

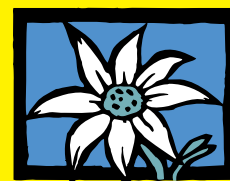
COMMUNITY

FREE

NORTHERN BEACHES & FOREST



PITTWATER
COUNCIL



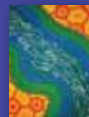
Warringah Council

seniors & care guide 2010

HELP! Where to find it
Home care & support
HEALTH & WELLNESS
Activities, hobbies & recreation
Retirement living
INFORMATION FOR CARERS



YOUR GUIDE TO LOCAL SERVICES FOR SENIORS



Message from the Mayors

WE TRUST THIS GUIDE WILL ENCOURAGE YOU TO EXPLORE THE RANGE OF LOCAL SERVICES AND ACTIVITIES, WHICH IN TURN, MAY ASSIST IN MAINTAINING YOUR INDEPENDENT LIFESTYLE.

Following the success of last year's Guide, it is with great pleasure that we present the 2010 edition of the Seniors and Care Guide. The aim of this publication is to help you access a wide choice of services and activities appropriate for seniors in your local area. It covers a range of topics including accommodation options, leisure activities, health services and home support.

The Guide has been developed as a joint project between Manly, Pittwater and Warringah Councils and the publisher, Seniors & Care Guide.

In today's fast paced world relying on family members can be difficult. Work and family commitments often mean time is limited or not available at all. In response to this common dilemma, Councils have taken 'on board' the responsibility to provide useful information guides to help seniors, and their families and carers, with decisions that may need to be made now or in the future.

Many of the services, programs and activities listed in this Guide would not be possible without the huge amount of time and effort being expended by local volunteers. We extend our warm and sincere thank you to the many volunteers for helping to provide much needed services which contribute to the health, vibrancy and social cohesion of our communities.

We trust this Guide will encourage you to explore the range of local services and activities, which in turn, may assist in maintaining your independent lifestyle. The many and varied social activities will help you stay connected with your community, your neighbours and your friends.

We urge you to read on, and we feel confident that you will be enticed to try something new!

Yours in good health,



Jean Hay

Jean Hay
Mayor
Manly Council



Harvey Rose

Harvey Rose
Mayor
Pittwater Council



Michael Regan

Michael Regan
Mayor
Warringah Council

TELEPHONE INTERPRETER SERVICE

If you would like information on your local services ring the Telephone Interpreting Services on 131 450 and ask to be connect to Commonwealth Carelink 1800 052 222 who provide free information.

ARABIC

إذا كنت ترغب في الحصول على المعلومات حول الخدمات المتوفرة في منطقتك، اتصل مع خدمة الترجمة الهاتفية على الرقم 131450 واطلب منهم الاتصال مع Commonwealth Carelink على الرقم 1800 052 222 حيث ستحصل على المعلومات المجانية

CHINESE

如果想知道您当地的服务,请打电话131 450 给电话口译服务,要求转接1800 052 222 Commonwealth Carelink 以获得免费的资讯。

FARSI

اگر میخواهید در باره خدمات محلی خود اطلاعات به دست بیاورید، به سرویس ترجمه تلفنی، شماره 131450 که اطلاعات رایگان ارائه میدهد، Commonwealth Centrelink تلفن کنید و از آنها بخواهید که شما را به شماره 1800052222 وصل کنند.

FILIPINO

Kung gusto mo ng impormasyon tungkol sa iyong mga serbisyong lokal tawagan ang Telephone Interpreting Services sa 131 450 at hilingin na ikonek ka sa Commonwealth Carelink 1800 052 222 na nagbibigay ng libreng impormasyon.

GERMAN

Wenn Sie Informationen über Ihre örtlichen Einrichtungen erhalten möchten, rufen Sie die Telephone Interpreting Services (Telefon-Dolmetscherdienste) unter der Nummer 131 450 an und lassen Sie sich mit Commonwealth Carelink unter der Nummer 1800 052 222 verbinden, um sich kostenlos informieren zu lassen.

GREEK

Αν θέλετε πληροφορίες για τις τοπικές σας υπηρεσίες, τηλεφωνήστε στην Υπηρεσία Τηλεφωνικής Διερμηνείας στο 131 450 και ζητήστε να σας συνδέσουν με την Commonwealth Carelink στο 1800 052 222 που παρέχει δωρεάν πληροφορίες.

ITALIAN

Se desiderate informazioni circa i servizi nella vostra zona, telefonate al servizio d'interpretariato telefonico (TIS) al numero 131450 per farvi collegare al 'Commonwealth Carelink' al 1800 052 222 che fornisce informazioni gratuite.

JAPANESE

もしお住まいの地域のサービスに関する情報が必要な場合、電話通訳サービス電話: 131 450に電話をし、Commonwealth Carelink 電話1800 052 222につないでもらえば、無料で情報が得られます。

KOREAN

당신의 지역 서비스에 대해서 더 자세한 정보를 원하시면 전화 통역 131 450으로 전화하셔서 Commonwealth Carelink 전화 1800 052 222로 연결하시면 무료로 제공 되는 정보를 얻으실 수 있습니다.

