

Services for People with a Disability

NDIS Registered Services

This booklet is 200+ pages long. Please select page range before printing.

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NDIS Registered Services

NDIS Accommodation/Tenancy

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

NDIS Assist Personal Activities

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

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Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

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The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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.

NDIS Assist-Life Stage Transition**Achieve Australia**

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Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

NDIS Assistance Animals

no matching records

NDIS Assistance to access and maintain employment**Achieve Australia**

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NDIS Assistive equipment for recreation**Achieve Australia**

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

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NDIS Provider

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NDIS Assistive products for household tasks**Motor Neurone Disease Association of NSW Inc**

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

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Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

NDIS Assistive products for personal care and safety**ArjoHuntleigh Getinge Group - NSW**

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

Estia Foundation of Australia

Phone: 02 9879 8000

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HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

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Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

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Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

NDIS Communication and information equipment**Macquarie University - Speech and Hearing Clinic**

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

NDIS Community Nursing Care

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

NDIS Custom Prosthetics**Royal Rehab**

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

NDIS Daily Tasks/Shared Living**Achieve Australia**

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

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One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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.

NDIS Development-Life Skills

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

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Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

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Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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.

NDIS Early Childhood Supports

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

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Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

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NDIS Exercise Physiology and Personal Training

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

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Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

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Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

NDIS Group/Centre Activities

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre.

NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

NDIS Hearing Equipment**Macquarie University - Speech and Hearing Clinic**

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

NDIS Hearing Services

no matching records

NDIS Home Modification

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

NDIS Household Tasks

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

New Horizons Enterprises Ltd

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Web: www.newhorizons.net.au

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Location: 235 Morrison Rd, Ryde, NSW

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Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

NDIS Innovative Community Participation

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

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NDIS Interpret/Translate

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

NDIS Participate Community

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Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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.

NDIS Personal Activities High

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre.

NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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.

NDIS Personal Mobility Equipment**ArjoHuntleigh Getinge Group - NSW**

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

NDIS Plan Management

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

NDIS Specialised Disability Accommodation

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

NDIS Specialised Driver Training

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

NDIS Specialised Hearing Services

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

NDIS Specialised Supported Employment

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

NDIS Support Coordination

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

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Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

NDIS Therapeutic Supports

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

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Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

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Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury.

Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre.

NDIS Provider

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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.

NDIS Vehicle Modifications

no matching records

NDIS Vision Equipment**Total Patient Care NSW**

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Other Disability Services

Accommodation and Housing

Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc

Phone: 02 9816 5000

Email: info@rhhct.org.au

Web: www.rhhct.org.au

Location: 6 Victoria Rd, Henley, NSW

Services: 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.

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Location: ADHD Centre, 51 Wicks Rd, North Ryde, NSW

Services: 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 Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morris Rd, Ryde, NSW

Services: Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Aged Services Social Support

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

ArjoHuntleigh Getinge Group - NSW

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Arthritis & Osteoporosis NSW

Phone: 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: Suite 1.15, 32 Delhi Rd, North Ryde, NSW

Services: non-government health charity seeking to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. Services include Support, Education and Events. Support is provided through an InfoLine, Membership, Support Groups and Branches throughout NSW. Warm Water Exercise Classes operate in the Sydney Metro area. Education services involves Seminars, Webinars, Community Awareness Sessions, Osteoarthritis of the Knee (OAK) Program and a monthly eNewsletter. There are two camps run annually that provide children who have juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different. Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years, with activities for the kids and their siblings. Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis for ages 9 to 18 years.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Arthritis NSW Ryde Support Group

Phone: 02 9817 7470, 02 9887 2295,

Email: rydearthritis@gmail.com

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

Location: Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde, NSW

Services: A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects. Guest speakers at meetings.

Ashburn House Aged Care

Phone: 02 8876 9200

Email: admin@chomes.com.au

Web: www.chomes.com.au

Location: 20-34 Ashburn Pl, Gladesville, NSW

Services: 20 low care beds. 84 high care beds of which 40 are extra services, and 44 standard services.

AstraZeneca Pty Ltd

Phone: 02 9978 3500

Email:

medinfo.australia@astrazeneca.com

Web: www.astrazeneca.com.au

Location: 66 Talavera Rd, Macquarie Park, NSW

Services: 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 for use by people all over the world. There is an extensive range of products for asthma.

At Home Care - Feros Care: Northern Sydney

Phone: 1300 763 583

Email: community@feroscare.com.au

Web: www.feroscare.com.au

Location: Ryde, NSW

Services: 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.

Audio Clinic

Phone: 02 9877 6300

Email: ryde@audioclinic.com.au

Web: www.audioclinic.com.au

Location: Suite 3A, 10 Pope St, Ryde, NSW

Services: Hearing tests for adults & children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans & Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)

Phone: 02 9817 2439

Email: awch@awch.com.au

Web: www.awch.org.au

Location: Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville, NSW

Services: 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.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite

Phone: 02 9346 1230

Email:

homeservicesintake@baptistcare.org.au

Web: www.baptistcare.org.au

Location: Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW

Services: 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. NDIS provider; fee for service; or via MyAgedCare.

BaptistCare Shalom Centre

Phone: 1300 275 227

Email: shalom@baptistcare.org.au

Web: www.baptistcare.org.au

Location: 159-165 Balaclava Rd, Macquarie Park, NSW

Services: High care facility including a high care dementia specific unit. High care Extra Service facility opened in August 2008 with 65 single rooms - 32 high care and 33 dementia specific.

Battery World

Phone: 02 9807 8582

Email: ryde@batteryworld.com.au

Web: www.batteryworld.com.au

Location: 39 Church St, Ryde, NSW

Services: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

BCS Cooinda Court Hostel

Phone: 02 9346 1300

Email: ask@bcs.org.au

Web:

<https://baptistcare.org.au/our-services/aged-care-centres/macquarie-park/macquarie-park-cooinda-court/#fndtn-overview>

Location: 159 Balaclava Rd, Macquarie Park, NSW

Services: Hostel accommodation for frail aged people in serviced rooms.

Brain Injury Australia Limited

Phone: 02 9808 9390

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Location: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Calvary Retirement Community Ryde

Phone: 02 8878 1400

Web:

www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

Location: 678 Victoria Rd, Ryde, NSW

Services: The community provides retirement accommodation in Dalton Gardens (self care apartments and villa units), Marian Hostel (low care) and Mary Potter Nursing Home (high care).

Campus Wellbeing and Support Services

Phone: 02 9850 7497

Email: campuswellbeing@mq.edu.au

Web: mq.edu.au/disability

Location: Level 2, 16 Wally's Walk, Macquarie University, NSW

Services: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Care Call Emergency Response

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: www.baptistcare.org.au/carecall

Location: 157 Balaclava Rd, Macquarie Park, NSW

Services: Immediate response to emergency situations. 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically sends a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only. information available in a number of different languages.

CareCall Emergency Response Service

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: <https://baptistcare.org.au/carecall>

Location: NSW

Services: 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only.

**Catholic Community Services -
Community Aged Care Packages**

Phone: 1800 225 474

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: The Mercy Arms, 663 Elizabeth St, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email: community.clients@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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: 1300 319 011

Email: enquiries@chcs.com.au

Web:

www.catholiccommunityservices.com.au/

Location: Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW

Services: 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: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare
Service**

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

CCA Telephone Linkage

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Centrelink

Web:

www.humanservices.gov.au/customer/dhs/centrelink

Location: 19-27 Devlin St, Ryde, NSW

Services: 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.

Cerebral Palsy Alliance - Ryde Gym

Phone: 02 8878 3500

Email: mliberatore@cerebralpalsy.org.au

Web:

www.cerebralpalsy.org.au/health-and-wellbeing-group-programs

Location: Cerebral Palsy Alliance, Ryde, NSW

Services: Cerebral Palsy Alliance 'Sportsfitz' gym offers services to people aged 8+ with cerebral palsy and other disabilities in state of the art, fully accessible environment. The range of programs includes individual services with ESSA accredited exercise physiologists as well as group programs like 'Healthy Kids' and 'Upright and active'. NDIS Provider

Christian Community Aid Inc

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

CICADA Australia Inc

Phone: 02 9488 9728

Email: jcassell@bigpond.com

Web: www.cicada.org.au

Location: Club Room, Syd Cochlear Implant Centre, Building 39, Punt Rd, Gladesville, NSW

Services: Provides support and advice for pre and post cochlear implantees and families. Also provides opportunities to meet others socially and share information. Monthly morning teas and weekend social BBQs and Guest Speaker 4 times per year.

City of Ryde - Community Services

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Planning and co-ordination of services for aged, disabled, families, children, youth.

City of Ryde Access Advisory Committee

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web:

www.ryde.nsw.gov.au/Council/Committees/Advisory-Committees

Location: Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde, NSW

Services: Advisory Committees provide an opportunity for local residents and relevant organisations to contribute to the day-to-day running of the Council.

Clermont Aged Care

Phone: 02 9809 1416

Email: clermont@speednet.com.au

Web: www.clermontagedcare.com.au

Location: 8-14 Clermont Ave, Ryde, NSW

Services: 55 bed aged care facility.

Co.As.It. Italian Dementia Specific Daycare Group.

Phone: 02 9564 0744 (Office)

Email: referrals@coasit.org.au

Web: www.coasit.org.au

Location: Dementia and Memory Community Centre, Alzheimer's Australia NSW, Cnr Coss Rd and Norton Rd, North Ryde, NSW

Services: Social Support Group for older Italians living with dementia; carer support. Morning tea and lunch provided. Transport provided.

Cochlear Ltd

Phone: 02 9428 6555, 1800 620 929 (Customer Service Team)

Email: customerservice@cochlear.com

Web: www.cochlear.com

Location: 1 University Ave, Macquarie University, NSW

Services: Cochlear implant supplier.

Community Visitors Scheme

Phone: 02 9817 0101

Email: cvs@hhrcs.org

Web: www.hhrcs.org.au

Location: 42-46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Continence Advisor (Northern Sydney Home Nursing Service)

Phone: 02 9816 0550

Location: Building 16, Victoria Rd, Gladesville, NSW

Services: Also at Bernard Curran Unit, Hornsby Hospital, entry from Derby Rd, Hornsby. Individual assessment and advice regarding bladder and bowel incontinence; advice on schemes for and suppliers of incontinent aids. Home visits available in the Ryde/Hunters Hill & Hornsby/Kuring-gai areas. Fortnightly clinics at both Ryde (9858 7524) and Hornsby (9477 9514) Hospitals. Appointment needed. Information sessions for community groups by arrangement.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc

Phone: 02 9809 0287

Web: www.cdlsa.us.org.au

Location: NSW

Services: 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

Cornucopia Cafe & Nursery/Mars Garden Maintenance

Phone: 02 9816 0393

Email: geoff.craig@health.nsw.gov.au

Web: www.mars-inc.com.au

Location: Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

CTA Australia

Phone: 1300 282 282

Email: salesnsw@cobbletac.com

Web: www.cobbletac.com

Location: Unit 23, 43-51 College St, Gladesville, NSW

Services: 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.

CULTIVATE NSW - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Location: Telopea Centre, 59 Parkes St, Ryde, NSW

Services: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. Promotes training, e.g. nationally accredited Therapeutic Horticulture course (1 day for 8 weeks), Padstow TAFE. Can provide talks, demonstrations, workshops (4hr) special courses and Open days by arrangement.

Cystic Fibrosis Australia

Phone: 02 9889 5171

Email: general@cfa.org.au

Web: www.cysticfibrosis.org.au

Location: Rose Cottage, 2 Richardson Place, North Ryde, NSW

Services: 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.

Dementia Australia of NSW

Phone: 02 9805 0100

Email: nsw.helpline@dementia.org.au

Web: www.dementia.org.au

Location: Macquarie Hospital Campus, 120 Coxs Rd, North Ryde, NSW

Services: Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 9am-5pm. Carer and worker education, membership, referral to local services, support groups and counselling. library available. Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

DoE Student Services, Northern Sydney Region

Phone: 02 9986 7000

Email: disability.support@det.nsw.edu.au

Web:

www.schools.nsw.edu.au/studentsupport/programs/disability.php

Location: 2/75 Talavera Rd, Macquarie Park, NSW

Services: 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).

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Email: brianzeman@health.nsw.gov.au

Location: Level 1, 37 Fourth Ave, Eastwood, NSW

Services: Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Eastwood Ryde Netball Association Inc

Phone: 02 9874 2190

Email: admin@ernanetball.com.au

Web: www.erna.nsw.netball.com.au

Location: End of, Adelaide St, West Ryde, NSW

Services: Organises Fun Net for girls and boys 5 yrs +, competition for girls and boys 7-11yrs, girls and women 12yrs + and mixed open competition. People with intellectual and physical disabilities are welcome. Held at Brush Farm and Meadowbank Parks. During Competition dates – Saturday 8.00-4.30

Estia Foundation

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: Provides respite care for 3 days to 5 weeks maximum over a 12 month period for young people with physical and intellectual disabilities. Respite facilities are at Gladesville and Roselands. A Weekend Day Care program is available at Gladesville. A permanent accommodation program is available subject to DADHC approval. Group home at North Ryde.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Estia Health

Phone: 02 9809 3068

Email: info@estiahealth.com.au

Web:

www.estiahealth.com.au/locations/ryde

Location: 94 Bowden St, Ryde, NSW

Services: 40 bed nursing home.

Ethnic & Australian Centre Based Luncheons

Phone: 02 9858 3222

Email: CarmenMiu@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

Extended Care Services (Weemala)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Weemala is a large residential facility which provides long-term rehabilitation and support services to clients with complex support needs. Located in the grounds of Royal Rehabilitation Centre at Ryde.

Fernleigh Nursing Home

Phone: 02 9809 3217

Email: fernleigh@opalagedcare.com.au

Web:

<https://www.opalagedcare.com.au/contact-us/>

Location: 8 Sherbrooke Rd, West Ryde, NSW

Services: 79 bed high and low care nursing home with qualified nursing staff onsite at all times.

Figtree Park

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Ryde Rd (between Matthew St and Gladesville Rd), Hunters Hill, NSW

Services: Open space, raised garden for disabled, seating.

Friday Lunch Group

Phone: 02 9858 3222

Email: win.sun@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Location: Step House, 23 Punt Rd, Gladesville, NSW

Services: 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: 02 9809 3468

Email: info@gouldinghillpreschool.com.au

Web: gouldinghillpreschool.com.au/

Location: 2 Hancott St, Ryde, NSW

Services: 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.

HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Home and Garden Maintenance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9816 1599, 0414 585 543

Email: david.carver@homeinstead.com.au

Web: www.homeinstead.com.au

Location: Unit 7, 71-75 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Hunters Hill Access Advisory Committee

Phone: 02 9879 9419

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: 22 Alexandra St, Hunters Hill, NSW

Services: 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.

Hunter's Hill Council - Community Services

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au/

Location: 22 Alexandra St, Hunters Hill, NSW

Services: Planning for provision of services for aged, disabled, families, children, youth.

Hunters Hill Ryde Day Centre

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

Hunters Hill Seniors Advisory Group

Phone: 02 9879 9400

Email: commserv@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Hunters Hill, NSW

Services: : A Committee of Council which advises Council on the needs and issues of seniors in the Hunters Hill area. The Group consists of members of the local community and representatives from seniors associations and services. New members are most welcome. Meets bi-monthly at local venues. Please contact Kate Kutty - Aged and Disability Coordinator at Hunters Hill Council to discuss what we do!

Huntington's NSW

Phone: 02 9874 9777, 1800 244 735

(Regional NSW)

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Location: Elsie Court Cottage, 21 Chatham Rd, West Ryde, NSW

Services: 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.

Italian Bilingual School

Phone: 02 9807 2272

Email: info@ibs.nsw.edu.au

Web: www.ibs.nsw.edu.au

Location: 30-32 See St, Meadowbank, NSW

Services: Bilingual primary school. Kindergarten to year 6.

Lifestart Cooperative Ltd Early Childhood Intervention Program Ryde/Eastwood

Phone: 02 9868 5066

Email: eastwood@lifestart.org.au

Web: www.lifestart.org.au

Location: 679 Blaxland Rd, Eastwood, NSW

Services: Parent driven service for children with additional needs. The focus is on educational and therapeutic opportunities for children and their families. Staffing includes special educators, physiotherapy, speech pathology, occupational therapy and social work. Open Play is a group for any families who have concerns about their child's development and would like to attend. Conduct parent training programs (e.g. toilet training, sleep programs) and programs for families of children with autism with behavioural difficulties.

Linen Program - North Ryde Community Aid

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Location: 55 Wicks Rd, North Ryde, NSW

Services: Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie ADHD Parent Support Group Inc

Phone: 02 9889 5977

Email: info@macquarieadhd.org.au

Web: www.facebook.com/macqadhd.org.au

Location: Dunmore Lang College, 130-134 Herring Rd, North Ryde, NSW

Services: Parents and carers of children with ADHD, and anyone interested in ADHD are invited to hear speakers and network with other parents at quarterly meetings.

Macquarie Centre

Phone: 02 9887 0800

Email: macquariecentre@ampcapital.com

Web: www.macquariecentre.com.au

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

Services: A major regional shopping centre with over 340 specialty shops, major dept stores and supermarkets, a 16 screen Greater Union cinema complex (Macquarie Megaplex) 9888 1544, an Ice Skating rink and numerous food outlets. "Shop Mobility" offers free mobility equipment to customers with limited mobility, bookings 9887 0820. A Justice of the Peace is available at the Customer Service Centre Wed 9:30am-3pm & Sat 9:30am-2:30pm.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Magnamail

Phone: 1800 251 252, 02 8874 8777 (within Sydney)

Email: contactus@magnamail.com.au

Web: www.magnamail.com.au

Location: NSW

Services: 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. Showroom at Unit 5, 2/4 William St Brookvale.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Email: multilit@multilit.com

Web: www.multilit.com

Location: Suite 2, Level 3, 75 Talavera Rd, Macquarie Park, NSW

Services: Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Can also provide online programs. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW.

Marian Hostel

Phone: 02 8878 1407

Web:

www.calvarycare.org.au/retirement-communities/locations/ryde-nsw/#respite

Location: 678 Victoria Rd, Ryde, NSW

Services: 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Meadowbank TAFE. Northern Sydney Institute of TAFE

Phone: 131 674, 02 9942 3666,

Email: nsi.study@tafensw.edu.au

Web: www.tafestudy.info

Location: See St, Meadowbank, NSW

Services: 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.

Meals on Wheels

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Meals are delivered to the aged, disabled and carers at minimum cost on a long or short term basis. Hot, cold or frozen meals are provided. Dietary needs catered for.

Meals on Wheels

Phone: 02 9817 0101

Email: mow1@hhrccs.org.au

Web: www.hhrccs.org.au

Location: Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Medtronic Australasia Office

Phone: 02 9418 9611, 1800 777 808

Email: medcust@medtronic.com

Web: www.medtronic-diabetes.com.au

Location: 5 Alma Rd, Macquarie Park, NSW

Services: Diabetes equipment and supplies including continuous glucose monitoring and blood glucose meters.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511

Email: mhrt@doh.health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

Location: Building 40, Gladesville Hospital, Digby Rd, Gladesville, NSW

Services: A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Mental Health Sports Network (MHSN)

Phone: 1800 843 539

Email: corporateadmin@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: The MHSN provides sport and recreation activities and sports camps to people with a mental illness. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, tennis and sports camps. The website provides information on events, sporting activities and the annual calendar of events. Auspiced by One Door Mental Health (former Schizophrenia Fellowship NSW), the MHSN is supported by the Department of Sport and Recreation.

Metro Inn Ryde

Phone: 02 9807 4022

Email: sales@rydeinn.com.au

Web: www.rydeinn.com.au/

Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW

Services: Motel.

Minimbah Challenge Inc

Phone: 02 9887 2299

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Location: 10 Vincentia St, Marsfield, NSW

Services: 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.

Mix 'n' Mingle Morning Tea Group

Phone: 02 9888 3380

Email: activities@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: One of three weekly social meal groups that includes a brunch style morning tea with great conversation, as well as craft, games or a guest speaker.

Mobility Parking Scheme (MPS)

Phone: 13 22 13

Web:

www.rms.nsw.gov.au/roads/using-roads/mobility-parking/

Location: Roads and Maritime Services, Cnr Blaxland & North Rds, Ryde, NSW

Services: 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.

Modibodi

Email: info@modibodi.com.au

Web: www.modibodi.com.au

Services: A supplier of underwear designed to offer absorbent protection during exercise, menstrual periods and incontinence, with a wide range of products including bras and underpants.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691, 02 9850 9697

Email: sally.howell@mq.edu.au

Web:

www.musec.mq.edu.au/community_outreach/musec_school/

Location: Building X5A, Special Education Centre, Balaclava Rd, Macquarie University, NSW

Services: Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

National Centre For Childhood Grief ('A Friend's Place')

Phone: 1300 654 556, 02 9804 6909

Email: afriendsplace@me.com

Web: www.childhoodgrief.org.au

Location: 14 Hollis Ave, Denistone East, NSW

Services: Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books & videos), training courses and seminars on bereavement. We also offer bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling service is free after the initial assessment session.

National Disability Coordination Officer Program - Northern Sydney

Phone: 02 8848 6503

Email: nathand@missionaustralia.com.au

Web:

www.education.gov.au/national-disability-coordination-officer-programme

Location: Centre for Disability Studies, 59 Charles St, Ryde, NSW

Services: The NDCO Program provides information to assist people with a disability from age 15 to 64 to move from school into training and higher education, and then into their chosen career. This includes information and advice on post-school options, supports and services; assistance in understanding the transition to post-school education and training, and to employment; and links with appropriate people to plan and make a successful entry into further study and employment. Funded by the Australian government Department of Education.

New Horizons Enterprises Ltd

Phone: 1300 726 372

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons has a long history of providing innovative services that support individuals and communities to enhance wellbeing. Since forming the world's first social enterprise almost half a century ago, we've expanded the reach of our services to thousands of people in hundreds of communities in Australia. We assist people to achieve wellbeing in a variety of areas of their life: - Accommodation & Tenancies- Employment & Education- Community & Social Participation- Daily Living & Independence- Cultural & Spiritual Wellbeing Whilst our customers cover almost all sectors of the community, we have specialised experience in: - Aged Care- Disabilities- Indigenous- Justice- Homelessness- Mental Health

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)

Phone: 02 9095 4370

Email: mywellbeing@newhorizons.net.au

Web:

www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors

Location: 15 Twin Rd, North Ryde, NSW

Services: 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. NDIS accreditation.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc

Phone: 02 9411 4429

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Location: Cerebral Palsy Alliance, 3a Smalls Rd, North Ryde, NSW

Services: Specialised toys and equipment borrowing service for young children with disabilities / special needs.

North Ryde Community Aid & Information centre

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: North Ryde Community Aid, 4 Cutler Pde, North Ryde, NSW

Services: Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

North Ryde Community Aid & Information Centre Inc

Phone: 02 9888 3380

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: North Ryde Community Aid & Information Centre Inc. (NRCA) are a not for profit organisation reliant on government funding and community generosity to deliver a range of services and assistance to the socially and financially disadvantaged in our community. Our staff and volunteers are committed to the well being, independence and engagement of our communities aged, disadvantaged and disabled residents.

North Ryde Community Preschool Inc

Phone: 02 9808 3015

Email: admin@nrpc.org.au

Web: www.nrcp.org.au

Location: 13 Clermont Ave, Ryde, NSW

Services: 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 2years.

Northern Sydney Carer Support Service

Phone: 02 9462 9488

Email:

NSLHD-CARERS@health.nsw.gov.au

Web: www.nscarersupport.com.au

Location: North Ryde, NSW

Services: 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.

Northern Sydney Home Nursing Service - NSHNS

Phone: 02 9887 5444

Email: nsldh-nshns@health.nsw.gov.au

Location: Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde, NSW

Services: Hornsby Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 6677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Manly Centre, 02 9976 9888, Mona Vale Centre, 02 9998 0555,

Northern Sydney Home Nursing Service - Ryde Centre

Phone: 02 9816 0550

Email:

NSHNS@nsccahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Location: Building 16, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

NSW Developmental Disability Health Unit

Phone: 02 9808 9287

Web: www.cds.org.au

Location: Royal Rehab, 241 Morrison Rd, Ryde, NSW

Services: Provides medical checkup and referral to specialists as necessary, for adults aged 16+ with developmental (intellectual, autism etc) disabilities. Bulkbill. Referral by GP letter; bring Medicare card and copy of previous records.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)

Phone: 1800 628 221

Email: eahru@chcs.com.au

Web: www.elderabusehelpline.com.au

Services: A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse.

NSW Seniors Information Service (SIS)

Phone: 13 77 88

Email: info@service.gov.au

Web: service.nsw.gov.au

Location: NSW

Services: 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.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

One Door Mental Health - New Moves

Phone: 0402 957 138

Email: philippa.boss@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: This 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 activities, peer support and healthy eating. An exercise physiologist, a peer educator and a support worker facilitate the group for 2 hours weekly. You can join anytime. NDIS provider.

Ozanam Industries

Phone: 02 9807 4066

Email: westryde@ozanam.org.au

Web: www.ozanam.org.au

Location: 81-87 Ryedale Rd, West Ryde, NSW

Services: Workshop offers supported employment for people with moderate to severe intellectual disabilities.

Parents of Deaf Children (PODC)

Phone: 02 9870 8097, 0401 093 256

Email: info@podc.org.au

Web: www.podc.org.au

Location: Suite 100b Australian Hearing Hub, 16 University Av, Macquarie University, NSW

Services: Parents of Deaf Children (PODC) is a non-profit organisation, supporting families with babies, children and teenagers with hearing loss in NSW. The organisation offers a range of information, support and advocacy services for parents and carers. PODC connects families to others in their local area via POD groups (parent groups). PODC produces a quarterly magazine, Sound News, which provides information about parenting and educating a child with hearing loss. PODC advocates on behalf of families with government departments and service providers.

Parkinson's NSW

Phone: 1800 644 189

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building, 120 Coss Rd, North Ryde, NSW

Services: Support group for carers and people who have Parkinsons Disease.

Parkinson's NSW Inc

Phone: 1800 644 189 (Toll free), 02 8051 1900

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW

Services: 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

Performance Health ANZ

Phone: 1300 473 422

Email: sales@performhealth.com.au

Web: www.performhealth.com.au/

Location: Ground floor, 10 Ajulius Ave, North Ryde, NSW

Services: Performance Health 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.

Printacall

Phone: 02 9809 2392, 02 9809 1283 (TTY)

Email: sales@printacall.com.au

Web: www.printacall.com.au

Location: 2 Doig Av, Denistone East, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

QUEST Macquarie Park

Phone: 02 8879 4600

Email:

questmacquariepark@questapartments.com.au

Web:

www.questapartments.com.au/properties/nsw/macquarie-park/quest-macquarie-park/overview

Location: 71 Epping Rd, Macquarie Park, NSW

Services: Apartment with full kitchen and laundry facilities. Please request accessible rooms. Shower has level entry, wall seat, height adjustable handheld shower hose. Basin access beneath, Grab rails. Queen ensemble bed.

Raclo Remote Control

Phone: 02 9879 6088

Email: webmail@raclo.com.au

Web: www.raclo.com.au

Location: 304 Victoria Rd, Gladesville, NSW

Services: 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

Email: north@ransw.org.au

Web: www.relationships.com.au

Location: Suite 102, 68 Waterloo Rd, Macquarie Park, NSW

Services: 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.

Return2Driving

Phone: 02 9808 9328

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Location: Ground Floor, 235 Morrison Rd, Ryde, NSW

Services: 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.

Return2Sport

Phone: 02 9808 9353

Email: return2sport@Royalrehab.com.au

Web: www.royalrehab.com.au

Location: c/o Royal Rehab, 235 Morrison Rd, Ryde, NSW

Services: Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people aged 15+ with a physical disability to be as independent as possible. People can have individualised assessments and interventions to suit their needs, or engage in existing programs. Programs are conducted at various venues: beach access, cycling (St Ives, Newington), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing. Basketball, fencing, tennis, running, and yoga occur at Royal Rehab. Also Monday choir and fortnightly craft evenings. NDIS Provider

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Location: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield, NSW

Services: Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Royal Rehab

Phone: 02 9808 9631

Email:

elizabeth.menner@royalrehab.com.au

Web: royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is also a non-profit organisation raising funds to support and sustain our vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Eastwood Home Delivered Meals

Phone: 02 9858 3222

Email: admin@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Hot, chilled and frozen meals are delivered by volunteers to the elderly and/or disabled at a minimal cost 1 to 7 days a week depending on requirement. Dietary needs such as diabetes, gluten intolerances etc. catered for as are cultural needs with Asian, Indian, Italian and Halal meals available.

Ryde Hunters Hill Home Modification & Maintenance Service

Phone: 02 9952 8222

Email: hmms@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Provides home modification & maintenance services for frail, aged people (not on Home Care Packages) and people with disabilities (not on NDIS) and their carers enabling them to remain living independently at home. To be eligible you need to be aged over 65; reside in and be the owner of the home

Ryde Library Service

Phone: 02 9952 8352

Email: rydelibrary@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 1 Pope St, Ryde, NSW

Services: Provides reference and lending services. Materials for loan include large print, videos, CDs, DVDs books in community languages, language learning materials, magazines, talking books. Weekly storytimes and holiday activities for children. Toys at North Ryde. Word processing PCs and internet access. Home library service. Community Information service. Genealogy and Local Studies collections based at Ryde. Branches at West Ryde, North Ryde, Eastwood & Gladesville.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd

Phone: 02 9809 2211

Web: www.s-antonio-da-padova.com/

Location: 305 Blaxland Rd, Ryde, NSW

Services: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Saturday Lunch Group

Phone: 02 9858 3222

Email: marie.wilkie@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Service NSW. Macquarie Centre North Ryde

Phone: 13 77 88

Web:

www.service.nsw.gov.au/service-centre/ryde-service-centre

Location: Shop 1 U05/6, Level 1, Corner Waterloo and Herring Rds, North Ryde, NSW

Services: Knowledge test for drivers licences & motor vehicle registration. Applications for Parking Mobility Scheme cards must be signed by a doctor.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

Shopmobility (Macquarie Centre)

Phone: 02 9887 0800

Email: help@ilcnsw.asn.au

Web: ilcaustralia.org.au/suppliers/6744

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

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

Shopping Assistance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9858 3222

Email: maree.prentice@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: 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: 02 9808 5500

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Location: Shop 1, 30-32 Herbert St, West Ryde, NSW

Services: 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.

Sir Moses Montefiore Jewish Home

Phone: 02 9879 2777

Email:

huntershill@montefiorehome.com.au

Web: www.montefiorehome.com.au

Location: 120 High St, Hunters Hill, NSW

Services: 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.

Skillseekers Community Access Service

Phone: 1300 858 378 (Initial contact), 02 9805 0625

Web: www.dosomethingnearyou.com.au

Location: 74 Agincourt Rd, Marsfield, NSW

Services: 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 Meal Groups

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: Social groups for CHSP eligible residents. Particularly caters to the aged who may be socially isolated or financially disadvantaged and still living in their own homes. A home style 3 course meal is provided every week on Tuesday and Wednesday and a substantial morning tea on Thursday. Guest speakers, entertainment or activities are provided each week. Groups have an outing once a month instead of gathering at NRCA.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 42 Gladesville Rd, Hunters Hill, NSW

Services: 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: 02 9817 0101

Email: office1@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Social Transport Service

Phone: 02 9817 0101

Email: hhrcomtransport@bigpond.com

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Bus outings for older people. Community buses available for hire: three 20 seater; one 10 seater.

Sound Expression - Music Therapy

Phone: 0416 288 917

Email: iani@soundexpression.com.au

Web: www.soundexpression.com.au

Location: Sound Expression, 7 Avon Rd, North Ryde, NSW

Services: The clinic provides music therapy, music lessons and school-readiness programs for children and adults with disability. NDIS Provider.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

St Anne's Nursing Home

Phone: 02 9879 6977

Web:

www.catholichealthcare.com.au/en/residence/st-annes-aged-care/

Location: 1 De Milhau Rd, Hunters Hill, NSW

Services: 50 bed nursing home with dementia care. Catholic Healthcare is a leading not-for-profit provider of Residential Aged Care, Community Services, Retirement Living and Healthcare in NSW and QLD. We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 22 years.

