THE HILLS Sydney's Garden Shire

Community Information Directory

# AGED SERVICES DIRECTORY

## July 2012

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If you would like to make comment or require further information, please contact Council on 9843 0194 or email comminfo@thehills.nsw.gov.au.

You can access the Community Information Directory on-line at www.thehills.nsw.gov.au/our-shire.html then click on the Community Information Directory link.

**THE HILLS SHIRE COUNCIL**
129 Showground Road, Castle Hill NSW
PO Box 75, Castle Hill NSW 1765

Telephone 02 9843 0555
Facsimile 02 9843 0409

Email council@thehills.nsw.gov.au
**www.thehills.nsw.gov.au**

# Aged Services Directory

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# Accommodation

## Aftercare Resource Centre
**Phone:** 02 9890 3899 **Fax:** 02 9890 1170
Suite 103, Level 1, 18-20 Ross St, North Parramatta NSW 2151
**Email:** arc@ransw.org.au
**Service Description:** Assists young people in their transition from care to independence by providing information, advocacy, advice, referral and case management. Includes support service for people who were in care in NSW and are aged over 25 years.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Other phone: 1800 656 884 (Aftercare Support Service)
**Fees:** None
**Transport:** Close to trains (Parramatta station0 and buses (routes 548, 549, 546)
**Disability Access:** Yes (Lift)

## Aminya Centre for Aged Care
**Phone:** 02 9762 1444 **Fax:** 9639 3546
6 Goolgung Ave, Baulkham Hills NSW 2153
**Web:** www.bcs.org.au
**Service Description:** High care with one place for respite care, low care with 2 places for respite care, and self care units. One self care unit avle to be hired temporarily. Please contact for details.
**Hours:** Care 24 hours, Office: Mon-Fri 8.30 am - 5.00 pm
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Assisting with clerical work and activities with residents and groundsman duties.

## Anglican Retirement Villages - Brian King Gardens
**Phone:** 1300 111 278 **Fax:** 02 8820 1991
Hilliard Dr, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 2154
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Self care and assisted care retirement village. Low level care. Assisted care requires assessment by ACAT.
**Hours:** Office Mon-Fri 9.00 am - 4.00 pm
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Please contact Lynday Kings on 9421 5443 for enquiries.

## Anglican Retirement Villages - Castle Hill
**Phone:** 1300 111 278 **Fax:** 9421 2222
284 Castle Hill Rd, Castle Hill NSW 2154
Mail to: PO Box 284, CASTLE HILL NSW 1765
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Provides accommodation and services including independent living units, assisted living (hostel) accommodation, dementia specific assisted care and nursing homes. Also on site there are cafes, hairdressers, a therapy centre and medical practice. For ages 60 and over. Assisted care requires assessment by ACAT.
**Hours:** Office: Mon-Fri 8:30 am - 5.00 pm appointments required.
**Contact:** Sales and Customer Services 1300 111 278
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Please call Lynda Kings on 9421 5443 for information on volunteering.

## Anglican Retirement Villages - Flinders Village
**Phone:** 1300 111 278 **Fax:** 9634 0594
Clarke Rd, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 2154
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Selfcare and assisted retirement village with dementia unit for ages 55 years and over.
**Disability Access:** Yes
**Volunteering:** Please call Lynda Kings on 9421 5443 for details on volunteering opportunities.

## Anglican Retirement Villages - Hopetoun Village
**Phone:** 1300 111 278 **Fax:** 9899 8456
Gough Dr, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 1765
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Hopetoun Village is a vibrant community within the Castle Hill site. Independent villages available with a wide range of social activities and affordable accommodation. For ages 60 years and over.
**Hours:** Office Mon-Fri 8.00 am - 3.30 pm
**Transport:** Glenorie Bus
**Disability Access:** Yes (On request, ramps limited.)
**Volunteering:** Please contact Lynda Kings on 9421 5443 for information on volunteer opportunities.

## Anglican Retirement Villages - Mowll Village
**Phone:** 1300 111 278 **Fax:** 9421 2223
284 Old Castle Hill Rd, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 1765
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Established 50 years ago, Mowll was the original village on the Castle Hill site. A variety of accommodation and convenient location, Mowll Village is an excellent choice. For ages 60 years and over.
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Contact Lynda Kings on 9421 5443 for enquiries.


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## Anglican Retirement Villages - Nuffield Village

**Phone:** 1300 111 278 **Fax:** 9634 0727
284 Castle Hill Rd, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 1765
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Both independent living units and residential aged care available. These units have a kiosk and hair dressing salon. For ages 60 years and over. Assisted care requires ACAT assessment.
**Hours:** 24 hours 7 days per week
**Fees:** Residential aged care assisted care facility for 60-105 - Govt legistated costs, independent living units for 60+ - Varies.
**Transport:** Bus
**Disability Access:** Yes (parking, ramps, toilet, lift, doorways)
**Volunteering:** Assistance in Coffee Shop and the Diversional Therapy Team. Contact Lynda Kings on 9421 5443.

## Anglican Retirement Villages - The Donald Coburn Centre

**Phone:** 1300 111 278 **Fax:** 02 9634 0762
Blue Gums Way, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 2154
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Provides nursing home care for 180 residents. Dementia Specific Unit - 46 beds.
**Hours:** 24 hours
**Fees:** Contact for details
**Transport:** Bus to ARV. Closest train stations are Pennant Hills and Beecroft.
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** A wide variety of opportunities exist for volunteer assistance. Please call Linda Kings on 9421 5443 for enquiries.

## Bupa at North Rocks Aged Care Facility

**Phone:** 02 9630 2166 **Fax:** 9890 2581
23 Speers Rd, North Rocks NSW 2151
**Email:** adminnorthrocks@bupacare.com.au
**Service Description:** 122 bed facility providing low and high care nursing.
**Hours:** 24 hours. Office: Mon-Fri 9.00 am - 5.00 pm
**Contact:** Aged Care Services Manager
**Transport:** Close to local bus service.
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Mandarin, Cantonese
**Volunteering:** Opportunities exist for voluntary work. Please contact for details.

## Castle Ridge Resort

**Phone:** 1800 727 170 **Fax:** 9899 1163
350 Old Northern Rd, Castle Hill NSW 2154
**Web:** www.retire.com.au
**Service Description:** Independent living for over 55's. One, two and three bedroom apartments available. Central clubhouse with pool and spa, open log fire, library, dining area, dance floor, fully equipped office and hair salon.
**Hours:** Office: Mon-Fri 9.00 am - 5.00 pm
**Transport:** Public and village bus
**Disability Access:** Yes (Fully accessible)

## Constitution Hill Aged Care Facility

**Phone:** 02 8839 7100 **Fax:** 02 8839 7106
3 Centenary Ave, Northmead NSW 2152
**Email:** mlunn@australianunity.com.au
**Web:** www.australianunity.com.au
**Service Description:** General nursing home providing high and low level nursing and personal care services including dementia support.
**Hours:** 24 hours daily
**Contact:** 1300 160 170
**Fees:** Contact for details
**Disability Access:** Yes (parking ground floor entry, lift, accessible toilets, wheelchair accessible bus)

## Curie Nursing Home

**Phone:** 02 9630 1522 **Fax:** 02 9630 7181
2 Kelvin Ct, Oatlands NSW 2117
**Mail to:** PO Box 82, Oatlands NSW 2117
**Email:** curienursinghme@optusnet.com.au
**Service Description:** 44 bed privately owned nursing home. Provides ethnic specific services to Arab and Indian cultures.
**Hours:** Mon-Fri 9am-5pm (Office)
**Contact:** Director of Nursing
**Fees:** Contact for details
**Transport:** Close to buses
**Disability Access:** Yes (Level access, toilets)
**Languages spoken:** Arabic, Hindi
**Volunteering:** This organisation welcomes assistance from volunteers. Contact for further details.

## Hayfield Court Hostel

**Phone:** 02 8832 2027 **Fax:** 02 9873 2277
3 Homelands Ave, Carlingford NSW 2118
**Email:** ask@bcs.org.au
**Web:** www.bcs.org.au
**Service Description:** 64 bed residential aged care hostel including low care, dementia care and respite care services.
**Hours:** 24 hours
**Fees:** Contact for details
**Transport:** Close to buses
**Disability Access:** Yes (Parking, ramp, lift)
**Volunteering:** Volunteers welcome

## Kentgrove Retirement Village

**Phone:** 1300 660 983 **Fax:** 4721 4622
116b Kenthurst Rd, Kenthurst NSW 2156
**Mail to:** PO Box 4173, Penrith NSW 2750
**Email:** selfcare@unitingagedcarewest.org.au
**Web:** kenthurstuniting.org.au/indexKG.htm
**Service Description:** Self care villas and hostel.
**Contact:** Administrator
**Disability Access:** Yes (Ramps, toilet access.)

## Lady of Grace Nursing Home

**Phone:** 02 9634 1354 **Fax:** 9634 1592
454 Old Northern Rd, Dural NSW 2158

**Email:** logdon@bigpond.net.au
**Web:** ladyofgrace.org.au
**Service Description:** General nursing home with physiotherapy and podiatry services. Also an Italian cluster home providing ethnic-specific services.
**Hours:** 24 hours, Daily 8am-6pm (Office)
**Contact:** Director of Nursing
**Fees:** Contact for details
**Transport:** Close to buses
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Croatian, Italian, Maltese
**Volunteering:** Assistance from volunteers welcomed. Please call for details.

## Lilian Wells Nursing Home

**Phone:** 02 9630 1866 **Fax:** 02 9630 1340
2b Fennell St, North Parramatta NSW 2151
**Email:** admin@lwnh.com.au
**Web:** www.unitingcareageing.org.au
**Service Description:** 71 bed, secure nursing home for people with dementia and/or psychiatric disorders or challenging behaviours. Dementia Specific Facility.
**Hours:** 24 hours
**Contact:** Director of Care. Other phone 02 9891 3755 (Fee enquiries)
**Fees:** Contact for details
**Transport:** Close to buses
**Disability Access:** Yes (Parking, ground floor entry, toilet)
**Volunteering:** This service welcomes the assistance of volunteers. Please contact for details.

## Living Choice Retirement Village Glenhaven

**Phone:** 02 9659 3775 **Fax:** 9659 3776
15 Old Glenhaven Rd, Glenhaven NSW 2156
**Email:** sales@livingchoice.com.au
**Web:** www.livingchoice.com.au
**Service Description:** Independent living units, 24 hour emergency response.
**Hours:** Office 9.00 am to 5.00 pm daily.
**Transport:** Bus stop at door.
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Please contact for volunteering opportunities.

## Marian Nursing Home

**Phone:** 02 9849 4700 **Fax:** 02 9890 8242
2a Fleet St, North Parramatta NSW 2151
**Email:** mariannh@bigpond.com
**Service Description:** 72 bed nursing homes providing a secure environment for confused and aggressive residents with a dementing condition or a history of psychosis.
**Hours:** 24 hours
**Contact:** Director of Nursing
**Fees:** Contact for details
**Disability Access:** Yes (Wheelchair accessible, toilet)

## Mawarra Village

**Phone:** 02 8878 6402 **Fax:** 02 9483 9096
3A Verney Drive, West Pennant Hills NSW 2125
**Mail to:** PO Box 637, West Ryde NSW 1685
**Email:** information@nsr.unitingcare.org.au
**Web:** www.unitingcareageing.org.au/facilities_and_services_/north_sydney_region/self_care/mawarra_village
**Service Description:** Situated in a quiet, tree-lined street, Mawarra Village provides independent living in a community setting. Offering 43 one- and two-bedroom units, each features its own private balcony or patio opening onto a peaceful landscaped garden setting. Mawarra also has a large community hall and activities area, library and workshop for the enjoyment of all residents. Bus services are within easy walking distance to take you to the Pennant Hills railway station. Garages and carports are available by arrangement. Independent living accommodation for Over 55s - Incoming contribution depends on unit - 30% retention (5% perannum over first 6 years)
**Hours:** Mon - Fri 9am-5pm
**Contact:** Cathie Bennett
**Transport:** Bus in Victoria Rd. Nearest train station is Pennant Hills.
**Disability Access:** Yes

## Mountainview Retreat Retirement Village

**Phone:** 02 9651 1699 **Fax:** 9651 3449
Lot 1 Stonelea Court, Round Corner NSW 2158
**Email:** mntview@pnc.com.au
**Web:** www.mountainviewretreat.com
**Service Description:** Self care retirement village for ages 55 and over.
**Disability Access:** Yes (Fully accessible.)

## Nordby Retirement Village

**Phone:** 02 9872 6326 **Fax:** 9872 1849
15 Hill St, West Pennant Hills NSW 2125
**Email:** ssanobria@sch.org.au
**Web:** www.sch.org.au
**Service Description:** Retirement village.
**Hours:** Office Mon-Fri 9.00 am - 5.00 pm
**Contact:** Area Manager - Julie Andrews jandrews@sch.org.au-villagemanager
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Spanish, Italian, Tagalog

## Northcourt Age Care Facility

**Phone:** 02 9683 8034 **Fax:** 02 9630 8372
7 Saunders St, North Parramatta NSW 2151
**Email:** northcourt@manchesterunity.com.au
**Service Description:** 39 bed high care nursing home set in landscaped gardens.
**Hours:** 24 hours
**Contact:** Director of Nursing.
**Fees:** Contact for details
**Transport:** Close to buses
**Disability Access:** Yes (Parking, ramp, toilets)

## Oatland Gardens Retirement Village

**Phone:** 02 9683 5544 **Fax:** 02 9630 2013
15-17 Wyoming Av, North Parramatta NSW 2151
**Email:** oatlandgardens@retireaustralia.com.au
**Web:** www.goldenlifestyles.com.au
**Service Description:** Retirement village comprising of self-care and serviced units with emergency call


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system. In serviced units all meals provided with weekly cleaning and fresh linen. Village bus for shopping and outings, indoor heated pool and organised activities.
**Hours:** Office open 9.00 am - 5.00 pm 7 days. Manager on-site 24 hours.
**Fees:** Contact for details
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Japanese
**Volunteering:** This service welcomes volunteer assistance. Contact for details.

## Our Lady of Consolation Aged Care Services Ltd

**Phone:** 02 9625 2457 **Fax:** 02 9832 1584
32 Evans Rd, Rooty Hill NSW 2766
**Email:** rdickens@oloc.com.au
**Web:** www.oloc.com.au
**Service Description:** Aged care facility which offers 130 high care beds and 173 low level of care beds, low level respite care and a 21 bed psychogeriatric unit in the nursing home. Also provides housing linked Community Aged Care Packages (58 including 23 dementia specific), HACC services which include linen services, home modifications and maintenance and lawn and garden maintenance. Personal Alarm systems are also available to residents of the Blacktown LGA. Please call the office with regards to HACC services in your area, Ph 02 9832 4599.
**Hours:** 24 hours, Mon-Fri 9am-4pm (Office)
**Contact:** Jenny Fahy, phone: 02 9832 5418 (Community Care Manager)
**Fees:** Contact for details
**Transport:** Close to trains (Rooty Hill station)
**Disability Access:** Yes (Parking, ramp, toilets)

## Retirement Village Association Ltd NSW / ACT

**Phone:** 02 9261 1777 **Fax:** 9261 5899
Suite 3 Level 4, 162-166 Goulburn St, Surry Hills NSW 2010
**Email:** mark@rva.com.au
**Web:** www.rva.com.au
**Service Description:** Peak body representing the retirement village industry. Provide information for retirement village living.
**Hours:** 9.00 am - 5.00 pm Mon-Fri
**Contact:** alison@rva.com.au

## Seniors Information Service

**Phone:** 13 12 44
**Mail to:** Level 8, 23-31 Moore St, LIVERPOOL NSW 2170
**Email:** seniorsinfo@dadhc.nsw.gov.au
**Web:** www.seniorsinfo.nsw.gov.au
**Service Description:** The NSW Seniors Information service provides older people, their families and friends with information on the range of services and options available to them. These include lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing. Other services include community care, support at home and residential aged care.It has a series of fact sheets and some information resources from other NSW government agencies. The Seniors Information service does not advise callers what action to take in their particular circumstances or guide them in making decisions.
**Hours:** Mon-Fri 9am-5pm
**Fees:** Cost of local call anywhere in NSW
**Languages spoken:** Interpreter service available through TIS

## The Grove

**Phone:** 02 9683 8000 **Fax:** 02 9683 8089
The Grove, 19 Lake St, North Parramatta NSW 2151
**Email:** courtlands@manchesterunity.com.au
**Web:** www.manchesterunity.com.au
**Service Description:** Dementia specific nursing home.
**Hours:** Mon-Fri 9am-5pm (Office)
**Fees:** Contact for details
**Transport:** Buses
**Disability Access:** Yes

## The Terrace

**Phone:** 02 9683 8000 **Fax:** 02 9683 8080
Courtlands Village, 19 Lake St, North Parramatta NSW 2151
**Email:** courtlands@manchesterunity.com.au
**Web:** www.manchesterunity.com.au
**Service Description:** Hostel apartments.
**Hours:** 24 hours (Accommodation), Mon-Fri 9am-5pm (Office)
**Fees:** Contact for details

## The Willows Retirement Village

**Phone:** 02 9686 2288 **Fax:** 02 9686 2961
226 Windsor Rd, Winston Hills NSW 2153
**Email:** willowsadmin@stockland.com.au
**Web:** www.retire.com.au
**Service Description:** Retirement village with self-care units and serviced apartments.
**Hours:** Office: Mon-Fri 9.00 am - 4.30 pm
**Contact:** Village Manager - Robert Waddell
**Transport:** Bus at door.
**Disability Access:** Yes (Fully accessible.)

## Waldock Nursing Home

**Phone:** 02 8832 2028 **Fax:** 02 9873 2422
3 Homelands Av, Carlingford NSW 2118
**Web:** www.bcs.org.au
**Service Description:** Dementia specific secure facility, which also has one respite bed.
**Hours:** 24 hours
**Contact:** Care Manager. Other phone: 02 8832 2048
**Fees:** Contact for details
**Transport:** Close to trains (Carlingford station) and buses (bus 624 and 625 from Telopea station)
**Disability Access:** Yes (fully accessible)
**Volunteering:** This service welcomes volunteer assistance. Contact for details

## War Widows' Guild of Australia NSW Ltd

**Phone:** 02 9267 6577 **Fax:** 02 9267 6601
Level 2, 175 Castlereagh St, Sydney NSW 2000
**Email:** guild@warwidowsnsw.com.au

**Web:** www.warwidowsnsw.com.au
**Service Description:** Protects the interests of war widows and provides advocacy, friendship, welfare support information and self-care housing units for members. Can provide details of Guild and social clubs throughout NSW.Quarterly publication : Guild Digest.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Other phone: 1800 451 615
**Fees:** Membership $20 per year
**Transport:** Close to trains (Town Hall station)
**Disability Access:** Yes (Lift, accessible toilets)

## Westmead Hospital - Nursing Home and Hostel Information and Liaison Officers

**Phone:** 02 9845 7659 **Fax:** 02 9845 8952
Westmead Hospital, Social Work Department, Level 1, E Block, cnr Hawkesbury Rd and Darcy Rd, Westmead NSW 2145
**Mail to:** PO Box 533, Wentworthville NSW 2145
**Email:** paola.Georgoudis@swahs.health.nsw.gov.au
**Service Description:** Provides assistance with locating accommodation in Residential Aged Care Facilities for ACAT approved community clients and Sydney West Area Health Service facility inpatients. Also allocate Community Aged Care Package (CACP) and Extended Aged Care Packages at home (ECCH).
**Hours:** Mon-Fri 8:00am-4:30pm
**Contact:** Poala Georgoudis - NHHILS Officer
**Fees:** None
**Disability Access:** Yes (Lift, toilet -Is possible to enter through the carpark, through the automatic doors & to the right)

## Winston Lodge Nursing Home

**Phone:** 02 8852 6111 **Fax:** 02 9686 6089
129 Lanhams Rd, Winston Hills NSW 2153
**Email:** winston_lodge@arv.org.au
**Web:** www.arv.org.au
**Service Description:** 61 bed high care nursing home, with a secure environment for residents.
**Hours:** 24 hours
**Contact:** Director of Nursing
**Fees:** Contact for details
**Disability Access:** Yes (Wheelchair accessible, toilet)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details.

