

Useful Web sites

Seniors on the Net is maintained by the Council on the Ageing (COTA) and provides links to both Australian and overseas web sites that offer guidance on how to navigate the web, choose sites and tutorials that can be downloaded and used at the learner's pace.

<http://www.cota.org.au/links/seniorsonthenet.htm>

Seniors.gov.au provides you with a single point of access to Government and non-Government information and services for older Australians. Provides comprehensive information on lifelong learning in general, and learning about computers in particular, among other topics.

<http://www.seniors.gov.au/internet/seniors/publishing.nsf/Content/Home+Page>

Aboutseniors is a web site and online community for mature people that provides links to government and non-government sites. Also offers a blog that members can join so they stay connected to the wider world. For both beginners or advanced users.

<http://www.aboutseniors.com.au/index.php>

Computing for Seniors page offers an email newsletter, computer training and IT websites and computer tips. Also sends alerts about discounted IT-materials for those who have a Seniors Card.

<http://www.seniorcard.nsw.gov.au/home.asp>

Australian Seniors Computer Clubs Association exists to support seniors in their enjoyment of information technology, to become computer literate at their own pace in a non-threatening environment, and to have fun while doing so. ASCCA undertakes projects to support IT for seniors, and organises seminars, training sessions (for club volunteers), workshops and similar activities.

<http://www.ascca.org.au/>

Learn4life program is a complete course for computer beginners offered through the University of New South Wales.

<http://www.learn4life.unsw.edu.au/PDF/Computer/Comp4Begin%20-%>



Woollahra Library
and
Information Service

Community Information

Computer Classes for Adults

For more information visit :

[**www.woollahra.nsw.gov.au/library**](http://www.woollahra.nsw.gov.au/library)
then select
Community Directories

or Call 9391 7105

email: [**comminfo@woollahra.nsw.gov.au**](mailto:comminfo@woollahra.nsw.gov.au)

Seniors Computer Classes

Computer Pals For Seniors - Eastern Suburbs

Description: A computer club and classes for seniors. Lessons, sharing skills, teaching each other and trouble shooting on computer programs and the Internet. Classes are held at E.J. Ward Community Centre (Mon-Fri) and Waverley Library (Fridays).

Class venues:

E. J. Ward Centre, 189 Underwood Street Paddington

Phone: 02 9391 7956 Fax: 02 9327 1318

Waverley Library, 32-48 Denison Street, Bondi Junction

Phone: 02 9130 1638

Mail: P.O Box 187, Bondi Junction NSW 1355

Email: joffe@chilli.net.au

Contact: John Rutter - 8212 5737

Hours: Mon-Fri 9am-4:30pm

Eligibility: From 60 years.

Fees: Joining fee: \$10, Memberships: \$10, Tuition: \$25 per term

Disability Access: Yes (at Waverley Library, lifts)

Computer Pals For Seniors

Phone: 02 93663889 Fax: 02 93663894

Matraville Public School, Cnr Beauchamp & Bunnerong Rds, Hillsdale 2036

Mail: 236 Bunnerong Rd, Hillsdale NSW 2036

Email: lawrencea@botanybay.nsw.gov.au

Web: www.botanybay.nsw.gov.au

Description: Senior residents who want to learn or know more about computers are invited to join the group. No experience is necessary and computers and a room are available through Matraville Public School facilities, providing a comfortable and friendly environment. 1st meeting free thereafter \$20.00 annual membership fee.

Hours: Fri 1pm-4pm

Eligibility: From 55 years.

Fees: \$20.00 annual membership fee

Contact: Community Worker

Public Transport: Buses - 391, 392 (along Bunnerong Rd), 309 (along Beauchamp Rd)

Mary MacKillop Outreach

Phone: 02 9568 0247 Fax: 02 9568 0249

Charles O'Neil Way, 1B Thomas St, Lewisham 2049

Mail: PO Box 5, Petersham 2049

Email: mackillop@iprimus.com.au

Web: www.vinnies.org.au

Description: Offers vocational skills, educational programs, small group recreational activities and daily bus outings for residents of licensed boarding houses in the inner west area. We also offer programs for home clients with high support needs. Activities provided include; computing, cooking, arts and crafts, woodworking, leisure games, gentle exercise, gardening, BBQ's and picnics.