St Catherine's Aged Care Services Ltd

Phone: 02 9805 1655

Web: www.scacs.org.au/

Location: 162-166 Balaclava Rd, Eastwood, NSW

Services: Comprises Bethany Hostel & Bethany Nursing Home. Provides geriatric, rehabilitation & dementia nursing. Elaroo provides dementia day care. DTC (Day Therapy Centre) provides exercise and music therapy to clients and members of the community over the age of 65.

St John's North Ryde Preschool Association Inc

Phone: 02 9888 7835

Email:

preschool@northrydeanglican.org.au

Web: www.northrydeanglican.org.au

Location: 152 Coxs Rd, North Ryde, NSW

Services: 40 place community based funded preschool. Provision for children with special needs and children from NESB.

St Joseph's Hostel

Phone: 02 9817 2055

Location: 41 Gladesville Rd, Hunters Hill, NSW

Services: 52 bed low care residential facility.

Stroke Recovery Assoc Of NSW

Phone: 1300 650 594, 02 9807 6422

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW

Services: 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: 02 9807 6422, 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: 227 Morrison Rd, Putney, NSW

Services: 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.

Sydney Community Services

Phone: 02 9817 0101

Email: support@sydneycs.org

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Aims to reduce social isolation for frail aged and people with a disability in the community 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.

Sydney Community Services

Phone: 02 9817 0101

Email: rliu@sydneycs.org.au

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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 first and third Tuesday of the month. And one on one flexible respite on a day and time that suits the client. We also provide community participation one on one to those with a disability. SCS 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)

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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 Macquarie University Psychology Clinic

Phone: 02 9850 8000

Email: Psychology.Clinic@mq.edu.au

Web: www.psy.mq.edu.au/clinic.htm

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

Services: 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.

The ORS Group

Phone: 1800 000 677

Email: ors@orsgroup.com.au

Web: www.orsgroup.com.au

Location: Level 1, 5-9 Devlin St, Ryde, NSW

Services: The ORS Group is a national company with over 60 offices across Australia. We offer a range of services to participants, injured workers, people with disability, employers and people who want to improve their work situation. Our employment related services are designed to help individuals harness their abilities, meet their challenges and achieve both their personal and professional goals.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Email: enquiries@shepherdcentre.com.au

Web: www.shepherdcentre.org.au

Location: The Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: 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.

Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Travelodge Macquarie North Ryde

Phone: 02 8874 5200

Email: macquarie@travelodge.com.au

Web: www.travelodge.com.au

Location: 81 Talavera Rd, Macquarie University, NSW

Services: There are six (6) accessible units; microwave; fridge; kettle; plates and cutlery. Room service not available.

Truscott Street Public School

Phone: 02 9878 1264

Email: truscottst-p.school@det.nsw.edu.au

Web: www.truscottst-p.schools.nsw.edu.au

Location: Truscott St, North Ryde, NSW

Services: 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).

Volunteer Visiting Program - Ryde to Hunters Hill

Phone: 02 9817 0101

Email: volunteervisit@hhrcs.org.au

Web: www.hhrcs.org.au/

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

Location: Hodson Bldg, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with physical disabilities and using a manual wheelchair. Sports include archery, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis, track and road. Fee for booking Wheelchair Sports Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

Willandra Village

Phone: 02 9346 1340, 02 9346 1342

Email: sotton@baptistcare.org.au

Web:

baptistcare.org.au/our-services/retirement-living/willandravillage/#fndtn-overview

Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW

Services: Retirement village for senior men & women, independent living.

Yoga Infinity for People with / without Disability

Phone: 0458 798 378

Email: rosannarobertson@icloud.com

Web: www.yogainfinity.com.au

Location: West Ryde Uniting Church - hall, 7 Maxim St, West Ryde, NSW

Services: 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.

Youthsafe

Phone: 02 9817 7847

Email: office@youthsafe.org

Web: www.youthsafe.org

Location: Level 3, 5-9 Devlin St., Ryde, NSW

Services: Youthsafe, aims to foster the development of partnerships and collaboration within the field of youth injury prevention. Youthsafe works at local and state levels with government, industry, community groups, education institutions, non-government organisations and the media. Youthsafe is committed to strong advocacy and best practice initiatives to reduce injuries in young people.

Education

Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc

Phone: 02 9816 5000

Email: info@rhhct.org.au

Web: www.rhhct.org.au

Location: 6 Victoria Rd, Henley, NSW

Services: 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.

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Location: ADHD Centre, 51 Wicks Rd, North Ryde, NSW

Services: 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 Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morris Rd, Ryde, NSW

Services: Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Aged Services Social Support

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

ArjoHuntleigh Getinge Group - NSW

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Arthritis & Osteoporosis NSW

Phone: 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: Suite 1.15, 32 Delhi Rd, North Ryde, NSW

Services: non-government health charity seeking to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. Services include Support, Education and Events. Support is provided through an InfoLine, Membership, Support Groups and Branches throughout NSW. Warm Water Exercise Classes operate in the Sydney Metro area. Education services involves Seminars, Webinars, Community Awareness Sessions, Osteoarthritis of the Knee (OAK) Program and a monthly eNewsletter. There are two camps run annually that provide children who have juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different. Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years, with activities for the kids and their siblings. Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis for ages 9 to 18 years.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Arthritis NSW Ryde Support Group

Phone: 02 9817 7470, 02 9887 2295,

Email: rydearthritis@gmail.com

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

Location: Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde, NSW

Services: A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects. Guest speakers at meetings.

Ashburn House Aged Care

Phone: 02 8876 9200

Email: admin@chomes.com.au

Web: www.chomes.com.au

Location: 20-34 Ashburn Pl, Gladesville, NSW

Services: 20 low care beds. 84 high care beds of which 40 are extra services, and 44 standard services.

AstraZeneca Pty Ltd

Phone: 02 9978 3500

Email:

medinfo.australia@astrazeneca.com

Web: www.astrazeneca.com.au

Location: 66 Talavera Rd, Macquarie Park, NSW

Services: 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 for use by people all over the world. There is an extensive range of products for asthma.

At Home Care - Feros Care: Northern Sydney

Phone: 1300 763 583

Email: community@feroscare.com.au

Web: www.feroscare.com.au

Location: Ryde, NSW

Services: 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.

Audio Clinic

Phone: 02 9877 6300

Email: ryde@audioclinic.com.au

Web: www.audioclinic.com.au

Location: Suite 3A, 10 Pope St, Ryde, NSW

Services: Hearing tests for adults & children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans & Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)

Phone: 02 9817 2439

Email: awch@awch.com.au

Web: www.awch.org.au

Location: Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville, NSW

Services: 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.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite

Phone: 02 9346 1230

Email:

homeservicesintake@baptistcare.org.au

Web: www.baptistcare.org.au

Location: Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW

Services: 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. NDIS provider; fee for service; or via MyAgedCare.

BaptistCare Shalom Centre

Phone: 1300 275 227

Email: shalom@baptistcare.org.au

Web: www.baptistcare.org.au

Location: 159-165 Balaclava Rd, Macquarie Park, NSW

Services: High care facility including a high care dementia specific unit. High care Extra Service facility opened in August 2008 with 65 single rooms - 32 high care and 33 dementia specific.

Battery World

Phone: 02 9807 8582

Email: ryde@batteryworld.com.au

Web: www.batteryworld.com.au

Location: 39 Church St, Ryde, NSW

Services: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

BCS Cooinda Court Hostel

Phone: 02 9346 1300

Email: ask@bcs.org.au

Web:

<https://baptistcare.org.au/our-services/aged-care-centres/macquarie-park/macquarie-park-cooinda-court/#fndtn-overview>

Location: 159 Balaclava Rd, Macquarie Park, NSW

Services: Hostel accommodation for frail aged people in serviced rooms.

Brain Injury Australia Limited

Phone: 02 9808 9390

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Location: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Calvary Retirement Community Ryde

Phone: 02 8878 1400

Web:

www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

Location: 678 Victoria Rd, Ryde, NSW

Services: The community provides retirement accommodation in Dalton Gardens (self care apartments and villa units), Marian Hostel (low care) and Mary Potter Nursing Home (high care).

Campus Wellbeing and Support

Services

Phone: 02 9850 7497

Email: campuswellbeing@mq.edu.au

Web: mq.edu.au/disability

Location: Level 2, 16 Wally's Walk, Macquarie University, NSW

Services: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Care Call Emergency Response

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: www.baptistcare.org.au/carecall

Location: 157 Balaclava Rd, Macquarie Park, NSW

Services: Immediate response to emergency situations. 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically sends a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only. information available in a number of different languages.

CareCall Emergency Response Service

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: <https://baptistcare.org.au/carecall>

Location: NSW

Services: 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only.

**Catholic Community Services -
Community Aged Care Packages**

Phone: 1800 225 474

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: The Mercy Arms, 663 Elizabeth St, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email: community.clients@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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: 1300 319 011

Email: enquiries@chcs.com.au

Web:

www.catholiccommunityservices.com.au/

Location: Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW

Services: 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: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare
Service**

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

CCA Telephone Linkage

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Centrelink

Web:

www.humanservices.gov.au/customer/dhs/centrelink

Location: 19-27 Devlin St, Ryde, NSW

Services: 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.

Cerebral Palsy Alliance - Ryde Gym

Phone: 02 8878 3500

Email: mliberatore@cerebralpalsy.org.au

Web:

www.cerebralpalsy.org.au/health-and-wellbeing-group-programs

Location: Cerebral Palsy Alliance, Ryde, NSW

Services: Cerebral Palsy Alliance 'Sportsfitz' gym offers services to people aged 8+ with cerebral palsy and other disabilities in state of the art, fully accessible environment. The range of programs includes individual services with ESSA accredited exercise physiologists as well as group programs like 'Healthy Kids' and 'Upright and active'. NDIS Provider

Christian Community Aid Inc

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

CICADA Australia Inc

Phone: 02 9488 9728

Email: jcassell@bigpond.com

Web: www.cicada.org.au

Location: Club Room, Syd Cochlear Implant Centre, Building 39, Punt Rd, Gladesville, NSW

Services: Provides support and advice for pre and post cochlear implantees and families. Also provides opportunities to meet others socially and share information. Monthly morning teas and weekend social BBQs and Guest Speaker 4 times per year.

City of Ryde - Community Services

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Planning and co-ordination of services for aged, disabled, families, children, youth.

City of Ryde Access Advisory Committee

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web:

www.ryde.nsw.gov.au/Council/Committees/Advisory-Committees

Location: Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde, NSW

Services: Advisory Committees provide an opportunity for local residents and relevant organisations to contribute to the day-to-day running of the Council.

Clermont Aged Care

Phone: 02 9809 1416

Email: clermont@speednet.com.au

Web: www.clermontagedcare.com.au

Location: 8-14 Clermont Ave, Ryde, NSW

Services: 55 bed aged care facility.

Co.As.It. Italian Dementia Specific Daycare Group.

Phone: 02 9564 0744 (Office)

Email: referrals@coasit.org.au

Web: www.coasit.org.au

Location: Dementia and Memory Community Centre, Alzheimer's Australia NSW, Cnr Coss Rd and Norton Rd, North Ryde, NSW

Services: Social Support Group for older Italians living with dementia; carer support. Morning tea and lunch provided. Transport provided.

Cochlear Ltd

Phone: 02 9428 6555, 1800 620 929 (Customer Service Team)

Email: customerservice@cochlear.com

Web: www.cochlear.com

Location: 1 University Ave, Macquarie University, NSW

Services: Cochlear implant supplier.

Community Visitors Scheme

Phone: 02 9817 0101

Email: cvs@hhrcs.org

Web: www.hhrcs.org.au

Location: 42-46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Continence Advisor (Northern Sydney Home Nursing Service)

Phone: 02 9816 0550

Location: Building 16, Victoria Rd, Gladesville, NSW

Services: Also at Bernard Curran Unit, Hornsby Hospital, entry from Derby Rd, Hornsby. Individual assessment and advice regarding bladder and bowel incontinence; advice on schemes for and suppliers of incontinent aids. Home visits available in the Ryde/Hunters Hill & Hornsby/Kuring-gai areas. Fortnightly clinics at both Ryde (9858 7524) and Hornsby (9477 9514) Hospitals. Appointment needed. Information sessions for community groups by arrangement.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc

Phone: 02 9809 0287

Web: www.cdlsa.us.org.au

Location: NSW

Services: 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

Cornucopia Cafe & Nursery/Mars Garden Maintenance

Phone: 02 9816 0393

Email: geoff.craig@health.nsw.gov.au

Web: www.mars-inc.com.au

Location: Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

CTA Australia

Phone: 1300 282 282

Email: salesnsw@cobbletac.com

Web: www.cobbletac.com

Location: Unit 23, 43-51 College St, Gladesville, NSW

Services: 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.

CULTIVATE NSW - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Location: Telopea Centre, 59 Parkes St, Ryde, NSW

Services: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. Promotes training, e.g. nationally accredited Therapeutic Horticulture course (1 day for 8 weeks), Padstow TAFE. Can provide talks, demonstrations, workshops (4hr) special courses and Open days by arrangement.

Cystic Fibrosis Australia

Phone: 02 9889 5171

Email: general@cfa.org.au

Web: www.cysticfibrosis.org.au

Location: Rose Cottage, 2 Richardson Place, North Ryde, NSW

Services: 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.

Dementia Australia of NSW

Phone: 02 9805 0100

Email: nsw.helpline@dementia.org.au

Web: www.dementia.org.au

Location: Macquarie Hospital Campus, 120 Cocks Rd, North Ryde, NSW

Services: Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 9am-5pm. Carer and worker education, membership, referral to local services, support groups and counselling. library available. Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

DoE Student Services, Northern Sydney Region

Phone: 02 9986 7000

Email: disability.support@det.nsw.edu.au

Web:

www.schools.nsw.edu.au/studentsupport/programs/disability.php

Location: 2/75 Talavera Rd, Macquarie Park, NSW

Services: 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).

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Email: brianzeman@health.nsw.gov.au

Location: Level 1, 37 Fourth Ave, Eastwood, NSW

Services: Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Eastwood Ryde Netball Association Inc

Phone: 02 9874 2190

Email: admin@ernanetball.com.au

Web: www.erna.nsw.netball.com.au

Location: End of, Adelaide St, West Ryde, NSW

Services: Organises Fun Net for girls and boys 5 yrs +, competition for girls and boys 7-11yrs, girls and women 12yrs + and mixed open competition. People with intellectual and physical disabilities are welcome. Held at Brush Farm and Meadowbank Parks. During Competition dates – Saturday 8.00-4.30

Estia Foundation

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: Provides respite care for 3 days to 5 weeks maximum over a 12 month period for young people with physical and intellectual disabilities. Respite facilities are at Gladesville and Roselands. A Weekend Day Care program is available at Gladesville. A permanent accommodation program is available subject to DADHC approval. Group home at North Ryde.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Estia Health

Phone: 02 9809 3068

Email: info@estiahealth.com.au

Web:

www.estiahealth.com.au/locations/ryde

Location: 94 Bowden St, Ryde, NSW

Services: 40 bed nursing home.

Ethnic & Australian Centre Based Luncheons

Phone: 02 9858 3222

Email: CarmenMiu@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

Extended Care Services (Weemala)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Weemala is a large residential facility which provides long-term rehabilitation and support services to clients with complex support needs. Located in the grounds of Royal Rehabilitation Centre at Ryde.

Fernleigh Nursing Home

Phone: 02 9809 3217

Email: fernleigh@opalagedcare.com.au

Web:

<https://www.opalagedcare.com.au/contact-us/>

Location: 8 Sherbrooke Rd, West Ryde, NSW

Services: 79 bed high and low care nursing home with qualified nursing staff onsite at all times.

Figtree Park

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Ryde Rd (between Matthew St and Gladesville Rd), Hunters Hill, NSW

Services: Open space, raised garden for disabled, seating.

Friday Lunch Group

Phone: 02 9858 3222

Email: win.sun@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Location: Step House, 23 Punt Rd, Gladesville, NSW

Services: 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: 02 9809 3468

Email: info@gouldinghillpreschool.com.au

Web: gouldinghillpreschool.com.au/

Location: 2 Hancott St, Ryde, NSW

Services: 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.

HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Home and Garden Maintenance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9816 1599, 0414 585 543

Email: david.carver@homeinstead.com.au

Web: www.homeinstead.com.au

Location: Unit 7, 71-75 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Hunters Hill Access Advisory Committee

Phone: 02 9879 9419

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: 22 Alexandra St, Hunters Hill, NSW

Services: 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.

Hunter's Hill Council - Community Services

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au/

Location: 22 Alexandra St, Hunters Hill, NSW

Services: Planning for provision of services for aged, disabled, families, children, youth.

Hunters Hill Ryde Day Centre

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

Hunters Hill Seniors Advisory Group

Phone: 02 9879 9400

Email: commserv@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Hunters Hill, NSW

Services: : A Committee of Council which advises Council on the needs and issues of seniors in the Hunters Hill area. The Group consists of members of the local community and representatives from seniors associations and services. New members are most welcome. Meets bi-monthly at local venues. Please contact Kate Kutty - Aged and Disability Coordinator at Hunters Hill Council to discuss what we do!

Huntington's NSW

Phone: 02 9874 9777, 1800 244 735

(Regional NSW)

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Location: Elsie Court Cottage, 21 Chatham Rd, West Ryde, NSW

Services: 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.

Italian Bilingual School

Phone: 02 9807 2272

Email: info@ibs.nsw.edu.au

Web: www.ibs.nsw.edu.au

Location: 30-32 See St, Meadowbank, NSW

Services: Bilingual primary school. Kindergarten to year 6.

Lifestart Cooperative Ltd Early Childhood Intervention Program Ryde/Eastwood

Phone: 02 9868 5066

Email: eastwood@lifestart.org.au

Web: www.lifestart.org.au

Location: 679 Blaxland Rd, Eastwood, NSW

Services: Parent driven service for children with additional needs. The focus is on educational and therapeutic opportunities for children and their families. Staffing includes special educators, physiotherapy, speech pathology, occupational therapy and social work. Open Play is a group for any families who have concerns about their child's development and would like to attend. Conduct parent training programs (e.g. toilet training, sleep programs) and programs for families of children with autism with behavioural difficulties.

Linen Program - North Ryde Community Aid

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Location: 55 Wicks Rd, North Ryde, NSW

Services: Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie ADHD Parent Support Group Inc

Phone: 02 9889 5977

Email: info@macquarieadhd.org.au

Web: www.facebook.com/macqadhd.org.au

Location: Dunmore Lang College, 130-134 Herring Rd, North Ryde, NSW

Services: Parents and carers of children with ADHD, and anyone interested in ADHD are invited to hear speakers and network with other parents at quarterly meetings.

Macquarie Centre

Phone: 02 9887 0800

Email: macquariecentre@amcapital.com

Web: www.macquariecentre.com.au

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

Services: A major regional shopping centre with over 340 specialty shops, major dept stores and supermarkets, a 16 screen Greater Union cinema complex (Macquarie Megaplex) 9888 1544, an Ice Skating rink and numerous food outlets. "Shop Mobility" offers free mobility equipment to customers with limited mobility, bookings 9887 0820. A Justice of the Peace is available at the Customer Service Centre Wed 9:30am-3pm & Sat 9:30am-2:30pm.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Magnamail

Phone: 1800 251 252, 02 8874 8777 (within Sydney)

Email: contactus@magnamail.com.au

Web: www.magnamail.com.au

Location: NSW

Services: 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. Showroom at Unit 5, 2/4 William St Brookvale.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Email: multilit@multilit.com

Web: www.multilit.com

Location: Suite 2, Level 3, 75 Talavera Rd, Macquarie Park, NSW

Services: Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Can also provide online programs. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW.

Marian Hostel

Phone: 02 8878 1407

Web:

www.calvarycare.org.au/retirement-communities/locations/ryde-nsw/#respite

Location: 678 Victoria Rd, Ryde, NSW

Services: 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Meadowbank TAFE. Northern Sydney Institute of TAFE

Phone: 131 674, 02 9942 3666,

Email: nsi.study@tafensw.edu.au

Web: www.tafestudy.info

Location: See St, Meadowbank, NSW

Services: 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.

Meals on Wheels

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Meals are delivered to the aged, disabled and carers at minimum cost on a long or short term basis. Hot, cold or frozen meals are provided. Dietary needs catered for.

Meals on Wheels

Phone: 02 9817 0101

Email: mow1@hhrccs.org.au

Web: www.hhrccs.org.au

Location: Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Medtronic Australasia Office

Phone: 02 9418 9611, 1800 777 808

Email: medcust@medtronic.com

Web: www.medtronic-diabetes.com.au

Location: 5 Alma Rd, Macquarie Park, NSW

Services: Diabetes equipment and supplies including continuous glucose monitoring and blood glucose meters.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511

Email: mhrt@doh.health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

Location: Building 40, Gladesville Hospital, Digby Rd, Gladesville, NSW

Services: A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Mental Health Sports Network (MHSN)

Phone: 1800 843 539

Email: corporateadmin@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: The MHSN provides sport and recreation activities and sports camps to people with a mental illness. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, tennis and sports camps. The website provides information on events, sporting activities and the annual calendar of events. Auspiced by One Door Mental Health (former Schizophrenia Fellowship NSW), the MHSN is supported by the Department of Sport and Recreation.

Metro Inn Ryde

Phone: 02 9807 4022

Email: sales@rydeinn.com.au

Web: www.rydeinn.com.au/

Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW

Services: Motel.

Minimbah Challenge Inc

Phone: 02 9887 2299

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Location: 10 Vincentia St, Marsfield, NSW

Services: 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.

Mix 'n' Mingle Morning Tea Group

Phone: 02 9888 3380

Email: activities@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: One of three weekly social meal groups that includes a brunch style morning tea with great conversation, as well as craft, games or a guest speaker.

Mobility Parking Scheme (MPS)

Phone: 13 22 13

Web:

www.rms.nsw.gov.au/roads/using-roads/mobility-parking/

Location: Roads and Maritime Services, Cnr Blaxland & North Rds, Ryde, NSW

Services: 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.

Modibodi

Email: info@modibodi.com.au

Web: www.modibodi.com.au

Services: A supplier of underwear designed to offer absorbent protection during exercise, menstrual periods and incontinence, with a wide range of products including bras and underpants.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691, 02 9850 9697

Email: sally.howell@mq.edu.au

Web:

www.musec.mq.edu.au/community_outreach/musec_school/

Location: Building X5A, Special Education Centre, Balaclava Rd, Macquarie University, NSW

Services: Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

National Centre For Childhood Grief ('A Friend's Place')

Phone: 1300 654 556, 02 9804 6909

Email: afriendsplace@me.com

Web: www.childhoodgrief.org.au

Location: 14 Hollis Ave, Denistone East, NSW

Services: Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books & videos), training courses and seminars on bereavement. We also offer bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling service is free after the initial assessment session.

National Disability Coordination Officer Program - Northern Sydney

Phone: 02 8848 6503

Email: nathand@missionaustralia.com.au

Web:

www.education.gov.au/national-disability-coordination-officer-programme

Location: Centre for Disability Studies, 59 Charles St, Ryde, NSW

Services: The NDCO Program provides information to assist people with a disability from age 15 to 64 to move from school into training and higher education, and then into their chosen career. This includes information and advice on post-school options, supports and services; assistance in understanding the transition to post-school education and training, and to employment; and links with appropriate people to plan and make a successful entry into further study and employment. Funded by the Australian government Department of Education.

New Horizons Enterprises Ltd

Phone: 1300 726 372

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons has a long history of providing innovative services that support individuals and communities to enhance wellbeing. Since forming the world's first social enterprise almost half a century ago, we've expanded the reach of our services to thousands of people in hundreds of communities in Australia. We assist people to achieve wellbeing in a variety of areas of their life: - Accommodation & Tenancies- Employment & Education- Community & Social Participation- Daily Living & Independence- Cultural & Spiritual Wellbeing Whilst our customers cover almost all sectors of the community, we have specialised experience in: - Aged Care- Disabilities- Indigenous- Justice- Homelessness- Mental Health

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)

Phone: 02 9095 4370

Email: mywellbeing@newhorizons.net.au

Web:

www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors

Location: 15 Twin Rd, North Ryde, NSW

Services: 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. NDIS accreditation.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc

Phone: 02 9411 4429

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Location: Cerebral Palsy Alliance, 3a Smalls Rd, North Ryde, NSW

Services: Specialised toys and equipment borrowing service for young children with disabilities / special needs.

North Ryde Community Aid & Information centre

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: North Ryde Community Aid, 4 Cutler Pde, North Ryde, NSW

Services: Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

North Ryde Community Aid & Information Centre Inc

Phone: 02 9888 3380

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: North Ryde Community Aid & Information Centre Inc. (NRCA) are a not for profit organisation reliant on government funding and community generosity to deliver a range of services and assistance to the socially and financially disadvantaged in our community. Our staff and volunteers are committed to the well being, independence and engagement of our communities aged, disadvantaged and disabled residents.

North Ryde Community Preschool Inc

Phone: 02 9808 3015

Email: admin@nrpc.org.au

Web: www.nrcp.org.au

Location: 13 Clermont Ave, Ryde, NSW

Services: 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 2years.

Northern Sydney Carer Support Service

Phone: 02 9462 9488

Email:

NSLHD-CARERS@health.nsw.gov.au

Web: www.nscarersupport.com.au

Location: North Ryde, NSW

Services: 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.

Northern Sydney Home Nursing Service - NSHNS

Phone: 02 9887 5444

Email: nsldh-nshns@health.nsw.gov.au

Location: Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde, NSW

Services: Hornsby Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 6677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Manly Centre, 02 9976 9888, Mona Vale Centre, 02 9998 0555,

Northern Sydney Home Nursing Service - Ryde Centre

Phone: 02 9816 0550

Email:

NSHNS@nscchahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Location: Building 16, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

NSW Developmental Disability Health Unit

Phone: 02 9808 9287

Web: www.cds.org.au

Location: Royal Rehab, 241 Morrison Rd, Ryde, NSW

Services: Provides medical checkup and referral to specialists as necessary, for adults aged 16+ with developmental (intellectual, autism etc) disabilities. Bulkbill. Referral by GP letter; bring Medicare card and copy of previous records.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)

Phone: 1800 628 221

Email: eahru@chcs.com.au

Web: www.elderabusehelpline.com.au

Services: A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse.

NSW Seniors Information Service (SIS)

Phone: 13 77 88

Email: info@service.gov.au

Web: service.nsw.gov.au

Location: NSW

Services: 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.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

One Door Mental Health - New Moves

Phone: 0402 957 138

Email: philippa.boss@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: This 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 activities, peer support and healthy eating. An exercise physiologist, a peer educator and a support worker facilitate the group for 2 hours weekly. You can join anytime. NDIS provider.

Ozanam Industries

Phone: 02 9807 4066

Email: westryde@ozanam.org.au

Web: www.ozanam.org.au

Location: 81-87 Ryedale Rd, West Ryde, NSW

Services: Workshop offers supported employment for people with moderate to severe intellectual disabilities.

Parents of Deaf Children (PODC)

Phone: 02 9870 8097, 0401 093 256

Email: info@podc.org.au

Web: www.podc.org.au

Location: Suite 100b Australian Hearing Hub, 16 University Av, Macquarie University, NSW

Services: Parents of Deaf Children (PODC) is a non-profit organisation, supporting families with babies, children and teenagers with hearing loss in NSW. The organisation offers a range of information, support and advocacy services for parents and carers. PODC connects families to others in their local area via POD groups (parent groups). PODC produces a quarterly magazine, Sound News, which provides information about parenting and educating a child with hearing loss. PODC advocates on behalf of families with government departments and service providers.

Parkinson's NSW

Phone: 1800 644 189

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building, 120 Coss Rd, North Ryde, NSW

Services: Support group for carers and people who have Parkinsons Disease.

Parkinson's NSW Inc

Phone: 1800 644 189 (Toll free), 02 8051 1900

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW

Services: 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

Performance Health ANZ

Phone: 1300 473 422

Email: sales@performhealth.com.au

Web: www.performhealth.com.au/

Location: Ground floor, 10 Ajulius Ave, North Ryde, NSW

Services: Performance Health 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.

Printacall

Phone: 02 9809 2392, 02 9809 1283 (TTY)

Email: sales@printacall.com.au

Web: www.printacall.com.au

Location: 2 Doig Av, Denistone East, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

QUEST Macquarie Park

Phone: 02 8879 4600

Email:

questmacquariepark@questapartments.com.au

Web:

www.questapartments.com.au/properties/nsw/macquarie-park/quest-macquarie-park/overview

Location: 71 Epping Rd, Macquarie Park, NSW

Services: Apartment with full kitchen and laundry facilities. Please request accessible rooms. Shower has level entry, wall seat, height adjustable handheld shower hose. Basin access beneath, Grab rails. Queen ensemble bed.

Raclo Remote Control

Phone: 02 9879 6088

Email: webmail@raclo.com.au

Web: www.raclo.com.au

Location: 304 Victoria Rd, Gladesville, NSW

Services: 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

Email: north@ransw.org.au

Web: www.relationships.com.au

Location: Suite 102, 68 Waterloo Rd, Macquarie Park, NSW

Services: 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.

Return2Driving

Phone: 02 9808 9328

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Location: Ground Floor, 235 Morrison Rd, Ryde, NSW

Services: 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.

Return2Sport

Phone: 02 9808 9353

Email: return2sport@Royalrehab.com.au

Web: www.royalrehab.com.au

Location: c/o Royal Rehab, 235 Morrison Rd, Ryde, NSW

Services: Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people aged 15+ with a physical disability to be as independent as possible. People can have individualised assessments and interventions to suit their needs, or engage in existing programs. Programs are conducted at various venues: beach access, cycling (St Ives, Newington), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing. Basketball, fencing, tennis, running, and yoga occur at Royal Rehab. Also Monday choir and fortnightly craft evenings. NDIS Provider

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Location: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield, NSW

Services: Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Royal Rehab

Phone: 02 9808 9631

Email:

elizabeth.menner@royalrehab.com.au

Web: royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is also a non-profit organisation raising funds to support and sustain our vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Eastwood Home Delivered Meals

Phone: 02 9858 3222

Email: admin@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Hot, chilled and frozen meals are delivered by volunteers to the elderly and/or disabled at a minimal cost 1 to 7 days a week depending on requirement. Dietary needs such as diabetes, gluten intolerances etc. catered for as are cultural needs with Asian, Indian, Italian and Halal meals available.

Ryde Hunters Hill Home Modification & Maintenance Service

Phone: 02 9952 8222

Email: hmms@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Provides home modification & maintenance services for frail, aged people (not on Home Care Packages) and people with disabilities (not on NDIS) and their carers enabling them to remain living independently at home. To be eligible you need to be aged over 65; reside in and be the owner of the home

Ryde Library Service

Phone: 02 9952 8352

Email: rydelibrary@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 1 Pope St, Ryde, NSW

Services: Provides reference and lending services. Materials for loan include large print, videos, CDs, DVDs books in community languages, language learning materials, magazines, talking books. Weekly storytimes and holiday activities for children. Toys at North Ryde. Word processing PCs and internet access. Home library service. Community Information service. Genealogy and Local Studies collections based at Ryde. Branches at West Ryde, North Ryde, Eastwood & Gladesville.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd

Phone: 02 9809 2211

Web: www.s-antonio-da-padova.com/

Location: 305 Blaxland Rd, Ryde, NSW

Services: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Saturday Lunch Group

Phone: 02 9858 3222

Email: marie.wilkie@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Service NSW. Macquarie Centre North Ryde

Phone: 13 77 88

Web:

www.service.nsw.gov.au/service-centre/ryde-service-centre

Location: Shop 1 U05/6, Level 1, Corner Waterloo and Herring Rds, North Ryde, NSW

Services: Knowledge test for drivers licences & motor vehicle registration. Applications for Parking Mobility Scheme cards must be signed by a doctor.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

Shopmobility (Macquarie Centre)

Phone: 02 9887 0800

Email: help@ilcnsw.asn.au

Web: ilcaustralia.org.au/suppliers/6744

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

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

Shopping Assistance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9858 3222

Email: maree.prentice@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: 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: 02 9808 5500

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Location: Shop 1, 30-32 Herbert St, West Ryde, NSW

Services: 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.