## Wirreanda Retirement Village

**Phone:** 02 9680 1500 **Fax:** 02 9680 2483
33 Highs Rd, West Pennant Hills NSW 2125
**Email:** wirreanda@wrv.org.au
**Service Description:** Retirement village comprising 104 self-care units and 44 apartment hostel.
**Hours:** Office: Mon-Fri 9.00 am - 3.30 pm, Hostel operates 24 hours.
**Contact:** Facility Manager
**Fees:** Contact for details
**Transport:** Bus
**Disability Access:** Yes
**Languages spoken:** Mandarin
**Volunteering:** Please contact for details.

## Woodberry Village

**Phone:** 02 8852 6100 **Fax:** 02 8852 6198
129 Lanhams Rd, Winston Hills NSW 2153
**Web:** www.arv.org.au
**Service Description:** Retirement village comprising independent living units, assisted care (hostel) accommodation and dementia specific assisted care accommodation. Also has 1 respite care beds. There is also a dementia specific nursing home.
**Hours:** 9:30am - 3:00pm Mon - fri (office)
**Contact:** Director of Nursing9421 5333
**Fees:** Contact head office for details
**Transport:** Close to buses
**Disability Access:** Yes (Ramps, lifts, accessible toilet)
**Volunteering:** Volunteers welcome

## Yallambi Centre for Aged Care

**Phone:** 02 8832 2029 **Fax:** 02 9871 8815
268 Pennant Hills Rd, Carlingford NSW 2118
**Email:** yallambi@bcs.org.au
**Web:** www.bcs.org.au
**Service Description:** Aged care facility with 58 low care beds and 2 respite care beds, 53 high care beds and one respite bed.
**Hours:** Mon-Fri 8am-4:30pm (Office)
**Contact:** 02 8832 2030 (Low care) 02 9871 5457
**Fees:** Contact for details
**Disability Access:** Yes (lifts, accessible toilet)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details.


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# Home Support Services

## Ageing, Disability and Home Care, Department of Human Services NSW - Head Office

**Phone:** 02 8270 2000
Level 5, 83 Clarence St, Sydney NSW 2000
**Email:** servicembx@facs.nsw.gov.au
**Web:** www.dadhc.nsw.gov.au
**Service Description:** The Dept is responsible for policy, planning, resource allocation and performance measurement for the delivery of supports and services for older people, people with disability and their carers in NSW. The Dept supports people with intellectual disability to develop their skills and abilities so they can be more independent within their community. This includes delivering a range of community support services, respite care and supported accommodation services for children and adults, as well as early intervention services to babies and young children who have developmental delay. The Dept also assists frail aged people, younger people with a disability and their carers with housekeeping and personal care by providing general domestic assistance, non-medical personal care, live-in care, live-in emergency housekeeping, essential shopping and other home based service (through the Home Care Service of NSW).
**Hours:** Mon - Fri 8:30 am - 5:30 pm
**Contact:** Chief Executive Jim MooreTTY: (02) 8270 2167 (for people who are deaf)
**Fees:** None
**Transport:** Walking distance to Wynyard Station or buses on Clarence Street
**Disability Access:** Yes (lift accessible toilet)

## Anglican Retirement Villages - Home Support Service

**Phone:** 02 9421 5438 **Fax:** 9659 2714
Hermon Slade House, Hilliard Dr, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 1765
**Email:** jane.burns@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Anglican Retirement Villages offers Community Aged Care Packages (CACP) and Home Support Services in the Sydney region for ages 55 and over. ARV Home Support Services include general housekeeping, shopping, paying bills, cooking and meal preparation, respite care, transport and personal care. The services are available on a regular or occasional basis at competitive rates. For CACP's must be referred by ACAT.
**Hours:** Office 8.30 am - 4.00 pm
**Contact:** New Business Development - Jane Burns
**Volunteering:** For information on opportunities to volunteer please contact Lynda Kings on 9421 5443 or email lynda.kings@arv.org.au.

## ANGLICARE Westlink Respite Services

**Phone:** 02 8805 0913 **Fax:** 02 9832 1934
91a Kurrajong Ave, Mount Druitt NSW 2770
**Mail to:** PO Box 217, Rooty Hill NSW 2766
**Email:** westlink@anglicare.org.au
**Web:** www.anglicare.org.au
**Service Description:** Provides a range of programs for children and adults with disabilities. Services include Westlink Host Family Program (respite care for families with a child aged 0-18 with disability), Westlink Vacation Care Program (for children 5 - 18 with disability), Westlink Peer Support (for 10-18 year old with a disability) and Westlink Head Injury Recreation and Leisure Services (for adults). After School Care. WHIRLS over 18 yrs with an Acquired Brain Injury
**Hours:** Office Mon-Fri 8:30am-4:30pm
**Contact:** Val Haggett
**Fees:** Varies across programs. Contact for details
**Transport:** Close to trains (Mt Druit station)
**Disability Access:** Yes (Parking, ramp, toilet)
**Volunteering:** Organisation welcomes volunteers 18 years and over who would like to support a child, teenager or adult with a disability. Care can take place in the child's home, volunteer's home or on outings in the community. Volunteers are recompensed for expenses and training and ongoing support are provided. Contact for details

## ARV Home Support Services

**Phone:** 02 9421 5438, 1300 111 278 **Fax:** 02 9659 2714
Room 40, Herman Slade House, Castle Hill NSW 2154
**Email:** jane.burns@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Provide a range of services to assist elderly people to remain living in their own home. Services include meal preparation, personal care, shopping, housekeeping, transport to medical and other appointments and companionship.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Other phone: 029421 5333
**Fees:** $38 per hour (minimum of 1 hour)

## BCS Care Centre - Hills District

**Phone:** 02 8896 4700 **Fax:** 02 8896 4701
unit 1, 253 Old Northern Rd, Castle Hill NSW 2154
**Web:** www.bcs.org.au
**Service Description:** Offers planned and co-ordinated Community Aged Care Packages (CACP), Extended Aged Care at Home (EACH) and HACC services to assist people to remain at home. Also provides Community Support Services to residents of Wisemans Ferry.
**Hours:** Mon-Fri 9am-4.30pm
**Contact:** Program Managers- Linda Organ, Carmen Cutajar
**Fees:** Contact for details

**Transport:** Close to buses
**Disability Access:** Yes (ground floor, ramp access)

## BCS Care Centre Wisemans Ferry

**Phone:** 4566 4700 **Fax:** 4566 4950
5550 Old Northern Rd, Wisemans Ferry NSW 2775
**Email:** lduffy@bcs.org.au
**Web:** bcs.org.au
**Service Description:** Support for the frail, aged and younger people with a disability living in Wisemans Ferry and surrounding areas. Services include transport for medical appointments and community access, personal care, domestic assistance, respite care and social support. Fees apply.
**Hours:** Tues, Wed, Thurs 8.30 am - 4.30 pm

## CareBear Australia Pty Ltd

**Phone:** 02 8064 4494 **Fax:** 8211 5269
Mail to: Suite 44/29 Smith St, Parramatta NSW 2150
**Email:** coordinator@carebearaustralia.com.au
**Web:** www.carebearaustralia.com.au
**Service Description:** Provide home care services to the elderly. Personal care services include showering, toileting and grooming. Domestic assistance including meals, vacuuming and cleaning. Companionship, transport assistance including accompanying to doctors appointments.
**Hours:** 24/7
**Fees:** $35 per hour personal care. $32 per hour other services.

## Community Visitors Scheme - Friends for Older People

**Phone:** 02 9636 7400 **Fax:** 02 9631 0945
Cnr Dunmore St & Pendle Way, Pendle Hill NSW 2145
**Mail to:** PO Box 24, Pendle Hill NSW 2145
**Email:** lyn.spice@optusnet.com.au
**Service Description:** Recruitment, training & support of volunteers visiting socially isolated and lonely residents of aged care facilities. REQUIREMENTS: All volunteers are required to have a Police Check carried out. The cost of the Police Check is covered by the Scheme. Empathy for older people. Personal integrity. Reliability, time and commitment to visit at least fortnightly at a time convenient to both the volunteer and resident of the Aged Care Facility. Attend quarterly training sessions.
**Hours:** Mon-Thur 9:30am-4pm
**Contact:** Reception.
**Transport:** Own transport or accessability to Public transport.
**Disability Access:** Yes (Ramps)
**Volunteering:** This organisation welcomes volunteers. Please contact for details.

## CSS - Care & Support Services Pty Ltd

**Phone:** 4573 6360 **Fax:** 4573 6365
16 Cataract Rd, Box Hill NSW 2765
**Mail to:** PO Box 3727, Rouse Hill NSW 2155
**Email:** admin@caresupportservices.com.au
**Web:** www.caresupportservices.com.au
**Service Description:** CSS - Care & Support Services provides services to children and adults with acquired brain injury, spinal cord injury or disability. CSS provides a range of services including, personal care, therapy programs, community support, case management, social support, domestic respite and other services as required. CSS also has a 24hr emergency contact system in placefor after hours, weekends and holidays. Clients and their families can feel confident that CSS are always able to be contacted should any emergencies arise during these times.
**Hours:** Office 9.00 am - 5.00 pm
**Contact:** Outside office hours call 0416 471 417

## Cumberland/Prospect Commonwealth Respite and CareLink

**Phone:** 1800 052 222 **Fax:** 02 9838 0983
Unit 3, 9-11 Rowley St, Seven Hills NSW 2147
**Email:** ccrc@bcs.org.au
**Web:** www.bcs.org.au
**Service Description:** Respite and information service, providing emergency (24/7) and planned short-term respite services to carers people with disability, chronic illness, mental illness or frail aged. Service is a single point of contact for information on Community Care, Aged Care and Disabilty Services.
**Hours:** Mon-Fri 8:30am-5pm
**Fees:** None
**Disability Access:** Yes (Ramp enterance at back door.)
**Languages spoken:** Italian, Tagalog
**Volunteering:** Contact for details

## Disability Professionals

**Phone:** 02 9635 4644 **Fax:** 9687 3500
80 Phillip St, Parramatta NSW 2124
Mail to: PO Box 339, Parramatta NSW 2124
**Email:** admin@disabilityprofessionals.com.au
**Web:** www.disabilityprofessionals.com.au
**Service Description:** Casual disability support staff and respite staff for all ages and disabilities. Disability related assessments. Consulting services.
**Hours:** 24 hours, 7 days. Office 8.30 am - 6.00 pm Mon - Fri
**Contact:** Anthony Dickinson
**Languages spoken:** Many languages spoken.

## Diverse Community-Dementia Support

**Phone:** 02 9898 0000 **Fax:** 02 9898 0033
3/13 South St, Rydalmere NSW 2116
**Mail to:** PO 233, Rydalmere NSW 2116
**Email:** info@diverse.org.au
**Web:** www.diverse.org.au
**Service Description:** Provides monitoring and support for people living in the community who suffer with dementia. Also provides respite for carers (including support for carers from Arabic, Chinese and multicultural backgrounds). The service also runs a social support program for people living in Balkham Hills LGA, Community Options for people in Auburn, Bankstown, Balkham Hills, Holroyd, Hunters Hill, Ryde and Parramatta LGAs. Service also offers COMPACKS covering Holroyd, Parramatta, Bankstown, Auburn, Ryde, Hunters Hill and Balkham Hills.


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**Hours:** Mon-Fri 9am-5pm
**Contact:** Reception
**Fees:** Contact for details
**Disability Access:** Yes (Parking, ground floor entry, toilet)

## Hills Community Care - Community Transport

**Phone:** 02 9761 7604 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Provides bus and individual transport services to HACC target groups. Buses with driver available for community hire - some with wheelchair accessibility. Self-drive hire is not available.
**Hours:** Mon - Fri 8.30 am - 4.30 pm (office)
**Contact:** Senior Coordinator Meals and Transport - Effie Pramataris
**Fees:** Contact for details
**Disability Access:** Yes
**Languages spoken:** Italian, Spanish
**Volunteering:** Opportunities exist for volunteer drivers to assist with this program. Please contact for details.

## Hills Community Care - Dementia Home Support Service

**Phone:** 02 9761 7610 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Provides practical support for people with dementia and their carers. Also runs support groups for carers on second Monday monthly 7.00 pm - 9.00 pm and third Wednesday monthly 10.00 am - 12 noon.
**Hours:** Mon - Fri 8.30 am - 4.30 pm (office)
**Fees:** Various - depending on service.
**Disability Access:** Yes
**Languages spoken:** Italian and Spanish

## Hills Community Care - Easy Care Gardening and Lawn Mowing Service

**Phone:** 02 9761 7612 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Provides a low maintenance gardening service and advisory service on ways to retain an easy care garden. Also provides lawn mowing service. Referrals for tree lopping services are available.
**Hours:** Mon - Fri 8.30 am - 4.30 pm (Office)
**Contact:** Co-ordinator
**Fees:** Contact for details.
**Disability Access:** Yes
**Volunteering:** Volunteers are welcome to assist with gardening.

## Hills Community Care - Food Service (Meals on Wheels)

**Phone:** 02 9761 7603 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Provides main meal of the day to frail aged and younger people with disabilities and their carers. Special diets can be catered for.
**Hours:** Mon - Fri 8.30 am - 4.30 pm (office)
**Disability Access:** Yes
**Volunteering:** This service welcomes volunteer assistance. Contact for further details.

## Hills Community Care - Home Modification and Maintenance Service

**Phone:** 02 9761 7611 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Assists frail aged and disabled people with modifications that will enable them to maintain their independence at home and provides essential maintenance to their residence.
**Hours:** Mon - Fri 8.30 am - 4.30 pm (office)
**Contact:** Manager
**Fees:** Contact for details.
**Disability Access:** Yes

## Hills District Nursing Service

**Phone:** 02 9894 2405 **Fax:** 02 8850 0705
Unit 1, 10 Gladstone Rd, Castle Hill NSW 2154
Mail to: PO Box 250, Baulkham Hills NSW 1755
**Email:** enquires@hillsnursing.com.au
**Web:** www.hillsnursing.com.au
**Service Description:** Home nursing service providing specialist and basic nursing care via Registered Nurses, Enrolled Nurses and Assistants in Nursing.Personal Care, Socail Support, Respite Care, Domestic and Home/Garden maintenance.
**Hours:** Mon-Fri 7.30am-4pm (Office)
**Contact:** Reception
**Fees:** Contact for details

## Just Better Care Hills to Hornsby

**Phone:** 02 9484 8788 **Fax:** 9484 7988
5/4-10 Hillcrest Rd, Pennant Hills NSW 2120
**Email:** mailhd@justbettercare.com.au
**Web:** www.justbettercare.com.au
**Service Description:** Just Better Care Hills to Hornsby offers a full range of solutions for all care requirements. Services include nursing, respite, personal, palliative, dementia, disability care and domestic assistance. Services can be provided from an occasional hour to 24 hours a day, 7 days per week.

## Kincare Community Services

**Phone:** 1300 733 510 **Fax:** 1300 733 520
Norwest Business Park, Building A, Suite 302, 12-14 Solent Cct, Baulkham Hills NSW 2153
**Mail to:** PO Box 7607, Baulkham Hills BC NSW 2153
**Email:** mail@kincare.com.au
**Web:** www.kincare.org.au
**Service Description:** Provides private personal and domestic services to older people and people with disabilities. Services include shopping, assistance paying bills, showering and dressing; transport to appointments and outings, companionship, social activities, respite and nursing services. Provides services as part of the Community Aged Care Packages (CACP), Home and Community Care (HACC), Department of Veterans Affairs (DVA), Extended Aged Care at Home (EACH) and National Respite for Carers Program (NRCP) schemes.
**Hours:** Mon-Fri 8am-6:30pm (Office)
**Contact:** Customer Service Officer
**Fees:** Contact for details
**Disability Access:** Yes (Ramp, lift, toilet)
**Languages spoken:** Arabic, French, German, Indonesian, Italian, Mauritian, Tamal, Vietnamese

## Kincare HACC Respite Service

**Phone:** 1300 733 510
Suite 302, Building A, 12-14 Solent Circuit, Baulkham Hills NSW 2153
**Mail to:** PO Box 7607, Baulkham Hills BC NSW 2153
**Web:** www.kincare.com.au
**Service Description:** Provision of planned respite services that strengthen and maintain the primary care relationships between a frail or older person or a younger person with a disability and their carer through the provision of flexible and responsive alternatives to the usual care arrangements. Provided in the home of a client, on a one to one individual basis.

## Our Lady of Consolation Aged Care Services Ltd

**Phone:** 02 9625 2457 **Fax:** 02 9832 1584
32 Evans Rd, Rooty Hill NSW 2766
**Email:** rdickens@oloc.com.au
**Web:** www.oloc.com.au
**Service Description:** Aged care facility which offers 130 high care beds and 173 low level of care beds, low level respite care and a 21 bed psychogeriatric unit in the nursing home. Also provides housing linked Community Aged Care Packages (58 including 23 dementia specific), HACC services which include linen services, home modifications and maintenance and lawn and garden maintenance. Personal Alarm systems are also available to residents of the Blacktown LGA. Please call the office with regards to HACC services in your area, Ph 02 9832 4599.
**Hours:** 24 hours, Mon-Fri 9am-4pm (Office)
**Contact:** Jenny Fahy, phone: 02 9832 5418 (Community Care Manager)
**Fees:** Contact for details
**Transport:** Close to trains (Rooty Hill station)
**Disability Access:** Yes (Parking, ramp, toilets)

## Peckys Ltd

**Phone:** 02 9688 3268 **Fax:** 02 9636 3184
Reservoir Rd, Prospect Reservoir, Prospect NSW 2148
**Mail to:** PO Box 889, Seven Hills NSW 1730
**Email:** peckys@peckys.org.au
**Web:** www.peckys.org.au
**Service Description:** Peckys Ltd operates four programs, funded by the department of Ageing Disability and Home Care.(1)Peer Support provides weekend recreational services for 14-18 year old adolescents with an intellectual disability who live in the Blacktown local government area.(2)Post School Programs, community participation, transition to work provides individually tailored programs to people with a disability who received Post School Options. The program operates five days per week from 10am-4:30pm.(3)Living Skills provides training and skill development opportunities to adults with an intellectual disability who reside in the Blacktown local government area. Days of operation are Tue-Thur 9:30-3:30.(4)Viva Vibes weekend recreation program for people with a mild intellectual disability that requires minimal support.
**Hours:** Weekdays 9am-4pm and weekends
**Contact:** Heidi Boardman
**Fees:** Yes, contact for details
**Disability Access:** Yes (Fully wheelchair accessible lodge, toilets & grounds.)
**Languages spoken:** Interpreters available on request.
**Volunteering:** Volunteers welcome - all program areas

## Ros's Care for the Elderly

**Phone:** 02 9681 7703 **Fax:** 9681 7703
9/79 Woodpark Rd, Woodpark NSW 2164
**Email:** roslynmarshall@bigpond.com
**Web:** www.roscare.com.au
**Service Description:** Home support service offering personal care, shopping, home cleaning, laundry, gardening, transport and respite care. For elderly people or people with disabilities aged 40 and over.
**Hours:** 24 hr service
**Contact:** Ros Marshall (Coordinator) 0418 165 175
**Fees:** Yes
**Volunteering:** We have a great demand for voluntary assistance. Please call for details.

