

Leisure for Youth and Adults with Disabilities in the Northern Beaches

MAY 2011

Table of Contents

Accessibility	2
Art, Craft, Dance, Drama, Gardening, Music	3
Communication, Colleges and Libraries	6
Holiday Camps	8
Social Clubs and Groups	10
Sport Activities	13
Transport	20
LINCS Database of Disability Information	19
Name Index	22

Information about *leisure for youth and adults with disabilities* was accurate at the time of publication. Changes occur regularly. Please contact the organisations to confirm details and to ensure that the service can meet your needs. Your suggestions and comments are most welcome.

For more information or to obtain a copy of this directory, please contact the Disability Information Officer at Warringah Library on 9942 2686 or janzm@warringah.nsw.gov.au. It can also be downloaded from the website at www.warringah.nsw.gov.au/services/disability.aspx.

On the above websites, you can find **useful publications**, search a **database of services** in the Northern Sydney region, and see **fortnightly disability newsletters** about new services, resources, websites etc.

The free fortnightly newsletter of 8 to 14 pages is emailed in Word or pdf format, or Large Print. Anyone is welcome to subscribe by emailing janzm@warringah.nsw.gov.au.

If you prefer to use an interpreter, please tell the Translating and Interpreting Service on 13 14 50 that you want to speak with staff on 9942 2686.

When you enquire about any activity, you might be placed on a waiting list. It is important that service providers know that you want to participate in their activity.

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Warringah Library Service, Community and Environmental Services, Warringah Council
725 Pittwater Road, DEE WHY 2099
May 2011



Warringah
Council

Accessibility

Accessible Parks and Reserves in the Northern Beaches

. **Manly Council** - "Accessing Manly" - phone 9976 1562. See www.manly.nsw.gov.au/community-services/aged--disability/disability/.

. **Pittwater Council** - phone 9970 1170 or find information about accessible toilets, showers, MLAK facilities, views, picnic facilities at www.pittwater.nsw.gov.au/community/people_with_disabilities

. **Warringah Council** - "Accessible Community Facilities" - phone 9942 2787 or 9942 2686, see www.warringah.nsw.gov.au/services/disability.aspx.

. **National Parks and Wildlife** - "Guide to NSW National Parks" lists accessible facilities within each park. See www.environment.nsw.gov.au/nationalparks.

. **Mobility or access maps** show the location of accessible parking, steps, doors, wheelchair accessible toilets, seating, ramps, lifts etc. Phone the management or access committees of the relevant Council or shopping complex for a copy, or check their websites.

Accessible Public Toilets and Facilities

Most public toilets are locked at night for security reasons. The MLAK key (Master Locksmith Access Key) allows you to use facilities accessible only to keyholders at any time. For a list of MLAK facilities, phone Spinal Cord Injuries Australia on 1800 819 775. To obtain a MLAK lock or key, contact 1800 810 698. Most councils have booklets on accessible facilities in their area. Others (and shopping centres) publish a "Mobility Map".

Master Locksmiths Access Key System (MLAK)

Phone: 1800 810 698

C/- Spinal Cord Injuries, 1 Jennifer St, Little Bay NSW 2036

Web: www.masterlocksmiths.com.au

Email: national@masterlocksmiths.com.au

The MLAK key allows access to toilet facilities, with an MLAK lock system, that would normally be locked after hours. A list of facilities with an MLAK system is available from Spinal Cord Injuries Association. A letter of authorisation must be taken to any Master Locksmith to purchase a key (about \$15). Phone your council for information about local locksmiths.

National Public Toilet Map

Phone: 1800 990 646 **Mail to:** National Continence Management Strategy, GPO Box 9848, Canberra ACT 2601

Email: helpline@toiletmap.gov.au

Web: www.toiletmap.gov.au

This is an initiative under the Australian Government National Continence Management Strategy. The map is a large electronic database of 15 000+ public toilets with location details, opening hours and information on disability access. The map includes toilets located in fast food outlets and service stations along major travel routes. Users can navigate around the website, search for particular towns, shires, parks and streets. They can also print maps of areas to visit.

NSW Visitors Information Line

Phone: 1800 067 067, 9240 8788

Tourism House, 55 Harrington St, Sydney NSW 2000

Web: www.visitnsw.com.au

Information on attractions, events, towns, tours and accommodation in NSW. Takes bookings and reservations for air, coach and rail trips, tours and accommodation within Australia and within the South Pacific, including Lord Howe and Norfolk Islands. Sydney Visitor Centre at the Rocks on 9240 8788.

Sydney Harbour National Park (NPWS) National Parks & Wildlife Service

Phone: 02 9247 5033

Cadmans Cottage, 110 George St, The Rocks 2000

Email: cadmans.cottage@environment.nsw.gov.au

Web: www.environment.nsw.gov.au

Information and booking service for tours and special events in Sydney Harbour National Park including Fort Denison, Goat Island, the Quarantine Station, Bare Island, Middle Head & Bradleys Head. Special school holiday tours are available. Please call for information. Limited accessibility.

Toilets for People with Disabilities in Chatswood

Various locations, Chatswood NSW 2067

Toilets can be found at: Willoughby City Council Chambers,

Chatswood Train Station, Chatswood Bowling Club, Dougherty Community Centre, Zenith Theatre, Lemon Grove Shopping Centre, Westfield Shoppingtown, Mandarin Shopping Centre, Myer, Chatswood Chase, Victoria Avenue Plaza and Spring Street Shopping Centre, Beauchamp Park and Chatswood Oval - North, Halstone Oval, Willoughby Park, Rotary Athletic Field. For more information on public toilets, visit the Department of Health and Ageing 'National Public Toilet Map' at www.toiletmap.gov.au.

Art, Craft, Dance, Drama, Gardening, Music

Accessible Arts

Phone: 02 9251 6499

Pier 4, The Wharf, Hickson Rd, Walsh Bay 2000

Email: info@aarts.net.au

Web: www.aarts.net.au

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 statewide database providing information on art and disability. Organises training services and conferences for disability services, artists, arts organisations, community groups and interested people. Disability awareness training. Accessible, including toilets.

Accessible Dance Classes – Sydney & Castle Hill - 0402 644 510

Email: kirsty@kirstydance.com.au

Web: www.kirstydance.com.au

Sydney - at Accessible Arts training room (see above) on Sat

Castle Hill - Interactions Disability Services, 11 Hudson Rd. on Tue

Sydney - at Accessible Arts training room (see above). **HIP HOP** on Sat

Dance classes for youth (aged 16+) and adults with mild-moderate intellectual disability; carers can participate. Can be attended on a casual basis. Run by experienced teacher Kirsty Fromholtz. Wear sneakers or jazz shoes and non-restrictive clothing. Accessible. HIP HOP class – learn / create choreography.

Artability

Phone: 02 9452 1865 (Anne)

Email: wilko52@bigpond.net.au

Forest Community Arts Centre, Shopping Centre, Darley St, Forestville 2087 Ramp, wheelchair access, toilet.

1. Artability - Volunteers run a program of activities (like pottery, ceramic painting, silk painting, cookery, collage) on Sat 1pm-3:30pm (6 weeks). Carers welcome, especially for clients with high support needs.

2. Advance Art classes on Fri 12:15pm-3pm for 8 weeks during school terms. Call Val on 9451 5510.

Australian Music Therapy Association (AMTA) Inc

Phone: 03 9525 9625

Mail to: MBE 148, 45 Glenferrie Rd, Malvern VIC 3144

Email: info@austmta.org.au

Web: www.austmta.org.au Registers members, publishes newsletter and journal, annual national conference and state branch meetings, provides information and resources.

Has national register of qualified music therapists, with contact details. NSW/ACT: radoman@hotmail.com

Boonah Creative Arts Centre

Phone: 02 9499 5675

Email: heidi.mecklem@dbb.org.au

West Pymble Shopping Centre, Kendall St, West Pymble NSW 2073

Centacare runs 2 hour sessional art classes from Monday to Wednesday for adults with intellectual, mental or physical disabilities living in Upper North Shore.

CULTIVATE - Horticultural Therapy Society of NSW Inc

Phone: 02 9448 6392

Telopea Centre, 59 Parkes St, Ryde NSW 2112

Email: info@cultivatensw.org.au

Web: www.cultivatensw.org.au

TAFE courses for staff in health care and disabilities, information, demonstrations on accessible and low maintenance gardening (including tools) as recreation and rehabilitation for people with disabilities, older people, and people who work or care for them. Gives talks etc. Library, potting area, seminar room. Accessible.

Dance Chance Inc

Email: dancechance@live.com.au

Phone: 02 9456 1165

Web: www.dancechance.com.au

Chatswood South Uniting Church, 518 Pacific Hwy / Mowbray Road, Artarmon.

Contemporary and jazz dancing classes for children aged 6+ to adults with a disability on Sat 2-3.15pm during the school term. \$5/lesson. Ratio of 1 staff for 4 dancers.

Dance'n'Time for Children, Teens and Adults with Disability

Phone: 02 9971 8085

Email: dance-n-time@live.com.au

Lifestyle Centre, Cerebral Palsy Alliance, 189 Allambie Rd, Allambie NSW 2100

Based on line dancing, with set steps to music and adapted to capabilities, with stretching and modern dance. For people with disabilities; siblings and carers welcome. Thursday class 6.30-7.30pm. Fully accessible facilities, onsite parking.

Drama and Music for Youth and Adults with Disability**Phone:** 02 9970 1000 Class at Annex of Narrabeen High School, Pittwater Rd.**Email:** enquiries@nbcc.nsw.edu.au**Web:** www.nbcc.nsw.edu.au

Classes use imagination, self-expression and fun in voice work, drama exercises and short performance pieces with experienced coach on Mondays 11am-12noon music, or 12noon-1pm drama. \$25 for 8 sessions. Accessible.

Drama Workshops for Youth with Disabilities**Phone:** 0403 338 107**Email:** caroline_downs@optusnet.com.au

Mosman Seniors Centre, 2 Mosman Square, Mosman NSW 2088

Classes use imagination, self-expression and fun in doing voice work, drama exercises and short performance pieces with experienced coach. For youth and adults from age 14. Lifts, toilets, ramp, hearing loop.

Glen Street Theatre**Phone:** 9975 1455; 9975 4044

Glen St, Belrose NSW 2085

Email: admin@glenstreet.com.au**Web:** www.glenstreet.com.au

Theatre used for professional dramas, comedy, dance, literary luncheons and morning melody concerts.

Wheelchair access, toilet facilities, audio loop. Two performances of each show are captioned for people with hearing impairment.

InRhythm (also known as Renewtree)**Phone:** 1300 554 035**Email:** info@inrhythm.com.au**Web:** www.inrhythm.com.au

Offers music workshops and interactive performances that focus on the abilities of each individual so as to create the most beautiful music possible. Can come to your centre on a regular basis or as a "one off" special event.