Sir Moses Montefiore Jewish Home

Phone: 02 9879 2777

Email:

huntershill@montefiorehome.com.au

Web: www.montefiorehome.com.au

Location: 120 High St, Hunters Hill, NSW

Services: 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.

Skillseekers Community Access Service

Phone: 1300 858 378 (Initial contact), 02 9805 0625

Web: www.dosomethingnearyou.com.au

Location: 74 Agincourt Rd, Marsfield, NSW

Services: 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 Meal Groups

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: Social groups for CHSP eligible residents. Particularly caters to the aged who may be socially isolated or financially disadvantaged and still living in their own homes. A home style 3 course meal is provided every week on Tuesday and Wednesday and a substantial morning tea on Thursday. Guest speakers, entertainment or activities are provided each week. Groups have an outing once a month instead of gathering at NRCA.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 42 Gladesville Rd, Hunters Hill, NSW

Services: 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: 02 9817 0101

Email: office1@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Social Transport Service

Phone: 02 9817 0101

Email: hhrcomtransport@bigpond.com

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Bus outings for older people. Community buses available for hire: three 20 seater; one 10 seater.

Sound Expression - Music Therapy

Phone: 0416 288 917

Email: iani@soundexpression.com.au

Web: www.soundexpression.com.au

Location: Sound Expression, 7 Avon Rd, North Ryde, NSW

Services: The clinic provides music therapy, music lessons and school-readiness programs for children and adults with disability. NDIS Provider.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

St Anne's Nursing Home

Phone: 02 9879 6977

Web:

www.catholichealthcare.com.au/en/residence/st-annes-aged-care/

Location: 1 De Milhau Rd, Hunters Hill, NSW

Services: 50 bed nursing home with dementia care. Catholic Healthcare is a leading not-for-profit provider of Residential Aged Care, Community Services, Retirement Living and Healthcare in NSW and QLD. We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 22 years.

St Catherine's Aged Care Services Ltd

Phone: 02 9805 1655

Web: www.scacs.org.au/

Location: 162-166 Balaclava Rd, Eastwood, NSW

Services: Comprises Bethany Hostel & Bethany Nursing Home. Provides geriatric, rehabilitation & dementia nursing. Elaroo provides dementia day care. DTC (Day Therapy Centre) provides exercise and music therapy to clients and members of the community over the age of 65.

St John's North Ryde Preschool Association Inc

Phone: 02 9888 7835

Email:

preschool@northrydeanglican.org.au

Web: www.northrydeanglican.org.au

Location: 152 Coxs Rd, North Ryde, NSW

Services: 40 place community based funded preschool. Provision for children with special needs and children from NESB.

St Joseph's Hostel

Phone: 02 9817 2055

Location: 41 Gladesville Rd, Hunters Hill, NSW

Services: 52 bed low care residential facility.

Stroke Recovery Assoc Of NSW

Phone: 1300 650 594, 02 9807 6422

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW

Services: 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: 02 9807 6422, 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: 227 Morrison Rd, Putney, NSW

Services: 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.

Sydney Community Services

Phone: 02 9817 0101

Email: support@sydneycs.org

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Aims to reduce social isolation for frail aged and people with a disability in the community 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.

Sydney Community Services

Phone: 02 9817 0101

Email: rliu@sydneycs.org.au

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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 first and third Tuesday of the month. And one on one flexible respite on a day and time that suits the client. We also provide community participation one on one to those with a disability. SCS 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)

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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 Macquarie University Psychology Clinic

Phone: 02 9850 8000

Email: Psychology.Clinic@mq.edu.au

Web: www.psy.mq.edu.au/clinic.htm

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

Services: 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.

The ORS Group

Phone: 1800 000 677

Email: ors@orsgroup.com.au

Web: www.orsgroup.com.au

Location: Level 1, 5-9 Devlin St, Ryde, NSW

Services: The ORS Group is a national company with over 60 offices across Australia. We offer a range of services to participants, injured workers, people with disability, employers and people who want to improve their work situation. Our employment related services are designed to help individuals harness their abilities, meet their challenges and achieve both their personal and professional goals.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Email: enquiries@shepherdcentre.com.au

Web: www.shepherdcentre.org.au

Location: The Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: 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.

Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Travelodge Macquarie North Ryde

Phone: 02 8874 5200

Email: macquarie@travelodge.com.au

Web: www.travelodge.com.au

Location: 81 Talavera Rd, Macquarie University, NSW

Services: There are six (6) accessible units; microwave; fridge; kettle; plates and cutlery. Room service not available.

Truscott Street Public School

Phone: 02 9878 1264

Email: truscottst-p.school@det.nsw.edu.au

Web: www.truscottst-p.schools.nsw.edu.au

Location: Truscott St, North Ryde, NSW

Services: 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).

Volunteer Visiting Program - Ryde to Hunters Hill

Phone: 02 9817 0101

Email: volunteervisit@hhrcs.org.au

Web: www.hhrcs.org.au/

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

Location: Hodson Bldg, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with physical disabilities and using a manual wheelchair. Sports include archery, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis, track and road. Fee for booking Wheelchair Sports Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

Willandra Village

Phone: 02 9346 1340, 02 9346 1342

Email: sotton@baptistcare.org.au

Web: baptistcare.org.au/our-services/retirement-living/willandravillage/#fndtn-overview

Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW

Services: Retirement village for senior men & women, independent living.

Yoga Infinity for People with / without Disability

Phone: 0458 798 378

Email: rosannarobertson@icloud.com

Web: www.yogainfinity.com.au

Location: West Ryde Uniting Church - hall, 7 Maxim St, West Ryde, NSW

Services: 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.

Youthsafe

Phone: 02 9817 7847

Email: office@youthsafe.org

Web: www.youthsafe.org

Location: Level 3, 5-9 Devlin St., Ryde, NSW

Services: Youthsafe, aims to foster the development of partnerships and collaboration within the field of youth injury prevention. Youthsafe works at local and state levels with government, industry, community groups, education institutions, non-government organisations and the media. Youthsafe is committed to strong advocacy and best practice initiatives to reduce injuries in young people.

Equipment

Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc

Phone: 02 9816 5000

Email: info@rhhct.org.au

Web: www.rhhct.org.au

Location: 6 Victoria Rd, Henley, NSW

Services: 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.

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Location: ADHD Centre, 51 Wicks Rd, North Ryde, NSW

Services: 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 Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morris Rd, Ryde, NSW

Services: Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Aged Services Social Support

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

ArjoHuntleigh Getinge Group - NSW

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Arthritis & Osteoporosis NSW

Phone: 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: Suite 1.15, 32 Delhi Rd, North Ryde, NSW

Services: non-government health charity seeking to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. Services include Support, Education and Events. Support is provided through an InfoLine, Membership, Support Groups and Branches throughout NSW. Warm Water Exercise Classes operate in the Sydney Metro area. Education services involves Seminars, Webinars, Community Awareness Sessions, Osteoarthritis of the Knee (OAK) Program and a monthly eNewsletter. There are two camps run annually that provide children who have juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different. Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years, with activities for the kids and their siblings. Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis for ages 9 to 18 years.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Arthritis NSW Ryde Support Group

Phone: 02 9817 7470, 02 9887 2295,

Email: rydearthritis@gmail.com

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

Location: Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde, NSW

Services: A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects. Guest speakers at meetings.

Ashburn House Aged Care

Phone: 02 8876 9200

Email: admin@chomes.com.au

Web: www.chomes.com.au

Location: 20-34 Ashburn Pl, Gladesville, NSW

Services: 20 low care beds. 84 high care beds of which 40 are extra services, and 44 standard services.

AstraZeneca Pty Ltd

Phone: 02 9978 3500

Email:

medinfo.australia@astrazeneca.com

Web: www.astrazeneca.com.au

Location: 66 Talavera Rd, Macquarie Park, NSW

Services: 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 for use by people all over the world. There is an extensive range of products for asthma.

At Home Care - Feros Care: Northern Sydney

Phone: 1300 763 583

Email: community@feroscare.com.au

Web: www.feroscare.com.au

Location: Ryde, NSW

Services: 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.

Audio Clinic

Phone: 02 9877 6300

Email: ryde@audioclinic.com.au

Web: www.audioclinic.com.au

Location: Suite 3A, 10 Pope St, Ryde, NSW

Services: Hearing tests for adults & children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans & Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)

Phone: 02 9817 2439

Email: awch@awch.com.au

Web: www.awch.org.au

Location: Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville, NSW

Services: 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.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite

Phone: 02 9346 1230

Email:

homeservicesintake@baptistcare.org.au

Web: www.baptistcare.org.au

Location: Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW

Services: 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. NDIS provider; fee for service; or via MyAgedCare.

BaptistCare Shalom Centre

Phone: 1300 275 227

Email: shalom@baptistcare.org.au

Web: www.baptistcare.org.au

Location: 159-165 Balaclava Rd, Macquarie Park, NSW

Services: High care facility including a high care dementia specific unit. High care Extra Service facility opened in August 2008 with 65 single rooms - 32 high care and 33 dementia specific.

Battery World

Phone: 02 9807 8582

Email: ryde@batteryworld.com.au

Web: www.batteryworld.com.au

Location: 39 Church St, Ryde, NSW

Services: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

BCS Cooinda Court Hostel

Phone: 02 9346 1300

Email: ask@bcs.org.au

Web:

<https://baptistcare.org.au/our-services/aged-care-centres/macquarie-park/macquarie-park-cooinda-court/#fndtn-overview>

Location: 159 Balaclava Rd, Macquarie Park, NSW

Services: Hostel accommodation for frail aged people in serviced rooms.

Brain Injury Australia Limited

Phone: 02 9808 9390

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Location: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Calvary Retirement Community Ryde

Phone: 02 8878 1400

Web:

www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

Location: 678 Victoria Rd, Ryde, NSW

Services: The community provides retirement accommodation in Dalton Gardens (self care apartments and villa units), Marian Hostel (low care) and Mary Potter Nursing Home (high care).

Campus Wellbeing and Support

Services

Phone: 02 9850 7497

Email: campuswellbeing@mq.edu.au

Web: mq.edu.au/disability

Location: Level 2, 16 Wally's Walk, Macquarie University, NSW

Services: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Care Call Emergency Response

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: www.baptistcare.org.au/carecall

Location: 157 Balaclava Rd, Macquarie Park, NSW

Services: Immediate response to emergency situations. 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically sends a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only. information available in a number of different languages.

CareCall Emergency Response Service

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: <https://baptistcare.org.au/carecall>

Location: NSW

Services: 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only.

**Catholic Community Services -
Community Aged Care Packages**

Phone: 1800 225 474

Email:
referrals.communityservices@chcs.com.au

Web:
www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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

Email:
referrals.communityservices@chcs.com.au

Web:
www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:
referrals.communityservices@chcs.com.au

Web:
www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:
referrals.communityservices@chcs.com.au

Web:
www.catholiccommunityservices.com.au

Location: The Mercy Arms, 663 Elizabeth St, Meadowbank, NSW

Services: 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

Email:
referrals.communityservices@chcs.com.au

Web:
www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email: community.clients@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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: 1300 319 011

Email: enquiries@chcs.com.au

Web:

www.catholiccommunityservices.com.au/

Location: Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW

Services: 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: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare
Service**

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

CCA Telephone Linkage

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Centrelink

Web:

www.humanservices.gov.au/customer/dhs/centrelink

Location: 19-27 Devlin St, Ryde, NSW

Services: 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.

Cerebral Palsy Alliance - Ryde Gym

Phone: 02 8878 3500

Email: mliberatore@cerebralpalsy.org.au

Web:

www.cerebralpalsy.org.au/health-and-wellbeing-group-programs

Location: Cerebral Palsy Alliance, Ryde, NSW

Services: Cerebral Palsy Alliance 'Sportsfitz' gym offers services to people aged 8+ with cerebral palsy and other disabilities in state of the art, fully accessible environment. The range of programs includes individual services with ESSA accredited exercise physiologists as well as group programs like 'Healthy Kids' and 'Upright and active'. NDIS Provider

Christian Community Aid Inc

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

CICADA Australia Inc

Phone: 02 9488 9728

Email: jcassell@bigpond.com

Web: www.cicada.org.au

Location: Club Room, Syd Cochlear Implant Centre, Building 39, Punt Rd, Gladesville, NSW

Services: Provides support and advice for pre and post cochlear implantees and families. Also provides opportunities to meet others socially and share information. Monthly morning teas and weekend social BBQs and Guest Speaker 4 times per year.

City of Ryde - Community Services

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Planning and co-ordination of services for aged, disabled, families, children, youth.

City of Ryde Access Advisory Committee

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web:

www.ryde.nsw.gov.au/Council/Committees/Advisory-Committees

Location: Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde, NSW

Services: Advisory Committees provide an opportunity for local residents and relevant organisations to contribute to the day-to-day running of the Council.

Clermont Aged Care

Phone: 02 9809 1416

Email: clermont@speednet.com.au

Web: www.clermontagedcare.com.au

Location: 8-14 Clermont Ave, Ryde, NSW

Services: 55 bed aged care facility.

Co.As.It. Italian Dementia Specific Daycare Group.

Phone: 02 9564 0744 (Office)

Email: referrals@coasit.org.au

Web: www.coasit.org.au

Location: Dementia and Memory Community Centre, Alzheimer's Australia NSW, Cnr Coss Rd and Norton Rd, North Ryde, NSW

Services: Social Support Group for older Italians living with dementia; carer support. Morning tea and lunch provided. Transport provided.

Cochlear Ltd

Phone: 02 9428 6555, 1800 620 929 (Customer Service Team)

Email: customerservice@cochlear.com

Web: www.cochlear.com

Location: 1 University Ave, Macquarie University, NSW

Services: Cochlear implant supplier.

Community Visitors Scheme

Phone: 02 9817 0101

Email: cvs@hhrcs.org

Web: www.hhrcs.org.au

Location: 42-46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Continence Advisor (Northern Sydney Home Nursing Service)

Phone: 02 9816 0550

Location: Building 16, Victoria Rd, Gladesville, NSW

Services: Also at Bernard Curran Unit, Hornsby Hospital, entry from Derby Rd, Hornsby. Individual assessment and advice regarding bladder and bowel incontinence; advice on schemes for and suppliers of incontinent aids. Home visits available in the Ryde/Hunters Hill & Hornsby/Kuring-gai areas. Fortnightly clinics at both Ryde (9858 7524) and Hornsby (9477 9514) Hospitals. Appointment needed. Information sessions for community groups by arrangement.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc

Phone: 02 9809 0287

Web: www.cdlsa.us.org.au

Location: NSW

Services: 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

Cornucopia Cafe & Nursery/Mars Garden Maintenance

Phone: 02 9816 0393

Email: geoff.craig@health.nsw.gov.au

Web: www.mars-inc.com.au

Location: Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

CTA Australia

Phone: 1300 282 282

Email: salesnsw@cobbletac.com

Web: www.cobbletac.com

Location: Unit 23, 43-51 College St, Gladesville, NSW

Services: 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.

CULTIVATE NSW - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Location: Telopea Centre, 59 Parkes St, Ryde, NSW

Services: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. Promotes training, e.g. nationally accredited Therapeutic Horticulture course (1 day for 8 weeks), Padstow TAFE. Can provide talks, demonstrations, workshops (4hr) special courses and Open days by arrangement.

Cystic Fibrosis Australia

Phone: 02 9889 5171

Email: general@cfa.org.au

Web: www.cysticfibrosis.org.au

Location: Rose Cottage, 2 Richardson Place, North Ryde, NSW

Services: 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.

Dementia Australia of NSW

Phone: 02 9805 0100

Email: nsw.helpline@dementia.org.au

Web: www.dementia.org.au

Location: Macquarie Hospital Campus, 120 Cocks Rd, North Ryde, NSW

Services: Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 9am-5pm. Carer and worker education, membership, referral to local services, support groups and counselling. library available. Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

DoE Student Services, Northern Sydney Region

Phone: 02 9986 7000

Email: disability.support@det.nsw.edu.au

Web:

www.schools.nsw.edu.au/studentsupport/programs/disability.php

Location: 2/75 Talavera Rd, Macquarie Park, NSW

Services: 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).

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Email: brianzeman@health.nsw.gov.au

Location: Level 1, 37 Fourth Ave, Eastwood, NSW

Services: Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Eastwood Ryde Netball Association Inc

Phone: 02 9874 2190

Email: admin@ernanetball.com.au

Web: www.erna.nsw.netball.com.au

Location: End of, Adelaide St, West Ryde, NSW

Services: Organises Fun Net for girls and boys 5 yrs +, competition for girls and boys 7-11yrs, girls and women 12yrs + and mixed open competition. People with intellectual and physical disabilities are welcome. Held at Brush Farm and Meadowbank Parks. During Competition dates – Saturday 8.00-4.30

Estia Foundation

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: Provides respite care for 3 days to 5 weeks maximum over a 12 month period for young people with physical and intellectual disabilities. Respite facilities are at Gladesville and Roselands. A Weekend Day Care program is available at Gladesville. A permanent accommodation program is available subject to DADHC approval. Group home at North Ryde.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Estia Health

Phone: 02 9809 3068

Email: info@estiahealth.com.au

Web:

www.estiahealth.com.au/locations/ryde

Location: 94 Bowden St, Ryde, NSW

Services: 40 bed nursing home.

Ethnic & Australian Centre Based Luncheons

Phone: 02 9858 3222

Email: CarmenMiu@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

Extended Care Services (Weemala)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Weemala is a large residential facility which provides long-term rehabilitation and support services to clients with complex support needs. Located in the grounds of Royal Rehabilitation Centre at Ryde.

Fernleigh Nursing Home

Phone: 02 9809 3217

Email: fernleigh@opalagedcare.com.au

Web:

<https://www.opalagedcare.com.au/contact-us/>

Location: 8 Sherbrooke Rd, West Ryde, NSW

Services: 79 bed high and low care nursing home with qualified nursing staff onsite at all times.

Figtree Park

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Ryde Rd (between Matthew St and Gladesville Rd), Hunters Hill, NSW

Services: Open space, raised garden for disabled, seating.

Friday Lunch Group

Phone: 02 9858 3222

Email: win.sun@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Location: Step House, 23 Punt Rd, Gladesville, NSW

Services: 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: 02 9809 3468

Email: info@gouldinghillpreschool.com.au

Web: gouldinghillpreschool.com.au/

Location: 2 Hancott St, Ryde, NSW

Services: 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.

HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Home and Garden Maintenance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9816 1599, 0414 585 543

Email: david.carver@homeinstead.com.au

Web: www.homeinstead.com.au

Location: Unit 7, 71-75 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Hunters Hill Access Advisory Committee

Phone: 02 9879 9419

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: 22 Alexandra St, Hunters Hill, NSW

Services: 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.

Hunter's Hill Council - Community Services

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au/

Location: 22 Alexandra St, Hunters Hill, NSW

Services: Planning for provision of services for aged, disabled, families, children, youth.

Hunters Hill Ryde Day Centre

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

Hunters Hill Seniors Advisory Group

Phone: 02 9879 9400

Email: commserv@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Hunters Hill, NSW

Services: : A Committee of Council which advises Council on the needs and issues of seniors in the Hunters Hill area. The Group consists of members of the local community and representatives from seniors associations and services. New members are most welcome. Meets bi-monthly at local venues. Please contact Kate Kutty - Aged and Disability Coordinator at Hunters Hill Council to discuss what we do!

Huntington's NSW

Phone: 02 9874 9777, 1800 244 735

(Regional NSW)

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Location: Elsie Court Cottage, 21 Chatham Rd, West Ryde, NSW

Services: 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.

Italian Bilingual School

Phone: 02 9807 2272

Email: info@ibs.nsw.edu.au

Web: www.ibs.nsw.edu.au

Location: 30-32 See St, Meadowbank, NSW

Services: Bilingual primary school. Kindergarten to year 6.

Lifestart Cooperative Ltd Early Childhood Intervention Program Ryde/Eastwood

Phone: 02 9868 5066

Email: eastwood@lifestart.org.au

Web: www.lifestart.org.au

Location: 679 Blaxland Rd, Eastwood, NSW

Services: Parent driven service for children with additional needs. The focus is on educational and therapeutic opportunities for children and their families. Staffing includes special educators, physiotherapy, speech pathology, occupational therapy and social work. Open Play is a group for any families who have concerns about their child's development and would like to attend. Conduct parent training programs (e.g. toilet training, sleep programs) and programs for families of children with autism with behavioural difficulties.

Linen Program - North Ryde Community Aid

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Location: 55 Wicks Rd, North Ryde, NSW

Services: Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie ADHD Parent Support Group Inc

Phone: 02 9889 5977

Email: info@macquarieadhd.org.au

Web: www.facebook.com/macqadhd.org.au

Location: Dunmore Lang College, 130-134 Herring Rd, North Ryde, NSW

Services: Parents and carers of children with ADHD, and anyone interested in ADHD are invited to hear speakers and network with other parents at quarterly meetings.

Macquarie Centre

Phone: 02 9887 0800

Email: macquariecentre@ampcapital.com

Web: www.macquariecentre.com.au

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

Services: A major regional shopping centre with over 340 specialty shops, major dept stores and supermarkets, a 16 screen Greater Union cinema complex (Macquarie Megaplex) 9888 1544, an Ice Skating rink and numerous food outlets. "Shop Mobility" offers free mobility equipment to customers with limited mobility, bookings 9887 0820. A Justice of the Peace is available at the Customer Service Centre Wed 9:30am-3pm & Sat 9:30am-2:30pm.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Magnamail

Phone: 1800 251 252, 02 8874 8777 (within Sydney)

Email: contactus@magnamail.com.au

Web: www.magnamail.com.au

Location: NSW

Services: 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. Showroom at Unit 5, 2/4 William St Brookvale.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Email: multilit@multilit.com

Web: www.multilit.com

Location: Suite 2, Level 3, 75 Talavera Rd, Macquarie Park, NSW

Services: Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Can also provide online programs. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW.

Marian Hostel

Phone: 02 8878 1407

Web:

www.calvarycare.org.au/retirement-communities/locations/ryde-nsw/#respite

Location: 678 Victoria Rd, Ryde, NSW

Services: 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Meadowbank TAFE. Northern Sydney Institute of TAFE

Phone: 131 674, 02 9942 3666,

Email: nsi.study@tafensw.edu.au

Web: www.tafestudy.info

Location: See St, Meadowbank, NSW

Services: 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.

Meals on Wheels

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Meals are delivered to the aged, disabled and carers at minimum cost on a long or short term basis. Hot, cold or frozen meals are provided. Dietary needs catered for.

Meals on Wheels

Phone: 02 9817 0101

Email: mow1@hhrccs.org.au

Web: www.hhrccs.org.au

Location: Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Medtronic Australasia Office

Phone: 02 9418 9611, 1800 777 808

Email: medcust@medtronic.com

Web: www.medtronic-diabetes.com.au

Location: 5 Alma Rd, Macquarie Park, NSW

Services: Diabetes equipment and supplies including continuous glucose monitoring and blood glucose meters.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511

Email: mhrt@doh.health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

Location: Building 40, Gladesville Hospital, Digby Rd, Gladesville, NSW

Services: A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Mental Health Sports Network (MHSN)

Phone: 1800 843 539

Email: corporateadmin@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: The MHSN provides sport and recreation activities and sports camps to people with a mental illness. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, tennis and sports camps. The website provides information on events, sporting activities and the annual calendar of events. Auspiced by One Door Mental Health (former Schizophrenia Fellowship NSW), the MHSN is supported by the Department of Sport and Recreation.

Metro Inn Ryde

Phone: 02 9807 4022

Email: sales@rydeinn.com.au

Web: www.rydeinn.com.au/

Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW

Services: Motel.

Minimbah Challenge Inc

Phone: 02 9887 2299

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Location: 10 Vincentia St, Marsfield, NSW

Services: 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.

Mix 'n' Mingle Morning Tea Group

Phone: 02 9888 3380

Email: activities@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: One of three weekly social meal groups that includes a brunch style morning tea with great conversation, as well as craft, games or a guest speaker.

Mobility Parking Scheme (MPS)

Phone: 13 22 13

Web:

www.rms.nsw.gov.au/roads/using-roads/mobility-parking/

Location: Roads and Maritime Services, Cnr Blaxland & North Rds, Ryde, NSW

Services: 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.

Modibodi

Email: info@modibodi.com.au

Web: www.modibodi.com.au

Services: A supplier of underwear designed to offer absorbent protection during exercise, menstrual periods and incontinence, with a wide range of products including bras and underpants.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691, 02 9850 9697

Email: sally.howell@mq.edu.au

Web:

www.musec.mq.edu.au/community_outreach/musec_school/

Location: Building X5A, Special Education Centre, Balaclava Rd, Macquarie University, NSW

Services: Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

National Centre For Childhood Grief ('A Friend's Place')

Phone: 1300 654 556, 02 9804 6909

Email: afriendsplace@me.com

Web: www.childhoodgrief.org.au

Location: 14 Hollis Ave, Denistone East, NSW

Services: Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books & videos), training courses and seminars on bereavement. We also offer bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling service is free after the initial assessment session.

National Disability Coordination Officer Program - Northern Sydney

Phone: 02 8848 6503

Email: nathand@missionaustralia.com.au

Web:

www.education.gov.au/national-disability-coordination-officer-programme

Location: Centre for Disability Studies, 59 Charles St, Ryde, NSW

Services: The NDCO Program provides information to assist people with a disability from age 15 to 64 to move from school into training and higher education, and then into their chosen career. This includes information and advice on post-school options, supports and services; assistance in understanding the transition to post-school education and training, and to employment; and links with appropriate people to plan and make a successful entry into further study and employment. Funded by the Australian government Department of Education.

New Horizons Enterprises Ltd

Phone: 1300 726 372

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons has a long history of providing innovative services that support individuals and communities to enhance wellbeing. Since forming the world's first social enterprise almost half a century ago, we've expanded the reach of our services to thousands of people in hundreds of communities in Australia. We assist people to achieve wellbeing in a variety of areas of their life: - Accommodation & Tenancies- Employment & Education- Community & Social Participation- Daily Living & Independence- Cultural & Spiritual Wellbeing Whilst our customers cover almost all sectors of the community, we have specialised experience in: - Aged Care- Disabilities- Indigenous- Justice- Homelessness- Mental Health

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)

Phone: 02 9095 4370

Email: mywellbeing@newhorizons.net.au

Web:

www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors

Location: 15 Twin Rd, North Ryde, NSW

Services: 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. NDIS accreditation.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc

Phone: 02 9411 4429

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Location: Cerebral Palsy Alliance, 3a Smalls Rd, North Ryde, NSW

Services: Specialised toys and equipment borrowing service for young children with disabilities / special needs.

North Ryde Community Aid & Information centre

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: North Ryde Community Aid, 4 Cutler Pde, North Ryde, NSW

Services: Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

North Ryde Community Aid & Information Centre Inc

Phone: 02 9888 3380

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: North Ryde Community Aid & Information Centre Inc. (NRCA) are a not for profit organisation reliant on government funding and community generosity to deliver a range of services and assistance to the socially and financially disadvantaged in our community. Our staff and volunteers are committed to the well being, independence and engagement of our communities aged, disadvantaged and disabled residents.

North Ryde Community Preschool Inc

Phone: 02 9808 3015

Email: admin@nrpc.org.au

Web: www.nrcp.org.au

Location: 13 Clermont Ave, Ryde, NSW

Services: 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 2years.

Northern Sydney Carer Support Service

Phone: 02 9462 9488

Email:

NSLHD-CARERS@health.nsw.gov.au

Web: www.nscarersupport.com.au

Location: North Ryde, NSW

Services: 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.

Northern Sydney Home Nursing Service - NSHNS

Phone: 02 9887 5444

Email: nsldh-nshns@health.nsw.gov.au

Location: Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde, NSW

Services: Hornsby Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 6677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Manly Centre, 02 9976 9888, Mona Vale Centre, 02 9998 0555,

Northern Sydney Home Nursing Service - Ryde Centre

Phone: 02 9816 0550

Email:

NSHNS@nsccahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Location: Building 16, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

NSW Developmental Disability Health Unit

Phone: 02 9808 9287

Web: www.cds.org.au

Location: Royal Rehab, 241 Morrison Rd, Ryde, NSW

Services: Provides medical checkup and referral to specialists as necessary, for adults aged 16+ with developmental (intellectual, autism etc) disabilities. Bulkbill. Referral by GP letter; bring Medicare card and copy of previous records.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)

Phone: 1800 628 221

Email: eahru@chcs.com.au

Web: www.elderabusehelpline.com.au

Services: A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse.

NSW Seniors Information Service (SIS)

Phone: 13 77 88

Email: info@service.gov.au

Web: service.nsw.gov.au

Location: NSW

Services: 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.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

One Door Mental Health - New Moves

Phone: 0402 957 138

Email: philippa.boss@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: This 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 activities, peer support and healthy eating. An exercise physiologist, a peer educator and a support worker facilitate the group for 2 hours weekly. You can join anytime. NDIS provider.

Ozanam Industries

Phone: 02 9807 4066

Email: westryde@ozanam.org.au

Web: www.ozanam.org.au

Location: 81-87 Ryedale Rd, West Ryde, NSW

Services: Workshop offers supported employment for people with moderate to severe intellectual disabilities.

Parents of Deaf Children (PODC)

Phone: 02 9870 8097, 0401 093 256

Email: info@podc.org.au

Web: www.podc.org.au

Location: Suite 100b Australian Hearing Hub, 16 University Av, Macquarie University, NSW

Services: Parents of Deaf Children (PODC) is a non-profit organisation, supporting families with babies, children and teenagers with hearing loss in NSW. The organisation offers a range of information, support and advocacy services for parents and carers. PODC connects families to others in their local area via POD groups (parent groups). PODC produces a quarterly magazine, Sound News, which provides information about parenting and educating a child with hearing loss. PODC advocates on behalf of families with government departments and service providers.

Parkinson's NSW

Phone: 1800 644 189

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building, 120 Coss Rd, North Ryde, NSW

Services: Support group for carers and people who have Parkinsons Disease.

Parkinson's NSW Inc

Phone: 1800 644 189 (Toll free), 02 8051 1900

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW

Services: 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

Performance Health ANZ

Phone: 1300 473 422

Email: sales@performhealth.com.au

Web: www.performhealth.com.au/

Location: Ground floor, 10 Ajulius Ave, North Ryde, NSW

Services: Performance Health 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.

Printacall

Phone: 02 9809 2392, 02 9809 1283 (TTY)

Email: sales@printacall.com.au

Web: www.printacall.com.au

Location: 2 Doig Av, Denistone East, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

QUEST Macquarie Park

Phone: 02 8879 4600

Email:

questmacquariepark@questapartments.com.au

Web:

www.questapartments.com.au/properties/nsw/macquarie-park/quest-macquarie-park/overview

Location: 71 Epping Rd, Macquarie Park, NSW

Services: Apartment with full kitchen and laundry facilities. Please request accessible rooms. Shower has level entry, wall seat, height adjustable handheld shower hose. Basin access beneath, Grab rails. Queen ensemble bed.

Raclo Remote Control

Phone: 02 9879 6088

Email: webmail@raclo.com.au

Web: www.raclo.com.au

Location: 304 Victoria Rd, Gladesville, NSW

Services: 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

Email: north@ransw.org.au

Web: www.relationships.com.au

Location: Suite 102, 68 Waterloo Rd, Macquarie Park, NSW

Services: 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.

Return2Driving

Phone: 02 9808 9328

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Location: Ground Floor, 235 Morrison Rd, Ryde, NSW

Services: 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.