## Royal District Nursing Service (RDNS)

**Phone:** 1300 334 455
Suite 3.03, Delhi Corporate, 32 Delhi Rd, North Ryde NSW 2113
**Email:** sydney@rdns.com.au
**Web:** www.rdns.com.au
**Service Description:** Provides general and specialist nursing care, personal and domestic services to people of all ages in the home setting. Registered and endorsed enrolled nurses, community care workers, bilingual workers available. Personal/domestic care includes showering, transport, cleaning, shopping, socialisation, toileting, mobility, in-home respite. All nursing services, including wound management, intravenous therapy, medication management,


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palliative care, catheter care, continence management, stomal therapy. Twice daily visits and overnight care possible. RDNS provides services under DVA Nursing, fee for service and health funded home nursing. Fees include all reasonable travel.
**Hours:** 24 hour care available.
**Languages spoken:** Chinese (Cantonese, Mandarin), Vietnamese, Greek, Korean, Taiwanese.

## Seniors Information Service

**Phone:** 13 12 44
**Mail to:** Level 8, 23-31 Moore St, LIVERPOOL NSW 2170
**Email:** seniorsinfo@dadhc.nsw.gov.au
**Web:** www.seniorsinfo.nsw.gov.au
**Service Description:** The NSW Seniors Information service provides older people, their families and friends with information on the range of services and options available to them. These include lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing. Other services include community care, support at home and residential aged care.It has a series of fact sheets and some information resources from other NSW government agencies. The Seniors Information service does not advise callers what action to take in their particular circumstances or guide them in making decisions.
**Hours:** Mon-Fri 9am-5pm
**Fees:** Cost of local call anywhere in NSW
**Languages spoken:** Interpreter service available through TIS

## Sharon's Home Service Pty Ltd

**Phone:** 02 9679 0129 **Fax:** 9679 0147
11 Langlands Rd, Annangrove NSW 2156
**Email:** sh07390@bigpond.net.au
**Service Description:** Respite care, personal care, home help and transport. Service available to anyone within the community who needs assistance. Disabilities, physical and intellectual, frail aged, dementia and alzheimers, pallative care in-home nursing agency.
**Hours:** Mon-Fri 7.00 am - 7.00 pm, Sat on-call.
**Contact:** 0409 667 287 On-call mobile available 24 hours per day.
**Fees:** Yes

## Southern Cross Community Healthcare

**Phone:** 1800 989 000 **Fax:** 1800 989 001
Level 3, 17-21 Hunter St, Parramatta NSW 2150
**Mail to:** Level 3, 17 - 21 Hunter St, Parramatta NSW 2150
**Email:** enquiries@scch.com.au
**Web:** www.scch.com.au
**Service Description:** Provides a range of private community health care services and programs for war veterans, the privately insured and workers compensation cases. Includes Community Aged Care Packages (CACP) and care for ventilator dependent quadriplegics and The National Respite for Carers Program (NRCP) which targets people with dementia. Service also has HACC funding for Shoalhaven.
**Hours:** 24 hours
**Fees:** Fees vary according to program. Contact for details

## Sydney In Home Care Services

**Phone:** 02 9683 3400 **Fax:** 02 9683 3200
27 Fennell St, North Parramatta NSW 2151
**Mail to:** GPO Box 6290, Parramatta BC NSW 2150
**Email:** admin@nswchildcare.com.au
**Web:** www.nswchildcare.com.au
**Service Description:** Sydney In Home Care: Providing professional Childcare in Your Home. We also provide specialist carer placement for Government and Non Government Agencies. Criteria: 1) There is no other childcare service available. 2) There is no other chilcare service available that can meet the family's chilcare needs. Categories: 1) 3 children not yet attending school. 2) Parents who work shift work or non standard hours. 3) A child with an illness or disability that reduces the family's capacity to care for the child(ren). 5) The Parents have had a multiple birth (three or more).
**Hours:** 9am-5pm (Mon-Fri)
**Contact:** Client Liason Officer:
**Fees:** Family's Child Care Benefit Entitlement from Centrelink helps towards reducing the cost of the Child Carer's Fee.
**Languages spoken:** Some carers can speak more that one language.

## Tender Loving Cuisine

**Phone:** 1800 801 200 (Client Services) **Fax:** 1800 801 222
**Mail to:** GPO Box 5105, Sydney NSW 2001
**Email:** clientservices@tlc.org.au
**Web:** www.tlc.org.au
**Service Description:** A nutritional service which provides, and home delivers a range of home-style ready-to-eat dinners, many of which are Heart Foundation Tick approved. A range of organic meals and soups are also available. Local branch offices are located throughout the state. A free brochure can be mailed on request.
**Hours:** Mon-Fri 9am-5pm (Office)
**Contact:** Other phone: 02 9713 5355 (Office)
**Fees:** Charges apply for the meals. Please contact for a price list. The meals are delivered free of charge by volunteers
**Disability Access:** No

## Wesley Community Support Services

**Phone:** 02 8887 4977 **Fax:** 02 8887 4997
level 3, 83 Fluschcombe Rd, Blacktown NSW 2148
**Mail to:** PO Box 84, Blacktown NSW 2148
**Email:** admin.adswest@wesleymission.org.au
**Web:** www.wesleymission.org.au
**Service Description:** Provides community aged care packages to prevent premature admission to residential care. Packages provide a range of personal care services eg. showering, light housework, shopping, meal preparation, medication monitoring and transport.
**Hours:** Mon-Fri 8:00am-4pm (Office)
**Contact:** Area Manager.

**Fees:** Contact for details


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# Respite Care & Friendship Groups

## Anglican Retirement Villages - Nell Slade Respite Centre

**Phone:** 02 9659 2348 **Fax:** 9894 6957
Nell Slade House, Slade Ave, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 2154
**Email:** margaret.szokolai@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Respite service for working carers. Flexibility in attendance to meet varied needs of employed worker. Premises safe and secure with a comfortable home like setting. Balanced nutritional meals each day. Appropriate activities to meet the needs of care recipients.
**Hours:** Tues-Thurs 7.00 am - 8.00 pm, Fri 7.00 am - 6.30 pm and Sat 8.00 am - 6.00 pm
**Contact:** 1300 111 278
**Fees:** Start from $18 per day.
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Please contact ARV Volunteers.

## B.C.S. Robertson Centre

**Phone:** 02 8832 2020 **Fax:** 02 8832 2004
268 Pennant Hills Rd, Carlingford NSW 2118
**Email:** ldawes@bcs.org.au
**Web:** www.bcs.org.au
**Service Description:** Provides social activities for isolated and frail aged people living in the community. Also provides a social program for people with mild to moderate dementia.
**Hours:** Mon, Tue, Thur, Fri 7:30am-6:30pm, Wed 9am-2:30pm
**Contact:** Manager - Admin - 8832 2018
**Fees:** Contact for details
**Transport:** Transport can be provided to and from the venue
**Disability Access:** Yes (Ground floor access, toilet)
**Volunteering:** This organisation welcomes volunteer activities officers, cooks and drivers. Contact for further details.

## Balcombe Heights Aged Day Care Italian Group

**Phone:** 8852 6300 **Fax:** 9686 2138
Building 17 Balcombe Heights Estate, 92 Seven Hills Rd, Baulkham Hills NSW 2153
**Mail to:** C/- The Hills Community Health Centre, 183-187 Excelsior Ave, Castle Hill NSW 2154
**Service Description:** Aged day service for Italian speaking adults providing a social outlet. Activities include health assessments, health and wellbeing activities such as physical activity, health information sessions, falls prevention, social activities and outings.
**Hours:** Group meets each Thurs 10.00 am - 2.00 pm
**Contact:** The Hills Community Health Centre 8853 4500
**Fees:** $8
**Transport:** Transport can be provided. Contact for further details
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## Community Visitors Scheme - Friends for Older People

**Phone:** 02 9636 7400 **Fax:** 02 9631 0945
Cnr Dunmore St & Pendle Way, Pendle Hill NSW 2145
**Mail to:** PO Box 24, Pendle Hill NSW 2145
**Email:** lyn.spice@optusnet.com.au
**Service Description:** Recruitment, training & support of volunteers visiting socially isolated and lonely residents of aged care facilities. REQUIREMENTS: All volunteers are required to have a Police Check carried out. The cost of the Police Check is covered by the Scheme. Empathy for older people. Personal integrity. Reliability, time and commitment to visit at least fortnightly at a time convenient to both the volunteer and resident of the Aged Care Facility. Attend quarterly training sessions.
**Hours:** Mon-Thur 9:30am-4pm
**Contact:** Reception.
**Transport:** Own transport or accessability to Public transport.
**Disability Access:** Yes (Ramps)
**Volunteering:** This organisation welcomes volunteers. Please contact for details.

## Cumberland/Prospect Commonwealth Respite and CareLink

**Phone:** 1800 052 222 **Fax:** 02 9838 0983
Unit 3, 9-11 Rowley St, Seven Hills NSW 2147
**Email:** ccrc@bcs.org.au
**Web:** www.bcs.org.au
**Service Description:** Respite and information service, providing emergency (24/7) and planned short-term respite services to carers people with disability, chronic illness, mental illness or frail aged. Service is a single point of contact for information on Community Care, Aged Care and Disabilty Services.
**Hours:** Mon-Fri 8:30am-5pm
**Fees:** None
**Disability Access:** Yes (Ramp enterance at back door.)
**Languages spoken:** Italian, Tagalog
**Volunteering:** Contact for details

## Diverse Community-Dementia Support

**Phone:** 02 9898 0000 **Fax:** 02 9898 0033
3/13 South St, Rydalmere NSW 2116
**Mail to:** PO 233, Rydalmere NSW 2116
**Email:** info@diverse.org.au
**Web:** www.diverse.org.au
**Service Description:** Provides monitoring and support for people living in the community who suffer with dementia. Also provides respite for carers (including support for carers from Arabic, Chinese and

multicultural backgrounds). The service also runs a social support program for people living in Balkham Hills LGA, Community Options for people in Auburn, Bankstown, Balkham Hills, Holroyd, Hunters Hill, Ryde and Parramatta LGAs. Service also offers COMPACKS covering Holroyd, Parramatta, Bankstown, Auburn, Ryde, Hunters Hill and Balkham Hills.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Reception
**Fees:** Contact for details
**Disability Access:** Yes (Parking, ground floor entry, toilet)

## Flintwood Disability Services Inc

**Phone:** 02 9630 1777 **Fax:** 02 9630 1788
11 Fennell St, Parramatta NSW 2150
**Mail to:** PO Box 2501, North Parramatta NSW 1750
**Email:** admin@flintwood.org.au
**Web:** www.flintwood.org.au
**Service Description:** Provides leisure activities, life skills development, day services, accommodation and respite care for young adults with disabilities with moderate to high support needs.
**Hours:** Mon-Fri 8am-4pm
**Fees:** Contact for details
**Transport:** Close to various sites
**Disability Access:** Yes (Parking, ramp, toilets)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## German Senior Club

**Phone:** 02 9816 5095
Old Council Chambers, Civic Place, Parramatta NSW 2150
**Service Description:** Provides social activities and day care for German senior citizens on Mondays. Meet at Parramatta Civic Place Old Council Chambers Building, 2nd Floor Room 'B' every 2nd Monday from 9.30am to 2pm. Small outings organised on a regular basis - by car or public transport.
**Contact:** President - Manfred Raddatz
**Fees:** For membership
**Transport:** Bus or train.
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** German speaking language group.

## Hills Community Care - Aged Day Care Programs

**Phone:** 9761 7607 (or 9761 7606) **Fax:** 9761 7619
Cnr Castle Hill Rd & New Line Rd, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Aged day care provides flexible care in a supportive and safe environment for frail elderly people while giving respite to their carers. There are centres located in Baulkham Hills, North Rocks, South Maroota and Castleglen. Clients are transported by bus. Aged Long Day Care is run by trained staff who are assisted by volunteers and is available throughout the year except for a break at Christmas.
**Hours:** 9.00 am - 4.00 pm for each program.
**Contact:** Respite Care Service Coordinator
**Fees:** Contact for details.
**Transport:** Community transport bus to and from venues.
**Disability Access:** Yes
**Volunteering:** Opportunities exist for volunteers to assist in the delivery of the program. Please contact for details.

## Hills Community Care - Friendship Groups

**Phone:** 9761 7607 (or 9761 7606) **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Friendship groups provide flexible care in a supportive environment. Clients are transported by volunteers to Centres in Baulkham Hills, Dural, North Rocks and Castle Hill. Morning tea and lunch is provided and suitable activities and outings are organised. Friendship Groups are run by volunteers and meet during school terms.
**Hours:** Mon - Fri 8.30 am - 4.30 pm (office). Programs run from 10.00 am - 2.00 pm.
**Contact:** Respite Care Service Coordinator
**Fees:** Contact for details.
**Transport:** Volunteer Friendship Groups utilise volunteer drivers to and from programs.
**Disability Access:** Yes
**Volunteering:** Friendhsip groups are operated by volunteers. Please conact for information on volunteering to assist in the delivery of these programs.

## Hills Community Care - Orange Blossom Cottage

**Phone:** 02 9659 3964 **Fax:** 9659 4139
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Orange Blossom Cottage is a dememtia specific day care program for people diagnosed with dementia living in The Hills Shire.
**Hours:** Mon-Sat 10.00 am - 2.00 pm (extended care available)
**Transport:** Community bus and staff available.
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Italian, Spanish, Dutch

## Hills Community Care - Respite Care Service

**Phone:** 02 9761 7694 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au


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**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Provides flexible in home respite options in emergencies and occasional respite for carers. Provision of information on services and/or referral for respite care.
**Hours:** Mon - Fri 8.30 am - 4.30 pm (office)
**Contact:** Respite Care Service Coordinator
**Fees:** Contact for details.
**Disability Access:** Yes
**Languages spoken:** Italian, Spanish

## Hills Community Care

**Phone:** 02 9761 7600 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Home & Community Care services for frail aged, people with disabilities and/or their carers living in their own homes including food services, community transport, respite care, dementia home support, home maintenance and modification, easy care gardening and lawn mowing.
**Hours:** Mon-Fri 8.30 am - 4.30 pm
**Fees:** Various, depending on service.
**Disability Access:** Yes
**Languages spoken:** Italian, Spanish
**Volunteering:** Many opportunities exist for volunteers to assist. Please contact for details.

## Jennings Lodge

**Phone:** 02 9620 5255 **Fax:** 02 9620 5700
42 The Valerie Av, Baulkham Hills NSW 2153
**Email:** jenningslodge@bigpond.com
**Service Description:** Private hostel for 8 people with intellectual disabilities. Residents attend external workshops and day placement programs.
**Hours:** Mon-Fri 9am-5pm (Office)
**Contact:** Residential Service Manager
**Fees:** Contact for details
**Disability Access:** Yes (parking, ramp)
**Volunteering:** Yes police report needed

## Royal District Nursing Service (RDNS)

**Phone:** 1300 334 455
Suite 3.03, Delhi Corporate, 32 Delhi Rd, North Ryde NSW 2113
**Email:** sydney@rdns.com.au
**Web:** www.rdns.com.au
**Service Description:** Provides general and specialist nursing care, personal and domestic services to people of all ages in the home setting. Registered and endorsed enrolled nurses, community care workers, bilingual workers available. Personal/domestic care includes showering, transport, cleaning, shopping, socialisation, toileting, mobility, in-home respite. All nursing services, including wound management, intravenous therapy, medication management, palliative care, catheter care, continence management, stomal therapy. Twice daily visits and overnight care possible. RDNS provides services under DVA Nursing, fee for service and health funded home nursing. Fees include all reasonable travel.
**Hours:** 24 hour care available.
**Languages spoken:** Chinese (Cantonese, Mandarin), Vietnamese, Greek, Korean, Taiwanese.

## The Hills Community Health Centre - Aged Day Care Indian/Sri Lankan Group

**Phone:** 02 8853 4500 (Hills Community Health Centre Reception) **Fax:** 02 8853 4565
Meetings held at: Village Green Community Centre, 109 Bella Vista Dr, Bella Vista NSW 2153
**Mail to:** c/- The Hills Community Health Centre, 183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Day respite care program for Indian and Sri Lankan adults which aims to reduce social isolation and to promote health awareness.
**Hours:** Group meets each Tue 10am-2pm
**Fees:** contact for details
**Disability Access:** Yes (Parking, toilet)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## The Hills Community Health Centre - Chinese Aged Day Care

**Phone:** 02 8853 4500 (Reception) **Fax:** 02 8853 4565
183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Aged Day care program for Chinese speaking older people. Provides exercise, outings, social activities and health information.
**Hours:** Mon Tue Thu 8am-4pm (Office). Group meets Mon Tue Thu 10am-2pm
**Contact:** Other phone: 02 8853 4536 (Day Care Co-ordinator)
**Fees:** phone for details
**Transport:** Close to buses (route 610)
**Disability Access:** Yes (Parking, toilet)
**Languages spoken:** Cantonese, Mandarin
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## The Hills Community Health Centre Italian Aged Day Care

**Phone:** 02 8853 4500 **Fax:** 02 8853 4565
c/- The Hills Community Health Centre, 183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Aged Day care program for Italian speaking adults. Provides exercise, outings, social activities and health information. Group meets on Fri at the Hills Community Health Centre.
**Hours:** Group meets each Fri 10am-2pm
**Contact:** Nursing Unit Manager or Aged Day Care Co-ordinator. Other phone: 02 8853 4536, 02 8853 4537 (Aged Day Care Co-ordinator)
**Transport:** Transport can be provided. Contact for further details
**Disability Access:** Yes (Parking, toilet)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## Warrah Society

**Phone:** 02 9651 2411 **Fax:** 02 9651 3778
20 Harris Rd, Dural NSW 2158

Mail to: PO Box 357, Round Corner NSW 2158
**Email:** warrah@warrah.org
**Web:** www.warrah.org
**Service Description:** Charitable organisation catering for children and adults with moderate or severe intellectual disabilities. Services include Warrah School, Adult Day Services, Residential Services, Bio-Dynamic Farm with Shop.
**Hours:** Mon-Fri 9.00 am - 5.00 pm
**Fees:** Contact for details.
**Disability Access:** Yes (Fully accessible.)

## Willyama Cottage Centre Based Aged Day Care Service

**Phone:** 02 9840 3980 **Fax:** 02 8838 2065
Building 77, Cumberland Hospital, 1-11 Hainsworth St, North Parramatta NSW 2151
**Mail to:** c/- Westmead Hospital, cnr Hawkesbury Rd and Darcy Rd, Westmead NSW 2145
**Email:** Michael_Magro@wsahs.nsw.gov.au
**Service Description:** Special needs Aged Day Care for older people suffering from a dementing illness, a disability, a chronic medical condition, a physical frailty, incontinence and/or who wander. Also provides education and support for carers.
**Hours:** 8am-4:30pm, Sat-Thu (Aged Day Care)
**Contact:** Nursing Unit Manager
**Fees:** $6 per day (by donation)
**Transport:** Unit has bus with wheelchair hoist
**Disability Access:** Yes (Ramp, toilet)
**Languages spoken:** Interpreter services can be arranged

## Wisemans Ferry & District Community Health Centre

**Phone:** 4566 4423 **Fax:** 4566 4449
Old Northern Rd, Wisemans Ferry NSW 2775
Mail to: 5550 Old Northern Rd, Wisemans Ferry NSW 2775
**Email:** lnealon@nsccahs.health.nsw.gov.au
**Service Description:** Community health centre, adult day care centre, referral centre, community nurse, early childhood nurse and podiatrist.
**Hours:** Mon 9.00 am - 12.00 noon, Tues-Wed 8.00 am - 4.30 pm
**Fees:** Nil
**Disability Access:** Yes (Fully accessible.)

## Wisemans Ferry Sunshine Group Inc.

**Phone:** 4566 4481 (0434 149 335) **Fax:** 4566 4611
Opposite Hotel, Old Northern Rd, Wisemans Ferry NSW 2775
Mail to: c/- 585 Settlers Rd, Wisemans Ferry NSW 2775
**Service Description:** Volunteer based centre, respite care service, for isolated, aged, disabled and carers, to provide access to ancillary services, interaction with others, craft, music. Hot home cooked meals and respite for the clients and their carers.
**Hours:** 9.00 am - 2.30 pm each Wed
**Contact:** Lois Casserly
**Fees:** $6
**Transport:** Own or volunteer pick up by arrangment.
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** We need volunteer drivers with own car plus volunteers who enjoy company, craft and music to pick up clients, serve meals and help with craft etc.


