



Woollahra
Municipal
Council

A directory produced
by Woollahra Council's
Community Services
Department.

Disability Directory

Access Community Information Online

Did you know?

All the information contained in this directory is available on Woollahra Council's website, as part of our community information database.



The screenshot shows the Woollahra Municipal Council website. At the top, there is a header with the council's name and a navigation menu. Below the header is a section titled "Community information database". This section contains two main parts: "1. Check Location?" and "2. Find?".

1. Check Location?
The following location will be used to order results so that your nearest services are displayed first.
Town / Suburb: Woollahra 2025 [change location](#)

2. Find?
Enter the keywords you would like to match against records in the database.

 [Advanced Search](#)

Browse Categories

- [Accommodation +](#)
- [Animal Services +](#)
- [Arts and Culture +](#)
- [Communication +](#)
- [Community Organisation +](#)
- [Conservation and Environment +](#)
- [Education +](#)
- [Emergency Services +](#)
- [Government +](#)
- [Health +](#)
- [Income and Employment +](#)
- [Law and Justice +](#)
- [Philosophies +](#)
- [Practical Support Services +](#)
- [Public Safety +](#)
- [Sport and Leisure +](#)
- [Transport +](#)
- [Utilities +](#)
- [Volunteering +](#)

At the bottom of the page, there is a footer with copyright information: Copyright | Disclaimer | Privacy | Website feedback, 536 New South Head Road, Double Bay NSW 2028 Phone: 02 9391 7000

What does this mean?

You can conveniently search for community groups, services and facilities by name, location or type of organisation using the online database.

The community information database is updated in real time and, therefore, contains the most up-to-date information.

What do I do?

1. Visit our website: www.woollahra.nsw.gov.au/
2. Click on the [Community information database](#) link under the 'Online services' section (on the right hand side of the page)
3. Specify your location (the system will remember your suburb preference and direct you straight to this screen in future visits)
4. You will now be able to search the database based on keywords or browse by category

2012 Disability Services

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Please note, whilst these lists are correct at the time of production, the community information database contains the most up to date information. Simply visit: <http://www.woollahra.nsw.gov.au>

Important Woollahra Council Contact Numbers

General Manager

Gary James

Address

PO Box 61
Double Bay NSW 1360

Telephone

9391 7000

Facsimile

9391 7044

Email

records@woollahra.nsw.gov.au

Website

www.woollahra.nsw.gov.au

Council hours

8:00am to 4:30pm, Monday to Friday

Community Information

Tel: 9391 7959

Woollahra After Hours Emergency

9391 7000

Outside Office Hours

Regulatory Officers

Tel: 9362 0555

Office Hours

Libraries

Double Bay

Tel: 9391 7100
Fax: 9391 7116

10:00am to 8:00pm, Monday to Friday
10:00am to 4:00pm, Saturday and Sunday

Paddington

Tel: 9391 7988

10:00am to 6:00pm, Monday,
Tuesday, Thursday, Friday
12:00pm to 8:00pm, Wednesday
10:00am to 4:00pm, Saturday

Watson's Bay

Tel: 9391 7999

3:00pm to 5:00pm, Monday and Friday
9.30am to 2.30pm, Tuesday and Thursday
12:00pm to 7:00pm, Wednesday

State Emergency Service

Tel: 13 25 00

Waverley Woollahra SES

Other Directories available from Woollahra Council include: -

1. Schools
2. Leisure Services
3. Venue & Parks for Hire
4. Senior Services
5. Children's Services
6. Disability Service



Handy Numbers

Woollahra Council Customer Service.....9391 7000

Emergency

Police, Ambulance, Fire 000
 Poison Information Centre 131 126
 Waverley/Woollahra State Emergency Service 9369 3658

Police Stations

Rose Bay Police Station.....9362 6399
 Paddington Police Station.....8356 8299

Information Services

Disability Information Referral Centre (DIRC).....9657 1796
 Commonwealth Carelink Centre – Eastern Suburbs.....1800 052 222
 Translating and Interpreting Service (Telephone 24 hours)131 450
 Respite Care Centres Information Line.....1800 059 059

Home Support Services

Home Care NSW..... 1800 350 792
 Home Maintenance & Modification..... 9389 6488
 Meals on Wheels..... 9327 2361
 Shopping Service..... 9302 3600
 Community Transport..... 9302 3630
 Jewish Care..... 1300 133 660
 Holdsworth Street Community Centre (Disability Services)..... 9302 3640

Hospitals & Community Health Centres

Prince of Wales Hospital 9382 4850
 St Vincent’s Hospital..... 8382 1111
 Sydney Hospital and Sydney Eye Hospital..... 9382 7111
 United Dental Hospital..... 9293 3200
 War Memorial Hospital..... 9369 0100
 Wolper Jewish Hospital..... 9328 6077
 Waverley Community Health Centre..... 9369 0400
 Darlinghurst Community Health Centre..... 9360 3133

Leisure

Holdsworth Street Community Centre..... 9363 1513

Libraries

Double Bay Central Library & Information Services..... 9391 7100
 Paddington Library 9391 7989
 Watson’s Bay Library 9391 7999
 Waverley Library..... 9386 7777

Unemployment & Student Financial Assistance

Centrelink..... 131 021

Woollahra Council Disability Services

Community Services Division, Woollahra Municipal Council

Phone: 02 9391 7166 **Fax:** 02 9391 7044

Mail to: PO Box 61, Double Bay NSW 1360

Email: records@woollahra.nsw.gov.au

Web: www.woollahra.nsw.gov.au

Service Description: The Community Services Division of Woollahra Council provides leadership in planning, facilitation and provision of a range of community services and activities responsive to the needs of people who live and work in our area. Services include library services; children's services; youth support services; seniors support services; disability services; early childhood services; and community centres. Woollahra Council also organises supports and sponsors various community events and celebrations that aim to enable residents to fully participate and be actively involved in community life.

Hours: Mon-Fri 8am-4:30pm

Contact:

Community Development (02) 9391 7166

Cultural Development (02) 9391 7135

Community Venues (02) 9391 7170

Woollahra Library Services (02) 9391 7100

Community Development (02) 9391 7166

Cultural Development (02) 9391 7135

Venues for Hire (02) 9391 7170

Disability Access (ramp)

Holdsworth Community Centre and Services - Community Transport

Phone: 02 9302 3605 **Fax:** 02 9327 5298

64 Holdsworth St, Woollahra NSW 2025

Email: info@holdsworth.org.au

Web: www.holdsworth.org.au

Service Description: Provides services and programmes for people who do not have access to private transport or find it difficult to use public transport. Individual transport to medical related appointments; Social Transport bookings available for Saturdays Social access (9am-4pm)

ADVANCED BOOKINGS essential. BUS HIRE available for limited hire to community groups.

Hours: Mon -Fri 9am-5pm (Centre hours)

Contact: 9302 3600

Disability Access (wheelchair, three buses with wheelchair hoist)

Holdsworth Community Centre and Services

Phone: 02 9302 3600 **Fax:** 02 9327 5298

64 Holdsworth St, Woollahra NSW 2025

Email: info@holdsworth.org.au

Service Description: A community centre providing a wide range of programmes and activities for families, children, young people, people with a disability and older people and their carers.

Information and referral to local community services. Services provided include: Family Support Services, Aged Services, Neighbourhood Aid, Home Visiting, Shopping Service, Disability Services, and Community Transport Service. The centre also hires out space for children's parties and community group meetings.

Hours: Mon-Fri 9am-5pm

Woollahra Access Forum

Phone: 02 9391 7166 **Fax:** 02 9391 7044

Woollahra Council Chambers, 536 New South Head Rd, Double Bay NSW 2028

Mail to: PO Box 61, Double Bay NSW 1360

Web: www.woollahra.nsw.gov.au

Service Description: The forum provides an opportunity to promote awareness and understanding of new initiatives undertaken by Council to improve access to services, programs and facilities. Access refers to the physical, social, recreational and information environment for local residents and visitors to the municipality.

Contact: Secretary

Disability Access (Ramps, toilets)

Woollahra Library & Information Service - Home Library Service

Phone: 02 9391 7100 **Fax:** 02 9391 7116

548 New South Head Rd, Double Bay NSW 2028

Mail to: PO Box 61, Double Bay NSW 1360

Email: library@woollahra.nsw.gov.au

Web: www.woollahra.nsw.gov.au

Service Description: The library offers a regular fortnightly or monthly delivery service to housebound members of the library service in the Woollahra LGA. Talking books available to print impaired people. Electronic books available on Audio-Read Navigator. Delivery of books is also made to local aged care facilities.

Hours: Mon-Fri 9am-5pm; (Woollahra Library)

Contact:

Special Clients Service Officer 02 9391 7106

Woollahra Meals on Wheels

Phone: 02 9327 2361 **Fax:** 02 9327 7065

512 New South Head Rd, Double Bay NSW 2028

Email: woollahramow@bigpond.com

Service Description: Meals delivered to the door Mon-Fri as a support service to enable frail aged and younger disabled people to remain living in their own homes. A shopping service is available for 20 people. Volunteers welcome - drivers & helpers, with or without cars.

Hours: Mon-Fri 9am-5pm

Information/Referral and Advocacy Services

Information & Referral 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

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

Disability Access (lift accessible toilet)

Care Connect Ltd

Phone: 02 9310 3699 **Fax:** 02 9310 5722

Suite 2B, 199 Regent St, Redfern NSW 2016

Mail to: PO Box 3138, Redfern NSW 2016

Email: info@careconnect.org.au

Web: www.careconnect.org.au

Service Description: Care Connect is a non-profit organisation specialising in assessment, care management and brokerage services. Care Connect exists to support and compliment the community's capacity to enhance the quality of life for people with complex care and support needs and those of their families and carers. Programs include: transition options, independence at home (incl independent living skills training), disability options, (incl information, carer support, service access, visits at mealtimes and small group outings), ComPacks which is a case-managed package of care for up to 6 weeks after discharge from hospital, Case Management for people with Longterm disabilities under DADHC and Department of Health funded Healthy at Home Program. Also (SAFTE) Sub Acute Fast Track Elderly, to help elderly people stay at home by receiving same care as ComPacks. No longer provides medication monitoring.

Hours: Mon-Fri 8.30am-5pm for office and information

Contact: Assistant Manager

Disability Access (lifts, accessible toilet).

Commonwealth Carelink Centre - South East Sydney

Phone: 1800 052 222 **Fax:** 02 9599 0540
Level 4, 7-11 The Avenue, Hurstville NSW 2220
Email: sharrynl@bensoc.org.au
Web: www.commcarelink.health.gov.au/
Service Description: Commonwealth Carelink South East Sydney aims at promoting greater collaboration in planning for older people, younger people with disabilities, through the establishment of crucial links between the health and community care sectors. A comprehensive database of information on services available in the HACC South East Sydney region, enables staff to provide up-to-date, accurate information, either in person or by phone. The Centre provides a central source of information that links health professionals, general practitioners and other community service providers, carers and individuals with agencies providing care and support in the region. Translated brochures in Russian, Macedonian, Chinese, Maltese, Italian, Spanish, Ukrainian, Hungarian, Arabic, Serbian, Croatian, Dutch, Greek, German, Polish and Vietnamese which are available on the website.
Hours: 9.00am to 5.00pm
Contact: Coordinator
Disability Access

e-Bility DisABILITY

Information Resources

Phone: 02 9810 2216 **Fax:** 02 9810 2213
Web: www.e-bility.com
Service Description: Comprehensive online resource for disability and accessibility related information, resources, services and products, including directories for accessible travel, disability services brochures, articles, disability classifieds (secondhand equipment, properties, vehicles), motivational speakers, book reviews etc.
Hours: Mon-Fri 9:30am-4:30pm
Contact: Managing Director
Disability Access (AAA compliance with W3C Web Content Accessibility)

Home and Community Care (HACC) Development Officers

Web: www.nswhaccdos.org.au
Service Description: Home and Community Care (HACC) Development Officers support local HACC services and can provide information, advocacy and referral to and from the community about frail aged and disability services. Contact details are available on the NSW HACC Development Officers website above.

IDEAS NSW - Metro

Phone: 1800 029 904, 02 9211 1300 **Fax:** 02 9211 1366
Suite 8, Level 1, 330 Wattle St, Ultimo NSW 2007
Email: ideasmetro@ideas.org.au
Web: www.ideas.org.au
Service Description: Comprehensive information on services available to people with any type of disability, carers, family and service providers in the Sydney Metro. Provides information on: accommodation, employment, education, transport, disabilities, disorders, equipment, recreation, disability organisations and support groups, building access and design, legislation, benefits and mobility. Printed reports by mail, email or fax and verbal reports by phone or in person. IDEAS On-line: Website has extensive listings and resources for people with disability as well as a service for service providers.
Hours: Mon-Fri 9am-5pm
Contact: TTY 02 6947 3377
Disability Access (Ramp, lift, toilet, parking by appt, contact for assistance).

National Disability Abuse & Neglect Hotline

Phone: 1800 880 052 **Fax:** 02 9318 1372
Mail to: Locked Bag 2705, Strawberry Hills NSW 2012
Email: enquiries@disabilityhotline.org
Web: www.disabilityhotline.org
Service Description: Receives reports of abuse and neglect of people with disability using government-funded disability services and refers allegations to appropriate government agencies for investigation. Reports of abuse and neglect in other situations are also accepted and callers are referred to other forms of assistance as appropriate.
Hours: 8am-8pm 7 days
Contact: Resolution and Referral Officers.
TTY 1800 301 130 National Relay Service 1800 555 677

National Disability Services Limited NSW (NDS)

Phone: 02 9256 3111 **Fax:** 02 9256 3123
Level 18, 1 Castlereagh St, Sydney NSW 2000
Mail to: GPO Box 2687, Sydney NSW 2001
Email: ndsnsw@nds.org.au
Web: www.nds.org.au

Service Description: National industry association for disability services. Peak coordinating body for NSW disability service providers and associations. Promotes development of quality services and opportunities, lobbies government regarding issues on behalf of, and for people with disabilities. Facilitates eight quarterly subcommittees for services dealing with access, mobility, accommodation, employment, training, special education, technology and access. Facilitates nine quarterly regional meetings open to all disability service providers in NSW. For dates and locations, see our website.

Hours: Mon-Fri 9am-5pm

Contact: State Manager, Kate More

Disability Access (Accessible building, accessible toilets)

Nican Inc

Phone: 02 6241 1220 **Fax:** 02 6241 1224
Unit 5, 48 Brookes St, Mitchell ACT 2911
Mail to: PO Box 110, Mitchell ACT 2911
Email: info@nican.com.au
Web: www.nican.com.au

Service Description: Australia wide directory of organisations involved in recreation, tourism, sport and the arts for people with disabilities.

Hours: Mon-Fri 9am-4pm

Contact: 02 6241 1220, 1800 806 769

Disability Access (Parking, Toilets)

NSW Council for Intellectual Disability (NSW CID)

Phone: 02 9211 1611 **Fax:** 02 9211 2606
Level 1, 418a Elizabeth St, Surry Hills NSW 2010
Email: mail@nswcid.org.au
Web: www.nswcid.org.au

Service Description: A peak organisation representing the rights and interests of people with an intellectual disability. Lobbies government, provides policy advice, systemic advocacy, information provision and dissemination. Has a database with information on over 1000 services and resources available for people with an intellectual disability and their families and advocates. Also has a reference library which is accessible on request. The Board of Directors consists of people with intellectual disabilities, their families, and service providers.

Hours: Mon-Fri 9am-5pm

Contact: Information Officer: 1800 424 065

Disability Access (Accessible building, lift, Accessible toilet available on ground floor)

NSW Disability Discrimination Legal Centre Inc. (DDLCL)

Phone: 02 8014 7000, 1800 800 708 **Fax:** 02 9211 5518
Mail to: PO Box 989, Strawberry Hills NSW 2012
Email: info@ddlcnsw.org.au
Web: www.ddlcnsw.org.au

Service Description: Provides telephone information, advice and representation to people with disability who feel they have a case under disability discrimination acts. Also provides seminars and workshops on related issues. Suitable for people with disability and their associates, organisations representing them and other community legal centres in NSW. Legal and rights resources available.