SPANISH

Si desea información sobre servicios en su localidad, llame al Servicio Telefónico de Intérpretes al 131 450 y pida que le comuniquen con Commonwealth Carelink, teléfono 1800 052 222, que brinda información gratuita.

Australian Communication Exchange (ACE)

Phone: 1800 555 677 • www.aceinfo.net.au • 295 Logan Rd, Stones Corner 4120

ACE relays messages for people from their TTY to a connecting line and relays typed messages, then listens to the reply and types it back to you. ACE will administer a Telecommunication Equipment Access (TEA) program. ACE also provides telecommunication equipment (telephones typewriters (TTY), modem with communication software or telebrailler). To be eligible you must be deaf, deaf blind, have a hearing, speech or communication impairment, be an Australian citizen or a permanent resident of Australia, not be the current owner of a telebrailler, and not have received a TTY, modem or telebrailler from a government program.

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Every effort has been made to ensure information is reliable and accurate at the time of printing, however readers are advised to make their own enquiries. Inclusion of information about a particular service or organisation does not constitute a recommendation of that service or organisation by the participating councils.



ACRONYMS:

In reading this guide, you'll come across some commonly used acronyms. Here are their meanings:

- LGA: Local Government Area
- ACAT: Aged Care Assessment Team
- HACC: Home and Community Care (Program)
- CACPs: Community Aged Care Packages
- COTA: Council on the Ageing
- CALD: Culturally and Linguistically Diverse
- EACH: Extended Aged Care at Home
- DADHC: Department of Ageing, Disability and Home Care

**YOU CAN GET A FREE COPY
OF THE NORTHERN BEACHES &
FOREST SENIORS & CARE GUIDE
FROM YOUR LOCAL LIBRARY
OR MANLY, PITTWATER &
WARRINGAH LOCAL COUNCILS**

EMERGENCY NUMBERS

EMERGENCY

Ambulance, Fire or Police: 000

POLICE

Dee Why Police	9971 3399
Frenchs Forest Police	9452 9599
Manly Police	9977 9499
Mona Vale Police	9997 1444
Police Assistance Line	13 14 44
Crime Stoppers	1800 333 000

RURAL FIRE SERVICE

Phone: 1800 679 737

STATE EMERGENCY SERVICE

Phone: 13 25 00
For storm or flood emergency help.

HOSPITALS WITH AN EMERGENCY DEPARTMENT

Manly Hospital	9976 9611
Mona Vale Hospital	9998 0333
Royal North Shore Hospital	9926 7111
Sydney Adventist Hospital	9487 9111

(Private hospital fees apply)

UTILITIES

AGL (Electricity & gas supplies)	13 12 45
Water/sewerage -Sydney Water	13 20 90
Telstra Directory Assistance	1223
Poison Information Centre	13 11 26
Emergency Dental Service	9369 7050
Sydney Eye Hospital Contact	9382 7111

TAXIS

Manly Warringah Cabs (Trading) Co-operative	9972 5600
Wheelchair Accessible Taxis	1800 043 187

LOCAL COUNCILS

Manly	9976 1500
Warringah	9942 2111
Pittwater	9970 1111

COMMUNITY INFORMATION

If you can't find the information you are looking for in this guide, you can also utilise the Local Information for Community Services (LINCS), an online community information directory provided by a network of local councils. LINCS is a fast way to find information about community services, events and activities in your local area. Public access points are available in your local library. You can also access community information at the website of your local council.

MANLY COUNCIL

Phone: 9976 1500

Web: www.manly.nsw.gov.au

(go to Community Services then Community Information Database)

PITTWATER COUNCIL

Phone: 9970 1111

Web: www.pittwater.nsw.gov.au

WARRINGAH COUNCIL

Phone: 9942 2111

www.warringah.nsw.gov.au

The organisations listed below can provide a comprehensive range of information about community, aged care and disability services.

COMMONWEALTH RESPITE & CARELINK CENTRES

Phone: 1800 052 222

www9.health.gov.au/ccsd/index.cfm

Information service to help put older Australians and their carers in touch with a wide range of community, aged care and disability services. Anyone can visit a Commonwealth Respite & Carelink Centre, or receive advice.

SENIORS INFORMATION SERVICE

Phone: 13 12 44

Web: www.seniorsinfo.nsw.gov.au

Information and referral on services, issues and activities for older people including nursing homes, hostels, retirement villages, health, home-care, senior citizens clubs and centres, pensions, aged care assessment teams, dementia and complaints procedures.

CARE SERVICES TO SUPPORT YOU AT HOME

Home and Community Care (HACC) Services are provided to support frail, older people and people with a disability to live independently in their own homes. The government funds a range of services to enable this to happen.