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# Senior Citizens Clubs

## Association of Independent Retirees Ltd (Sydney Hills District Branch)

**Phone:** 9634 1186 (President) **Fax:** 9634 1186
Meet at Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills NSW 2120
Mail to: PO Box 661, Castle Hill NSW 1765
**Email:** lauris.rennie@bigpond.com
**Web:** www.hillsair.com
**Service Description:** The aim of the Association of Independent Retirees (AIR) Ltd is to protect and advance the interests of retirees who have funded in whole, or in part, their own retirement. Holds regular monthly meetings excluding January.
**Hours:** Group meets 10am first Fri of each month except Jan.
**Contact:** President - Lauris Rennie, Secretary - Ivan Freys
**Fees:** Membership $50 per year for couples, $35 per year for singles.
**Transport:** Near bus and train.
**Disability Access:** Yes (Fully accessible.)

## Balcombe Heights Aged Day Care Italian Group

**Phone:** 8852 6300 **Fax:** 9686 2138
Building 17 Balcombe Heights Estate, 92 Seven Hills Rd, Baulkham Hills NSW 2153
**Mail to:** C/- The Hills Community Health Centre, 183-187 Excelsior Ave, Castle Hill NSW 2154
**Service Description:** Aged day service for Italian speaking adults providing a social outlet. Activities include health assessments, health and wellbeing activities such as physical activity, health information sessions, falls prevention, social activities and outings.
**Hours:** Group meets each Thurs 10.00 am - 2.00 pm
**Contact:** The Hills Community Health Centre 8853 4500
**Fees:** $8
**Transport:** Transport can be provided. Contact for further details
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## Baulkham Hills Senior Citizens Inc.

**Phone:** 0423 638 933
Baulkham Hills Community Centre, 390 Windsor Rd, Baulkham Hills NSW 2153
**Service Description:** Social, cards, various board games, craft, Tai Chi and bus outings monthly.
**Hours:** Mon, Fri and Sat 9.00 am - 12 noon
**Contact:** President - Mrs Brigid Matthews
**Fees:** $20 annually
**Disability Access:** Yes (Fully accessible.)

## Castle Hill Senior Citizens Club Inc

**Phone:** 02 9680 3958
2 McMullen Avenue, Castle Hill NSW 2154
**Service Description:** Social Club for Seniors. Bowls, cards, canasta. Tue, Thur, Fri - bowls 9.30 am - 12 noon, Wed cards 9.30 am - 3.00 pm, Sat bowls 12 noon - 3.30 pm, Mon & Thur evenings band practice. Sunday 10.00 am - 4.00 pm cards, Mah-jong, dominoes, bowls, billiards and snooker. Coach tours organised.
**Hours:** See above
**Contact:** President Ron Bowman 9651 1834; Secretary Frank Cranwell
**Fees:** $15 pa
**Transport:** Local Buses
**Disability Access:** Yes (Fully accessible.)

## Dural District Senior Citizens Club

**Phone:** 9654 3790 (Helen Barlow - Publicity Officer)
Dural Country Club, 662a Old Northern Rd, Dural NSW 2158
**Email:** j.park@optusnet.com.au
**Service Description:** Senior Citizens Club for over 50's looking for an active, friendly and fun group. Meets weekly at Dural Country Club for indoor bowls, bingo and Mah-jong.
**Hours:** Wed 9.30 am - 2.00 pm
**Contact:** President - Ronald Cork 0410 004 216, Secretary - Joanne Park
**Fees:** Annual $10 plus $2 per week attended.
**Disability Access:** Yes (Fully accessible.)

## German Senior Club

**Phone:** 02 9816 5095
Old Council Chambers, Civic Place, Parramatta NSW 2150
**Service Description:** Provides social activities and day care for German senior citizens on Mondays. Meet at Parramatta Civic Place Old Council Chambers Building, 2nd Floor Room 'B' every 2nd Monday from 9.30am to 2pm. Small outings organised on a regular basis - by car or public transport.
**Contact:** President - Manfred Raddatz
**Fees:** For membership
**Transport:** Bus or train.
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** German speaking language group.

## Grandfriends

**Phone:** 02 9602 2775
**Service Description:** Retired people who go into primary schools on a regular basis to be a mentor or special friend. Assisting with reading groups, art, telling stories of the good old days. Currently going to 40 schools in the Sydney Metro area and country.
**Contact:** Iris Wallis

## Hornsby Woodworking Men's Shed Inc.

33A Sefton Rd, Thornleigh NSW 2120
**Mail to:** The Secretary, 1 Carnegie Pl, Castle Hill NSW 2154

**Web:** www.hwms.au2.com/
**Service Description:** Mission Statement: To attract people to a club whose members have a common interest in working with wood; to create an environment in which people can commence or improve their woodworking skills through access to equipment and free exchange of knowledge and assistance; to help charitable organisations by making of toys and other items for the enjoyment and education of under privileged children and adults. New members and visitors are made welcome. No previous woodworking experience is necessary.
**Hours:** Workshops are from 9:30am-2:30pm on Tues & Fridays. 12:30-4pm Saturdays. Contact Secretary for details.
**Contact:** President - Les Sanford 02 9674 4680; Secretary - Philip Hirshbein 02 9634 6037
**Fees:** Membership fees are $100 per annum due from joining date. They can be paid 6 monthly in two $50 instalments.
**Disability Access:** Yes (Wheelchair access to front door)

## National Seniors Australia Hills Branch

**Phone:** 02 9639 3231
Baulkham Hills Sports Club, Renown Rd, Baulkham Hills NSW 2153
**Email:** sdavies8@bigpond.net.au
**Service Description:** Social outings. Lobby on matters relating to older persons. Informative and entertaining speakers program.
**Hours:** First Thurs of each month from 10 am - 12 noon.
**Contact:** President - Ronald Mount, Secretary - Sandra Hughes
**Fees:** $29 single or $39 couple annual subscription to National Seniors The Hills Branch.
**Disability Access:** Yes (Accessible building, parking and toilets.)

## National Seniors Australia

**Phone:** 02 9251 6088 **Fax:** 02 9251 6755
Level 10, 189 Kent st, Sydney NSW 2000
**Mail to:** GPO Box 9892, Sydney NSW 2001
**Web:** www.nationalseniors.com.au
**Service Description:** Lobby group for self funded retirees.
**Fees:** Annual Membership Fee:
**Transport:** Wynyard railway station

## North Rocks - Carlingford Senior Citizens' Club

**Phone:** 02 9872 4973
Cnr North Rocks Rd & Farnell Ave, Carlingford NSW 2118
**Email:** r_bray@tpg.com.au
**Service Description:** Carpet Bowls. Snooker/billiards. Card and board games. Regular bus trips on the last Friday of the month excluding December. Quizzes, sausage sizzles, luncheons, table tennis, darts and bingo.
**Hours:** Mon 8.15 am - 2.00 pm, Wed 8.15 am - 2.00 pm and 2nd Sat of month 1.15 pm - 4.00 pm. Excluding 16 Dec - 13 Jan
**Contact:** Secretary - Mrs Ruth Bray
**Fees:** Annual Subscription $20
**Transport:** Bus to North Rocks Rd (200-300 mtrs). Nearest train station is Carlingford
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Members include Italian, Greek, Cantonese, Singhalese

## Radio Blue Skies Incorporated

**Phone:** 02 9555 2952 **Fax:** 02 9555 7007
Balmain Hospital, Booth St, Balmain NSW 2041
**Email:** John@radioblueskies.com
**Service Description:** Aim is to support the elderly in our community, whether in institutional care or at home, through the provision of music and memories audio tapes and CDs. This is considered to be excellent for Dementia and Alzheimers sufferers as well as simple entertainment.
**Contact:** John Hyde
**Fees:** $15 - $85
**Volunteering:** Please Contact

## Seniors Information Service

**Phone:** 13 12 44
**Mail to:** Level 8, 23-31 Moore St, LIVERPOOL NSW 2170
**Email:** seniorsinfo@dadhc.nsw.gov.au
**Web:** www.seniorsinfo.nsw.gov.au
**Service Description:** The NSW Seniors Information service provides older people, their families and friends with information on the range of services and options available to them. These include lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing. Other services include community care, support at home and residential aged care.It has a series of fact sheets and some information resources from other NSW government agencies. The Seniors Information service does not advise callers what action to take in their particular circumstances or guide them in making decisions.
**Hours:** Mon-Fri 9am-5pm
**Fees:** Cost of local call anywhere in NSW
**Languages spoken:** Interpreter service available through TIS

## Strathfield Association & School for Seniors

**Phone:** 02 9642 4214
Uniting Church Hall,, Carrington Ave,, Strathfield NSW 2135
**Service Description:** School for Seniors is run on as a community base for socialising, learning communication and helping each other. Classes held are painting in oils, craft, history/geography, gardening, music appreciation, computers and current affairs. Group Computer Training for Seniors-beginners and advanced class. French language & French history. Check school for class vacancies. Bookings are essential.
**Hours:** 8.00am - 3.00pm on Fridays in Public School Term


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**Contact:** President- Irene- 02 9793 3308, Secretary- Patricia 02 9708 1664, Vice President- Peter 02 9642 4971
**Fees:** $5.00 per term, Computers $15.00 per term
**Transport:** Buses 480, 483, 415 Bankstown Buses
**Disability Access:** Yes (Toilets, Ramp)
**Volunteering:** This organisation welcomes volunteers for tutoring

## Sydney Australian Filipino Seniors Inc

**Phone:** 02 9622 0692
Meetings held at:, Railway Rd, Marayong NSW 2148
**Mail to:** PO Box 46, Blacktown NSW 2148
**Email:** safsi.nsw@gmail.com
**Service Description:** Provides information and support to Filipino and Australian senior citizens in cases of sickness and disability. Social group meets bi-monthly at Marayong Community Centre, 2 and 3 Sunday of the month. Also provides programs to enhance health and well-being of members to lessen sickness and disability of sorts. We also provide funeral expenses assistance to family beneficiaries of deceased members.
**Hours:** Mon-Fri 9am-8pm
**Contact:** President: Julio Sanchez 0433 456 482
**Fees:** Membership $25 per year
**Disability Access:** Yes (ramp)
**Languages spoken:** Filipino

## The Hills Chinese Seniors Association Inc

**Phone:** 0412 524 282 (President - Richard Hsieh)
Meetings held at: Baulkham Hills Community Centre, 390 Windsor Rd, Baulkham Hills NSW 2153
Mail to: PO Box 1408, Baulkham Hills NSW 1755
**Email:** cphsieh8@gmail.com
**Service Description:** Senior citizens group offering outings, guest speakers, chess and other social activities. Group meets each Fri 9.30 am - 12.30 pm. On the 1st Fri of each month is a birthday luncheon meeting which is from 9.30 am - 2.30 pm.
**Contact:** Other phone: 02 8853 4523 - Mary Li, Multicultural Health Worker, The Hills Community Health Centre
**Fees:** $2 per week, or $9 on 1st Fri of month which includes lunch.
**Languages spoken:** Chinese (Cantonese and Mandarin)

## University of the Third Age - Harbourside North

**Phone:** 02 9252 2033 **Fax:** 02 9252 2339
Venue: McMahons Point Community Centre, 165 Blues Point Rd, McMahons Point NSW 2060
**Mail to:** PO Box R1766, Royal Exchange NSW 1225
**Email:** mail@sydneyu3a.org
**Web:** www.sydneyu3a.org
**Service Description:** Leisure and learning courses for retired people. Courses held on most days of the week at various locations around the Sydney Metroplitan area. The program changes each semester, but generally include computer courses for beginners, language classes, creative writing and more. All classes are held during the day.
**Hours:** Office Administration: 10am-1pm, Mon-Fri
**Contact:** Head Office: Level 1, 15-17 Young St, Sydney 2000.
**Fees:** Membership $45 pa (no extra course charges). $10 joining fee
**Transport:** close to bus, train and ferry services, handicapped parking
**Disability Access:** Yes (Venue is wheelchair accessible, accessible toilets.)
**Volunteering:** Volunteers and community members welcome as course leaders, committee members and for general administration duties.

## Wesley School for Seniors

**Phone:** 02 9263 5416 **Fax:** 02 9267 0874
Wesley Mission, 220 Pitt St, Sydney NSW 2000
**Mail to:** PO Box A5555, Sydney South NSW 1235
**Email:** peter.bentley@wesleymission.org.au
**Web:** www.wesleymission.org.au/centres/seniors/
**Service Description:** Offers over 120 courses for the over 50's. Ring for leaflet to be sent.
**Hours:** Mon- Fri 9am-2pm (enquiries & enrolments)

## Wisemans Ferry and Districts Senior Citizens

**Phone:** 4566 4767
Wisemans Ferry Bowling Club, Old Northern Rd, Wisemans Ferry NSW 2775
**Service Description:** Provide a service to elderly people in the district. Shopping bus, bingo and outings. Meetings held Mondays 10.30 am - 2.00 pm
**Hours:** 10.30am - 2.00pm Mon
**Contact:** President - Jo Williams, Secretary - Alicia Acton
**Fees:** $10 per annum
**Disability Access:** Yes

# Support Services

## Aftercare Resource Centre
**Phone:** 02 9890 3899 **Fax:** 02 9890 1170
Suite 103, Level 1, 18-20 Ross St, North Parramatta NSW 2151
**Email:** arc@ransw.org.au
**Service Description:** Assists young people in their transition from care to independence by providing information, advocacy, advice, referral and case management. Includes support service for people who were in care in NSW and are aged over 25 years.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Other phone: 1800 656 884 (Aftercare Support Service)
**Fees:** None
**Transport:** Close to trains (Parramatta station0 and buses (routes 548, 549, 546)
**Disability Access:** Yes (Lift)

## Aged Care Complaints Investigation Scheme
**Phone:** 1800 550 552 **Fax:** 02 9263 3693
**Mail to:** C/O Dept of Health & Ageing, GPO Box 9848, Sydney NSW 2001
**Email:** cis.nsw@health.gov.au
**Web:** www.health.gov.au/oacqc
**Service Description:** Handles complaints regarding Commonwealth funded hostels, nursing homes, CACPs and flexible care.
**Hours:** Mon-Fri 9am-5pm
**Fees:** None

## Ageing, Disability and Home Care, Department of Human Services NSW - Head Office
**Phone:** 02 8270 2000
Level 5, 83 Clarence St, Sydney NSW 2000
**Email:** servicembx@facs.nsw.gov.au
**Web:** www.dadhc.nsw.gov.au
**Service Description:** The Dept is responsible for policy, planning, resource allocation and performance measurement for the delivery of supports and services for older people, people with disability and their carers in NSW. The Dept supports people with intellectual disability to develop their skills and abilities so they can be more independent within their community. This includes delivering a range of community support services, respite care and supported accommodation services for children and adults, as well as early intervention services to babies and young children who have developmental delay. The Dept also assists frail aged people, younger people with a disability and their carers with housekeeping and personal care by providing general domestic assistance, non-medical personal care, live-in care, live-in emergency housekeeping, essential shopping and other home based service (through the Home Care Service of NSW).
**Hours:** Mon - Fri 8:30 am - 5:30 pm
**Contact:** Chief Executive Jim MooreTTY: (02) 8270 2167 (for people who are deaf)
**Fees:** None
**Transport:** Walking distance to Wynyard Station or buses on Clarence Street
**Disability Access:** Yes (lift accessible toilet)

## Allen Fisher - Acoustics
**Phone:** 02 9634 8127 **Fax:** 9659 1452
Suite 1, 80 Cecil Ave, Castle Hill NSW 2154
**Email:** castlehill@allen-fisher.com
**Web:** www.allen-fisher.com
**Service Description:** Audiological assessment and fitting of hearing aids. Accredited to provide free services to eligible pensioners and veterans.
**Hours:** Mon - Fri 9.00 am - 4.45 pm
**Disability Access:** Yes (Fully accessible.)

## Amputee Association of Sydney Inc
**Phone:** 02 9890 0949 **Fax:** 02 9630 6864
1 Fennell St, North Parramatta NSW 2151
**Mail to:** PO Box 129, Northmead NSW 2152
**Email:** amputees@northcott.com.au
**Web:** www.amputeesnsw.org.au
**Service Description:** Support group that offers phone counselling and visits new amputees in hospitals to assist them where possible. Also publishes quarterly magazine.
**Hours:** Mon-Fri 10:30am-3:30pm (office)
**Contact:** Secretary
**Fees:** For membership $15 per year (amputees), $30 per year (health professionals)
**Transport:** Close to trains (free Leagues Club bus from ferry or train)
**Disability Access:** Yes (parking, ramp, lift, accessible toilet)
**Volunteering:** This service welcomes volunteer amputees to assist with hospital visiting. Contact for further details.

## Anglican Retirement Villages - Flinders Village
**Phone:** 1300 111 278 **Fax:** 9634 0594
Clarke Rd, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 2154
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Selfcare and assisted retirement village with dementia unit for ages 55 years and over.
**Disability Access:** Yes
**Volunteering:** Please call Lynda Kings on 9421 5443 for details on volunteering opportunities.

## Anglican Retirement Villages - Home Support Service
**Phone:** 02 9421 5438 **Fax:** 9659 2714
Hermon Slade House, Hilliard Dr, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 1765


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**Email:** jane.burns@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Anglican Retirement Villages offers Community Aged Care Packages (CACP) and Home Support Services in the Sydney region for ages 55 and over. ARV Home Support Services include general housekeeping, shopping, paying bills, cooking and meal preparation, respite care, transport and personal care. The services are available on a regular or occasional basis at competitive rates. For CACP's must be referred by ACAT.
**Hours:** Office 8.30 am - 4.00 pm
**Contact:** New Business Development - Jane Burns
**Volunteering:** For information on opportunities to volunteer please contact Lynda Kings on 9421 5443 or email lynda.kings@arv.org.au.

## Anglican Retirement Villages - Nell Slade Respite Centre

**Phone:** 02 9659 2348 **Fax:** 9894 6957
Nell Slade House, Slade Ave, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 2154
**Email:** margaret.szokolai@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Respite service for working carers. Flexibility in attendance to meet varied needs of employed worker. Premises safe and secure with a comfortable home like setting. Balanced nutritional meals each day. Appropriate activities to meet the needs of care recipients.
**Hours:** Tues-Thurs 7.00 am - 8.00 pm, Fri 7.00 am - 6.30 pm and Sat 8.00 am - 6.00 pm
**Contact:** 1300 111 278
**Fees:** Start from $18 per day.
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Please contact ARV Volunteers.

## Anglican Retirement Villages - Warrina Village Hostel

**Phone:** 1300 111 278 **Fax:** 9894 1201
Hilliard Dr, Castle Hill NSW 2154
Mail to: PO Box 284, Castle Hill NSW 1765
**Email:** sales@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Residential aged care village located within the Castle Hill site. ACAT assessment required.
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Voluntary work available assisting residents and working in the kiosk and library. Please call Lynda Kings on 9421 5443 for enquiries.