Merry Makers Australia

Meet at St Ives Community Hall, Killeaton St & Memorial Ave, St Ives 2075

Phone: 1300 668 276**Email:** merrymakers@merrymakers.com.au**Web:** www.merrymakers.com.au

This group of people (aged 5-55+) with intellectual and/or physical disabilities perform with music and dance.

Meets each Saturday from 12noon to 4pm. Waiting list so please ring first. Ramp, toilets, parking.

Mouth & Foot Painting Artists Pty Ltd (MFPA)**Phone:** 02 9698 3933

15 McCauley St, Alexandria NSW 2015

Email: manager@mfpa.com.au**Web:** www.mfpa.com.au

Artists who are unable to hold a brush can join this international organisation as students, then full members when their art is of similar standard similar to able bodied artists. Sells cards, calendars etc. Wheelchair accessible ground floor.

Musical Between - Music Therapy**Phone:** 0421 744 090**Email:** mbetween@gmail.com

Thornleigh Community Centre, Cnr Phyllis and Central Ave, Thornleigh 2120 Mail to PO Box 137, Gordon 2072

Registered therapist Izumi Nago helps people of any age and ability to increase self awareness, develop social skills, build relationship, express emotions and increase vocalisation, especially for people with disability (aged 2+) who are non verbal. Uses Nordoff-Robbins approach. Concert in December. Mon, Tue.

MSTYP Drama Class for Youth with Intellectual Disabilities**Phone:** 02 9498 7671**Email:** Margie@mstyp.org.au

Marian Street Theatre for Young People, 2 Marian St, Killara 2071

Drama class for 12 people aged 14-25 with intellectual disability. Experienced Coach Kylie Harrie. Performance for family and friends in December. Level access.

NIDA Open Program (National Institute for Dramatic Art)**Phone:** 02 9697 7626

NIDA, 215 Anzac Pde, Kensington NSW 2033

Email: open@nida.edu.au**Web:** www.nida.edu.au

Acting courses open to anyone. Community groups can design their own course to suit the needs of their members – send details to Open program. Level access and toilets ground floor only.

Northside Enterprise - Drama Class for Young Adults**Phone:** 02 9905 5377

5/26 Williams St, Brookvale NSW 2100

Email: leisurelink@northside-enterprise.org.au**Web:** www.northside-enterprise.org.au

Youth aged 18+ can join the drama classes and workshops which are part of its Leisure Link program. Class on Tue 3pm-5pm explores characters and scenes, improvises, enjoys drama games. \$7/class. Accessible (phone first).

Pioneer Clubhouse**Phone:** 02 9907 9999 2 Quirk Rd (off Balgowlah Rd), Balgowlah 2093**Email:** mail@pioneerclubhouse.org.au **Web:** www.pioneerclubhouse.org.au

Community based program for people (aged 18+) with mental illness to support recovery through job readiness skills, transitional employment. Social program Thu Sat. Art activities Fri afternoon. Orientation Tuesdays for new members 11am, for public 2pm. Clubhouse run by people who attend, with staff support.

Point Break Drama Acting School**Phone:** 02 9973 2790 **Email:** info@pointbreakdrama.com.au **Web:** www.pointbreakdrama.com.au

Meets at New Life Baptist Church Hall, 28 Fisher Rd, Dee Why NSW 2099

Adult evening classes in acting, photography. Drama for youth 10-13 and 14-17 late afternoon Wed/Thu, for kids 7-9yrs on Thu. 10 week courses, include people with mild disabilities. Private singing lessons. Accessible.

'Rhythm of Life' Inclusive Choir**Phone:** 02 9302 3600**Email:** cecilia.wilson@holdsworth.org.au **Web:** www.holdsworth.org.au

Meets at Holdsworth St Community Centre, Holdsworth/Morrell St, Woollahra.

Singers of all abilities and ages, perform at times community settings, for fun. Every Thursday 5.30–7pm.

Special Olympics Upper North Shore Dance Group (SOSUNS)**Phone:** 0403 497 517**Mail:** PO Box 585, Turramurra 2074**Email:** elissa@souppernorthshore.com **Web:** www.souppernorthshore.com

SOSUNS has 8 dance groups for people with intellectual disability, of all ages and levels of ability, offering fun, dance and an improved social life. Groups meet in Turramurra (3), Asquith, Hunters Hill, Lane Cove, Epping, Castle Hill. Must be registered as a Special Olympic athlete. Accessibility depends on venue.

Studio ARTES Northside Inc**Phone:** 02 9482 5266

Units 3, 67-71 Jersey St, Hornsby NSW 2077

Email: wendy@studioartes.com.au **Web:** www.studioartes.com.au

This community-based service facilitates artistic expression, recreation, and pre-vocational skills for adults (aged 18+) with disabilities. Full day or 2-hour training in painting, drawing, pottery, weaving, watercolours, sewing, decoupage, music, drama, dance. Customised programs by artworkers and trainees. Social club on Fri 3-5pm, friendship group Tue 9-11.30am, bus trips, weekends. Art exhibitions at Gallery (crnr George / Florence St, Hornsby 9476 3533. Accessible.

Sunday Activities for Adults with Special Needs**Phone:** 02 9913 1474**Email:** manresa123@optusnet.com.au

Activities at Nelson Heather Centre, 4 Jacksons Rd, Warriewood NSW 2102

Craft and social activities at centre or elsewhere. Volunteers welcome for driving, meal preparation, craft skills, wheelchair help. Parking available. Ramps, parking, wheelchair accessible toilets.

Sunshine Paper Studio and Art Gallery**Phone:** 02 9496 8752**Email:** irellis@sunshinehome.net.au

6 West Street, Pymble 2073

Adults (aged 18+) with disabilities can learn new skills while making handmade paper artworks, cards, notepaper in a supportive environment. Mon-Fri 9am-3pm Community Participation or user-pays basis, weekends on request. Exhibitions and sales at the Art Studio. Level access, parking, accessible toilets.

UTS Music Therapy Clinic**Phone:** 0407 990 351**Email:** mtharmony@three.com.au

UTS Sydney, Kuring-gai Campus, Eton Rd, Lindfield 2070

Offers music therapy intervention for people with disability to aid in increased self awareness, development of social skills, relationship building and increase vocalisation for clients who are non verbal. Ramps, lifts, parking and toilets.

Communication, Colleges and Libraries

TAFE has training for people with vision impairment who want to enter or re-enter the workforce, and need new skills, update existing skills or learn JAWS or Zoom Text. Phone TAFE's Vision Impairment Unit on 9472 1216 for information about classes in the Northern Sydney Institute.

Ability Technology Ltd

Phone: 02 9907 9736

29 Frenchs Forest Rd, Seaforth NSW 2092

Email: info@ability.org.au

Web: www.ability.org.au

Assists people with disabilities to use computer technology, home automation equipment etc. Test new devices, offer advice, conduct assessments, supply devices and systems, undertake training and provide technical support. Medico-legal reports done nationally. Also undertake research projects on issues relating to technology and disabilities. Useful website, with newsletters.

Adaptive Technology Access Centre (ATAC)

Phone: 02 9847 6568

Hornsby Library, 28-44 George St, Hornsby 2077

Email: hsc@hornsby.nsw.gov.au

Web: www.hornsby.nsw.gov.au

Located in Hornsby Library, it includes equipment suitable for people with a disability, the elderly and those with vision impairment, and has a range of computer programs and equipment. Accessible entry & toilet; Closed Circuit Television; Open Book; Jaws; Zoom Text Extra; Luxo Lamp; Intellikeys.

Deaf Society of NSW

Phone: 02 8833 3600, (TTY 1800 893 885) PO Box 1060, Parramatta 2124

Level 4 (Entry via Horwood pl), 69 Phillip St, Parramatta NSW 2124

Email: info@deafsociety.com

Web: www.deafsocietynsw.org.au

Provides support services and programs for deaf people. Includes community access and information service, interpreting service, employment service & work place support, deafness awareness training, community education, independent living skills program. Qualification & literacy taught in Auslan and workplace programs for the wider community. Lift, hearing loops, toilet.

Local Libraries in the Northern Beaches

Services for people with disabilities exist in most libraries. The following capital letters identify services in each library:

Audio cassettes / CDs - spoken word (fiction, biography, skills)

Captioned DVDs DVDs (movies)

Disabled toilet access for wheelchairs

Home Library Service - materials are selected and delivered to you by the library (Doctor's certificate needed)

Inter-Library Loans (like non-English reading material) from the State Library

Large print books - fiction, non-fiction, biographies

Magnifying glasses and sheet magnifiers

Navigator audio reading device for vision impaired

Parking spaces designated for disabled users

Reading development and literacy materials to learn English

Special Needs Officer to obtain the above or other materials

Talking books and magazines

Library	Phone	Services
Avalon	9918 3013	L, P (1), R
Belrose	9452 3211	A, C, D, DVD, H, L, M, P (1), T
Dee Why	9942 2449	A, C, D near, DVD, I, H, L, M, N, P (4), R, S, T
Forestville	9452 5706	A, C, D, DVD, H, L, P (1), T
Manly	9976 1720	A, C, D, DVD, H, L, M, R, S, T
Mona Vale	9970 1600	A, C, D, H, L, M, N, R, S, T
Terrey Hills	9450 2216	A, C, D, L, T
Warringah Mall	9942 7999	A, C, D near, DVD, H, L, M, P, R, T

For people with vision impairment:

Chroma SVGA Magnification system to enlarge whatever is placed on the glass tray - at Forestville Library.

Library staff at all libraries can enlarge the print on computer screens by altering the font size on the toolbar. Most libraries have Zoomtext which enlarges anything on the computer screen.

The library catalogue, databases etc are available online so you can select items from your home computer.

Macquarie Community College**Phone:** 02 8845 8888

Cnr Rickard St & Marsden Rd, Carlingford 2118

Email: enquiries@macquarie.nsw.edu.au**Web:** www.macquarie.nsw.edu.au

Offers a wide variety of day and evening classes and weekend workshops, covering recreation, languages, sport, IT and business training. Some courses for people with intellectual disability. Literacy and English as a Second Language classes. Covers the area from Carlingford to Chatswood. Accessible.

Manly Library - Home Library Service**Phone:** 02 9976 1730

Manly Library Market Place, Manly NSW 2095

Email: marian.gray@manly.nsw.gov.au**Web:** www.manly.nsw.gov.au

Supplies library items to borrowers who are unable to visit the Library in person (private residents, aged care facilities, private hospitals etc), and those who visit the library but cannot carry their self selected items home. Deliveries made mainly by volunteer couriers. Wheelchair access, toilets, parking, ramps, lift.

Mosman Day and Evening College**Phone:** 02 9968 4000

Mosman High School, Gladstone Avenue (entrance), Mosman NSW 2088

Email: mecenrol@swiftdsl.com.au**Web:** www.mec.nsw.edu.au

The College runs day and evening courses as well as one-day workshops in a broad range of subjects.

National Relay Service**Phone:** 1800 555 660 / TTY 1800 555 630

21a Elliott St, Balmain NSW 2041

Email: helpdesk@relayservice.com.au**Web:** www.relayservice.com.au

A telephone relay service for Australians who are deaf, have a hearing and/or speech impairment, to communicate with anyone who uses a standard telephone and vice versa. Operates daily 24 hours. Calls to NRS are charged at the local rate.

