## 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

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
**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.

**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: bdwyer@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.

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NDIS Provider

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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
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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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
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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**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 Assistive equipment for recreation

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**Phone:** 1300 224 438  
**Email:** bldwyer@achieveaustralia.org.au  
**Web:** www.achieveaustralia.org.au  
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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

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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 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

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.

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.

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  
**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.

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.

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.
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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Email: info@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

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 Behaviour Support

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.

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.

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Phone: 02 9808 9222
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Web: www.royalrehab.com.au
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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.
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
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
<table>
<thead>
<tr>
<th><strong>Motor Neurone Disease Association of NSW Inc</strong></th>
<th><strong>Special Olympics Australia - National Office</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 1800 777 175</td>
<td><strong>Phone:</strong> 1300 225 762 (mobile phones incur charges)</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:admin@mndnsw.asn.au">admin@mndnsw.asn.au</a></td>
<td><strong>Email:</strong> <a href="mailto:info@specialolympics.com.au">info@specialolympics.com.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.mndnsw.asn.au">www.mndnsw.asn.au</a></td>
<td><strong>Web:</strong> <a href="http://www.specialolympics.com.au">www.specialolympics.com.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Building 4, Gladesville Hospital, Victoria Rd, Gladesville, NSW</td>
<td><strong>Location:</strong> The Binary Centre Bldg 1 Lvl 3, 3 Richardson Pl, North Ryde, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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</td>
<td><strong>Services:</strong> 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.</td>
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<th><strong>New Horizons Enterprises Ltd</strong></th>
<th><strong>NDIS Community Nursing Care</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 02 9490 0000</td>
<td><strong>New Horizons Enterprises Ltd</strong></td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:admin@newhorizons.net.au">admin@newhorizons.net.au</a></td>
<td><strong>Phone:</strong> 02 9490 0000</td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.newhorizons.net.au">www.newhorizons.net.au</a></td>
<td><strong>Email:</strong> <a href="mailto:admin@newhorizons.net.au">admin@newhorizons.net.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> 15 Twin Rd, North Ryde, NSW</td>
<td><strong>Web:</strong> <a href="http://www.newhorizons.net.au">www.newhorizons.net.au</a></td>
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<td><strong>Services:</strong> 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.</td>
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</table>

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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 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.

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.
**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 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.

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**Email:** admin@newhorizons.net.au  
**Web:** www.newhorizons.net.au  
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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

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 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.

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Phone: 02 9490 0000
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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 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.

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Phone: 02 9808 9222
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Web: www.royalrehab.com.au
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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.

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**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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Email: info@setonvilla.org.au  
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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  
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

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.

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.

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Email: info@royalrehab.com.au  
Web: www.royalrehab.com.au  
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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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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.

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

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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.

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.

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Phone: 1300 459 525
Email: info@proautomate.com.au
Location: Unit 2, Building B, 64 Talavera Rd, Macquarie Park, NSW
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<table>
<thead>
<tr>
<th><strong>NDIS Interpret/Translate</strong></th>
<th><strong>NDIS Participate Community</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Macquarie University - Speech and Hearing Clinic</strong></td>
<td><strong>Achieve Australia</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 02 9850 2900</td>
<td><strong>Phone:</strong> 1300 224 438</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:shc@mq.edu.au">shc@mq.edu.au</a></td>
<td><strong>Email:</strong> <a href="mailto:bldwyer@achieveaustralia.org.au">bldwyer@achieveaustralia.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Ground Floor, Australian Hearing Hub, 16 University Ave, Macquarie University, NSW</td>
<td><strong>Location:</strong> Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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</td>
<td><strong>Services:</strong> 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.</td>
</tr>
</tbody>
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New Horizons Enterprises Ltd
Phone: 02 9490 0000
Email: admin@newhorizons.net.au
Web: www.newhorizons.net.au
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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

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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
**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  
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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  
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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
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
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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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
NDIS Specialised Disability Accommodation

Achieve Australia
Phone: 1300 224 438
Email: blidwyer@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 Support Coordination

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 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.
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**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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**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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**Web:** www.onedoor.org.au  
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Royal Rehab  
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**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

Macquarie University - Speech and Hearing Clinic  
**Phone:** 02 9850 2900  
**Email:** shc@mq.edu.au  
**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 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.

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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.