## ANGLICARE Community Services

**Phone:** 02 8805 0900 **Fax:** 02 8805 0993
91A Kurrajong Ave, Mount Druitt NSW 2770
**Mail to:** PO Box 217, Rooty Hill NSW 2766
**Web:** www.anglicare.org.au
**Service Description:** Provides a broad range of welfare services to families, people with disability and the community in general.
**Hours:** Mon-Fri 9am-4:30pm
**Contact:** regional manager Alice Wheatley
**Fees:** Nominal
**Transport:** Close to trains (Mount Druitt station)
**Disability Access:** Yes (Parking, ramp, toilet)
**Volunteering:** This organisation welcomes volunteer assistance. Contact for details

## ANGLICARE Westlink Respite Services

**Phone:** 02 8805 0913 **Fax:** 02 9832 1934
91a Kurrajong Ave, Mount Druitt NSW 2770
**Mail to:** PO Box 217, Rooty Hill NSW 2766
**Email:** westlink@anglicare.org.au
**Web:** www.anglicare.org.au
**Service Description:** Provides a range of programs for children and adults with disabilities. Services include Westlink Host Family Program (respite care for families with a child aged 0-18 with disability), Westlink Vacation Care Program (for children 5 - 18 with disability), Westlink Peer Support (for 10-18 year old with a disability) and Westlink Head Injury Recreation and Leisure Services (for adults). After School Care. WHIRLS over 18 yrs with an Acquired Brain Injury
**Hours:** Office Mon-Fri 8:30am-4:30pm
**Contact:** Val Haggett
**Fees:** Varies across programs. Contact for details
**Transport:** Close to trains (Mt Druit station)
**Disability Access:** Yes (Parking, ramp, toilet)
**Volunteering:** Organisation welcomes volunteers 18 years and over who would like to support a child, teenager or adult with a disability. Care can take place in the child's home, volunteer's home or on outings in the community. Volunteers are recompensed for expenses and training and ongoing support are provided. Contact for details

## ARV Home Support Services

**Phone:** 02 9421 5438, 1300 111 278 **Fax:** 02 9659 2714
Room 40, Herman Slade House, Castle Hill NSW 2154
**Email:** jane.burns@arv.org.au
**Web:** www.arv.org.au
**Service Description:** Provide a range of services to assist elderly people to remain living in their own home. Services include meal preparation, personal care, shopping, housekeeping, transport to medical and other appointments and companionship.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Other phone: 029421 5333
**Fees:** $38 per hour (minimum of 1 hour)

## Aspect Western Sydney School

**Phone:** 02 8786 3000 **Fax:** 02 8786 3099
295 Victoria St, Wetherill Park NSW 2164
**Mail to:** PO Box 6069, Wetherill Park NSW 2164
**Email:** westsyd@autismspectrum.org.au
**Web:** www.autismspectrum.org.au
**Service Description:** Aspect schools provide specialised evidence based programs for children aged 4 to 16 with an autism spectrum disorder (ASD) who require an autism specific program
**Hours:** Mon-Fri 9am-3pm (school terms)
**Contact:** Principal
**Fees:** Contact for details

**Transport:** Through Department of Education
**Disability Access:** Yes (ramp, accessible toilet)
**Languages spoken:** Italian and Spanish
**Volunteering:** This service accepts the assistance of volunteers. Contact for further details.

## Association of Independent Retirees Ltd (Sydney Hills District Branch)

**Phone:** 9634 1186 (President) **Fax:** 9634 1186
Meet at Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills NSW 2120
Mail to: PO Box 661, Castle Hill NSW 1765
**Email:** lauris.rennie@bigpond.com
**Web:** www.hillsair.com
**Service Description:** The aim of the Association of Independent Retirees (AIR) Ltd is to protect and advance the interests of retirees who have funded in whole, or in part, their own retirement. Holds regular monthly meetings excluding January.
**Hours:** Group meets 10am first Fri of each month except Jan.
**Contact:** President - Lauris Rennie, Secretary - Ivan Freys
**Fees:** Membership $50 per year for couples, $35 per year for singles.
**Transport:** Near bus and train.
**Disability Access:** Yes (Fully accessible.)

## Australian Chinese Community Association - Western Centre

**Phone:** 02 9687 8981 **Fax:** 02 9687 7820
15 Hunter St, Parramatta NSW 2150
**Email:** western@acca.org.au
**Web:** www.acca.org.au
**Service Description:** Provides a comprehensive range of services including settlement service, aged day care service (over 65yo), dementia day care and Community Aged Care Packages (CACP) for elderly Chinese people and frail aged people.
**Hours:** Mon-Fri 9am-4:30pm
**Contact:** Service Coordinator or Reception
**Fees:** Small contribution encouraged for CACP services
**Disability Access:** No
**Languages spoken:** Cantonese, Mandarin

## Australian Pituitary Foundation Ltd National Office

**Phone:** 1300 331 807
**Mail to:** PO Box 105, Kellyville NSW 2155
**Email:** support@pituitary.asn.au
**Web:** www.pituitary.asn.au
**Service Description:** Provides support and information about pituitary disorders. Activities include presentation of patient information seminars and raising awareness of pituitary patient issues. Members receive a quarterly newsletter and have access to phone or email contact with other members with similar conditions. Can provide contact details of branches in each state.
**Hours:** Flexible
**Fees:** Membership $35 per year
**Volunteering:** This organisation welcomes the assistance of volunteers. Contact for further details.

## BCS Care Centre - Hills District

**Phone:** 02 8896 4700 **Fax:** 02 8896 4701
unit 1, 253 Old Northern Rd, Castle Hill NSW 2154
**Web:** www.bcs.org.au
**Service Description:** Offers planned and co-ordinated Community Aged Care Packages (CACP), Extended Aged Care at Home (EACH) and HACC services to assist people to remain at home. Also provides Community Support Services to residents of Wisemans Ferry.
**Hours:** Mon-Fri 9am-4.30pm
**Contact:** Program Managers- Linda Organ, Carmen Cutajar
**Fees:** Contact for details
**Transport:** Close to buses
**Disability Access:** Yes (ground floor, ramp access)

## BCS Care Centre Wisemans Ferry

**Phone:** 4566 4700 **Fax:** 4566 4950
5550 Old Northern Rd, Wisemans Ferry NSW 2775
**Email:** lduffy@bcs.org.au
**Web:** bcs.org.au
**Service Description:** Support for the frail, aged and younger people with a disability living in Wisemans Ferry and surrounding areas. Services include transport for medical appointments and community access, personal care, domestic assistance, respite care and social support. Fees apply.
**Hours:** Tues, Wed, Thurs 8.30 am - 4.30 pm

## BCS Willmette Cottage

**Phone:** 02 9873 4383 **Fax:** 9871 7594
3 Homelands Ave, Carlingford NSW 2118
**Web:** www.bcs.org.au
**Service Description:** BCS Willmette Cottage provides short term overnight respite for frial aged and dementia clients in a home like environment for up to 6 clients. Open 24/7, 51 weeks of the year. No ACAT assessment required. Low care respite.
**Contact:** Co-ordinator - Isobel Bickerton 8832 2060
**Fees:** Fees from May 2012: $60 per night on week nights or $70 weekends. $10 discount for 3 or more nights. Persons who are financially disadvantaged will not be discriminated against.
**Transport:** Bus and train. Please call if transport is required.
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Burmese, Koren, Korean, Filipino,

## Break Thru People Solutions

**Phone:** 02 8884 3000 **Fax:** 02 8884 3005
Level 1, Suite 16, 125 Main St, Blacktown NSW 2148
**Mail to:** PO Box 219, Blacktown NSW 2148
**Email:** blacktown@btp.com.au
**Web:** www.breakthru.org.au
**Service Description:** Specialist employment service for people with a psychiatric, physical, sensory, neurological or intellectual disabilities. Aims to place people in open employment who have more significant support needs through three programs.


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The Disability Employment Network/Transition to Work program offers pre-vocational job seeking, markets employers for suitable positions, provides comprehensive on-the-job support and ongoing maintenance as required. The Personal Support Programme seeks to bridge the gap between short-term crisis assistance and employment-related assistance. The Job Network program provides assistance in pre-vocational skills, motivation, overcoming barriers to employment, job searching and limited post placement support. Funds can be provided for training, work clothing and travel costs.
**Hours:** Mon-Fri 8:45am-5pm
**Fees:** None
**Transport:** Close to trains and buses
**Disability Access:** Yes (Parking, lift, toilet)
**Languages spoken:** Arabic, French, Serb-Croatian, Spanish, Vietnamese

## CareBear Australia Pty Ltd

**Phone:** 02 8064 4494 **Fax:** 8211 5269
Mail to: Suite 44/29 Smith St, Parramatta NSW 2150
**Email:** coordinator@carebearaustralia.com.au
**Web:** www.carebearaustralia.com.au
**Service Description:** Provide home care services to the elderly. Personal care services include showering, toileting and grooming. Domestic assistance including meals, vacuuming and cleaning. Companionship, transport assistance including accompanying to doctors appointments.
**Hours:** 24/7
**Fees:** $35 per hour personal care. $32 per hour other services.

## Castle Hill Early Childhood Health Centre

**Phone:** 02 8853 4500 (Hills Community Health Centre) **Fax:** 02 8853 4565
Castle Grand Community Centre, cnr Pennant St and Castle St, Castle Hill NSW 2154
**Mail to:** c/- The Hills Community Health Centre, 183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Provides a range of services to assist with the growth and development of children aged 0-5 by providing advice and referring to appropriate services. Includes regular breastfeeding education sessions and new parents groups.
**Hours:** Tue Wed 9am-12pm (Drop-in), Mon Thu Fri and Tue pm (By appointment)
**Contact:** Early Childhood Nurse.
**Fees:** None
**Transport:** Close to buses
**Disability Access:** Yes (Ramp)

## Centrelink Customer Service Centre - Baulkham Hills

**Phone:** 132850 (Employment Services) **Fax:** 02 9865 1399
7 Seven Hills Rd, Baulkham Hills NSW 2153
Mail to: Locked Bag 3, Regents Park BC NSW 2143
**Web:** www.centrelink.gov.au
**Service Description:** Staff includes Manager, Team Leader, Social Worker, Youth Contact Officer, Multicultural Services Officer, Customer Service and Financial Information Officers, Occupational Psychologist and JET Officer. Services to young people include income support for young people undertaking study or looking for work, assistance for job seekers who are over 21 years of age, disability assessment and support systems, job vacancy information provided with touch-screen computers, job guides and databases, youth contact officers can refer young people and assist them. Programs & activities include Job Network for young people under 21 years of age, career counselling by appointment for unemployed young people, Jobs Placement Employment and Eligibility (JPET) eligibility assessment, assistance for Isolated Children Scheme related to geographic location.
**Hours:** Mon-Fri 8.00 am - 5.00 pm
**Contact:** Employment Services 132 850, Youth Allowance 132 490, Family Assistance Office and Centrelink Parenting Payments 136 150, Retirements 132 300, Disability, Sickness and Carers 132 717, TTY 1800 810 586 (please see website for a list of other numbers).
**Fees:** None
**Transport:** Bus
**Disability Access:** Yes (Accessible building and parking.)
**Languages spoken:** Russian, Farsi, Spanish, Tagalog

## Community Visitors Scheme - Friends for Older People

**Phone:** 02 9636 7400 **Fax:** 02 9631 0945
Cnr Dunmore St & Pendle Way, Pendle Hill NSW 2145
**Mail to:** PO Box 24, Pendle Hill NSW 2145
**Email:** lyn.spice@optusnet.com.au
**Service Description:** Recruitment, training & support of volunteers visiting socially isolated and lonely residents of aged care facilities. REQUIREMENTS: All volunteers are required to have a Police Check carried out. The cost of the Police Check is covered by the Scheme. Empathy for older people. Personal integrity. Reliability, time and commitment to visit at least fortnightly at a time convenient to both the volunteer and resident of the Aged Care Facility. Attend quarterly training sessions.
**Hours:** Mon-Thur 9:30am-4pm
**Contact:** Reception.
**Transport:** Own transport or accessability to Public transport.
**Disability Access:** Yes (Ramps)
**Volunteering:** This organisation welcomes volunteers. Please contact for details.

## Compeer Program

**Phone:** 02 9622 2411 **Fax:** 02 9622 9711
23 David La, Blacktown NSW 2148
**Mail to:** PO Box 1022, Blacktown NSW 2148
**Email:** compeer.blacktown@vinnies.org.au
**Web:** www.vinnies.org.au/compeer-program-nsw
**Service Description:** Compeer volunteers provide friendship to people living with a mental illness, making a real difference to their quality of life. By volunteering for Compeer, you can help destigmatise mental illness and provide a fun and social

opportunity and a supportive friendship for someone who is lonely.Volunteers are asked to make a minimum 12-month commitment and see their friend on a regular basis for an hour a week, taking part in social activities like having a coffee or taking a walk in the park.
**Hours:** Office hours 8:30am-4pm Mon, Wed and Thu
**Fees:** No
**Transport:** Near Blacktown station
**Disability Access:** Yes (Ramp)
**Volunteering:** Volunteers welcome

## Constitution Hill Aged Care Facility

**Phone:** 02 8839 7100 **Fax:** 02 8839 7106
3 Centenary Ave, Northmead NSW 2152
**Email:** mlunn@australianunity.com.au
**Web:** www.australianunity.com.au
**Service Description:** General nursing home providing high and low level nursing and personal care services including dementia support.
**Hours:** 24 hours daily
**Contact:** 1300 160 170
**Fees:** Contact for details
**Disability Access:** Yes (parking ground floor entry, lift, accessible toilets, wheelchair accessible bus)

## CSS - Care & Support Services Pty Ltd

**Phone:** 4573 6360 **Fax:** 4573 6365
16 Cataract Rd, Box Hill NSW 2765
**Mail to:** PO Box 3727, Rouse Hill NSW 2155
**Email:** admin@caresupportservices.com.au
**Web:** www.caresupportservices.com.au
**Service Description:** CSS - Care & Support Services provides services to children and adults with acquired brain injury, spinal cord injury or disability. CSS provides a range of services including, personal care, therapy programs, community support, case management, social support, domestic respite and other services as required. CSS also has a 24hr emergency contact system in placefor after hours, weekends and holidays. Clients and their families can feel confident that CSS are always able to be contacted should any emergencies arise during these times.
**Hours:** Office 9.00 am - 5.00 pm
**Contact:** Outside office hours call 0416 471 417

## Cumberland/Prospect Commonwealth Respite and CareLink

**Phone:** 1800 052 222 **Fax:** 02 9838 0983
Unit 3, 9-11 Rowley St, Seven Hills NSW 2147
**Email:** ccrc@bcs.org.au
**Web:** www.bcs.org.au
**Service Description:** Respite and information service, providing emergency (24/7) and planned short-term respite services to carers people with disability, chronic illness, mental illness or frail aged. Service is a single point of contact for information on Community Care, Aged Care and Disabilty Services.
**Hours:** Mon-Fri 8:30am-5pm
**Fees:** None
**Disability Access:** Yes (Ramp enterance at back door.)
**Languages spoken:** Italian, Tagalog
**Volunteering:** Contact for details

## Disability Professionals

**Phone:** 02 9635 4644 **Fax:** 9687 3500
80 Phillip St, Parramatta NSW 2124
Mail to: PO Box 339, Parramatta NSW 2124
**Email:** admin@disabilityprofessionals.com.au
**Web:** www.disabilityprofessionals.com.au
**Service Description:** Casual disability support staff and respite staff for all ages and disabilities. Disability related assessments. Consulting services.
**Hours:** 24 hours, 7 days. Office 8.30 am - 6.00 pm Mon - Fri
**Contact:** Anthony Dickinson
**Languages spoken:** Many languages spoken.

## Diverse Community-Dementia Support

**Phone:** 02 9898 0000 **Fax:** 02 9898 0033
3/13 South St, Rydalmere NSW 2116
**Mail to:** PO 233, Rydalmere NSW 2116
**Email:** info@diverse.org.au
**Web:** www.diverse.org.au
**Service Description:** Provides monitoring and support for people living in the community who suffer with dementia. Also provides respite for carers (including support for carers from Arabic, Chinese and multicultural backgrounds). The service also runs a social support program for people living in Balkham Hills LGA, Community Options for people in Auburn, Bankstown, Balkham Hills, Holroyd, Hunters Hill, Ryde and Parramatta LGAs. Service also offers COMPACKS covering Holroyd, Parramatta, Bankstown, Auburn, Ryde, Hunters Hill and Balkham Hills.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Reception
**Fees:** Contact for details
**Disability Access:** Yes (Parking, ground floor entry, toilet)

## Early Childhood Clinic - Kellyville Public School

**Phone:** 02 8853 4500 (Hills Community Health Centre) **Fax:** 02 8853 4565
Windsor Rd, Kellyville NSW 2155
**Mail to:** c/- The Hills Community Health Centre, 183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Provides a range of services to assist with the growth and development of children aged 0-5 by providing advice and referring to appropriate services. An appointment is required for the first visit.
**Hours:** Tue 9:30am-12pm (By appointment), Thu 9:30am-12pm (Drop-in)
**Contact:** Early Childhood Nurse.
**Fees:** None
**Disability Access:** Yes

## Flintwood Disability Services Inc

**Phone:** 02 9630 1777 **Fax:** 02 9630 1788
11 Fennell St, Parramatta NSW 2150
**Mail to:** PO Box 2501, North Parramatta NSW 1750
**Email:** admin@flintwood.org.au


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**Web:** www.flintwood.org.au
**Service Description:** Provides leisure activities, life skills development, day services, accommodation and respite care for young adults with disabilities with moderate to high support needs.
**Hours:** Mon-Fri 8am-4pm
**Fees:** Contact for details
**Transport:** Close to various sites
**Disability Access:** Yes (Parking, ramp, toilets)
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## Grandfriends

**Phone:** 02 9602 2775
**Service Description:** Retired people who go into primary schools on a regular basis to be a mentor or special friend. Assisting with reading groups, art, telling stories of the good old days. Currently going to 40 schools in the Sydney Metro area and country.
**Contact:** Iris Wallis

## Guide Dogs NSW/ACT

**Phone:** 02 9891 4914 **Fax:** 02 9891 4143
Suite 3, 149 Hawkesbury Rd, Westmead NSW 2145
**Mail to:** PO Box 16, Westmead NSW 2145
**Email:** sydneywest@guidedogs.com.au
**Web:** www.guidedogs.com.au
**Service Description:** Provides a range of mobility and orientation services to people with vision impairment. Includes cane training, electronic aids, guide dogs, sighted guide training and low vision training.
**Hours:** Mon-Fri 9am-5pm (Office)
**Contact:** TTY : 02 9687 1121
**Fees:** None
**Disability Access:** Yes (Ramp, toilet)

## Hills Community Care - Orange Blossom Cottage

**Phone:** 02 9659 3964 **Fax:** 9659 4139
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Orange Blossom Cottage is a dememtia specific day care program for people diagnosed with dementia living in The Hills Shire.
**Hours:** Mon-Sat 10.00 am - 2.00 pm (extended care available)
**Transport:** Community bus and staff available.
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Italian, Spanish, Dutch

## Hills Community Care

**Phone:** 02 9761 7600 **Fax:** 9761 7619
Conie Ave, Baulkham Hills NSW 2153
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** hcc@thehills.nsw.gov.au
**Web:**
www.thehills.nsw.gov.au/Hills-Community-Care.html
**Service Description:** Home & Community Care services for frail aged, people with disabilities and/or their carers living in their own homes including food services, community transport, respite care, dementia home support, home maintenance and modification, easy care gardening and lawn mowing.
**Hours:** Mon-Fri 8.30 am - 4.30 pm
**Fees:** Various, depending on service.
**Disability Access:** Yes
**Languages spoken:** Italian, Spanish
**Volunteering:** Many opportunities exist for volunteers to assist. Please contact for details.

## Hills Community Medical Equipment Pool Inc

**Phone:** 02 9686 1878 **Fax:** 02 9686 1013
Building 18, Balcombe Heights Community Complex, 92 Seven Hills Rd, Baulkham Hills NSW 2153
**Mail to:** PO Box 537, Baulkham Hills NSW 1755
**Web:** www.hcmep.org.au
**Service Description:** A community group run by volunteers. Provides invalid aids and equipment on short term loan (maximum 3 months). Wheechairs, crutches,shower chairs/stools, over toilet aids, walking frames, 'esi-reachers',commodes, raised toilet seats, height adjustable chairs etc. Also provides for people over 100 kg.
**Hours:** Mon-Sat 9:30am-10:30am, Mon Wed Fri 5pm-6pm
**Fees:** For bond. Donation accepted.
**Disability Access:** Yes
**Volunteering:** This service welcomes volunteer assistance. Contact for further details.