The services range from personal care, home nursing, transport, food services, day care and much more. There are also non-subsidised agencies that provide services on a user-pays basis.

Information about HACC services is available in a variety of languages from the Department of Ageing, Disability at **www.dadhc.nsw.gov.au** or by phoning the communications unit on **9367 6822**.

ASSESSING YOUR NEEDS

The following services provide assessment, information, advice and assistance to those wishing to remain at home or considering moving into an aged care facility.

A comprehensive assessment will be conducted in the client's home or residential care facility.

Individual needs will be considered with possible options of time out (respite) for the carer, housekeeping, personal care, meal preparation, home nursing, odd jobs and gardening, companionship and regular visits to day-care and recreational activities.

NORTHERN BEACHES AGED CARE ASSESSMENT TEAM (ACAT)

Phone: 9998 0356

PO Box 81 Mona Vale 1660

Email: mhoughto@nscchahs.health.nsw.gov.au

NORTHERN BEACHES COMMUNITY ADVISORY SERVICE

Phone: 9979 7677

Unit 7/8 , Level 1, Pittwater Place, 10 Park St, Mona Vale 2103

Email: ccnb@ccnb.com.au

Web: www.ccnb.com.au

Day Therapy and Care Centres

ANGLICARE CHESALON PITTWATER DAY CENTRE

Phone: 9979 6832

St Johns Anglican Church

1624 Pittwater Rd., Mona Vale 2103

Email: kcopewilliams@anglicare.org.au

Respite and activities in a homelike environment for frail aged; people with mild/moderate dementia. Offers a variety of recreational activities including gentle exercise, dancing, games, craft, singing, companionship, socialisation, outings and BBQs.

ANGLICARE CHESALON - FRENCHS FOREST DAY CENTRE

Phone: 9452 6343

467 Warringah Rd, Frenchs Forest 2086

Email: hudson@anglicare.org.au

Respite and activities for frail aged; people with mild/moderate dementia. Recreation activities include games, craft, gentle exercise, singing, dancing, socialisation, BBQs and outings. Also offers an Italian specific group (Tues).

ANGLICARE CHESALON - NORTH MANLY DAY THERAPY CENTRE

Phone: 9905 5227

59 Thomas St, North Manly 2100

Email: hudson@anglicare.org.au

Social activities, recreational therapies, aromatherapy, podiatry, and physiotherapy.

ARMENIAN COMMUNITY WELFARE ASSOCIATION OF ASSISTANCE

Phone: 9419 6394

Day care for frail aged people.

AUSTRALIAN CHINESE COMMUNITY ASSOCIATION

Phone: 9412 3488

Day care for frail aged and people with dementia.

Co-As-It CARE RESPITE PROGRAM

Phone: 9564 0744

Beacon Hill Memorial Hall, Beacon Hill 2100

Co As It (Italian Association of Assistance) caters for isolated and frail Italians by providing social, recreational and educational activities.

DEE WHY RSL DAY CLUB FOR SENIORS

Phone: 9982 7446 (Co-ordinator)

Dee Why RSL Club, 932 Pittwater Rd, Dee Why 2099

GREEK WELFARE CENTRE DAY CARE

Phone: 9516 2188

St Matthews Church Hall, The Corso, Manly

Support group with recreational activities for Greek seniors. Meets: Wed 1.30pm-3.30pm.

HARBORD DIGGERS RSL AGED DAY CARE CLUB

Phone: 9905 4758

Deputy Co-ordinator: 9401 3999

23 Oliver St, Freshwater 2096

JACARANDA ENRICHING LIFE

Phone: 9979 4299

10 Jubilee Ave, Warriewood 2102

Email: jacaranda@nsr.unitingcare.org.au

Web: www.nsr.unitingcare.org.au

Respite care centre for frail aged and early dementia clients.

PARKHILL COTTAGE DAY CENTRE MANLY HOSPITAL

Phone: 9976 9559

Darley Rd, Manly 2095

For people who are frail aged and those with dementia.

HelpLines



Arthritis Foundation	1800 011 041
Carelink	1800 052 222
Carer Resource Centre	1800 242 636
Carer Respite Centre	1800 059 059
Carers NSW	1800 242 636
Cancer Helpline	13 11 20
Dementia Helpline	1800 100 500
Diabetes Support	1300 136 588
Easy Transport - Northern Sydney Community Transport	1800 035 262
Grief Support	9489 6644
Lifeline Crisis Line	13 11 14
Mensline	1300 789 978
Mental Health Association NSW	1300 794 991 (business hours only)
Parkinson's NSW	1800 644 189
Salvo Careline	1300 363 622
SANE Helpline	1800 187 263 (9am - 5pm)
Seniors Information Service	13 12 44

PITTWATER RSL SENIORS DAY CLUB

Phone: 9997 3833

Co-ordinator 9997 3117

Pittwater RSL Club, 82 Mona Vale Rd, Mona Vale 2103

WAR VETS DAY THERAPY CENTRE

Phone: 8978 4331

Lantana Ave (Entrance C), Collaroy Plateau 2097

Email: beverley.ash@rsllifecare.org.au

Web: www.rsllifecare.com.au

Limited day therapy for people with dementia, specific treatments, activities and healthy lifestyle programs for aged people in the community.