Northcott, Computer Assistive Technology Services (CATS)**Phone:** 02 9890 0181

Northcott Bldg, 1 Fennell St, North Parramatta NSW 2151

Mail to: PO Box 4055, Parramatta NSW 2124**Email:** cats@northcott.com.au**Web:** www.northcottcats.com.au

Resource centre for computer based technology and communications options, with service including advisory sessions, classroom / home consultations, medico-legal assessments, telephone information line, tours of equipment on display, equipment hire, equipment training.

Northern Beaches Community College Inc**Phone:** 02 9970 1000 NBCC Annex, 1525 Pittwater Rd, North Narrabeen 2101**Email:** enquiries@nbcc.nsw.edu.au**Web:** www.nbcc.nsw.edu.au

Wide range of subjects offered throughout the Manly Warringah Pittwater area. Course catalogues available January, late April, late June and late September. On-line courses available. Discount of 10% for people with full Australian pensions and Seniors card holders. Also part-time office at Level 1, 14 William St, Brookvale (opposite Warringah Mall) Tel 9939 9877. Only Narrabeen High School and Dee Why have wheelchair access.

Pittwater Library Service - Home Library Service**Phone:** 02 9970 1600

Mona Vale Library, Park St, Mona Vale 2103

Email: zora_drazic@pittwater.nsw.gov.au**Web:** www.pittwater.nsw.gov.au/library

Co-ordinates and supplies library items to people in their own homes who are unable to visit the library. Ramp, lift, toilet.

Radio 2 RPH - Radio For Print Handicapped of NSW Co-operative Ltd**Phone:** 02 9518 8811

St Helens Centre, 7/184 Glebe Pt Rd, Glebe 2037

Email: 2rph@2rph.org.au**Web:** www.2rph.org.au

Reads newspapers, magazines and books for people who cannot see, handle or understand printed material. 1224 khtz AM band. 2RPH - Sydney's Radio Reading Service. Not accessible for wheelchairs.

TAD/ Gale Computer Support Service**Phone:** 02 9912 3400

Unit 10, 185 Briens Rd, Northmead 2152

Email: css@tadnsw.org.au**Web:** www.tadnsw.org.au

Recycle donated computers and ancillary equipment, install software, then sell computer (\$250 / \$380) with 2 year maintenance to people (aged 3+) with pension, health or veteran card. Windows XP, Microsoft Office 2003. Accessible.

TADAust Connect**Phone:** 1300 735 439**Mail:** GPO Box 2223, Melbourne 3000**Email:** adminsupport@tadaustconnect.org.au **Web:** www.tadaustconnect.org.au

Provides low cost fully supported internet services for people with a Disability Services Pension, a DVA Entitlement Pension or an Aged Pension Card.

Talking Manly Daily and Talking North Shore Times**Phone:** 1300 847 466**Mail to:** Vision Australia, PO Box 176, Burwood NSW 2134**Email:** customerservice@visionaustralia.org **Web:** www.visionaustralia.org

Vision Australia Volunteer Narrators record all sections of the local newspapers onto master cassette for Blind or Vision Impaired residents. Copies are mailed out once a week to residents wherever the printed newspapers are available.

Vision Australia**Phone:** 1300 847 466

4 Mitchell St, Enfield NSW 2136

Email: info@visionaustralia.org **Web:** www.visionaustralia.org

Provides a range of services for children and adults who are blind or have low vision. Includes counselling, employment support, computer training, a talking book library and talking newspaper service, transcription facilities, an equipment resource centre, low vision aids and strategies for managing everyday activities and retaining independence. Parking, ramps, lift, toilets.

Warringah Library - Home Library Service**Phone:** 02 9942 2393

Dee Why Library, Pittwater Rd, Dee Why 2099

Email: maggie.forbes-mitchell@wls.nsw.gov.au **Web:** www.wls.nsw.gov.au

Coordinates and supplies library items to people in their own homes who are unable to visit the library. Does not visit nursing homes or retirement villages, but an agency representative can take a 3-month bulk loan from any branch. Contact 9942 2449 to make arrangements or for more details.

Holiday Camps

For other camp options, phone the Northcott (9890 0100), Epilepsy Association (1300 374 537), Asthma Foundation NSW (9906 3233), Centacare (8425 8700), Sunnyfield (8977 8800), Cerebral Palsy Alliance (9975 8405), St Ignatius College (9882 8222), Young Carers NSW (1800 242 636), Autism Spectrum Association (8977 8377), ADHC Metro North (8855 3586), FAMI Club (8877 5283), Muscular Dystrophy (9809 2111).

Camp Breakaway - Central Coast**Phone:** 02 4390 7624

Cnr Highview and Goorama Ave, San Remo 2262

Email: info@breakaway.org.au **Web:** www.breakaway.org.au

Cabins: 8 fully accessible heated with air con & 8 A-Frame huts with bunks, each for 6 persons. Kitchen halls: 2 self-catering (30+ persons) and 1 catered (30-250). Recreation: tennis/basketball court, shaded BBQ area, mini golf, Tranquil Gardens, grass oval. Runs 3 one-week camps for adults with physical disabilities (aged 18-35, and 35+), with volunteer help. Also 3 weekend camps for children (with their families) that are terminally ill or have rare diseases or syndromes. Site hire for group camps/ functions and private use. Fully accessible facilities.

Camp Toukley**Phone:** 02 4396 4336, 1300 733 189

Evans Rd, Toukley NSW 2263

Email: info@lutanda.com.au **Web:** www.campptoukley.com.au

Residential camp for disadvantaged children and young people, including an annual camp specifically for children with disabilities (ie Camp Endeavour, 4 day camp for adolescents with physical disabilities aged 12-21, maximum 25 people. On 14 hectares on shores of Lake Tuggerah, 45 minutes drive from Hornsby. 50% of accommodation (Olympic Village) is accessible. Operates as a Youth Leadership Training Centre as requested. Specific accessible camps.

Camp Jonathan and Camp David – Lutanda Holiday Camps

Phone: 1300 733 189

Mail to: PO Box 21, Toukley NSW 2263

Email: holidaycamps@lutanda.com.au

Web: www.lutanda.com.au

Holiday opportunities in Penrith/ Mt Victoria for people with mild to moderate intellectual disabilities. Camp Jonathan: 4 weeklong camps & 1 weekend for young people aged 8-18. Camp David: 1 weeklong January camp for adults of 18+. Tennis, swimming, basketball, trampoline, volleyball; games room; dining room for catering. Six cabins of 10 beds with 1 bathroom. Accessible, ramps.

Department of Sport and Recreation - Camping Programs

Phone: 02 9006 3700, 13 13 02

6 Figtree Drive, Sydney Olympic Park 2127

Email: info@dsr.nsw.gov.au

Web: www.dsr.nsw.gov.au

Children only camps for school years 7 – 12, with camps of 1 to 7 days duration. Program activities include fishing, bush-walking etc. Family and group camps as well. Children under 2yrs old free. Many locations have specifically designed accommodation for people of varying levels of physical and intellectual functional ability. Access varies from site to site.

Galston Gorge Conference & Recreation Centre

Phone: 02 9653 1676

8 Crusader Rd, Galston NSW 2159

Email: groupbookings@crusaders.edu.au

Web: www.crusaders.edu.au

The perfect venue for groups who want to get away and enjoy the outdoors together. Set in a beautiful, tranquil bush land setting 15 minutes from Hornsby and is fully accessible. Facilities include en-suited accommodation for 214 including 8 accessible rooms, new dining hall and lounge, 2 state of the art conference rooms with full audio visual facilities, 10 smaller meeting rooms and gym. Ramps, rails, widened doorways.

Outward Bound Australia

Phone: 02 6235 5700

Naas Rd, Tharwa ACT 2620

Email: mailbox@outwardbound.org.au

Web: www.outwardbound.org.au

Provides challenging experiences that help people discover, develop and achieve their potential. Outdoor, adventure and challenging situations on courses let people take individual and group actions in making decisions. Some scholarships. Not wheelchair accessible.

Scouts with Special Needs

Phone: 02 9735 9000

Email: info@nsw.scouts.com.au

Web: www.nsw.scouts.com.au

NSW Headquarter, Level 1, Quad 3, 102 Bennelong Parkway, Homebush Bay NSW 2127

Young people with physical and mental disabilities are generally integrated into regular Scout Troops and receive additional support, infrastructure and training. Parents should meet with the Group and Section Leaders to discuss the child's needs and medical issues, and can be involved. NSW has Special Needs Scout Groups, like 1st Cromehurst in Ku-ring-gai, usually for older youth with an intellectual disability. For Sydney Northern Region, phone (02) 9411 4088 or email sn.region@nsw.scouts.com.au. Some facilities are wheelchair accessible.

United Christian Youth - Camp Kedron

Phone: 02 9450 1296

Emmaus Rd, Ingleside NSW 2101

Email: info@campkedron.com

Web: www.campkedron.com

This non-profit Christian camp, retreat and conference centre is run by volunteers, and is ideal for seminars, conferences, day excursions and all types of camps. Provides conference facilities for 60 and 120 people on a fully catered basis for school groups, church groups etc. Set on the edge of the Ku-ring-gai National Park which provides bush walks and swimming hole. On site are 3 trampolines, pool table, table tennis, volley ball, gymnasium, rock climbing wall and grassed recreation area. A requirement of any group using the facilities is that they have at least one "Christian Life Education" session per stay, usually about 20 minutes. Sports Centre Building with mezzanine for table tennis. Limited access, stairs.

Youthworks Holiday Camp

Phone: 02 8268 3346

Email: holidays@youthworks.net

Web: www.youthworks.net

Blue Gum Lodge, off Fels Ave, Springwood 2777

Port Hacking Conference Centres, Rathane Rd, Royal National Park NSW 2230.

Christian camping program for children, young adults and adults with disabilities. Various camps run throughout the year (in school holidays) for children and young adults (aged 12 to 20), including one camp in September for those who use wheelchairs. There are two camps per year for adults with physical disabilities - one camp in March and one in November. Accessible bathrooms and rooms.

Social Clubs and Groups

Asteen – Club for Teens with Aspergers Syndrome

Phone: 0413 781 626 or 0408 445 019

Affiliated with ASPECT

Email: christineayo@optusnet.com.au or randlstarr@bigpond.com.

Social group for teens aged 13+ with Asperger disorder, to attend functions, socialise and make friends. Parents organise outings throughout Sydney every two weeks, and are required to attend with their teen. Siblings and friends are also welcome. Communication via email; contact list and calendar sent to members.

