



SENIORS PRACTICAL SUPPORT & SERVICES

INFORMATION SERVICES

Carers NSW Inc	www.carersnsw.org.au/	1800 242 636
Combined Pensioners & Superannuants Association	www.cpsa.org.au/	1800 451 488
Family and Community Services	www.facs.nsw.gov.au/	9377 6000
Holdsworth Community	www.holdsworth.org.au/	9302 3600
Home Library Service	www.woollahra.nsw.gov.au/library	9391 7100
Woollahra Council Community Services	www.woollahra.nsw.gov.au/	9391 7166
Woollahra Libraries & Information Services	www.woollahra.nsw.gov.au/library	9391 7100

COUNSELLING & GRIEF SUPPORT

Bereavement Services - Sacred Heart Hospice	www.svhs.org.au	8382 9594
CHESSSED Jewish Bereavement Services	www.jewishcare.com.au	1300 133 660

FINANCIAL ASSISTANCE & CONCESSIONS

Centrelink	www.centrelink.gov.au	13 23 00
Department of Veterans' Affairs	www.dva.gov.au	13 32 54
Family & Community Services – Housing NSW	www.facs.nsw.gov.au/housing	9891 8111
Jewish Care	www.jewishcare.com.au	1300 133 660
Transport NSW – concessions	www.transport.nsw.gov.au	131 500
Seniors Card	www.seniorscard.nsw.gov.au	13 77 88
Taxi Transport Subsidy Scheme	www.transport.nsw.gov.au/ttss	1800 623 724



Transport NSW for people with disabilities	www.transportnsw.info/	131 500
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FRIENDLY VISITING

COA Sydney	www.coasydney.org	9389 0035
Community Visitors Scheme	https://agedcare.health.gov.au/	1800 200 422
Holdsworth Community	www.holdsworth.org.au/	9302 3600

HOME MAINTENANCE/MODIFICATION & GARDENING

Home Modifications Australia Ltd	www.moda.org.au	9281 2680
Randwick Home Maintenance & Modification Service	www.randwick.nsw.gov.au	9399 0629

COMMUNITY TRANSPORT & SHOPPING SERVICES

Holdsworth Community	www.holdsworth.org.au/	9302 3600
Randwick Waverley Community Transport Service	www.rwctg.org.au/	9369 5366
Sir Roden Cutler	http://sirroden.org.au/	1300 747 763

MEAL SERVICES

Holdsworth Home Cuisine	www.holdsworth.org.au	9327 2361
COA Sydney	www.coasydney.org	9389 0035

GENTLE EXERCISE & HYDROTHERAPY

50 + Fitness Therapy	http://50plusfitnesstherapy.com.au/	0416 001 739
Cook + Phillip Park Aquatic & Fitness Centre	www.cookandphillip.org.au	9326 0444
Move Well	www.holdsworth.org.au	9327 2361
Over 50's Walking Groups	www.woollahra.nsw.gov.au	9391 7166



St Luke's Care	www.slc.org.au	9356 0200
War Memorial Hospital	https://uniting.org/	9369 0100
WAVES (Water Activities for Vitality in the Eastern Suburbs)	www.activeandhealthy.nsw.gov.au	9382 8080
Wolper Jewish Hospital	https://wolper.com.au/	9328 6077

COMMUNITY CENTRES

Gaden	www.holdsworth.org.au	9327 2361
Holdsworth Community	www.holdsworth.org.au/	9302 3600
Waverley Community and Seniors Centre	www.waverley.nsw.gov.au	9083 8999

Please note, whilst these lists are correct at the time of production, please contact the service directly for the most up to date information.

Other Woollahra Council listings available at www.woollahra.nsw.gov.au

- Adult education
- Early education and child care services
- Dementia
- Disability services
- Parks, reserves and playgrounds by suburb
- Recreational and sporting clubs and facilities
- Schools
- Seniors accommodation
- The arts and galleries
- Venues for hire