Return2Sport

Phone: 02 9808 9353

Email: return2sport@Royalrehab.com.au

Web: www.royalrehab.com.au

Location: c/o Royal Rehab, 235 Morrison Rd, Ryde, NSW

Services: Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people aged 15+ with a physical disability to be as independent as possible. People can have individualised assessments and interventions to suit their needs, or engage in existing programs. Programs are conducted at various venues: beach access, cycling (St Ives, Newington), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing. Basketball, fencing, tennis, running, and yoga occur at Royal Rehab. Also Monday choir and fortnightly craft evenings. NDIS Provider

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Location: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield, NSW

Services: Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Royal Rehab

Phone: 02 9808 9631

Email:

elizabeth.menner@royalrehab.com.au

Web: royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is also a non-profit organisation raising funds to support and sustain our vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Eastwood Home Delivered Meals

Phone: 02 9858 3222

Email: admin@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Hot, chilled and frozen meals are delivered by volunteers to the elderly and/or disabled at a minimal cost 1 to 7 days a week depending on requirement. Dietary needs such as diabetes, gluten intolerances etc. catered for as are cultural needs with Asian, Indian, Italian and Halal meals available.

Ryde Hunters Hill Home Modification & Maintenance Service

Phone: 02 9952 8222

Email: hmms@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Provides home modification & maintenance services for frail, aged people (not on Home Care Packages) and people with disabilities (not on NDIS) and their carers enabling them to remain living independently at home. To be eligible you need to be aged over 65; reside in and be the owner of the home

Ryde Library Service

Phone: 02 9952 8352

Email: rydelibrary@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 1 Pope St, Ryde, NSW

Services: Provides reference and lending services. Materials for loan include large print, videos, CDs, DVDs books in community languages, language learning materials, magazines, talking books. Weekly storytimes and holiday activities for children. Toys at North Ryde. Word processing PCs and internet access. Home library service. Community Information service. Genealogy and Local Studies collections based at Ryde. Branches at West Ryde, North Ryde, Eastwood & Gladesville.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd

Phone: 02 9809 2211

Web: www.s-antonio-da-padova.com/

Location: 305 Blaxland Rd, Ryde, NSW

Services: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Saturday Lunch Group

Phone: 02 9858 3222

Email: marie.wilkie@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Service NSW. Macquarie Centre North Ryde

Phone: 13 77 88

Web:

www.service.nsw.gov.au/service-centre/ryde-service-centre

Location: Shop 1 U05/6, Level 1, Corner Waterloo and Herring Rds, North Ryde, NSW

Services: Knowledge test for drivers licences & motor vehicle registration. Applications for Parking Mobility Scheme cards must be signed by a doctor.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

Shopmobility (Macquarie Centre)

Phone: 02 9887 0800

Email: help@ilcnsw.asn.au

Web: ilcaustralia.org.au/suppliers/6744

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

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

Shopping Assistance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9858 3222

Email: maree.prentice@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: 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: 02 9808 5500

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Location: Shop 1, 30-32 Herbert St, West Ryde, NSW

Services: 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.

Sir Moses Montefiore Jewish Home

Phone: 02 9879 2777

Email:

huntershill@montefiorehome.com.au

Web: www.montefiorehome.com.au

Location: 120 High St, Hunters Hill, NSW

Services: 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.

Skillseekers Community Access Service

Phone: 1300 858 378 (Initial contact), 02 9805 0625

Web: www.dosomethingnearyou.com.au

Location: 74 Agincourt Rd, Marsfield, NSW

Services: 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 Meal Groups

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: Social groups for CHSP eligible residents. Particularly caters to the aged who may be socially isolated or financially disadvantaged and still living in their own homes. A home style 3 course meal is provided every week on Tuesday and Wednesday and a substantial morning tea on Thursday. Guest speakers, entertainment or activities are provided each week. Groups have an outing once a month instead of gathering at NRCA.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 42 Gladesville Rd, Hunters Hill, NSW

Services: 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: 02 9817 0101

Email: office1@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Social Transport Service

Phone: 02 9817 0101

Email: hhrcomtransport@bigpond.com

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Bus outings for older people. Community buses available for hire: three 20 seater; one 10 seater.

Sound Expression - Music Therapy

Phone: 0416 288 917

Email: iani@soundexpression.com.au

Web: www.soundexpression.com.au

Location: Sound Expression, 7 Avon Rd, North Ryde, NSW

Services: The clinic provides music therapy, music lessons and school-readiness programs for children and adults with disability. NDIS Provider.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

St Anne's Nursing Home

Phone: 02 9879 6977

Web:

www.catholichealthcare.com.au/en/residence/st-annes-aged-care/

Location: 1 De Milhau Rd, Hunters Hill, NSW

Services: 50 bed nursing home with dementia care. Catholic Healthcare is a leading not-for-profit provider of Residential Aged Care, Community Services, Retirement Living and Healthcare in NSW and QLD. We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 22 years.

St Catherine's Aged Care Services Ltd

Phone: 02 9805 1655

Web: www.scacs.org.au/

Location: 162-166 Balaclava Rd, Eastwood, NSW

Services: Comprises Bethany Hostel & Bethany Nursing Home. Provides geriatric, rehabilitation & dementia nursing. Elaroo provides dementia day care. DTC (Day Therapy Centre) provides exercise and music therapy to clients and members of the community over the age of 65.

St John's North Ryde Preschool Association Inc

Phone: 02 9888 7835

Email:

preschool@northrydeanglican.org.au

Web: www.northrydeanglican.org.au

Location: 152 Coxs Rd, North Ryde, NSW

Services: 40 place community based funded preschool. Provision for children with special needs and children from NESB.

St Joseph's Hostel

Phone: 02 9817 2055

Location: 41 Gladesville Rd, Hunters Hill, NSW

Services: 52 bed low care residential facility.

Stroke Recovery Assoc Of NSW

Phone: 1300 650 594, 02 9807 6422

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW

Services: 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: 02 9807 6422, 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: 227 Morrison Rd, Putney, NSW

Services: 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.

Sydney Community Services

Phone: 02 9817 0101

Email: support@sydneycs.org

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Aims to reduce social isolation for frail aged and people with a disability in the community 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.

Sydney Community Services

Phone: 02 9817 0101

Email: rliu@sydneycs.org.au

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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 first and third Tuesday of the month. And one on one flexible respite on a day and time that suits the client. We also provide community participation one on one to those with a disability. SCS 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)

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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 Macquarie University Psychology Clinic

Phone: 02 9850 8000

Email: Psychology.Clinic@mq.edu.au

Web: www.psy.mq.edu.au/clinic.htm

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

Services: 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.

The ORS Group

Phone: 1800 000 677

Email: ors@orsgroup.com.au

Web: www.orsgroup.com.au

Location: Level 1, 5-9 Devlin St, Ryde, NSW

Services: The ORS Group is a national company with over 60 offices across Australia. We offer a range of services to participants, injured workers, people with disability, employers and people who want to improve their work situation. Our employment related services are designed to help individuals harness their abilities, meet their challenges and achieve both their personal and professional goals.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Email: enquiries@shepherdcentre.com.au

Web: www.shepherdcentre.org.au

Location: The Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: 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.

Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Travelodge Macquarie North Ryde

Phone: 02 8874 5200

Email: macquarie@travelodge.com.au

Web: www.travelodge.com.au

Location: 81 Talavera Rd, Macquarie University, NSW

Services: There are six (6) accessible units; microwave; fridge; kettle; plates and cutlery. Room service not available.

Truscott Street Public School

Phone: 02 9878 1264

Email: truscottst-p.school@det.nsw.edu.au

Web: www.truscottst-p.schools.nsw.edu.au

Location: Truscott St, North Ryde, NSW

Services: 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).

Volunteer Visiting Program - Ryde to Hunters Hill

Phone: 02 9817 0101

Email: volunteervisit@hhrcs.org.au

Web: www.hhrcs.org.au/

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

Location: Hodson Bldg, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with physical disabilities and using a manual wheelchair. Sports include archery, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis, track and road. Fee for booking Wheelchair Sports Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

Willandra Village

Phone: 02 9346 1340, 02 9346 1342

Email: sotton@baptistcare.org.au

Web:

baptistcare.org.au/our-services/retirement-living/willandravillage/#fndtn-overview

Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW

Services: Retirement village for senior men & women, independent living.

Yoga Infinity for People with / without Disability

Phone: 0458 798 378

Email: rosannarobertson@icloud.com

Web: www.yogainfinity.com.au

Location: West Ryde Uniting Church - hall, 7 Maxim St, West Ryde, NSW

Services: 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.

Youthsafe

Phone: 02 9817 7847

Email: office@youthsafe.org

Web: www.youthsafe.org

Location: Level 3, 5-9 Devlin St., Ryde, NSW

Services: Youthsafe, aims to foster the development of partnerships and collaboration within the field of youth injury prevention. Youthsafe works at local and state levels with government, industry, community groups, education institutions, non-government organisations and the media. Youthsafe is committed to strong advocacy and best practice initiatives to reduce injuries in young people.

Financial Support and Low Cost Goods and Services

Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc

Phone: 02 9816 5000

Email: info@rhhct.org.au

Web: www.rhhct.org.au

Location: 6 Victoria Rd, Henley, NSW

Services: 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.

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Location: ADHD Centre, 51 Wicks Rd, North Ryde, NSW

Services: 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 Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morris Rd, Ryde, NSW

Services: Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Aged Services Social Support

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

ArjoHuntleigh Getinge Group - NSW

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Arthritis & Osteoporosis NSW

Phone: 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: Suite 1.15, 32 Delhi Rd, North Ryde, NSW

Services: non-government health charity seeking to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. Services include Support, Education and Events. Support is provided through an InfoLine, Membership, Support Groups and Branches throughout NSW. Warm Water Exercise Classes operate in the Sydney Metro area. Education services involves Seminars, Webinars, Community Awareness Sessions, Osteoarthritis of the Knee (OAK) Program and a monthly eNewsletter. There are two camps run annually that provide children who have juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different. Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years, with activities for the kids and their siblings. Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis for ages 9 to 18 years.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Arthritis NSW Ryde Support Group

Phone: 02 9817 7470, 02 9887 2295,

Email: rydearthritis@gmail.com

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

Location: Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde, NSW

Services: A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects. Guest speakers at meetings.

Ashburn House Aged Care

Phone: 02 8876 9200

Email: admin@chomes.com.au

Web: www.chomes.com.au

Location: 20-34 Ashburn Pl, Gladesville, NSW

Services: 20 low care beds. 84 high care beds of which 40 are extra services, and 44 standard services.

AstraZeneca Pty Ltd

Phone: 02 9978 3500

Email:

medinfo.australia@astrazeneca.com

Web: www.astrazeneca.com.au

Location: 66 Talavera Rd, Macquarie Park, NSW

Services: 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 for use by people all over the world. There is an extensive range of products for asthma.

At Home Care - Feros Care: Northern Sydney

Phone: 1300 763 583

Email: community@feroscare.com.au

Web: www.feroscare.com.au

Location: Ryde, NSW

Services: 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.

Audio Clinic

Phone: 02 9877 6300

Email: ryde@audioclinic.com.au

Web: www.audioclinic.com.au

Location: Suite 3A, 10 Pope St, Ryde, NSW

Services: Hearing tests for adults & children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans & Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)

Phone: 02 9817 2439

Email: awch@awch.com.au

Web: www.awch.org.au

Location: Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville, NSW

Services: 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.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite

Phone: 02 9346 1230

Email:

homeservicesintake@baptistcare.org.au

Web: www.baptistcare.org.au

Location: Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW

Services: 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. NDIS provider; fee for service; or via MyAgedCare.

BaptistCare Shalom Centre

Phone: 1300 275 227

Email: shalom@baptistcare.org.au

Web: www.baptistcare.org.au

Location: 159-165 Balaclava Rd, Macquarie Park, NSW

Services: High care facility including a high care dementia specific unit. High care Extra Service facility opened in August 2008 with 65 single rooms - 32 high care and 33 dementia specific.

Battery World

Phone: 02 9807 8582

Email: ryde@batteryworld.com.au

Web: www.batteryworld.com.au

Location: 39 Church St, Ryde, NSW

Services: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

BCS Cooinda Court Hostel

Phone: 02 9346 1300

Email: ask@bcs.org.au

Web:

<https://baptistcare.org.au/our-services/aged-care-centres/macquarie-park/macquarie-park-cooinda-court/#fndtn-overview>

Location: 159 Balaclava Rd, Macquarie Park, NSW

Services: Hostel accommodation for frail aged people in serviced rooms.

Brain Injury Australia Limited

Phone: 02 9808 9390

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Location: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Calvary Retirement Community Ryde

Phone: 02 8878 1400

Web:

www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

Location: 678 Victoria Rd, Ryde, NSW

Services: The community provides retirement accommodation in Dalton Gardens (self care apartments and villa units), Marian Hostel (low care) and Mary Potter Nursing Home (high care).

Campus Wellbeing and Support

Services

Phone: 02 9850 7497

Email: campuswellbeing@mq.edu.au

Web: mq.edu.au/disability

Location: Level 2, 16 Wally's Walk, Macquarie University, NSW

Services: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Care Call Emergency Response

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: www.baptistcare.org.au/carecall

Location: 157 Balaclava Rd, Macquarie Park, NSW

Services: Immediate response to emergency situations. 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically sends a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only. information available in a number of different languages.

CareCall Emergency Response Service

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: <https://baptistcare.org.au/carecall>

Location: NSW

Services: 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only.

**Catholic Community Services -
Community Aged Care Packages**

Phone: 1800 225 474

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: The Mercy Arms, 663 Elizabeth St, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email: community.clients@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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: 1300 319 011

Email: enquiries@chcs.com.au

Web:

www.catholiccommunityservices.com.au/

Location: Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW

Services: 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: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare
Service**

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

CCA Telephone Linkage

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Centrelink

Web:

www.humanservices.gov.au/customer/dhs/centrelink

Location: 19-27 Devlin St, Ryde, NSW

Services: 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.

Cerebral Palsy Alliance - Ryde Gym

Phone: 02 8878 3500

Email: mliberatore@cerebralpalsy.org.au

Web:

www.cerebralpalsy.org.au/health-and-wellbeing-group-programs

Location: Cerebral Palsy Alliance, Ryde, NSW

Services: Cerebral Palsy Alliance 'Sportsfitz' gym offers services to people aged 8+ with cerebral palsy and other disabilities in state of the art, fully accessible environment. The range of programs includes individual services with ESSA accredited exercise physiologists as well as group programs like 'Healthy Kids' and 'Upright and active'. NDIS Provider

Christian Community Aid Inc

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

CICADA Australia Inc

Phone: 02 9488 9728

Email: jcassell@bigpond.com

Web: www.cicada.org.au

Location: Club Room, Syd Cochlear Implant Centre, Building 39, Punt Rd, Gladesville, NSW

Services: Provides support and advice for pre and post cochlear implantees and families. Also provides opportunities to meet others socially and share information. Monthly morning teas and weekend social BBQs and Guest Speaker 4 times per year.

City of Ryde - Community Services

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Planning and co-ordination of services for aged, disabled, families, children, youth.

City of Ryde Access Advisory Committee

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web:

www.ryde.nsw.gov.au/Council/Committees/Advisory-Committees

Location: Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde, NSW

Services: Advisory Committees provide an opportunity for local residents and relevant organisations to contribute to the day-to-day running of the Council.

Clermont Aged Care

Phone: 02 9809 1416

Email: clermont@speednet.com.au

Web: www.clermontagedcare.com.au

Location: 8-14 Clermont Ave, Ryde, NSW

Services: 55 bed aged care facility.

Co.As.It. Italian Dementia Specific Daycare Group.

Phone: 02 9564 0744 (Office)

Email: referrals@coasit.org.au

Web: www.coasit.org.au

Location: Dementia and Memory Community Centre, Alzheimer's Australia NSW, Cnr Coss Rd and Norton Rd, North Ryde, NSW

Services: Social Support Group for older Italians living with dementia; carer support. Morning tea and lunch provided. Transport provided.

Cochlear Ltd

Phone: 02 9428 6555, 1800 620 929 (Customer Service Team)

Email: customerservice@cochlear.com

Web: www.cochlear.com

Location: 1 University Ave, Macquarie University, NSW

Services: Cochlear implant supplier.

Community Visitors Scheme

Phone: 02 9817 0101

Email: cvs@hhrcs.org

Web: www.hhrcs.org.au

Location: 42-46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Continence Advisor (Northern Sydney Home Nursing Service)

Phone: 02 9816 0550

Location: Building 16, Victoria Rd, Gladesville, NSW

Services: Also at Bernard Curran Unit, Hornsby Hospital, entry from Derby Rd, Hornsby. Individual assessment and advice regarding bladder and bowel incontinence; advice on schemes for and suppliers of incontinent aids. Home visits available in the Ryde/Hunters Hill & Hornsby/Kuring-gai areas. Fortnightly clinics at both Ryde (9858 7524) and Hornsby (9477 9514) Hospitals. Appointment needed. Information sessions for community groups by arrangement.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc

Phone: 02 9809 0287

Web: www.cdlsa.us.org.au

Location: NSW

Services: 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

Cornucopia Cafe & Nursery/Mars Garden Maintenance

Phone: 02 9816 0393

Email: geoff.craig@health.nsw.gov.au

Web: www.mars-inc.com.au

Location: Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

CTA Australia

Phone: 1300 282 282

Email: salesnsw@cobbletac.com

Web: www.cobbletac.com

Location: Unit 23, 43-51 College St, Gladesville, NSW

Services: 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.

CULTIVATE NSW - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Location: Telopea Centre, 59 Parkes St, Ryde, NSW

Services: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. Promotes training, e.g. nationally accredited Therapeutic Horticulture course (1 day for 8 weeks), Padstow TAFE. Can provide talks, demonstrations, workshops (4hr) special courses and Open days by arrangement.

Cystic Fibrosis Australia

Phone: 02 9889 5171

Email: general@cfa.org.au

Web: www.cysticfibrosis.org.au

Location: Rose Cottage, 2 Richardson Place, North Ryde, NSW

Services: 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.

Dementia Australia of NSW

Phone: 02 9805 0100

Email: nsw.helpline@dementia.org.au

Web: www.dementia.org.au

Location: Macquarie Hospital Campus, 120 Cocks Rd, North Ryde, NSW

Services: Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 9am-5pm. Carer and worker education, membership, referral to local services, support groups and counselling. library available. Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

DoE Student Services, Northern Sydney Region

Phone: 02 9986 7000

Email: disability.support@det.nsw.edu.au

Web:

www.schools.nsw.edu.au/studentsupport/programs/disability.php

Location: 2/75 Talavera Rd, Macquarie Park, NSW

Services: 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).

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Email: brianzeman@health.nsw.gov.au

Location: Level 1, 37 Fourth Ave, Eastwood, NSW

Services: Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Eastwood Ryde Netball Association Inc

Phone: 02 9874 2190

Email: admin@ernanetball.com.au

Web: www.erna.nsw.netball.com.au

Location: End of, Adelaide St, West Ryde, NSW

Services: Organises Fun Net for girls and boys 5 yrs +, competition for girls and boys 7-11yrs, girls and women 12yrs + and mixed open competition. People with intellectual and physical disabilities are welcome. Held at Brush Farm and Meadowbank Parks. During Competition dates – Saturday 8.00-4.30

Estia Foundation

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: Provides respite care for 3 days to 5 weeks maximum over a 12 month period for young people with physical and intellectual disabilities. Respite facilities are at Gladesville and Roselands. A Weekend Day Care program is available at Gladesville. A permanent accommodation program is available subject to DADHC approval. Group home at North Ryde.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Estia Health

Phone: 02 9809 3068

Email: info@estiahealth.com.au

Web:

www.estiahealth.com.au/locations/ryde

Location: 94 Bowden St, Ryde, NSW

Services: 40 bed nursing home.

Ethnic & Australian Centre Based Luncheons

Phone: 02 9858 3222

Email: CarmenMiu@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

Extended Care Services (Weemala)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Weemala is a large residential facility which provides long-term rehabilitation and support services to clients with complex support needs. Located in the grounds of Royal Rehabilitation Centre at Ryde.

Fernleigh Nursing Home

Phone: 02 9809 3217

Email: fernleigh@opalagedcare.com.au

Web:

<https://www.opalagedcare.com.au/contact-us/>

Location: 8 Sherbrooke Rd, West Ryde, NSW

Services: 79 bed high and low care nursing home with qualified nursing staff onsite at all times.

Figtree Park

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Ryde Rd (between Matthew St and Gladesville Rd), Hunters Hill, NSW

Services: Open space, raised garden for disabled, seating.

Friday Lunch Group

Phone: 02 9858 3222

Email: win.sun@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Location: Step House, 23 Punt Rd, Gladesville, NSW

Services: 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: 02 9809 3468

Email: info@gouldinghillpreschool.com.au

Web: gouldinghillpreschool.com.au/

Location: 2 Hancott St, Ryde, NSW

Services: 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.

HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Home and Garden Maintenance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9816 1599, 0414 585 543

Email: david.carver@homeinstead.com.au

Web: www.homeinstead.com.au

Location: Unit 7, 71-75 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Hunters Hill Access Advisory Committee

Phone: 02 9879 9419

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: 22 Alexandra St, Hunters Hill, NSW

Services: 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.

Hunter's Hill Council - Community Services

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au/

Location: 22 Alexandra St, Hunters Hill, NSW

Services: Planning for provision of services for aged, disabled, families, children, youth.

Hunters Hill Ryde Day Centre

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

Hunters Hill Seniors Advisory Group

Phone: 02 9879 9400

Email: commserv@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Hunters Hill, NSW

Services: : A Committee of Council which advises Council on the needs and issues of seniors in the Hunters Hill area. The Group consists of members of the local community and representatives from seniors associations and services. New members are most welcome. Meets bi-monthly at local venues. Please contact Kate Kutty - Aged and Disability Coordinator at Hunters Hill Council to discuss what we do!

Huntington's NSW

Phone: 02 9874 9777, 1800 244 735

(Regional NSW)

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Location: Elsie Court Cottage, 21 Chatham Rd, West Ryde, NSW

Services: 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.

Italian Bilingual School

Phone: 02 9807 2272

Email: info@ibs.nsw.edu.au

Web: www.ibs.nsw.edu.au

Location: 30-32 See St, Meadowbank, NSW

Services: Bilingual primary school. Kindergarten to year 6.

Lifestart Cooperative Ltd Early Childhood Intervention Program Ryde/Eastwood

Phone: 02 9868 5066

Email: eastwood@lifestart.org.au

Web: www.lifestart.org.au

Location: 679 Blaxland Rd, Eastwood, NSW

Services: Parent driven service for children with additional needs. The focus is on educational and therapeutic opportunities for children and their families. Staffing includes special educators, physiotherapy, speech pathology, occupational therapy and social work. Open Play is a group for any families who have concerns about their child's development and would like to attend. Conduct parent training programs (e.g. toilet training, sleep programs) and programs for families of children with autism with behavioural difficulties.

Linen Program - North Ryde Community Aid

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Location: 55 Wicks Rd, North Ryde, NSW

Services: Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie ADHD Parent Support Group Inc

Phone: 02 9889 5977

Email: info@macquarieadhd.org.au

Web: www.facebook.com/macqadhd.org.au

Location: Dunmore Lang College, 130-134 Herring Rd, North Ryde, NSW

Services: Parents and carers of children with ADHD, and anyone interested in ADHD are invited to hear speakers and network with other parents at quarterly meetings.

Macquarie Centre

Phone: 02 9887 0800

Email: macquariecentre@ampcapital.com

Web: www.macquariecentre.com.au

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

Services: A major regional shopping centre with over 340 specialty shops, major dept stores and supermarkets, a 16 screen Greater Union cinema complex (Macquarie Megaplex) 9888 1544, an Ice Skating rink and numerous food outlets. "Shop Mobility" offers free mobility equipment to customers with limited mobility, bookings 9887 0820. A Justice of the Peace is available at the Customer Service Centre Wed 9:30am-3pm & Sat 9:30am-2:30pm.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Magnamail

Phone: 1800 251 252, 02 8874 8777 (within Sydney)

Email: contactus@magnamail.com.au

Web: www.magnamail.com.au

Location: NSW

Services: 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. Showroom at Unit 5, 2/4 William St Brookvale.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Email: multilit@multilit.com

Web: www.multilit.com

Location: Suite 2, Level 3, 75 Talavera Rd, Macquarie Park, NSW

Services: Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Can also provide online programs. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW.

Marian Hostel

Phone: 02 8878 1407

Web:

www.calvarycare.org.au/retirement-communities/locations/ryde-nsw/#respite

Location: 678 Victoria Rd, Ryde, NSW

Services: 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Meadowbank TAFE. Northern Sydney Institute of TAFE

Phone: 131 674, 02 9942 3666,

Email: nsi.study@tafensw.edu.au

Web: www.tafestudy.info

Location: See St, Meadowbank, NSW

Services: 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.

Meals on Wheels

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Meals are delivered to the aged, disabled and carers at minimum cost on a long or short term basis. Hot, cold or frozen meals are provided. Dietary needs catered for.

Meals on Wheels

Phone: 02 9817 0101

Email: mow1@hhrccs.org.au

Web: www.hhrccs.org.au

Location: Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Medtronic Australasia Office

Phone: 02 9418 9611, 1800 777 808

Email: medcust@medtronic.com

Web: www.medtronic-diabetes.com.au

Location: 5 Alma Rd, Macquarie Park, NSW

Services: Diabetes equipment and supplies including continuous glucose monitoring and blood glucose meters.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511

Email: mhrt@doh.health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

Location: Building 40, Gladesville Hospital, Digby Rd, Gladesville, NSW

Services: A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Mental Health Sports Network (MHSN)

Phone: 1800 843 539

Email: corporateadmin@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: The MHSN provides sport and recreation activities and sports camps to people with a mental illness. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, tennis and sports camps. The website provides information on events, sporting activities and the annual calendar of events. Auspiced by One Door Mental Health (former Schizophrenia Fellowship NSW), the MHSN is supported by the Department of Sport and Recreation.

Metro Inn Ryde

Phone: 02 9807 4022

Email: sales@rydeinn.com.au

Web: www.rydeinn.com.au/

Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW

Services: Motel.

Minimbah Challenge Inc

Phone: 02 9887 2299

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Location: 10 Vincentia St, Marsfield, NSW

Services: 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.

Mix 'n' Mingle Morning Tea Group

Phone: 02 9888 3380

Email: activities@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: One of three weekly social meal groups that includes a brunch style morning tea with great conversation, as well as craft, games or a guest speaker.

Mobility Parking Scheme (MPS)

Phone: 13 22 13

Web:

www.rms.nsw.gov.au/roads/using-roads/mobility-parking/

Location: Roads and Maritime Services, Cnr Blaxland & North Rds, Ryde, NSW

Services: 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.

Modibodi

Email: info@modibodi.com.au

Web: www.modibodi.com.au

Services: A supplier of underwear designed to offer absorbent protection during exercise, menstrual periods and incontinence, with a wide range of products including bras and underpants.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691, 02 9850 9697

Email: sally.howell@mq.edu.au

Web:

www.musec.mq.edu.au/community_outreach/musec_school/

Location: Building X5A, Special Education Centre, Balaclava Rd, Macquarie University, NSW

Services: Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

National Centre For Childhood Grief ('A Friend's Place')

Phone: 1300 654 556, 02 9804 6909

Email: afriendsplace@me.com

Web: www.childhoodgrief.org.au

Location: 14 Hollis Ave, Denistone East, NSW

Services: Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books & videos), training courses and seminars on bereavement. We also offer bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling service is free after the initial assessment session.

National Disability Coordination Officer Program - Northern Sydney

Phone: 02 8848 6503

Email: nathand@missionaustralia.com.au

Web:

www.education.gov.au/national-disability-coordination-officer-programme

Location: Centre for Disability Studies, 59 Charles St, Ryde, NSW

Services: The NDCO Program provides information to assist people with a disability from age 15 to 64 to move from school into training and higher education, and then into their chosen career. This includes information and advice on post-school options, supports and services; assistance in understanding the transition to post-school education and training, and to employment; and links with appropriate people to plan and make a successful entry into further study and employment. Funded by the Australian government Department of Education.

New Horizons Enterprises Ltd

Phone: 1300 726 372

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons has a long history of providing innovative services that support individuals and communities to enhance wellbeing. Since forming the world's first social enterprise almost half a century ago, we've expanded the reach of our services to thousands of people in hundreds of communities in Australia. We assist people to achieve wellbeing in a variety of areas of their life: - Accommodation & Tenancies- Employment & Education- Community & Social Participation- Daily Living & Independence- Cultural & Spiritual Wellbeing Whilst our customers cover almost all sectors of the community, we have specialised experience in: - Aged Care- Disabilities- Indigenous- Justice- Homelessness- Mental Health

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)

Phone: 02 9095 4370

Email: mywellbeing@newhorizons.net.au

Web:

www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors

Location: 15 Twin Rd, North Ryde, NSW

Services: 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. NDIS accreditation.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc

Phone: 02 9411 4429

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Location: Cerebral Palsy Alliance, 3a Smalls Rd, North Ryde, NSW

Services: Specialised toys and equipment borrowing service for young children with disabilities / special needs.

North Ryde Community Aid & Information centre

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: North Ryde Community Aid, 4 Cutler Pde, North Ryde, NSW

Services: Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

North Ryde Community Aid & Information Centre Inc

Phone: 02 9888 3380

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: North Ryde Community Aid & Information Centre Inc. (NRCA) are a not for profit organisation reliant on government funding and community generosity to deliver a range of services and assistance to the socially and financially disadvantaged in our community. Our staff and volunteers are committed to the well being, independence and engagement of our communities aged, disadvantaged and disabled residents.

North Ryde Community Preschool Inc

Phone: 02 9808 3015

Email: admin@nrpc.org.au

Web: www.nrpc.org.au

Location: 13 Clermont Ave, Ryde, NSW

Services: 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 2years.

Northern Sydney Carer Support Service

Phone: 02 9462 9488

Email:

NSLHD-CARERS@health.nsw.gov.au

Web: www.nscarersupport.com.au

Location: North Ryde, NSW

Services: 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.

Northern Sydney Home Nursing Service - NSHNS

Phone: 02 9887 5444

Email: nsldh-nshns@health.nsw.gov.au

Location: Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde, NSW

Services: Hornsby Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 6677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Manly Centre, 02 9976 9888, Mona Vale Centre, 02 9998 0555,

Northern Sydney Home Nursing Service - Ryde Centre

Phone: 02 9816 0550

Email:

NSHNS@nsccahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Location: Building 16, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

NSW Developmental Disability Health Unit

Phone: 02 9808 9287

Web: www.cds.org.au

Location: Royal Rehab, 241 Morrison Rd, Ryde, NSW

Services: Provides medical checkup and referral to specialists as necessary, for adults aged 16+ with developmental (intellectual, autism etc) disabilities. Bulkbill. Referral by GP letter; bring Medicare card and copy of previous records.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)

Phone: 1800 628 221

Email: eahru@chcs.com.au

Web: www.elderabusehelpline.com.au

Services: A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse.

NSW Seniors Information Service (SIS)

Phone: 13 77 88

Email: info@service.gov.au

Web: service.nsw.gov.au

Location: NSW

Services: 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.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

One Door Mental Health - New Moves

Phone: 0402 957 138

Email: philippa.boss@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: This 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 activities, peer support and healthy eating. An exercise physiologist, a peer educator and a support worker facilitate the group for 2 hours weekly. You can join anytime. NDIS provider.

Ozanam Industries

Phone: 02 9807 4066

Email: westryde@ozanam.org.au

Web: www.ozanam.org.au

Location: 81-87 Ryedale Rd, West Ryde, NSW

Services: Workshop offers supported employment for people with moderate to severe intellectual disabilities.

Parents of Deaf Children (PODC)

Phone: 02 9870 8097, 0401 093 256

Email: info@podc.org.au

Web: www.podc.org.au

Location: Suite 100b Australian Hearing Hub, 16 University Av, Macquarie University, NSW

Services: Parents of Deaf Children (PODC) is a non-profit organisation, supporting families with babies, children and teenagers with hearing loss in NSW. The organisation offers a range of information, support and advocacy services for parents and carers. PODC connects families to others in their local area via POD groups (parent groups). PODC produces a quarterly magazine, Sound News, which provides information about parenting and educating a child with hearing loss. PODC advocates on behalf of families with government departments and service providers.