BIRDS Hunters Hill Ryde Community Services Inc

Phone: 02 9817 0101

46 Gladesville Rd, Hunters Hill NSW 2110

Email: inhome_abi@hhrcs.org.au

Web: www.hhrcs.com.au

Provides out-of-hours respite care for adults aged 18-35+ who have sustained brain injury. Peer support, recreation, skill development, leisure activities. Thursday evening group organises monthly independent dinner, shows, movies. Saturday day program includes sailing, beach, video days, trivia, markets etc. Wheelchair access, toilet facilities, designated street parking spots. **Independent Social Network Group** meets on last Sunday of each month. Activities decided by members; family and friends are welcome.

Chatswood Social Club

Phone: 02 9420 8555

Email: admin@recrend.ngo.org.au

Web: www.recrend.org.au

Chatswood Youth Centre, Cnr Albert Ave & Victor St, Chatswood 2067

Social club for adults (aged 18+) with mild intellectual disability. Centre based activities include art, craft, drama, games, quiz nights, cooking, discos etc. Weekend outings include movie afternoons, picnics etc. Membership application form on website. Accessible toilet facilities.

Club Friday

Phone: 02 9976 1562

Manly Council, 1 Belgrave St, Manly 2095

Email: communitydevelopment@manly.nsw.gov.au

Web: www.manly.nsw.gov.au/club-friday.html

Adults with a mild intellectual disability or brain injury living in the Northern Beaches visit various venues on Friday evenings to dine, dance and socialise. Activities include 10 pin bowling, mini golf, movies, two day trips per year. Program of regular events available. Accessible. Long waiting list.

Crossroads Christian Fellowship NSW Inc

Phone: 02 9980 8911

Suite 2, 265-271 Pennant Hills Rd, Thornleigh 2120

Email: nsw@crossroadsfellowship.org.au

Web: www.crossroadsfellowship.org.au

Provides a facilitating service for people with disabilities to participate in standard church activities with a special emphasis on social activities. The service operates at various locations throughout New South Wales.

Disabled Alternative Road Travel Service (DARTS)

Phone: 02 9777 7840

Email: darts@tpg.com.au

Web: www.darts.org.au

Dougherty Community Centre, 7 Victor St, Chatswood 2067

Social, recreational and educational bus trips in buses modified to take wheelchairs. A door-to-door service for adults with physical disabilities or aged people who use wheelchairs. Support given by volunteer helpers and companions. New clients welcome. Volunteers needed. Buses are wheelchair accessible.

Discobility - Dance Party for Teens/Young Adults with Special Needs

Dance party for youth aged 12-25 with disabilities and their friends, is held once per school term on Friday night. Music, prizes, games! Carer must accompany if youth is not self-reliant. Booking and indemnity forms required (from website or at door). Accessible entrance, toilet, disabled parking.

* **Manly** - Manly Youth Centre, Kangaroo St, Manly NSW 2095

Phone: 02 9977 5599

Email: myc@manly.nsw.gov.au

Web: www.manly.nsw.gov.au/YouthEntertainment.html

* **Mosman** - Youth Centre (opp Allan Border oval), 30 The Crescent, Mosman **Phone:** 02 9978 4013

Email: youth@mosman.nsw.gov.au

Web: www.mosman.nsw.gov.au/community/youth/whats-on

* **Warringah** - YOYOs, Forestway Shopping Centre, Cnr Forestway /Warringah Rd, Frenchs Forest NSW 2086

Email: youth@warringah.nsw.gov.au www.warringah.nsw.gov.au/services/youth.aspx **Phone:** 02 9942 2680

* **Ku ring gai** - Fitz Youth Centre, St Ives (off Memorial Avenue).

Phone: 9424 0837

Email: youth@kmc.nsw.gov.au

Web: www.kmc.nsw.gov.au/youth

Girl Guides Association (NSW), Northern Sydney Region**Phone:** 02 8396 5200**Mail:** Locked Bag 950, Strawberry Hills 2012**Email:** guides@guidesnsw-act.org.au**Web:** www.girlguides-nswact.org.au

Leisure activities for girls aged 5-18 years, adult leadership for women 18-30 with the OP Program. Enjoyable activities with an educational purpose to develop character and reach their full potential. Camping, camp craft, abseiling, canoeing and general fitness pursuits. Girls with a disability can be included, or join Lones program – phone 02 8396 5200. Some guide halls are wheelchair accessible.

Hear For You (HFY) - Mentoring Program for Hearing Impaired Teens**Phone:** 0438 003 526 (SMS)**Mail to:** PO Box 122, Northbridge NSW 1560**Email:** info@hearforyou.com.au**Web:** www.hearforyou.com.au

The program consists of free group activities, seminars, one-on-one mentoring and e-mentoring (via email) so as to motivate deaf / hearing impaired adolescents and boost their confidence and social skills. At information sessions throughout Sydney, parents learn about the program, meet mentors, and register their child.

House with No Steps – Leisure Support Program**Phone:** 02 9451 1511

49 Blackbutts Rd, Belrose NSW 2085

Email: cbruce@hwns.com.au**Web:** www.hwns.com.au

Live It Up! provides small group activities week days, evenings and weekends on user-pays basis for adults aged 18+ with mild developmental disabilities. Pickups in Chatswood and Dee Why. Ramps, accessible toilets.

Kaddy Club**Phone:** 02 9972 0242**Email:** lkaddy@tpg.com.au

Uniting Church, 3 St Davids Ave, Dee Why 2099

Social activities by voluntary organisation for people using wheelchairs or blind in Manly Warringah Pittwater. 1. Monday Open House (including lunch) 9am-2pm, with pre-arranged pickup by Kaddy Transport. 2. Kaddy Young Adult Group has monthly outings (except January) on Saturdays. Fully accessible.

Leisure Link Program, Northern Sydney region - ADHC**Phone:** 02 9841 9350 (Intake)**Web:** www.adhc.nsw.gov.au

Weekend and/or evening program for people with a disability to spend time with peers in age appropriate creative, recreation and leisure activities. Providers are: Northside Enterprise 9905 5377, Recreation Rendezvous 9420 8555, Centacare (Waitara) 9488 2400, Centacare (Brookvale) 8968 5100. Referrals presented to allocation meeting, with priority based on health, social isolation, accommodation carer situation. It is not respite.

Mail: Ageing Disability and Home Care, PO Box 3004, Parramatta 2124.**Mosman Saturday Youth Group****Phone:** 02 9978 4013

Youth Centre, 30 The Crescent, Mosman 2088

Email: youth@mosman.nsw.gov.au**Web:** www.mosman.nsw.gov.au

A social and recreational group for local young people with a disability. The group sets the agenda for outings and activities. Fees are charged to cover costs. Includes a Disco once per term called 'Discobility'. Ramp at entry; accessible lift.

MS Society of NSW - Northern Region**Phone:** 02 9411 4522

293 Mowbray Rd, Chatswood NSW 2067

Email: Chatswood.Reception@msaustralia.org.au**Web:** www.msaustralia.org.au

Advice and support on accessible local recreation and specialist leisure activities. Library and information services. MS Connect 1800 042 138. Fully accessible.

Northcott Disability Services - Recreation**Phone:** 02 9890 0100

1 Fennell St, North Parramatta NSW 2151

Email: recreation@northcott.com.au**Web:** www.northcott.com.au

Recreation for youth (aged 12-18) and adults (18+) with physical disabilities who are Northcott members. Individual recreation programs, outings, camps, holiday programs and social groups. Inter-school sports carnivals open to school-aged children with physical disabilities. A bi-monthly planner for adults, and term planners for youth, school holiday brochures. Facilities are fully accessible. .

Northern Beaches Interchange - Club With No Name**Phone:** 02 9970 0500

2 Jacksons Rd, Warriewood NSW 2102

Email: admin@nbi.org.au**Web:** www.nbi.org.au

Peer support program for youth aged 18-25 with moderate-high support needs, living with their families in Manly, Warringah or Pittwater. Adventurous group activities are sporting, educational, environmental, cultural and creative. Staff and volunteer supervision. Fully accessible, including disabled parking.

Pioneer Clubhouse**Phone:** 02 9907 9999

2 Quirk Rd (off Balgowlah Rd), Balgowlah 2093

Email: mail@pioneerclubhouse.org.au**Web:** www.pioneerclubhouse.org.au

Community based program for people (aged 18+) with mental illness (as primary diagnosis) to support recovery. Social program Thu Sat. Art activities Friday afternoon. Orientation Tue for new members 11am, for public 2pm. Run by people who attend, with staff support. Schedule, newsletter on web. Ramp, accessible toilet.

Pitane Recovery Centre – Consumer Activity Network (Mental Health)**Phone:** 02 8206 1841**Email:** admin@canmentalhealth.org.au

CAN Office Training Room, 6A/15 Orchard Rd, Brookvale NSW 2100

For anyone with problems ranging from anxiety to depression to a diagnosed mental illness. The centre is run by consumers. Information, education and training include creative writing sessions, self esteem course, WRAP (Wellness Recovery Action Plan) group, Busting Out of the Welfare & Poverty Cycle course, Beachcombers, women's discussion group, Art Alive. Activities are held at community venues. Mobile Pitane can provide courses at your venue.

Respite Recreation Network - Friday Social Club**Phone:** 02 9419 4122

30 Devonshire St, Chatswood NSW 2067

Email: gterzioglu-booth@bcs.org.au**Web:** www.bcs.org.au

Peer Support program at Chatswood every Friday (4-9:30pm) for adults with intellectual disability (aged 18-35 years) living in Northern Sydney region with a carer. Negotiated with coordinator at assessment. Accessible.

Scouts with Special Needs**Phone:** 02 9735 9000**Email:** info@nsw.scouts.com.au**Web:** www.nsw.scouts.com.au

NSW Headquarter, Level 1, Quad 3, 102 Bennelong Parkway, Homebush Bay NSW 2127

Young people with physical and mental disabilities are generally integrated into regular Scout Troops and receive additional support, infrastructure and training. Parents should meet with the Group and Section Leaders to discuss the child's needs and medical issues, and can be involved. NSW has Special Needs Scout Groups, like 1st Cromehurst in Ku-ring-gai, usually for older youth with an intellectual disability. For Sydney Northern Region, phone (02) 9411 4088 or email sn.region@nsw.scouts.com.au. Accessibility depends on facility.

Social Club for Young Adults with Aspergers**Phone:** 0409 603 582**Web:** www.autismspectrum.org.au/a2i2i7i3i20i1i196/social-club.htm**Mail to:** PO Box 770, Seven Hills**Email:** csmith@autismspectrum.org.au

Autism Spectrum Australia (ASPECT) has set up this club for adults aged 18+ years with Asperger's or similar communication difficulties. Organised activities and events include guest speakers, movies, ten pin bowling, games nights and BBQs. A facilitator attends to assist and organise what people want to do. Bring ID with your address on it. Check website for calendar and changing venues.

Sunday Activities for Adults with Special Needs**Phone:** 02 9913 1474**Email:** manresa123@optusnet.com.au

Activities at Nelson Heather Centre, 4 Jacksons Rd, Warriewood NSW 2102

Craft and social activities at centre or elsewhere. Volunteers welcome for driving, meal preparation, craft skills, wheelchair help. Parking available. Ramps, parking, wheelchair accessible toilets.