Hours: Mon-Fri 9am-5pm (office only), telephone advice Tues, Wed and Fri 9:30am-12:30pm

Contact: TTY: 02 9211 5549 or 1800 644 419

Disability Access (Lift, accessible toilets)

Spinal Cord Injuries Australia (SCIA)

Phone: 02 9661 8855 **Fax:** 02 9661 9598

1 Jennifer St, Little Bay NSW 2036

Mail to: PO Box 397, Matraville NSW 2036

Email: office@scia.org.au

Web: www.scia.org.au

Service Description: SCIA is a provider of innovative and holistic care programs and facilities to help people with spinal cord injuries and similar conditions build fulfilling lives. SCIA works to promote awareness of spinal cord injuries and similar conditions to create living and workplace environments to enable people with physical disabilities to achieve independence. SCIA provides employment, systemic and individual advocacy, residential services and personal and community support, also transitional accommodation, training, and community awareness. The service provides information on all issues related to spinal cord injuries and severe physical disabilities including employment options, advocacy, accommodation and residential services. SCIA publishes a quarterly magazine ACCORD (formerly Quadrangle)

Hours: Mon-Fri 9am-5pm

Contact: Outside Sydney Ph: 1800 819 775

Disability Access (wheelchair access to premises and toilets, designated parking)

SpineCare Foundation

Phone: 02 9890 0100 **Fax:** 02 9683 2827

Northcott Building, 1 Fennell St, North Parramatta NSW 2151

Mail to: PO Box 4055, Parramatta NSW 2124

Email: isabel.chapman@spinecare.org.au

Web: www.spinecare.org.au

Service Description: State-wide service to provide support and information services by multi-disciplinary team for children and their families involved with treatment for spinal disorders and spinal injuries. Physiotherapy, occupational therapy, social worker services. Equipment loan pool.

Hours: Mon-Fri 9am-5pm

Contact: Coordinator

Disability Access (Fully)

Advocacy & Lobbying Services

ASID (Australasian Society for Intellectual Disability)

Phone: 1800 644 741 **Fax:** 03 9497 4567

Mail to: PO Box 84, Rosanna VIC 3084

Email: assid.nat@bigpond.com

Web: www.assid.org.au

Service Description: Secretariat and forum for issues associated with intellectual disability, promoting advocacy and rights for people with intellectual disabilities, including through state and national conferences in Australia and New Zealand.

Hours: 9am-5pm Mon-Fri

Disability Rights and Information Service

Phone: 02 9370 3100 **Fax:** 02 9318 1372

Ground Floor, 52 Pitt St, Redfern NSW 2016

Mail to: PO Box 666, Strawberry Hills NSW 2012

Email: dris@pwd.org.au

Web: www.pwd.org.au

Service Description: Offers a free individual and group advocacy service for people with disability. The service provides non-legal advocacy to individuals and groups of people with disability who have serious and urgent problems. The service also gives information to people with disability and their associates about how to advocate for themselves.

Hours: Mon-Fri 9am-4:30pm. Intake 1:30-4:30 daily.

Contact: TTY ph: 02 9318 2138, TTY toll free ph: 1800 422 016, National Relay Service ph: 1800 555 677, Telephone Interpreter Service ph: 13 14 50

Disability Access (access via lifts, accessible toilets)

Family Advocacy

Phone: 02 9869 0866 (voice/tty) **Fax:** 02 9869 0722

Suite 305, 16-18 Cambridge St, Epping NSW 2121

Mail to: PO Box 502, Epping NSW 1710

Email: familyadvocacy@family-advocacy.com

Web: www.family-advocacy.com

Service Description: Statewide independent community-based organisation works with families having a child or adult with a developmental disability. Aims to attain positive social roles for people with a developmental disability by strengthening the knowledge, role and influence of families in the community. Runs information and skill development workshops for families, provides telephone advice, produces resources and two periodical publications. Inclusion Collection Library has videos, books, articles, kits for loan.

Hours: Office Mon-Fri 9am-5pm; programs throughout NSW at various times

Contact: 1800 620 588 non-metro

Disability Access (fully accessible office and venues)

Intellectual Disability Rights Service Inc (IDRS)

Phone: 02 9318 0144 **Fax:** 02 9318 2887

Suite 2c, 199 Regent St, Redfern NSW 2016

Mail to: PO Box 3347, Redfern NSW 2016

Email: info@idrs.org.au

Web: www.idrs.org.au

Service Description: A service for people with intellectual disability to advance their rights in the community. This is by way of legal advice, education, reform activities and rights publications. Provides legal advice for people with intellectual disability, their families, carers, advocates and disability workers. Books, videos, kits, and other material on rights of people with intellectual disability are also available.

Hours: Mon-Fri 9am-5pm. Legal advice: Mon-Fri 2pm-5pm. Call to make appointment for legal advice. Closed between Christmas and New Year.

Contact: Toll Free Ph: 1300 665 908 (24 hours if you are at a police station and need support), Aboriginal or Torres Strait Islander Ph: 1800 666 611

Disability Access: Most advice work done by telephone, all education work is done outside the service in the community.

Mental Health Advocacy Service

Phone: 02 9745 4277 **Fax:** 02 9744 6936

4th Floor, 74-76 Burwood Rd, Burwood NSW 2134

Mail to: PO Box 1350, Burwood NSW 1805

Web: www.legalaid.nsw.gov.au

Service Description: Provides legal aid in matters under the Mental Health Act, Guardianship Act and Protected Estates Act. Services include representation of people detained in psychiatric hospitals, at hearings before a magistrate or the Mental Health Review Tribunal. Also provides representation in guardianship matters and matters under the Protected Estates Act.

Hours: Mon-Fri 9am-5pm

Contact: Senior Solicitor

Disability Access (Lift)

National Disability Services Limited NSW (NDS)

See Page 8

National Ethnic Disability Alliance

Phone: 1300 486 038

Mail to: PO Box 160, Coburg VIC 3058

Email: office@neda.org.au

Web: www.neda.org.au

Service Description: National disability consumer organisation that represents the rights and interests of people with disability from a non-English speaking background and their families and carers.

Hours: Mon-Fri 9am-5pm

Contact: 0407 878 933

Disability Access (Parking, wheelchair access)

NSW Council for Intellectual Disability (NSW CID)

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NSW Disability Discrimination Legal Centre Inc. (DDLCC)

See Page 8

NSW Ombudsman

Phone: 02 9286 1000 **Fax:** 02 9283 2911
Level 24, 580 George St, Sydney NSW 2000
Email: nsw.ombo@ombo.nsw.gov.au
Web: www.ombo.nsw.gov.au

Service Description: The Ombudsman functions include dealing with complaints about the public sector and the provision of community services, determination of FOI applications, overseeing the investigation of complaints about police and the handling of allegations against employees of agencies within its jurisdiction, and reviewing implementation of certain legislation.

Hours: Mon-Fri 9am - 5pm.

Appointments 9am- 4pm

Contact: Toll free 1800 451 524

TTY 02 9264 8050

Disability Access (lift, ramp, handrail, accessible toilets)

People With Disability Australia Inc.

Phone: 02 9370 3100, 1800 422 015

Fax: 02 9318 1372

Ground Floor, 52 Pitt St, Redfern NSW 2016

Mail to: PO Box 666, Strawberry Hills NSW 2012

Email: pwd@pwd.org.au

Web: www.pwd.org.au

Service Description: A peak disability rights and advocacy organisation. Its primary membership is made up of people with disability and organisations primarily constituted by people with a disability. PWD represents the interests of people with all kinds of disability. PWD is a non-profit, non-government organisation.

Hours: Mon-Fri 9am-5pm

Contact: TTY 02 9318 2138, National Relay Service 1800 555 677, Telephone Interpreter Service 131 450

Disability Access (Level access, including toilets)

Self Advocacy Sydney Inc

Phone: 02 9622 3005 **Fax:** 02 9622 6030

Suite 1 Level 2, 28 Patrick St, Blacktown NSW 2148

Email: info@sasinc.com.au

Web: www.sasinc.com.au

Service Description: Self Advocacy organisation run by and for people with intellectual disability which assists them to understand their rights and have their voice heard.

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

Disability Access (Parking, toilet)

Spinal Cord Injuries Australia (SCIA) Advocacy

Phone: 02 9661 8855 **Fax:** 02 9661 9598

1 Jennifer St, Little Bay NSW 2036

Mail to: PO Box 397, Matraville NSW 2036

Email: policy@scia.org.au

Web: www.scia.org.au

Service Description: SCI Advocacy service provides information & liaison between consumers & services. SCI has regional Advocacy Officers in NSW and covers systemic and individual advocacy. SCI has an information service on equipment, supplies, accommodation, transport, support services. Other services include employment, disability awareness training, vocational training, community, and residential services.

Hours: Mon-Fri 9am-5pm

Contact: Outside Sydney 1800 819 775

Disability Access (wheelchair accessible premises, parking and toilets)

Statewide Disability Coalition Inc. (NSW)

Phone: 02 9680 3178 (Secretary) **Fax:** 02 9680 3178

50 Kathleen Av, Castle Hill NSW 2154

Service Description: Lobby group for people with developmental disabilities made up of parents and people with disabilities. Aims to bring about the establishment of a range of high quality, appropriately resourced respite, accommodation and post school services for people with a developmental disability in NSW. Aims to mobilise families to work together and establish a strong family voice.

Hours: Mon-Fri 9am-5pm (will take rural calls at night)

Women with Disabilities Australia

Phone: 03 6244 8288 **Fax:** 03 6244 8255

Shop 13, 31 Cambridge Rd, Bellerive TAS 7018

Mail to: PO Box 605, Rosny Park TAS 7018

Email: wwda@wwda.org.au

Web: www.wwda.org.au

Service Description: Peak organisation providing a national voice for the needs and rights for women with all types of disabilities. Provides advocacy, policy advice, research, support, information and education with the aim of improving the lives and chances of women with disabilities. Does not provide individual advocacy.

Hours: 8:30am-4:30pm Mon-Fri

Disability Access (Parking, ramp, accessible toilet).

Woollahra Access Forum

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Practical Support Services

Counselling Services

CatholicCare

Phone: 02 9390 5377 **Fax:** 02 9261 0510
Level 10, 133 Liverpool St, Sydney NSW 2000
Email: info@catholiccare.org
Web: www.catholiccare.org

Service Description: Welfare agency of the Catholic Church offering many different services including the Disability Services Volunteer program to assist people to maintain their independence and improve their life. The agency operates from branches in the City, Fairfield, Sutherland, Surry Hills, Belmore, Bankstown for foster care (Melanie's program), Lakemba and Cabramatta West.

Hours: Mon-Fri 9am-5pm

Contact: Parent Help Line 1300 1300 52 Mon - Sat 9.00 am - 4.30 pm (support for parents of children 0 - 18yrs). Marriage and Family Counselling & Mediation 02 9390 5366

Disability Access (Lifts)

CRS Australia - Darlinghurst

Phone: 02 8255 9800, 1800 277 277 **Fax:** 02 8255 9833
Suite 5, 32A Oxford St, Darlinghurst NSW 2010
Mail to: PO Box 583, Darlinghurst NSW 1300
Email:

Marketing.Communication@crsaustralia.gov.au
Web: www.crsaustalia.gov.au

Service Description: A Commonwealth funded vocational rehabilitation service aimed at assisting people with injuries or disabilities to obtain or retain work. Rehabilitation may include comprehensive assessment (physical tolerances, cognitive abilities, work skills, behaviours), vocational counselling, on-the-job training and retraining, physical upgrading programs aimed at improving work conditioning and monitoring of return to work programs, specialised job matching and placement and personal and career counselling.

Hours: Mon-Fri 8.30am-5pm

Contact: TTY Ph: 02 9972 0434

Disability Access (full access)

Irabina Association

See Page 10

National Carer Counselling Program (NCCP)

Phone: 1800 242 636 **Fax:** 02 9280 4755

Level 18, Roden Cutler House, 24 Campbell St, Sydney NSW 2000

Mail to: PO Box 20156, World Square NSW 2002

Email: contact@carersnsw.asn.au

Web: www.carersnsw.asn.au

Service Description: The program seeks to provide short term counselling, emotional and psychological support through professional counselling services for carers in need of such support. Depending on the carer's location, the counselling may be offered face to face, via the telephone and within a group setting and could be for such issues as stress management or crisis counselling, coping skills and strategies, bereavement and loss issues for former carers, transition issues relating to the person being supported moving into residential care (for example), practical and problem solving techniques.

Hours: Mon-Fri 9am-5pm

Contact: Carer Support Officer

Spinal Cord Injuries Australia (SCIA) - Peer Support Program

Phone: 02 9661 8855 **Fax:** 02 9661 9598

1 Jennifer St, Little Bay NSW 2036

Mail to: PO Box 397, Matraville NSW 2036

Email: office@scia.org.au

Web: www.scia.org.au

Service Description: The Peer Support team can assist people with spinal chord injuries or similar conditions by putting them in touch with someone who has been through the difficulties they may be experiencing. They also provide counselling for clients, their family or carers. SCIA has other programs that include the information service, employment service, policy and advocacy, tourism and travel and accommodation service.

Hours: Mon-Fri 9am-5pm

Contact: 1800 819 775 (consumers outside Sydney only)

Disability Access

Financial Assistance & Concessions

Anglicare Community Care Centre

Phone: 02 8362 3700 **Fax:** 02 8362 3711

60 Wairoa Ave, North Bondi NSW 2026

Email: dip@anglicare.org.au

Web: www.anglicare.org.au

Service Description: Support service for disadvantaged families and individuals in South East Sydney and the Inner City, providing information and referral to appropriate support options: advocacy, counselling, financial assistance and food assistance. Personal Helpers and Mentors Program for people whose lives are affected by a severe mental illness. Emergency relief.

Hours: 9am-3:30pm Wed & Fri

Contact: Darlinghurst Centre: St Johns, 120 Darlinghurst Rd, Darlinghurst

Disability Access (Wheelchair access via side ramp, accessible toilet)

Centrelink - Bondi Junction

Phone: 13 10 21 **Fax:** 02 9298 6097

231 Oxford St, Bondi Junction NSW 2022

Mail to: 231 Oxford St, Bondi Junction NSW 2022

Web: www.centrelink.gov.au

Service Description: Centrelink is an Australian Government Statutory Agency, assisting people to become self-sufficient and supporting those in need. Delivers income support payments on behalf of Government Departments. Employment Assistance and Specialist Employment Services for people with a disability through Job Network. Other services include social workers, Financial Information Officers, Indigenous Service Officers, Disability Officers, Multicultural Services, JET service. Service users can also call Family Payments 13 6150, Newstart 13 28 50, Youth & Students 13 24 90, Help in languages other than English 13 12 02.

Hours: Mon-Fri 8.00am-5.00pm

Disability Access (Flat surface, wide entrance)

Passes and Concessions Office

Phone: 02 9379 4441 **Fax:** 02 9379 4449

490 Pitt St, Sydney NSW 2000

Mail to: GPO Box K349, Haymarket NSW 1238

Email: passes&concessions@railcorp.nsw.gov.au

Web: www.railcorp.nsw.gov.au

Service Description: Public Transport concession passes for visual impairment, ex-service personnel, full-time school and tertiary students. Doctor must fill in an Application Form. Administers passes & concessions as per Ministry of Transport Policy and Rail Corp procedures.

Hours: Mon-Fri 8:30am-4pm

Contact: Team Leader, TTY 1800 637 500

Disability Access (Ground floor access)

Tax Help Program

Phone: 132 861

Web: www.ato.gov.au

Service Description: Tax Help is a network of community volunteers who provide a free and confidential service to help people complete their tax returns at tax time. Suitable for people earning around \$50,000 or less a year with fairly straightforward tax affairs. Volunteers operate from 1 July until 31 October.