Parkinson's NSW

Phone: 1800 644 189

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building, 120 Coss Rd, North Ryde, NSW

Services: Support group for carers and people who have Parkinsons Disease.

Parkinson's NSW Inc

Phone: 1800 644 189 (Toll free), 02 8051 1900

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW

Services: 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

Performance Health ANZ

Phone: 1300 473 422

Email: sales@performhealth.com.au

Web: www.performhealth.com.au/

Location: Ground floor, 10 Ajulius Ave, North Ryde, NSW

Services: Performance Health 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.

Printacall

Phone: 02 9809 2392, 02 9809 1283 (TTY)

Email: sales@printacall.com.au

Web: www.printacall.com.au

Location: 2 Doig Av, Denistone East, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

QUEST Macquarie Park

Phone: 02 8879 4600

Email:

questmacquariepark@questapartments.com.au

Web:

www.questapartments.com.au/properties/nsw/macquarie-park/quest-macquarie-park/overview

Location: 71 Epping Rd, Macquarie Park, NSW

Services: Apartment with full kitchen and laundry facilities. Please request accessible rooms. Shower has level entry, wall seat, height adjustable handheld shower hose. Basin access beneath, Grab rails. Queen ensemble bed.

Raclo Remote Control

Phone: 02 9879 6088

Email: webmail@raclo.com.au

Web: www.raclo.com.au

Location: 304 Victoria Rd, Gladesville, NSW

Services: 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

Email: north@ransw.org.au

Web: www.relationships.com.au

Location: Suite 102, 68 Waterloo Rd, Macquarie Park, NSW

Services: 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.

Return2Driving

Phone: 02 9808 9328

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Location: Ground Floor, 235 Morrison Rd, Ryde, NSW

Services: 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.

Return2Sport

Phone: 02 9808 9353

Email: return2sport@Royalrehab.com.au

Web: www.royalrehab.com.au

Location: c/o Royal Rehab, 235 Morrison Rd, Ryde, NSW

Services: Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people aged 15+ with a physical disability to be as independent as possible. People can have individualised assessments and interventions to suit their needs, or engage in existing programs. Programs are conducted at various venues: beach access, cycling (St Ives, Newington), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing. Basketball, fencing, tennis, running, and yoga occur at Royal Rehab. Also Monday choir and fortnightly craft evenings. NDIS Provider

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Location: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield, NSW

Services: Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Royal Rehab

Phone: 02 9808 9631

Email:

elizabeth.menner@royalrehab.com.au

Web: royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is also a non-profit organisation raising funds to support and sustain our vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Eastwood Home Delivered Meals

Phone: 02 9858 3222

Email: admin@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Hot, chilled and frozen meals are delivered by volunteers to the elderly and/or disabled at a minimal cost 1 to 7 days a week depending on requirement. Dietary needs such as diabetes, gluten intolerances etc. catered for as are cultural needs with Asian, Indian, Italian and Halal meals available.

Ryde Hunters Hill Home Modification & Maintenance Service

Phone: 02 9952 8222

Email: hmms@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Provides home modification & maintenance services for frail, aged people (not on Home Care Packages) and people with disabilities (not on NDIS) and their carers enabling them to remain living independently at home. To be eligible you need to be aged over 65; reside in and be the owner of the home

Ryde Library Service

Phone: 02 9952 8352

Email: rydelibrary@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 1 Pope St, Ryde, NSW

Services: Provides reference and lending services. Materials for loan include large print, videos, CDs, DVDs books in community languages, language learning materials, magazines, talking books. Weekly storytimes and holiday activities for children. Toys at North Ryde. Word processing PCs and internet access. Home library service. Community Information service. Genealogy and Local Studies collections based at Ryde. Branches at West Ryde, North Ryde, Eastwood & Gladesville.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd

Phone: 02 9809 2211

Web: www.s-antonio-da-padova.com/

Location: 305 Blaxland Rd, Ryde, NSW

Services: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Saturday Lunch Group

Phone: 02 9858 3222

Email: marie.wilkie@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Service NSW. Macquarie Centre North Ryde

Phone: 13 77 88

Web:

www.service.nsw.gov.au/service-centre/ryde-service-centre

Location: Shop 1 U05/6, Level 1, Corner Waterloo and Herring Rds, North Ryde, NSW

Services: Knowledge test for drivers licences & motor vehicle registration. Applications for Parking Mobility Scheme cards must be signed by a doctor.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

Shopmobility (Macquarie Centre)

Phone: 02 9887 0800

Email: help@ilcnsw.asn.au

Web: ilcaustralia.org.au/suppliers/6744

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

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

Shopping Assistance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9858 3222

Email: maree.prentice@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: 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: 02 9808 5500

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Location: Shop 1, 30-32 Herbert St, West Ryde, NSW

Services: 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.

Sir Moses Montefiore Jewish Home

Phone: 02 9879 2777

Email:

huntershill@montefiorehome.com.au

Web: www.montefiorehome.com.au

Location: 120 High St, Hunters Hill, NSW

Services: 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.

Skillseekers Community Access Service

Phone: 1300 858 378 (Initial contact), 02 9805 0625

Web: www.dosomethingnearyou.com.au

Location: 74 Agincourt Rd, Marsfield, NSW

Services: 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 Meal Groups

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: Social groups for CHSP eligible residents. Particularly caters to the aged who may be socially isolated or financially disadvantaged and still living in their own homes. A home style 3 course meal is provided every week on Tuesday and Wednesday and a substantial morning tea on Thursday. Guest speakers, entertainment or activities are provided each week. Groups have an outing once a month instead of gathering at NRCA.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 42 Gladesville Rd, Hunters Hill, NSW

Services: 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: 02 9817 0101

Email: office1@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Social Transport Service

Phone: 02 9817 0101

Email: hhrcomtransport@bigpond.com

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Bus outings for older people. Community buses available for hire: three 20 seater; one 10 seater.

Sound Expression - Music Therapy

Phone: 0416 288 917

Email: iani@soundexpression.com.au

Web: www.soundexpression.com.au

Location: Sound Expression, 7 Avon Rd, North Ryde, NSW

Services: The clinic provides music therapy, music lessons and school-readiness programs for children and adults with disability. NDIS Provider.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

St Anne's Nursing Home

Phone: 02 9879 6977

Web:

www.catholichealthcare.com.au/en/residence/st-annes-aged-care/

Location: 1 De Milhau Rd, Hunters Hill, NSW

Services: 50 bed nursing home with dementia care. Catholic Healthcare is a leading not-for-profit provider of Residential Aged Care, Community Services, Retirement Living and Healthcare in NSW and QLD. We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 22 years.

St Catherine's Aged Care Services Ltd

Phone: 02 9805 1655

Web: www.scacs.org.au/

Location: 162-166 Balaclava Rd, Eastwood, NSW

Services: Comprises Bethany Hostel & Bethany Nursing Home. Provides geriatric, rehabilitation & dementia nursing. Elaroo provides dementia day care. DTC (Day Therapy Centre) provides exercise and music therapy to clients and members of the community over the age of 65.

St John's North Ryde Preschool Association Inc

Phone: 02 9888 7835

Email:

preschool@northrydeanglican.org.au

Web: www.northrydeanglican.org.au

Location: 152 Coxs Rd, North Ryde, NSW

Services: 40 place community based funded preschool. Provision for children with special needs and children from NESB.

St Joseph's Hostel

Phone: 02 9817 2055

Location: 41 Gladesville Rd, Hunters Hill, NSW

Services: 52 bed low care residential facility.

Stroke Recovery Assoc Of NSW

Phone: 1300 650 594, 02 9807 6422

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW

Services: 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: 02 9807 6422, 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: 227 Morrison Rd, Putney, NSW

Services: 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.

Sydney Community Services

Phone: 02 9817 0101

Email: support@sydneycs.org

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Aims to reduce social isolation for frail aged and people with a disability in the community 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.

Sydney Community Services

Phone: 02 9817 0101

Email: rliu@sydneycs.org.au

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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 first and third Tuesday of the month. And one on one flexible respite on a day and time that suits the client. We also provide community participation one on one to those with a disability. SCS 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)

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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 Macquarie University Psychology Clinic

Phone: 02 9850 8000

Email: Psychology.Clinic@mq.edu.au

Web: www.psy.mq.edu.au/clinic.htm

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

Services: 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.

The ORS Group

Phone: 1800 000 677

Email: ors@orsgroup.com.au

Web: www.orsgroup.com.au

Location: Level 1, 5-9 Devlin St, Ryde, NSW

Services: The ORS Group is a national company with over 60 offices across Australia. We offer a range of services to participants, injured workers, people with disability, employers and people who want to improve their work situation. Our employment related services are designed to help individuals harness their abilities, meet their challenges and achieve both their personal and professional goals.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Email: enquiries@shepherdcentre.com.au

Web: www.shepherdcentre.org.au

Location: The Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: 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.

Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Travelodge Macquarie North Ryde

Phone: 02 8874 5200

Email: macquarie@travelodge.com.au

Web: www.travelodge.com.au

Location: 81 Talavera Rd, Macquarie University, NSW

Services: There are six (6) accessible units; microwave; fridge; kettle; plates and cutlery. Room service not available.

Truscott Street Public School

Phone: 02 9878 1264

Email: truscottst-p.school@det.nsw.edu.au

Web: www.truscottst-p.schools.nsw.edu.au

Location: Truscott St, North Ryde, NSW

Services: 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).

Volunteer Visiting Program - Ryde to Hunters Hill

Phone: 02 9817 0101

Email: volunteervisit@hhrcs.org.au

Web: www.hhrcs.org.au/

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

Location: Hodson Bldg, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with physical disabilities and using a manual wheelchair. Sports include archery, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis, track and road. Fee for booking Wheelchair Sports Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

Willandra Village

Phone: 02 9346 1340, 02 9346 1342

Email: sotton@baptistcare.org.au

Web: baptistcare.org.au/our-services/retirement-living/willandravillage/#fndtn-overview

Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW

Services: Retirement village for senior men & women, independent living.

Yoga Infinity for People with / without Disability

Phone: 0458 798 378

Email: rosannarobertson@icloud.com

Web: www.yogainfinity.com.au

Location: West Ryde Uniting Church - hall, 7 Maxim St, West Ryde, NSW

Services: 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.

Youthsafe

Phone: 02 9817 7847

Email: office@youthsafe.org

Web: www.youthsafe.org

Location: Level 3, 5-9 Devlin St., Ryde, NSW

Services: Youthsafe, aims to foster the development of partnerships and collaboration within the field of youth injury prevention. Youthsafe works at local and state levels with government, industry, community groups, education institutions, non-government organisations and the media. Youthsafe is committed to strong advocacy and best practice initiatives to reduce injuries in young people.

Health and Wellbeing

Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc

Phone: 02 9816 5000

Email: info@rhhct.org.au

Web: www.rhhct.org.au

Location: 6 Victoria Rd, Henley, NSW

Services: 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.

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Location: ADHD Centre, 51 Wicks Rd, North Ryde, NSW

Services: 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 Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morris Rd, Ryde, NSW

Services: Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Aged Services Social Support

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

ArjoHuntleigh Getinge Group - NSW

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Arthritis & Osteoporosis NSW

Phone: 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: Suite 1.15, 32 Delhi Rd, North Ryde, NSW

Services: non-government health charity seeking to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. Services include Support, Education and Events. Support is provided through an InfoLine, Membership, Support Groups and Branches throughout NSW. Warm Water Exercise Classes operate in the Sydney Metro area. Education services involves Seminars, Webinars, Community Awareness Sessions, Osteoarthritis of the Knee (OAK) Program and a monthly eNewsletter. There are two camps run annually that provide children who have juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different. Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years, with activities for the kids and their siblings. Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis for ages 9 to 18 years.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Arthritis NSW Ryde Support Group

Phone: 02 9817 7470, 02 9887 2295,

Email: rydearthritis@gmail.com

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

Location: Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde, NSW

Services: A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects. Guest speakers at meetings.

Ashburn House Aged Care

Phone: 02 8876 9200

Email: admin@chomes.com.au

Web: www.chomes.com.au

Location: 20-34 Ashburn Pl, Gladesville, NSW

Services: 20 low care beds. 84 high care beds of which 40 are extra services, and 44 standard services.

AstraZeneca Pty Ltd

Phone: 02 9978 3500

Email:

medinfo.australia@astrazeneca.com

Web: www.astrazeneca.com.au

Location: 66 Talavera Rd, Macquarie Park, NSW

Services: 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 for use by people all over the world. There is an extensive range of products for asthma.

At Home Care - Feros Care: Northern Sydney

Phone: 1300 763 583

Email: community@feroscare.com.au

Web: www.feroscare.com.au

Location: Ryde, NSW

Services: 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.

Audio Clinic

Phone: 02 9877 6300

Email: ryde@audioclinic.com.au

Web: www.audioclinic.com.au

Location: Suite 3A, 10 Pope St, Ryde, NSW

Services: Hearing tests for adults & children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans & Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)

Phone: 02 9817 2439

Email: awch@awch.com.au

Web: www.awch.org.au

Location: Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville, NSW

Services: 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.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite

Phone: 02 9346 1230

Email:

homeservicesintake@baptistcare.org.au

Web: www.baptistcare.org.au

Location: Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW

Services: 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. NDIS provider; fee for service; or via MyAgedCare.

BaptistCare Shalom Centre

Phone: 1300 275 227

Email: shalom@baptistcare.org.au

Web: www.baptistcare.org.au

Location: 159-165 Balaclava Rd, Macquarie Park, NSW

Services: High care facility including a high care dementia specific unit. High care Extra Service facility opened in August 2008 with 65 single rooms - 32 high care and 33 dementia specific.

Battery World

Phone: 02 9807 8582

Email: ryde@batteryworld.com.au

Web: www.batteryworld.com.au

Location: 39 Church St, Ryde, NSW

Services: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

BCS Cooinda Court Hostel

Phone: 02 9346 1300

Email: ask@bcs.org.au

Web:

<https://baptistcare.org.au/our-services/aged-care-centres/macquarie-park/macquarie-park-cooinda-court/#fndtn-overview>

Location: 159 Balaclava Rd, Macquarie Park, NSW

Services: Hostel accommodation for frail aged people in serviced rooms.

Brain Injury Australia Limited

Phone: 02 9808 9390

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Location: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Calvary Retirement Community Ryde

Phone: 02 8878 1400

Web:

www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

Location: 678 Victoria Rd, Ryde, NSW

Services: The community provides retirement accommodation in Dalton Gardens (self care apartments and villa units), Marian Hostel (low care) and Mary Potter Nursing Home (high care).

Campus Wellbeing and Support

Services

Phone: 02 9850 7497

Email: campuswellbeing@mq.edu.au

Web: mq.edu.au/disability

Location: Level 2, 16 Wally's Walk, Macquarie University, NSW

Services: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Care Call Emergency Response

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: www.baptistcare.org.au/carecall

Location: 157 Balaclava Rd, Macquarie Park, NSW

Services: Immediate response to emergency situations. 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically sends a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only. information available in a number of different languages.

CareCall Emergency Response Service

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: <https://baptistcare.org.au/carecall>

Location: NSW

Services: 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only.

**Catholic Community Services -
Community Aged Care Packages**

Phone: 1800 225 474

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: The Mercy Arms, 663 Elizabeth St, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email: community.clients@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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: 1300 319 011

Email: enquiries@chcs.com.au

Web:

www.catholiccommunityservices.com.au/

Location: Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW

Services: 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: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare
Service**

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

CCA Telephone Linkage

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Centrelink

Web:

www.humanservices.gov.au/customer/dhs/centrelink

Location: 19-27 Devlin St, Ryde, NSW

Services: 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.

Cerebral Palsy Alliance - Ryde Gym

Phone: 02 8878 3500

Email: mliberatore@cerebralpalsy.org.au

Web:

www.cerebralpalsy.org.au/health-and-wellbeing-group-programs

Location: Cerebral Palsy Alliance, Ryde, NSW

Services: Cerebral Palsy Alliance 'Sportsfitz' gym offers services to people aged 8+ with cerebral palsy and other disabilities in state of the art, fully accessible environment. The range of programs includes individual services with ESSA accredited exercise physiologists as well as group programs like 'Healthy Kids' and 'Upright and active'. NDIS Provider

Christian Community Aid Inc

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

CICADA Australia Inc

Phone: 02 9488 9728

Email: jcassell@bigpond.com

Web: www.cicada.org.au

Location: Club Room, Syd Cochlear Implant Centre, Building 39, Punt Rd, Gladesville, NSW

Services: Provides support and advice for pre and post cochlear implantees and families. Also provides opportunities to meet others socially and share information. Monthly morning teas and weekend social BBQs and Guest Speaker 4 times per year.

City of Ryde - Community Services

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Planning and co-ordination of services for aged, disabled, families, children, youth.

City of Ryde Access Advisory Committee

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web:

www.ryde.nsw.gov.au/Council/Committees/Advisory-Committees

Location: Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde, NSW

Services: Advisory Committees provide an opportunity for local residents and relevant organisations to contribute to the day-to-day running of the Council.

Clermont Aged Care

Phone: 02 9809 1416

Email: clermont@speednet.com.au

Web: www.clermontagedcare.com.au

Location: 8-14 Clermont Ave, Ryde, NSW

Services: 55 bed aged care facility.

Co.As.It. Italian Dementia Specific Daycare Group.

Phone: 02 9564 0744 (Office)

Email: referrals@coasit.org.au

Web: www.coasit.org.au

Location: Dementia and Memory Community Centre, Alzheimer's Australia NSW, Cnr Coss Rd and Norton Rd, North Ryde, NSW

Services: Social Support Group for older Italians living with dementia; carer support. Morning tea and lunch provided. Transport provided.

Cochlear Ltd

Phone: 02 9428 6555, 1800 620 929 (Customer Service Team)

Email: customerservice@cochlear.com

Web: www.cochlear.com

Location: 1 University Ave, Macquarie University, NSW

Services: Cochlear implant supplier.

Community Visitors Scheme

Phone: 02 9817 0101

Email: cvs@hhrcs.org

Web: www.hhrcs.org.au

Location: 42-46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Continence Advisor (Northern Sydney Home Nursing Service)

Phone: 02 9816 0550

Location: Building 16, Victoria Rd, Gladesville, NSW

Services: Also at Bernard Curran Unit, Hornsby Hospital, entry from Derby Rd, Hornsby. Individual assessment and advice regarding bladder and bowel incontinence; advice on schemes for and suppliers of incontinent aids. Home visits available in the Ryde/Hunters Hill & Hornsby/Kuring-gai areas. Fortnightly clinics at both Ryde (9858 7524) and Hornsby (9477 9514) Hospitals. Appointment needed. Information sessions for community groups by arrangement.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc

Phone: 02 9809 0287

Web: www.cdlsa.us.org.au

Location: NSW

Services: 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

Cornucopia Cafe & Nursery/Mars Garden Maintenance

Phone: 02 9816 0393

Email: geoff.craig@health.nsw.gov.au

Web: www.mars-inc.com.au

Location: Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

CTA Australia

Phone: 1300 282 282

Email: salesnsw@cobbletac.com

Web: www.cobbletac.com

Location: Unit 23, 43-51 College St, Gladesville, NSW

Services: 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.

CULTIVATE NSW - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Location: Telopea Centre, 59 Parkes St, Ryde, NSW

Services: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. Promotes training, e.g. nationally accredited Therapeutic Horticulture course (1 day for 8 weeks), Padstow TAFE. Can provide talks, demonstrations, workshops (4hr) special courses and Open days by arrangement.

Cystic Fibrosis Australia

Phone: 02 9889 5171

Email: general@cfa.org.au

Web: www.cysticfibrosis.org.au

Location: Rose Cottage, 2 Richardson Place, North Ryde, NSW

Services: 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.

Dementia Australia of NSW

Phone: 02 9805 0100

Email: nsw.helpline@dementia.org.au

Web: www.dementia.org.au

Location: Macquarie Hospital Campus, 120 Cocks Rd, North Ryde, NSW

Services: Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 9am-5pm. Carer and worker education, membership, referral to local services, support groups and counselling. library available. Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

DoE Student Services, Northern Sydney Region

Phone: 02 9986 7000

Email: disability.support@det.nsw.edu.au

Web:

www.schools.nsw.edu.au/studentsupport/programs/disability.php

Location: 2/75 Talavera Rd, Macquarie Park, NSW

Services: 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).

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Email: brianzeman@health.nsw.gov.au

Location: Level 1, 37 Fourth Ave, Eastwood, NSW

Services: Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Eastwood Ryde Netball Association Inc

Phone: 02 9874 2190

Email: admin@ernanetball.com.au

Web: www.erna.nsw.netball.com.au

Location: End of, Adelaide St, West Ryde, NSW

Services: Organises Fun Net for girls and boys 5 yrs +, competition for girls and boys 7-11yrs, girls and women 12yrs + and mixed open competition. People with intellectual and physical disabilities are welcome. Held at Brush Farm and Meadowbank Parks. During Competition dates – Saturday 8.00-4.30

Estia Foundation

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: Provides respite care for 3 days to 5 weeks maximum over a 12 month period for young people with physical and intellectual disabilities. Respite facilities are at Gladesville and Roselands. A Weekend Day Care program is available at Gladesville. A permanent accommodation program is available subject to DADHC approval. Group home at North Ryde.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Estia Health

Phone: 02 9809 3068

Email: info@estiahealth.com.au

Web:

www.estiahealth.com.au/locations/ryde

Location: 94 Bowden St, Ryde, NSW

Services: 40 bed nursing home.

Ethnic & Australian Centre Based Luncheons

Phone: 02 9858 3222

Email: CarmenMiu@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

Extended Care Services (Weemala)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Weemala is a large residential facility which provides long-term rehabilitation and support services to clients with complex support needs. Located in the grounds of Royal Rehabilitation Centre at Ryde.

Fernleigh Nursing Home

Phone: 02 9809 3217

Email: fernleigh@opalagedcare.com.au

Web:

<https://www.opalagedcare.com.au/contact-us/>

Location: 8 Sherbrooke Rd, West Ryde, NSW

Services: 79 bed high and low care nursing home with qualified nursing staff onsite at all times.

Figtree Park

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Ryde Rd (between Matthew St and Gladesville Rd), Hunters Hill, NSW

Services: Open space, raised garden for disabled, seating.

Friday Lunch Group

Phone: 02 9858 3222

Email: win.sun@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Location: Step House, 23 Punt Rd, Gladesville, NSW

Services: 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: 02 9809 3468

Email: info@gouldinghillpreschool.com.au

Web: gouldinghillpreschool.com.au/

Location: 2 Hancott St, Ryde, NSW

Services: 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.

HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Home and Garden Maintenance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9816 1599, 0414 585 543

Email: david.carver@homeinstead.com.au

Web: www.homeinstead.com.au

Location: Unit 7, 71-75 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Hunters Hill Access Advisory Committee

Phone: 02 9879 9419

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: 22 Alexandra St, Hunters Hill, NSW

Services: 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.

Hunter's Hill Council - Community Services

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au/

Location: 22 Alexandra St, Hunters Hill, NSW

Services: Planning for provision of services for aged, disabled, families, children, youth.

Hunters Hill Ryde Day Centre

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

Hunters Hill Seniors Advisory Group

Phone: 02 9879 9400

Email: commserv@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Hunters Hill, NSW

Services: : A Committee of Council which advises Council on the needs and issues of seniors in the Hunters Hill area. The Group consists of members of the local community and representatives from seniors associations and services. New members are most welcome. Meets bi-monthly at local venues. Please contact Kate Kutty - Aged and Disability Coordinator at Hunters Hill Council to discuss what we do!

Huntington's NSW

Phone: 02 9874 9777, 1800 244 735

(Regional NSW)

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Location: Elsie Court Cottage, 21 Chatham Rd, West Ryde, NSW

Services: 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.

Italian Bilingual School

Phone: 02 9807 2272

Email: info@ibs.nsw.edu.au

Web: www.ibs.nsw.edu.au

Location: 30-32 See St, Meadowbank, NSW

Services: Bilingual primary school. Kindergarten to year 6.

Lifestart Cooperative Ltd Early Childhood Intervention Program Ryde/Eastwood

Phone: 02 9868 5066

Email: eastwood@lifestart.org.au

Web: www.lifestart.org.au

Location: 679 Blaxland Rd, Eastwood, NSW

Services: Parent driven service for children with additional needs. The focus is on educational and therapeutic opportunities for children and their families. Staffing includes special educators, physiotherapy, speech pathology, occupational therapy and social work. Open Play is a group for any families who have concerns about their child's development and would like to attend. Conduct parent training programs (e.g. toilet training, sleep programs) and programs for families of children with autism with behavioural difficulties.

Linen Program - North Ryde Community Aid

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Location: 55 Wicks Rd, North Ryde, NSW

Services: Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie ADHD Parent Support Group Inc

Phone: 02 9889 5977

Email: info@macquarieadhd.org.au

Web: www.facebook.com/macqadhd.org.au

Location: Dunmore Lang College, 130-134 Herring Rd, North Ryde, NSW

Services: Parents and carers of children with ADHD, and anyone interested in ADHD are invited to hear speakers and network with other parents at quarterly meetings.

Macquarie Centre

Phone: 02 9887 0800

Email: macquariecentre@ampcapital.com

Web: www.macquariecentre.com.au

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

Services: A major regional shopping centre with over 340 specialty shops, major dept stores and supermarkets, a 16 screen Greater Union cinema complex (Macquarie Megaplex) 9888 1544, an Ice Skating rink and numerous food outlets. "Shop Mobility" offers free mobility equipment to customers with limited mobility, bookings 9887 0820. A Justice of the Peace is available at the Customer Service Centre Wed 9:30am-3pm & Sat 9:30am-2:30pm.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Magnamail

Phone: 1800 251 252, 02 8874 8777 (within Sydney)

Email: contactus@magnamail.com.au

Web: www.magnamail.com.au

Location: NSW

Services: 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. Showroom at Unit 5, 2/4 William St Brookvale.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Email: multilit@multilit.com

Web: www.multilit.com

Location: Suite 2, Level 3, 75 Talavera Rd, Macquarie Park, NSW

Services: Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Can also provide online programs. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW.

Marian Hostel

Phone: 02 8878 1407

Web:

www.calvarycare.org.au/retirement-communities/locations/ryde-nsw/#respite

Location: 678 Victoria Rd, Ryde, NSW

Services: 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Meadowbank TAFE. Northern Sydney Institute of TAFE

Phone: 131 674, 02 9942 3666,

Email: nsi.study@tafensw.edu.au

Web: www.tafestudy.info

Location: See St, Meadowbank, NSW

Services: 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.

Meals on Wheels

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Meals are delivered to the aged, disabled and carers at minimum cost on a long or short term basis. Hot, cold or frozen meals are provided. Dietary needs catered for.

Meals on Wheels

Phone: 02 9817 0101

Email: mow1@hhrccs.org.au

Web: www.hhrccs.org.au

Location: Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Medtronic Australasia Office

Phone: 02 9418 9611, 1800 777 808

Email: medcust@medtronic.com

Web: www.medtronic-diabetes.com.au

Location: 5 Alma Rd, Macquarie Park, NSW

Services: Diabetes equipment and supplies including continuous glucose monitoring and blood glucose meters.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511

Email: mhrt@doh.health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

Location: Building 40, Gladesville Hospital, Digby Rd, Gladesville, NSW

Services: A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Mental Health Sports Network (MHSN)

Phone: 1800 843 539

Email: corporateadmin@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: The MHSN provides sport and recreation activities and sports camps to people with a mental illness. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, tennis and sports camps. The website provides information on events, sporting activities and the annual calendar of events. Auspiced by One Door Mental Health (former Schizophrenia Fellowship NSW), the MHSN is supported by the Department of Sport and Recreation.

Metro Inn Ryde

Phone: 02 9807 4022

Email: sales@rydeinn.com.au

Web: www.rydeinn.com.au/

Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW

Services: Motel.

Minimbah Challenge Inc

Phone: 02 9887 2299

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Location: 10 Vincentia St, Marsfield, NSW

Services: 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.

Mix 'n' Mingle Morning Tea Group

Phone: 02 9888 3380

Email: activities@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: One of three weekly social meal groups that includes a brunch style morning tea with great conversation, as well as craft, games or a guest speaker.

Mobility Parking Scheme (MPS)

Phone: 13 22 13

Web:

www.rms.nsw.gov.au/roads/using-roads/mobility-parking/

Location: Roads and Maritime Services, Cnr Blaxland & North Rds, Ryde, NSW

Services: 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.

Modibodi

Email: info@modibodi.com.au

Web: www.modibodi.com.au

Services: A supplier of underwear designed to offer absorbent protection during exercise, menstrual periods and incontinence, with a wide range of products including bras and underpants.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691, 02 9850 9697

Email: sally.howell@mq.edu.au

Web:

www.musec.mq.edu.au/community_outreach/musec_school/

Location: Building X5A, Special Education Centre, Balaclava Rd, Macquarie University, NSW

Services: Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

National Centre For Childhood Grief ('A Friend's Place')

Phone: 1300 654 556, 02 9804 6909

Email: afriendsplace@me.com

Web: www.childhoodgrief.org.au

Location: 14 Hollis Ave, Denistone East, NSW

Services: Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books & videos), training courses and seminars on bereavement. We also offer bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling service is free after the initial assessment session.

National Disability Coordination Officer Program - Northern Sydney

Phone: 02 8848 6503

Email: nathand@missionaustralia.com.au

Web:

www.education.gov.au/national-disability-coordination-officer-programme

Location: Centre for Disability Studies, 59 Charles St, Ryde, NSW

Services: The NDCO Program provides information to assist people with a disability from age 15 to 64 to move from school into training and higher education, and then into their chosen career. This includes information and advice on post-school options, supports and services; assistance in understanding the transition to post-school education and training, and to employment; and links with appropriate people to plan and make a successful entry into further study and employment. Funded by the Australian government Department of Education.

New Horizons Enterprises Ltd

Phone: 1300 726 372

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons has a long history of providing innovative services that support individuals and communities to enhance wellbeing. Since forming the world's first social enterprise almost half a century ago, we've expanded the reach of our services to thousands of people in hundreds of communities in Australia. We assist people to achieve wellbeing in a variety of areas of their life: - Accommodation & Tenancies- Employment & Education- Community & Social Participation- Daily Living & Independence- Cultural & Spiritual Wellbeing Whilst our customers cover almost all sectors of the community, we have specialised experience in: - Aged Care- Disabilities- Indigenous- Justice- Homelessness- Mental Health

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)

Phone: 02 9095 4370

Email: mywellbeing@newhorizons.net.au

Web:

www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors

Location: 15 Twin Rd, North Ryde, NSW

Services: 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. NDIS accreditation.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc

Phone: 02 9411 4429

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Location: Cerebral Palsy Alliance, 3a Smalls Rd, North Ryde, NSW

Services: Specialised toys and equipment borrowing service for young children with disabilities / special needs.

North Ryde Community Aid & Information centre

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: North Ryde Community Aid, 4 Cutler Pde, North Ryde, NSW

Services: Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

North Ryde Community Aid & Information Centre Inc

Phone: 02 9888 3380

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: North Ryde Community Aid & Information Centre Inc. (NRCA) are a not for profit organisation reliant on government funding and community generosity to deliver a range of services and assistance to the socially and financially disadvantaged in our community. Our staff and volunteers are committed to the well being, independence and engagement of our communities aged, disadvantaged and disabled residents.

North Ryde Community Preschool Inc

Phone: 02 9808 3015

Email: admin@nrpc.org.au

Web: www.nrcp.org.au

Location: 13 Clermont Ave, Ryde, NSW

Services: 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 2years.

Northern Sydney Carer Support Service

Phone: 02 9462 9488

Email:

NSLHD-CARERS@health.nsw.gov.au

Web: www.nscarersupport.com.au

Location: North Ryde, NSW

Services: 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.