Sunnyfield - Club Rec in Chatswood, Ryde, Hornsby**Phone:** 02 8977 2753

Meets at West Ryde, Waitara, Chatswood 2067

Email: rap@sunnyfield.org.au**Web:** www.sunnyfield.org.au

Recreational activities and outings for youth (aged 18+) and adults with disabilities needing low support, and living with family / carer. Meet Saturday fortnightly 10am-4pm. Not accessible for wheelchair users, use public transport.

Sunnyfield at Frenchs Forest Centre**Phone:** 02 8977 2753**Email:** rap@sunnyfield.org.au**Web:** www.sunnyfield.org.au

Meets at Capital Business Park, Unit B4, 1-3 Rodborough Rd, Frenchs Forest 2086

* **Social Group for Adults on the Northern Beaches** Social group providing moderate support for adults aged 20+ who decide on recreational activities and have weekly outings. Meets each Sat 9am-4pm at Capital Business Park in Frenchs Forest. Accessible venue.

* **Recreational Respite Program** Social activities for adults aged 18+ with low support needs. Movies, bowling, BBQs, bushwalks. Limited transport. Meets Wed and Thu, 7-9pm, at Centre and community venues alternatively. Fees \$6-20 per session.

Sport Activities

Australian Paralympic Committee (APC)

Phone: 02 9704 0500 **Email:** auspara@paralympic.org.au **Web:** www.paralympic.org.au

Building A, 1 Herb Elliott Ave, Sydney Olympic Park NSW 2127

National umbrella group for paralympic sports. Responsible for Australia's elite athletes with a 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. Fully accessible premises including toilets.

Avalon Womens Bowling Club

Web: www.avalonbowlingclub.com

Phone: 02 9918 3231

Bowling Green Lane, Avalon 2107

Lawn bowls, petanque, croquet, vision impaired bowlers on Tuesday mornings. Not wheelchair accessible.

Blind Sporting Association of NSW Inc

Phone: 02 9638 7075

Mail to: c/- 46 Rippon Av, Dundas NSW 2117

Umbrella sports organisation for people of all ages with a vision impairment. Primary interest in competition for athletics, swimming, lawn bowls, goal ball, tandem cycling, tenpin bowling, cricket, golf, power-lifting, rowing and sailing. Meetings at Association Blind Citizens, Shirley House, 11a Ethel Street, Burwood.

Blowfly Cricket for Children & Teens with Additional Needs

Phone: 0401 743 747 Mark **Email:** dwhoward@optusnet.com.au **Web:** www.hkhdca.com.au/news.aspx

Claude Cameron Grove, Corner of Westbrook Ave and Kintore St, Wahroonga 2076. Hornsby Ku-ring-gai and Hills District Cricket Association hosts modified cricket for children aged 4.5 to 18 years with autism or intellectual disabilities. Modified rules permit one chaperone to assist passively onfield. If support required or challenging behaviour exists, a carer must be provided. 2pm-4pm on Sundays Oct-Dec and 31 Jan-Feb (\$80).

Boccia Club for Kids and Teens on the Northern Beaches

Phone: 0414 771 033 Scott, 0418 467 702 Peter

Email: pking@tscnsw.org.au

Web: www.bocciansw.org.au

Arranounbai School, 5 Aquatic Drive, Allambie Heights / French's Forest (near Warringah Aquatic Centre). NSW Boccia provides 2 coaches and equipment for children (K-18) with disabilities (ambulant, wheelchair etc) on Thu 4-5pm in school term. Parents and carers are expected to stay, join in and learn the game.

Boccia NSW – Friday Boccia Club on the Northern Beaches

Phone: 0418 467 702

Web: www.bocciansw.org.au

Email: pking@tscnsw.org.au

Meets at Avalon Recreation Centre, 59A Old Barrenjoey Rd, Avalon NSW 2107

People (aged 15+) with any level of disability (from ambulant to those restricted to a wheelchair, with limited or non-existent hand function) play this sport with soft leather bowls. Equipment, qualified coaches, referees provided. Bring own ramp assistant or personal care staff if required. Fri 10am-1pm, \$10 per session. Fully accessible, nearby parking, shops, cafes. 2012 Paralympics in London. Elite squad trains 4 days/week.

Bowling for People with Disabilities

Phone: 02 9972 3400

Email: amf_deewhymgr@amfbowling.com.au

Web: www.amfbowling.com.au

AMF Dee Why Bowl, 932 Pittwater Rd (behind Dee Why RSL), Dee Why 2099

This 24 lane tenpin bowling centre for the general public has cafe and refreshment facilities, amusement machines. It provides special bumpers along gutters, and ramps for bowling.. All other times \$7/game for people with disabilities. Access to lanes, toilets, parking, handle balls, ball ramps. Saturday 9:30am-12 noon Dolphin League

Cerebral Palsy Alliance - Aquability (hydrotherapy)

Phone: 02 9975 8479

Web: www.cerebralpalsy.org.au

Captain Ron Patrick Hydrotherapy Pool, 5 Aquatic Drive, Frenchs Forest 2086

Therapy / hydrotherapy for people with cerebral palsy or like disabilities in heated (33 degrees) pool. Aquatic physiotherapist can refer to accessible pools, and offer workshops for carers on aquatic activities for people with disability. Sat swimming for service users, with carer or family member in water. Daily use (Tue-Thu 8:30-9:30am or Mon-Thu 12:30pm-1:30pm) by non-clients at \$5 per entry. Limited availability for swim school hire. Ramp entry, hoist in change room, car park.

Cerebral Palsy Alliance - Recreation Program, Met North/East Sydney**Phone:** 02 9975 8405

189 Allambie Rd, Allambie Heights NSW 2100

Email: smarmont@tscnsw.org.au**Web:** www.cerebralpalsy.org.au

Recreation information, accessible holiday and travel information. Advocacy training and liaison/support to recreation providers in the community. Community development and training, consultancy to generic service providers. Integration and training support. After-hour activities. Also aqua fitness programs for people with physical disabilities on Tuesday nights, Sailability. Nearby parking and buses for people using wheelchairs. Accessible lifts in buildings.

Cerebral Palsy Alliance - Sportfitz Gym**Phone:** 02 9975 8425

189 Allambie Rd, Allambie Heights 2100

Email: sportfitz@tscnsw.org.au**Web:** www.cerebralpalsy.org.au

People aged 10-25 with cerebral palsy can attend "Circuit" classes and "Free open gym time" with a personal training program. The recreation team of the Cerebral Palsy Alliance answers questions, and assists clients who want to participate in community sport and recreation. Wheelchair accessible. Also gym in Prairiewood.

Collaroy Beach Rock Pool**Phone:** 02 9982 9261**Web:** www.warringah.nsw.gov.au/services/disability.aspx

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

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 (by MLAK or lifeguard). Wheelchair accessible paths to Surf Club, toilet, pool showers and paths around the pool. Wider disabled parking spaces near childrens playground. Liberty Swing for wheelchair users (use MLAK key). MLAK accessible toilet. Ramp access to beach south of the pool.

Community NSW, Sport and Recreation**Phone:** 02 9006 3723**Email:** margot.zaska@communities.nsw.gov.au**Web:** www.dsr.nsw.gov.au/sydneyacademy.aspx

Sydney Academy of Sport & Recreation, Wakehurst Parkway (1.5 km from Pittwater Rd), Narrabeen 2101

* **Fitness for Athletes with a Disability at Gym** Regular training facility with various adaptive equipment including widened bench press, wheelchair entry arm and leg ergometers, variable incline bench with dumbbell holder trays, and weight resistance and stretching multi-station for training while in wheelchair. Wednesday 6.30-7.30pm for small group of 6 people requiring low support. Carer must attend if person requires 1-on-1 assistance or supervision of behaviour / personal care. Carer/staff welcome to participate in program. Fully accessible.

* **Squad Programs for Basketball and Athletics** Squad programs for high school students aged 13+ and adults with disabilities needing low/moderate support, during school term to develop skills required in basketball on Tue 5:30pm-6:30pm and athletics on Fri 4:30pm-5:30pm. Eligibility grading by head coach. Fully accessible.

Communities NSW, Sport and Recreation**Phone:** 13 13 02

6 Figtree Drive, Homebush Bay 2127

Web: www.dsr.nsw.gov.au

Assists NSW residents to participate in sport and recreation, and improve wellbeing. Key roles include: provide financial assistance to help build /develop sporting facilities, nurture sporting talent, develop sport and recreation industry, provide information and advice, regulate industry (boxing and motorsport) coaching development, sport and water safety, sport and recreation centres for schools, corporate and community groups, children and families; physical activity opportunities for people of all ages; increase opportunities for participation for under-represented groups including people with disability. Accessible venues.

DARTS Yoga Group**Phone:** 02 9777 7840**Email:** darts@tpg.com.au**Web:** www.darts.com.au

Forestville Community Arts Centre, Darley St, Forestville NSW 2087

Yoga for adults with moderate to severe physical disabilities. Volunteer support persons welcome. Meet for lunch in nearby shopping centre later. Current waiting list. Accessible toilet, ramp, parking.

Disabled Surfers Association (DSA)**Phone:** 0408 486 010

PO Box 345, The Entrance 2261

Email: dsa@disabledsurfers.org**Web:** www.disabledsurfers.org

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' certificate course teaching volunteers how to look after the disabled in and out of the surf. Annual Carnival on last Saturday in February at Collaroy Beach.

Disabled Wintersport NSW**Phone:** 02 6495 4334**Email:** finsko@bigpond.net.au

15 Beverly St, Merimbula NSW 2548

Web: www.disabledwintersport.com.au

Assists people with a disability to participate in ice hockey, speed skating, curling, alpine and cross country skiing. Subscription form can be downloaded from website. Fully accessible 3 x 3 bedroom lodges, 4 bedsitter units.

Division 2 Powerchair Football**Phone:** 0431 002 839**Email:** darm.5214@optusnet.com.au**Web:** www.fipfa.org

Gym, Freshwater Seniors College Campus, Harbord Rd (opposite Wattle St), Harbord NSW 2096

Powerchair users and assisted athletes and manual wheelchair users have a game of football on Saturdays Feb-July, leading toward a competition on the Northern Beaches and elsewhere. All players are new to the game so learn together. Equipment, guards and rules provided. Volunteers are welcome to referee or assist. Fully accessible.

Empower Health**Phone:** 0415 748 062**Email:** nick@empowerhealth.com.au

Checkers Resort, 331 Mona Vale Rd, Terrey Hills 2084

Web: www.empowerhealth.com.au

Personal training, circuit classes, kids fitness, boxing cardio, DIY for anyone aged 8+ years. Babysitting available. No sign up fees, no lock in contracts. People with disabilities welcome. Level entrance.

Fishabout Tours**Phone:** 02 9451 5420**Email:** john@fishabouttours.com.au

11A Ashton Ave, Forestville NSW 2087

Web: www.fishabouttours.com.au

Fishing tour with expert tuition on Sydney Harbour or Hawkesbury River. 6.1m motorboat, or 5.5m motorboat with drop-down side section. Tour provides tackle, bait, lures, light refreshments. Tour maximum is 5 (4 if 2 wheelchair users included). Skipper is experienced with wheelchairs.