Hours: FROM JULY TO OCTOBER ONLY

Vision Impaired Person's Travel Permit

Phone: 02 9379 4441 **Fax:** 02 9379 4449

490 Pitt St, Sydney NSW 2000

Mail to: Passes and Concessions, PO Box K349, Haymarket NSW 1238

Email: passes&concessions@railcorp.nsw.gov.au

Web:

www.transport.nsw.gov.au/concessions/disabled-vision-impaired.html

Service Description: Entitles permanent residents of NSW or ACT (children aged 4+, adults) with significant vision impairment (and attendant possibly) to free travel on CityRail network, all local buses and government ferries throughout NSW and ACT; and half-fare on country trains. Guide Dogs and Assistance Dogs permitted on trains for vision or hearing impaired persons only; others must apply for permit. Application form on website.

Hours: Mon-Fri 8:30am-4pm

Welfare Rights Centre

Phone: 02 9211 5300 **Fax:** 02 9211 5268
102/55 Holt St, Surry Hills NSW 2010

Email: welfarerights@welfarerights.org.au

Web: www.welfarerights.org.au

Service Description: An independent community legal centre specialising in Social Security and Centrelink law, policy & administrative practice. Provides free information, advice and advocacy. Volunteers welcome to provide phone advice following training.

Hours: Office - Mon-Fri 9am-5pm; Advice - Mon, Wed, Thurs & Fri 9am-1pm; Tues 1-5pm

Contact: TTY 9211 0238 Toll free 1800 226 028

Disability Access (lift)

Home Help & Home Nursing Services

Attendant Care Program NSW

Phone: 02 9374 3612 **Fax:** 02 9374 3677
Level 5, 83 Clarence St, Sydney NSW 2000

Email: hnpacp@dhs.nsw.gov.au

Web: www.dadhc.nsw.gov.au

Service Description: Ageing, Disability and Home Care Attendant Care & Physical Disability Unit who are responsible for the administration of the Attendant Care Program and the high need pool, provides advice on how to apply, eligibility criteria and priorities. The Attendant Care program provides in-home support (up to 35 hrs per week) to people with physical disability (aged between 16-65 years) who, as a result of functional limitations, need assistance with personal care tasks (e.g. toileting, bathing, grooming, meal preparation and transfers).

Hours: Mon - Fri 9am - 5pm

Contact: Client Liason and System Support Officer (Attendant Care Program & Physical Disability)

Disability Access

Care Connect Ltd

See Page 6

Department of Human Services Eastern Sydney Home Care

Phone: 02 8347 6900 **Fax:** 02 9349 5181
Level 4, Gateway Building, 806-812 Anzac Pde,
Maroubra NSW 2035

Mail to: PO Box 1195, Maroubra NSW 2035

Email: mary.gurcsanyi@adhc.nsw.gov.au

Web: www.dhs.nsw.gov.au

Service Description: Provides help at home with general housework, personal care such as showering and dressing, and respite. Assists people with the greatest need and least resources.

Hours: 8:30am-4:30pm Mon-Fri

Disability Access (Ground Floor lift)

Dial-An-Angel Pty Ltd

Phone: 1300 721 111 **Fax:** 02 9362 4001
Suite 21, Edgecliff Mews, 201 New South Head
Rd, Edgecliff NSW 2027

Mail to: PO Box 543, Edgecliff NSW 2027

Email: edgecliff@dialanangel.com

Web: www.dialanangel.com

Service Description: Australia's only national in home family care. Live-in as well as Visiting Angels provide all home based services including housekeeping, chauffeuring, care taking, handyman work, gardening, pet care, home and corporate functions, childcare, supervised access assignments with the non-custodial parent, home nursing, elder care and 24 hour respite services. Dial an Angel has offices in Edgecliff, Lindfield, Penrith, Newcastle, the Central Coast, Wollongong and all over Australia.

Hours: Mon-Sat 8:30am-8:30pm, Sun 9am-6pm

Contact: Managing Director - 02 9362 4225 Head Office

Disability Access (disability access at Edgecliff office)

Independent Living Services Pty Ltd (ILS)

Phone: 02 9386 4363 **Fax:** 02 9386 4376

Mail to: PO Box 1780, Bondi Junction NSW 1355

Email: ilshelen@ihug.com.au

Service Description: Helps plan and organise an independent lifestyle for people with disabilities, older people, families in crisis and carers; works with community health and other professionals to assist integration into the community; employs and trains home assistants to meet the needs of people who wish to live independently. Offers 24 hour residential care in client's own home. Practical assistance includes personal care, respite care, home duties, overnight care, and recreation & social support. Specialises in Complex Care Services.

Hours: 24/7

Contact: Director

Silver Circle Home Support Services - NSW Office

Phone: 02 9281 5444 **Fax:** 02 9281 5570
Level 4, 80 Cooper St, Surry Hills NSW 2010
Mail to: PO Box 1925, Strawberry Hills NSW 2012
Email: care@silvercircle.com.au
Web: www.silvercircle.com.au

Service Description: Provides a range of services to support people to remain living at home independently, including housekeeping, personal care, transport, companionship, respite care, child care, home repair and modification and a personal alarm service. Service delivery is flexible, designed to meet individual needs, is cost competitive and can be integrated with other services and support. Suitable for: people with disabilities, older people, people recovering following hospitalisation, people with dementia, people with challenging behaviours, carers and families. Services include: Overnight care, 10 hour sleepover (GST exempt), Emergency Call out for attendance and first 2 hours of service (GST inclusive), use of vehicle for client service per km (GST inclusive and home maintenance (GST inclusive)

Hours: Office Mon-Fri 7.30am-5.30pm. Services can be delivered 24 hours a day, 7 days a week.

Contact: Home Safe (home maintenance and modifications) 1300 666 630, Home Alert (personal emergency monitoring) 1300 302 588

Home Library Services

Woollahra Library & Information Service - Home Library Service

See Page 5

Home Maintenance/Modification & Gardening

Care Connect Ltd

See Page 6

CRS Australia - Darlinghurst

See Page 12

Silver Circle Home Support Services - NSW Office

See Page 15

Meals

COA Sydney Incorporated

Phone: 02 9389 0035 **Fax:** 02 9369 3535
Jack Krygier Centre, 25 Rowe St, Woollahra NSW 2025

Email: coa@zip.com.au

Web: www.coasydney.org

Service Description: Arranging home support services including Kosher meals-on-wheels, personal care, practical home help and phone monitoring. Visits to the sick, frail and lonely at home, hospitals and nursing homes. Drop-in-centre offering activities and computer access Sunday to Friday. Light lunch or refreshments provided.

Transport Options: Train or bus to Bondi Junction Interchange, COA bus available by arrangement on Monday and Wednesday.

Hours: Mon-Thurs 9am-5pm, Fri 9am-1pm, Sun 2-5pm

Contact: Social Welfare Officer

Disability Access (Ramps, accessible toilets, hearing loops)

Waverley Council Meals on Wheels & Shopping Service

Phone: 02 9386 7977 **Fax:** 02 9389 7996
31-33 Spring St, Bondi Junction NSW 2022

Mail to: PO Box 9, Bondi Junction NSW 1355

Email: mow@waverley.nsw.gov.au

Service Description: Provision of a nutritionally balanced (chilled) meal delivered Mon - Fri. Weekly delivered frozen meals and a weekly internet shopping service.

Hours: Mon-Fri 8am-3:30pm

Disability Access (Ramps, lifts, disabled toilet)

Woollahra Meals on Wheels

See Page 5

Sexuality Counselling Services

Family Planning NSW

Phone: 1300 658 886 (Healthline) **Fax:** 02 8752 4392

328-336 Liverpool Rd, Ashfield NSW 2131

Email: healthline@fpnsw.org.au

Web: www.fpnsw.org.au

Service Description: Family Planning NSW is a state wide sexual and reproductive health service. Disability related services include. *Family Planning NSW Health Line-an information and referral telephone service staffed by experienced sexual and reproductive health clinical nurse specialists. *Family Planning NSW Health Website a comprehensive site including fact sheets. *Library - a service that can lend teaching resources and educational manuals. *Healthrites - a bookshop that offers a variety of teaching resources and reference material. *Professional Education - calendar based and customised workshops for service providers about issues in sexuality and disability. Provides clinical and education services including advice on and supply of all forms of contraception for men and women. Also provides pap tests, breast checks, pregnancy tests, help with menstrual problems and menopause, vasectomy referrals, checks and treatment for sexually transmitted infections and health promotion activities.

Hours: Mon-Fri 8:30am-5pm

Contact: Other phone: 02 8752 4316 (Office), 02 8752 4307 (Healthrites Book Shop) REGIONAL CONTACTS: Dubbo - 02 6885 1544 Newcastle - 02 4929 4485 Penrith - 02 4749 0500 Fairfield - 02 9754 1322

Disability Access (Adjustable examination beds.).

Spinal Cord Injuries Australia (SCIA) - Peer Support Program

See Page 12

Shopping and Home Delivery

COA Sydney Incorporated

See Page 15

Holdsworth Community Centre and Services

See Page 4

Silver Circle Home Support Services - NSW Office

See Page 15

Transport

City Rail Transport InfoLine

Phone: 131 500

Mail to: Ministry of Transport, GPO Box 1620, Sydney NSW 2001

Web: www.131500.info

Service Description: Can provide details of timetables Easy Access stations which are located throughout suburban and intercity centres. People with disabilities can telephone a station prior to travelling so that staff can be available to assist.

Hours: 24 x 7

Contact: Other phone: 1800 637 500 (TTY) non-English callers 131 230

Holdsworth Community Centre and Services - Community Transport

See Page 4

Irabina Association

See Page 10

Public Transport Timetables

Phone: 131 500

Mail to: GPO Box 1620, Sydney NSW 2001

Web: www.131500.com.au

Service Description: Bus, train & ferry timetables for the Sydney area.

Hours: 24 hours.

Contact: 1800 637 500 (TTY), 13 14 50 (Interpreter service)

Roads & Traffic Authority (RTA)

Phone: 13 22 13

Mail to: PO Box K198, Haymarket NSW 1238

Web: www.rta.nsw.gov.au

Service Description: Issues photograph licence-style cards for the Mobility Parking Scheme (MPS). MPS cards entitle the bearer to vehicular parking in places marked with the disability symbol. Other parking concessions are: No charge in metered, coupon or ticket parking area; more than 30 minute limited parking extended to unlimited; 30 minute parking extended to 2 hours; less than 30 minutes extended to 30 minutes. There are three types of card Individual (Blue) - valid for 5 years; Temporary (Red)- valid for 6 months with provision for one renewal of 6 months; Organisation (Green) - valid for 5 years. Minimum application age is 3 years old. Applicants must have a Doctor complete the medical certificate on the application form. Applicants must present at the RTA for the photograph unless an exemption is applied for with the RTA. Equivalent overseas Mobility Parking Scheme cards can be used in NSW.

Hours: Mon - Fri 8.30am-5pm . Sat 8.30am-Noon (ring for details of offices open on Saturday)

Contact: Application forms can be downloaded off the website (go to 'Publications, statistics and forms')

Disability Access (The following offices are wheelchair accessible: Bondi, Botany, Maroubra, Surry Hills)

South Sydney Community Transport

Phone: 02 9319 4439 **Fax:** 02 9319 4560

The Redfern Centre, 9 Ogden Lane, Redfern NSW 2016

Email: info@ssct.org.au

Web: www.ssct.org.au

Service Description: A community transport service for older persons and people with disabilities. Has a shopping service, health and related transport. Assisted shopping. Social outings. Weekend bus hire for community groups and transport information.

Hours: Mon-Fri 9am-5pm (office)

Contact: Manager

Disability Access (bus & van have wheel chair access, handrail, accessible toilets)

Taxi Transport Subsidy Scheme (TTSS)

Phone: 1800 623 724 **Fax:** 02 8836 3122

Level 5, 16-18 Wentworth St, Parramatta NSW 2124

Mail to: Locked Bag 5067, Parramatta NSW 2124

Email: ttss@transport.nsw.gov.au

Web: www.transport.nsw.gov.au/ttss

Service Description: Provides subsidised taxi travel at half the total metered fare up to \$60 for people who are unable to use public transport, due to their qualifying severe and permanent disabilities.

Central booking service for wheelchair accessible vehicles 02 8332 0200 or 1800 043 187.

Application forms available from NSW Transport and Infrastructure offices, most medical facilities, community transport groups or can be downloaded from website. Doctor's certification necessary.

Hours: 8.30am-4.30pm Mon-Fri

Contact: Complaints 1800 648 478

Wheelchair Accessible Taxis

Phone: 02 8332 0200, 1800 043 187 **Fax:** 02 9020 2350

9-13 O'Riordan St, Alexandria NSW 2015

Mail to: Locked Bag 8000, Strawberry Hills NSW 2012

Email: zero200_info@zero200.com.au

Web: www.zero200.com.au

Service Description: This is the central booking office for all private and fleet operated wheelchair accessible cabs, and covers the entire Sydney Metro area. When calling advise wheelchair type and number of passengers so that correct type of cab can be booked. Complaints about taxi service 1800 648 478. Residents of Newcastle, Wollongong and country NSW can book wheelchair taxis through local operator.

Hours: 24 hours per day, 365 days a year

Contact: Operations Supervisor: 02 9020 2347.

Disability Access (flashcab passenger vans, Tarago buses)

Respite Care

Adult Day Care

Day Centre, War Memorial Hospital

Phone: 02 9369 0361 **Fax:** 02 9369 0333

War Memorial Hospital, 125 Birrell St, Waverley NSW 2024

Email: jodirobertson@sesiahs.health.nsw.gov.au

Service Description: Provides two groups of day care services each day. Up to 12 frail aged clients, and up to 12 with mild confusion. Clients usually attend 1 day per week. CALD groups are run every Monday. In both cases, activities are social, recreational and outings. Lunch, morning and afternoon tea are provided. The memory loss group runs on Saturday and Sunday.

Hours: Mon-Fri 8:30am-4:30pm. Sat & Sun 9:30am - 4pm. Closed for 2 weeks over Christmas.

Contact: Manager Ph. 02 9369 0263

Disability Access (wheelchair access, accessible toilets)

Miroma

Phone: 02 9337 5167 **Fax:** 02 9337 1521

8 Village High Rd, Vaucluse NSW 2030

Email: enquiries@miroma.org

Web: www.miroma.org

Service Description: Provides day programs - artistic, cultural, independent living and supported employment. The centre is based on principles first developed by Rudolf Steiner. Clients can attend on a full or part time basis.

Hours: Mon-Fri 9am-3pm

Contact: Executive Officer

Disability Access (Access into ground floor and toilets)

The Benevolent Society

Phone: 02 9339 8000 **Fax:** 02 9360 2319

Paddington House, Level 1, 188 Oxford St, Paddington NSW 2021

Mail to: PO Box 171, Paddington NSW 2021

Email: mailben@bensoc.org.au

Web: www.bensoc.org.au

Service Description: The Benevolent Society has been initiating social change since 1813. Their mission is to anticipate changing social needs and drive innovative and effective responses in communities. Their core programs focus on ageing, children, women's health and social leadership.

Hours: Mon-Fri 9am-5pm

Contact: Donations (toll free) 1800 819 633

Disability Access (lift, accessible toilet)

The Burger Centre

Phone: 02 8345 9147 **Fax:** 02 8345 9226

120 King St, Randwick NSW 2031

Email: suzip@burgercentre.com.au

Web: www.burgercentre.com.au

Service Description: Provides a range of day care programs for frail and disabled Jewish members of the community. Non-Jewish people are also welcome. Daily programs include exercise, speakers, performances, excursions, games and art therapy activities. A Positive Ageing Program comprising of tai chi, hydrotherapy and strength & balance is also run at the centre. There is a Russian Speaking Program held each Wednesday and people from Waterloo, Surry Hills and Redfern are transported to the centre for this. Dementia specific programs are available. There are also Living with Memory Loss programs in conjunction with Alzheimers Australia. Kosher meals are provided, as well as morning tea. Special dietary needs can be catered for. The Centre bus picks up members who live in City of Sydney, Randwick, Waverley, Woollahra and Botany LGAs.