Northern Sydney Home Nursing Service - NSHNS

Phone: 02 9887 5444

Email: nsldh-nshns@health.nsw.gov.au

Location: Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde, NSW

Services: Hornsby Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 6677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Manly Centre, 02 9976 9888, Mona Vale Centre, 02 9998 0555,

Northern Sydney Home Nursing Service - Ryde Centre

Phone: 02 9816 0550

Email:

NSHNS@nsccahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Location: Building 16, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

NSW Developmental Disability Health Unit

Phone: 02 9808 9287

Web: www.cds.org.au

Location: Royal Rehab, 241 Morrison Rd, Ryde, NSW

Services: Provides medical checkup and referral to specialists as necessary, for adults aged 16+ with developmental (intellectual, autism etc) disabilities. Bulkbill. Referral by GP letter; bring Medicare card and copy of previous records.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)

Phone: 1800 628 221

Email: eahru@chcs.com.au

Web: www.elderabusehelpline.com.au

Services: A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse.

NSW Seniors Information Service (SIS)

Phone: 13 77 88

Email: info@service.gov.au

Web: service.nsw.gov.au

Location: NSW

Services: 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.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

One Door Mental Health - New Moves

Phone: 0402 957 138

Email: philippa.boss@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: This 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 activities, peer support and healthy eating. An exercise physiologist, a peer educator and a support worker facilitate the group for 2 hours weekly. You can join anytime. NDIS provider.

Ozanam Industries

Phone: 02 9807 4066

Email: westryde@ozanam.org.au

Web: www.ozanam.org.au

Location: 81-87 Ryedale Rd, West Ryde, NSW

Services: Workshop offers supported employment for people with moderate to severe intellectual disabilities.

Parents of Deaf Children (PODC)

Phone: 02 9870 8097, 0401 093 256

Email: info@podc.org.au

Web: www.podc.org.au

Location: Suite 100b Australian Hearing Hub, 16 University Av, Macquarie University, NSW

Services: Parents of Deaf Children (PODC) is a non-profit organisation, supporting families with babies, children and teenagers with hearing loss in NSW. The organisation offers a range of information, support and advocacy services for parents and carers. PODC connects families to others in their local area via POD groups (parent groups). PODC produces a quarterly magazine, Sound News, which provides information about parenting and educating a child with hearing loss. PODC advocates on behalf of families with government departments and service providers.

Parkinson's NSW

Phone: 1800 644 189

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building, 120 Coss Rd, North Ryde, NSW

Services: Support group for carers and people who have Parkinsons Disease.

Parkinson's NSW Inc

Phone: 1800 644 189 (Toll free), 02 8051 1900

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW

Services: 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

Performance Health ANZ

Phone: 1300 473 422

Email: sales@performhealth.com.au

Web: www.performhealth.com.au/

Location: Ground floor, 10 Ajulius Ave, North Ryde, NSW

Services: Performance Health 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.

Printacall

Phone: 02 9809 2392, 02 9809 1283 (TTY)

Email: sales@printacall.com.au

Web: www.printacall.com.au

Location: 2 Doig Av, Denistone East, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

QUEST Macquarie Park

Phone: 02 8879 4600

Email:

questmacquariepark@questapartments.com.au

Web:

www.questapartments.com.au/properties/nsw/macquarie-park/quest-macquarie-park/overview

Location: 71 Epping Rd, Macquarie Park, NSW

Services: Apartment with full kitchen and laundry facilities. Please request accessible rooms. Shower has level entry, wall seat, height adjustable handheld shower hose. Basin access beneath, Grab rails. Queen ensemble bed.

Raclo Remote Control

Phone: 02 9879 6088

Email: webmail@raclo.com.au

Web: www.raclo.com.au

Location: 304 Victoria Rd, Gladesville, NSW

Services: 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

Email: north@ransw.org.au

Web: www.relationships.com.au

Location: Suite 102, 68 Waterloo Rd, Macquarie Park, NSW

Services: 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.

Return2Driving

Phone: 02 9808 9328

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Location: Ground Floor, 235 Morrison Rd, Ryde, NSW

Services: 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.

Return2Sport

Phone: 02 9808 9353

Email: return2sport@Royalrehab.com.au

Web: www.royalrehab.com.au

Location: c/o Royal Rehab, 235 Morrison Rd, Ryde, NSW

Services: Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people aged 15+ with a physical disability to be as independent as possible. People can have individualised assessments and interventions to suit their needs, or engage in existing programs. Programs are conducted at various venues: beach access, cycling (St Ives, Newington), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing. Basketball, fencing, tennis, running, and yoga occur at Royal Rehab. Also Monday choir and fortnightly craft evenings. NDIS Provider

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Location: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield, NSW

Services: Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Royal Rehab

Phone: 02 9808 9631

Email:

elizabeth.menner@royalrehab.com.au

Web: royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is also a non-profit organisation raising funds to support and sustain our vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Eastwood Home Delivered Meals

Phone: 02 9858 3222

Email: admin@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Hot, chilled and frozen meals are delivered by volunteers to the elderly and/or disabled at a minimal cost 1 to 7 days a week depending on requirement. Dietary needs such as diabetes, gluten intolerances etc. catered for as are cultural needs with Asian, Indian, Italian and Halal meals available.

Ryde Hunters Hill Home Modification & Maintenance Service

Phone: 02 9952 8222

Email: hmms@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Provides home modification & maintenance services for frail, aged people (not on Home Care Packages) and people with disabilities (not on NDIS) and their carers enabling them to remain living independently at home. To be eligible you need to be aged over 65; reside in and be the owner of the home

Ryde Library Service

Phone: 02 9952 8352

Email: rydelibrary@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 1 Pope St, Ryde, NSW

Services: Provides reference and lending services. Materials for loan include large print, videos, CDs, DVDs books in community languages, language learning materials, magazines, talking books. Weekly storytimes and holiday activities for children. Toys at North Ryde. Word processing PCs and internet access. Home library service. Community Information service. Genealogy and Local Studies collections based at Ryde. Branches at West Ryde, North Ryde, Eastwood & Gladesville.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd

Phone: 02 9809 2211

Web: www.s-antonio-da-padova.com/

Location: 305 Blaxland Rd, Ryde, NSW

Services: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Saturday Lunch Group

Phone: 02 9858 3222

Email: marie.wilkie@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Service NSW. Macquarie Centre North Ryde

Phone: 13 77 88

Web:

www.service.nsw.gov.au/service-centre/ryde-service-centre

Location: Shop 1 U05/6, Level 1, Corner Waterloo and Herring Rds, North Ryde, NSW

Services: Knowledge test for drivers licences & motor vehicle registration. Applications for Parking Mobility Scheme cards must be signed by a doctor.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

Shopmobility (Macquarie Centre)

Phone: 02 9887 0800

Email: help@ilcnsw.asn.au

Web: ilcaustralia.org.au/suppliers/6744

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

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

Shopping Assistance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9858 3222

Email: maree.prentice@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: 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: 02 9808 5500

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Location: Shop 1, 30-32 Herbert St, West Ryde, NSW

Services: 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.

Sir Moses Montefiore Jewish Home

Phone: 02 9879 2777

Email:

huntershill@montefiorehome.com.au

Web: www.montefiorehome.com.au

Location: 120 High St, Hunters Hill, NSW

Services: 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.

Skillseekers Community Access Service

Phone: 1300 858 378 (Initial contact), 02 9805 0625

Web: www.dosomethingnearyou.com.au

Location: 74 Agincourt Rd, Marsfield, NSW

Services: 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 Meal Groups

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: Social groups for CHSP eligible residents. Particularly caters to the aged who may be socially isolated or financially disadvantaged and still living in their own homes. A home style 3 course meal is provided every week on Tuesday and Wednesday and a substantial morning tea on Thursday. Guest speakers, entertainment or activities are provided each week. Groups have an outing once a month instead of gathering at NRCA.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 42 Gladesville Rd, Hunters Hill, NSW

Services: 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: 02 9817 0101

Email: office1@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Social Transport Service

Phone: 02 9817 0101

Email: hhrcomtransport@bigpond.com

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Bus outings for older people. Community buses available for hire: three 20 seater; one 10 seater.

Sound Expression - Music Therapy

Phone: 0416 288 917

Email: iani@soundexpression.com.au

Web: www.soundexpression.com.au

Location: Sound Expression, 7 Avon Rd, North Ryde, NSW

Services: The clinic provides music therapy, music lessons and school-readiness programs for children and adults with disability. NDIS Provider.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

St Anne's Nursing Home

Phone: 02 9879 6977

Web:

www.catholichealthcare.com.au/en/residence/st-annes-aged-care/

Location: 1 De Milhau Rd, Hunters Hill, NSW

Services: 50 bed nursing home with dementia care. Catholic Healthcare is a leading not-for-profit provider of Residential Aged Care, Community Services, Retirement Living and Healthcare in NSW and QLD. We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 22 years.

St Catherine's Aged Care Services Ltd

Phone: 02 9805 1655

Web: www.scacs.org.au/

Location: 162-166 Balaclava Rd, Eastwood, NSW

Services: Comprises Bethany Hostel & Bethany Nursing Home. Provides geriatric, rehabilitation & dementia nursing. Elaroo provides dementia day care. DTC (Day Therapy Centre) provides exercise and music therapy to clients and members of the community over the age of 65.

St John's North Ryde Preschool Association Inc

Phone: 02 9888 7835

Email:

preschool@northrydeanglican.org.au

Web: www.northrydeanglican.org.au

Location: 152 Coxs Rd, North Ryde, NSW

Services: 40 place community based funded preschool. Provision for children with special needs and children from NESB.

St Joseph's Hostel

Phone: 02 9817 2055

Location: 41 Gladesville Rd, Hunters Hill, NSW

Services: 52 bed low care residential facility.

Stroke Recovery Assoc Of NSW

Phone: 1300 650 594, 02 9807 6422

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW

Services: 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: 02 9807 6422, 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: 227 Morrison Rd, Putney, NSW

Services: 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.

Sydney Community Services

Phone: 02 9817 0101

Email: support@sydneycs.org

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Aims to reduce social isolation for frail aged and people with a disability in the community 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.

Sydney Community Services

Phone: 02 9817 0101

Email: rliu@sydneycs.org.au

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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 first and third Tuesday of the month. And one on one flexible respite on a day and time that suits the client. We also provide community participation one on one to those with a disability. SCS 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)

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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 Macquarie University Psychology Clinic

Phone: 02 9850 8000

Email: Psychology.Clinic@mq.edu.au

Web: www.psy.mq.edu.au/clinic.htm

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

Services: 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.

The ORS Group

Phone: 1800 000 677

Email: ors@orsgroup.com.au

Web: www.orsgroup.com.au

Location: Level 1, 5-9 Devlin St, Ryde, NSW

Services: The ORS Group is a national company with over 60 offices across Australia. We offer a range of services to participants, injured workers, people with disability, employers and people who want to improve their work situation. Our employment related services are designed to help individuals harness their abilities, meet their challenges and achieve both their personal and professional goals.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Email: enquiries@shepherdcentre.com.au

Web: www.shepherdcentre.org.au

Location: The Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: 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.

Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Travelodge Macquarie North Ryde

Phone: 02 8874 5200

Email: macquarie@travelodge.com.au

Web: www.travelodge.com.au

Location: 81 Talavera Rd, Macquarie University, NSW

Services: There are six (6) accessible units; microwave; fridge; kettle; plates and cutlery. Room service not available.

Truscott Street Public School

Phone: 02 9878 1264

Email: truscottst-p.school@det.nsw.edu.au

Web: www.truscottst-p.schools.nsw.edu.au

Location: Truscott St, North Ryde, NSW

Services: 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).

Volunteer Visiting Program - Ryde to Hunters Hill

Phone: 02 9817 0101

Email: volunteervisit@hhrcs.org.au

Web: www.hhrcs.org.au/

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

Location: Hodson Bldg, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with physical disabilities and using a manual wheelchair. Sports include archery, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis, track and road. Fee for booking Wheelchair Sports Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

Willandra Village

Phone: 02 9346 1340, 02 9346 1342

Email: sotton@baptistcare.org.au

Web:

baptistcare.org.au/our-services/retirement-living/willandravillage/#fndtn-overview

Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW

Services: Retirement village for senior men & women, independent living.

Yoga Infinity for People with / without Disability

Phone: 0458 798 378

Email: rosannarobertson@icloud.com

Web: www.yogainfinity.com.au

Location: West Ryde Uniting Church - hall, 7 Maxim St, West Ryde, NSW

Services: 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.

Youthsafe

Phone: 02 9817 7847

Email: office@youthsafe.org

Web: www.youthsafe.org

Location: Level 3, 5-9 Devlin St., Ryde, NSW

Services: Youthsafe, aims to foster the development of partnerships and collaboration within the field of youth injury prevention. Youthsafe works at local and state levels with government, industry, community groups, education institutions, non-government organisations and the media. Youthsafe is committed to strong advocacy and best practice initiatives to reduce injuries in young people.

Sport and Leisure

Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc

Phone: 02 9816 5000

Email: info@rhhct.org.au

Web: www.rhhct.org.au

Location: 6 Victoria Rd, Henley, NSW

Services: 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.

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Location: ADHD Centre, 51 Wicks Rd, North Ryde, NSW

Services: 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 Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morris Rd, Ryde, NSW

Services: Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Aged Services Social Support

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

ArjoHuntleigh Getinge Group - NSW

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Arthritis & Osteoporosis NSW

Phone: 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: Suite 1.15, 32 Delhi Rd, North Ryde, NSW

Services: non-government health charity seeking to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. Services include Support, Education and Events. Support is provided through an InfoLine, Membership, Support Groups and Branches throughout NSW. Warm Water Exercise Classes operate in the Sydney Metro area. Education services involves Seminars, Webinars, Community Awareness Sessions, Osteoarthritis of the Knee (OAK) Program and a monthly eNewsletter. There are two camps run annually that provide children who have juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different. Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years, with activities for the kids and their siblings. Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis for ages 9 to 18 years.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Arthritis NSW Ryde Support Group

Phone: 02 9817 7470, 02 9887 2295,

Email: rydearthritis@gmail.com

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

Location: Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde, NSW

Services: A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects. Guest speakers at meetings.

Ashburn House Aged Care

Phone: 02 8876 9200

Email: admin@chomes.com.au

Web: www.chomes.com.au

Location: 20-34 Ashburn Pl, Gladesville, NSW

Services: 20 low care beds. 84 high care beds of which 40 are extra services, and 44 standard services.

AstraZeneca Pty Ltd

Phone: 02 9978 3500

Email:

medinfo.australia@astrazeneca.com

Web: www.astrazeneca.com.au

Location: 66 Talavera Rd, Macquarie Park, NSW

Services: 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 for use by people all over the world. There is an extensive range of products for asthma.

At Home Care - Feros Care: Northern Sydney

Phone: 1300 763 583

Email: community@feroscare.com.au

Web: www.feroscare.com.au

Location: Ryde, NSW

Services: 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.

Audio Clinic

Phone: 02 9877 6300

Email: ryde@audioclinic.com.au

Web: www.audioclinic.com.au

Location: Suite 3A, 10 Pope St, Ryde, NSW

Services: Hearing tests for adults & children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans & Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)

Phone: 02 9817 2439

Email: awch@awch.com.au

Web: www.awch.org.au

Location: Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville, NSW

Services: 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.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite

Phone: 02 9346 1230

Email:

homeservicesintake@baptistcare.org.au

Web: www.baptistcare.org.au

Location: Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW

Services: 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. NDIS provider; fee for service; or via MyAgedCare.

BaptistCare Shalom Centre

Phone: 1300 275 227

Email: shalom@baptistcare.org.au

Web: www.baptistcare.org.au

Location: 159-165 Balaclava Rd, Macquarie Park, NSW

Services: High care facility including a high care dementia specific unit. High care Extra Service facility opened in August 2008 with 65 single rooms - 32 high care and 33 dementia specific.

Battery World

Phone: 02 9807 8582

Email: ryde@batteryworld.com.au

Web: www.batteryworld.com.au

Location: 39 Church St, Ryde, NSW

Services: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

BCS Cooinda Court Hostel

Phone: 02 9346 1300

Email: ask@bcs.org.au

Web:

<https://baptistcare.org.au/our-services/aged-care-centres/macquarie-park/macquarie-park-cooinda-court/#fndtn-overview>

Location: 159 Balaclava Rd, Macquarie Park, NSW

Services: Hostel accommodation for frail aged people in serviced rooms.

Brain Injury Australia Limited

Phone: 02 9808 9390

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Location: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Calvary Retirement Community Ryde

Phone: 02 8878 1400

Web:

www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

Location: 678 Victoria Rd, Ryde, NSW

Services: The community provides retirement accommodation in Dalton Gardens (self care apartments and villa units), Marian Hostel (low care) and Mary Potter Nursing Home (high care).

Campus Wellbeing and Support

Services

Phone: 02 9850 7497

Email: campuswellbeing@mq.edu.au

Web: mq.edu.au/disability

Location: Level 2, 16 Wally's Walk, Macquarie University, NSW

Services: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Care Call Emergency Response

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: www.baptistcare.org.au/carecall

Location: 157 Balaclava Rd, Macquarie Park, NSW

Services: Immediate response to emergency situations. 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically sends a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only. information available in a number of different languages.

CareCall Emergency Response Service

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: <https://baptistcare.org.au/carecall>

Location: NSW

Services: 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only.

**Catholic Community Services -
Community Aged Care Packages**

Phone: 1800 225 474

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: The Mercy Arms, 663 Elizabeth St, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email: community.clients@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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: 1300 319 011

Email: enquiries@chcs.com.au

Web:

www.catholiccommunityservices.com.au/

Location: Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW

Services: 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: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare
Service**

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

CCA Telephone Linkage

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Centrelink

Web:

www.humanservices.gov.au/customer/dhs/centrelink

Location: 19-27 Devlin St, Ryde, NSW

Services: 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.

Cerebral Palsy Alliance - Ryde Gym

Phone: 02 8878 3500

Email: mliberatore@cerebralpalsy.org.au

Web:

www.cerebralpalsy.org.au/health-and-wellbeing-group-programs

Location: Cerebral Palsy Alliance, Ryde, NSW

Services: Cerebral Palsy Alliance 'Sportsfitz' gym offers services to people aged 8+ with cerebral palsy and other disabilities in state of the art, fully accessible environment. The range of programs includes individual services with ESSA accredited exercise physiologists as well as group programs like 'Healthy Kids' and 'Upright and active'. NDIS Provider

Christian Community Aid Inc

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

CICADA Australia Inc

Phone: 02 9488 9728

Email: jcassell@bigpond.com

Web: www.cicada.org.au

Location: Club Room, Syd Cochlear Implant Centre, Building 39, Punt Rd, Gladesville, NSW

Services: Provides support and advice for pre and post cochlear implantees and families. Also provides opportunities to meet others socially and share information. Monthly morning teas and weekend social BBQs and Guest Speaker 4 times per year.

City of Ryde - Community Services

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Planning and co-ordination of services for aged, disabled, families, children, youth.

City of Ryde Access Advisory Committee

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web:

www.ryde.nsw.gov.au/Council/Committees/Advisory-Committees

Location: Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde, NSW

Services: Advisory Committees provide an opportunity for local residents and relevant organisations to contribute to the day-to-day running of the Council.

Clermont Aged Care

Phone: 02 9809 1416

Email: clermont@speednet.com.au

Web: www.clermontagedcare.com.au

Location: 8-14 Clermont Ave, Ryde, NSW

Services: 55 bed aged care facility.

Co.As.It. Italian Dementia Specific Daycare Group.

Phone: 02 9564 0744 (Office)

Email: referrals@coasit.org.au

Web: www.coasit.org.au

Location: Dementia and Memory Community Centre, Alzheimer's Australia NSW, Cnr Coss Rd and Norton Rd, North Ryde, NSW

Services: Social Support Group for older Italians living with dementia; carer support. Morning tea and lunch provided. Transport provided.

Cochlear Ltd

Phone: 02 9428 6555, 1800 620 929 (Customer Service Team)

Email: customerservice@cochlear.com

Web: www.cochlear.com

Location: 1 University Ave, Macquarie University, NSW

Services: Cochlear implant supplier.

Community Visitors Scheme

Phone: 02 9817 0101

Email: cvs@hhrcs.org

Web: www.hhrcs.org.au

Location: 42-46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Continence Advisor (Northern Sydney Home Nursing Service)

Phone: 02 9816 0550

Location: Building 16, Victoria Rd, Gladesville, NSW

Services: Also at Bernard Curran Unit, Hornsby Hospital, entry from Derby Rd, Hornsby. Individual assessment and advice regarding bladder and bowel incontinence; advice on schemes for and suppliers of incontinent aids. Home visits available in the Ryde/Hunters Hill & Hornsby/Kuring-gai areas. Fortnightly clinics at both Ryde (9858 7524) and Hornsby (9477 9514) Hospitals. Appointment needed. Information sessions for community groups by arrangement.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc

Phone: 02 9809 0287

Web: www.cdlsa.us.org.au

Location: NSW

Services: 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

Cornucopia Cafe & Nursery/Mars Garden Maintenance

Phone: 02 9816 0393

Email: geoff.craig@health.nsw.gov.au

Web: www.mars-inc.com.au

Location: Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

CTA Australia

Phone: 1300 282 282

Email: salesnsw@cobbletac.com

Web: www.cobbletac.com

Location: Unit 23, 43-51 College St, Gladesville, NSW

Services: 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.

CULTIVATE NSW - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Location: Telopea Centre, 59 Parkes St, Ryde, NSW

Services: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. Promotes training, e.g. nationally accredited Therapeutic Horticulture course (1 day for 8 weeks), Padstow TAFE. Can provide talks, demonstrations, workshops (4hr) special courses and Open days by arrangement.

Cystic Fibrosis Australia

Phone: 02 9889 5171

Email: general@cfa.org.au

Web: www.cysticfibrosis.org.au

Location: Rose Cottage, 2 Richardson Place, North Ryde, NSW

Services: 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.

Dementia Australia of NSW

Phone: 02 9805 0100

Email: nsw.helpline@dementia.org.au

Web: www.dementia.org.au

Location: Macquarie Hospital Campus, 120 Coxs Rd, North Ryde, NSW

Services: Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 9am-5pm. Carer and worker education, membership, referral to local services, support groups and counselling. library available. Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

DoE Student Services, Northern Sydney Region

Phone: 02 9986 7000

Email: disability.support@det.nsw.edu.au

Web:

www.schools.nsw.edu.au/studentsupport/programs/disability.php

Location: 2/75 Talavera Rd, Macquarie Park, NSW

Services: 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).

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Email: brianzeman@health.nsw.gov.au

Location: Level 1, 37 Fourth Ave, Eastwood, NSW

Services: Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Eastwood Ryde Netball Association Inc

Phone: 02 9874 2190

Email: admin@ernanetball.com.au

Web: www.erna.nsw.netball.com.au

Location: End of, Adelaide St, West Ryde, NSW

Services: Organises Fun Net for girls and boys 5 yrs +, competition for girls and boys 7-11yrs, girls and women 12yrs + and mixed open competition. People with intellectual and physical disabilities are welcome. Held at Brush Farm and Meadowbank Parks. During Competition dates – Saturday 8.00-4.30

Estia Foundation

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: Provides respite care for 3 days to 5 weeks maximum over a 12 month period for young people with physical and intellectual disabilities. Respite facilities are at Gladesville and Roselands. A Weekend Day Care program is available at Gladesville. A permanent accommodation program is available subject to DADHC approval. Group home at North Ryde.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Estia Health

Phone: 02 9809 3068

Email: info@estiahealth.com.au

Web:

www.estiahealth.com.au/locations/ryde

Location: 94 Bowden St, Ryde, NSW

Services: 40 bed nursing home.

Ethnic & Australian Centre Based Luncheons

Phone: 02 9858 3222

Email: CarmenMiu@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

Extended Care Services (Weemala)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Weemala is a large residential facility which provides long-term rehabilitation and support services to clients with complex support needs. Located in the grounds of Royal Rehabilitation Centre at Ryde.

Fernleigh Nursing Home

Phone: 02 9809 3217

Email: fernleigh@opalagedcare.com.au

Web:

<https://www.opalagedcare.com.au/contact-us/>

Location: 8 Sherbrooke Rd, West Ryde, NSW

Services: 79 bed high and low care nursing home with qualified nursing staff onsite at all times.

Figtree Park

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Ryde Rd (between Matthew St and Gladesville Rd), Hunters Hill, NSW

Services: Open space, raised garden for disabled, seating.

Friday Lunch Group

Phone: 02 9858 3222

Email: win.sun@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Location: Step House, 23 Punt Rd, Gladesville, NSW

Services: 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: 02 9809 3468

Email: info@gouldinghillpreschool.com.au

Web: gouldinghillpreschool.com.au/

Location: 2 Hancott St, Ryde, NSW

Services: 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.

HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Home and Garden Maintenance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9816 1599, 0414 585 543

Email: david.carver@homeinstead.com.au

Web: www.homeinstead.com.au

Location: Unit 7, 71-75 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Hunters Hill Access Advisory Committee

Phone: 02 9879 9419

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: 22 Alexandra St, Hunters Hill, NSW

Services: 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.

Hunter's Hill Council - Community Services

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au/

Location: 22 Alexandra St, Hunters Hill, NSW

Services: Planning for provision of services for aged, disabled, families, children, youth.

Hunters Hill Ryde Day Centre

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

Hunters Hill Seniors Advisory Group

Phone: 02 9879 9400

Email: commserv@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Hunters Hill, NSW

Services: : A Committee of Council which advises Council on the needs and issues of seniors in the Hunters Hill area. The Group consists of members of the local community and representatives from seniors associations and services. New members are most welcome. Meets bi-monthly at local venues. Please contact Kate Kutty - Aged and Disability Coordinator at Hunters Hill Council to discuss what we do!

Huntington's NSW

Phone: 02 9874 9777, 1800 244 735

(Regional NSW)

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Location: Elsie Court Cottage, 21 Chatham Rd, West Ryde, NSW

Services: 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.

Italian Bilingual School

Phone: 02 9807 2272

Email: info@ibs.nsw.edu.au

Web: www.ibs.nsw.edu.au

Location: 30-32 See St, Meadowbank, NSW

Services: Bilingual primary school. Kindergarten to year 6.

Lifestart Cooperative Ltd Early Childhood Intervention Program Ryde/Eastwood

Phone: 02 9868 5066

Email: eastwood@lifestart.org.au

Web: www.lifestart.org.au

Location: 679 Blaxland Rd, Eastwood, NSW

Services: Parent driven service for children with additional needs. The focus is on educational and therapeutic opportunities for children and their families. Staffing includes special educators, physiotherapy, speech pathology, occupational therapy and social work. Open Play is a group for any families who have concerns about their child's development and would like to attend. Conduct parent training programs (e.g. toilet training, sleep programs) and programs for families of children with autism with behavioural difficulties.

Linen Program - North Ryde Community Aid

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Location: 55 Wicks Rd, North Ryde, NSW

Services: Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie ADHD Parent Support Group Inc

Phone: 02 9889 5977

Email: info@macquarieadhd.org.au

Web: www.facebook.com/macqadhd.org.au

Location: Dunmore Lang College, 130-134 Herring Rd, North Ryde, NSW

Services: Parents and carers of children with ADHD, and anyone interested in ADHD are invited to hear speakers and network with other parents at quarterly meetings.

Macquarie Centre

Phone: 02 9887 0800

Email: macquariecentre@ampcapital.com

Web: www.macquariecentre.com.au

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

Services: A major regional shopping centre with over 340 specialty shops, major dept stores and supermarkets, a 16 screen Greater Union cinema complex (Macquarie Megaplex) 9888 1544, an Ice Skating rink and numerous food outlets. "Shop Mobility" offers free mobility equipment to customers with limited mobility, bookings 9887 0820. A Justice of the Peace is available at the Customer Service Centre Wed 9:30am-3pm & Sat 9:30am-2:30pm.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Magnamail

Phone: 1800 251 252, 02 8874 8777

(within Sydney)

Email: contactus@magnamail.com.au

Web: www.magnamail.com.au

Location: NSW

Services: 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. Showroom at Unit 5, 2/4 William St Brookvale.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Email: multilit@multilit.com

Web: www.multilit.com

Location: Suite 2, Level 3, 75 Talavera Rd, Macquarie Park, NSW

Services: Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Can also provide online programs. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW.

Marian Hostel

Phone: 02 8878 1407

Web:

www.calvarycare.org.au/retirement-communities/locations/ryde-nsw/#respite

Location: 678 Victoria Rd, Ryde, NSW

Services: 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Meadowbank TAFE. Northern Sydney Institute of TAFE

Phone: 131 674, 02 9942 3666,

Email: nsi.study@tafensw.edu.au

Web: www.tafestudy.info

Location: See St, Meadowbank, NSW

Services: 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.

Meals on Wheels

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Meals are delivered to the aged, disabled and carers at minimum cost on a long or short term basis. Hot, cold or frozen meals are provided. Dietary needs catered for.

Meals on Wheels

Phone: 02 9817 0101

Email: mow1@hhrccs.org.au

Web: www.hhrccs.org.au

Location: Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Medtronic Australasia Office

Phone: 02 9418 9611, 1800 777 808

Email: medcust@medtronic.com

Web: www.medtronic-diabetes.com.au

Location: 5 Alma Rd, Macquarie Park, NSW

Services: Diabetes equipment and supplies including continuous glucose monitoring and blood glucose meters.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511

Email: mhrt@doh.health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

Location: Building 40, Gladesville Hospital, Digby Rd, Gladesville, NSW

Services: A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Mental Health Sports Network (MHSN)

Phone: 1800 843 539

Email: corporateadmin@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: The MHSN provides sport and recreation activities and sports camps to people with a mental illness. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, tennis and sports camps. The website provides information on events, sporting activities and the annual calendar of events. Auspiced by One Door Mental Health (former Schizophrenia Fellowship NSW), the MHSN is supported by the Department of Sport and Recreation.

Metro Inn Ryde

Phone: 02 9807 4022

Email: sales@rydeinn.com.au

Web: www.rydeinn.com.au/

Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW

Services: Motel.

Minimbah Challenge Inc

Phone: 02 9887 2299

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Location: 10 Vincentia St, Marsfield, NSW

Services: 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.

Mix 'n' Mingle Morning Tea Group

Phone: 02 9888 3380

Email: activities@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: One of three weekly social meal groups that includes a brunch style morning tea with great conversation, as well as craft, games or a guest speaker.

Mobility Parking Scheme (MPS)

Phone: 13 22 13

Web:

www.rms.nsw.gov.au/roads/using-roads/mobility-parking/

Location: Roads and Maritime Services, Cnr Blaxland & North Rds, Ryde, NSW

Services: 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.

Modibodi

Email: info@modibodi.com.au

Web: www.modibodi.com.au

Services: A supplier of underwear designed to offer absorbent protection during exercise, menstrual periods and incontinence, with a wide range of products including bras and underpants.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691, 02 9850 9697

Email: sally.howell@mq.edu.au

Web:

www.musec.mq.edu.au/community_outreach/musec_school/

Location: Building X5A, Special Education Centre, Balaclava Rd, Macquarie University, NSW

Services: Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

National Centre For Childhood Grief ('A Friend's Place')

Phone: 1300 654 556, 02 9804 6909

Email: afriendsplace@me.com

Web: www.childhoodgrief.org.au

Location: 14 Hollis Ave, Denistone East, NSW

Services: Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books & videos), training courses and seminars on bereavement. We also offer bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling service is free after the initial assessment session.

National Disability Coordination Officer Program - Northern Sydney

Phone: 02 8848 6503

Email: nathand@missionaustralia.com.au

Web:

www.education.gov.au/national-disability-coordination-officer-programme

Location: Centre for Disability Studies, 59 Charles St, Ryde, NSW

Services: The NDCO Program provides information to assist people with a disability from age 15 to 64 to move from school into training and higher education, and then into their chosen career. This includes information and advice on post-school options, supports and services; assistance in understanding the transition to post-school education and training, and to employment; and links with appropriate people to plan and make a successful entry into further study and employment. Funded by the Australian government Department of Education.