Domestic Assistance and Personal Care Subsidised Services

If you require this type of assistance it is advisable to phone **Carelink: 1800 052 222** to find out which service has vacancies.

ANGLICARE CHESALON SERVICE DOMESTIC ASSISTANCE NORTHERN SYDNEY REGION

Phone: 9905 5227

59 Thomas Street North Manly 2100

Email: csgro@anglicare.org.au

BAPTIST COMMUNITY SERVICES - DOMESTIC ASSISTANCE

Phone: 9419 4122

30 Devonshire St, Chatswood 2067

Email: pwoollard@bcs.org.au

Web: www.bcs.org.au

BAPTIST COMMUNITY SERVICES - PERSONAL CARE

Phone: 9346 1420

157 Balaclava Rd, Marsfield 2122

Web: www.bcs.org.au

HOME CARE SERVICE REFERRAL AND ASSESSMENT CENTRE

Phone: 1800 350 792

KINCARE - PERSONAL CARE

Phone: 1300 733 510

Email: mail@kincare.org

Web: www.kincare.org

MANLY WARRINGAH PITTWATER COMMUNITY OPTIONS

Phone: 9979 7677

Unit 7/8 Level 1 Pittwater Place,
10 Park St, Mona Vale 2103

Email: ccnb@ccnb.com.au

Web: www.ccnb.com.au

(Website is in several languages.)

Provides case management, monitoring and brokerage services for people with complex care needs who are frail aged, people with moderate to severe disabilities, people with dementia or carers of these people.

NORTHERN SYDNEY HOME ASSISTANCE SERVICE (BENEVOLENT SOCIETY)

Phone: 9975 3174

181 Allambie Rd, Allambie Heights 2100

Email: ccns@bensoc.org.au

Web: www.bensoc.org.au

VETERANS HOME CARE

Phone: 1300 550 450

Eligibility: Veterans.

WESLEY DOMESTIC ASSISTANCE

Phone: 9938 5900

6 Powells Rd, Brookvale 2100

Email: wcssn.domestic@wesleymission.com.au

Wesley Community Support Services.

Non Subsidised Domestic Assistance and Personal Care

The following services are commercially operated and rates vary. It is advisable when purchasing these services to thoroughly research your options.

For more agency details, contact Commonwealth Carelink 1800 052 222.

ARV HOME SUPPORT SERVICES (HSS)

Phone: 9451 6464

CARERS & COMPANIONS

Phone: 9997 3788

Mona Vale, St Ives, Mosman & Edgecliff

Email: info@carersandcompanions.com.au

Web: www.carersandcompanions.com.au

Assists clients to independent lives in their own homes. Carers and companions to elderly, palliative and post operative care, personal care, driving to appointments, meal preparation and housekeeping. From 3 to 24 hours daily and sleepovers.

HEALTHCALL AT HOME, IN HOME CARE SERVICES

Phone: 9979 2022 or 9979 3033

Suite 17C Pittwater Place Shopping Centre, 10 Park St, Mona Vale 2103

Email enquiries@healthcall.com.au

Web: www.healthcall.com.au

Established for over 45 years and specialising in providing nurses and carers for home help, personal care, in home nursing, respite care and transportation from 1 to 24 hours care and overnight care, 7 days per week.

HOME INSTEAD SENIOR CARE

Phone: 9144 2322 (Northern Beaches)

email: beaches@homeinstead.com.au

Web: www.homeinstead.com.au

Companionship, personal care, meal preparation, medication reminders, light housekeeping, errands, transport and early stages dementia care. Services are provided 7 days a week, 24 hours a day.

JUST BETTER CARE

Phone: 9934 9999

Suite 6, 383 Sydney Rd Balgowlah 2093

Email: mail@justbettercare.com.au

Home assistance for people who are frail, aged, living with a disability or dementia. Palliative care and respite. Transport and companionship. Services provided from 1 to 24 hours a day.

OXLEY HOME CARE

Phone: 9986 22 66

Services include companionship, personal care, meal preparation, medication reminders, ironing, shopping, transport. Available 7 days a week, 24 hours a day.

UNITING CARE AGEING

Phone 9975 7388

Assists people to remain independent in their own homes.

Food Services

These services will deliver meals (hot or frozen) and if preferred, you can enjoy a meal with others at a friendly 'community restaurant'.