FreeWheelers - Beach Wheelchairs in Northern Sydney region

Several local councils and surf clubs have this wheelchair, with soft pneumatic balloon tyres that roll easily over sand and low waves, when pushed by a carer. For anyone aged 6+ with mobility difficulties. For a free booking:

- * Bilgola Surf Life Saving Club lifeguard 9918 2337, Pittwater Council 9970 1170.
- * Collaroy Surf Life Saving Club lifeguard 9982 9261, Warringah Council 9942 2787.
- * Manly Surf Pavilion lifeguard 9976 1497, Manly Council 9976 1563.
- * Newport Surf Life Saving Club lifeguard 9997 5116 weekends, 0418 28 362.

Hornsby Satellites - Indoor Soccer for Youth/Adults with Disabilities**Phone:** 02 4329 4080**Email:** sam_indoorsoccer@hotmail.com

Hornsby Ku-ring-gai Police Community Youth Club, 94 George St, Hornsby 2077

Indoor soccer for children (aged 6+), youth and adults with /without disabilities. Carer must stay if support is required or challenging behaviour exists. Accessible.

Hornsby United Bowlers Team**Phone:** 0409 047 970**Web:** www.amfbowling.com.au

AMF Bowling Centre, 116 George St, Hornsby NSW 2077

Ten pin bowling is run by people with disability for bowlers. Meets at 10am Sundays, and attend local, state, national competitions. Also have social club with activities determined by members. Each game costs \$5.50. AMF on 9477 3914. Access to lanes, toilets, parking, handle balls and ball ramps.

Liberty Swing for Wheelchair Users – Collaroy and Seaforth**Phone:** 02 9942 2686 (Warringah Council), 02 9976 1563 (Manly Council)**Web:** www.warringah.nsw.gov.au/services/liberty_swing.aspx

* Collaroy Beach - opposite Eastbank Ave, Pittwater Road.

* Seaforth - Baranbali Playground, cnr Fromelles Ave and Baranbali Ave.

Swing with platform for wheelchair and user, unlocked with MLAK key. Wheelchair is reversed onto platform, then fastened; user is secured with seatbelt. Swing can be pushed from the side. No need to book. Accessible parking, toilets.

Manly Swim School - Mobile Lessons**Phone:** 0422 406 467**Email:** bryce@manlysurfschool.com

Web: http://manlysurfschool.com/PDF/MSS1016_swim_school.pdf For people from 6 months to adulthood, in your own home in Northern Sydney region. Programs include water babies, learn to swim, stroke improvement, nippers, intensive holiday program. Also pool parties, special events and school programs. Wetsuits, equipment and sunscreen provided. Experienced with children / adults with disability. \$50/half-hour, \$80/hour.

Metro North Regional Recreation & Flexible Respite - ADHC**Phone:** 02 8855 3586

Level 2, 93 George St, Parramatta 2150

Email: CPRecreationservice@dadhc.nsw.gov.au**Web:** www.adhc.nsw.gov.au

This service provides leisure opportunities for people with intellectual disability, including leisure counselling, dissemination of information on recreation options available to people with a developmental disability, promotion and development of recreation opportunities, integration of people with disability into local community recreation activities/service, provision of recreation service, ie camps, holidays, outing, sport and games, leisure education and a healthy lifestyle information program.

Nican Inc**Phone:** 02 6241 1220

Unit 5, 48 Brookes St, Mitchell ACT 2911

Email: info@nican.com.au**Web:** www.nican.com.au

Australia-wide directory of organisations involved in recreation, tourism, sport and the arts for people with disabilities. Accessible entrance, toilets, parking.

Northcott Disability Services - Recreation**Phone:** 02 9890 0100

1 Fennell St, North Parramatta NSW 2151

Email: recreation@northcott.com.au**Web:** www.northcott.com.au

Recreation for youth (aged 12-18) and adults (18+) with physical disabilities who are Northcott members. Involves individual recreation programs, outings, camps, holiday programs and social groups. Inter-school sports carnivals open to school-aged children with physical disabilities. A bi-monthly planner for adults, and term planners for youth, school holiday brochures. Fully accessible facilities.

Northern Area Recreation Association Inc (NARA)**Phone:** 02 9452 4993**Mail:** PO Box 101, Belrose West NSW 2085

Sporting group run by volunteers for persons aged 10 to 50 years with an intellectual disability. Indoor cricket and indoor soccer on Saturday morning (Thornleigh) and 6 discos (Lindfield). If support is required, a carer must be provided. Transport can be booked to sport. No wheelchair access at discos.

NSW Push and Power Sports Inc**Phone:** 0439 583 249**Mail:** PO Box 370, St Marys NSW 1790**Email:** info@pushandpower.org.au**Web:** www.pushandpower.org.au

Sporting Association for people in manual and electric wheelchairs. Offers wheelchair rugby league and soccer. Parking, toilets available at game venue. Accessible.

Pat Taylor Swimming School**Phone:** 02 9977 6125**Mail:** PO Box 1233, Manly NSW 1655**Email:** pat_swim@bigpond.net.au**Web:** www.pattaylorsswimschool.com.au

Classes are conducted at: Lindfield - Cromehurst School, Wed and Fri from 3.30pm, Sat from 8am plus afternoons from 1.30pm. Dee Why - Fisher Rd Special School, Mon, Tue, Thu, Fri from 3:45pm, Sat from 8am. Mona Vale Hospital - Fri from 4pm, Sat from 1.30pm. All indoor heated pools. Discount for special needs. Classes for babies and toddlers, learn to swim, stroke correction, adults, water safety. School holiday classes. Terms are the same as school terms, generally 10 weeks. Bookings are for 1/2 hr or 1 hr lessons per week.

Personal Fitness Trainer - Disability Specialist**Phone:** 02 9918 5697

Fitrec, 88 Patrick St, Avalon NSW 2107

Email: opawloff@bigpond.net.au**Web:** www.e-bility.com/fitrec

Qualified personal trainer experienced in working with people with disabilities. Will assist small groups (up to 4 people) in gym with equipment like treadmills, rowing machines, exercise bikes, weights. Also outdoor recreation involving fitness, fitness testing, bush walking. Australian Fitness Accreditation Council accreditation. Parents welcome to assist but fee if they also exercise.

Rainbow Clubs - Epping, Lindfield, Warringah**Phone:** 0418 963 087**Mail to:** Rainbow Club Australia Inc, GPO Box 872, Sutherland 1499**Email:** rainbow_clubaust@hotmail.com**Web:** www.rainbowclubaust.com.au

Provides swimming club for children and youth aged 0-18 with a disability, held at indoor pools. Membership \$50.

* Epping – Carlisle Swimming Cherrybrook, 33 Shepherds Drive, each Sat 2pm and alternate Sun 10am.

* Lindfield - Cromehurst Special School, cnr Nelson and Tyron Rd, each Sun 2pm.

* Warringah - Warringah Aquatic Centre, 5 Aquatic Drive, Frenchs Forest, each Sun 9am.

Some social occasions. Waiting lists but vacancies do appear. Fully accessible.

Recreation Rendezvous**Phone:** 02 9420 8555

180 Longueville Rd, Lane Cove 2066

Email: admin@recrend.ngo.org.au**Web:** www.recrend.org.au

Supports adults (aged 18-65 years) with moderate to high support needs, living in Lower North Shore, to access local mainstream sporting and recreation activities of their choice, with individual recreation plan and possible support up to 3 years. Has library of leisure activities. Runs training for staff of mainstream recreation groups. Auspices Chatswood Social Club. Leisure Link provider. Accessible.

Riding for the Disabled Association (RDA) - Ryde**Phone:** 02 9868 2223, coordinator 0430 222 008, volunteers 0450 355 144 Office Mon-Fri, classes some days.**Mail:** Secretary, RDA - Ryde Centre, PO Box 3821, Marsfield NSW 2122**Email:** ryde@rdansw.org.au**Web:** www.rda.org.au

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

New premises open 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.

Sailability Manly**Phone:** 02 9976 2134 or 0414 825 133

Sailing at Manly Yacht Club, East Esplanade, Manly NSW 2095

Email: e.shervington@bigpond.com**Web:** www.manlysailability.com.au

Fortnightly sailing at all levels for people with disabilities regardless of ability, in modified boats. Members train to sail and compete. Come 'n' Try days. Carers must attend the first session, can sail and attend social events. Booking essential 24 hours in advance so boats available. See website for sailing times, newsletters, photos. Ramp, toilet, parking, boat hoist.

Sailability Middle Harbour**Phone:** 0416 009 482

Sail at Middle Harbour Yacht Club, Lower Parriwi Rd, The Spit, Mosman 2088

Email: jt@zeta.org.au**Web:** www.sailability.org.au/middleharbour

Sailing for people with disabilities at all levels, in modified boats. Members train to sail and compete. Carers must attend the first session and can sail and attend social events. Offer regular Come & Try days. Modified boats, assisted access. Ramp and accessible parking.

Sailability NSW - Pittwater**Phone:** 02 9918 6539

Sailing at Roland Reserve, Bayview NSW 2104

Email: ajo94109@bigpond.net.au Allan**Web:** www.sailability.org/au/pittwater

Local branch of an Australia-wide organisation facilitates fortnightly sailing at all levels for people with disabilities. Members train to sail and participate in competitions. Come 'n' Try days. AYF certification and integrated sailing can be arranged. Carers must attend the first sessions, and can sail and attend social events. Booking essential. Committee meets 7pm first Thursday monthly. Check recorded message on 8212 5319 on sailing day. Accessible yachts, hoist etc.

Sailors with disAbilities (SWD)**Phone:** 02 8230 0880**Mail:** PO Box 2099, Strawberry Hills NSW 1420**Email:** info@sailorswithdisabilities.com**Web:** www.sailorswithdisabilities.com

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 a school program where youths come out sailing with SWD, both inshore and offshore. 54 ft boat Carpe Diem. Everyone is welcome. Twilight sailing Fridays 5pm from October onwards.

Scouts with Special Needs**Phone:** 02 9735 9000**Email:** info@nsw.scouts.com.au**Web:** www.nsw.scouts.com.au

NSW Headquarter, Level 1, Quad 3, 102 Bennelong Parkway, Homebush Bay NSW 2127

Young people with physical and mental disabilities are integrated into regular Scout Troops and receive additional support, infrastructure and training. Parents should meet with the Group and Section Leaders to discuss the child's needs and medical issues, and can be involved. Sydney Northern Region, phone 9411 4088 or email sn.region@nsw.scouts.com.au. Some accessible facilities.

Sensory Room at Cerebral Palsy Alliance, St Ives**Phone:** 02 9449 3048**Web:** www.cerebralpalsy.org.au

6 Stanley Street, St Ives 2075

Complete with music, disco ball, massage bed, bean bags, mobiles, colourful posters, streamers. For hire for \$10/half-hour by appointment during weekdays.