New Horizons Enterprises Ltd

Phone: 1300 726 372

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons has a long history of providing innovative services that support individuals and communities to enhance wellbeing. Since forming the world's first social enterprise almost half a century ago, we've expanded the reach of our services to thousands of people in hundreds of communities in Australia. We assist people to achieve wellbeing in a variety of areas of their life: - Accommodation & Tenancies- Employment & Education- Community & Social Participation- Daily Living & Independence- Cultural & Spiritual Wellbeing Whilst our customers cover almost all sectors of the community, we have specialised experience in: - Aged Care- Disabilities- Indigenous- Justice- Homelessness- Mental Health

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)

Phone: 02 9095 4370

Email: mywellbeing@newhorizons.net.au

Web:

www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors

Location: 15 Twin Rd, North Ryde, NSW

Services: 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. NDIS accreditation.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc

Phone: 02 9411 4429

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Location: Cerebral Palsy Alliance, 3a Smalls Rd, North Ryde, NSW

Services: Specialised toys and equipment borrowing service for young children with disabilities / special needs.

North Ryde Community Aid & Information centre

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: North Ryde Community Aid, 4 Cutler Pde, North Ryde, NSW

Services: Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

North Ryde Community Aid & Information Centre Inc

Phone: 02 9888 3380

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: North Ryde Community Aid & Information Centre Inc. (NRCA) are a not for profit organisation reliant on government funding and community generosity to deliver a range of services and assistance to the socially and financially disadvantaged in our community. Our staff and volunteers are committed to the well being, independence and engagement of our communities aged, disadvantaged and disabled residents.

North Ryde Community Preschool Inc

Phone: 02 9808 3015

Email: admin@nrpc.org.au

Web: www.nrcp.org.au

Location: 13 Clermont Ave, Ryde, NSW

Services: 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 2years.

Northern Sydney Carer Support Service

Phone: 02 9462 9488

Email:

NSLHD-CARERS@health.nsw.gov.au

Web: www.nscarersupport.com.au

Location: North Ryde, NSW

Services: 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.

Northern Sydney Home Nursing Service - NSHNS

Phone: 02 9887 5444

Email: nsldh-nshns@health.nsw.gov.au

Location: Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde, NSW

Services: Hornsby Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 6677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Manly Centre, 02 9976 9888, Mona Vale Centre, 02 9998 0555,

Northern Sydney Home Nursing Service - Ryde Centre

Phone: 02 9816 0550

Email:

NSHNS@nscchhs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Location: Building 16, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

NSW Developmental Disability Health Unit

Phone: 02 9808 9287

Web: www.cds.org.au

Location: Royal Rehab, 241 Morrison Rd, Ryde, NSW

Services: Provides medical checkup and referral to specialists as necessary, for adults aged 16+ with developmental (intellectual, autism etc) disabilities. Bulkbill. Referral by GP letter; bring Medicare card and copy of previous records.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)

Phone: 1800 628 221

Email: eahru@chcs.com.au

Web: www.elderabusehelpline.com.au

Services: A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse.

NSW Seniors Information Service (SIS)

Phone: 13 77 88

Email: info@service.gov.au

Web: service.nsw.gov.au

Location: NSW

Services: 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.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

One Door Mental Health - New Moves

Phone: 0402 957 138

Email: philippa.boss@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: This 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 activities, peer support and healthy eating. An exercise physiologist, a peer educator and a support worker facilitate the group for 2 hours weekly. You can join anytime. NDIS provider.

Ozanam Industries

Phone: 02 9807 4066

Email: westryde@ozanam.org.au

Web: www.ozanam.org.au

Location: 81-87 Ryedale Rd, West Ryde, NSW

Services: Workshop offers supported employment for people with moderate to severe intellectual disabilities.

Parents of Deaf Children (PODC)

Phone: 02 9870 8097, 0401 093 256

Email: info@podc.org.au

Web: www.podc.org.au

Location: Suite 100b Australian Hearing Hub, 16 University Av, Macquarie University, NSW

Services: Parents of Deaf Children (PODC) is a non-profit organisation, supporting families with babies, children and teenagers with hearing loss in NSW. The organisation offers a range of information, support and advocacy services for parents and carers. PODC connects families to others in their local area via POD groups (parent groups). PODC produces a quarterly magazine, Sound News, which provides information about parenting and educating a child with hearing loss. PODC advocates on behalf of families with government departments and service providers.

Parkinson's NSW

Phone: 1800 644 189

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building, 120 Coss Rd, North Ryde, NSW

Services: Support group for carers and people who have Parkinsons Disease.

Parkinson's NSW Inc

Phone: 1800 644 189 (Toll free), 02 8051 1900

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW

Services: 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

Performance Health ANZ

Phone: 1300 473 422

Email: sales@performhealth.com.au

Web: www.performhealth.com.au/

Location: Ground floor, 10 Ajulius Ave, North Ryde, NSW

Services: Performance Health 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.

Printacall

Phone: 02 9809 2392, 02 9809 1283 (TTY)

Email: sales@printacall.com.au

Web: www.printacall.com.au

Location: 2 Doig Av, Denistone East, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

QUEST Macquarie Park

Phone: 02 8879 4600

Email:

questmacquariepark@questapartments.com.au

Web:

www.questapartments.com.au/properties/nsw/macquarie-park/quest-macquarie-park/overview

Location: 71 Epping Rd, Macquarie Park, NSW

Services: Apartment with full kitchen and laundry facilities. Please request accessible rooms. Shower has level entry, wall seat, height adjustable handheld shower hose. Basin access beneath, Grab rails. Queen ensemble bed.

Raclo Remote Control

Phone: 02 9879 6088

Email: webmail@raclo.com.au

Web: www.raclo.com.au

Location: 304 Victoria Rd, Gladesville, NSW

Services: 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

Email: north@ransw.org.au

Web: www.relationships.com.au

Location: Suite 102, 68 Waterloo Rd, Macquarie Park, NSW

Services: 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.

Return2Driving

Phone: 02 9808 9328

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Location: Ground Floor, 235 Morrison Rd, Ryde, NSW

Services: 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.

Return2Sport

Phone: 02 9808 9353

Email: return2sport@Royalrehab.com.au

Web: www.royalrehab.com.au

Location: c/o Royal Rehab, 235 Morrison Rd, Ryde, NSW

Services: Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people aged 15+ with a physical disability to be as independent as possible. People can have individualised assessments and interventions to suit their needs, or engage in existing programs. Programs are conducted at various venues: beach access, cycling (St Ives, Newington), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing. Basketball, fencing, tennis, running, and yoga occur at Royal Rehab. Also Monday choir and fortnightly craft evenings. NDIS Provider

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Location: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield, NSW

Services: Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Royal Rehab

Phone: 02 9808 9631

Email:

elizabeth.menner@royalrehab.com.au

Web: royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is also a non-profit organisation raising funds to support and sustain our vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Eastwood Home Delivered Meals

Phone: 02 9858 3222

Email: admin@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Hot, chilled and frozen meals are delivered by volunteers to the elderly and/or disabled at a minimal cost 1 to 7 days a week depending on requirement. Dietary needs such as diabetes, gluten intolerances etc. catered for as are cultural needs with Asian, Indian, Italian and Halal meals available.

Ryde Hunters Hill Home Modification & Maintenance Service

Phone: 02 9952 8222

Email: hmms@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Provides home modification & maintenance services for frail, aged people (not on Home Care Packages) and people with disabilities (not on NDIS) and their carers enabling them to remain living independently at home. To be eligible you need to be aged over 65; reside in and be the owner of the home

Ryde Library Service

Phone: 02 9952 8352

Email: rydelibrary@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 1 Pope St, Ryde, NSW

Services: Provides reference and lending services. Materials for loan include large print, videos, CDs, DVDs books in community languages, language learning materials, magazines, talking books. Weekly storytimes and holiday activities for children. Toys at North Ryde. Word processing PCs and internet access. Home library service. Community Information service. Genealogy and Local Studies collections based at Ryde. Branches at West Ryde, North Ryde, Eastwood & Gladesville.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd

Phone: 02 9809 2211

Web: www.s-antonio-da-padova.com/

Location: 305 Blaxland Rd, Ryde, NSW

Services: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Saturday Lunch Group

Phone: 02 9858 3222

Email: marie.wilkie@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Service NSW. Macquarie Centre North Ryde

Phone: 13 77 88

Web:

www.service.nsw.gov.au/service-centre/ryde-service-centre

Location: Shop 1 U05/6, Level 1, Corner Waterloo and Herring Rds, North Ryde, NSW

Services: Knowledge test for drivers licences & motor vehicle registration. Applications for Parking Mobility Scheme cards must be signed by a doctor.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

Shopmobility (Macquarie Centre)

Phone: 02 9887 0800

Email: help@ilcnsw.asn.au

Web: ilcaustralia.org.au/suppliers/6744

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

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

Shopping Assistance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9858 3222

Email: maree.prentice@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: 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: 02 9808 5500

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Location: Shop 1, 30-32 Herbert St, West Ryde, NSW

Services: 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.

Sir Moses Montefiore Jewish Home

Phone: 02 9879 2777

Email:

huntershill@montefiorehome.com.au

Web: www.montefiorehome.com.au

Location: 120 High St, Hunters Hill, NSW

Services: 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.

Skillseekers Community Access Service

Phone: 1300 858 378 (Initial contact), 02 9805 0625

Web: www.dosomethingnearyou.com.au

Location: 74 Agincourt Rd, Marsfield, NSW

Services: 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 Meal Groups

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: Social groups for CHSP eligible residents. Particularly caters to the aged who may be socially isolated or financially disadvantaged and still living in their own homes. A home style 3 course meal is provided every week on Tuesday and Wednesday and a substantial morning tea on Thursday. Guest speakers, entertainment or activities are provided each week. Groups have an outing once a month instead of gathering at NRCA.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 42 Gladesville Rd, Hunters Hill, NSW

Services: 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: 02 9817 0101

Email: office1@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Social Transport Service

Phone: 02 9817 0101

Email: hhrcomtransport@bigpond.com

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Bus outings for older people. Community buses available for hire: three 20 seater; one 10 seater.

Sound Expression - Music Therapy

Phone: 0416 288 917

Email: iani@soundexpression.com.au

Web: www.soundexpression.com.au

Location: Sound Expression, 7 Avon Rd, North Ryde, NSW

Services: The clinic provides music therapy, music lessons and school-readiness programs for children and adults with disability. NDIS Provider.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

St Anne's Nursing Home

Phone: 02 9879 6977

Web:

www.catholichealthcare.com.au/en/residence/st-annes-aged-care/

Location: 1 De Milhau Rd, Hunters Hill, NSW

Services: 50 bed nursing home with dementia care. Catholic Healthcare is a leading not-for-profit provider of Residential Aged Care, Community Services, Retirement Living and Healthcare in NSW and QLD. We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 22 years.

St Catherine's Aged Care Services Ltd

Phone: 02 9805 1655

Web: www.scacs.org.au/

Location: 162-166 Balaclava Rd, Eastwood, NSW

Services: Comprises Bethany Hostel & Bethany Nursing Home. Provides geriatric, rehabilitation & dementia nursing. Elaroo provides dementia day care. DTC (Day Therapy Centre) provides exercise and music therapy to clients and members of the community over the age of 65.

St John's North Ryde Preschool Association Inc

Phone: 02 9888 7835

Email:

preschool@northrydeanglican.org.au

Web: www.northrydeanglican.org.au

Location: 152 Coxs Rd, North Ryde, NSW

Services: 40 place community based funded preschool. Provision for children with special needs and children from NESB.

St Joseph's Hostel

Phone: 02 9817 2055

Location: 41 Gladesville Rd, Hunters Hill, NSW

Services: 52 bed low care residential facility.

Stroke Recovery Assoc Of NSW

Phone: 1300 650 594, 02 9807 6422

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW

Services: 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: 02 9807 6422, 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: 227 Morrison Rd, Putney, NSW

Services: 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.

Sydney Community Services

Phone: 02 9817 0101

Email: support@sydneycs.org

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Aims to reduce social isolation for frail aged and people with a disability in the community 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.

Sydney Community Services

Phone: 02 9817 0101

Email: rliu@sydneycs.org.au

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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 first and third Tuesday of the month. And one on one flexible respite on a day and time that suits the client. We also provide community participation one on one to those with a disability. SCS 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)

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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 Macquarie University Psychology Clinic

Phone: 02 9850 8000

Email: Psychology.Clinic@mq.edu.au

Web: www.psy.mq.edu.au/clinic.htm

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

Services: 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.

The ORS Group

Phone: 1800 000 677

Email: ors@orsgroup.com.au

Web: www.orsgroup.com.au

Location: Level 1, 5-9 Devlin St, Ryde, NSW

Services: The ORS Group is a national company with over 60 offices across Australia. We offer a range of services to participants, injured workers, people with disability, employers and people who want to improve their work situation. Our employment related services are designed to help individuals harness their abilities, meet their challenges and achieve both their personal and professional goals.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Email: enquiries@shepherdcentre.com.au

Web: www.shepherdcentre.org.au

Location: The Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: 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.

Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Travelodge Macquarie North Ryde

Phone: 02 8874 5200

Email: macquarie@travelodge.com.au

Web: www.travelodge.com.au

Location: 81 Talavera Rd, Macquarie University, NSW

Services: There are six (6) accessible units; microwave; fridge; kettle; plates and cutlery. Room service not available.

Truscott Street Public School

Phone: 02 9878 1264

Email: truscottst-p.school@det.nsw.edu.au

Web: www.truscottst-p.schools.nsw.edu.au

Location: Truscott St, North Ryde, NSW

Services: 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).

Volunteer Visiting Program - Ryde to Hunters Hill

Phone: 02 9817 0101

Email: volunteervisit@hhrcs.org.au

Web: www.hhrcs.org.au/

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

Location: Hodson Bldg, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with physical disabilities and using a manual wheelchair. Sports include archery, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis, track and road. Fee for booking Wheelchair Sports Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

Willandra Village

Phone: 02 9346 1340, 02 9346 1342

Email: sotton@baptistcare.org.au

Web: baptistcare.org.au/our-services/retirement-living/willandravillage/#fndtn-overview

Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW

Services: Retirement village for senior men & women, independent living.

Yoga Infinity for People with / without Disability

Phone: 0458 798 378

Email: rosannarobertson@icloud.com

Web: www.yogainfinity.com.au

Location: West Ryde Uniting Church - hall, 7 Maxim St, West Ryde, NSW

Services: 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.

Youthsafe

Phone: 02 9817 7847

Email: office@youthsafe.org

Web: www.youthsafe.org

Location: Level 3, 5-9 Devlin St., Ryde, NSW

Services: Youthsafe, aims to foster the development of partnerships and collaboration within the field of youth injury prevention. Youthsafe works at local and state levels with government, industry, community groups, education institutions, non-government organisations and the media. Youthsafe is committed to strong advocacy and best practice initiatives to reduce injuries in young people.

Transport

Accessible Transport - Ryde Hunters Hill, Community Transport Association Inc

Phone: 02 9816 5000

Email: info@rhhct.org.au

Web: www.rhhct.org.au

Location: 6 Victoria Rd, Henley, NSW

Services: 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.

Achieve Australia

Phone: 1300 224 438

Email: bldwyer@achieveaustralia.org.au

Web: www.achieveaustralia.org.au

Location: Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW

Services: 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.

ADDults with ADHD NSW Inc

Phone: 02 9889 5977

Email: info@adultadhd.org.au

Web: www.adultadhd.org.au

Location: ADHD Centre, 51 Wicks Rd, North Ryde, NSW

Services: 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 Care Rehabilitaton Service (Dixson Unit)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morris Rd, Ryde, NSW

Services: Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.

Aged Services Social Support

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

ArjoHuntleigh Getinge Group - NSW

Phone: 1800 072 040

Email: enquiriesau@arjohuntleigh.com

Web: www.arjohuntleigh.com.au

Location: Level 2, 4 Talavera Rd, Macquarie Park, NSW

Services: Getinge Group combines the three leading brands, ArjoHuntleigh, Maquet and Getinge. It is a global provider of equipment for operating rooms, intensive-care units, hospital wards, sterilisation departments, aged care facilities and people with reduced mobility and related conditions.

Arthritis & Osteoporosis NSW

Phone: 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: Suite 1.15, 32 Delhi Rd, North Ryde, NSW

Services: non-government health charity seeking to improve the lives of those affected by arthritis, osteoporosis and other musculoskeletal conditions. Services include Support, Education and Events. Support is provided through an InfoLine, Membership, Support Groups and Branches throughout NSW. Warm Water Exercise Classes operate in the Sydney Metro area. Education services involves Seminars, Webinars, Community Awareness Sessions, Osteoarthritis of the Knee (OAK) Program and a monthly eNewsletter. There are two camps run annually that provide children who have juvenile arthritis an opportunity to participate in fun and educational activities, in a safe and supportive environment, without fear of being different. Camp Twinkletoes provides an educational program for parents of children aged 0 to 8 years, with activities for the kids and their siblings. Camp Footloose is an educational sport and recreation camp for children and young people with juvenile arthritis for ages 9 to 18 years.

Arthritis and Osteoporosis NSW

Phone: 1800 011 041, 02 9857 3300

Email: info@arthritisnsw.org.au

Web: www.arthritisnsw.org.au

Location: 1.15/32 Delhi Rd, North Ryde, NSW

Services: Arthritis & Osteoporosis NSW is a non-government health charity that seeks to improve the quality of life of people affected by arthritis and other musculoskeletal conditions. Our services include: an infoline, community awareness sessions, seminars, warm water exercise classes, recreational camps for young people with arthritis and educational camps for families caring for children with arthritis.

Arthritis NSW Ryde Support Group

Phone: 02 9817 7470, 02 9887 2295,

Email: rydearthritis@gmail.com

Web:

www.ryde.nsw.gov.au/Events/Listing/Ryde-Support-Group-Arthritis-Osteoporosis-NSW

Location: Meets at Ryde Eastwood Leagues Club, 117 Ryedale Rd, West Ryde, NSW

Services: A mutual support group for people with arthritis. Provides information and raises funds for research and special Branch projects. Guest speakers at meetings.

Ashburn House Aged Care

Phone: 02 8876 9200

Email: admin@chomes.com.au

Web: www.chomes.com.au

Location: 20-34 Ashburn Pl, Gladesville, NSW

Services: 20 low care beds. 84 high care beds of which 40 are extra services, and 44 standard services.

AstraZeneca Pty Ltd

Phone: 02 9978 3500

Email:

medinfo.australia@astrazeneca.com

Web: www.astrazeneca.com.au

Location: 66 Talavera Rd, Macquarie Park, NSW

Services: 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 for use by people all over the world. There is an extensive range of products for asthma.

At Home Care - Feros Care: Northern Sydney

Phone: 1300 763 583

Email: community@feroscare.com.au

Web: www.feroscare.com.au

Location: Ryde, NSW

Services: 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.

Audio Clinic

Phone: 02 9877 6300

Email: ryde@audioclinic.com.au

Web: www.audioclinic.com.au

Location: Suite 3A, 10 Pope St, Ryde, NSW

Services: Hearing tests for adults & children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans & Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.

Australian Association for the Wellbeing of Children in Healthcare - (AWCH)

Phone: 02 9817 2439

Email: awch@awch.com.au

Web: www.awch.org.au

Location: Gladesville Hospital, Building 40B, Cnr Victoria & Punt Rds, Gladesville, NSW

Services: 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.

BaptistCare NSW & ACT - Domestic Assistance and In Home Respite

Phone: 02 9346 1230

Email:

homeservicesintake@baptistcare.org.au

Web: www.baptistcare.org.au

Location: Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW

Services: 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. NDIS provider; fee for service; or via MyAgedCare.

BaptistCare Shalom Centre

Phone: 1300 275 227

Email: shalom@baptistcare.org.au

Web: www.baptistcare.org.au

Location: 159-165 Balaclava Rd, Macquarie Park, NSW

Services: High care facility including a high care dementia specific unit. High care Extra Service facility opened in August 2008 with 65 single rooms - 32 high care and 33 dementia specific.

Battery World

Phone: 02 9807 8582

Email: ryde@batteryworld.com.au

Web: www.batteryworld.com.au

Location: 39 Church St, Ryde, NSW

Services: Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.

BCS Cooinda Court Hostel

Phone: 02 9346 1300

Email: ask@bcs.org.au

Web:

<https://baptistcare.org.au/our-services/aged-care-centres/macquarie-park/macquarie-park-cooinda-court/#fndtn-overview>

Location: 159 Balaclava Rd, Macquarie Park, NSW

Services: Hostel accommodation for frail aged people in serviced rooms.

Brain Injury Australia Limited

Phone: 02 9808 9390

Email: admin@braininjuryaustralia.org.au

Web: www.braininjuryaustralia.org.au

Location: Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.

Calvary Retirement Community Ryde

Phone: 02 8878 1400

Web:

www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/

Location: 678 Victoria Rd, Ryde, NSW

Services: The community provides retirement accommodation in Dalton Gardens (self care apartments and villa units), Marian Hostel (low care) and Mary Potter Nursing Home (high care).

Campus Wellbeing and Support

Services

Phone: 02 9850 7497

Email: campuswellbeing@mq.edu.au

Web: mq.edu.au/disability

Location: Level 2, 16 Wally's Walk, Macquarie University, NSW

Services: Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.

Care Call Emergency Response

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: www.baptistcare.org.au/carecall

Location: 157 Balaclava Rd, Macquarie Park, NSW

Services: Immediate response to emergency situations. 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically sends a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only. information available in a number of different languages.

CareCall Emergency Response Service

Phone: 1300 599 532

Email: carecall@baptistcare.org.au

Web: <https://baptistcare.org.au/carecall>

Location: NSW

Services: 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 via the mobile network. For people prone to seizures or syncope attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fall occurs. Free in-home demonstrations-Sydney Metro only.

**Catholic Community Services -
Community Aged Care Packages**

Phone: 1800 225 474

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: The Mercy Arms, 663 Elizabeth St, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email: community.clients@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW

Services: 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

Email:

referrals.communityservices@chcs.com.au

Web:

www.catholiccommunityservices.com.au

Location: Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW

Services: 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: 1300 319 011

Email: enquiries@chcs.com.au

Web:

www.catholiccommunityservices.com.au/

Location: Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW

Services: 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: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Door to door transport to medical and other appointments. Bookings essential.

**CCA Emergency Relief & Social Welfare
Service**

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

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

CCA Telephone Linkage

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Centrelink

Web:

www.humanservices.gov.au/customer/dhs/centrelink

Location: 19-27 Devlin St, Ryde, NSW

Services: 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.

Cerebral Palsy Alliance - Ryde Gym

Phone: 02 8878 3500

Email: mliberatore@cerebralpalsy.org.au

Web:

www.cerebralpalsy.org.au/health-and-wellbeing-group-programs

Location: Cerebral Palsy Alliance, Ryde, NSW

Services: Cerebral Palsy Alliance 'Sportsfitz' gym offers services to people aged 8+ with cerebral palsy and other disabilities in state of the art, fully accessible environment. The range of programs includes individual services with ESSA accredited exercise physiologists as well as group programs like 'Healthy Kids' and 'Upright and active'. NDIS Provider

Christian Community Aid Inc

Phone: 02 9858 3222

Email: administration@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Chubb Fire and Security

Phone: 131 598, 02 9581 6666

Email: ces.admin@chubb.com.au

Web: www.chubb.com.au

Location: 33 Talavera Rd, Macquarie Park, NSW

Services: Alarm systems. Security alarms with external alarms.

CICADA Australia Inc

Phone: 02 9488 9728

Email: jcassell@bigpond.com

Web: www.cicada.org.au

Location: Club Room, Syd Cochlear Implant Centre, Building 39, Punt Rd, Gladesville, NSW

Services: Provides support and advice for pre and post cochlear implantees and families. Also provides opportunities to meet others socially and share information. Monthly morning teas and weekend social BBQs and Guest Speaker 4 times per year.

City of Ryde - Community Services

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Planning and co-ordination of services for aged, disabled, families, children, youth.

City of Ryde Access Advisory Committee

Phone: 02 9952 8222

Email: cityofryde@ryde.nsw.gov.au

Web:

www.ryde.nsw.gov.au/Council/Committees/Advisory-Committees

Location: Meets on 5th Floor, Ryde Civic Centre, 1 Devlin St, Ryde, NSW

Services: Advisory Committees provide an opportunity for local residents and relevant organisations to contribute to the day-to-day running of the Council.

Clermont Aged Care

Phone: 02 9809 1416

Email: clermont@speednet.com.au

Web: www.clermontagedcare.com.au

Location: 8-14 Clermont Ave, Ryde, NSW

Services: 55 bed aged care facility.

Co.As.It. Italian Dementia Specific Daycare Group.

Phone: 02 9564 0744 (Office)

Email: referrals@coasit.org.au

Web: www.coasit.org.au

Location: Dementia and Memory Community Centre, Alzheimer's Australia NSW, Cnr Coss Rd and Norton Rd, North Ryde, NSW

Services: Social Support Group for older Italians living with dementia; carer support. Morning tea and lunch provided. Transport provided.

Cochlear Ltd

Phone: 02 9428 6555, 1800 620 929 (Customer Service Team)

Email: customerservice@cochlear.com

Web: www.cochlear.com

Location: 1 University Ave, Macquarie University, NSW

Services: Cochlear implant supplier.

Community Visitors Scheme

Phone: 02 9817 0101

Email: cvs@hhrcs.org

Web: www.hhrcs.org.au

Location: 42-46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Continence Advisor (Northern Sydney Home Nursing Service)

Phone: 02 9816 0550

Location: Building 16, Victoria Rd, Gladesville, NSW

Services: Also at Bernard Curran Unit, Hornsby Hospital, entry from Derby Rd, Hornsby. Individual assessment and advice regarding bladder and bowel incontinence; advice on schemes for and suppliers of incontinent aids. Home visits available in the Ryde/Hunters Hill & Hornsby/Kuring-gai areas. Fortnightly clinics at both Ryde (9858 7524) and Hornsby (9477 9514) Hospitals. Appointment needed. Information sessions for community groups by arrangement.

Cornelia de Lange Syndrome Association (CdLSA) Australasia Inc

Phone: 02 9809 0287

Web: www.cdlsa.us.org.au

Location: NSW

Services: 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

Cornucopia Cafe & Nursery/Mars Garden Maintenance

Phone: 02 9816 0393

Email: geoff.craig@health.nsw.gov.au

Web: www.mars-inc.com.au

Location: Bldg 22B Old Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Hospitality and horticulture rehabilitation / vocational training for people with psychiatric disability, provided by a commercially run coffee shop and local native plant nursery. MARS INC was set up in 1988 to provide employment and support to people living in the community an ongoing mental illness.

CTA Australia

Phone: 1300 282 282

Email: salesnsw@cobbletac.com

Web: www.cobbletac.com

Location: Unit 23, 43-51 College St, Gladesville, NSW

Services: 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.

CULTIVATE NSW - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Location: Telopea Centre, 59 Parkes St, Ryde, NSW

Services: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. Promotes training, e.g. nationally accredited Therapeutic Horticulture course (1 day for 8 weeks), Padstow TAFE. Can provide talks, demonstrations, workshops (4hr) special courses and Open days by arrangement.

Cystic Fibrosis Australia

Phone: 02 9889 5171

Email: general@cfa.org.au

Web: www.cysticfibrosis.org.au

Location: Rose Cottage, 2 Richardson Place, North Ryde, NSW

Services: 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.

Dementia Australia of NSW

Phone: 02 9805 0100

Email: nsw.helpline@dementia.org.au

Web: www.dementia.org.au

Location: Macquarie Hospital Campus, 120 Coxs Rd, North Ryde, NSW

Services: Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 9am-5pm. Carer and worker education, membership, referral to local services, support groups and counselling. library available. Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

DoE Student Services, Northern Sydney Region

Phone: 02 9986 7000

Email: disability.support@det.nsw.edu.au

Web:

www.schools.nsw.edu.au/studentsupport/programs/disability.php

Location: 2/75 Talavera Rd, Macquarie Park, NSW

Services: 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).

Dr Brian Zeman, Rehabilitation Medicine Physician

Phone: 02 9858 7155

Email: brianzeman@health.nsw.gov.au

Location: Level 1, 37 Fourth Ave, Eastwood, NSW

Services: Physician, whose practice includes the therapeutic usage of Botulinum Toxin for the management of spasticity in adults.

Eastwood Ryde Netball Association Inc

Phone: 02 9874 2190

Email: admin@ernanetball.com.au

Web: www.erna.nsw.netball.com.au

Location: End of, Adelaide St, West Ryde, NSW

Services: Organises Fun Net for girls and boys 5 yrs +, competition for girls and boys 7-11yrs, girls and women 12yrs + and mixed open competition. People with intellectual and physical disabilities are welcome. Held at Brush Farm and Meadowbank Parks. During Competition dates – Saturday 8.00-4.30

Estia Foundation

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: Provides respite care for 3 days to 5 weeks maximum over a 12 month period for young people with physical and intellectual disabilities. Respite facilities are at Gladesville and Roselands. A Weekend Day Care program is available at Gladesville. A permanent accommodation program is available subject to DADHC approval. Group home at North Ryde.

Estia Foundation of Australia

Phone: 02 9879 8000

Email: admin@estia.org.au

Web: www.estia.org.au

Location: 5-7 Pearson St, Gladesville, NSW

Services: 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 homes are "Lixouri House" at North Ryde and Pearson Street Home at Gladesville. Home cooked meals are provided by our cook. Flexible respite periods range from a minimum of 3 days to a maximum of 5 weeks. Respite has five beds. The service is not able to provide nursing care.

Estia Health

Phone: 02 9809 3068

Email: info@estiahealth.com.au

Web:

www.estiahealth.com.au/locations/ryde

Location: 94 Bowden St, Ryde, NSW

Services: 40 bed nursing home.

Ethnic & Australian Centre Based Luncheons

Phone: 02 9858 3222

Email: CarmenMiu@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Outings & lunch groups for Australian, Cantonese, Mandarin and Armenian speaking aged people and people with disabilities and their carers.

Extended Care Services (Weemala)

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Weemala is a large residential facility which provides long-term rehabilitation and support services to clients with complex support needs. Located in the grounds of Royal Rehabilitation Centre at Ryde.

Fernleigh Nursing Home

Phone: 02 9809 3217

Email: fernleigh@opalagedcare.com.au

Web:

<https://www.opalagedcare.com.au/contact-us/>

Location: 8 Sherbrooke Rd, West Ryde, NSW

Services: 79 bed high and low care nursing home with qualified nursing staff onsite at all times.

Figtree Park

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Ryde Rd (between Matthew St and Gladesville Rd), Hunters Hill, NSW

Services: Open space, raised garden for disabled, seating.

Friday Lunch Group

Phone: 02 9858 3222

Email: win.sun@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: Social group for the frail, aged & elderly. Morning tea, lunch, music & entertainment. Transport provided.

Giant Steps Sydney Ltd

Phone: 02 9879 4971

Email: michelle.jocum@giantsteps.net.au

Web: www.giantsteps.net.au

Location: Step House, 23 Punt Rd, Gladesville, NSW

Services: 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: 02 9809 3468

Email: info@gouldinghillpreschool.com.au

Web: gouldinghillpreschool.com.au/

Location: 2 Hancott St, Ryde, NSW

Services: 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.

HARTMANN

Phone: 02 8762 7000, 1800 805 839

Email: info@au.hartmann.info

Web: www.hartmann.com.au

Location: Lvl 5, 1 Thomas Holt Dr, Macquarie Park, NSW

Services: HARTMANN offers a full range of incontinence products, wound care, operating theatre drapes and gowns and custom procedure packs. HARTMANN supply to hospitals aged care facilities and community sectors.

Home and Garden Maintenance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9816 1599, 0414 585 543

Email: david.carver@homeinstead.com.au

Web: www.homeinstead.com.au

Location: Unit 7, 71-75 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Hunters Hill Access Advisory Committee

Phone: 02 9879 9419

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: 22 Alexandra St, Hunters Hill, NSW

Services: 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.

