

## CARER SUPPORT GROUPS IN NORTHERN SYDNEY REGION 2018

\*All courses are subject to change. Please call to confirm details.\*

Meeting days/times	Venue address	Contact details - group leader	Target audience	Any other details
<b>Suburbs in Upper Northern Sydney region</b>				
2 <sup>nd</sup> Wednesday of the month 10.30-12 morning tea and presentations BEROWRA	Berowra Community Health Centre 123 Berowra Waters Road. Berowra	Mary Di Mattina NSLHD Carer Support t: 9998 6185	Carers	Meets Feb-Dec Sharing and discussion group
Every Wednesday 10.30-12 and Friday 9.30-11am TURRAMURRA	Hillview Community Health Centre, 1334 Pacific Highway. Entry at rear off Boyd St, Turramurra parking on site	Bookings Essential. Please be sure to book in with Lynette Brakell (teacher) directly m: 0424 232 342 If you need further information please contact Carers Support t: 9462 9488	<b>Yoga relaxation for Carers</b>	<b>Dru Yoga</b> focuses on relaxation and gentle exercise. Classes are run by small payment, strictly for Carers.
First Monday of the month 10-12am (except Public Holidays) Pennant Hills	Pennant Hills Community Health Centre, 5 Fisher Avenue, Pennant Hills 2120	Sato Hacopian NSLHD Carer Support t: 9462 9488	Open carers group	Social support. All Carers welcome. Morning tea provided
3 <sup>rd</sup> Wednesday of each month 10.30am-12.00pm. ST IVES	St Ives Library Meeting Room, 166 Mona Vale Rd, St Ives	Mary Di Mattina NSLHD Carer Support t: 9998 6185		Beginning Wednesday 21 <sup>st</sup> February

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<b>Northern Beaches -Community Connect - a variety of Carer Support groups - Call 9931 7750 for further information</b>				
3 <sup>rd</sup> Wednesday of each month. Dee Why 10am-12pm	28 Fisher Rd, Dee Why	To enquire or register contact Robyn Brooks 9931 7750 Or Ana 9931 7751	Social interest Self support group	
4 <sup>th</sup> Thursday of each month Dee Why 10am-12pm	As above		Dementia Carers group	
1 <sup>st</sup> Thursday of each month Dee Why 10am-12pm	As above		General Carers group	
1st Wednesday of month Dee Why 1-3	As above		Mental Health Carers group	
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<b>Northern Beaches -Community Connect - a variety of Carer Support groups - Call 9931 7750 for further information</b>				
2 <sup>nd</sup> Thursday of month Warriewood 10am-12pm	Unit 1/5 Vuko Place Warriewood	To enquire or register contact Robyn Brooks 9931 7750 Or Ana 9931 7751	Male Carers group	
4th Monday of month Mona Vale 10am-12pm	St Johns Anglican Church 1624 Pittwater Rd Mona Vale		Dementia Carers	
3 <sup>rd</sup> Monday of month Warriewood 10-12	Unit1/5 Vuko Place, Warriewood		General Carers group	
2 <sup>nd</sup> Friday of month Dee Why 11am onwards	Dee Why RSL, Aqua Room		Social group self-supporting	
<b>Special Language support groups conducted by Northern Beaches Community Connect funded by ADHC</b>		<b>Facilitator:</b>		
2 <sup>nd</sup> Tuesday month Dee Why 10-12	St Kevins School Hall Oaks Avenue Dee Why	Angelina	ITALIAN	Free Morning Tea, Guest speakers and occasional bus outings.

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2 <sup>nd</sup> Thursday of month Dee Why 10-12	28 Fisher Road Dee Why	Elba	SPANISH	Free Morning Tea, Guest speakers and occasional bus outings.
3 <sup>rd</sup> Thursday of month Dee Why 10-12	As above	Lala	CHINESE	Free Morning Tea, Guest speakers and occasional bus outings.
3 <sup>rd</sup> Thursday of month Dee Why 1-3pm	St John's church, Cnr Avon and Oaks Avenue, Dee Why	Ana	SERBIAN	Free Morning Tea, Guest speakers and occasional bus outings.
4 <sup>th</sup> Thursday of month Dee Why 1-3pm	28 Fisher Road, Dee Why	Ana	SERBIAN Male Carers	Free Morning Tea, Guest speakers and occasional bus outings.
4 <sup>th</sup> Thursday of month Warriewood 10am-12pm	Unit 1, 5 Vuko Place, Warriewood	Nada	CROATIAN	Free Morning Tea, Guest speakers and occasional bus outings.

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<b>Mosman</b>				
Every Wednesday 10-12	Mosman Municipal Council community services	Liz Nagel 99784089	Open group all carers welcome	Guest speaker list on council website <a href="http://www.mosman.nsw.gov.au">www.mosman.nsw.gov.au</a>
<b>Lane Cove &amp; Roseville</b>				
Last Friday of the month Lane cove 10-12	Seniors Centre, 180 Longueville Road, Lane Cove	Charlie Watts t: 0418 679 318	Open group all carers	Speakers, information and some outings
2 <sup>nd</sup> Tuesday of the month Roseville 5-6.30pm	Roseville Golf Club, 4 Links Avenue, Roseville	Charlie Watts t: 0418 679 318	Northern Suburbs Caring partners	Support group for younger age group caring for a spouse/partner

