in Northern Sydney region with their carer - as in-home respite, or centre program every Friday 4pm-9:30pm.

**Schizophrenia Fellowship of NSW Inc - Respite Services**
**Phone:** 9879 2600, 1800 124 121
Building 36, Gladesville Hospital, Digby Rd, Gladesville 2111
**Email:** respite-admin@sfnsw.org.au
**Web:** www.sfnsw.org.au
**Service Description:** Trained respite mental health staff provide a variety of services that aim to meet the individual needs of carers, families and friends. These services include one to one support (in and out of home), centre based activities (planned recreational, social and educational activities) and community access (individual or group activities that encourage community participation) and 24 hour respite for carers and consumers

**Sir Moses Montefiore Jewish Home**
**Phone:** 9879 2777
120 High St, Hunters Hill 2110
**Email:** sirmoses@montefiorehome.com.au
**Web:** www.montefiorehome.com.au
**Service Description:** Provides care and accommodation appropriate to the Jewish community in either low care (hostel), high care (nursing home) or dementia specific care. Limited respite care available.

**Social Support ABI (BIRDS) - Hunters Hill**

**Ryde Community Services Inc**
**Phone:** 9817 0101
42 Gladesville Rd, Hunters Hill 2110
**Email:** inhome_abi@hhrcs.org.au
**Web:** www.hhrcs.org.au
**Service Description:** Provides structured social program for adults aged 18+ who have acquired a brain injury (ABI). Peer support, skill development, leisure activities on Saturday 10am-4pm include Sailability, music, bowling, lunches. Encourage inclusion within client's leisure preferences, to improve quality of life. Families/Carers are consulted in developing individualised Support Plans for clients.

**Sunnyfield - Respite in Action, Northern Sydney**
**Phone:** 8977 2755
185 Allambie Rd, Allambie Heights 2100
**Mail to:** PO Box 6432, Frenchs Forest 2086
**Email:** d.white@sunnyfield.org.au
**Web:** www.sunnyfield.org.au
**Service Description:** Delivers planned, flexible respite to family/carers and their children aged to 65 years with a disability. The ADHC Respite Intake and Allocation Process (RIAP 9841 9354) annually allocates placements for use at home or in the community. Sunnyfield's person centred approach ensures that respite is tailored to the needs of both the individual and his/her family. It is not crisis or emergency respite.

**War Widows - Support**
**War Widows' Guild of Australia NSW Ltd**
**Phone:** 9267 6577, 1800 451 615
Level 2, 175 Castlereagh St, Sydney 2000
**Email:** guild@warwidowsnsw.com.au
**Web:** www.warwidowsnsw.com.au
**Service Description:** Protects the interests of war widows and provides advocacy, friendship, welfare support and information for members. Can provide details of Guild and social clubs throughout NSW. Quarterly publication : Guild Digest.

**Young People - Support**

**Macquarie University Accommodation Service**
**Phone:** 9850 7965
Building E3A, Level 1, Macquarie University 2109
**Email:** housing@mq.edu.au
**Web:** www.accommodation.mq.edu.au
**Service Description:** Provides information and assistance with regards to both on and off campus
accommodation options for students and staff of Macquarie University. The service does operate and manage accommodation facilities.

Robert Menzies College
Phone: 9936 6000
136 Herring Rd, North Ryde 2113
Mail to: PO Box 1505, Macquarie Centre 2113
Email: enquiries@rmc.nsw.edu.au
Web: www.rmc.org.au
Service Description: Student accommodation for Macquarie University. Modern Conference facilities, and catering, available all year. Accommodation and catering available for conference groups in Uni vacations. Close to shopping centre and public transport.