MANLY MEALS ON WHEELS SERVICE

Phone: 8966 9925 or 8966 9938

Manly Senior's Centre

275 Pittwater Rd (Cnr Balgowlah Rd), Manly 2095

Email: manlymow@zipworld.com.au

NORTHERN BEACHES FOOD SERVICES

Phone: 9970 8399

6 Jackson Rd, Warriewood 2102

Email: nbfs@bensoc.org.au

Web: www.bensoc.org.au

TENDER LOVING CUISINE

Phone: 1800 801 200

Web: www.tlc.org.au

Home delivery of meals by an independent organisation.

Garden Maintenance

AIDER PROGRAM

Phone: 8741 5419

Assistance for residents who are frail aged or have a disability. NSW Rural Fire Service hazard reduction program for eligible seniors living in bush fire prone areas. Includes clearing gutters and thinning vegetation.

EASY CARE GARDENING PROGRAM - NORTHSIDE COMMUNITY CONNECT

Phone: 9931 7777

30 Howard Ave, Dee Why 2099

Email: peterr@northsideconnect.com.au

Web: www.northsideconnect.com.au

A gardening service, for people who are frail aged or have a disability, which aims to make the garden low maintenance.

COMMUNITY ASSIST LAWN MOWING

Phone: 9488 8390

Suite 1, 1273 Pacific Highway, Turramurra 2074

Email: calm@easycaregardening.org.au

Web: www.easycaregardening.org.au

Provides subsidised lawn mowing for pensioners, frail aged and people with a disability.

Home Nursing Services

NORTHERN SYDNEY HOME NURSING SERVICE - MANLY

Phone: 9976 9888

C/- Manly Hospital, Darley Rd, Manly 2095

Offers a range of nursing services including nursing assessment, general care such as personal hygiene and wound care, medications such as insulin and oncology, palliative care and counselling. Wound Clinic at Manly Seniors Centre Mon-Fri.

NORTHERN SYDNEY HOME NURSING SERVICE - MONA VALE

Phone: 9998 0555

Mona Vale Hospital, Coronation St, Mona Vale 2103

Offers same as Northern Sydney Home Nursing Service - Manly.

Emergency Personal Alarms

For information on a comprehensive range of personal emergency alarm systems, please contact the Independent Living Centre on: **1300 885 886** or email: ilcnsw.asn.au

For further advice on personal alarm systems, phone Northern Beaches Aged Care Assessment Team (ACAT) on **9998 0356**

CONSTANT COMPANION

Phone: 9777 7836

2 Elizabeth St, Artarmon 2064

Email: ConstantCompanion@willoughby.gov.au

Web: www.willoughby.nsw.gov.au

Offers a 24-hour, 7-days-a-week emergency response service for people who are frail, aged, or disabled and their carers.

indiPendant PERSONAL ALARM

Phone: 13 12 38

24-hours/7-days a week rapid response monitoring to get help quickly in an emergency.

Equipment & Aids

These services offer equipment and aid to assist frail people, or older people with a disability in their daily living activities. Many pharmacies hire assisted living equipment. For information, advice and assessment on specific equipment and appliances please ring:

Manly Hospital: 9976 9622 (Aged Care & Rehab Service)

Mona Vale Hospital: 9998 0734 (Occupational Therapy)

COMMONWEALTH CARELINK CENTRE

Phone: 1800 052 222

www.commcarelink.health.gov.au

Commonwealth Carelink Centres put people in touch with local providers of equipment and aids.

INDEPENDENT LIVING CENTRE NSW (ILC)

Phone: 1300 885 886 (info line)

1 Fennell St, Parramatta 2150

Email: help@ilcnsw.asn.au

Web: www.ilcnsw.asn.au

Free information, advice and comprehensive display (no sale or hire) of commercially available equipment and products. Building design and access requirements for people with disabilities. Also has a list of second-hand wheelchairs and equipment.

NTH DEGREE CARE

Phone: 9983 9100

1323 Pacific H'way, Turramurra 2074

email: sales@nthcare.com.au

Comfort and mobility products including scooters, electric recliner lift chairs, wheelchairs, walking aids, shower accessories, back supports, electric adjustable beds and many other products to enhance lifestyle and increase mobility. See advertisement page 6.

PROGRAM OF APPLIANCES FOR DISABLED PEOPLE (PADP)

Phone: 9976 9963

Manly Hospital, Darley Rd, Manly 2095

Provides aids and appliances to enable people to continue living at home.

TECHNICAL AID TO THE DISABLED (TAD) NSW

Phone: 9912 3400 or 1300 663 243

Unit 10, 185 Briens Road, Northmead 2152

Email: info@tadnsw.org.au

Web: www.technicalaidnsw.org.au

Voluntary organisation that can assist in all aspects of everyday living such as tools and devices for, recreation, daily living, education, work and personal care, and aids to assist older people retain mobility and independence.