Hours: 9am-4pm

Contact: For new referrals and head office phone 1300 133 660

Children Day Care

Gardiner Child Care Centre

Phone: 02 9387 1252 **Fax:** 02 9389 2612

6 Gardiner St, Bondi Junction NSW 2022

Email: gardinerc@waverley.nsw.gov.au

Service Description: Long day care centre for 56 children aged from 6 months to five years (16 places for under 2's) Caters to children with additional needs and children from Non-English speaking backgrounds. Hot meal served at lunch time. Snacks and drinks provided.

Hours: Mon-Fri 8am-6pm

Contact: Director

Disability Access (Ramp but no accessible toilet)

Karitane Randwick Family Care Cottage

Phone: 02 9399 6999 **Fax:** 02 9399 8510

146 Avoca St, Randwick NSW 2031

Mail to: PO Box 241, Villawood NSW 2163

Web: www.karitane.com.au

Service Description: Day service which provides support and education for families with children aged from 0-5 years. Caters for families with special needs. Volunteers sought. Varied programs including: post natal depression, sleep and settling education, emotional and psychological difficulties, toddler and sibling management, lactation.

Registered nurses specialising in child and family health and enrolled mothercraft nurses, psychologists and clinical psychologists. Closed 2 weeks over Christmas and New Year.

Hours: 8am-4.30pm Mon to Fri

Contact: Karitane Care Line 24hr Counselling: 1300 CARING (227464)

Disability Access

KU Peter Pan Preschool

Phone: 02 9331 8411 **Fax:** 02 9331 8426

2 Union St, Paddington NSW 2021

Email: ku.peterpanpaddington@ku.com.au

Web: www.ku.com.au

Service Description: KU Peter Pan Preschool Paddington offers an educational program for children aged 3-5 years of age. The Preschool offers support for children and families with additional needs. Please speak to the centre Director for more information regarding your needs. Children can attend for a maximum of three days per week. The centre accepts wait-list applications from birth. Wait list applications can be emailed, posted or collected in person from the centre.

Hours: Mon-Fri 9am-3pm (Closed during school holidays)

Contact: Director

Disability Access (Wheelchair accessible)

SOS Pre-School

Phone: 02 9665 7951 **Fax:** 02 9665 7951

25 Munda St, Randwick NSW 2031

Email: admin@sospreschool.com.au

Service Description: Extended pre-school with 46 children attending daily. Special needs children are integrated into the program as much as possible, and the program features a constant multicultural perspective. Picture board communication system used.

Hours: Mon-Fri 8:30am-4:30pm

Disability Access (Wheelchair accessible including ramps & toilets)

The Spastic Centre of NSW, The Metropolitan Clinic - Castle Hill Respite Centre

Phone: 02 9899 3373 **Fax:** 9899 8296

3 Belvedere Ave, Castle Hill NSW 2154

Web: www.thespasticcentre.org.au

Service Description: Provides centre based respite services to school aged children aged 10-18 who have cerebral palsy or related conditions.

Hours: Various including 24 hour care.

Disability Access (Fully accessible)

Waterford Pre-School

Phone: 02 9389 2094 **Fax:** 02 9369 4870

44 Henrietta St, Waverley NSW 2024

Email: scassell@waverley.nsw.edu.au

Service Description: Pre-school program for children in their year before school: either 3 day or 2 day groups, 3 trained staff provide an educational and developmentally based program. Integration of special needs children. Special needs teacher employed part time. Child brings own lunch.

Hours: Mon-Fri 8:30am-3:30pm

Contact: Director Sue Cassell

Disability Access

Wee Care 2 Childcare Centre

Phone: 02 9389 8228

2 St Mary's Ave, Bondi Junction NSW 2022

Email: weecare@zeta.org.au

Service Description: A long day care centre providing child focussed, developmentally appropriate individualised programmes for all children from 2 years. The programme caters for all children, gifted, talented and special needs. The programme is based on the interests of the children using an investigation and project approach. Child brings own lunch, centre provides morning and afternoon tea. Special pre-instrumental music program

Hours: Mon-Fri 8am-5pm

Contact: Licensee Authorised Supervisor Ruth Weinstein

Disability Access

Wee Care Kindergarten

Phone: 02 9389 4993 **Fax:** 02 9389 4302

7 St Mary's Ave, Bondi Junction NSW 2022

Email: weecare@zeta.org.au

Service Description: A long day care centre providing a child focused, developmentally appropriate program for all children including gifted, talented and special needs children; Pre-school programme based on an interest based, investigative, project approach. Special pre-instrumental music programme. Child brings own lunch, morning tea and afternoon tea provided.

Hours: Mon-Fri 8:30am-4:30pm

Contact: Director: Ruth Weinstein

Disability Access

Respite Care Services

Ageing, Disability & Home Care (DADHC) - Metro South -

Accommodation & Respite

Phone: 02 9310 6300 **Fax:** 02 9310 6388

Level 3, suite 3, 61 Dunning Ave, Rosebery NSW 2018

Web: www.dadhc.nsw.gov.au

Service Description: This includes delivery of a range of community support services, respite care for children and adults, case management services, therapy services, supported accommodation for adults as well as early intervention services for babies and young children who have a developmental delay.

Hours: Mon-Fri 9am-5pm

Contact: Accommodation and Respite Manager

Disability Access (wheelchair access, lift, accessible toilets)

Community Care Eastern Sydney

Phone: 02 9365 6122 **Fax:** 02 9365 6628

Mail to: Scarba House, 24a Ocean St, North Bondi NSW 2026

Web: www.bensoc.org.au

Service Description: Staff case manage a range of community services for people with complex care needs to prevent premature entry into residential facilities. Services can include home nursing, respite, home maintenance, home help, personal care and meal services. EACH and CACP also provided. Ongoing support from staff.

Hours: Mon-Fri 8am-5pm (office) On-Call service available

Dial-An-Angel Pty Ltd

See Page 14

Eastern Respite & Recreation (ER&R)

Phone: 02 8347 7000 **Fax:** 02 8349 4800

Level 6, Suite 602, 806-812 Anzac Pde, Maroubra NSW 2035

Mail to: Po Box 685, Maroubra NSW 2035

Email: err@easternrespite.com.au

Web: www.easternrespite.com.au

Service Description: ER&R is a not-for-profit community based organisation that provides day program and respite and recreation services to people with disability that live in Sydney's eastern suburbs. Programs include: weekend group activities, holiday programs, after school care, one to one flexible respite packages and day programs including community participation, transition to work, active ageing and Life choices.

Hours: Mon-Fri 9am-5pm. (Office)

Disability Access (level street access, lift, accessible toilet on ground floor).

Elizabeth Lodge

Phone: 02 9361 3967 **Fax:** 02 9361 0930

46 Bayswater Rd, Rushcutters Bay NSW 2011

Email: elizabeth_lodge@arv.org.au

Web: www.arv.org.au

Service Description: A 127 room hostel, each room with own bathroom, in a multi-storey building, offering permanent accommodation for frail elderly people with 24 hour nursing staff. There is a small garden outside and various common sitting rooms. Rooms available for respite care, for up to 9 weeks per financial year.

Hours: Mon-Fri 8am - 5pm

Disability Access (Wheelchair access and a lift)

Estia Foundation of Australia (ESTIA)

Phone: 02 9816 1859 **Fax:** 02 9879 4199

20 Wharf Rd, Gladesville NSW 2111

Mail to: PO Box 17, Gladesville NSW 2111

Email: admin@estia.org.au

Web: www.estia.org.au

Service Description: Temporary accommodation for adults from 18 years old with disabilities. Qualified and enthusiastic team workers provide a variety of organised recreational activities. Home cooked meals provided by a cook. Flexible respite periods from minimum 3 days to maximum 5 weeks.

Respite has five beds. The service is not able to provide nursing care.

Hours: Mon-Fri 10am-4pm

Disability Access (Ramps, Toilets)

Gemhill Cottage

Phone: 02 9634 7531 **Fax:** 02 9899 8954

28 Carrington Rd, Castle Hill NSW 2154

Mail to: PO Box 947, Baulkham Hills NSW 1755

Email: gemhill@nwds.org.au

Web: www.nwds.org.au

Service Description: Residential respite care for adults with an acquired brain injury.

Hours: Office Mon-Fri 9am-3pm, Residential Care - 24 hours

Contact: Co-ordinator

Disability Access (Full disabled access)

Home Care Service of NSW, Inner West Metro Branch

Phone: 1800 350 792 (referrals), 02 9744 3955

(branch) **Fax:** 02 9744 6938

Level 2, 4 Railway Pde, Burwood NSW 2134

Mail to: PO Box 1316, Burwood NSW 1805

Email: lourice.nicholls@dadhc.nsw.gov.au

Web: www.dadhc.nsw.gov.au

Service Description: Provides practical support to people who are frail aged, young and disabled and their carers. These services include domestic assistance, personal care and respite. Referrals are made to our central Referral and Assessment Centre who then assess peoples eligibility and do an assessment. If service is to be provided the branch will then organise it.

Hours: Mon-Fri 8.30am-4.30pm

Contact: Lourice Nicholls - Manager

Disability Access (Ramp access to building from the street and lifts inside).

Independent Living Services Pty Ltd (ILS)

See Page 14

Jewish Care Disability Services

Phone: 02 8305 8000 **Fax:** 02 8305 8080

Level 3, Leyland House, 332-342 Oxford St, Bondi Junction NSW 2022

Email: firstcall@jewishcare.com.au

Web: www.jewishcare.com.au

Service Description: Jewish care has a range of disability services including supported accommodation, supported employment, good companions (recreational program), Social Work support and holiday support.

Hours: Mon-Thu 9am-5pm, Fri 9am-4pm; closed Jewish High Holy days

Contact: 1300 133 660

Disability Access (Ramp and lift available by arrangement).

St Luke's Home Care

Phone: 02 9356 0305 **Fax:** 02 9380 2703

Mail to: PO Box 35, Potts Point NSW 2011

Email: homecare@slc.org.au

Web: www.slc.org.au

Service Description: Provides support to eligible frail aged people to remain living in their own homes. Runs four programs:

1. Community Aged Care Package (CACP), lower level care.
2. National Respite for Carer Program (NRCP), Specifically for Dementia Carers.
3. Extended Aged Care Home (EACH), higher care with higher care hours.
4. Extended Aged Care Home Dementia (EACHD).

Hours: Mon-Fri 8am-5pm

Contact: Coordinator

Sunnyfield - Eastern Suburbs

Respite in Action

Phone: 02 9564 7752 **Fax:** 02 9315 5834
Unit 9, 102 - 112 Edinburgh Rd, Marrickville NSW
2204

Mail to: PO Box 786, Matraville NSW 2036

Email: m.ross@sunnyfield.org.au

Web: www.sunnyfield.orh.au

Service Description: Respite service for people with disabilities aged between 0-65 years living at home with family/carer in Eastern Suburbs, (not in residential facilities). Priority is given to people with disabilities living with a carer who is frail or aged; where the family support structure is at risk of breaking down, limited or non-existent; families who are isolated socially or geographically; or families who are financially disadvantaged.

Successful applicants will receive a package of funding which provides flexible support tailored to meet the needs of people with a disability and their family/carers. Services commence first week of July.

Hours: Mon-Fri 9am-4.30pm

Contact: Melinda Ross (Manager)

The Benevolent Society

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The Spastic Centre of NSW, The Metropolitan Clinic - Castle Hill Respite Centre

See Page 19

Volunteer Home Visiting - Inner West

Phone: 02 9310 5885 **Fax:** 02 9310 5966
217-219 Pitt St, Waterloo NSW 2017

Mail to: Inner West Volunteer Home Visiting
Service, PO Box 3104, Redfern NSW 2016

Email: savoym@bensoc.org.au

Web: www.bensoc.org.au

Service Description: Support for families experiencing additional stresses around the birth of a new baby and young children. This may be due to isolation, a disability in the family, multiple births or difficulty accessing services because of a culturally and linguistically diverse background. Trained volunteers visit families for two hours per week for up to 12 months. Volunteers provide general support and talk through parenting issues with families.

Hours: Mon - Fri 9am - 5pm for information

Contact: Inner West Co-ordinator Savoy
Martenstyn

Accommodation

Ageing, Disability & Home Care (DADHC) - Metro South - Accommodation & Respite

See Page 20

B. Miles Women's Foundation

Phone: 02 9317 0400 **Fax:** 02 9317 4800

345 Gardeners Rd, Rosebery NSW 2018

Email: zed@bmiles.org.au

Web: www.bmiles.org.au

Service Description: Offers supported accommodation and some independent living. Provides medium term accommodation for 3 to 18 months for women who have a mental illness/disorder without accompanying children (must have clinical support in place). 26 places in houses in Eastern Sydney and Inner West. All houses are fully furnished, with telephone.

Hours: Mon-Fri 9am-5pm

Contact: Coordinator

Disability Access (have one accessible house in Waverley)

City Women's Hostel

Phone: 02 9360 4881 **Fax:** 02 9360 7369

Mail to: PO Box 1132, Darlinghurst NSW 2010

Email: citywomenshostel@iprimus.com.au

Web: www.citywomenshostel.com.au

Service Description: Refuge for homeless women or women at risk of homelessness with a mental illness. Crisis accommodation with case management. Case management offered to assist women in finding long term safe and secure housing.

Hours: 24 hours 7 days per week

Contact: Manager (Kate Timmins)

Independent Living Services Pty Ltd (ILS)

See Page 14

Spinal Cord Injuries Australia (SCIA)

See Page 9

Waverley Community Living Program (WCLP)

Phone: 02 9386 7999 **Fax:** 02 9389 2612

1st Floor, Mill Hill Centre, 31-33 Spring St, Bondi Junction NSW 2022

Mail to: PO Box 9, Bondi Junction NSW 1355

Email: waver@waverley.nsw.gov.au

Web:

www.waverley.nsw.gov.au/commservices/disability/wclp.asp

Service Description: The Waverley Community Living Program (WCLP) provides time-limited, subsidised rental accommodation, independent living skills training and 'transition' support for people with a mild intellectual disability, to help them to move towards independent living within the Waverley community. The program assists people in developing competence in decision-making and problem-solving to enable them to maintain a tenancy, sustain employment or training commitments and build and maintain personal relationships. This is achieved by working with our clients in: Accommodation & transition planning; Case management; Life skills training & assessment and Networking & community access.

Hours: Mon-Fri 9am-5pm

Contact: Coordinator - Alisa Carpenter direct 02 9386 7933

Disability Access (Ramps, accessible toilets)

Disability Aids

Independent Living Centre NSW (ILC)

Phone: 1300 885 886 (info line) **Fax:** 02 9890 0966

1 Fennell St, Parramatta NSW 2150

Email: help@ilcnsw.asn.au

Web: www.ilcnsw.asn.au

Service Description: Provides free information, advice, and comprehensive display (no sale or hire) of commercially available equipment and products, building design and access requirements for NSW people with disabilities. Call or make an appointment for advice or equipment. User can try products at the centre before purchase. Website has product database, list of second hand equipment, guides (e.g. home design, falls prevention), training news, assistive technology database, links. Also has Medico Legal Consultancy and ILC Access for people with disabilities. Will do community talks and group tours of assistive technology products / services.

Hours: Mon-Fri 9am-5pm. Make appointment for occupational therapist

Contact: Reception 02 9890 0940. ILC Infoline or ILC Client Services Manager

Disability Access (Ramped access, toilets with wheelchair access inside the centre)

Independent Living Services Pty Ltd (ILS)

See Page 14

Night N Day Comfort - Minappi

Phone: 02 9531 2011 **Fax:** 02 9531 2025

Unit 17, 65-75 Captain Cook Drive, Caringbah NSW 2229

Email: sales@nightnday-minappi.com.au

Web: www.nightnday-minappi.com.au

Service Description: Australian manufactures of re-usable, washable, absorbent undergarments and incontinence products. Products include pads, pull-ups, leg-bag strap holders, waterproof containment swimmer pants for the pool, bed linen, and all in one garments and products for children. Products are made from the highest quality hospital grade materials and are strong, waterproof and "breathe" for user comfort. Products can offer a 75% savings over a year as compared to similar disposable products (as trailed at the Mount Druitt Hospital using non-reusable and reusable products over a 12 month period). Also tailor products for client. Accessible showroom. Door-to-door delivery can be arranged. Website lists useful publications.