## Hills District Nursing Service

**Phone:** 02 9894 2405 **Fax:** 02 8850 0705
Unit 1, 10 Gladstone Rd, Castle Hill NSW 2154
Mail to: PO Box 250, Baulkham Hills NSW 1755
**Email:** enquires@hillsnursing.com.au
**Web:** www.hillsnursing.com.au
**Service Description:** Home nursing service providing specialist and basic nursing care via Registered Nurses, Enrolled Nurses and Assistants in Nursing.Personal Care, Socail Support, Respite Care, Domestic and Home/Garden maintenance.
**Hours:** Mon-Fri 7.30am-4pm (Office)
**Contact:** Reception
**Fees:** Contact for details

## Hornsby Woodworking Men's Shed Inc.

33A Sefton Rd, Thornleigh NSW 2120
**Mail to:** The Secretary, 1 Carnegie Pl, Castle Hill NSW 2154
**Web:** www.hwms.au2.com/
**Service Description:** Mission Statement: To attract people to a club whose members have a common interest in working with wood; to create an environment in which people can commence or improve their woodworking skills through access to equipment and free exchange of knowledge and assistance; to help charitable organisations by making of toys and other items for the enjoyment and education of under privileged children and adults. New members and visitors are made welcome. No previous woodworking experience is necessary.

**Hours:** Workshops are from 9:30am-2:30pm on Tues & Fridays. 12:30-4pm Saturdays. Contact Secretary for details.
**Contact:** President - Les Sanford 02 9674 4680; Secretary - Philip Hirshbein 02 9634 6037
**Fees:** Membership fees are $100 per annum due from joining date. They can be paid 6 monthly in two $50 instalments.
**Disability Access:** Yes (Wheelchair access to front door)

## Interaction Disability Services Ltd

**Phone:** 1300 668 123 **Fax:** 1300 131 665
Unit B2, 11 Hudson Ave, Castle Hill NSW 2154
Mail to: PO Box 7020, Baulkham Hills NSW 2153
**Email:** info@interactiondisability.com
**Web:** www.interactiondisability.com
**Service Description:** Provision and promotion of services for peope with a disability and their familie eg. group home accommodation, in-home and community based respite support to children and adults, leisure link providing recreation and leisure activities, life choices centre based with community access, case management service providing flexible service options to individuals, transition to work, support and training of clients in living skills. Direct clinical services eg. behaviour intervention and support, therapy and counselling, psychometric testing and training for people with a disability, their families and staff. Services can also be offered in some programs for people with physical or medical needs. Accredited and non-accredited training available through Registered Training Organisation (IDS Business Services Pty Ltd).
**Hours:** Mon-Fri 8.30 am - 5.00 pm
**Fees:** For some services.
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Arabic, Cantonese, French, Hindi, Italian, Maltese, Punjabi, Sinhala, Spanish, Tagalog, Tamil, Urdu

## Jennings Lodge

**Phone:** 02 9620 5255 **Fax:** 02 9620 5700
42 The Valerie Av, Baulkham Hills NSW 2153
**Email:** jenningslodge@bigpond.com
**Service Description:** Private hostel for 8 people with intellectual disabilities. Residents attend external workshops and day placement programs.
**Hours:** Mon-Fri 9am-5pm (Office)
**Contact:** Residential Service Manager
**Fees:** Contact for details
**Disability Access:** Yes (parking, ramp)
**Volunteering:** Yes police report needed

## Just Better Care Hills to Hornsby

**Phone:** 02 9484 8788 **Fax:** 9484 7988
5/4-10 Hillcrest Rd, Pennant Hills NSW 2120
**Email:** mailhd@justbettercare.com.au
**Web:** www.justbettercare.com.au
**Service Description:** Just Better Care Hills to Hornsby offers a full range of solutions for all care requirements. Services include nursing, respite, personal, palliative, dementia, disability care and domestic assistance. Services can be provided from an occasional hour to 24 hours a day, 7 days per week.

## Kenthurst Annangrove Community Bus Assoc Inc

**Phone:** 02 9654 9281 **Fax:** 9654 8225
113 Pitt Town Rd, Kenthurst NSW 2156
**Email:** beauprint@netspace.net.au
**Service Description:** 22 Seater Bus for use by community groups, organisations etc. Use on approval anywhere in NSW.
**Hours:** Anytime.
**Contact:** Hon Secretary
**Fees:** Fuel plus donation.
**Disability Access:** No

## Kincare Community Services

**Phone:** 1300 733 510 **Fax:** 1300 733 520
Norwest Business Park, Building A, Suite 302, 12-14 Solent Cct, Baulkham Hills NSW 2153
**Mail to:** PO Box 7607, Baulkham Hills BC NSW 2153
**Email:** mail@kincare.com.au
**Web:** www.kincare.org.au
**Service Description:** Provides private personal and domestic services to older people and people with disabilities. Services include shopping, assistance paying bills, showering and dressing; transport to appointments and outings, companionship, social activities, respite and nursing services. Provides services as part of the Community Aged Care Packages (CACP), Home and Community Care (HACC), Department of Veterans Affairs (DVA), Extended Aged Care at Home (EACH) and National Respite for Carers Program (NRCP) schemes.
**Hours:** Mon-Fri 8am-6:30pm (Office)
**Contact:** Customer Service Officer
**Fees:** Contact for details
**Disability Access:** Yes (Ramp, lift, toilet)
**Languages spoken:** Arabic, French, German, Indonesian, Italian, Mauritian, Tamal, Vietnamese

## Kincare Dementia Respite

**Phone:** 1300 733 510 **Fax:** 1300 733 520
Norwest Business Park, Building A, Suite 302, 12-14 Solent Cct, Baulkham Hills NSW 2153
**Mail to:** PO Box 7607, Baulkham Hills BC NSW 2153
**Email:** mail@kincare.org
**Web:** www.kincare.com.au
**Service Description:** Subsidised in-home dementia respite (minimum 48 hours) for carers of people with dementia & behaviours of concern.
**Hours:** Office Mon-Fri 8:30am-5pm
**Fees:** Yes, subsidised

## Kincare HACC Respite Service

**Phone:** 1300 733 510
Suite 302, Building A, 12-14 Solent Circuit, Baulkham Hills NSW 2153
**Mail to:** PO Box 7607, Baulkham Hills BC NSW 2153
**Web:** www.kincare.com.au
**Service Description:** Provision of planned respite services that strengthen and maintain the primary care relationships between a frail or older person or a younger person with a disability and their carer


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through the provision of flexible and responsive alternatives to the usual care arrangements. Provided in the home of a client, on a one to one individual basis.

## Lone Parent Family Support Service (LPFSS)

**Phone:** 02 9251 5622 **Fax:** 02 9251 5875
Level 4, 15-17 Young St, Sydney NSW 2000
**Mail to:** GPO Box 1133, Sydney NSW 2001
**Email:** admin@lpfsscityeast.ngo.org.au
**Web:** www.loneparentfamilysupport.com.au/
**Service Description:** Provides support for lone parents through counselling for women and men, information & referral services, social outings and functions, (including supported monthly picnic and groups) and home visits. Social workers are able to assist parents and children with disabilities. The service has no political or religious affiliations and promotes the use of the service by clients from a culturally and linguistically diverse background. Branches are located in Dee Why and Parramatta.
**Hours:** Tue-Fri 10:30am-4pm
**Contact:** Co-ordinator
**Fees:** Nil
**Transport:** Close to buses and trains
**Disability Access:** Yes (lifts)
**Languages spoken:** Interpreters can be arranged
**Volunteering:** This service accepts the assistance of volunteers. Contact for further details.

## Mobility Options Pty Ltd

**Phone:** 1300 133 505 (free call or 9875 5530) **Fax:** 9980 9358
Unit 1, 340 Pennant Hills Rd, Pennant Hills NSW 2120
**Email:** sales@mobilityoptions.com.au
**Web:** www.mobilityoptions.com.au
**Service Description:** Mobility aids for sale and hire. Full range of rehabilitation equipment including wheelchairs, frames, etc. Electric scooter sales and service.
**Hours:** Mon - Fri 9.00 am - 5.00 pm, Sat 9.00 am - 4.00 pm
**Contact:** Steve or Ryan. mobilityshop.com.au
**Transport:** 50m from Pennant Hills Station and bus stops. We have a mobile showroom for scooter sales and service.
**Disability Access:** Yes (Fully accessible.)

## National Information Centre on Retirement Investments Inc

**Phone:** 1800 020 110 **Fax:** 02 6280 8633
**Mail to:** PO Box 1339, Fyshwick ACT 2609
**Email:** nicri@nicri.org.au
**Web:** www.nicri.org.au
**Service Description:** Provides an independent source of information concerning financial and investment products of importance to retirees. Researches and publishes papers on relevant issues. Online financial education tool called "Moneymap".
**Hours:** Mon-Fri 9am-5pm
**Contact:** 02 6280 9977
**Disability Access:** No

## National Seniors Australia

**Phone:** 02 9251 6088 **Fax:** 02 9251 6755
Level 10, 189 Kent st, Sydney NSW 2000
**Mail to:** GPO Box 9892, Sydney NSW 2001
**Web:** www.nationalseniors.com.au
**Service Description:** Lobby group for self funded retirees.
**Fees:** Annual Membership Fee:
**Transport:** Wynyard railway station

## Northcott Equipment Solutions (NES)

**Phone:** 02 9890 0195 **Fax:** 02 9890 0924
1 Fennell St, North Parramatta NSW 2151
**Mail to:** PO Box 4055, Parramatta NSW 2124
**Email:** nesaadmin@northcott.com.au
**Web:** www.northcott.com.au/nes.php
**Service Description:** Seating service assists with personalised seating and postural support requirement including assessment, manufacture and fitting of customised seating. Skilled Orthotists provide custom made long leg calipers, below the knee calipers, body jackets and spinal braces, and dynamic and static hand splints. Custom Footwear make handcrafted orthopaedic shoes, boots and sandals. They also provide individual adjustments to fashion shoes. Wheelchairs and Equipment service offers repairs to manual and powerdrive wheelchairs, refurbishment of older equipment, manufacture and fitting of customised accessories such as trays, belts, foot supports etc. individual modifications such as conversion of powerdrive wheelchairs to chin control, and affordable service plans for routine maintenance and prevention of serious problems. Sales of specialised communication equipment & assistive devices for people with disabilities. Specialised services: wheelchair and manual handling equipment maintenance. NES carries out repairs and maintenance of mobility and rehabilitation equipmnet through our workshops. Also service and repair equipment - manual and power wheelchairs.
**Hours:** Mon-Fri, 8am-4pm
**Contact:** Business Manager Ms Purvi Bhanot
**Fees:** please enquire by phone
**Disability Access:** Yes (Fully accessible building with disabled parking facilities)

## One to One Support Group

**Phone:** 02 9639 8620 **Fax:** 9686 3100
Baulkham Hills Community Centre, 390 Windsor Rd, Baulkham Hills NSW 2153
**Email:** enq@hca.org.au
**Web:** www.hca.org.au
**Service Description:** One to One volunteers provide free social home visits to people in The Hills area who are elderly, frail and isolated and need companionship and friendship.
**Hours:** Mon-Fri 9.30 am - 3.00 pm
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** To become home visitors.

## Our Lady of Consolation Aged Care Services Ltd

**Phone:** 02 9625 2457 **Fax:** 02 9832 1584

32 Evans Rd, Rooty Hill NSW 2766
**Email:** rdickens@oloc.com.au
**Web:** www.oloc.com.au
**Service Description:** Aged care facility which offers 130 high care beds and 173 low level of care beds, low level respite care and a 21 bed psychogeriatric unit in the nursing home. Also provides housing linked Community Aged Care Packages (58 including 23 dementia specific), HACC services which include linen services, home modifications and maintenance and lawn and garden maintenance. Personal Alarm systems are also available to residents of the Blacktown LGA. Please call the office with regards to HACC services in your area, Ph 02 9832 4599.
**Hours:** 24 hours, Mon-Fri 9am-4pm (Office)
**Contact:** Jenny Fahy, phone: 02 9832 5418 (Community Care Manager)
**Fees:** Contact for details
**Transport:** Close to trains (Rooty Hill station)
**Disability Access:** Yes (Parking, ramp, toilets)

## Parkinson's NSW Inc

**Phone:** 02 8875 8900 **Fax:** 02 8875 8999
Building 21 Macquarie Hospital, Coxs Rd, North Ryde NSW 2113
**Mail to:** PO Box 71, North Ryde BC NSW 1670
**Email:** pnsw@parkinsonsnsw.org.au
**Web:** www.parkinsonsnsw.org.au
**Service Description:** Non profit organisation which provides support and information to people with Parkinson's disease, their relatives and health professionals. Can provide details of a network of support groups throughout NSW.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Toll free: 1800 644 189
**Fees:** For membership $35 for individual
**Transport:** Close to buses (route 458)
**Disability Access:** Yes (parking, lift, accessible toilet)
**Volunteering:** This organisation welcomes volunteer assistance. Contact for further details.

## Pathways Community

**Phone:** 02 9636 7400 **Fax:** 02 9631 0945
Cnr Dunmore Sts & Pendle Way, Pendle Hill NSW 2145
**Mail to:** PO Box 24, Pendle Hill NSW 2145
**Email:** office@pathwayscommunity.org.au
**Web:** www.pathwayscommunity.org.au
**Service Description:** Provides a range of voluntary welfare services. Includes the Pendle Hill Community Visitors Scheme which links volunteer visitors to residents of hostels and nursing homes to reduce social isolation. The Stepping Stone service provides food/meals to to the homeless, an outreach support service, a drop in centre and youth drop in program. Also provides a Crisis Centre for victims of domestic violence and the homeless.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Co-ordinator: Bruce Pederson
**Fees:** Contact for details
**Transport:** Close to trains (Pendle Hill station)
**Disability Access:** Yes (Ramps, toilets)
**Languages spoken:** Spanish
**Volunteering:** This service welcomes volunteer assistance. Contact for further details.

## Peckys Ltd

**Phone:** 02 9688 3268 **Fax:** 02 9636 3184
Reservoir Rd, Prospect Reservoir, Prospect NSW 2148
**Mail to:** PO Box 889, Seven Hills NSW 1730
**Email:** peckys@peckys.org.au
**Web:** www.peckys.org.au
**Service Description:** Peckys Ltd operates four programs, funded by the department of Ageing Disability and Home Care.(1)Peer Support provides weekend recreational services for 14-18 year old adolescents with an intellectual disability who live in the Blacktown local government area.(2)Post School Programs, community participation, transition to work provides individually tailored programs to people with a disability who received Post School Options. The program operates five days per week from 10am-4:30pm.(3)Living Skills provides training and skill development opportunities to adults with an intellectual disability who reside in the Blacktown local government area. Days of operation are Tue-Thur 9:30-3:30.(4)Viva Vibes weekend recreation program for people with a mild intellectual disability that requires minimal support.
**Hours:** Weekdays 9am-4pm and weekends
**Contact:** Heidi Boardman
**Fees:** Yes, contact for details
**Disability Access:** Yes (Fully wheelchair accessible lodge, toilets & grounds.)
**Languages spoken:** Interpreters available on request.
**Volunteering:** Volunteers welcome - all program areas

## Radio Blue Skies Incorporated

**Phone:** 02 9555 2952 **Fax:** 02 9555 7007
Balmain Hospital, Booth St, Balmain NSW 2041
**Email:** John@radioblueskies.com
**Service Description:** Aim is to support the elderly in our community, whether in institutional care or at home, through the provision of music and memories audio tapes and CDs. This is considered to be excellent for Dementia and Alzheimers sufferers as well as simple entertainment.
**Contact:** John Hyde
**Fees:** $15 - $85
**Volunteering:** Please Contact

## Retirement Village Association Ltd NSW / ACT

**Phone:** 02 9261 1777 **Fax:** 9261 5899
Suite 3 Level 4, 162-166 Goulburn St, Surry Hills NSW 2010
**Email:** mark@rva.com.au
**Web:** www.rva.com.au
**Service Description:** Peak body representing the retirement village industry. Provide information for retirement village living.
**Hours:** 9.00 am - 5.00 pm Mon-Fri
**Contact:** alison@rva.com.au


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## Riverlink Interchange Inc
**Phone:** 02 9638 0999 **Fax:** 02 9638 0988
Shop 8, 39 Bartlett St, Ermington NSW 2115
**Mail to:** PO Box 418, Ermington NSW 1700
**Email:** info@riverlink.org.au
**Web:** www.riverlink.org.au
**Service Description:** Provides a range of home and community based respite care programs/services for carers of people with disability living at home.
**Hours:** Mon-Fri 9am-5pm (Office)
**Contact:** Co-ordinator
**Fees:** Contact for details
**Languages spoken:** French - Viernamese-Korean - Indonesian
**Volunteering:** This service welcomes the assistance of volunteers. Please contact for further details.

## Royal District Nursing Service (RDNS)
**Phone:** 1300 334 455
Suite 3.03, Delhi Corporate, 32 Delhi Rd, North Ryde NSW 2113
**Email:** sydney@rdns.com.au
**Web:** www.rdns.com.au
**Service Description:** Provides general and specialist nursing care, personal and domestic services to people of all ages in the home setting. Registered and endorsed enrolled nurses, community care workers, bilingual workers available. Personal/domestic care includes showering, transport, cleaning, shopping, socialisation, toileting, mobility, in-home respite. All nursing services, including wound management, intravenous therapy, medication management, palliative care, catheter care, continence management, stomal therapy. Twice daily visits and overnight care possible. RDNS provides services under DVA Nursing, fee for service and health funded home nursing. Fees include all reasonable travel.
**Hours:** 24 hour care available.
**Languages spoken:** Chinese (Cantonese, Mandarin), Vietnamese, Greek, Korean, Taiwanese.