Home Maintenance & Modification

MANLY WARRINGAH PITTWATER HOME MAINTENANCE AND MODIFICATION SERVICE

Phone: 9913 3244

5 Nareen Pd, North Narrabeen 2101

Email: hmm@mwpccommunityaid.com.au

Web: mwpccommunityaid.com.au

Assists older people with essential home repairs and maintenance including plumbing, carpentry, widening doors, changing light globes, smoke detectors and other handyman tasks. Home modification includes handrails, hand showers, installing safety ramps and rails. Major modification work on bathrooms and access areas also referred through an occupational therapist.

SMOKE ALARM & BATTERY REPLACEMENT FOR THE ELDERLY (SABRE)

Phone your local fire station:

Dee Why: 9982 3229

Narrabeen: 9913 8620

Forestville: 9452 5726

Manly: 9948 4237

Mona Vale: 9999 1677

Web: www.fire.nsw.gov.au

NSW Fire Brigade installs smoke alarms or batteries for seniors age 65+ with limited domestic support. Annual visits to check the operation of the alarm and change the battery. Cost of alarm and batteries is responsibility of the client.

Pets

PETS OF OLDER PERSONS - POOPS

Phone: 9770 7555

A program for the pets of socially-isolated people age 65 years or older, or palliative care patients of any age, who do not have friends or relatives to help look after their pets in times of crisis. Services include in home pet care, foster care, ongoing support, re-homing of pets and emergency boarding facilities.

For more information about POOPS, read the article *Help Pets in Need* on page 55.

Respite Care Services

Sometimes a carer will need a break from the responsibility of looking after a frail or sick person. It may be a few hours a day, a night or even weeks. Respite care may be provided at home or away from the home such as at a day care centre.

HOME CARE SERVICE

Phone: 1800 350 792

MANLY WARRINGAH PITTWATER RESPITE SERVICE

Phone: 9979 7677

Unit 7/ 8 Level 1 Pittwater Place, 10 Park St, Mona Vale 2103

Email: ccnb@ccnb.com.au

Web: www.ccnb.com.au

A flexible respite service to carers of people who are frail aged or have a moderate to severe disability or dementia. The service provides regular planned respite and respite after hours in an emergency.

NORTHERN SYDNEY COMMONWEALTH CARER RESPITE CENTRE

Phone: 1800 059 059

WESLEY MISSION

Phone: 9936 7988

WOONONA COTTAGE

Phone 9488 2288

3 Woonona Ave South, Wahroonga 2076

Hope Health Care's overnight respite service.

Connecting YOU with your COMMUNITY

- Are you unable to drive or use public transport?
- Are you experiencing declining health and now feel you need help?
- Would you like to 'get out and about' more often but can no longer manage it?
- Would you enjoy being picked up and taken on bus trips and outings?
- Have you had a recent loss or lost a loved one?
- Do you feel unsafe in your own home or when you go out?
- Are you in a situation where you have no one to call in an emergency?
- Would you like more contact with people?
- Would you like to know about local services that can help?
- Is language a barrier for you in accessing information?

If you have answered "YES" to any of these questions, the following services can provide information that might help you:

Manly Council Community Development Coordinator (Aged Services) **9976 1562**

Warringah Council Community Development Officer Aged Services **9942 2560**

Pittwater Council Community Development Officer (Aged Services) **9970 1199**

CCNB Community Advisory Service **9979 7677**

Commonwealth Carelink Centre **1800 052 222**

Telephone Interpreter Service (TIS) **13 14 50**

There are many services available including community transport, luncheon groups, leisure and recreation groups, shopping services and a whole lot more.



Telephone & Monitoring Services for Isolated People

Regular phone calls are made by volunteers to check on the wellbeing of those who live alone and may be at risk.

DEMENTIA MONITORING SERVICE – COMMUNITY CARE NORTHERN BEACHES

Phone: 9979 7677

7/ 8 Level 1 Pittwater Place, 10 Park St Mona Vale 2103

Email: ccnb@ccnb.com.au

Regular contact for people with memory loss who live alone. Could include companionship, social activities, assistance with shopping and household tasks or drop-in service.

MWP NEIGHBOUR AID SERVICE

Phone: 9913 3244

Regular phone calls and visits by volunteers.

NEXT OF KIN REGISTRY

Phone: Crime Prevention Officer at your local police station (see page 11 for police station phone numbers.)

Free service for people living alone to record their details at their local police station. A keyring and a sticker placed on a home phone alerts emergency services of Next-of-Kin registration.

SAFELY HOME

Phone: 1800 100 500

For people with dementia or other intellectual disabilities. A bracelet features an ID number linked to details in the NSW Police's Safely Home database. Cost is from \$35. A joint project of Alzheimer's Australia and NSW Police.

TELECROSS – AUSTRALIAN RED CROSS

Phone: 9229 4222

Email: nswtelecross@redcross.org.au
Web: www.redcross.org.au

Free service is delivered mainly by volunteers, who every morning, make a short, friendly phone call to people who live alone to ensure they are safe and well. If the call is not answered,

emergency procedures are initiated and assistance is given if necessary.