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<b>Hunters Hill Ryde / Gladesville – 9817 0101 or email <a href="mailto:carersdisability@hhrcs.org.au">carersdisability@hhrcs.org.au</a></b>				
2 <sup>nd</sup> Wednesday each month 10-12 noon	Hunters Hill Hotel 64 Gladesville Road, Hunters Hill	Rosemary Liu 9817 0101	Carers of a parent, partner or friend who is frail aged, has dementia or a chronic illness	Meet from 10-12noon. Guest speakers and occasional bus outings
<i>Last Thursday of each month</i>	As above	As above	As above	As above
2 <sup>nd</sup> Wednesday of the month (evening)	Hunters Hill Day Centre 42 Gladesville Road Hunters Hill	Rosemary 9817 0101 or email: <a href="mailto:carersdisability@hhrcs.org.au">carersdisability@hhrcs.org.au</a>	Carer Support group of Young Adults with a Disability living in Northern Sydney region	Guest speakers, social outings, information meetings
1 <sup>st</sup> Thursday of the month 10-12noon	46 Gladesville Road Hunters Hill	Rosemary 9817 0101 <a href="mailto:carersdisability@hhrcs.org.au">carersdisability@hhrcs.org.au</a>	Carers of Autism Aspergers spectrum disorder	Support group, speakers etc
2 <sup>nd</sup> or 3 <sup>rd</sup> Thursday of the month 10.30-2pm	Hocheon Church Hospital Rd Concord	Rosemary 9817 0101 <a href="mailto:carersdisability@hhrcs.org.au">carersdisability@hhrcs.org.au</a>	Korean carers of children with a disability and or special needs	Korean Carers of children with a disability or special needs
1 <sup>st</sup> or 3 <sup>rd</sup> Tuesday of the month 9.30-3.30pm	46 Gladesville Road Hunters Hill	Rosemary 9817 0101 <a href="mailto:carersdisability@hhrcs.org.au">carersdisability@hhrcs.org.au</a>	Carers and care recipient under the age of 65yold	Bus outings

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<b>Male Carers – Northern Sydney region - Cooking Support group NSLHD Carer Support Service 99986185</b>				
1 <sup>st</sup> Tuesday of the month	Macquarie Hospital, North Ryde	Mary Carer Support NSLHD <b>9998 6185</b>	Male Carers get together to cook lunch and have a meal and catch up together	We recommend gentlemen complete a Men's Cooking Course which is run in the region throughout the year – contact Mary for details of the next course. Tel: <b>99986185</b>
Last Friday of the month	Forestville Sports Centre	As above		
3 <sup>rd</sup> Thursday of the month	Berowra Community Centre Frenches Forest	As above		
1 <sup>st</sup> Wed of the month	Anglicare			

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<b>Mental Health Carer Support Groups – All Mental Health Support Groups are conducted by Parramatta Mission T: 8599 4855 – Email <a href="mailto:familycarernscc@parramattamission.org.au">familycarernscc@parramattamission.org.au</a> They also provide Education Sessions throughout the year for Carers of person who has Mental Illness</b>				
All support groups are also promoted on NSLHD Carer Support website. <a href="http://www.nscscarerssupport.com.au">www.nscscarerssupport.com.au</a> <a href="https://www.facebook.com/NSLHDcarersupport/">https://www.facebook.com/NSLHDcarersupport/</a>				
2 <sup>nd</sup> Tuesday of each month 10am-12pm CHATSWOOD	Chatswood Hercules Street	Registration required. Please phone or email. t: 8599 4855 <a href="mailto:familycarerNSCC@parramattamission.org.au">familycarerNSCC@parramattamission.org.au</a>		Carer Support Group
3 <sup>rd</sup> Tuesday of each month 12.30-2.30pm Dee Why	St. David's Uniting Church 3 David Ave Dee Why			Carer Support Group
4 <sup>th</sup> Wednesday of each month 12.30-2.30pm HORNSBY	Wahroonga House in the Park	Registration required. Please phone or email. t: 8599 4855 <a href="mailto:familycarerNSCC@parramattamission.org.au">familycarerNSCC@parramattamission.org.au</a>		Carer Support Group
4 <sup>th</sup> Thursday of the month 3pm-4.15pm	A Carers Afternoon Tea Hornsby Hospital Adult Mental Health Unit (Family Room)			A Carers Afternoon Tea

Thursday evenings during term time 6pm-7.30pm	New Day Carers Choir Wahroonga House in the Park			New Day Carers Choir
<p><b>Check out our website! There are many organisations providing mental health carer education and support. We update these regularly on our website. Please look out for education courses offered.</b>  <b>Phone: 9462 9488 or visit <a href="http://www.nscarersupport.com.au">www.nscarersupport.com.au</a></b></p>				
<p><b>Cancer Support groups</b> are many organisations providing information sessions and support groups which regularly change and updated on our website.  <a href="http://www.nscarersupport.com.au">www.nscarersupport.com.au</a></p>				
<p><b>Royal North Shore CanSupport</b> has a variety of information sessions for patients and their Carers. You can call them on 94631195 or visit their website at <a href="http://www.cansupport.org/newcansupport/">http://www.cansupport.org/newcansupport/</a></p>				
<p><b>Sydney Adventist Hospital Cancer Support Centre</b> - The SAH Cancer Support Centre has a variety of support groups for clients, some of which include family members. You can call them on 9487 9061 for information or further details can be found on their website <a href="http://www.sah.org.au/Support-Groups">http://www.sah.org.au/Support-Groups</a></p>				

*Please note that many Day Centres hold Support groups for Carers of their clients. If you are interested in attending such a group, talk to the Day Centre Coordinator. Support groups allow Carers to hear other carer strategies; information from a variety of guest speakers and have a day out, all of which can be beneficial to help Carers in their caring role.*

**Carer Support Northern Sydney LHN** is committed to responding to the needs of Carers. For example, you may need younger spouse support for those in younger age groups caring for a spouse. If there is a group that you would like to have set up in our region, please give us a call on 9462 9488 to discuss further.

If there are other support groups in the Northern Sydney region, not listed above please let us know so we can include it on this listing. You can contact us on **94629788**.