Sensory Trail - Cumberland State Forest**Phone:** 02 9871 3377**Web:** www.dpi.nsw.gov.au/forests

95 Castle Hill Rd, West Pennant Hills 2125

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 etc. Open daily 9am-5pm (-6pm summer). Flat track with guide rope, disabled toilets.

Soccer for Adults with Disability – OzSports / House With No Steps**Phone:** 0411 563 601**Email:** jas@ozsportssolutions.com.au**Web:** www.ozsportssolutions.com.au

Five Dock Leisure Centre, cnr Queens Rd and William St, Five Dock NSW 2046

Adults (aged 18+) with a physical or intellectual disability enjoy soccer coaching sessions with qualified staff on Tue 11.30am-12.30pm. Practical modified fun activities and small-sided games using kicking, catching, striking, running and dodging. Individual and team work develop social aspects. \$5 per session.

Soccer for Children and Teens with Disabilities**Phone:** 02 9402 5317**Email:** dwhoward@optusnet.com.au

Toolang Oval, St Ives NSW 2075

Web: www.stivesfootball.com.au/pages_about_registration/specialneeds.htm

St Ives Soccer Club hosts modified soccer for children and youth aged 4.5 to 18 years with autism or intellectual disabilities. Modified rules permit one chaperone to assist passively onfield. If support is required or challenging behaviour exists, a carer must attend. Saturday 1pm-2pm game. \$100/season.

Special Olympics - Sydney Northern Region**Phone:** 0402 134 376**Mail:** PO Box 486, Collaroy Beach 2097**Email:** peter_langthorne@hotmail.com**Web:** www.sosnr.org

Sports training, development and socialising for people aged 6-80 years with intellectual disability. Sports include swimming, ten pin bowling, athletics, basketball, tennis, golf, sailing, gymnastics, bocce, softball, aquatics.

Volunteers welcome. Head office www.specialolympics.com.au Some accessible venues.

Special Olympics - Upper North Shore Sydney Region**Phone:** 0403 497 517**Mail to:** PO Box 262, Mona Vale 2103**Email:** Elissa@souppernorthshore.com**Web:** www.souppernorthshore.com

Sports training, development and socialising during school terms for people aged 6-80 years with intellectual disability. Sports include: basketball, softball, dance, learn to swim, swim squad, golf, tennis, soccer, cricket, gymnastics, ten pin bowling. All volunteers welcome. Some accessible venues.

Surf Life Saving Program for Children and Adults with Disabilities**Phone:** 02 9913 8066 at Newport Surf Life Saving Club, Newport Beach 2106**Email:** info@surflifesaving.net.au**Web:** www.surflifesaving.net.au

Interactive activities on the beach and in the surf, include land based ones to provide awareness of the beach environment, basic aquatic survival techniques, games on the beach. Staff : student ratio 1:3. School staff or carers are welcome.

Tennis NSW - Tennis for People with Disabilities**Phone:** 02 9024 7600**Email:** tennis@tennisnsw.com.au**Web:** www.tennis.com.au/nsw

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

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. Fully wheelchair accessible.

Warringah Aquatic Centre**Phone:** 02 9451 8000

Aquatic Drive, Frenchs Forest NSW 2086

Email: aquatic-centre@warringah.nsw.gov.au**Web:** www.warringahaquatic.com.au

Heated indoor swimming pool with diving boards, heated outdoor 25m pool & toddlers pool with BBQ & playground areas. Learn to swim for children & adults. Recreation programs includes aquaerobics, deep water workouts, yoga, pilates, Senior's fitness classes. Creche facility Monday to Friday. Kiosk. Swim shop. Children's birthday parties, holiday activity program. Rainbow Swim Club for children with disabilities. Ramp access to indoor pool, mechanical pad lift, private shower & toilet & disabled parking.

Warringah Walkers**Phone:** 02 9976 9531**Email:** JAngray@nscchahs.health.nsw.gov.au

Health Promotion Unit, Manly Hospital, 150 Darley Rd, Manly NSW 2095

Program run by the Dept of Sport and Recreation for over fifties. Walks planned by participants and Northern Beaches Health Promotion Unit. Walks are graded not too strenuous and last 3 or more hours, with some day trips. Copies of planned walks available.

Wheelchair Sports NSW (WSNSW)**Phone:** 02 9809 5260

600 Victoria Rd, Ryde NSW 2112

Email: admin@wsnsw.org.au**Web:** www.wsnsw.org.au

Provides sporting opportunities and access to equipment, coaching and competition to people aged 5-80 with disabilities. Sports include archery, athletics, basketball, cue sports, fencing, handcycling, junior programs, lawn bowls, power lifting, rugby, shooting, swimming, table tennis, tennis. Fee for booking MAA Arrive Alive Basketball Roadshow by schools, community groups. Info on monthly Junior Sports Days (5-17years) from Jennifers@wsnsw.org.au.

Office & toilet accessible; parking available.

Wheelies with Wings**Phone:** 02 4877 2772**Mail:** C/O Post Office, Berrima 2577**Email:** cleggair@optus.com.au**Web:** www.wheelieswithwings.com.au

Wheelies with Wings provides a limited flying training program to raise the self esteem of people with lower limb disabilities. Ramps, toilets, showers, parking.

Looking for Disability Information? Try LINCS!

What is LINCS? LINCS is the Local Information Network for Community Services, a database created by the Data Diction company. The members of the Network include local councils and disability information groups throughout Sydney and NSW on the www.lincs.com.au website.

What is on the Community and Disability Database?

The database consists of descriptions of community based organisations and groups throughout the Northern Beaches, Sydney and beyond. LINCS members contribute to the database by collecting and updating entries in their geographical area. Categories include topics like Leisure and sporting groups, Education or Employment, Personal and Family Services, Law and Justice, Special Interest Groups, Equipment and disability Aids.

How does one use LINCS?

- You can access the database through each member's homepage via any computer with Internet access.
- The right side of the database's first page has a list of search words. The page has hints on search procedure.
- Searches are done on a geographic basis by distance from the specified suburb. So Warringah Council's website will bring up entries closest to Dee Why, while searches through Pittwater or Manly Councils' websites will bring up entries closest to Mona Vale or Manly. The centre of this search can be changed on the line below the search field.
- For example, if you live in Narrabeen, have a mobility disability and need transport, search www.wls.nsw.gov.au/disabilityinformation.htm by using keywords *Disability Transport* and suburb *Narrabeen*.

How can I provide new or changed information?

If some information needs to be changed or added, contact the nearest LINCS member (Council or disability service). In the Northern Beaches, these are:

Manly Library – 9976 1739, www.manly.nsw.gov.au Pittwater Library – 9970 1603, www.pittwater.nsw.gov.auWarringah Library – 9942 2605, www.wls.nsw.gov.au/communityinformation.htmWarringah Disability Information – 9942 2686, www.wls.nsw.gov.au/disabilityinformation.htm

Transport

City Rail Transport InfoLine 131 500

Web: www.131500.com.au

Mail to: PO Box K349, Haymarket 1238

Provide details of Easy Access stations located in suburban or intercity centres, where staff will assist people with disabilities who phone prior to travelling.

Community Transport Inc (Manly, Warringah, Pittwater)

Phone: 02 9971 5110 (8am-4pm)

Suite 201, 30 Fisher Rd, Dee Why 2099

Email: admin@mwpct.org.au

Web: www.mwpct.org.au

Frail aged, younger people with disabilities, their carers and transport disadvantaged are collected from their homes for fortnightly shopping to Warringah Mall, Forestway and Warriewood (morning 1.5-2hrs), or recreational outings (afternoon with tea and assistant). Individual transport to appointments (like medical, day care, hairdresser, physiotherapy), for visits etc. Also collect passengers to take to specific organisations. Accessible transport.

* Beaches Hospital Link (Manly – Mona Vale)

This free wheelchair accessible service operates between the hospitals at Manly and Mona Vale twice daily on Monday-Friday for frail aged or younger people with a disability who move independently or with help of a carer. Fixed route with several stops. Prior booking not necessary. Departures: Mona Vale 11.30am, Manly 12.30pm, Mona Vale 4.30pm, Manly 5.30pm.

* Individual Transport – Northern Beaches

This flexible bus service operates on Mon-Sat for frail aged or younger people with a disability who can move independently or with a carer. A car or wheelchair accessible bus takes you from your home to your destination within Northern Beaches for \$6 ea trip weekdays (\$10 Sat). Bookings are essential.

* North Shore Shuttle Bus Service

Door to door service from your home or the Dee Why office, to Royal North Shore Hospital and Mater Hospital for the elderly, people with disability, their carers and the transport disadvantaged in Manly Warringah Pittwater. Monday to Friday. \$10 return from office, \$20 return from home. Booking essential several days in advance. Subject to availability.

Disabled Alternative Road Travel Service (DARTS)

Phone: 02 9777 7840

Email: darts@tpg.com.au

Web: www.darts.org.au

Dougherty Community Centre, 7 Victor St, Chatswood NSW 2067

Social, recreational and educational bus trips in buses modified to take wheelchairs. A door-to-door service for adults with physical disabilities or aged people who use wheelchairs. Support given by volunteer helpers and companions.

Disabled Parking - Northern Beaches - Phone 13 22 13

Web: www.rta.nsw.gov.au/rulesregulations/mobilityparking/index.html

Mail to: PO Box 1521, Warriewood NSW 2102

License-style photo card provides parking concessions to

people with a temporary or permanent mobility disability or blindness, or those who transport such persons. Obtain application form from your local RTA, website, or phone 13 22 13. Return the form (completed by a registered medical practitioner) to the RTA, with proof of age. Permanent one for 3 years; temporary one for 6 months. Local: Blakesley St /Victoria Ave, Chatswood 2067. Shop 12, Forestway Shopping Centre, Frenchs Forest 2086. 239 Pittwater Rd, Manly 2095 (Box 76). Shop 4, Warriewood Square, Warriewood 2102 (Box 1521). Disabled parking permits from overseas or interstate are accepted, must comply with NSW rules. Visitors can apply for temporary permit on usual form, and show passport or credit card. Accessible.

Forest Coach Lines Pty Ltd

Phone: 02 9450 2277

Mail: 4 Myoora Rd, Terrey Hills 2084

Email: buses@forestcoachlines.com.au

Web: www.forestcoachlines.com.au

Private bus line and coach hire. Enquire about wheelchair accessible services. Phone 131 500 for timetable information. Many buses are accessible.

Kaddy Transport

Phone: 02 9972 0242 3 St Davids Ave, Dee Why 2099

Web: 1kaddy@tpg.com.au

Voluntary organisation provides bus transport for adults using wheelchairs, or with permanently disability, to medical, hospital, dental appointments or meetings (but no regular ones). 3 buses with hoists and wheelchair security.