Shopping Services

Internet supermarket shopping is an alternative way of having your groceries delivered. Many retailers and banks offer internet shopping services. Some agencies may assist clients to do shopping either by taking them to the shops or buying items identified on a list.

For additional details, contact Councils for a copy of their 'Shopping Made Easy' brochure.

MANLY WARRINGAH PITTWATER NEIGHBOUR AID – SOCIAL SUPPORT

Phone: 9913 3244

5 Nareen Pd, North Narrabeen 2101

Volunteers assist with personal transport for shopping and social interaction.

MANLY WARRINGAH PITTWATER COMMUNITY TRANSPORT

Phone: 9971 5110

Suite 201, 30 Fisher Rd, Dee Why 2099

Fortnightly shopping trips.

TRANSPORT

MANLY WARRINGAH PITTWATER COMMUNITY TRANSPORT

Phone: 9971 5110

Suite 201, 30 Fisher Rd, Dee Why 2099

Email: admin@mwpct.org.au

Web: www.mwpct.org.au

Passengers collected from their homes and taken to specific organisations and appointments. Regular shopping and recreational outings also offered.

DISABLED ALTERNATIVE ROAD TRAVEL SERVICE (DARTS)

Phone: 9777 7840

Dougherty Community Centre, 7 Victor St, Chatswood 2067

Email: darts@tpg.com.au

Web: www.darts.org.au

Social, recreational and educational trips in buses modified to take

wheelchairs.

KADDY TRANSPORT

Phone: 9972 0242

3 St Davids Ave, Dee Why 2099

For people who are permanently disabled. Wheelchair accessible transport for appointments and social outings. Mon-Thurs 8.30am-12.30pm.

TAXI SUBSIDY

Taxi Transport Subsidy Scheme (TTSS)

Phone: 1800 623 724

Level 5, 16 - 18 Wentworth St, Parramatta 2150

Mail: Locked Bag 5067 Parramatta 2124

Email: ttss@transport.nsw.gov.au

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

Subsidised taxi travel at half the total metered fare up to \$60 for people with severe and permanent disabilities who are unable to use public transport. Eligibility: Permanent disability, such as an inability to walk, visual impairment, severe uncontrollable epilepsy, intellectual disability, communication. Application forms available from Dept of Transport.

WHEELCHAIR ACCESSIBLE TAXIS

Phone: 1800 043 187 (toll free)

9-13 O'Riordan St, Alexandria 2015

Email: zero200info@zero200.com.au

Web: www.zero200.com.au

A central booking office for wheelchair accessible cabs.

VISITING SERVICES

These services provide volunteer visitors to the frail aged people who are isolated in their own homes. Volunteers may also take their clients shopping or for outings or do shopping for them or take them to appointments, but this is not obligatory.

Co-As-It COMPANIONSHIP PROGRAM

Phone: 9564 0744.

Casa d'Italia, 67 Norton Street, Leichhardt 2040

www.coasit.org.au

Program caters to the needs of people who are over 65, are socially and or linguistically isolated, and are of Italian background. Run by a co-ordinator and volunteers, friendship and companionship aims to break the isolation and improve the quality of life of people still able to live in their home but who may have limited or no family support.

**MANLY WARRINGAH PITTWATER
COMMUNITY AID SERVICE INC. -
NEIGHBOUR AID SERVICE**

Phone: 9913 3244

5 Nareen Pd, North Narrabeen 2101

Email: [mwpcas@](mailto:mwpcas@mwppcommunityaid.com.au)

mwppcommunityaid.com.au

Web: www.mwppcommunityaid.com.au

**SENIOR VOLUNTEER SERVICE (SVS)
LIFELINE NORTHERN BEACHES INC**

Phone: 9949 5522

310 Sydney Rd, Balgowlah 2093

Email: nore@lifelinenb.com.au

Web: www.lifeline.org.au

Volunteer visiting and care service to people who are isolated but living in their own homes.

**COMMUNITY VISITORS SCHEME
LIFELINE NORTHERN BEACHES**

Phone: 9949 5522

310 Sydney Rd, Balgowlah 2093

Email: helen@lifelinenb.com.au

**LINC CHURCH SERVICES NETWORK
PITTWATER INC**

Phone: 9973 1777

Uniting Church, 44 Bellevue Ave,
Avalon 2107

LINC WARRINGAH

Phone: 9451 0872

Forestville Uniting Church,
9 Darley St, Forestville 2087

**NORTHERN BEACHES COMMUNITY
VISITORS SCHEME (CENTACARE)**

Phone: 8968 5100

Unit 9B, 44 Wattle Rd, Brookvale
2100

Web: www.centacare.com.au

Volunteer visitors to aged persons

in nominated aged care hostels and nursing homes.