## Seniors Card
**Phone:** 1300 364 758 **Fax:** 02 8270 2361
NSW Seniors Card Contact Centre, 23-31 Moore St, Liverpool NSW 1871
**Mail to:** Locked Bag 7001, Liverpool NSW 1871
**Email:** info@seniorscard.nsw.gov.au
**Web:** www.seniorscard.nsw.gov.au
**Service Description:** The NSW State Government introduced the Seniors Card program in 1992 to encourage older people to enjoy an active and healthy retirement. The program offers seniors discounts on a variety of goods and service purchases. It is free to join for seniors 60 years old and over working less than 20 hours paid work per week.
**Hours:** Mon - Fri 9am - 5pm
**Contact:** 1300 364 758
**Fees:** Free
**Disability Access:** Yes (Lift, interpreter service)
**Languages spoken:** Ring 1300 364 758 for interpreter service
**Volunteering:** Opportunities for volunteers

## Seniors Information Service
**Phone:** 13 12 44
**Mail to:** Level 8, 23-31 Moore St, LIVERPOOL NSW 2170
**Email:** seniorsinfo@dadhc.nsw.gov.au
**Web:** www.seniorsinfo.nsw.gov.au
**Service Description:** The NSW Seniors Information service provides older people, their families and friends with information on the range of services and options available to them. These include lifelong learning, recreational and community activities, financial matters and concessions, health matters, legal matters and planning ahead, housing. Other services include community care, support at home and residential aged care.It has a series of fact sheets and some information resources from other NSW government agencies. The Seniors Information service does not advise callers what action to take in their particular circumstances or guide them in making decisions.
**Hours:** Mon-Fri 9am-5pm
**Fees:** Cost of local call anywhere in NSW
**Languages spoken:** Interpreter service available through TIS

## Sistaz Holidays
**Phone:** 02 9894 7173
Sistaz Holidays, 26 Winchcombe Pl, Castle Hill NSW 2154
**Email:** susan@sistaz.com.au
**Web:** www.sistaz.com.au
**Service Description:** Daytrips (about 6 hours) for adults with disabilities, with 1:2 care ratio. Also organise trips with 1:2 care or individual travel, or small group holidays of 3-8 days in Australia and overseas. All inclusive, with photo album and souvenirs. Door to door pick up drop off.
**Hours:** Mon-Sun 8am-8pm
**Contact:** Susan 0431 190 927
**Fees:** Depends on trip
**Disability Access:** Yes

## Southern Cross Community Healthcare
**Phone:** 1800 989 000 **Fax:** 1800 989 001
Level 3, 17-21 Hunter St, Parramatta NSW 2150
**Mail to:** Level 3, 17 - 21 Hunter St, Parramatta NSW 2150
**Email:** enquiries@scch.com.au
**Web:** www.scch.com.au
**Service Description:** Provides a range of private community health care services and programs for war veterans, the privately insured and workers compensation cases. Includes Community Aged Care Packages (CACP) and care for ventilator dependent quadriplegics and The National Respite for Carers Program (NRCP) which targets people with dementia. Service also has HACC funding for Shoalhaven.
**Hours:** 24 hours
**Fees:** Fees vary according to program. Contact for details

## Stanhope Healthcare Services
**Phone:** 02 9881 2310 **Fax:** 02 8831 6690

Level 4, Sky City, 20 Lexington Drive, Bella Vista NSW 2153
**Email:** enquiries@stanhope.com.au
**Web:** www.stanhope.com.au
**Service Description:** Special Nursing care for those recovering from surgery or require surgical dressing. Other services include, Administering injections: Pain Control: Stomal Therapy: Catheter Care: Continence Management, Wound Management: IV Therapy: Palliative Care: Personal Care: Domestic Assistance: Respite Care under NRCP: Palliative Care Services: Community Aged Care Packages: Transitional Aged Care Packages: Veterans Homecare Services.
**Hours:** 24 hour a day
**Contact:** National 1300 732 370
**Disability Access:** Yes (Wheelchair accessible, toilet)

## Strathfield Association & School for Seniors

**Phone:** 02 9642 4214
Uniting Church Hall,, Carrington Ave,, Strathfield NSW 2135
**Service Description:** School for Seniors is run on as a community base for socialising, learning communication and helping each other. Classes held are painting in oils, craft, history/geography, gardening, music appreciation, computers and current affairs. Group Computer Training for Seniors-beginners and advanced class. French language & French history. Check school for class vacancies. Bookings are essential.
**Hours:** 8.00am - 3.00pm on Fridays in Public School Term
**Contact:** President- Irene- 02 9793 3308, Secretary- Patricia 02 9708 1664, Vice President- Peter 02 9642 4971
**Fees:** $5.00 per term, Computers $15.00 per term
**Transport:** Buses 480, 483, 415 Bankstown Buses
**Disability Access:** Yes (Toilets, Ramp)
**Volunteering:** This organisation welcomes volunteers for tutoring

## Sydney In Home Care Services

**Phone:** 02 9683 3400 **Fax:** 02 9683 3200
27 Fennell St, North Parramatta NSW 2151
**Mail to:** GPO Box 6290, Parramatta BC NSW 2150
**Email:** admin@nswchildcare.com.au
**Web:** www.nswchildcare.com.au
**Service Description:** Sydney In Home Care: Providing professional Childcare in Your Home. We also provide specialist carer placement for Government and Non Government Agencies. Criteria: 1) There is no other childcare service available. 2) There is no other chilcare service available that can meet the family's chilcare needs. Categories: 1) 3 children not yet attending school. 2) Parents who work shift work or non standard hours. 3) A child with an illness or disability that reduces the family's capacity to care for the child(ren). 5) The Parents have had a multiple birth (three or more).
**Hours:** 9am-5pm (Mon-Fri)
**Contact:** Client Liason Officer:
**Fees:** Family's Child Care Benefit Entitlement from Centrelink helps towards reducing the cost of the Child Carer's Fee.
**Languages spoken:** Some carers can speak more that one language.

## TAD Computer Support Service

**Phone:** 02 9912 3400, 1300 663 243 **Fax:** 02 9890 1911
Unit 10, 185 Briens Rd, Northmead NSW 2152
**Mail to:** Locked Bag 2008, Wentworthville NSW 2145
**Email:** css@tadnsw.org.au
**Web:** www.tadnsw.org.au
**Service Description:** Volunteers refurbish donated computers and ancillary equipment, install software, sell the computer ($250 or $380) and provide 2 year maintenance to people with any Centrelink benefit card. Contain Windows XP and Microsoft Office 2007. Free delivery within NSW about 4-6 weeks after receive order, copy of Centrelink card and full payment.
**Hours:** Mon-Fri 9am-4pm
**Fees:** $250/$380 for set-up computer & 2 year maintenance
**Disability Access:** Yes (fully)
**Volunteering:** Volunteers very welcome.

## Tender Loving Cuisine

**Phone:** 1800 801 200 (Client Services) **Fax:** 1800 801 222
**Mail to:** GPO Box 5105, Sydney NSW 2001
**Email:** clientservices@tlc.org.au
**Web:** www.tlc.org.au
**Service Description:** A nutritional service which provides, and home delivers a range of home-style ready-to-eat dinners, many of which are Heart Foundation Tick approved. A range of organic meals and soups are also available. Local branch offices are located throughout the state. A free brochure can be mailed on request.
**Hours:** Mon-Fri 9am-5pm (Office)
**Contact:** Other phone: 02 9713 5355 (Office)
**Fees:** Charges apply for the meals. Please contact for a price list. The meals are delivered free of charge by volunteers
**Disability Access:** No

## The Health Care Complaints Commission

**Phone:** 02 9219 7444, 1800 043 159 (outside the metropolitan area.)
Level 13, 323 Castlereagh St, Sydney NSW 2000
**Mail to:** Locked Bag 18, Strawberry Hills NSW 2012
**Email:** hccc@hccc.nsw.gov.au
**Web:** www.hccc.nsw.gov.au
**Service Description:** The Health Care Complaints Commission acts in the public interest by assessing, resolving, investigating and prosecuting complaints about health care to protect the health and safety of the public. If you have concerns about the health service provided to you or your family members ,please contact the Commission's Inquiry Service by calling the toll free number: 1800 043 159 or visit the website of the Commission www.hccc.nsw.gov.au for further information.


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**Hours:** Mon-Fri 9:00-17:00
**Contact:** TTY-02 9219 7555
**Disability Access:** Yes (Lift)
**Languages spoken:** Filipino, Italian, Spanish, German and French

## The Hills Community Aid and Information Service Inc

**Phone:** 02 9639 8620 **Fax:** 9686 3100
Baulkham Hills Community Centre, 390 Windsor Rd, Baulkham Hills NSW 2153
**Mail to:** Baulkham Hills Community Centre, 390 Windsor Rd, Baulkham Hills NSW 2153
**Email:** enq@hca.org.au
**Web:** www.hca.org.au
**Service Description:** Provides a range of services especially to disadvantaged and isolated residents of Baulkham Hills Shire including community information and referrals to local community services. Community Development Workers provide a range of programs for the community. There is a community bus available for hire, home visits for aged and frail people, tax assistance for low income earners, No Interest Loan Scheme available in North Western Sydney and other financial assistance. Low cost adult education courses.
**Hours:** Mon - Fri 9.30 am - 3.00 pm
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)
**Languages spoken:** Chinese, Tamil
**Volunteering:** Provides training and support for volunteers. Introduction to Volunteering Workshops (half day).

## The Hills Community Health Centre - Drug and Alcohol Service

**Phone:** 02 8853 4500 **Fax:** 02 8853 4565
183-187 Excelsior Ave, Castle Hill NSW 2154
**Service Description:** Provides drug and alcohol counselling, referral and health promotion to people living, working or studying in the Baulkham Hills Shire who are experiencing drug and alcohol issues.
**Hours:** Mon-Fri 8:30am-5pm
**Contact:** Intake Officer
**Fees:** None
**Transport:** Close to buses
**Disability Access:** Yes (ground floor access, accessible toilets)
**Languages spoken:** Interpreters can be arranged

## The Hills Community Health Centre - Early Childhood Clinics

**Phone:** 02 8853 4500 (Switch) **Fax:** 02 8853 4565
The Hills Community Health Centre, c/- 183-187 Excelsior Av, Castle Hill NSW 2154
**Mail to:** c/- The Hills Community Health Centre, 183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Provides a range of services to assist with the growth and development of children aged 0-5 by providing advice and referring to appropriate services. Includes breastfeeding sessions run by Lactation Consultants, settling groups for babies 0-4 months of age and new parents groups. Early childhood clinics are held at primary schools and community venues throughout the Hills district. Please contact for clinic locations and times.
**Hours:** Mon-Fri 9am-4:30pm (Office)
**Contact:** Early Childhood Nurse
**Fees:** None

## The Hills Community Health Centre - Generalist Community Nursing (GCN) Team

**Phone:** 02 8853 4500 (Reception) **Fax:** 02 8853 4565
183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Provides a range of community nursing services. Includes home nursing, early childhood, school screening, palliative care, wound management and health promotion services. Also provides continence assessments. Please indicate to the receptionist the service that you require to be in contact with.
**Hours:** Mon-Fri 8:30am-5:00pm
**Contact:** Intake Officer 1800 600 681 (Centralised intake)
**Fees:** None
**Transport:** Close to buses
**Disability Access:** Yes (Level access, parking, accessible toilets)

## The Hills Community Health Centre - Hills Korean Women's Group

**Phone:** 02 8853 4525 (Multicultural Health Access Worker) **Fax:** 02 8853 4565
Tribute Room Castle Hill Community Centre, Cnr Pennant & Castle St, Castle Hill NSW 2154
**Mail to:** 183-187 Excelsior Av, Castle Hill NSW 2154
**Email:** helen_li@wsahs.nsw.gov.au
**Service Description:** A social support group which also provides health and community education programs, social, craft, cultural activities -cooking demonstration and yoga classes for Korean speaking women. Contact for meeting location.
**Hours:** Grp meets at o/reach location each Mon during schl terms- 10:30-13:00; Mon-Wed, 8:30-17:00 (Multi/Cult Hlth Access Wker) Alternate Thur 8:30-15:00
**Contact:** Multicultural Health Access Worker. Other phone: 02 8853 4500 (Reception)
**Fees:** $3 for morning tea, $6 per child for childcare if required
**Transport:** Close to buses
**Disability Access:** Yes (Ramp, toilet)
**Languages spoken:** Cantonese by professional part time staff.
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## The Hills Community Health Centre - Podiatry Service

**Phone:** 02 8853 4500 **Fax:** 02 8853 4565
183-187 Excelsior Av, Castle Hill NSW 2154
**Service Description:** Provides foot care for aged or pensioners with disabilities with either peripheral vascular disease, peripheral neuropathy, a history of

leg/foot ulceration, hip replacement, severe arthritis or who are legally blind.
**Hours:** Mon-Fri 8:30am-4:30pm
**Contact:** Central Intake 1800 600 681
**Fees:** None
**Transport:** Close to buses
**Disability Access:** Yes (Parking, level access, toilet)

## The Hills Shire Council - Community Services

**Phone:** 02 9843 0188 **Fax:** 9843 0409
129 Showground Rd, Castle Hill NSW 2154
**Mail to:** PO Box 75, Castle Hill NSW 1765
**Email:** council@thehills.nsw.gov.au
**Web:** www.thehills.nsw.gov.au
**Service Description:** Detailed information on community services in the shire including children, youth, families, CALD, aged and people with disabilities, arts and cultural information.
**Hours:** Mon - Fri 8.30am - 4.30pm
**Transport:** Bus to Carrington Road. Nearest train station is Parramatta
**Disability Access:** Yes (Parking, Ramps, Toilet, Lift, Doorways)

## The Terrace

**Phone:** 02 9683 8000 **Fax:** 02 9683 8080
Courtlands Village, 19 Lake St, North Parramatta NSW 2151
**Email:** courtlands@manchesterunity.com.au
**Web:** www.manchesterunity.com.au
**Service Description:** Hostel apartments.
**Hours:** 24 hours (Accommodation), Mon-Fri 9am-5pm (Office)
**Fees:** Contact for details

## Transcultural Mental Health Centre

**Phone:** 02 9840 3767 (Main Switch) **Fax:** 02 9840 3755
Cumberland Hospital, Building 53, 5 Fleet St, North Parramatta NSW 2151
**Mail to:** Locked Bag 7118, Parramatta BC NSW 2150
**Email:** tmhc@swahs.health.nsw.gov.au
**Web:** www.dhi.gov.au/tmhc/
**Service Description:** The Transcultural Mental Health centre is a free statewide service that promotes access to mental health services for culturally and linguistically diverse communities.The centre provides:*Access to 135 bilingual mental health workers over 65 languages*A free mental health clinical consultation and assessment service to individuals, families, children, young people, adults and older people living in NSW.*Mental Health publications and multimedia resources in English and other languages.*Support for people with a mental illness and their carers.*Informal and consultation about mental health and cultural issues, services available and referral pathways.*Mental health promotion, education and training for communities, service providers and organisations.
**Hours:** Mon-Fri 8:30am-5pm
**Contact:** Other phone: 02 9840 8767 (Intake); 1800 648 911 toll free
**Fees:** None
**Transport:** Close to trains (Westmead station) and buses
**Disability Access:** Yes (Ground floor access)
**Languages spoken:** Various community languages spoken, contact for further details.

## War Widows' Guild of Australia NSW Ltd

**Phone:** 02 9267 6577 **Fax:** 02 9267 6601
Level 2, 175 Castlereagh St, Sydney NSW 2000
**Email:** guild@warwidowsnsw.com.au
**Web:** www.warwidowsnsw.com.au
**Service Description:** Protects the interests of war widows and provides advocacy, friendship, welfare support information and self-care housing units for members. Can provide details of Guild and social clubs throughout NSW.Quarterly publication : Guild Digest.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Other phone: 1800 451 615
**Fees:** Membership $20 per year
**Transport:** Close to trains (Town Hall station)
**Disability Access:** Yes (Lift, accessible toilets)

## Warrah Society

**Phone:** 02 9651 2411 **Fax:** 02 9651 3778
20 Harris Rd, Dural NSW 2158
Mail to: PO Box 357, Round Corner NSW 2158
**Email:** warrah@warrah.org
**Web:** www.warrah.org
**Service Description:** Charitable organisation catering for children and adults with moderate or severe intellectual disabilities. Services include Warrah School, Adult Day Services, Residential Services, Bio-Dynamic Farm with Shop.
**Hours:** Mon-Fri 9.00 am - 5.00 pm
**Fees:** Contact for details.
**Disability Access:** Yes (Fully accessible.)

## Wesley Community Support Services

**Phone:** 02 8887 4977 **Fax:** 02 8887 4997
level 3, 83 Fluschcombe Rd, Blacktown NSW 2148
**Mail to:** PO Box 84, Blacktown NSW 2148
**Email:** admin.adswest@wesleymission.org.au
**Web:** www.wesleymission.org.au
**Service Description:** Provides community aged care packages to prevent premature admission to residential care. Packages provide a range of personal care services eg. showering, light housework, shopping, meal preparation, medication monitoring and transport.
**Hours:** Mon-Fri 8:00am-4pm (Office)
**Contact:** Area Manager.
**Fees:** Contact for details

## Wesley Dalmar Child and Family Care

**Phone:** 02 9569 1788 **Fax:** 02 9550 0765
**Mail to:** PO Box 366, Summer Hill NSW 2130
**Web:** www.wesleymission.com.au
**Service Description:** Provides crisis residential care for young people aged 12-16 years.
**Hours:** Mon-Fri 9am-5pm
**Contact:** Manager
**Fees:** None
**Disability Access:** No


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## Westmead Hospital - Nursing Home and Hostel Information and Liaison Officers

**Phone:** 02 9845 7659 **Fax:** 02 9845 8952
Westmead Hospital, Social Work Department, Level 1, E Block, cnr Hawkesbury Rd and Darcy Rd, Westmead NSW 2145
**Mail to:** PO Box 533, Wentworthville NSW 2145
**Email:** paola.Georgoudis@swahs.health.nsw.gov.au
**Service Description:** Provides assistance with locating accommodation in Residential Aged Care Facilities for ACAT approved community clients and Sydney West Area Health Service facility inpatients. Also allocate Community Aged Care Package (CACP) and Extended Aged Care Packages at home (ECCH).
**Hours:** Mon-Fri 8:00am-4:30pm
**Contact:** Poala Georgoudis - NHHILS Officer
**Fees:** None
**Disability Access:** Yes (Lift, toilet -Is possible to enter through the carpark, through the automatic doors & to the right)

## Wisemans Ferry & District Community Health Centre

**Phone:** 4566 4423 **Fax:** 4566 4449
Old Northern Rd, Wisemans Ferry NSW 2775
Mail to: 5550 Old Northern Rd, Wisemans Ferry NSW 2775
**Email:** lnealon@nsccahs.health.nsw.gov.au
**Service Description:** Community health centre, adult day care centre, referral centre, community nurse, early childhood nurse and podiatrist.
**Hours:** Mon 9.00 am - 12.00 noon, Tues-Wed 8.00 am - 4.30 pm
**Fees:** Nil
**Disability Access:** Yes (Fully accessible.)

# Leisure Activities

## Carlingford Court Ladies Tuesday Club
**Phone:** 0418 609 401
Community Centre - Lvl 3 Carlingford Court, Cnr Pennant Hills & Carlingford Rds, Carlingford NSW 2118
**Email:** louisepr@tpg.com.au
**Service Description:** Ladies weekly social meeting for fun, friendship, activities, outings information and guest speakers. Meets during school terms. Age group generally 50 and over. New members always welcome.
**Hours:** Tues 9.30 am - 11.30 am
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)

## Carlingford Court Seniors Club
**Phone:** 0418 609 401
Community Centre - Lvl 3 Carlingford Court, Cnr Pennant Hills & Carlingford Rds, Carlingford NSW 2118
**Email:** louisepr@tpg.com.au
**Service Description:** Weekly meeting for fun, friendship, activities, outings information and guest speakers. Meets during school terms. Age group generally 50 and over. New members always welcome.
**Hours:** Wed 9.30 am - 11.30 am
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)

## Castle Day Club
**Phone:** 0419 287 292 (Don Tait), 0413 455 526 (Bill Driver)
Wesley Church Hall, 32 Showground Rd, Castle Hill NSW 2154
**Mail to:** C/- Castle Hill RSL Sub-Branch, PO Box 25, Castle Hill NSW 1765
**Service Description:** Castle Day Club provides social activities for older people, many of whom still live at home but are unable to get out to more active programs in the community and who may feel isolated. Transport to and from the hall can be provided at no additional charge within certain distances to the hall. The day includes morning tea and a 2 course lunch. Dietary requirements can be catered for with notice. Activities include gentle exercise, fun quizzes, guest speakers and entertainers and lots of other fun activities. The Club is a joint venture with the Department of Veterans Affairs, NSW RSL Branch, Castle Hill RSL Sub-Branch and the community.
**Hours:** Every Mon 10.00 am to 2.00 pm
**Fees:** $4 per day and includes morning tea and 2 course lunch.
**Transport:** Transport is available free of charge by arrangement.
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Opportunities exist for volunteers to assist with transport to and from the club and with other activities. Training is provided. Please call for details.

## Castle Hill Creative Activities
**Phone:** 02 9651 1850
86 Cecil Avenue, Castle Hill NSW 2154
**Email:** carolong@iprimus.com.au
**Service Description:** Thought of the Week and a variety of learning and craft classes including BYO craft group, china painting, crocheting, crystal bead jewellery, cross stitch, patchwork and quilting, ribbon embroidery, scrap book memories, sewing, tatting and Tunisian crocheting. Vegetarian cooking during last term. Child minding available.
**Hours:** 9.30 am - 12.30 pm
**Contact:** Co-ordinator - June Long
**Fees:** $20 per term, seniors & pensioners $15 per term, child minding $12 per term
**Disability Access:** Yes (Building accessible - no accessible toilets.)
**Volunteering:** Please contact for information on volunteering opportunities. Anyone interested in sharing their special craft please call June Long on the above number.