Hunter's Hill Council - Community Services

Phone: 02 9879 9400

Email: council@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au/

Location: 22 Alexandra St, Hunters Hill, NSW

Services: Planning for provision of services for aged, disabled, families, children, youth.

Hunters Hill Ryde Day Centre

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Day centre for frail aged. Transport provided. Chinese daycare on Mon, dementia specific on Wed.

Hunters Hill Seniors Advisory Group

Phone: 02 9879 9400

Email: commserv@huntershill.nsw.gov.au

Web: www.huntershill.nsw.gov.au

Location: Hunters Hill, NSW

Services: : A Committee of Council which advises Council on the needs and issues of seniors in the Hunters Hill area. The Group consists of members of the local community and representatives from seniors associations and services. New members are most welcome. Meets bi-monthly at local venues. Please contact Kate Kutty - Aged and Disability Coordinator at Hunters Hill Council to discuss what we do!

Huntington's NSW

Phone: 02 9874 9777, 1800 244 735

(Regional NSW)

Email: info@huntingtonsnsw.org.au

Web: www.huntingtonsnsw.org.au

Location: Elsie Court Cottage, 21 Chatham Rd, West Ryde, NSW

Services: 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.

Italian Bilingual School

Phone: 02 9807 2272

Email: info@ibs.nsw.edu.au

Web: www.ibs.nsw.edu.au

Location: 30-32 See St, Meadowbank, NSW

Services: Bilingual primary school. Kindergarten to year 6.

Lifestart Cooperative Ltd Early Childhood Intervention Program Ryde/Eastwood

Phone: 02 9868 5066

Email: eastwood@lifestart.org.au

Web: www.lifestart.org.au

Location: 679 Blaxland Rd, Eastwood, NSW

Services: Parent driven service for children with additional needs. The focus is on educational and therapeutic opportunities for children and their families. Staffing includes special educators, physiotherapy, speech pathology, occupational therapy and social work. Open Play is a group for any families who have concerns about their child's development and would like to attend. Conduct parent training programs (e.g. toilet training, sleep programs) and programs for families of children with autism with behavioural difficulties.

Linen Program - North Ryde Community Aid

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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.

Lupus Association of NSW Inc

Phone: 1800 802 088 (NSW Country and Interstate); 02 9878 6055

Email: info@lupusnsw.org.au

Web: www.lupusnsw.org.au

Location: 55 Wicks Rd, North Ryde, NSW

Services: Bi-Yearly Newsletter; patient education; information and literature; telephone support at head office for Lupus sufferers. Liaison with support groups. Promoting Lupus Awareness and Education. Fundraising events- World Lupus Day (10 May), Lupus Month (Oct).

Macquarie ADHD Parent Support Group Inc

Phone: 02 9889 5977

Email: info@macquarieadhd.org.au

Web: www.facebook.com/macqadhd.org.au

Location: Dunmore Lang College, 130-134 Herring Rd, North Ryde, NSW

Services: Parents and carers of children with ADHD, and anyone interested in ADHD are invited to hear speakers and network with other parents at quarterly meetings.

Macquarie Centre

Phone: 02 9887 0800

Email: macquariecentre@ampcapital.com

Web: www.macquariecentre.com.au

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

Services: A major regional shopping centre with over 340 specialty shops, major dept stores and supermarkets, a 16 screen Greater Union cinema complex (Macquarie Megaplex) 9888 1544, an Ice Skating rink and numerous food outlets. "Shop Mobility" offers free mobility equipment to customers with limited mobility, bookings 9887 0820. A Justice of the Peace is available at the Customer Service Centre Wed 9:30am-3pm & Sat 9:30am-2:30pm.

Macquarie University - Speech and Hearing Clinic

Phone: 02 9850 2900

Email: shc@mq.edu.au

Web:

www.mqhealth.org.au/hospital-clinics/speech-and-hearing-clinic

Location: Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: The Macquarie University Speech and Hearing Clinic is part of Macquarie University and is located on the North Ryde campus. The Clinic provides a comprehensive range of diagnostic and rehabilitative speech pathology and audiology services for people of all ages. The Clinic operates on a client-centered basis with a focus on collaborative goal-setting involving the individual, families and carers. The Clinic's services are directed towards maximising your ability to participate in everyday home, school, work and social activities. We offer expert advice from diagnosis through to treatment across audiology and speech pathology. Audiology Services Hearing assessments for both adults and children are available through our clinic. We also offer specialist services such as auditory processing disorder assessments, rehabilitation of tinnitus, vestibular assessments and electrophysiological assessments. NDIS Registered Provider

Macquarie University Centre for Emotional Health Clinic (CEHC)

Phone: 02 9850 8711

Email: ehc.admin@mq.edu.au

Web: www.mq.edu.au/ceh-clinic.com.au

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Magnamail

Phone: 1800 251 252, 02 8874 8777 (within Sydney)

Email: contactus@magnamail.com.au

Web: www.magnamail.com.au

Location: NSW

Services: 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. Showroom at Unit 5, 2/4 William St Brookvale.

Making Up Lost Time In Literacy (MultiLit)

Phone: 1300 559 919

Email: multilit@multilit.com

Web: www.multilit.com

Location: Suite 2, Level 3, 75 Talavera Rd, Macquarie Park, NSW

Services: Provides assessment and educational and tutoring services for students experiencing difficulty in acquiring reading and related literacy skills from preschool to young adults. Can also provide online programs. Second location at 102/5 Celebration Dr, Bella Vista NSW 2153, to service the north-west and Hills district of Sydney, NSW.

Marian Hostel

Phone: 02 8878 1407

Web:

www.calvarycare.org.au/retirement-communities/locations/ryde-nsw/#respite

Location: 678 Victoria Rd, Ryde, NSW

Services: 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Meadowbank TAFE. Northern Sydney Institute of TAFE

Phone: 131 674, 02 9942 3666,

Email: nsi.study@tafensw.edu.au

Web: www.tafestudy.info

Location: See St, Meadowbank, NSW

Services: 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.

Meals on Wheels

Phone: 02 9817 0101

Web: www.hhrccs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Meals are delivered to the aged, disabled and carers at minimum cost on a long or short term basis. Hot, cold or frozen meals are provided. Dietary needs catered for.

Meals on Wheels

Phone: 02 9817 0101

Email: mow1@hhrccs.org.au

Web: www.hhrccs.org.au

Location: Hunters Hill Ryde Community Services Inc, 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Medtronic Australasia Office

Phone: 02 9418 9611, 1800 777 808

Email: medcust@medtronic.com

Web: www.medtronic-diabetes.com.au

Location: 5 Alma Rd, Macquarie Park, NSW

Services: Diabetes equipment and supplies including continuous glucose monitoring and blood glucose meters.

Mental Health Review Tribunal

Phone: 02 9816 5955, 1800 815 511

Email: mhrt@doh.health.nsw.gov.au

Web: www.mhrt.nsw.gov.au

Location: Building 40, Gladesville Hospital, Digby Rd, Gladesville, NSW

Services: A specialist quasi-judicial body established under the Mental Health Act 2007. It has a wide range of powers that enable it to make and review orders, and to hear some appeals, about the treatment and care of people with a mental illness. Most Tribunal panels consist of three members: a lawyer who chairs the hearing, a psychiatrist, and another suitably qualified member. Mental health inquires and some appeals can be conducted by an experienced single legal Tribunal member. The Tribunal has a wide jurisdiction, and conducts both civil and forensic hearings. Hearings are conducted in hospitals and community health centres.

Mental Health Sports Network (MHSN)

Phone: 1800 843 539

Email: corporateadmin@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: The MHSN provides sport and recreation activities and sports camps to people with a mental illness. Current sports include cricket, softball, table tennis, ten pin bowling, volleyball, tennis and sports camps. The website provides information on events, sporting activities and the annual calendar of events. Auspiced by One Door Mental Health (former Schizophrenia Fellowship NSW), the MHSN is supported by the Department of Sport and Recreation.

Metro Inn Ryde

Phone: 02 9807 4022

Email: sales@rydeinn.com.au

Web: www.rydeinn.com.au/

Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW

Services: Motel.

Minimbah Challenge Inc

Phone: 02 9887 2299

Email: admin@minimbah.org.au

Web: www.minimbah.org.au

Location: 10 Vincentia St, Marsfield, NSW

Services: 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.

Mix 'n' Mingle Morning Tea Group

Phone: 02 9888 3380

Email: activities@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: One of three weekly social meal groups that includes a brunch style morning tea with great conversation, as well as craft, games or a guest speaker.

Mobility Parking Scheme (MPS)

Phone: 13 22 13

Web:

www.rms.nsw.gov.au/roads/using-roads/mobility-parking/

Location: Roads and Maritime Services, Cnr Blaxland & North Rds, Ryde, NSW

Services: 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.

Modibodi

Email: info@modibodi.com.au

Web: www.modibodi.com.au

Services: A supplier of underwear designed to offer absorbent protection during exercise, menstrual periods and incontinence, with a wide range of products including bras and underpants.

Motor Neurone Disease Association of NSW Inc

Phone: 1800 777 175

Email: admin@mndnsw.asn.au

Web: www.mndnsw.asn.au

Location: Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: 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. NDIS Provider

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691, 02 9850 9697

Email: sally.howell@mq.edu.au

Web:

www.musec.mq.edu.au/community_outreach/musec_school/

Location: Building X5A, Special Education Centre, Balaclava Rd, Macquarie University, NSW

Services: Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding.

National Centre For Childhood Grief ('A Friend's Place')

Phone: 1300 654 556, 02 9804 6909

Email: afriendsplace@me.com

Web: www.childhoodgrief.org.au

Location: 14 Hollis Ave, Denistone East, NSW

Services: Counselling and support service for the bereaved and terminally ill. The NCCG ('A Friend's Place') offers advice to professionals and members of the community. Educational resources (books & videos), training courses and seminars on bereavement. We also offer bereavement support groups for children who have had a parent die. The NCCG offers counselling services to terminally ill, and recently bereaved adults, on a fee for service basis. Children's counselling service is free after the initial assessment session.

National Disability Coordination Officer Program - Northern Sydney

Phone: 02 8848 6503

Email: nathand@missionaustralia.com.au

Web:

www.education.gov.au/national-disability-coordination-officer-programme

Location: Centre for Disability Studies, 59 Charles St, Ryde, NSW

Services: The NDCO Program provides information to assist people with a disability from age 15 to 64 to move from school into training and higher education, and then into their chosen career. This includes information and advice on post-school options, supports and services; assistance in understanding the transition to post-school education and training, and to employment; and links with appropriate people to plan and make a successful entry into further study and employment. Funded by the Australian government Department of Education.

New Horizons Enterprises Ltd

Phone: 1300 726 372

Email: mywellbeing@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons has a long history of providing innovative services that support individuals and communities to enhance wellbeing. Since forming the world's first social enterprise almost half a century ago, we've expanded the reach of our services to thousands of people in hundreds of communities in Australia. We assist people to achieve wellbeing in a variety of areas of their life: - Accommodation & Tenancies- Employment & Education- Community & Social Participation- Daily Living & Independence- Cultural & Spiritual Wellbeing Whilst our customers cover almost all sectors of the community, we have specialised experience in: - Aged Care- Disabilities- Indigenous- Justice- Homelessness- Mental Health

New Horizons Enterprises Ltd

Phone: 02 9490 0000

Email: admin@newhorizons.net.au

Web: www.newhorizons.net.au

Location: 15 Twin Rd, North Ryde, NSW

Services: New Horizons is a non-profit provider of support services for people with a disability, mental illness and those who are frail aged. Head office is located at North Ryde in Sydney. New Horizons has a total of 18 sites throughout Sydney and in every major coastal centre from the central coasts to Tweed Heads covering more than 3/4 of the NSW population. Service Users must be on a Disability Support Pension and aged 16 years or older.

New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)

Phone: 02 9095 4370

Email: mywellbeing@newhorizons.net.au

Web:

www.dss.gov.au/our-responsibilities/mental-health/programs-services/personal-helpers-and-mentors

Location: 15 Twin Rd, North Ryde, NSW

Services: 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. NDIS accreditation.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc

Phone: 02 9411 4429

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Location: Cerebral Palsy Alliance, 3a Smalls Rd, North Ryde, NSW

Services: Specialised toys and equipment borrowing service for young children with disabilities / special needs.

North Ryde Community Aid & Information centre

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: North Ryde Community Aid, 4 Cutler Pde, North Ryde, NSW

Services: Offers information about a range of support services including practical help in the home, home visits by appointment, help with referrals to service providers, follow-up support and monitoring, advocacy for those with additional disadvantage, use of interpreters for people from different language backgrounds.

North Ryde Community Aid & Information Centre Inc

Phone: 02 9888 3380

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: North Ryde Community Aid & Information Centre Inc. (NRCA) are a not for profit organisation reliant on government funding and community generosity to deliver a range of services and assistance to the socially and financially disadvantaged in our community. Our staff and volunteers are committed to the well being, independence and engagement of our communities aged, disadvantaged and disabled residents.

North Ryde Community Preschool Inc

Phone: 02 9808 3015

Email: admin@nrpc.org.au

Web: www.nrpc.org.au

Location: 13 Clermont Ave, Ryde, NSW

Services: 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 2years.

Northern Sydney Carer Support Service

Phone: 02 9462 9488

Email:

NSLHD-CARERS@health.nsw.gov.au

Web: www.nscarersupport.com.au

Location: North Ryde, NSW

Services: 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.

Northern Sydney Home Nursing Service - NSHNS

Phone: 02 9887 5444

Email: nsldh-nshns@health.nsw.gov.au

Location: Building 8 - 1st Floor Macquarie Hospital, Lachlan Centre - Norton Rd, Nth Ryde, NSW

Services: Hornsby Centre, 02 9477 9277, Ku-Ring-Gai Centre, 02 9449 6677, Ryde Centre, 02 9816 0550, North Sydney Centre, 02 9462 9388, Manly Centre, 02 9976 9888, Mona Vale Centre, 02 9998 0555,

Northern Sydney Home Nursing Service - Ryde Centre

Phone: 02 9816 0550

Email:

NSHNS@nsccahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/Nth-Syd-Home-Nursing.aspx

Location: Building 16, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Provides general nursing care; support to clients & their families; advice on diet, safety & mobility to assist recovery and enable people to maintain their independence.

NSW Developmental Disability Health Unit

Phone: 02 9808 9287

Web: www.cds.org.au

Location: Royal Rehab, 241 Morrison Rd, Ryde, NSW

Services: Provides medical checkup and referral to specialists as necessary, for adults aged 16+ with developmental (intellectual, autism etc) disabilities. Bulkbill. Referral by GP letter; bring Medicare card and copy of previous records.

NSW Elder Abuse Helpline & Resource Unit (EAHRU)

Phone: 1800 628 221

Email: eahru@chcs.com.au

Web: www.elderabusehelpline.com.au

Services: A free, confidential helpline offering information, support and referrals to anyone who suspects, witnesses or experiences elder abuse.

NSW Seniors Information Service (SIS)

Phone: 13 77 88

Email: info@service.gov.au

Web: service.nsw.gov.au

Location: NSW

Services: 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.

One Door Mental Health - Head Office

Phone: 02 9879 2600

Email: admin@onedoor.org.au

Web: www.onedoor.org.au/

Location: Building 36 Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: Trained mental health staff provide a variety of services that aim to meet the individual needs of people living with mental illness, their 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. There are carer services, centre-based services, education and training, employment services, health care and individual, group and youth support services. Please refer to the website for more details.

One Door Mental Health - New Moves

Phone: 0402 957 138

Email: philippa.boss@onedoor.org.au

Web: www.onedoor.org.au

Location: Bldg 36, Gladesville Hospital, Victoria Rd, Gladesville, NSW

Services: This 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 activities, peer support and healthy eating. An exercise physiologist, a peer educator and a support worker facilitate the group for 2 hours weekly. You can join anytime. NDIS provider.

Ozanam Industries

Phone: 02 9807 4066

Email: westryde@ozanam.org.au

Web: www.ozanam.org.au

Location: 81-87 Ryedale Rd, West Ryde, NSW

Services: Workshop offers supported employment for people with moderate to severe intellectual disabilities.

Parents of Deaf Children (PODC)

Phone: 02 9870 8097, 0401 093 256

Email: info@podc.org.au

Web: www.podc.org.au

Location: Suite 100b Australian Hearing Hub, 16 University Av, Macquarie University, NSW

Services: Parents of Deaf Children (PODC) is a non-profit organisation, supporting families with babies, children and teenagers with hearing loss in NSW. The organisation offers a range of information, support and advocacy services for parents and carers. PODC connects families to others in their local area via POD groups (parent groups). PODC produces a quarterly magazine, Sound News, which provides information about parenting and educating a child with hearing loss. PODC advocates on behalf of families with government departments and service providers.

Parkinson's NSW

Phone: 1800 644 189

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building, 120 Coss Rd, North Ryde, NSW

Services: Support group for carers and people who have Parkinsons Disease.

Parkinson's NSW Inc

Phone: 1800 644 189 (Toll free), 02 8051 1900

Email: pnsn@parkinsonsnsw.org.au

Web: www.parkinsonsnsw.org.au

Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW

Services: 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

Performance Health ANZ

Phone: 1300 473 422

Email: sales@performhealth.com.au

Web: www.performhealth.com.au/

Location: Ground floor, 10 Ajulius Ave, North Ryde, NSW

Services: Performance Health 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.

Printacall

Phone: 02 9809 2392, 02 9809 1283 (TTY)

Email: sales@printacall.com.au

Web: www.printacall.com.au

Location: 2 Doig Av, Denistone East, NSW

Services: 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.

Professional Automation

Phone: 1300 459 525

Email: info@proautomate.com.au

Web: www.proautomate.com.au/

Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW

Services: Supplies electronic security, commercial and home automation systems. Systems include, but are not limited to: smart wiring, controlled lighting, multi-room audio, security and CCTV and intercom & video phones. Supplies automated lighting solutions to a range of industries, including hospitality, tertiary education, aged care facilities, hospitals, banks and data centres.

QUEST Macquarie Park

Phone: 02 8879 4600

Email:

questmacquariepark@questapartments.com.au

Web:

www.questapartments.com.au/properties/nsw/macquarie-park/quest-macquarie-park/overview

Location: 71 Epping Rd, Macquarie Park, NSW

Services: Apartment with full kitchen and laundry facilities. Please request accessible rooms. Shower has level entry, wall seat, height adjustable handheld shower hose. Basin access beneath, Grab rails. Queen ensemble bed.

Raclo Remote Control

Phone: 02 9879 6088

Email: webmail@raclo.com.au

Web: www.raclo.com.au

Location: 304 Victoria Rd, Gladesville, NSW

Services: 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

Email: north@ransw.org.au

Web: www.relationships.com.au

Location: Suite 102, 68 Waterloo Rd, Macquarie Park, NSW

Services: 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.

Return2Driving

Phone: 02 9808 9328

Email: driving@royalrehab.com.au

Web:

www.royalrehab.com.au/rehab-services/community-outpatients-rehab-services/driving-assessment/

Location: Ground Floor, 235 Morrison Rd, Ryde, NSW

Services: 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.

Return2Sport

Phone: 02 9808 9353

Email: return2sport@Royalrehab.com.au

Web: www.royalrehab.com.au

Location: c/o Royal Rehab, 235 Morrison Rd, Ryde, NSW

Services: Return2Sport is an initiative of Royal Rehab that promotes participation and engagement in sport, recreation and leisure pursuits for people aged 15+ with a physical disability to be as independent as possible. People can have individualised assessments and interventions to suit their needs, or engage in existing programs. Programs are conducted at various venues: beach access, cycling (St Ives, Newington), golf (Moore Park, Long Reef Collaroy), rowing, snowsports, rock climbing. Basketball, fencing, tennis, running, and yoga occur at Royal Rehab. Also Monday choir and fortnightly craft evenings. NDIS Provider

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Email: info@rdaryde.org.au

Web: www.rdaryde.org.au

Location: Marsfield Park, 118-120 Culloden Rd (opposite Macquarie Univ), Marsfield, NSW

Services: Riding for the Disabled Association NSW is a non-profit organisation which enables children and adults with disabilities to enjoy and achieve physical, social, psychological and educational progress through participation in therapeutic horse riding programs and horse related activities.

Royal Rehab

Phone: 02 9808 9222

Email: info@royalrehab.com.au

Web: www.royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, age related illness, neurological illness and traumatic brain injury. Community supported and residential services for people with profound physical disabilities; Driving Assessment Centre. NDIS Provider

Royal Rehab

Phone: 02 9808 9631

Email:

elizabeth.menner@royalrehab.com.au

Web: royalrehab.com.au

Location: 235 Morrison Rd, Ryde, NSW

Services: Through specialist rehabilitation and disability support services, Royal Rehab aims to enable choice, promote independence and create better stories for people who have acquired a disability or impairment through trauma, accident or illness. Royal Rehab is also a non-profit organisation raising funds to support and sustain our vital programs and services that help those impacted by trauma and disability to reclaim their lives and connectedness within their communities.

Ryde Eastwood Home Delivered Meals

Phone: 02 9858 3222

Email: admin@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: Hot, chilled and frozen meals are delivered by volunteers to the elderly and/or disabled at a minimal cost 1 to 7 days a week depending on requirement. Dietary needs such as diabetes, gluten intolerances etc. catered for as are cultural needs with Asian, Indian, Italian and Halal meals available.

Ryde Hunters Hill Home Modification & Maintenance Service

Phone: 02 9952 8222

Email: hmms@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 3 Richardson Pl, North Ryde, NSW

Services: Provides home modification & maintenance services for frail, aged people (not on Home Care Packages) and people with disabilities (not on NDIS) and their carers enabling them to remain living independently at home. To be eligible you need to be aged over 65; reside in and be the owner of the home

Ryde Library Service

Phone: 02 9952 8352

Email: rydelibrary@ryde.nsw.gov.au

Web: www.ryde.nsw.gov.au

Location: 1 Pope St, Ryde, NSW

Services: Provides reference and lending services. Materials for loan include large print, videos, CDs, DVDs books in community languages, language learning materials, magazines, talking books. Weekly storytimes and holiday activities for children. Toys at North Ryde. Word processing PCs and internet access. Home library service. Community Information service. Genealogy and Local Studies collections based at Ryde. Branches at West Ryde, North Ryde, Eastwood & Gladesville.

San Antonio da Padova Protettore Di Poggioreale Sydney Nursing Home Ltd

Phone: 02 9809 2211

Web: www.s-antonio-da-padova.com/

Location: 305 Blaxland Rd, Ryde, NSW

Services: General nursing home. Also an Italian cluster nursing home, providing ethnic-specific services and 10 low care dementia specific hostel beds.

Saturday Lunch Group

Phone: 02 9858 3222

Email: marie.wilkie@ccas.org.au

Web: www.ccas.org.au

Location: 12 Lakeside Rd, Eastwood, NSW

Services: 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.

Service NSW. Macquarie Centre North Ryde

Phone: 13 77 88

Web:

www.service.nsw.gov.au/service-centre/ryde-service-centre

Location: Shop 1 U05/6, Level 1, Corner Waterloo and Herring Rds, North Ryde, NSW

Services: Knowledge test for drivers licences & motor vehicle registration. Applications for Parking Mobility Scheme cards must be signed by a doctor.

Seton Villa

Phone: 02 9888 5244

Email: info@setonvilla.org.au

Web: www.setonvilla.org.au

Location: 162a Balaclava Rd, Marsfield, NSW

Services: 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.

Shopmobility (Macquarie Centre)

Phone: 02 9887 0800

Email: help@ilcnsw.asn.au

Web: ilcaustralia.org.au/suppliers/6744

Location: Cnr Herring & Waterloo Rds, North Ryde, NSW

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

Shopping Assistance

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: 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: 02 9858 3222

Email: maree.prentice@ccas.org.au

Web: www.ccas.org.au

Location: Christian Community Aid, 12 Lakeside Rd, Eastwood, NSW

Services: 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: 02 9808 5500

Email: info@sidebysideadvocacy.org.au

Web: www.sidebysideadvocacy.org.au

Location: Shop 1, 30-32 Herbert St, West Ryde, NSW

Services: 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.

Sir Moses Montefiore Jewish Home

Phone: 02 9879 2777

Email:

huntershill@montefiorehome.com.au

Web: www.montefiorehome.com.au

Location: 120 High St, Hunters Hill, NSW

Services: 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.

Skillseekers Community Access Service

Phone: 1300 858 378 (Initial contact), 02 9805 0625

Web: www.dosomethingnearyou.com.au

Location: 74 Agincourt Rd, Marsfield, NSW

Services: 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 Meal Groups

Phone: 02 9888 3380

Email: nrca@nrca.org.au

Web: www.nrca.org.au

Location: 4 Cutler Pde, North Ryde, NSW

Services: Social groups for CHSP eligible residents. Particularly caters to the aged who may be socially isolated or financially disadvantaged and still living in their own homes. A home style 3 course meal is provided every week on Tuesday and Wednesday and a substantial morning tea on Thursday. Guest speakers, entertainment or activities are provided each week. Groups have an outing once a month instead of gathering at NRCA.

Social Support ABI (BIRDS) - Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 42 Gladesville Rd, Hunters Hill, NSW

Services: 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: 02 9817 0101

Email: office1@hhrcs.org.au

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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.

Social Transport Service

Phone: 02 9817 0101

Email: hhrcomtransport@bigpond.com

Web: www.hhrcs.org.au

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Bus outings for older people. Community buses available for hire: three 20 seater; one 10 seater.

Sound Expression - Music Therapy

Phone: 0416 288 917

Email: iani@soundexpression.com.au

Web: www.soundexpression.com.au

Location: Sound Expression, 7 Avon Rd, North Ryde, NSW

Services: The clinic provides music therapy, music lessons and school-readiness programs for children and adults with disability. NDIS Provider.

Special Olympics Australia - National Office

Phone: 1300 225 762 (mobile phones incur charges)

Email: info@specialolympics.com.au

Web: www.specialolympics.com.au

Location: The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW

Services: 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.

St Anne's Nursing Home

Phone: 02 9879 6977

Web:

www.catholichealthcare.com.au/en/residence/st-annes-aged-care/

Location: 1 De Milhau Rd, Hunters Hill, NSW

Services: 50 bed nursing home with dementia care. Catholic Healthcare is a leading not-for-profit provider of Residential Aged Care, Community Services, Retirement Living and Healthcare in NSW and QLD. We have a strong and proud history of providing care and support to people of all faiths, backgrounds and ethnicities, for more than 22 years.

St Catherine's Aged Care Services Ltd

Phone: 02 9805 1655

Web: www.scacs.org.au/

Location: 162-166 Balaclava Rd, Eastwood, NSW

Services: Comprises Bethany Hostel & Bethany Nursing Home. Provides geriatric, rehabilitation & dementia nursing. Elaroo provides dementia day care. DTC (Day Therapy Centre) provides exercise and music therapy to clients and members of the community over the age of 65.

St John's North Ryde Preschool Association Inc

Phone: 02 9888 7835

Email:

preschool@northrydeanglican.org.au

Web: www.northrydeanglican.org.au

Location: 152 Coxs Rd, North Ryde, NSW

Services: 40 place community based funded preschool. Provision for children with special needs and children from NESB.

St Joseph's Hostel

Phone: 02 9817 2055

Location: 41 Gladesville Rd, Hunters Hill, NSW

Services: 52 bed low care residential facility.

Stroke Recovery Assoc Of NSW

Phone: 1300 650 594, 02 9807 6422

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW

Services: 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: 02 9807 6422, 1300 650 594

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Location: 227 Morrison Rd, Putney, NSW

Services: 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.

Sydney Community Services

Phone: 02 9817 0101

Email: support@sydneycs.org

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Aims to reduce social isolation for frail aged and people with a disability in the community 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.

Sydney Community Services

Phone: 02 9817 0101

Email: rliu@sydneycs.org.au

Web: www.sydneycs.org

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: 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 first and third Tuesday of the month. And one on one flexible respite on a day and time that suits the client. We also provide community participation one on one to those with a disability. SCS 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)

The Learning Clinic

Phone: 02 9817 7002

Email: info@thelearningclinic.com.au

Web: www.thelearningclinic.com.au

Location: 146 Pittwater Rd, Gladesville, NSW

Services: Registered NDIS Provider. 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 Macquarie University Psychology Clinic

Phone: 02 9850 8000

Email: Psychology.Clinic@mq.edu.au

Web: www.psy.mq.edu.au/clinic.htm

Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

Services: 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.

The ORS Group

Phone: 1800 000 677

Email: ors@orsgroup.com.au

Web: www.orsgroup.com.au

Location: Level 1, 5-9 Devlin St, Ryde, NSW

Services: The ORS Group is a national company with over 60 offices across Australia. We offer a range of services to participants, injured workers, people with disability, employers and people who want to improve their work situation. Our employment related services are designed to help individuals harness their abilities, meet their challenges and achieve both their personal and professional goals.

The Shepherd Centre - Macquarie

Phone: 02 8297 4700

Email: enquiries@shepherdcentre.com.au

Web: www.shepherdcentre.org.au

Location: The Australian Hearing Hub, 16 University Ave, Macquarie University, NSW

Services: 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.

Top Ryde Peer Support Group

Phone: 02 9552 1606

Email: sarah.humphrey@pdcnsw.org.au

Web:

www.pdcnsw.org.au/projects/peer-support-groups

Location: Ryde Library, 1 Pope St, Ryde, NSW

Services: The Top Ryde Peer Support Group is a welcoming and inclusive environment to meet new people and learn from peers. Anyone with a disability and invited guests are welcome. Come along to share stories and challenges, discuss goals and opportunities, listen to guest speakers, learn about your rights and find way to prepare for and manage the NDIS. It is free to attend the meeting. Please give us a call to find out more information and to register your interest.

Total Patient Care NSW

Phone: 02 9878 6188

Email: sales@totalpatientcare.com.au

Web: www.totalpatientcare.com.au

Location: 322 Pittwater Rd, East Ryde, NSW

Services: 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.

Travelodge Macquarie North Ryde

Phone: 02 8874 5200

Email: macquarie@travelodge.com.au

Web: www.travelodge.com.au

Location: 81 Talavera Rd, Macquarie University, NSW

Services: There are six (6) accessible units; microwave; fridge; kettle; plates and cutlery. Room service not available.

Truscott Street Public School

Phone: 02 9878 1264

Email: truscottst-p.school@det.nsw.edu.au

Web: www.truscottst-p.schools.nsw.edu.au

Location: Truscott St, North Ryde, NSW

Services: 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).

Volunteer Visiting Program - Ryde to Hunters Hill

Phone: 02 9817 0101

Email: volunteervisit@hhrcs.org.au

Web: www.hhrcs.org.au/

Location: 46 Gladesville Rd, Hunters Hill, NSW

Services: Volunteers visit and establish regular contact with aged and people with disabilities who are socially isolated.

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

Location: Hodson Bldg, Royal Rehab, 241 Morrison Rd, Putney, NSW

Services: Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with physical disabilities and using a manual wheelchair. Sports include archery, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis, track and road. Fee for booking Wheelchair Sports Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

Willandra Village

Phone: 02 9346 1340, 02 9346 1342

Email: sotton@baptistcare.org.au

Web:

baptistcare.org.au/our-services/retirement-living/willandravillage/#fndtn-overview

Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW

Services: Retirement village for senior men & women, independent living.

Yoga Infinity for People with / without Disability

Phone: 0458 798 378

Email: rosannarobertson@icloud.com

Web: www.yogainfinity.com.au

Location: West Ryde Uniting Church - hall, 7 Maxim St, West Ryde, NSW

Services: 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.

Youthsafe

Phone: 02 9817 7847

Email: office@youthsafe.org

Web: www.youthsafe.org

Location: Level 3, 5-9 Devlin St., Ryde, NSW

Services: Youthsafe, aims to foster the development of partnerships and collaboration within the field of youth injury prevention. Youthsafe works at local and state levels with government, industry, community groups, education institutions, non-government organisations and the media. Youthsafe is committed to strong advocacy and best practice initiatives to reduce injuries in young people.