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

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
### Accommodation and Housing

<table>
<thead>
<tr>
<th>Service Name</th>
<th>Phone</th>
<th>Email</th>
<th>Web</th>
<th>Location</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Accessible Transport - Ryde Hunters Hill,</strong> Community Transport Association Inc</td>
<td>02 9816 5000</td>
<td><a href="mailto:info@rhhct.org.au">info@rhhct.org.au</a></td>
<td><a href="http://www.rhhct.org.au">www.rhhct.org.au</a></td>
<td>6 Victoria Rd, Henley, NSW</td>
<td>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 &amp; organisations.</td>
</tr>
<tr>
<td><strong>Achieve Australia</strong></td>
<td>1300 224 438</td>
<td><a href="mailto:bldwyer@achieveaustralia.org.au">bldwyer@achieveaustralia.org.au</a></td>
<td><a href="http://www.achieveaustralia.org.au">www.achieveaustralia.org.au</a></td>
<td>Suite 101, Level 1, 1 Epping Rd, North Ryde, NSW</td>
<td>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.</td>
</tr>
<tr>
<td><strong>ADDults with ADHD NSW Inc</strong></td>
<td>02 9889 5977</td>
<td><a href="mailto:info@adultadhd.org.au">info@adultadhd.org.au</a></td>
<td><a href="http://www.adultadhd.org.au">www.adultadhd.org.au</a></td>
<td>ADHD Centre, 51 Wicks Rd, North Ryde, NSW</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Aged Care Rehabilitation Service (Dixson Unit)</strong></td>
<td>02 9808 9222</td>
<td><a href="mailto:info@royalrehab.com.au">info@royalrehab.com.au</a></td>
<td><a href="http://www.royalrehab.com.au">www.royalrehab.com.au</a></td>
<td>235 Morris Rd, Ryde, NSW</td>
<td>Provides multi-disciplinary aged care and rehabilitation to clients following illness, injury or surgery.</td>
</tr>
<tr>
<td><strong>Aged Services Social Support</strong></td>
<td>02 9858 3222</td>
<td><a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
<td><a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
<td>12 Lakeside Rd, Eastwood, NSW</td>
<td>Volunteers, including Chinese and other cultures, visit or telephone housebound people in private homes for social support and to relieve loneliness.</td>
</tr>
<tr>
<td><strong>ArjoHuntleigh Getinge Group - NSW</strong></td>
<td>1800 072 040</td>
<td><a href="mailto:enquiriesau@arjohuntleigh.com">enquiriesau@arjohuntleigh.com</a></td>
<td><a href="http://www.arjohuntleigh.com.au">www.arjohuntleigh.com.au</a></td>
<td>Level 2, 4 Talavera Rd, Macquarie Park, NSW</td>
<td>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.</td>
</tr>
</tbody>
</table>
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 NSW Ryde Support Group
Phone: 02 9817 7470, 02 9887 2295,
Email: rydearthritis@gmail.com
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  
**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 syncopy 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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
<table>
<thead>
<tr>
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<th>Location</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>Catholic Community Services - Dementia</td>
<td>1800 225 474</td>
<td><a href="mailto:community.clients@chcs.com.au">community.clients@chcs.com.au</a></td>
<td><a href="http://www.catholiccommunityservices.com.au">www.catholiccommunityservices.com.au</a></td>
<td>Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW</td>
<td>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.</td>
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<tr>
<td>Monitoring Program</td>
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<tr>
<td>Catholic Community Services - Extended Aged</td>
<td>1800 225 474</td>
<td><a href="mailto:referrals.communityservices@chcs.com.au">referrals.communityservices@chcs.com.au</a></td>
<td><a href="http://www.catholiccommunityservices.com.au">www.catholiccommunityservices.com.au</a></td>
<td>Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW</td>
<td>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.</td>
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<tr>
<td>Care at Home</td>
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<tr>
<td>Catholic Community Services - Living</td>
<td>1300 319 011</td>
<td><a href="mailto:enquiries@chcs.com.au">enquiries@chcs.com.au</a></td>
<td><a href="http://www.catholiccommunityservices.com.au">www.catholiccommunityservices.com.au</a></td>
<td>Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW</td>
<td>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.</td>
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<tr>
<td>Conditions Program</td>
<td></td>
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<tr>
<td>CCA Community Transport</td>
<td>02 9858 3222</td>
<td><a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
<td><a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
<td>12 Lakeside Rd, Eastwood, NSW</td>
<td>Door to door transport to medical and other appointments. Bookings essential.</td>
</tr>
<tr>
<td>CCA Emergency Relief &amp; Social Welfare Service</td>
<td>02 9858 3222</td>
<td><a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
<td><a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
<td>12 Lakeside Rd, Eastwood, NSW</td>
<td>Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.</td>
</tr>
<tr>
<td>CCA Telephone Linkage</td>
<td>02 9858 3222</td>
<td><a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
<td><a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
<td>12 Lakeside Rd, Eastwood, NSW</td>
<td>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.</td>
</tr>
<tr>
<td>Centrelink</td>
<td></td>
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<td><a href="http://www.humanservices.gov.au/customer/dhs/centrelink">www.humanservices.gov.au/customer/dhs/centrelink</a></td>
<td>19-27 Devlin St, Ryde, NSW</td>
<td>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.</td>
</tr>
</tbody>
</table>
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

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
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 Coxs 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 incontinence 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.cdlsaus.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  
**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  
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.