Hours: Mon-Fri 9am-4pm. Please ring prior to visiting if visiting showroom.

Disability Access (fully accessible including toilet)

Optek Systems

Phone: 02 9680 0600 **Fax:** 02 9680 0611

Mail to: PO Box 277, Rydalmere NSW 1701

Email: opteksystems@bigpond.com

Web: www.opteksystems.com.au

Service Description: Supplier of electronic adaptive technology for people with sensory and physical disabilities, including screen magnifiers and readers, Braille software and equipment, mobile phone access. Home demonstrations by appointment. Repair and service. Product list in print or via JAWS.

Hours: Mon-Fri 9am-5pm

Contact: Mobile 0409 228 941

Premier Prosthetics and Orthotics Pty Ltd

Phone: 02 9649 4177 **Fax:** 02 9649 8421
The Sydney Business and Technology Centre, 52/2
Railway Pde, Lidcombe NSW 2141
Email: vincepremier@bigpond.com.au
Web: www.premierprosthetics.com.au
Service Description: Provides clinical assessment and manufactures artificial limbs (prosthetic and orthotic devices).
Hours: 7:30am-4pm Mon-Fri
Contact: Vince Buckley, Manager
Disability Access (Parking, access & toilet)

Prince of Wales Hospital - Northern Sector Equipment Service

Phone: 02 9382 8245 **Fax:** 02 9382 8102
Mail to: Catherine Hayes Building 12, Prince of Wales Hospital Barker St, Randwick NSW 2031
Service Description: On referral from hospital or community health team staff, provides the loan of items such as bath seats, walking frames, wheelchairs etc to people with disability for a period of 3 months free of charge. For long term use of equipment, people are advised to purchase equipment or, if eligible, to apply for funding through the ENABLE Items are collected and delivered by courier service.
Hours: Mon-Fri 8am-4:00pm; closed 12pm-1pm
Contact: Co-ordinators

Quantum Reading Learning and Vision

Phone: 02 9479 3100 **Fax:** 02 9875 1646
1/2 Pioneer Avenue, Thornleigh NSW 2120
Mail to: PO Box 612, Pennant Hills NSW 1715
Email: info@quantumrlv.com.au
Web: www.quantumrlv.com.au
Service Description: Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers, book readers, electronic magnification units, portable note takers, tactile graphics makers and the Mountbatten Braille. Equipment demonstrations available in-store and in-home. Home delivery and trial options available.
Hours: Mon-Fri 8:30am-5pm
Contact: Software Priority Support Line Ph. 1300 791 777
Disability Access (Ground level)

TAD Disability Services NSW

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: info@tadnsw.org.au
Web: www.tadnsw.org.au
Service Description: A voluntary organisation provides: 1. Custom Designed Aids Service (CDA). Technicians (engineers, tradesmen etc) design and construct aids for people with disabilities in NSW, and modify existing commercial items to suit individual needs. 2. George Winston Library and Information Service assists volunteers, people with disabilities, carers, students, rehabilitation staff to find information on technology applied to help people with disabilities. Lending library. 3. TAD Computer Support Service recycles computers and ancillary equipment, then sells to eligible clients. 4. Freedom Wheel customised bike program.
Hours: Mon-Fri 9am-5pm
Contact: Public Relations Officer
Disability Access (Accessible)

Early Intervention & Child Development

Early Childhood Intervention Australia (NSW Chapter) Inc

Phone: 02 9873 2593 **Fax:** 02 9872 8251
D Block, 361-365 North Rocks Rd, North Rocks NSW 2151

Mail to: PO Box 4752, North Rocks NSW 2151

Email: admin@ecia-nsw.org.au

Web: www.ecia-nsw.org.au

Service Description: Professional and parental support and information service for early childhood intervention workers.

Hours: Mon-Fri 9am-5pm

Contact: Administrative Officer

EASIA (EASing Into Academics) Clinic

Phone: 02 9888 3717 **Fax:** 02 9888 1475
Suite 2.05, Level 2, 56 Delhi Rd, Nth Ryde NSW 2113

Mail to: PO Box 357, Balmain NSW 2041

Email: admin@easia.org.au

Service Description: Provides academic assessment and intervention services for children with or without disabilities from 4 years of age.

Hours: By appointment

Disability Access (Parking, lift, toilet)

Learning Links (Sydney metropolitan area)

Phone: 02 8568 8200 **Fax:** 02 9570 4788
10 Railway Pde, Penshurst NSW 2222

Email: mail@learninglinks.org.au

Web: www.learninglinks.org.au

Service Description: A charity and non-profit organisation offering information, support and specialist services for children who have difficulty learning and their families. Services include comprehensive assessments; early childhood intervention; an inclusive preschool; enhanced learning classes for school age children experiencing difficulties with literacy and numeracy; occupational and physiotherapy; family counselling and professional development.

Services are available from six Sydney metropolitan branches in Peakhurst, Penshurst, Fairfield, Miller, Dee Why (moving to Brookvale) and Randwick (moving to Kingsford). Programs in country & metropolitan NSW for children who have been seriously ill and as a result missed a lot of school.

Hours: Mon-Fri 9am-5pm (office). Some services out of hours.

Contact: Chief Executive Officer

Disability Access (varies according to location)

The Benevolent Society

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Wairoa School for Specific Purposes (SSP)

Phone: 02 9300 9579 **Fax:** 02 9130 4867
Brighton Blvd, North Bondi NSW 2026

Email: Wairoa-s.school@det.nsw.edu.au

Web: www.wairoa-s.schools.nsw.edu.au

Service Description: Provides an Educational service, Early intervention, Integration programs, Vocational training programs, Community living skills programs and Transition programs for children with disability where the primary disability is intellectual.

Hours: Mon-Fri 9am-3pm

Contact: Principal, Assistant Principal

Disability Access (Ramps and toilets)

Employment & Education

Education

Australian Tomatis Method

Phone: 02 9326 1650 **Fax:** 02 9362 5022
Suite 303, 203-233 New South Head Rd, Edgecliff
NSW 2027

Mail to: PO Box 849, Edgecliff NSW 2027

Email: info@tomatis.com.au

Web: www.tomatis.com.au

Service Description: Auditory processing therapy using sound to exercise the whole ear, to assist children and adults with learning difficulties, motor skill and emotional problems. Developed in France in 1940s. Also teach English, Spanish, French. Open house on Thur 6.00pm once a month. Free but booking essential. Director is registered psychologist, Tomatis Trainer, and Certified Tomatis Consultant.

Hours: Mon-Fri 11am-7pm school days.
9.30am-6pm on school holidays.

Contact: Alternative no: 1800 677 010 Director
www.solisten.com.au

Disability Access (Building is accessible including wheelchair accessible toilet)

Junction House Inc

Phone: 02 9389 2689 **Fax:** 02 9389 0836
95 Carrington Rd, Waverley NSW 2024

Email: junctionhouse@iprimus.com.au

Service Description: Junction House is a 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 music, cooking, fitness, craft, photography and a craft and activity program for seniors. Drama & dance on alternate terms. Social groups include - Friday Day Group, Carrington Group, and Souths Group. Most activities take place at night or weekends. TV, video, computers, and kitchen available. Enquiries welcome from students doing community service, work experience or field placement with young adults with intellectual disability in skills classes, social groups, camps (expenses paid), or arts groups.

Hours: Mon - Fri 9.30am - 5.30pm.

Contact: manager

Disability Access (Ramps & toilet on ground level)

Sensory Impairment Program

Phone: 02 9568 8209 **Fax:** 02 9568 8470

38-40 Renwick St, Leichhardt NSW 2040

Mail to: c/- Catholic Education Office, PO Box
217, Leichhardt NSW 2040

Email: michele.cutrupi@ceosyd.catholic.edu.au

Web: www.ceosyd.catholic.edu.au

Service Description: Itinerant Support service for students (5 to 18 years of age) with a hearing or vision impairment integrated into Catholic schools within the Archdiocese of Sydney.

Hours: Mon-Fri 8:45am-4:45pm (during school terms)

Contact: Co-ordinator: Sensory Impairment Program

Disability Access (Lift, toilet)

St George School

Phone: 02 9588 2400 **Fax:** 02 9588 5008

2a Marshall St, Kogarah NSW 2217

Email: stgeorge-s.school@det.nsw.edu.au

Web: www.stgeorge-s.schools.nsw.edu.au

Service Description: A special school catering for students who are both physically and intellectually disabled. Has educational programs with an emphasis on independent living skills, leisure programs, academic programs, vocational programs, communication skills, physical management, social skills, behaviour management and hydrotherapy.

Hours: Mon-Fri 9am-3:15pm during school terms only

Contact: Principal

Disability Access (fully accessible)

TAFE Intellectual Disabilities Unit, Eastern Region

Phone: 02 9469 8537 **Fax:** 02 9469 8643
Room A125, Building A, Cnr Darley Rd & King St,
Randwick NSW 2031

Email: lynn.koepl@tafensw.edu.au

Web: www.tafensw.edu.au

Service Description: Teachers/Consultants help by providing information on courses, enrolment advice and assistance, fee exemption assistance, advice on financial support, information on support staff, services and adaptive equipment as well as information on other TAFE and Community Services. Flexible attendance, tutors, pre enrolment assistance, note-takers, interpreters for deaf/hearing impaired, exam support, access and mobility, distance education. Once enrolled, students work with the teacher/consultant to develop their Learner Support Plan. Offers modified access courses for people with intellectual disability.

Hours: Mon-Fri 9am-5pm

Contact: Teacher/Consultant for Intellectual disabilities; Admin/Education Support Ph: 02 9469 8665; TTY Ph: 02 9469 8657

Disability Access (Lift, wheelchair accessible toilets)

Wairoa School for Specific Purposes (SSP)

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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 9am-5pm

Disability Access

Waverley Community Living Program (WCLP)

See Page 23

Special Education (Children)

Alice Betteridge School

Phone: 02 9872 0291 **Fax:** 02 9872 7981
361-365 North Rocks Rd, North Rocks NSW 2151

Mail to: Private Bag 29, Parramatta NSW 2124

Email: abs@ridbc.org.au

Web: www.ridbc.org.au

Service Description: Provides individually designed educational programs for students with combined sensory and moderate intellectual disabilities.

Hours: Mon-Fri 9am-5pm

Contact: Principal Jacqueline Cashmore

Disability Access (Parking, toilets)

East Sydney High School

Phone: 02 9361 3285 **Fax:** 02 9332 2769

75 William St, Darlinghurst NSW 2010

Email: thestaff@eshigh.com

Web: www.eshigh.com

Service Description: A small independent inner-city school which caters for students in years 9 and 10 who have had difficulty coping with the mainstream education system. The school aims to provide a safe and supportive learning environment which stresses the importance of mutual respect and tolerance.

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

Contact: Principal

Karonga School for Specific Purposes

Phone: 02 9868 1922, 02 9868 1920 **Fax:** 02 9869 1637

Karonga Cl (off Dent St), Epping NSW 2121

Email: karonga-s.school@det.nsw.edu.au

Web: www.karonga.mrpc.net

Service Description: Caters for students with moderate to severe intellectual and physical disabilities. The school has approximately 65 students.

Hours: Mon-Fri 9am-3pm

Contact: Sue Dennett, Principal

Disability Access (ramps, accessible toilets)

KU Early Learning Inclusion Team

Phone: 02 9268 3917 **Fax:** 02 9267 0784
129 York St, Sydney NSW 2000

Mail to: Box Q132, QVB Post Office, Queen Victoria Building NSW 1230

Email: pam.macrossan@ku.com.au

Web: www.ku.com.au

Service Description: Provides consultancy support and resources for children with additional needs. Includes children from Aboriginal or Torres Strait Islander backgrounds, from Culturally and Linguistically Diverse (CALD) backgrounds, gifted children and children with disabilities or challenging behaviours who are enrolled in KU services.

Hours: Mon-Fri 8:30am-5pm

Contact: Other phone: 02 9268 3921

Disability Access (Lift)

MUSEC School for Children with Special Learning Needs

Phone: 02 9850 8691 **Fax:** 02 9850 8254

Building X5A, Special Education Centre, Balaclava Rd, Macquarie University NSW 2109

Email: reception@speced.sed.mq.edu.au

Web: www.musec.mq.edu.au/co_school.aspx

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

Hours: Mon-Fri 8:30am-2:45pm

Contact: Other phone: 02 9850 9697 Business Manager

Disability Access

NSW Dept of Education & Training - Disability Programs - North Eastern Zone, Sydney Region

Phone: 02 9298 6922, 02 9298 6900 **Fax:** 02 9298 6940

5 Wellington St, Bondi NSW 2026

Email: janine.mcdermott@det.nsw.edu.au

Web: www.det.nsw.edu.au

Service Description: The Disability Programs Consultant works in partnership with parents and the learning support team to determine the most appropriate option to meet the needs of children with an identified disability and identify the resources available to support the child's enrolment and to arrange access to services as required. Students with disabilities can be enrolled in regular classes with additional support, in a support class in a regular school or in a special school. An appraisal of the child's needs is firstly undertaken by the learning support team and coordinated by the school where enrolment is sought in a regular class. Where the learning support team believes that the level of support requires alternative enrolment options, support class or special school, the Disability Programs Consultant will negotiate enrolment options with parent and current school. Private schools are not included in this program.

Hours: Mon-Fri 8.30am-4.30pm

St Edmund's School

Phone: 02 9487 1044 **Fax:** 02 9489 0069

60 Burns Rd, Wahroonga NSW 2076

Mail to: PO Box 582, Wahroonga NSW 2076

Email: secretary@stedmunds.nsw.edu.au

Web: www.stedmunds.nsw.edu.au

Service Description: Co-educational special school which provides secondary education for students with vision impairment and other special needs. Offers programs of study from Year 7-10 and Life Skills Programs incorporating preparation for careers and the work force to Year 12.

Hours: Mon-Fri 8:30am-3pm (school terms)

Contact: Kathy Freeman, Principal

Disability Access (ramp, accessible toilets)

St Gabriel's School

Phone: 02 9634 2367 **Fax:** 02 9634 2610
190 Old Northern Rd, Castle Hill NSW 2154
Mail to: PO Box 6126, Baulkham Hills BC NSW 2153

Email: office@stgabriels.nsw.edu.au

Web: www.stgabriels.nsw.edu.au

Service Description: In the tradition of Edmund Rice, St Gabriel's exists to provide a caring and challenging specialised education for children with hearing impairment and other special needs through focusing on language development, literacy, numeracy and social skills. St Gabriel's provides a registered and accredited kindergarten to year six school and currently year 8 - 10 learning support centre located at Gilroy College providing a full secondary curriculum to secondary aged students with hearing impairment.

Hours: Mon-Fri 8:30am-3:30pm

Contact: Principal

Disability Access (Ground floor access)

St Lucy's School

Phone: 02 9487 1277 **Fax:** 02 9989 8056
21 Cleveland St, Wahroonga NSW 2076

Email: reception@stlucys.nsw.edu.au

Web: www.stlucys.nsw.edu.au

Service Description: An independent, specialist Catholic School and community reaching out to children with disabilities. Provides an educational experience which caters for individual needs and differences within a caring and supportive atmosphere.

Hours: Mon-Fri 8:30am-4pm

Contact: Jo Karaolis, Principal

Disability Access (ramps, accessible toilet)

Wairoa School for Specific Purposes (SSP)

See Page 26

Warrah Society

See Page 28

William Rose School

Phone: 02 9838 4893 **Fax:** 02 9838 4873
1 Morris St, Seven Hills NSW 2147
Mail to: PO Box 8035, Seven Hills West NSW 2147

Email: williamros-s.admin@det.nsw.edu.au

Web: www.williamros-s.schools.nsw.edu.au

Service Description: School for children with vision impairment, hearing impairment and complex disabilities.