Manly Council Community Bus**Phone:** 02 9976 1540

Manly Council, 1 Belgrave St, Manly NSW 2095

Email: sandy.mcintyre@manly.nsw.gov.au

Two 12 seater buses used for various Council programs, including the transport of children for before and after school care, vacation care programs, camps arranged by the Youth Services Branch, etc. Available for hire to community based groups.

Manly Warringah Pittwater Community Aid Service Inc**Phone:** 02 9913 3244**Email:** mwpcas@mwpccommunityaid.com.au**Web:** www.mwpccommunityaid.com.au

MWP Community Aid Service Inc, 5 Nareen Pd, North Narrabeen 2101

Individuals who require support are accompanied to access their local community, including medical, hydrotherapy and day care appointments.

Qantas Carer Concession Card**Phone:** 1800 806 769

Nican, 5/48 Brookes St, Mitchell ACT 2911

Email: info@nican.com.au**Web:** www.nican.com.au/about/qantas_carer.asp

For people with disabilities who need 1-on-1 support from their carer when seated in the plane. Cardholder receives a 10% discount off full price economy and 50% on business class domestic travel. Discount not available on other airfare (like internet, packages etc). This fare is not necessarily the cheapest fare available. Photo ID card valid for 3 years (needs 2 weeks to process). Accessible office, toilet.

State Transit Authority of NSW**Web:** www.sydneybuses.info

Public transport depot. General timetable enquiries 131500. Buses fitted with ramps for wheelchair access, low floor buses for people with mobility disabilities. Wheelchair access to depot (at rear) for customer enquiries.

* **Brookvale Bus Depot** – phone 9941 5816, TTY 1800 637 500. 630-636 Pittwater Rd, Brookvale 2100.

* **Mona Vale Bus Depot** - phone 02 9997 1257

58 Darley St, Mona Vale 2103

Sydney Transport Information**Phone:** 131 500 (Infoline)**Web:** www.131500.com

Call 131 500 for all bus, train and ferry services. 131 500 mobile internet service offers access to the range of primary 131 500 Transport Infoline services, including late breaking news, next service timetables, transit stop timetables, highlight events and service changes. For ferries - selected bus routes.

Taxi Transport Subsidy Scheme (TTSS)**Phone:** 1800 623 724

Level 5, 16-18 Wentworth St, Parramatta 2124

Email: ttss@transport.nsw.gov.au**Web:** www.transport.nsw.gov.au/concess_grants/ttss.html

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 Dept of Transport offices, most medical facilities, community transport groups or can be downloaded from website. Doctor's certification necessary.

Vision Impaired Person's Travel Permit**Phone:** 02 9379 4441**Web:** www.transport.nsw.gov.au/concessions/disabled-vision-impaired.html

490 Pitt St, Sydney NSW 2000

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

Entitles permanent residents of NSW/ACT with significant vision impairment (and attendant possibly) to free travel on CityRail network, government buses and ferries in Sydney/ Newcastle/ Wollongong/ Canberra; and half-fare on country trains. For children and adults. Guide Dogs and Assistance Dogs permitted on trains for vision or hearing impaired persons only.

Wheelchair Accessible Taxis**Phone:** 02 8332 0200, 1800 043 187

9-13 O'Riordan St, Alexandria 2015

Email: zero200_info@zero200.com.au**Web:** www.zero200.com.au

This central booking office for all private and fleet operated wheelchair accessible cabs 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. Flashcab passenger vans, Tarago buses.

Name Index

A		E	
Ability Technology Ltd	6	Empower Health	15
Accessible Arts	3	F	
Accessible Dance Classes - Sydney	3	Fishabout Tours	15
Accessible Public Toilets/Facilities - Warringah ...	2	Flexible Transport – Northern Beaches	20
Adaptive Technology Access Centre	6	Forest Coach Lines Pty Ltd	20
Artability	3	FreeWheelers - Beach Wheelchairs in Northern Sydney region	15
Asteen – Club for Teens with Aspergers Syndrome	10	G	
Australian Music Therapy Association (AMTA) ...	3	Galston Gorge Conference & Recreation Centre .	9
Australian Paralympic Committee (APC)	13	Girl Guides Association (NSW), Northern Sydney Region	11
Avalon Womens Bowling Club	13	Glen Street Theatre	4
B		H	
Beaches Hospital Link	20	Hear For You (HFY) - Mentoring Program for Hearing Impaired Teens	11
BIRDS Hunters Hill Ryde Community Services..	10	Hornsby Satellites – Indoor Soccer for Youth/Adults with Disabilities.....	15
Blind Sporting Association of NSW Inc	13	Hornsby United Bowlers Team	15
Blowfly Cricket for Kids & Teens with Intellectual Disabilities	13	House with No Steps - Social and Recreation Program	11
Boccia NSW - Northern Beaches	13	K	
Boccia Club for Kids and Teens	13	Kaddy Club	11
Boonah Creative Arts Centre.....	3	Kaddy Transport	20
Bowling for People with Disabilities	13	L	
C		Leisure Link Program, Northern Sydney region - ADHC.....	11
Camp Breakaway - Central Coast.....	8	Liberty Swing for Wheelchair Users - Collaroy, Seaforth	15
Camp David and Camp Jonathan	9	Local Libraries in the Northern Beaches	6
Camp Toukley.....	8	M	
Camping Programs for People with Disabilities ...	9	Macquarie Community College	7
Cerebral Palsy Alliance - Aquability	13	Manly Council Community Bus.....	21
Cerebral Palsy Alliance - Recreation Program, Met North & East Sydney	14	Manly Library Home Library Service	7
Cerebral Palsy Alliance - Sportfritz Gym	14	Manly Swim School – Mobile Lessons	16
Chatswood Social Club	10	Manly Warringah Pittwater Community Aid Service Inc - Individual Transport Service.....	21
Christian Youth Council	9	Master Locksmiths Access Key System (MLAK) .	2
City Rail Transport InfoLine	20	Merry Makers Australia.....	4
Club Friday	10	Metro North Regional Recreation and Flexible Respite Service - ADHC	16
Collaroy Beach Rock Pool.....	14	Mosman Day and Evening College	7
Community Transport Inc (Manly, Warringah, Pittwater)	20	Mosman Saturday Youth Group	11
Crossroads Christian Fellowship NSW Inc.....	10	Mouth & Foot Painting Artists Pty Ltd (MFPA)	4
CULTIVATE - Horticultural Therapy Society of NSW Inc	3	MS Society of NSW - Northern Region	11
D		Musical Between – Music Therapy.....	4
Dance Chance Inc	3	N	
Dance'n'Time for Children, Teens, Adults with Disability	3	National Public Toilet Map	2
DARTS Yoga Group	14	National Relay Service	7
Deaf Society of NSW	6	Nican Inc	16
Disabled Alternative Road Travel Service (DARTS)	10, 20	NIDA Open Program.....	4
Disabled Parking - Northern Beaches	20	North Shore Shuttle Bus Service.....	20
Disabled Surfers Association (DSA).....	14	Northcott – Computer Assistive Technology Services	7
Disabled Wintersport NSW.....	15	Northcott Disability Services - Recreation	11, 16
Discobility - Dance Party for Teens/Young Adults with Special Needs	10		
Division 2 Powerchair Football	15		
Drama and Music for Youth and Adults with Disability	4		
Drama Class for Youth with Intellectual Disability	4		
Drama Workshops for Youth with Disabilities	4		

Northern Area Recreation Association Inc (NARA)	16	Disabilities.....	18
.....	16	Social Club for Young Adults with Aspergers.....	12
Northern Beaches Community College Inc.....	7	Special Olympics - Sydney Northern Region.....	18
Northern Beaches Interchange - Club With No		Special Olympics - Upper North Shore Sydney	
Name.....	11	Region.....	18
Northside Enterprise - Dance Class for Young		Special Olympics Upper North Shore Dance	
Adults.....	4	Group.....	5
NSW Visitors Information Line.....	2	State Transit Authority of NSW - Bus Depots in	
NSW Push and Power Sports Inc.....	16	Brookvale and Mona Vale.....	21
NSW Sport and Recreation.....	14	Studio ARTES Northside Inc.....	5
NSW Sport and Recreation - Fitness for Athletes		Sunday Activities for Adults w Special Needs 5, 12	
with a Disability at Gym.....	14	Sunnyfield - Club Rec and RAGE - Chatswood,	
NSW Sport and Recreation - Squad Programs for		Ryde, Hornsby.....	12
Basketball and Athletics.....	14	Sunnyfield - Saturday Creative Respite Day	
O		Program.....	12
Outward Bound Australia.....	9	Sunnyfield Social Group for Adults - Northern	
P		Beaches.....	12
Pat Taylor Swimming School.....	16	Sunshine Paper Studio and Art Gallery.....	5
Personal Fitness Trainer - Disability Specialist..	16	Surf Life Saving Program for Children and Adults	
Pioneer Clubhouse.....	5, 12	with Disabilities.....	18
Pitane Recovery Centre.....	12	Sydney Harbour National Park (NPWS) National	
Pittwater Library Service, Home Library Service..	7	Parks & Wildlife Service.....	2
Point Break Drama Acting School.....	5	Sydney Transport Information.....	21
Q		T	
Qantas Carer Concession Card.....	21	TAD/ Gale Computer Loans Service.....	7
R		TADAust Connect.....	8
'Rhythm of Life' Inclusive Choir.....	5	Talking Manly Daily.....	8
Radio 2 RPH -Radio For The Print Handicapped		Taxi Transport Subsidy Scheme (TTSS).....	21
of NSW Co-operative Ltd.....	7	Tennis NSW - for People with Disabilities.....	18
Rainbow Clubs - Epping, Lindfield, Warringah...	17	Toilets for the Disabled in Chatswood.....	2
Recreation Rendezvous.....	17	U	
Renewtree.....	4	United Christian Youth - Camp Kedron.....	9
Respite Recreation Network Friday Social Club	12	UTS Music Therapy Clinic.....	5
Riding for the Disabled Association.....	17	V	
S		Vision Australia.....	8
Sailability Manly.....	17	Vision Impaired Person's Travel Permit.....	21
Sailability Middle Harbour.....	17	W	
Sailability NSW - Pittwater.....	17	Warringah Aquatic Centre.....	19
Sailors with disAbilities (SWD).....	17	Warringah Library - Home Library Service.....	8
Scouts with Special Needs.....	9, 12, 18	Warringah Walkers.....	19
Sensory Room at Cerebral Palsy Alliance.....	18	Wheelchair Accessible Taxis.....	21
Sensory Trail - Cumberland State Forest.....	18	Wheelchair Sports NSW (WSNSW).....	19
Soccer for Adults with Disability.....	18	Wheelies with Wings.....	19
Soccer for Kids & Teens with Intellectual		Youthworks Holiday Camp.....	9

OTHER PUBLICATIONS

from Warringah Library Service

(Tel 9942 2686 or 9942 2605)

Warringah Community Directory 2010-2011

Retirement Housing Guide for Older Residents

Seniors and Care Guide – Northern Beaches and Forest

Large print Services Guide

Warringah Disability e-Newsletter – free, fortnightly

**An initiative of
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