Hunters Hill Council - Community Services
Phone: 02 9879 9400
Email: council@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.hhrcs.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
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
Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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
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 Ltd - Personal Helpers and Mentors Service (PHAMS)
Phone: 02 9095 4370
Email: mywellbeing@newhorizons.net.au
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 Inc
Phone: 02 9888 3380
Email: nrca@nrca.org.au
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@nrcp.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: nslhd-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
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.
Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.

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: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au
Location: Macquarie Hospital, Building, 120 Coxs 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: pnsw@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
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
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.

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.

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

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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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.

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.

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.

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.

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.

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 depending on quantity.

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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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  
**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 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 Learning Clinic
Phone: 02 9817 7002
Email: info@thelarningclinic.com.au
Web: www.thelarningclinic.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.

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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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/willandrarvillage/#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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
**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 Rehabilitation 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 NSW Ryde Support Group
Phone: 02 9817 7470, 02 9887 2295,
Email: rydearthritis@gmail.com
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
<table>
<thead>
<tr>
<th>Organization</th>
<th>Phone</th>
<th>Email</th>
<th>Web</th>
<th>Location</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>BaptistCare Shalom Centre</strong></td>
<td>1300 275 227</td>
<td><a href="mailto:shalom@baptistcare.org.au">shalom@baptistcare.org.au</a></td>
<td><a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a></td>
<td>159-165 Balaclava Rd, Macquarie Park, NSW</td>
<td>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.</td>
</tr>
<tr>
<td><strong>Battery World</strong></td>
<td>02 9807 8582</td>
<td><a href="mailto:ryde@batteryworld.com.au">ryde@batteryworld.com.au</a></td>
<td><a href="http://www.batteryworld.com.au">www.batteryworld.com.au</a></td>
<td>39 Church St, Ryde, NSW</td>
<td>Battery sales for wheelchairs, golf carts, alarms, mobile phones, cameras both still and motion, automotive and home cordless phones.</td>
</tr>
<tr>
<td><strong>Brain Injury Australia Limited</strong></td>
<td>02 9808 9390</td>
<td><a href="mailto:admin@braininjuryaustralia.org.au">admin@braininjuryaustralia.org.au</a></td>
<td><a href="http://www.braininjuryaustralia.org.au">www.braininjuryaustralia.org.au</a></td>
<td>Suite 5, Hodson Building, Royal Rehab, 241 Morrison Rd, Putney, NSW</td>
<td>Brain Injury Australia Limited represents all Australians with acquired brain injury (ABI) whatever the cause. Appointments necessary.</td>
</tr>
<tr>
<td><strong>Calvary Retirement Community Ryde</strong></td>
<td>02 8878 1400</td>
<td><a href="mailto:carecall@baptistcare.org.au">carecall@baptistcare.org.au</a></td>
<td><a href="http://www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/">www.calvarycare.org.au/services/retirement-communities/residential-care/ryde/</a></td>
<td>678 Victoria Rd, Ryde, NSW</td>
<td>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).</td>
</tr>
<tr>
<td><strong>Campus Wellbeing and Support Services</strong></td>
<td>02 9850 7497</td>
<td><a href="mailto:campuswellbeing@mq.edu.au">campuswellbeing@mq.edu.au</a></td>
<td>mq.edu.au/disability</td>
<td>Level 2, 16 Wally's Walk, Macquarie University, NSW</td>
<td>Campus Wellbeing and Support Services provides assessments and supports to students with disabilities attending the University.</td>
</tr>
<tr>
<td><strong>Care Call Emergency Response</strong></td>
<td>1300 599 532</td>
<td><a href="mailto:carecall@baptistcare.org.au">carecall@baptistcare.org.au</a></td>
<td><a href="http://www.baptistcare.org.au/carecall">www.baptistcare.org.au/carecall</a></td>
<td>157 Balaclava Rd, Macquarie Park, NSW</td>
<td>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 syncopy 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.</td>
</tr>
</tbody>
</table>
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 syncopy 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 Av, 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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
<table>
<thead>
<tr>
<th>Catholic Community Services - Dementia Monitoring Program</th>
<th>Catholic Community Services - Extended Aged Care at Home</th>
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<tbody>
<tr>
<td><strong>Phone:</strong> 1800 225 474</td>
<td><strong>Phone:</strong> 1800 225 474</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:community.clients@chcs.com.au">community.clients@chcs.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:referrals.communityservices@chcs.com.au">referrals.communityservices@chcs.com.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW</td>
<td><strong>Location:</strong> Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> 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.</td>
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<thead>
<tr>
<th>Catholic Community Services - Living Conditions Program</th>
<th>CCA Community Transport</th>
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<tbody>
<tr>
<td><strong>Phone:</strong> 1300 319 011</td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:enquiries@chcs.com.au">enquiries@chcs.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW</td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> Door to door transport to medical and other appointments. Bookings essential.</td>
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<tr>
<th>CCA Community Transport</th>
<th>CCA Emergency Relief &amp; Social Welfare Service</th>
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<tr>
<td><strong>Phone:</strong> 02 9858 3222</td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
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<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
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</tr>
<tr>
<td><strong>Services:</strong> Door to door transport to medical and other appointments. Bookings essential.</td>
<td><strong>Services:</strong> Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.</td>
</tr>
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<thead>
<tr>
<th>CCA Emergency Relief &amp; Social Welfare Service</th>
<th>CCA Telephone Linkage</th>
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</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 02 9858 3222</td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.</td>
<td><strong>Services:</strong> 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.</td>
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<tr>
<th>CCA Telephone Linkage</th>
<th>Centrelink</th>
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<tr>
<td><strong>Phone:</strong> 02 9858 3222</td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
<td><strong>Location:</strong> 19-27 Devlin St, Ryde, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> 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.</td>
</tr>
</tbody>
</table>