Hours: Mon-Thu 9am-5pm, Fri 9am-3pm

Eligibility: Group home or boarding house clients in the inner west area.

Referral: Yes

Public Transport: Close to Lewisham train station

Disability Access: Yes (Wheelchair lift, toilet, parking.)

Area Served: Sydney Inner West HACC

Junction House Inc

Phone: 02 9389 2689 Fax: 02 9389 0836

95 Carrington Rd, Waverley 2024

Email: junctionhouse@iprimus.com.au

Web: <http://home.iprimus.com.au/junctionhouse>

Description: Centre for adults over 18 with a mild intellectual disability. The centre provides social and educational programs and weekends away. Night and weekend classes include computers, cooking, music, fitness and craft. TV, video, computers, and kitchen available. Enquiries welcome from students doing community service, work experience or field placement with intellectually disabled young adults in skills classes, social groups, camps (expenses paid), or arts groups.

Hours: Mon-Fri 9.30am-5.30pm.

Eligibility: From 18 years. Adults with mild intellectual disability who live in the Eastern Sydney Area.

Fees: Annual membership \$10. Classes cost \$30 for a 9-week term

Disability Access: Yes (Ramps & toilets)

Area Served: Waverley, Woollahra, Randwick, Botany, City of Sydney

Special Needs Computer Classes

Redfern Computer Centre

Phone: 02 9318 0539

South Sydney Youth Service, PCYC, cnr Phillip and Elizabeth St, Redfern 2016

Email: shane@ssyc.org

Description: Drop-in computer access and training for specific groups including youth, seniors, people from non-English speaking backgrounds, job seekers and community workers. ICDL accredited training provided, bookings essential.

Hours: Wed, Thu, Fri 9-5pm

Disability Access: No

Area Served: City of Sydney (Redfern, Waterloo areas)

Sisters of Charity Outreach Living and Learning Skills Centre

Phone: 02 9564 2056 Fax: 02 9564 2056

West St, Lewisham 2049

Mail: Block B, West St, Lewisham 2049

Description: To provide free living and learning skills for women and families (men included) by offering computer classes, E.S.L, Homeopathy, Reiki.

Counselling to people who have no or limited access in other organisations.

Hours: Mon-Fri 9am-3pm, Thu for private appointment

Eligibility: People who cannot attend or afford to go elsewhere.

Public Transport: near Lewisham train station and buses

Disability Access: Yes (Ramp, toilet,)

Area Served: Marrickville (Lewisham), Burwood (Burwood)

Facilities Note: Computers for courses, classroom, consulting room

TAD/ Gale Computer Loans Service

Phone: 02 9808 2012 (main office) Fax: 02 9809 7670

Mail: PO Box 108, Ryde 1680

Email: cls@technicalaidnsw.org.au

Web: www.technicalaidnsw.org.au

Description: Recycles donated computers and ancillary equipment, then provides and maintains them at a modest annual rent to eligible clients.

Introductory training disk provided.

Hours: Mon-Fri 9am-4pm

Eligibility: From 3 years. People with disabilities or aged

Fees: \$80/yr for computer loan; \$70 printer purchase

Australian Seniors Computer Clubs Association

Phone: 02 9286 3871 Fax: 02 9286 3876

4th floor, 280 Pitt St, Sydney 2000

Email: ascca@seniorcomputing.org

Web: www.seniorcomputing.org

Description: This non-profit organisation coordinates Computer Clubs for Seniors, and aims to encourage and assist seniors in using computer technology. Call for list of Computer Clubs for Seniors or visit the website.

Eligibility: From 55 years.

Sydney PC Seniors

Phone: 0500 555 035 (local call only) Fax: 8569 0532

1st Floor, 280 Pitt St, Sydney 2000

Mail: PO Box 1704, Lane Cove 1595

Email: info@sydneyipc.com

Web: www.sydneyipc.com

Description: Computer literacy group for seniors. Low cost hands-on courses. Monthly meeting in city features guest speakers & displays for new products.