Hours: Mon-Fri 8:30am-3pm (School terms)

Contact: Administration Manager

Disability Access (Parking, ramps, toilets)

Employment

121 Employment

Phone: 1300 372 121 **Fax:** 02 9708 1693
Mail to: PO Box 3124, Bankstown NSW 2200

Email: serviceaccess@dsa.org.au

Web: www.dsa.org.au

Service Description: Disability Employment Services (DES) programme that assists people with disability and people with mental health issues to choose, find and maintain employment in the open workforce. Suitable for Jobseekers receiving DSP, Newstart, Youth and Parenting Payments who live in the Greater Sydney area. Offices in Redfern, Campbelltown, Auburn, Bankstown, Blacktown and Sutherland.

Hours: Mon-Fri 9am-5pm

Contact: Service Access Team

Disability Access (ground floor level access and accessible toilets)

Break Thru People Solutions

Phone: 02 9344 1000 **Fax:** 02 9344 1005
Suite 204, Level 2, 806-812 Anzac Pde,
Maroubra Junction NSW 2035

Mail to: PO Box 803, Maroubra Junction NSW 2035

Email: Agnes.Wyspianska@breakthru.org.au

Web: www.breakthru.org.au

Service Description: Provides free employment assistance to people with acquired brain injury, mild intellectual, physical, mental health disability, Autism or learning difficulties. Training and ongoing support in order for clients to find and keep work in open employment. Programs include Transition to Work & Disability open employment.

Hours: Mon-Fri 8:45am-5pm

Contact: Agnes Wyspianska, Employment Services Manager

Disability Access (Level access, Lift, toilet)

Centrelink - Bondi Junction

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CRS Australia - Darlinghurst

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SCI Workforce

Phone: 02 9356 8201 **Fax:** 02 9356 1135
Suite 302, Level 3, 100 William St, East Sydney
NSW 2011

Email: workforce@sciworkforce.com.au

Web: www.scia.org.au

Service Description: Provides Disability Employment Services (DES) to people with all disabilities to achieve employment goals. At 3 locations - City, Little Bay and Ryde. Services at Little Bay are for people with spinal cord injury only.

Hours: Mon-Fri 9am-5pm

Disability Access (wheelchair access, lifts)

Spinal Cord Injuries Australia (SCIA)

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Xcelerate Employment Services

Phone: 02 9386 1745 **Fax:** 02 9387 7248
Suite 1d, 79 Oxford St, Bondi Junction NSW 2022

Email: info@xcelerate.com.au

Web: www.xcelerate.com.au

Service Description: This organisation is a member of Job Network. Services include Job Matching and Intensive Assistance for long term unemployed or clients with a disability

Hours: Mon-Fri 8:30pm-5pm

Contact: Dr Jeffrey Bogan, Evan Lindsay
(Operations Manager)

Disability Access (lift to office)

Living Skills Programs

Buckingham House (PRA)

Phone: 02 9690 8983 **Fax:** 02 8399 2313
43-45 Buckingham St, Surry Hills NSW 2010

Email: buckinghamhouse@pra.org.au

Service Description: Structured activity program that provides a range of day time activity options, matched to peoples' individual needs and interests. Activities are offered in the areas of personal development, skills development and social activity. Buckingham House Restaurant is open for lunch 5 days per week and for dinner Thursday only. We also provide vocational opportunities, a young person's social program and a literacy and numeracy program.

Hours: Mon, Tue, Wed and Fri 9am-5pm.
Thu 9-6.30pm

Contact: Bethany Marshall - Coordinator

Eastern Suburbs After Care

Phone: 02 8572 7700 **Fax:** 02 8572 7799
2/39 Park St, Clovelly NSW 2031

Email: easternsuburbs@aftercarecare.com.au

Web: www.aftercare.com.au

Service Description: Mental health service consisting of a community based rehabilitation service and a consumer involvement service for adults living with a mental illness. The social leisure and therapeutic program is offered to people who want skills in community living. Consumers of the service meet regularly to ensure their continued involvement. Also runs an 18 - 35 yrs group on Thursdays.

Hours: Mon-Fri 9am-5pm

HeadEast

Phone: 02 8347 2333 **Fax:** 02 8347 2555
Suite 602A, Level 5, Eastgardens Shopping Centre, 152 Bunnerong Rd, Eastgardens NSW 2036

Email: mail@headeast.org.au

Web: www.headeast.org.au

Service Description: Assists people with an acquired brain injury to become more independent and to reintegrate into the community. A Community Access Worker assists individuals to set and achieve their own goals. These often include using transport independently, accessing training and education, developing recreational interests eg joining clubs and groups, finding voluntary work, accessing employment services, increasing support networks, addressing memory and organisation difficulties, achieving independence at home and in the community e.g. meal preparation, budgeting and shopping. The program targets up to 35 clients at any one time. An associated support group (Mindfields) meets on the 1st Wed of each month from 12.30pm -2.30pm at the Church in the Marketplace Bondi Junction.

Hours: Mon-Fri 8.30am-4pm

Contact: Vince Bates, Coordinator

Disability Access (Level access, lift, accessible toilets in Centre).

Spinal Cord Injuries Australia (SCIA)

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Wairoa School for Specific Purposes (SSP)

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Waverley Community Living Program (WCLP)

See Page 23

Health Services

Hospitals

Eastern Suburbs Private Hospital

Phone: 02 9398 0800 **Fax:** 02 9398 8472
8 Chapel St, Randwick NSW 2031

Email: reception@mhseastern.com.au

Web: www.machealth.com.au/MHS/eastern.htm

Service Description: Fully accredited surgical and medical hospital offering cosmetic surgery, rehabilitation, oral surgery, vascular surgery, medical care and postoperative care. Fully equipped private or shared rooms with en-suites. The rehabilitation unit consists of 21 beds, a physiotherapy gymnasium, Occupational Therapy assessment area and kitchen, interview and therapy room for Social Worker, Psychologist and Speech pathologist. The Rehabilitation centre caters for Strokes, Parkinson's Disease, Fractures, Joint Replacements, Back Surgery, Respiratory Disorders and Post Major Surgery.

Hours: Visiting hours 10am - 8pm daily (Surgical)
12:00pm - 1:00pm, 3:00pm - 8:00pm (Rehab)

Disability Access (Wheelchair access including toilets)

Jean Colvin Cancer Centre

Phone: 02 9362 3429 **Fax:** 02 9362 5988
9 Loftus Rd, Darling Point NSW 2027

Email: admin@canassist.com.au

Web: www.canassist.com.au

Service Description: Provides support for cancer patients from country areas while undergoing therapy at Sydney treatment centres. It accommodates 35 patients, nursed by specialist registered nursing staff on duty 24 hours per day to provide professional care. Subject to availability of beds, respite care is available for up to 2 weeks. The Hospital provides transport for patients to Treatment Centres for chemotherapy and radiotherapy. The hospital has diversional therapy, entertainment and counselling.

Hours: 24 hours, 7 days a week

Prince of Wales Private Hospital

Phone: 02 9650 4000 **Fax:** 02 9650 4850
Barker St, Randwick NSW 2031

Mail to: Locked Bag 2, Randwick NSW 2031

Web: www.healthscopehospitals.com.au

Service Description: A private hospital. Services include: adult and paediatric cardiac surgery, obstetrics and gynaecology, plastic surgery, dental surgery, ear, nose and throat, coronary care, gastroenterology, ophthalmic surgery, orthopaedic surgery, urology, vascular surgery, neurosurgery and colo-rectal. Private and twin share suites available.

Hours: 24hrs

Disability Access

Royal Hospital for Women

Phone: 02 9382 6111 **Fax:** 02 9382 6513
Barker St, Randwick NSW 2031

Mail to: Locked Bag 2000, Randwick NSW 2031

Service Description: Located at the Randwick Hospitals Campus, Public hospital running specialist clinics for gynaecological and obstetric health services. Patients rooms are single and 2 bed. Services provided include; obstetrics, midwifery, group practice, antenatal outpatients, high risk obstetrics service, fetal therapy unit, antenatal ward, day stay ward, prenatal diagnosis, lactation services, NSW Womens breast centre, acute care ward and gynaecology services.

Disability Access (Fully accessible hospital and facilities)

Sacred Heart Rehabilitation Service

Phone: 02 8382 9514 **Fax:** 02 9380 8424
Level 3, 170 Darlinghurst Rd, Darlinghurst NSW 2010

Email: omisa@stvincents.com.au

Web: www.stvincents.com.au

Service Description: Inpatient/outpatient rehabilitation and consultancy services. For referral call clinical nurse consultant. Multidisciplinary rehabilitation.

Hours: 24 hours

Contact: Clinical Nurse Consultant ph: 02 8382 9513; Other contact ph: 02 8382 9444

Disability Access (lifts, accessible bathrooms and garden)

St Luke's Care

Phone: 02 9356 0200 **Fax:** 02 9357 2334
18 Roslyn St, Potts Point NSW 2011
Mail to: PO Box 35, Potts Point NSW 2011
Web: www.slc.org.au

Service Description: St Luke's Hospital Potts Point - private hospital providing acute care, day surgery and rehabilitation, hydrotherapy pool. Also responsible for St Lukes Aged Care Facility, Lulworth House, St Luke's Apartments, Trebartha and St Luke's Home Care (separate entries)
Disability Access (lift, ramp, handrail, accessible toilets)

St Vincent's Hospital - Social Work and HIV/AIDS Departments

Phone: 02 8382 2213 **Fax:** 02 8382 2401
Delacy Building Level 4, 390 Victoria St, Darlinghurst NSW 2010
Email: socialwork@stvincents.com.au
Web: www.stvincents.com.au

Service Description: Social Work Department provides services, to the general hospital, psychiatric, and specialist units, cardiac heart and lung support groups for adults and children, counselling and emotional support, respite care, accommodation, travel assistance, cardiac rehabilitation group and Look Good Feel Better program. HIV/AIDS Unit provides inpatient care, outpatient clinic, clinical trial unit, social work services, nutrition, occupational therapy, physiotherapy, laboratory services, outpatient pharmacy, education and neuropsychiatry. Podiatry clinic for people with diabetes. Transgender services available.

Hours: Mon-Fri 8:30am-5pm
Contact: Main switch ph. 02 8382 1111
Disability Access (full access and facilities)

St Vincent's Private Hospital

Phone: 02 8382 7111 **Fax:** 02 8382 7234
406 Victoria St (nearest cross st is Oxford St, Darlinghurst NSW 2010)
Mail to: Locked Bag 5, Darlinghurst NSW 2010
Web: www.stvincents.com.au

Service Description: Private hospital that provides acute medical and surgical care. Extra services provided for patients include: clinic pharmacy, laundry, hairdresser, beautician, foyer shop, wintergarden coffee shop, flowers, newspapers and a library service.

Hours: Information: 7am-9.30pm. Visiting hours: 11am-8.30pm
Contact: Executive Director
Disability Access (Level access, lifts, wheelchair accessible toilets)

War Memorial Hospital

Phone: 02 9369 0100 **Fax:** 02 9387 7018
125 Birrell St, Waverley NSW 2024
Web: www.wmhw.org.au

Service Description: Geriatric rehabilitation and assessment unit with day care and outpatients services. Provides comprehensive care for the aged residents in the Eastern Sydney area. Specialises in geriatric services: diagnostic, rheumatology, physiotherapy, podiatry, social and educational groups, community health and hospital care. Aged care assessment team. Outpatients Department. Hydrotherapy pool. Frail aged and Dementia Care Units. Renal dialysis, home training, and satellite service on site
Hours: 7 Days a week.
Contact: Executive Manager
Disability Access

Wolper Jewish Hospital

Phone: 02 9328 6077 **Fax:** 02 9327 5973
8 Trelawney St, Woollahra NSW 2025
Mail to: PO Box 844, Woollahra NSW 1350
Email: info@wolper.com.au
Web: www.wolper.com.au

Service Description: Acute medical, rehabilitation and palliative care services. Also offers hydrotherapy.
Hours: Information: 8.00am-8pm. Visiting hours: 3.00pm - 8.00pm (Rehab patients) 8:00am - 8:00pm (Medical patients)
Disability Access (Ramps, Lifts & Toilets)

Community Health Centres

Darlinghurst Community Health Centre - Hydrotherapy Group

Phone: 02 8382 1988 **Fax:** 02 8382 1997
301 Forbes St, Darlinghurst NSW 2010
Service Description: A hydrotherapy 8 week course to help elderly people who have mobility problems. The person should have a doctor's referral and contact the physiotherapist in the centre to arrange for an assessment in their home. After the course patients may be referred to W.A.V.E.S. (Ph. 9382 8080).
Hours: Group meets Friday afternoons
Disability Access (Ramp, handrail, accessible toilets)

POW Community Health

-Women's Health

Phone: 02 9382 8321 **Fax:** 02 9382 8265
Catherine Hayes Building, Barker St, Randwick
NSW 2031

Mail to: Catherine Hayes Building, Barker St,
Randwick NSW 2031

Email: helen.wilmore@sesiahs.health.nsw.gov.au

Service Description: A free service offering Well Women's Clinics, Pap Smears, breast checks, pelvic floor muscle assessment, contraceptive advice, menopause management, health advice and referral. Also education and information on Women's Health issues. These services are free, confidential, sympathetic, mobile and available to women of all ages. Well Women's clinic at Matraville Medical Complex Ph. 02 8347 4444.

Hours: 9am-5pm and after hours on request

Contact: Helen Wilmore

Disability Access

Prince of Wales Community Health Services Department

Phone: 02 9369 0400 **Fax:** 02 9369 0101
Catherine Hayes Building POW, Barker St,
Randwick NSW 2031

Service Description: Community health service provides home based services for the aged and disabled. Also runs an equipment lending pool. It provides an Aboriginal health service, women's health, continence, ACAT & dementia respite services.

Hours: 8.30am-5pm, Mon - Fri

Contact: Administrator

Disability Access (toilets, wheelchair access)

St Vincent's Community Health Centre

Phone: 02 8382 1450 (Intake) **Fax:** 02 8382 1997

St Vincent's Hospital, O'Brien Centre, 390 Victoria St, Darlinghurst NSW 2010

Email: orc@stvincents.com.au

Web: www.stvincents.com.au

Service Description: Variety of services including general nursing, occupational therapy, hydrotherapy, physiotherapy (must be house bound) and social work. Also has dementia services and falls prevention classes.

Hours: Mon-Fri 8:30am-5pm

Disability Access (ramps, lifts, accessible toilets)

Dental Care

Emergency Dental Service

Phone: 02 9369 7050

Service Description: Provides contact details for dentists who offer an emergency service.

Hours: 24 hours

Public Dental Service, South Eastern Sydney and Illawarra Area Health Service.

Phone: 1300 134 226

Mail to: PO Box 117, Warilla NSW 2528

Web: www.sesiahs.nsw.gov.au

Service Description: Provides free dental treatment and referrals to children in full time education, up to Year 12 High School or 17 years. If not at school under 18's Must have Health care card.

Hours: Call Centre 8:30am - 4pm Mon - Fri

Disability Access

Sydney Dental Hospital

Phone: 02 9293 3200, 02 9293 3333 (Bookings)

Fax: 02 9293 3488

2 Chalmers St, Surry Hills NSW 2010

Email: sydneydentalhospital@sswahs.nsw.gov.au

Web:

www.sswahs.nsw.gov.au/sydneydentalhospital

Service Description: Provides a full range of free general and specialist dental and oral health care services to pre-school aged children, school children 13 to 18 years and adults with current NSW Health Care or Pension Card or Commonwealth Senior Citizens Card. Also provide a wide range of adult and child outreach dental services including Juvenile Justice Program, Homeless and At-Risk Youth Program, HIV/AIDS Program and Boarding House Residents Program. School children up to 15 years of age are managed by the School Dental Service.