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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

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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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 Coxs 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.cdlsaus.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
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  
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
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.hhrcs.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:**  
**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:**  
**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:**  
**Location:** 678 Victoria Rd, Ryde, NSW  
**Services:** 52 bed low care facility. Part of Calvary Retirement Community Ryde.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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.hhrcs.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@hhrcs.org.au
Web: www.hhrcs.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
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
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  
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:
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 Inc
Phone: 02 9888 3380
Email: nrca@nrca.org.au
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@nrcp.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: nslhd-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
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. Bulk bill. 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: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au
Location: Macquarie Hospital, Building 120, Coxs Rd, North Ryde, NSW
Services: Support group for carers and people who have Parkinson's Disease.

Parkinson's NSW Inc
Phone: 1800 644 189 (Toll free), 02 8051 1900
Email: pnsw@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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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  
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  
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
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

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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

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
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.
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<tr>
<th><strong>St Anne's Nursing Home</strong></th>
<th><strong>Stroke Recovery Assoc Of NSW</strong></th>
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<tbody>
<tr>
<td><strong>Phone:</strong> 02 9879 6977</td>
<td><strong>Phone:</strong> 1300 650 594, 02 9807 6422</td>
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<tr>
<td><strong>Web:</strong> <a href="http://www.catholichealthcare.com.au/en/residence/st-annes-aged-care/">www.catholichealthcare.com.au/en/residence/st-annes-aged-care/</a></td>
<td><strong>Email:</strong> <a href="mailto:info@strokensw.org.au">info@strokensw.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> 1 De Milhau Rd, Hunters Hill, NSW</td>
<td><strong>Web:</strong> <a href="http://www.strokensw.org.au">www.strokensw.org.au</a></td>
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<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Location:</strong> Ground Fl, Royal Rehabilitation Centre, 227 Morrison Rd, RYDE, NSW</td>
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<td><strong>Services:</strong> 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.</td>
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<tr>
<th><strong>St Catherine's Aged Care Services Ltd</strong></th>
<th><strong>Stoke Recovery Association Inc</strong></th>
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<tr>
<td><strong>Phone:</strong> 02 9805 1655</td>
<td><strong>Phone:</strong> 02 9807 6422, 1300 650 594</td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.scacs.org.au/">www.scacs.org.au/</a></td>
<td><strong>Email:</strong> <a href="mailto:info@strokensw.org.au">info@strokensw.org.au</a></td>
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<tr>
<td><strong>Location:</strong> 162-166 Balaclava Rd, Eastwood, NSW</td>
<td><strong>Web:</strong> <a href="http://www.strokensw.org.au">www.strokensw.org.au</a></td>
</tr>
<tr>
<td><strong>Services:</strong> Comprises Bethany Hostel &amp; Bethany Nursing Home. Provides geriatric, rehabilitation &amp; 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.</td>
<td><strong>Location:</strong> 227 Morrison Rd, Putney, NSW</td>
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<td><strong>Services:</strong> 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.</td>
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<tr>
<th><strong>St John's North Ryde Preschool Association Inc</strong></th>
<th><strong>Sydney Community Services</strong></th>
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<tr>
<td><strong>Phone:</strong> 02 9888 7835</td>
<td><strong>Phone:</strong> 02 9817 0101</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:preschool@northrydeanglican.org.au">preschool@northrydeanglican.org.au</a></td>
<td><strong>Email:</strong> <a href="mailto:support@sydneycs.org">support@sydneycs.org</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.northrydeanglican.org.au">www.northrydeanglican.org.au</a></td>
<td><strong>Web:</strong> <a href="http://www.sydneycs.org">www.sydneycs.org</a></td>
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<tr>
<td><strong>Location:</strong> 152 Coxs Rd, North Ryde, NSW</td>
<td><strong>Location:</strong> 46 Gladesville Rd, Hunters Hill, NSW</td>
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<tr>
<td><strong>Services:</strong> 40 place community based funded preschool. Provision for children with special needs and children from NESB.</td>
<td><strong>Services:</strong> 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.</td>
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<tr>
<th><strong>St Joseph's Hostel</strong></th>
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<tr>
<td><strong>Phone:</strong> 02 9817 2055</td>
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<tr>
<td><strong>Location:</strong> 41 Gladesville Rd, Hunters Hill, NSW</td>
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<tr>
<td><strong>Services:</strong> 52 bed low care residential facility.</td>
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Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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 (5-17 years) from Melaniec@wsnsw.org.au. See www.youtube.com/watch?v=E5uMhXsBhag