Hours: Meet 10am second Fri of month and again on third Tue of every month

Eligibility: Open to all, but targets seniors' requirements.

Fees: Personal \$60 pa, family (primary) \$60 pa, family (additional) \$30 pa,

Concession (age pensioners, Seniors Card holders) \$55 pa

Disability Access: No

Area Served: Sydney Metro

Facilities Note: Toilets and refreshments

Sydney U3A : University of the Third Age

Phone: 92522033 Fax: 92522339

Suite 102, 15-17 Young St, Sydney 2000

Email: sydu3a@acay.com.au

Description: Free educational courses for persons over 55, who are members of Sydney U3A. No entry conditions or exams. U3A is a self supporting organisation providing courses of interest in such subjects as literature, history, religions, creative writing, yoga, languages, science, archaeology etc. Bush walking and social activities also available.

Fees: \$35 per year

Area Served: Sydney Metro

General Adults Computer Classes

Sydney PC Seniors

Phone: 0500 555 035 (local call only) Fax: 8569 0532

1st Floor, 280 Pitt St, Sydney NSW 2000 [display map](#)

Mail: PO Box 1704, Lane Cove NSW 1595

Email: seniorssig@iprimus.com.au

Web: www.sydneypc.com

Description: Computer literacy group for seniors. Discussion, low cost hands-on courses. Venue: 1st floor, 280 Pitt St, Sydney. Monthly meeting in the city features guest speakers & displays for new products.

Hours: 10.00am-12noon second Fri of month and also on third Tue of every month.

Eligibility: From 50 years.

Fees: Personal \$45 pa, Concession (age pensioners, Seniors Card holders) \$40 pa

Contact: Bill Parry - Friday Group 0412 428 248 Allan Matthews - Tuesday Group

Area Served: Sydney Metro

Facilities Note: Toilets and refreshments

WEA Sydney : Workers' Educational Association Sydney

Phone: 9264 2781 Fax: 9267 6988

72 Bathurst St, Sydney 2000

Email: info@weasydney.com.au

Web: www.weasydney.com.au/

Description: Adult education & computer training. Day, evening and weekend classes are available. The emphasis is on liberal, social and political studies but there are also courses in languages, computers and other hobby and leisure activities. Disabled access and toilets are available at course sites. All courses held at 72 Bathurst Street (2 minutes walk from Town Hall Station or George Street).

Hours: Mon-Fri 9am-5.30pm

Fees: All courses bear fees. Seniors concessions available.

Disability Access: Yes (Toilets)

Area Served: Sydney Metro

Work Ventures/Job Futures

Phone: 02 9349 5088 Fax: 02 9349 5668

Level 4, Maroubra Plaza, 832 Anzac Pde, Maroubra Junction 2035

Email: esmar@workventures.com.au

Description: Job Futures is a national employment network with over 60 sites around Australia. Job Futures provides career and employment counselling, job placement, vocational skills and job search training. Free services include job matching, intensive assistance if referred by Centrelink, job search assistance. Additional services for fee include resume preparation, career counselling, computer training.

Hours: Mon-Fri 9am-5pm

Eligibility: From 16 to 65 years. Anyone registered with Centrelink seeking work

Fees: Varies. Phone to discuss requirements

Contact: Joan Obuchowski (Manager)

Public Transport: Buses nearby

Disability Access: Yes (Lift from car-park, ramps)

Area Served: South Sydney, Waverley, Woollahra, Randwick, Botany, Sydney

Languages: Interpreter Services available

Facilities Note: Photocopy and fax facilities. Computer facilities are available for hire.

Parent Organisation: WorkVentures

Learn4Life - Foundation Studies

Phone: 02 9385 5402 Fax: 02 962 2651

Level 1, 223 Anzac Parade, University of NSW 2052

Email: learn4life@unsw.edu.au

Web: www.learn4life.unsw.edu.au

Description: Information Technology courses for beginners and advanced learners.

Fees: Varied

Public Transport: Bus Services: 400, 393, 395

Area Served: Sydney Metro