Hours: Mon-Fri 8.00am-4.30pm

Disability Access (ramp at entrance, handrail, lift, parking (2 spaces); toilet)

Mental Health Services

Clinical Research Unit for Anxiety and Depression

Phone: 02 8382 1408 **Fax:** 02 8382 1401
Level 4 O'Brien Building, Victoria St Cnr Burton St,
Darlinghurst NSW 2010

Web: www.crufad.org

Service Description: CRUFAD is a group of researchers and clinicians concerned with anxiety and depression. Group treatment for adults with anxiety disorders: agoraphobia, social phobia, panic disorder, and Generalised Anxiety Disorder.

Individual treatment for Obsessive Compulsive Disorder and Body Dysmorphic Disorder. Outpatient facility only. Patients are required to be free of benzodiazepine medications prior to treatment.

Hours: Mon - Fri 9am - 5pm

Contact: Clinic Info Line: 8382 1749 Research
Phone: 8382 1720

Facing Anxiety Self Help Groups

Phone: 02 9339 6093 **Fax:** 02 9339 6066
Level 5, 80 William St, East Sydney NSW 2011

Email: ljunee@mentalhealth.asn.au

Web: www.mentalhealth.asn.au

Service Description: Facing Anxiety Self Help Groups (Program of Mental Health Association NSW) is a free twelve week self-help groups for: social phobia, phobias, anxiety, panic, obsessive compulsive disorder. Facing Anxiety Self-Help Groups meet weekly and follow a structured, self-treatment, behaviour therapy program run by trained volunteers under the supervision of the Self Help Groups Officer.

The group meeting runs for 1 1/2 hours per week.

Hours: Mon-Fri 9am-5pm (Office)

Disability Access (varies at each venue - call for details)

Neuropsychiatric Institute (NPI)

Phone: 02 9382 3763 **Fax:** 02 9382 3774
Euroa Centre, Prince of Wales Hospital, Avoca St,
Randwick NSW 2031

Mail to: Neuropsychiatric Institute, Prince of Wales
Hospital, Randwick NSW 2031

Web: www.med.npi.unsw.edu.au

Service Description: Unit for people with neurological and/or psychiatric conditions and resulting challenging behaviours, including people with psychiatric impairments and people with acquired brain injury. Outpatients clinics also offer assessment for obsessive compulsive disorder. Will arrange assessment if referring doctor thinks it is a neuropsychiatric problem.

Hours: Mon-Fri 9am-5pm

Contact: Secretary to Director

Disability Access (ramp)

Psychology Clinic, Sydney University Clinical Psychology Unit

Phone: 02 9351 2629 **Fax:** 02 9351 7328
Psychology Clinic, Transient Building Fisher Rd,
University of Sydney NSW 2006

Mail to: Psychology Clinic (K01), 2 Arundel St,
Glebe NSW 2037

Email: clinic.admin@psych.usyd.edu.au

Web:

www.psych.usyd.edu.au/clinicalpsychology/clinic.html

Service Description: Offers a broad range of clinical psychology treatment and psychometric assessment services for adults, adolescents, children and families for the general community at low cost. Clinic Services are offered by Intern Clinical Psychologists who are undertaking post-graduate specialist training under the supervision of leading members of the profession.

Hours: Mon, Tue, Thurs 9am-4pm Closed semester breaks.

Contact: Administrative Assistant, Clinic Manager
Disability Access (ramp, handrail, accessible toilets)

St Vincents Mental Health Services

Phone: 02 8382 1800 **Fax:** 02 8382 1997
O'Brien Centre St Vincents Hospital, 390 Victoria
St, Darlinghurst NSW 2010

Web: www.stvincents.com.au

Service Description: Services for people with serious and chronic mental illness including: assessment, diagnosis, treatment, rehabilitation, inpatient services, home visiting and referral. These services are provided by a team of psychiatrists, psychologists, nurses, social workers and occupational therapists. The majority of clients have schizophrenia, major depression or bipolar disorder. Support groups include Schizophrenia Fellowship, GROW and MANDA meetings.

Hours: Office Hours Mon - Fri 9am - 5pm, crisis team on call 24 hours.

Contact: Mental Health Manager

Disability Access (Building is wheelchair accessible).

Government Department & Agencies

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

See Page 6

Centrelink - Bondi Junction

See Page 13

Community Transport Program

Phone: 02 8836 3100 **Fax:** 02 8836 3192
Lev 6, 16-18 Wentworth St, Parramatta NSW 2150
Mail to: Locked Bag 5085, Parramatta NSW 2124
Web: www.transport.nsw.gov.au

Service Description: Provides information on community transport service programs operating in New South Wales.

Hours: Mon-Fri 8:30am-4:30pm

Disability Access (wheelchair)

CRS Australia

Phone: 02 9242 4888, 1800 277 277 **Fax:** 02 9242 4855

Level 3, 120 Sussex St, Sydney NSW 2000

Mail to: GPO Box 2691, Sydney NSW 2001

Email:

marketing.communications@crsaustralia.gov.au

Web: www.crsaustralia.gov.au

Service Description: A publicly funded vocational rehabilitation service assisting people who have disability, illness (including mental illness), or injury to obtain or retain work, or to live independently through individually designed rehabilitation programs. Rehabilitation may include assessment. On-line referral forms can be downloaded from website, completed and sent electronically by doctor, health professionals, and employers. CRS provides vocational counselling, job training and placement, modifications, provision of equipment or aids, physiotherapy, speech therapy and personal and family counselling. No drug or alcohol abuse. May be discussed with Regional Manager.

Hours: Mon-Fri 9am-5pm

Disability Access (Fully accessible premises including lifts and toilets)

Housing NSW - City

Phone: 02 9268 3444

Ground floor, 234 Sussex St, Sydney NSW 2000

Mail to: PO Box K100, Haymarket NSW 1240

Web: www.housing.nsw.gov.au

Service Description: Administers State government housing in the form of houses, flats and town houses for low income earners. For housing applications contact the nearest office. Rent start program.

Hours: Mon, Tues, Thurs, Fri 8:30am-4:30pm; Wed 1-4:30pm

Disability Access (ramp, glass sliding doors)

NSW Trustee and Guardian

Phone: 02 8688 2600 **Fax:** 02 8688 9783

160 Marsden St, Parramatta NSW 2124

Mail to: Locked Bag 5115, Parramatta NSW 2124

Email: tagmail@tag.nsw.gov.au

Web: www.tag.nsw.gov.au

Service Description: An independent public official legally appointed to protect and administer the financial affairs and property of people unable to make financial decisions for themselves where there is no other person suitable or able to assist. Can be appointed by the Guardianship Tribunal or the Supreme Court to act as guardians for adults with impaired decision making abilities due to physical, intellectual, psychiatric disability or brain injuries. Cashier Hours 9-12.30 pm, 1.00 pm to 4pm

Hours: Mon-Fri 9am-5pm

Contact: TTY: 1800 882 889 Toll-free (from outside Sydney) 1300 360 466

Disability Access (lift, accessible toilets).

Leisure

For a full listing of Leisure activities please refer to the Woollahra Council "Leisure" directory (call 9391 7166 for a free copy) or online on http://www.woollahra.nsw.gov.au/community/community_directory.

Leisure Activities

Accessible Arts

Phone: 02 9251 6499 **Fax:** 02 9251 6422
Pier 4, The Wharf, Hickson Rd, Walsh Bay NSW 2000

Email: info@aarts.net.au

Web: www.aarts.net.au

Service Description: State-wide organisation that promotes participation in all cultural experiences and art forms (including drama, music and dance) for people with physical, intellectual, sensory or psychiatric disabilities. Initiates projects and regional networks and operates a state-wide data base providing information on art and disability. Organises training services and conferences for disability services, artists, arts organisations, community groups and interested people.

Hours: Mon-Fri 9 am-5 pm

Contact: Jane Pollard - Training Officer

Disability Access (Wheelchair Accessible, Toilets).

Accessible Dance Classes - Sydney

Phone: 0402 644 510

Accessible Arts training room, Pier 4, Hickson Rd, The Rocks NSW 2000

Email: kirsty@kirstydance.com.au

Web: www.kirstydance.com.au

Service Description: Dance classes for youth (aged 16+) and adults with a disability; carers are welcome to participate at no charge. Can be attended on a casual basis. Run by experienced teacher Kirsty Fromholtz. Wear sneakers or jazz shoes and non-restrictive clothing, bring water. Access via entrance driveway on the lefthand side.

Hours: Sat 10.30am-11.30am (reception & café opens 9.30am) Office Mon-Fri 9am-5pm

Disability Access (fully accessible).

Accessible Dance, HIP HOP - Sydney

Phone: 0402 644 510

Accessible Arts training room, Pier 4, Hickson Rd, The Rocks NSW 2000

Email: kirsty@kirstydance.com.au

Web: www.kirstydance.com.au

Service Description: Dance classes for youth (aged 16+) and adults with a mild disability, to learn and create choreography. Run by experienced teacher Kirsty Fromholtz. Wear sneakers and non-restrictive clothing, bring water. Access via entrance driveway on the lefthand side. Discount if also attend accessible dance.

Hours: Sat 9.30am-10.30am (reception & café opens 9.30am) Office Mon-Fri 9am-5pm

Disability Access (fully accessible).

Aerobics & Health

Phone: 02 9387 7400 **Fax:** 02 9387 7544

Holdsworth Street Community Centre, cnr of Holdsworth St and Morrell St, Woollahra NSW 2025

Mail to: PO Box 12, Bondi NSW 2026

Email: info@cityeastcc.com.au

Web: www.cityeastcc.com.au

Service Description: An exercise class for young women with a intellectual disability. Great for fitness and social interaction. Individual attention by qualified, experienced tutor. Mon 6.30pm - 7.30pm

Hours: Mon-Fri 9am-5pm

Disability Access (Wheelchair accessible)

Beehive Industries Co-op Ltd

Phone: 02 9331 4085 **Fax:** 02 9360 4785

137 Palmer St, East Sydney NSW 2010

Email: beehive@mpx.com.au

Web: www.beehiveindustries.com.au

Service Description: Voluntary community organisation which provides commercial and leisure activities for retired people. A well balanced program helps restore and maintain self-esteem, nutrition, social and psychological needs.

Hours: Mon - Fri 7am-2.10pm

Contact: Manager

Disability Access (disabled toilets and ramps)

Collaroy Beach Rock Pool

Phone: 02 9982 9261 **Fax:** 02 9942 2541

Opposite Alexander St, Collaroy Beach, 1101
Pittwater Rd, Collaroy NSW 2097

Mail to: Warringah Council, 726 Pittwater Rd, Dee
Why NSW 2099

Web:

www.warringah.nsw.gov.au/services/liberty_swing.aspx

Service Description: Facilities for people with mobility disabilities include access ramps into the larger and wading pools, a grab rail along the pool cliff side. Submersible wheelchair and MLAK key for disabled toilet (available from the Lifeguard Room at the NE corner of nearby Collaroy Surf Club building). Freewheeler beach wheelchair (use MLAK key). Wheelchair accessible paths to the Surf Club, toilet, pool showers and paths around the pool. Wider disabled parking spaces near enclosed childrens playground. Liberty Swing for wheelchair users (use with MLAK key).

Hours: Pool always open. Beach lifeguard on duty 9am-5pm from mid-Sep-Apr, to 6pm from Dec-Feb

Contact: Lifeguard. 9942 2120 Radio room.

Disability Access (Wheelchair accessible pool, ramps, MLAK toilet. Ramp access to beach south of the pool)

CULTIVATE - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Teloopa Centre, 59 Parkes St, Ryde NSW 2112

Mail to: c/- Ryde TAFE, 250 Blaxland Rd, Ryde
NSW 2112

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

Service Description: Promotes positive change through gardening in recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Information and demonstrations on tools, accessible or low maintenance gardening. Assists industry-specific training. TAFE courses: 1. Horticulture for people with any disability 2. Horticulture techniques for therapy (for health care workers and those working with people with special needs). Have seminar room, potting area, tool room and reference library. Also give talks, demonstrations, special courses by arrangement.

Hours: Office hours by appointment - not public holidays, weekends, TAFE holidays

Contact: Secretary, Coordinator

Disability Access (Parking nearby, audio loop, accessible toilet)

Eastern Respite & Recreation (ER&R)

See Page 20

FitAbility

Phone: 02 9351 9615 **Fax:** 02 9351 9204

Faculty of Health Sciences, University of Sydney,
75 East St, Lidcombe NSW 2141

Mail to: PO Box 170, Lidcombe NSW 1825

Email: anthony.yen@sydney.edu.au

Web: www2.fhs.usyd.edu.au/ess/fitability/

Service Description: Provides comprehensive functional/physical capacity assessment and exercise rehabilitation for people with a chronic disease, spinal cord injury, brain injury or stroke. Support and guidance for self-managed programs is provided.

Hours: Contact for details

Contact: Anthony Yen - Co-ordinator

Disability Access (Parking, ramp, shower and toilet, specialised (and general use) exercise equipment)

Girl Guides NSW & ACT - Lones

Phone: 02 8396 5200 **Fax:** 02 9211 5911

Level 2, 55 Holt St, Surry Hills NSW 2010

Mail to: Locked Bag 950, Strawberry Hills NSW
2012

Email: guides@girlguides-nswact.org.au

Web: www.girlguides-nswact.org.au

Service Description: Lones use mail, e-mail, fax and phone to contact the Leader and contribute to the Unit meeting. Personal development, leadership and recreation (like arts, crafts, camping, snow sports, swimming). Meet with other Guides at annual holidays and camps. Eligible reasons include distance or lack of access to local Unit (including overseas), hospitalisation, behavioural difficulties, family restrictions (blended family or single parent arrangements). Some Guide halls have accessible facilities.

Hours: Depends on location. Office Mon-Fri
9am-5pm

Junction House Inc

See Page 27

Kids @ The House

Phone: 02 9250 7770 **Fax:** 02 9241 4276
Sydney Opera House, Benelong Point, Sydney NSW 2001

Mail to: GPO Box 4274, Sydney NSW 2001

Email: bookings@sydneyoperahouse.com

Web: www.sydneyoperahouse.com

Service Description: Sydney Opera House Youth and Education Program recognise the importance of physical and financial access for all to Sydney Opera House and its performing arts programs for all young people. By development of an Arts Assistance Strategy in partnership with corporate sponsors and The Ministry of the Arts and undertaking to protect low ticket prices, HOUSE: ED aims to provide access to high-quality performing arts experiences to disadvantaged schools across NSW. By addressing the financial concerns of small, regional, SSP schools and schools from low socio-economic areas, HOUSE: E.D. endeavours to promote diversity in a non-exclusive environment. Sydney Opera House is continually improving the physical access to its venues. Sydney Opera House Youth and Education Program attempts to meet the access requirements of all young people with special needs.

Hours: Mon-Fri 9am-5pm

Contact: Youth Producer - 02 9250 7315
Information & bookings TTY Bookings 02 9250 7347 Producer Young Audiences

Disability Access (Wheelchair accessible, TTY booking service, Infrared hearing loop, specialised tours)

Mouth & Foot Painting Artists Pty Ltd (MFPA)

Phone: 02 9698 3933 **Fax:** 02 9319 1352
15 McCauley St, Alexandria NSW 2015

Mail to: PO Box 2330, Strawberry Hills NSW 2012

Email: manager@mfpa.com.au

Web: www.mfpa.com.au

Service Description: MFPA is an international organisation giving people with disability the opportunity to be financially independent while being creative. Managed by six artists with disability. All artists join as students providing their art is of a standard to be exhibited alongside able bodied artists. They must submit a medical certificate that they are unable to hold a brush. Their work is reviewed until they become a full member. Once accepted they are guaranteed a lifelong salary even if unable to paint. Funded by sale of Christmas, greeting and gift card sales, calendars and wrapping papers.