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.

Willandra Village
Phone: 02 9346 1340, 02 9346 1342
Email: sotton@baptistcare.org.au
Web: baptistcare.org.au/our-services/retirement-living/willandrarvillage/#fndtn-overview
Location: 149-153 Epping Rd., Cnr Epping & Balaclava Rds, Macquarie Park, NSW
Services: Retirement village for senior men & women, independent living.

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 Rehabilitation 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
equipment for operating rooms,
intensive-care units, hospital wards,
stereilisation 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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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 a neck pendant or bracelet. This links the user to the monitoring centre’s staff via the mobile network. For people prone to seizures or syncopy 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 Av, 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
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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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  

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  
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 Coxs 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.cdlsaus.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  
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  
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
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.hhrcs.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  
**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.hhrcs.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.

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
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
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  
**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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)
Phone: 02 9095 4370
Email: mywellbeing@newhorizons.net.au
Web:
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 Inc
Phone: 02 9888 3380
Email: nrca@nrca.org.au
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.

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: nslhd-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
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: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au
Location: Macquarie Hospital, Building 17, 51 Wicks Rd, North Ryde, NSW
Services: Support group for carers and people who have Parkinson's Disease.

Parkinson's NSW Inc
Phone: 1800 644 189 (Toll free), 02 8051 1900
Email: pnsw@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 Ajulus 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  
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  
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
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.

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.

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

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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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: hhrcotransport@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
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.
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<tr>
<th>Sydney Community Services</th>
<th>The Macquarie University Psychology Clinic</th>
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<tr>
<td><strong>Phone:</strong> 02 9817 0101</td>
<td><strong>Phone:</strong> 02 9850 8000</td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:rliu@sydneycs.org.au">rliu@sydneycs.org.au</a></td>
<td><strong>Email:</strong> <a href="mailto:Psychology.Clinic@mq.edu.au">Psychology.Clinic@mq.edu.au</a></td>
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<td><strong>Web:</strong> <a href="http://www.sydneycs.org">www.sydneycs.org</a></td>
<td><strong>Web:</strong> <a href="http://www.psy.mq.edu.au/clinic.htm">www.psy.mq.edu.au/clinic.htm</a></td>
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<tr>
<td><strong>Location:</strong> 46 Gladesville Rd, Hunters Hill, NSW</td>
<td><strong>Location:</strong> Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW</td>
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<td><strong>Services:</strong> 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 &amp; 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)</td>
<td><strong>Services:</strong> 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.</td>
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<th>The Learning Clinic</th>
<th>The ORS Group</th>
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<tr>
<td><strong>Phone:</strong> 02 9817 7002</td>
<td><strong>Phone:</strong> 1800 000 677</td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:info@thelearningclinic.com.au">info@thelearningclinic.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:ors@orsgroup.com.au">ors@orsgroup.com.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.thelearningclinic.com.au">www.thelearningclinic.com.au</a></td>
<td><strong>Web:</strong> <a href="http://www.orsgroup.com.au">www.orsgroup.com.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> 146 Pittwater Rd, Gladesville, NSW</td>
<td><strong>Location:</strong> Level 1, 5-9 Devlin St, Ryde, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> 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.</td>
</tr>
</tbody>
</table>