## Cherrybrook Probus Club Inc. (Mens)
**Phone:** 02 9484 3803 **Fax:** 02 9484 3803
Meets at Mawarra Village, 3a Verney Dr, West Pennant Hills NSW 2125
**Service Description:** Probus is the Association of retired and semi-retired men/women who join together in autonomous Clubs throughout the world and provide regular gatherings of men/women who in retirement, appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest. Year founded 1987. Held 4th Thursday of the month. Meets 10 am - 12pm. 54 Members.
**Contact:** Hon. Secretary Bruce Batten ph: 02 9484 3803
**Fees:** Yes
**Disability Access:** Yes (Ramp)

## Computer Pals for Seniors - The Hills
**Phone:** 02 9899 9131
Old Caretakers Cottage, Castle Hill Showground, Doran Drive, Castle Hill NSW 2154
Mail to: PO Box 831, Castle Hill NSW 1765
**Email:** cphills@tpg.com.au
**Web:** www.users.tpg.com.au/cphills
**Service Description:** Promote computer literacy for seniors. Classes 10.00am - 4.00pm Monday - Friday. Meetings held 2nd Wednesday of every month at Harvey Lowe Pavilion. Please call or see our website for full details.
**Hours:** Office: Mon-Tues 10.30 am - 3.00 pm, Fri 10.30 - 12 noon.
**Fees:** Joining fee of $20 then annual membership $50 single or $80 couple.
**Transport:** Hillsbus Routes 612, 715, T60, T62
**Disability Access:** Yes (Fully accessible.)


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## Dural and District Historical Society
**Phone:** 02 9653 3053
History Cottage, 412 Galston Rd, Galston NSW 2159
Mail to: PO Box 3218, Dural NSW 2158
**Web:** www.duralhistoricalsociety.org.au
**Service Description:** Research, guest speakers and tours. Meetings held 2nd Saturday of each month at 2.00 pm. Local history books for sale. Microfiche and CD for family research. History Cottage is open on Wednesdays and Sundays from 10.00 am - 4.00 pm
**Hours:** Wed & Sun 10.00 am - 4.00 pm
**Fees:** $28 single $33 family
**Disability Access:** Yes (Toilets and access ramp.)
**Volunteering:** To help man the history cottage and assist with tourism. Need assistance with filing and indexing records, photos, tapes, maps etc.

## Embroiderers Guild NSW Inc West Pennant Hills Group
**Phone:** 02 9743 2501 **Fax:** 9743 5320
Hill Rd, West Pennant Hills NSW 2125
Mail to: PO Box 109, Concord West NSW 2138
**Email:** chris@embroidersguildnsw.org.au
**Web:** www.embroiderersguildnsw.org.au
**Service Description:** Embroidery and friendship club. Teaching non profit organisation.
**Hours:** 9.00 am - 4.00 pm
**Contact:** Chris Selley
**Fees:** $65 per annum + $15 joining fee.
**Volunteering:** Opportunities exist for voluntary work. Please call for further information.

## Friendship Quilters of Castle Hill
**Phone:** 02 9634 4307
Inala School, Castle Hill Rd, Pennant Hills NSW 2120
**Email:** springburn@netspace.net.au
**Service Description:** Patchwork and quilting group.
**Hours:** Tues 8.00 pm -10.30 pm
**Contact:** Secretary
**Fees:** $40 per annum
**Disability Access:** Yes (Fully accessible.)

## Grandfriends
**Phone:** 02 9602 2775
**Service Description:** Retired people who go into primary schools on a regular basis to be a mentor or special friend. Assisting with reading groups, art, telling stories of the good old days. Currently going to 40 schools in the Sydney Metro area and country.
**Contact:** Iris Wallis

## Hills District Historical Society Museum and Research Centre Inc.
**Phone:** 9634 2670 - Secretary Pam Wilson
Building 10 Balcombe Heights Estate, 92 Seven Hills Rd, Baulkham Hills NSW 2153
Mail to: PO Box 48, Castle Hill NSW 1765
**Email:** thehdhs@gmail.com
**Web:** sites.google.com/site/hillsdistricthistoricalsociety
**Service Description:** Research and preservation of history of the Hills. Operate research centre, conduct tours, photo collection and family history. Local history publications and photos for sale. Information on local history and families available.
**Hours:** First and third Sat of each month 12 noon - 4.00 pm or by appointment.
**Contact:** Secretary - Pam Wilson - Ph 9634 2670 Vice-President/Publications Officer - Elaine White Ph 9679 1536
**Fees:** Research $10, Museum Entry - adults $4, children $2 or family $10
**Transport:** Close to bus.
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Roster of Museum Volunteers help with school visits, heritage stall and displays.

## Hills Local Ladies Group
**Phone:** 0419 300 263
D'Cafe - Shop 7 Hills Home Hub, Cnr Showground & Victoria Rd, Castle Hill NSW 2154
**Email:** llgcontes@iprimus.com.au
**Service Description:** Community friendship group. Make new friends and have a friendly chat at our ladies coffee mornings. Friendly get togethers held on 1st Wednesday of every month at 10.30 am. For ladies aged 50 and over.
**Contact:** Connie 0425 253 474
**Disability Access:** Yes (Fully accessible.)

## Hornsby Ku-Ring-Gai Community College
**Phone:** 02 9482 1189 **Fax:** 02 9482 1117
45 Hunter St, Hornsby NSW 2077
**Mail to:** PO Box 1693, Hornsby Westfield NSW 1635
**Email:** enquiries@hkcc.nsw.edu.au
**Web:** www.hkcc.nsw.edu.au
**Service Description:** HKCC is an Adult and Community Education (ACE) organisation providing accredited vocational training for work and short skill courses for leisure learning. Classes are offered day, night and weekends in a range of local centres. College enrolments of 8500 students each year.
**Hours:** Mon - Fri 9am - 4.45pm (Office)
**Contact:** Principal
**Fees:** On registration
**Disability Access:** Yes (Lift access from Hunter Street)
**Languages spoken:** Language specific classes available

## House with No Steps - Live it Up! Leisure Support Service
**Phone:** 02 9451 1511 **Fax:** 02 9452 5932
House with No Steps, 49 Blackbutts Rd, Belrose NSW 2085
**Mail to:** PO Box 93, Frenchs Forest NSW 2086
**Email:** cbruce@hwns.com.au
**Web:** www.hwns.com.au
**Service Description:** Live It Up! provides small group activities week days, evenings and weekends on user pays basis for adults aged 18+ with mild developmental disabilities. Pickups in Dee Why and Chatswood.
**Hours:** Mon-Fri 9am-5pm office
**Contact:** Manager Carolyn Bruce
**Fees:** Cost of activities

**Transport:** Forest Coachlines at door, pickups in Dee Why and Chatswood
**Disability Access:** Yes (ramps, toilets)
**Volunteering:** Volunteers very welcome.

## Learning in the Hills

**Phone:** 02 9639 7918 **Fax:** 9639 0804
Buildings 4 & 5 Balcombe Heights Community Buildings, 92 Seven Hills Rd, Baulkham Hills NSW 2153
Mail to: 390 Windsor Rd, Baulkham Hills NSW 2153
**Email:** linhills@hca.org.au
**Web:** www.hca.org.au
**Service Description:** Learning in the Hills provides low cost adult education courses through the day during school terms on Tuesdays, Wednesdays and Thursdays. Relaxed, friendly classes are led by expert teachers. Courses include: art, embroidery, patchwork and quilting, card making, jewellery making, other crafts, line dancing, Mah-jong and a lively discussion group. Please call for details or visit the website for information on courses each term.
**Hours:** Tues - Thurs 9.30 am - 2.15 pm
**Contact:** The Hills Community Aid and Information Service - 9639 8620
**Fees:** $20 - $60 per term depending on course.
**Transport:** Bus
**Disability Access:** Yes (Fully accessible.)
**Volunteering:** Tutors needed in all aspects of recreation, craft, photography and other hobbies. Please call for details.

## Lone Parent Family Support Service (LPFSS)

**Phone:** 02 9251 5622 **Fax:** 02 9251 5875
Level 4, 15-17 Young St, Sydney NSW 2000
**Mail to:** GPO Box 1133, Sydney NSW 2001
**Email:** admin@lpfsscityeast.ngo.org.au
**Web:** www.loneparentfamilysupport.com.au/
**Service Description:** Provides support for lone parents through counselling for women and men, information & referral services, social outings and functions, (including supported monthly picnic and groups) and home visits. Social workers are able to assist parents and children with disabilities. The service has no political or religious affiliations and promotes the use of the service by clients from a culturally and linguistically diverse background. Branches are located in Dee Why and Parramatta.
**Hours:** Tue-Fri 10:30am-4pm
**Contact:** Co-ordinator
**Fees:** Nil
**Transport:** Close to buses and trains
**Disability Access:** Yes (lifts)
**Languages spoken:** Interpreters can be arranged
**Volunteering:** This service accepts the assistance of volunteers. Contact for further details.

## National Seniors Australia Hills Branch

**Phone:** 02 9639 3231
Baulkham Hills Sports Club, Renown Rd, Baulkham Hills NSW 2153
**Email:** sdavies8@bigpond.net.au
**Service Description:** Social outings. Lobby on matters relating to older persons. Informative and entertaining speakers program.
**Hours:** First Thurs of each month from 10 am - 12 noon.
**Contact:** President - Ronald Mount, Secretary - Sandra Hughes
**Fees:** $29 single or $39 couple annual subscription to National Seniors The Hills Branch.
**Disability Access:** Yes (Accessible building, parking and toilets.)

## North West Community College Inc.

**Phone:** 8814 5711 **Fax:** 9629 7488
Level 1, Rouse Hill Town Centre, Main St (Above Blink Optical), Rouse Hill NSW 2155
Mail to: PO Box 6607, ROUSE HILL NSW 2155
**Email:** geteducated@nwcollege.net
**Web:** www.nwcollege.net
**Service Description:** Adult Education in the Hills District. College offers accredited and non accredited courses in computers, business, health, fitness, craft, cooking, personal development and much more. Must be aged 16 years and over.
**Hours:** Office Mon to Fri 9.00 am - 4.00 pm. Course times vary and include evenings and weekends.
**Transport:** Bus to Rouse Hill Town Centre
**Disability Access:** Yes (Fully accessible.)

## Nuroc Dance Company and C&M's Dance Studio

**Phone:** 9654 8400 (0412 002 755) **Fax:** 9654 8293
The Mean Fiddler, Cnr Windsor & Commercial Rd, Rouse Hill NSW 2155
**Email:** michelle@nuroc.com.au
**Web:** www.nuroc.com.au
**Service Description:** Nuroc Dance Company classes are easy, lots of fun and a great way to meet new friends. No need for a partner. Classes available include modern jive and west coast swing. Cater to all ages.
**Hours:** Tues 7.30 pm
**Fees:** $15.00
**Disability Access:** Yes

## Older Women's Network NSW Inc

**Phone:** 02 9247 7046 **Fax:** 02 9247 4202
87 Lower Fort St, Millers Point NSW 2000
**Email:** info@ownnsw.org.au
**Web:** www.ownnsw.org.au
**Service Description:** A network for older women, run by older women that promotes the rights, dignity and wellbeing of older women and provides activities and workshops. OWN aims to challenge the negative myths and stereotypes of ageing. Also provides wellness centres that implement a variety of strategies to promote health and wellbeing.
**Hours:** Mon-Fri 9am-4:30pm
**Contact:** Co-ordinator
**Fees:** For membership
**Transport:** Close to buses (routes 433, 431, 339 in George St)
**Disability Access:** Yes (Fully accessible, including toilet)


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**Volunteering:** This service welcomes volunteer assistance. Contact for further details.

## Parramatta College

**Phone:** 02 9687 2072 **Fax:** 02 9687 2217
Level 1, 410 Church St, North Parramatta NSW 2151
**Mail to:** PO Box 2261, North Parramatta NSW 1750
**Email:** admin@parramattacollege.com.au
**Web:** www.parramattacollege.com.au
**Service Description:** The Parramatta College delivers English, vocational and leisure courses to adults in Parramatta and surrounding areas.
**Hours:** Office Hours: 9:00am-4:30pm Monday to Friday
**Contact:** Administrators.
**Fees:** Fees vary. Consultancy by negotiation.
**Transport:** Varies and find us via the Loop Bus Stop 6 (Church St North).
**Disability Access:** Yes (Limited access available on request.)

## Parramatta Seniors Leisure and Learning Centre. Over 50's Leisure and Learning

**Phone:** 02 9806 5018 **Fax:** 02 9806 5925
Ground floor, Council Chambers Building, 2 Civic Place, Parramatta NSW 2150
**Mail to:** PO Box 32, Parramatta NSW 2124
**Web:** www.parracity.nsw.gov.au/community/home_support/seniors_leisure_and_learning_centre
**Service Description:** The centre provides a range of educational, recreational and social activities. Membership is open to anyone over the age of 50. There is an annual fee and a small cost per class or activity. Also runs the "Over 50's Leisure and Learning" program at Granville Youth and Community Centre and Tom Collins Meeting Room, Guildford - contact the Coordinator for details.
**Hours:** Mon-Fri 8:30am-4:30pm
**Contact:** Jane Mackey
**Fees:** Yes
**Transport:** Easy walk from Railway Stn and bus interchange
**Disability Access:** Yes (Ramp, hearing loop and lift)
**Volunteering:** Volunteer tutors welcome to share their skills, interests or hobbies. Also office and front desk volunteers

## Peckys Ltd

**Phone:** 02 9688 3268 **Fax:** 02 9636 3184
Reservoir Rd, Prospect Reservoir, Prospect NSW 2148
**Mail to:** PO Box 889, Seven Hills NSW 1730
**Email:** peckys@peckys.org.au
**Web:** www.peckys.org.au
**Service Description:** Peckys Ltd operates four programs, funded by the department of Ageing Disability and Home Care.(1)Peer Support provides weekend recreational services for 14-18 year old adolescents with an intellectual disability who live in the Blacktown local government area.(2)Post School Programs, community participation, transition to work provides individually tailored programs to people with a disability who received Post School Options. The program operates five days per week from 10am-4:30pm.(3)Living Skills provides training and skill development opportunities to adults with an intellectual disability who reside in the Blacktown local government area. Days of operation are Tue-Thur 9:30-3:30.(4)Viva Vibes weekend recreation program for people with a mild intellectual disability that requires minimal support.
**Hours:** Weekdays 9am-4pm and weekends
**Contact:** Heidi Boardman
**Fees:** Yes, contact for details
**Disability Access:** Yes (Fully wheelchair accessible lodge, toilets & grounds.)
**Languages spoken:** Interpreters available on request.
**Volunteering:** Volunteers welcome - all program areas

## Probus Club of Round Corner - Mixed Group

**Phone:** 02 9639 5532
**Email:** sandrcrtr@gmail.com
**Service Description:** PROBUS: an organisation for active retirees, who join together in individual Clubs, the basic purpose of which is to provide regular opportunities for them to keep active, to expand their interests with others who are of like mind and to enjoy fun, new friendships and fellowship with each other.
**Contact:** Sandra Carter ph: 02 9639 5532

## Strathfield Association & School for Seniors

**Phone:** 02 9642 4214
Uniting Church Hall,, Carrington Ave,, Strathfield NSW 2135
**Service Description:** School for Seniors is run on as a community base for socialising, learning communication and helping each other. Classes held are painting in oils, craft, history/geography, gardening, music appreciation, computers and current affairs. Group Computer Training for Seniors-beginners and advanced class. French language & French history. Check school for class vacancies. Bookings are essential.
**Hours:** 8.00am - 3.00pm on Fridays in Public School Term
**Contact:** President- Irene- 02 9793 3308, Secretary- Patricia 02 9708 1664, Vice President- Peter 02 9642 4971
**Fees:** $5.00 per term, Computers $15.00 per term
**Transport:** Buses 480, 483, 415 Bankstown Buses
**Disability Access:** Yes (Toilets, Ramp)
**Volunteering:** This organisation welcomes volunteers for tutoring

## Sydney PC Users Group - Seniors SIG

**Phone:** 0412 428 248 (Bill Parry Friday group)
1st Floor, 280 Pitt St, Sydney NSW 2000
**Mail to:** PO Box 1704, Lane Cove NSW 1595
**Email:** seniorsigfriday@sydneypc.com
**Web:** www.sydneypc.com
**Service Description:** Computer literacy group for seniors. Discussion, low cost hands-on courses. Venue: 1st floor, 280 Pitt St, Sydney. Monthly

meetings in the city features guest speakers & displays for new products.
**Hours:** 3rd Tues of month 10am-12 noon @nd Fri of month 10am-12 noon
**Contact:** seniorsigtuesday@sydneypc.com Allan Matthews
**Fees:** Personal $45 pa, Concession (age pensioners, Seniors Card holders) $40 pa

## TAD Computer Support Service

**Phone:** 02 9912 3400, 1300 663 243 **Fax:** 02 9890 1911
Unit 10, 185 Briens Rd, Northmead NSW 2152
**Mail to:** Locked Bag 2008, Wentworthville NSW 2145
**Email:** css@tadnsw.org.au
**Web:** www.tadnsw.org.au
**Service Description:** Volunteers refurbish donated computers and ancillary equipment, install software, sell the computer ($250 or $380) and provide 2 year maintenance to people with any Centrelink benefit card. Contain Windows XP and Microsoft Office 2007. Free delivery within NSW about 4-6 weeks after receive order, copy of Centrelink card and full payment.
**Hours:** Mon-Fri 9am-4pm
**Fees:** $250/$380 for set-up computer & 2 year maintenance
**Disability Access:** Yes (fully)
**Volunteering:** Volunteers very welcome.

## The Hills Community Health Centre - Hills Korean Women's Group

**Phone:** 02 8853 4525 (Multicultural Health Access Worker) **Fax:** 02 8853 4565
Tribute Room Castle Hill Community Centre, Cnr Pennant & Castle St, Castle Hill NSW 2154
**Mail to:** 183-187 Excelsior Av, Castle Hill NSW 2154
**Email:** helen_li@wsahs.nsw.gov.au
**Service Description:** A social support group which also provides health and community education programs, social, craft, cultural activities -cooking demonstration and yoga classes for Korean speaking women. Contact for meeting location.
**Hours:** Grp meets at o/reach location each Mon during schl terms- 10:30-13:00; Mon-Wed, 8:30-17:00 (Multi/Cult Hlth Access Wker) Alternate Thur 8:30-15:00
**Contact:** Multicultural Health Access Worker. Other phone: 02 8853 4500 (Reception)
**Fees:** $3 for morning tea, $6 per child for childcare if required
**Transport:** Close to buses
**Disability Access:** Yes (Ramp, toilet)
**Languages spoken:** Cantonese by professional part time staff.
**Volunteering:** This service welcomes volunteer assistance. Contact for further details

## The Hills Men's Shed Inc.

**Phone:** 02 9634 3556
Eric Mobbs Reserve, Ferguson Rd, Castle Hill NSW 2154
Mail to: 4 Gordon Ave, Castle Hill NSW 2154
**Email:** malcolmws@bigpond.com
**Service Description:** The Hills Men's Shed is a community based support group consisting of senior retired persons participating in woodworking and metal work projects in support of service and community organisations as well as its members. Open every Wednesday and Thursday from 10.00 am to 2.00 pm.
**Contact:** Secretary - Malcolm Sinclair, President - Peter Maher 9634 2564
**Fees:** $100 per annum or $50 half yearly.
**Disability Access:** Yes (Accessible building and toilet.)

## Wesley School for Seniors

**Phone:** 02 9263 5416 **Fax:** 02 9267 0874
Wesley Mission, 220 Pitt St, Sydney NSW 2000
**Mail to:** PO Box A5555, Sydney South NSW 1235
**Email:** peter.bentley@wesleymission.org.au
**Web:** www.wesleymission.org.au/centres/seniors/
**Service Description:** Offers over 120 courses for the over 50's. Ring for leaflet to be sent.
**Hours:** Mon- Fri 9am-2pm (enquiries & enrolments)


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