Hours: Mon-Fri 9am-5pm

Contact: Manager

Disability Access (Ground floor is wheelchair accessible)

NSW Sport and Recreation - Camping Programs for People with Disabilities

Phone: 13 13 02, 02 9006 3700 **Fax:** 02 9006 3888

Level 3, 6 Figtree Dr, Sydney Olympic Park NSW 2127

Mail to: Locked Bag 1422, Silverwater NSW 2128

Email: info@dssr.nsw.gov.au

Web: www.dssr.nsw.gov.au

Service Description: There are 11 Sport and Recreation Centres that offer people of all ages opportunities to participate in well-planned cultural, recreational and sporting activities in a pleasant residential environment at an economical cost. Many programs can be tailored to suit particular needs or learning outcomes. All levels of physical and intellectual functional ability can be catered for to ensure everyone enjoys the unique benefits of the programs, and many locations have specifically designed accommodation to meet the needs of people with disability.

Hours: Mon-Fri 9am-5pm

Contact: TTY: 02 9006 3701

Disability Access (access varies from site to site)

Recreation & Peer Support (RAPS)

Phone: 02 9518 8277 **Fax:** 02 9518 8431
St Helen's Community Centre, 4/184 Glebe Point
Rd, Glebe NSW 2037
Email: alistair@raps.org.au
Web: www.raps.org.au
Service Description: Recreation group for people
with physical and sensory disabilities (over 18
years). Aims to meet the recreational needs and
interests of participants; enhance self-esteem;
provide opportunity to meet people with similar
interests; involving people with and without
disabilities. Organizes regular activities in small
groups in consultation with its members.
Volunteers with or without disabilities are
welcome. Produces quarterly newsletter.
Disability Access (ramp, handrail, accessible toilets)

Scouts with Special Needs - NSW Branch

Phone: 02 9735 9000, 1800 726 887 **Fax:** 02
9735 9001
Level 1, Quad 3, 102 Bennelong Pwy, Homebush
Bay NSW 2127
Mail to: PO Box 125, Lidcombe NSW 1825
Email: info@nsw.scouts.com.au
Web: www.scouts.com.au
Service Description: Organise Scouting activities
for young people with disabilities. Mainstream
Scout groups will accept members with physical
and mild intellectual disabilities where staff levels
and physical resources allow. Some special groups
are also available.
Hours: Mon-Fri 9am-5pm (Office)
Disability Access (Varies at each venue - call for
details)

Sensory Trail - Cumberland State Forest

Phone: 02 9871 3377, 1300 655 687 **Fax:** 02
9872 7142
95 Castle Hill Rd, West Pennant Hills NSW 2125
Mail to: PO Box 100, Beecroft NSW 2119
Web: www.dpi.nsw.gov.au/forests
Service Description: Smooth flat track of 350
metres, with a guide rope, and Braille brochures at
Information Centre. Can book a forest ranger for
group; guided forest walks. Also short talks, slide
shows, BBQ and picnic area, nursery, cafe 9873
2955), school education and holiday programs etc.
Each day 9am-5pm (6pm summer).
Hours: Office Mon-Fri 9am-4:30pm, Sat Sun
10am-4:30pm; forest 8.30am-5pm
Contact: Information Centre
Disability Access (Flat track with guide rope,
disabled toilets)

Waverley Action for Youth Services (WAYS)

Phone: 02 9365 2500 **Fax:** 02 9365 2705
63a Wairoa Ave, Bondi NSW 2026
Email: ways@ways.org.au
Web: www.ways.org.au
Service Description: Suitable for: Young people 9 to
24 years. Youth centre, counselling (drug & alcohol
and family), literacy, numeracy, a variety of arts
and crafts, music tuition, information and resource
centre. Closed over Christmas period. Youth Centre
open Wed - Fri 6-9pm pm, Sat 2-7pm. Peer
education, alternative education, training services
and youth connect.
Hours: Office open Mon-Fri 9am-5pm
Contact: Executive Officer
Disability Access (Ramps and toilets ground floor
only)

Youthworks Holiday Camps - Wrok and Wrok on

Phone: 02 8268 3346 **Fax:** 02 9524 3810
Bluegum Lodge, Fels Ave, Springwood NSW 2777
Mail to: PO Box 705, Sutherland NSW 1499
Email: holidays@youthworks.net
Web: www.youthworks.net
Service Description: Christian camping program for
children and young adults with disabilities. The
camp is run for five days, four nights during the
Easter school holidays.
Hours: Mon-Fri 8am-5pm
Contact: 02 8268 3322 or 02 8268 3366
Disability Access (Camp sites are accessible with
bathrooms and accessible rooms)

Sport

Australian Paralympic Committee (APC)

Phone: 02 9704 0500 **Fax:** 02 9746 0189
Building A, 1 Herb Elliott Ave, Sydney Olympic Park NSW 2127

Mail to: P.O. Box 596, Sydney Markets NSW 2129

Email: auspara@paralympic.org.au

Web: www.paralympic.org.au

Service Description: National umbrella group for paralympic sports. Responsible for Australia's elite athletes with disability. Administers the Paralympic Preparation Program and is responsible for the selection, assembly and management of Australian Teams competing in Paralympic Games and other major international competitions. Suitable for: people with disability sports-persons.

Hours: Mon-Fri 9am-5pm

Contact: Executive Officer

Disability Access (Fully accessible premises including toilets)

Bondi Rainbow Club

Phone: 0418 963 087 **Fax:** 02 9546 8135
Wairoa Pool, Brighton Bvd, Bondi NSW 2026

Mail to: PO Box 872, Sutherland NSW 1499

Email: rainbow_clubaust@hotmail.com

Web: www.rainbowclubaust.com.au

Service Description: Swimming and recreation club for children with special needs. Offers swimming and water safety classes for all children from birth until a competent swimming stroke is attained. Participants are then encouraged to continue training with organisations such as the Special Olympics. Classes held Sat 1.30-4pm at Wairoa Pool.

Hours: Closed school holidays.

Contact: Maree Jackson on 0418 963 087

Disability Access (Pool facilities are wheelchair accessible)

Des Renford Aquatic Centre

Phone: 02 9349 1106 **Fax:** 02 9344 9749

Cnr Jersey Rd & Robey St, Maroubra NSW 2035

Email: drac@randwick.nsw.gov.au

Web: www.randwick.nsw.gov.au

Service Description: Two heated undercover swimming pools and outside swimming pools. Wheelchair hoist, able to be manipulated by person with use of arms, otherwise assistance is generally available. Accessible specialised dressing rooms and change table facilities. Family change room. Learn to swim classes, aqua aerobics and aged swimming classes. Suitable for local community, including people with disabilities. Large carpark which includes disabled parking

Hours: Mon-Thurs 6am-8pm, Fri 6am-6pm, Sat-Sun 7am-6pm

Disability Access (Ramps, wheelchair hoist, accessible change rooms, toilets and parking)

Disabled Surfers Association of Australia Inc - Sydney (DSAA)

Phone: 0408 486 010 **Fax:** 02 9918 3938

Mail to: PO Box 345, The Entrance NSW 2261

Email: dsa@disabledsurfers.org

Web: www.disabledsurfers.org

Service Description: Support, coaching and friendship for any persons with a disability, ranging from asthma or joint injuries to paraplegia, for former surfers or beginners. Special events, 'Hands On Day' for the public. Special soft Malibu surfboards, helmets, coaching by arrangement. Runs 'Train the Trainer', a certificate course for volunteers on how to look after people with disabilities in and out of the surf. Program details of coming events, competitions and awards on website. Holds annual Carnival last Sat in Feb at Collaroy Beach NSW.

Hours: Mon-Fri 9am-6pm

Contact: Adrian van Druten. Russell Philip 0418 164 201

Disability Access (Onsite facilities)

Disabled Wintersport Australia

Phone: 02 6230 6631

ACT Sports House, 100 Maitland St, Hackett ACT 2602

Mail to: PO BOX 655, Dickson ACT 2602

Email: mattsebbens@bigpond.com

Web: www.disabledwintersport.com.au

Service Description: Assists the participation of people who have a disability in ice hockey, speed skating, curling, alpine and cross country skiing. Subscription form can be downloaded from website.

Hours: Office hours 8:30am-5pm

Contact: Paul Gardner: 0414 748 903

Manager: Matthew Sebbens

Disability Access

Halliwick Swimming Club For Adults with Disabilities

Phone: 02 9369 5366 **Fax:** 02 9369 2676

Mail to: PO Box 788, Bondi Junction NSW 1355

Email: darren@rwctg.org.au

Service Description: Swimming at Prince of Wales Hospital Pool for people with disabilities. The Halliwick method pairs swimmers with helpers to undertake water activities, providing healthy exercise and social contact. Suitable for: People with disabilities in Eastern Sydney. Sun 8.30am-11.30am (excluding school holidays).

Hours: Mon-Fri 8.30am-5pm

Contact: Darren Jennings

Disability Access (Hoists into pool)

Northern Area Recreation Association Inc (NARA)

Phone: 02 9452 4993 **Fax:** 02 9452 4993

Mail to: PO Box 101, Belrose West NSW 2085

Email: narasp12@tpg.com.au

Service Description: Sporting group run by volunteers for persons aged 10 to 50 years with an intellectual disability as primary diagnosis. Indoor cricket and indoor soccer on Saturday morning (Thornleigh) and 5 discos (Lindfield). If support is required, a carer must be provided. Transport can be booked to sport.

Hours: All hours, also answering machine

Contact: Treasurer 9452 5846

NSW Push and Power Sports Inc

Phone: 0439 583 249

Mail to: PO Box 370, St Marys NSW 1790

Email: info@pushandpower.org.au

Web: www.pushandpower.org.au

Service Description: Sporting Association for people in manual and electric wheelchairs. Offers wheelchair rugby league and soccer.

Hours: Mon-Fri 9am-5pm (Office)

Disability Access (Parking, toilets available at game venue)

Riding for the Disabled Association (RDA) - Ryde

Phone: 02 9868 2223

Marsfield Park, Culloden Rd (opposite Macquarie Univ), Marsfield NSW 2122

Mail to: Secretary, RDA - Ryde Centre, PO Box 3821, Marsfield NSW 2122

Email: ryde@rdansw.org.au

Web: www.rda.org.au

Service Description: New premises opened July 2011. Instructors and volunteers assist children (from age 4) and adults with disabilities to enjoy the therapeutic value and mental stimulation of riding horses, supported by trained coaches.

Hours: Office Mon-Fri, classes some days

Contact: Ryde coordinator Robin 0430 222 008, volunteer coordinator Jenny 0450 355 144

Disability Access (adapted equipment)

Sailability Rushcutters Bay

Phone: 0435 795 660 (John Price - Commodore)
Sir David Martin Reserve, Rushcutters Bay NSW 2011

Mail to: PO Box 768, Edgecliff NSW 2027

Email: sailabilityrbay@yahoo.com.au

Web: sailability.org.au/rushcutters/

Service Description: Registered charity. Yacht sailing club providing sailing access on Sydney Harbour all year round for people of all ages and sailing ability, with a particular focus on people with disabilities. Casual group outings or membership option. Regular weekly racing program for members. Excellent access.

Hours: Daily (weather permitting)

Disability Access (Boats equipped and specially designed to cater for disabled).

Sailors with disAbilities (SWD)

Phone: 02 8079 5997

Mail to: PO Box 2099, Strawberry Hills NSW 1420

Email: info@sailorswithdisabilities.com

Web: www.sailorswithdisabilities.com

Service Description: Activities include inshore and offshore sailing with training and support for people with disabilities. Planned programs include harbour sailing and ocean sailing, including the Sydney to Hobart. Also have schools program where youths come out sailing with SWD, both inshore and we are expanding the program to include offshore. 54 ft boat. Always welcome. Twilight sailing Wednesdays 5pm beginning from October.

Hours: No set hours for contacting

Contact: David Lesley, President

Disability Access (Mariner at Rushcutters Bay level access, accessible toilet.).

Special Olympics - Sydney East Region

Phone: 02 9327 7202

Mail to: 14 Kulgoa Road, Bellevue Hill NSW 2023

Email: sue.glass52@gmail.com

Web: www.specialolympics.com.au

Service Description: Provides year round sports training, development and competition for people with intellectual disabilities who participate at a level suitable to them. Sports include basketball, learn to swim, swim squad and golf. Through sport, athletes are given the opportunity to develop skills, make friends and be part of the community regardless of their skill level. Caters for athletes who just want to compete, to local, state, national or international competitions. Also forming Ten Pin Bowling at Randwick Bowl. Under 8 years welcome but unable to compete.

Contact: Sue Glass, Chairperson

Swimming Australia Ltd

Phone: 02 6219 5600 **Fax:** 02 6219 5606

Unit 12, 7 Beissel St, Belconnen ACT 2617

Mail to: PO Box 3286, Belconnen Dc ACT 2617

Email: admin@swimming.org.au

Web: www.goswim.org.au

Service Description: Supplying information to people with disability, disability organisations, coaches and teachers, swimming clubs and state swimming associations on swimming for people with disability at all levels, including information on participation, competition and rules. Suitable for: People with disabilities, coaches, teachers of swimming, swimming clubs. Videos, rules for disability types and levels, brochure available.

Hours: Mon-Fri 9am-5pm

Contact: Michael Woods-Community Sport Inclusion Coordinator www.swimming.org.au

Disability Access (Level access and accessible toilets)

Tennis NSW - Tennis for People with Disabilities

Phone: 02 9024 7600 **Fax:** 02 9763 7655

Sydney Olympic Park Tennis Centre, Rod Laver Drive, Sydney Olympic Park NSW 2127

Mail to: P.O. Box 6204, Silverwater NSW 1811

Email: tennis@tennisnsw.com.au

Web: www.tennis.com.au/nsw

Service Description: Encouragement and practical support for people with disabilities to become involved with mainstream tennis, providing information, access, register of coaches and clubs, coaching and support structure.

Hours: Information Mon - Fri 9am-5pm

Disability Access (Fully wheelchair accessible including toilets)

Watsons Bay Baths

Phone: 02 9391 7000 **Fax:** 02 9391 7044

Marine Pde, Watsons Bay NSW 2030

Mail to: Woollahra Municipal Council, PO Box 61, Double Bay NSW 1360

Email: records@woollahra.nsw.gov.au

Web: www.woollahra.nsw.gov.au

Service Description: A tidal beach enclosure. Close proximity to Tea Gardens, Dunbar House, Marine Parade and Gibson's Beach. The historic harbour pool, includes a new Olympic-size pool, boardwalk, better seating, improved all-ability access and Australia's first all-ability water access ramp which opens the baths to all user groups, with the provision of two full immersible wheelchairs for public use. The baths has a 50m lap pool with two floating turning board/ sunbathing pontoons and secure shark netting.

Hours: Daily 8am-6pm

Contact: Recreational Bookings Coordinator

WAVES (Water Activities for Vitality in the Eastern Suburbs)

Phone: 02 9382 8080 **Fax:** 02 9382 8265
POW Community Health, Barker St, Randwick NSW 2031

Service Description: Provides gentle water activities/exercise programs in hydrotherapy pools and indoor heated pools. There are 4 terms per year during school terms of 9-10 weeks duration each. Each course runs for one session per week (approx 45 min) with approximately 10 people in each group. Groups are graded to suit the level of the participants and are conducted by physiotherapists and trained fitness leaders. Participants requiring assistance must bring their carers. Venues include Zetland, Des Renford Aquatic Centre in Maroubra, Wairoa School in North Bondi, POW Hydrotherapy Pool Easts Leagues Club, Elix'r Healthland Pool, and Catholic Club, City.

Hours: Mon-Fri 8am-5pm

Disability Access (some pools are accessible)

Wheelchair Sports NSW (WSNSW)

Phone: 02 9809 5260 **Fax:** 02 9809 5638
110 Princes St, Ryde NSW 2112

Mail to: PO Box 3244, Putney NSW 2112

Email: reception@wsnsw.org.au

Web: www.wsnsw.org.au

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

Hours: Mon-Fri 9am-5pm

Contact: Office administrator

Disability Access (Office & toilet accessible, parking available)

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