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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 (5-17 years) 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 Rehabilitation 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  
**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.
<table>
<thead>
<tr>
<th><strong>At Home Care - Feros Care: Northern Sydney</strong></th>
<th><strong>Australian Association for the Wellbeing of Children in Healthcare - (AWCH)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 1300 763 583</td>
<td><strong>Phone:</strong> 02 9817 2439</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:community@feroscare.com.au">community@feroscare.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:awch@awch.com.au">awch@awch.com.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.feroscare.com.au">www.feroscare.com.au</a></td>
<td><strong>Web:</strong> <a href="http://www.awch.org.au">www.awch.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Ryde, NSW</td>
<td><strong>Location:</strong> Gladesville Hospital, Building 40B, Cnr Victoria &amp; Punt Rds, Gladesville, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> 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.</td>
</tr>
<tr>
<td><strong>Audio Clinic</strong></td>
<td><strong>BaptistCare NSW &amp; ACT - Domestic Assistance and In Home Respite</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 02 9877 6300</td>
<td><strong>Phone:</strong> 02 9346 1230</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:ryde@audioclinic.com.au">ryde@audioclinic.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:homeservicesintake@baptistcare.org.au">homeservicesintake@baptistcare.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.audioclinic.com.au">www.audioclinic.com.au</a></td>
<td><strong>Web:</strong> <a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Suite 3A, 10 Pope St, Ryde, NSW</td>
<td><strong>Location:</strong> Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW</td>
</tr>
</tbody>
</table>
| **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. | **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
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 a neck pendant or bracelet. This links the user to the monitoring centre’s staff via the mobile network. For people prone to seizures or syncopy 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 Av, 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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
<table>
<thead>
<tr>
<th><strong>Catholic Community Services</strong></th>
<th><strong>CCA Community Transport</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>- Dementia Monitoring Program</strong></td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>Phone:</strong> 1800 225 474</td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:community.clients@chcs.com.au">community.clients@chcs.com.au</a></td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.catholiccommunityservices.com.au">www.catholiccommunityservices.com.au</a></td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Location:</strong> Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW</td>
<td><strong>Services:</strong> Door to door transport to medical and other appointments. Bookings essential.</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>CCA Emergency Relief &amp; Social Welfare Service</strong></td>
</tr>
<tr>
<td><strong>Catholic Community Services</strong></td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>- Extended Aged Care at Home</strong></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Phone:</strong> 1800 225 474</td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:referrals.communityservices@chcs.com.au">referrals.communityservices@chcs.com.au</a></td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.catholiccommunityservices.com.au">www.catholiccommunityservices.com.au</a></td>
<td><strong>Services:</strong> Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.</td>
</tr>
<tr>
<td><strong>Location:</strong> Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW</td>
<td><strong>CCA Telephone Linkage</strong></td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>Catholic Community Services</strong></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>- Living Conditions Program</strong></td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Phone:</strong> 1300 319 011</td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:enquiries@chcs.com.au">enquiries@chcs.com.au</a></td>
<td><strong>Services:</strong> 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.</td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.catholiccommunityservices.com.au/">www.catholiccommunityservices.com.au/</a></td>
<td><strong>Centrelink</strong></td>
</tr>
<tr>
<td><strong>Location:</strong> Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW</td>
<td><strong>Web:</strong> <a href="http://www.humanservices.gov.au/customer/dhs/centrelink">www.humanservices.gov.au/customer/dhs/centrelink</a></td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Location:</strong> 19-27 Devlin St, Ryde, NSW</td>
</tr>
</tbody>
</table>
| **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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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

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
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 Coxs 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.cdlsaus.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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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.hhrcs.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/macquarieadhd.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  
**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.

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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.hhrcs.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.

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
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
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
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
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 Inc
Phone: 02 9888 3380
Email: nrca@nrca.org.au
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@nrcp.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:** nslhd-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  
**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: pnsw@parkinsonsnsw.org.au  
Web: www.parkinsonsnsw.org.au  
Location: Macquarie Hospital, Building, 120 Coxs Rd, North Ryde, NSW  
Services: Support group for carers and people who have Parkinson's Disease.

Parkinson's NSW Inc  
Phone: 1800 644 189 (Toll free), 02 8051 1900  
Email: pnsw@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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
Performance Health ANZ
Phone: 1300 473 422
Email: sales@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
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
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
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
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

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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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 (5-17 years) 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/willandrarvillage/#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 Twinkletones 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 NSW Ryde Support Group
Phone: 02 9817 7470, 02 9887 2295,
Email: rydearthritis@gmail.com
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.
<table>
<thead>
<tr>
<th><strong>At Home Care - Feros Care: Northern Sydney</strong></th>
<th><strong>Australian Association for the Wellbeing of Children in Healthcare - (AWCH)</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 1300 763 583</td>
<td><strong>Phone:</strong> 02 9817 2439</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:community@feroscare.com.au">community@feroscare.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:awch@awch.com.au">awch@awch.com.au</a></td>
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<tr>
<td><strong>Web:</strong> <a href="http://www.feroscare.com.au">www.feroscare.com.au</a></td>
<td><strong>Web:</strong> <a href="http://www.awch.org.au">www.awch.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Ryde, NSW</td>
<td><strong>Location:</strong> Gladesville Hospital, Building 40B, Cnr Victoria &amp; Punt Rds, Gladesville, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> 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.</td>
</tr>
<tr>
<td><strong>Audio Clinic</strong></td>
<td><strong>BaptistCare NSW &amp; ACT - Domestic Assistance and In Home Respite</strong></td>
</tr>
<tr>
<td><strong>Phone:</strong> 02 9877 6300</td>
<td><strong>Phone:</strong> 02 9346 1230</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:ryde@audioclinic.com.au">ryde@audioclinic.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:homeservicesintake@baptistcare.org.au">homeservicesintake@baptistcare.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.audioclinic.com.au">www.audioclinic.com.au</a></td>
<td><strong>Web:</strong> <a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Suite 3A, 10 Pope St, Ryde, NSW</td>
<td><strong>Location:</strong> Illife Centre, 157 Balaclava Rd, Macquarie Park, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> Hearing tests for adults &amp; children, hearing-aid fitting and rehabilitation. Approved by Commonwealth Hearing Services for Veterans &amp; Pensioners. Ryde Clinic - 5 years and over. Lindfield Clinic - babies and children can also attend.</td>
<td><strong>Services:</strong> 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.</td>
</tr>
</tbody>
</table>
**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:**  
**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 syncopy attacks we also have a Fall Detector trigger which automatically send a call for assistance once a fal 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
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
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  

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  
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 Coxs 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.

Continenence 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.cdlsaus.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  
**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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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.hhrcs.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
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
Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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.hhrcs.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@hhrcs.org.au  
**Web:** www.hhrcs.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  
**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.
<table>
<thead>
<tr>
<th><strong>National Centre For Childhood Grief (‘A Friend’s Place’)</strong></th>
<th><strong>New Horizons Enterprises Ltd</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 1300 654 556, 02 9804 6909</td>
<td><strong>Phone:</strong> 1300 726 372</td>
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<tr>
<td><strong>Email:</strong> <a href="mailto:afriendsplace@me.com">afriendsplace@me.com</a></td>
<td><strong>Email:</strong> <a href="mailto:mywellbeing@newhorizons.net.au">mywellbeing@newhorizons.net.au</a></td>
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<tr>
<td><strong>Web:</strong> <a href="http://www.childhoodgrief.org.au">www.childhoodgrief.org.au</a></td>
<td><strong>Web:</strong> <a href="http://www.newhorizons.net.au">www.newhorizons.net.au</a></td>
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<tr>
<td><strong>Location:</strong> 14 Hollis Ave, Denistone East, NSW</td>
<td><strong>Location:</strong> 15 Twin Rd, North Ryde, NSW</td>
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<td><strong>Services:</strong> 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 &amp; 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.</td>
<td><strong>Services:</strong> 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 &amp; Tenancies· Employment &amp; Education· Community &amp; Social Participation· Daily Living &amp; Independence· Cultural &amp; 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</td>
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<td></td>
<td><strong>Location:</strong> Centre for Disability Studies, 59 Charles St, Ryde, NSW</td>
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<tr>
<td></td>
<td><strong>Location:</strong> 15 Twin Rd, North Ryde, NSW</td>
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<tr>
<td></td>
<td><strong>Services:</strong> 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.</td>
</tr>
</tbody>
</table>
New Horizons Ltd - Personal Helpers and Mentors Service (PHAMS)
**Phone:** 02 9095 4370
**Email:** mywellbeing@newhorizons.net.au
**Web:**
**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 Inc
**Phone:** 02 9888 3380
**Email:** nrca@nrca.org.au
**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@nrcp.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.nsscarersupport.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:** nslhd-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  
**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 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.  

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.
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: pnsw@parkinsonnsnsw.org.au
Web: www.parkinsonnsnsw.org.au
Location: Macquarie Hospital, Building, 120 Coxs Rd, North Ryde, NSW
Services: Support group for carers and people who have Parkinson's Disease.

Parkinson's NSW Inc
Phone: 1800 644 189 (Toll free), 02 8051 1900
Email: pnsw@parkinsonnsnsw.org.au
Web: www.parkinsonnsnsw.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
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  
**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

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
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
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 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 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 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/willandrarvillage/#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 Rehabilitation 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, Workshops, 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 Twinkletones 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 NSW Ryde Support Group
Phone: 02 9817 7470, 02 9887 2295,
Email: rydearthritis@gmail.com
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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 a neck pendant or bracelet. This links the user to the monitoring centre’s staff via the mobile network. For people prone to seizures or syncopy 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.

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 Av, 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.
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<tr>
<th><strong>Catholic Community Services - Dementia Monitoring Program</strong></th>
<th><strong>CCA Community Transport</strong></th>
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<tbody>
<tr>
<td><strong>Phone:</strong> 1800 225 474</td>
<td><strong>Phone:</strong> 02 9858 3222</td>
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<td><strong>Email:</strong> <a href="mailto:community.clients@chcs.com.au">community.clients@chcs.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
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<td><strong>Web:</strong> <a href="http://www.catholiccommunityservices.com.au">www.catholiccommunityservices.com.au</a></td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Unit 3 Level 2, 20-36 Nancarrow Av, Meadowbank, NSW</td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> Door to door transport to medical and other appointments. Bookings essential.</td>
</tr>
</tbody>
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<thead>
<tr>
<th><strong>Catholic Community Services - Extended Aged Care at Home</strong></th>
<th><strong>CCA Emergency Relief &amp; Social Welfare Service</strong></th>
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</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 1800 225 474</td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:referrals.communityservices@chcs.com.au">referrals.communityservices@chcs.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.catholiccommunityservices.com.au">www.catholiccommunityservices.com.au</a></td>
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<td><strong>Location:</strong> Unit 3 Level 2, 20-36 Nancarrow, Meadowbank, NSW</td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> Emergency relief and support for individuals and families. Caseworkers advocate access to services for individuals and families. A free service.</td>
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<tr>
<th><strong>Catholic Community Services - Living Conditions Program</strong></th>
<th><strong>CCA Telephone Linkage</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Phone:</strong> 1300 319 011</td>
<td><strong>Phone:</strong> 02 9858 3222</td>
</tr>
<tr>
<td><strong>Email:</strong> <a href="mailto:enquiries@chcs.com.au">enquiries@chcs.com.au</a></td>
<td><strong>Email:</strong> <a href="mailto:administration@ccas.org.au">administration@ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Web:</strong> <a href="http://www.catholiccommunityservices.com.au/">www.catholiccommunityservices.com.au/</a></td>
<td><strong>Web:</strong> <a href="http://www.ccas.org.au">www.ccas.org.au</a></td>
</tr>
<tr>
<td><strong>Location:</strong> Suite 1, Level 5, 15 Talavera Rd, Macquarie Park, NSW</td>
<td><strong>Location:</strong> 12 Lakeside Rd, Eastwood, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
<td><strong>Services:</strong> 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.</td>
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<tr>
<th><strong>Centrelink</strong></th>
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<tbody>
<tr>
<td><strong>Location:</strong> 19-27 Devlin St, Ryde, NSW</td>
</tr>
<tr>
<td><strong>Services:</strong> 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.</td>
</tr>
</tbody>
</table>
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

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
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 Coxs 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.cdlsaus.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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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  
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.hhracs.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  
**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
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
Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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.hhrcs.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.

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
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  
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
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
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 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@nrcp.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.nsscarersupport.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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
Northern Sydney Home Nursing Service - NSHNS
Phone: 02 9887 5444
Email: nslhd-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
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.
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: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au
Location: Macquarie Hospital, Building, 120 Coxs Rd, North Ryde, NSW
Services: Support group for carers and people who have Parkinson’s Disease.

Parkinson’s NSW Inc
Phone: 1800 644 189 (Toll free), 02 8051 1900
Email: pnsw@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.

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.

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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
Performance Health ANZ  
Phone: 1300 473 422  
Email: sales@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  
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  
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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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.

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.

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.

Service NSW. Macquarie Centre North Ryde
Phone: 13 77 88
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.

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

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: hhrcmctransport@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
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 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/willandrarvillage/#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 Rehabilitation 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, 02 9817 7470
Email: rydearthritis@gmail.com
Web:
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
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 a neck pendant or bracelet. This links the user to the monitoring centre's staff via the mobile network. For people prone to seizures or syncopy 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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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 syncopy 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 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 - 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 - 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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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: mliberate@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

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
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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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 Coxs 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.cdlsaus.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  
**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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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.hhrcs.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
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
Location: Australian Hearing Hub, Level 1, 16 University Ave, Macquarie University, NSW

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.hhrcs.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@hhrcs.org.au  
Web: www.hhrcs.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  
Location: Metro Inn Ryde, Cnr Bowden St & Victoria Rd, Ryde, NSW  
Services: Motel.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
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
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 counsellng 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  
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  
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
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 Inc
Phone: 02 9888 3380
Email: nrca@nrca.org.au
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@nrcp.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: nslhd-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
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 Rydeale 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: pnsw@parkinsonsnsw.org.au
Web: www.parkinsonsnsw.org.au
Location: Macquarie Hospital, Building 120 Coxs Rd, North Ryde, NSW
Services: Support group for carers and people who have Parkinson's Disease.

Parkinson's NSW Inc
Phone: 1800 644 189 (Toll free), 02 8051 1900
Email: pnsw@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 Ajulus 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  
**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.

Disclaimer: All information is supplied by individual service providers and no guarantee can be given as to its accuracy. Inclusion of a service does not imply endorsement or recommendation.
Return2Driving
Phone: 02 9808 9328
Email: driving@royalrehab.com.au
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
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

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
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: hhrcmctransport@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
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 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 (5-17 years) 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/willandrarvillage/#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.