**ST MARYS PARISH CARING
SERVICE**

Phone: 9949 2699

Presbytery, Mary Immaculate
Catholic Church, 50 Whistler St,
Manly 2095

FINANCIAL & LEGAL

Government Pensions and Benefits

**CENTRELINK NORTHERN BEACHES
- RETIREMENT**

Phone: 13 23 00

660-664 Pittwater Rd,
Brookvale 2100

Web: www.centrelink.gov.au

Provides information on age pension, Pensioner Concession Cards, Commonwealth Seniors Health Card and Bereavement Allowance.

DEPARTMENT OF VETERAN'S AFFAIRS

Phone: 133 254 or 9213 7777

Centennial Plaza, Tower B, 280
Elizabeth St, Surry Hills 2010

Web: www.dva.gov.au

Income support, compensation and health care to entitled veterans and their dependents. Also provides a range of supplementary benefits and acts as a referral agency to other community services.

SENIORS CARD NSW

Phone: 1300 364 758

www.seniorcard.nsw.gov.au

Application forms available online or from DADHC regional offices, NSW Government Access Centres, Local Council offices and participating libraries. The card entitles NSW residents over 60, who do less than 20 hours paid work per week, to discounts on many goods and services.

Financial Advice and Information

**CENTRELINK FIS (FINANCIAL
INFORMATION SERVICES)**

Phone 13 23 00

660 - 664 Pittwater Rd,
Brookvale 2100

Web: www.centrelink.gov.au

Provides information from the Dept of Social Security, Dept of Veterans Affairs and the Australian Taxation Office. FIS officers provide free information about financial investments, buying and selling a home, taxation issues, Centrelink entitlements, retirement planning. Appointment necessary.

CREDIT LINE - NORTHERN BEACHES

Phone: 9949 5522

310 Sydney Rd, Balgowlah 2093

Email: admin@lifelinenb.org.au

Fully trained financial counsellors to help people in financial difficulties. This may include providing a liaison between a debtor and creditors to work out repayment schemes, budgeting and money management.

**FINANCIAL OMBUDSMAN
SERVICE (FOS)**

Phone 1300 780 808 (cost of local call)

A telephone referral centre to assist with disputes about financial services including banking, insurance, investment, credit, loans, superannuation and broking. Advice is free of charge.

G-LINE (NSW)

Phone: 1800 633 635

A free service. 24 hours/7 days a week including public holidays. Confidential counselling, referral and support to people experiencing gambling related problems. Can assist with accessing financial, legal and face-to-face counselling for gamblers, their families and friends. Multilingual crisis counselling is available.

ST VINCENT DE PAUL FINANCIAL COUNSELLING SERVICE

Phone: 9905 0424

638 Pittwater Rd, Brookvale 2100

Email: terry.kibby@vinnies.org.au

Web: www.vinnies.org.au

Provides information on a range of topics including money management skills, debts, being a guarantor and bankruptcy. Appointment necessary.

Taxation Advice

For information on where to get tax help in different languages, phone **13 28 61** or web: www.ato.com.au

MANLY COMMUNITY CENTRE - TAX ADVICE SERVICE

Phone: 9977 1066

12 Wentworth St, Manly 2095

Email: mcc1@bigpond.net.au

From mid July until October, this is a free and confidential service and trained volunteers will help complete tax returns. Appointment necessary.

NORTHSIDE COMMUNITY CONNECT

- TAXATION HELP SERVICE

Phone: 9931 7777

30 Howard Ave, Dee Why 2099

Web: www.northsideconnect.com.au

From July to October, trained volunteers provide free assistance to pension recipients and low-income earners to complete their tax returns. Appointment needed.

Legal Assistance

AGED CARE COMPLAINTS INVESTIGATION SCHEME

Phone: 1800 550 552

Handles complaints regarding Commonwealth funded hostels, nursing homes, CACP's and flexible care. 9am-5pm 7 days a week.

ANTI DISCRIMINATION BOARD OF NSW

Phone: 9268 5555

TTY: 9268 5522

Investigates and conciliates complaints of discrimination in relation to race, sex, gender, age,

marital status, disability and in employment related matters only, carer's rights and responsibilities.

LAW ACCESS (ATTORNEY GENERAL'S DEPARTMENT NSW)

Phone 1300 888 529

Web: www.lawaccess.nsw.gov.au

Information and referral service on all legal issues.

LEGAL AID COMMISSION OF NSW - MANLY REGIONAL OFFICE

Phone: 9977 1479

Office 5, Ground Floor, 39 East Esplanade, Manly 2095

Web: www.legalaid.nsw.gov.au

Free advice for family and criminal law matters only. Legal Aid (financial assistance for legal services) is given in means tested cases. Appointment necessary.

MANLY LEGAL ADVICE SERVICE

Phone: 9977 1066

Manly Community Centre, 12 Wentworth St, Manly 2095

Email: mcc1@bigpond.net.au

Free legal advice provided by local solicitors supported by Law Society of New South Wales. Thurs 6pm - 8pm, 3rd Sat of the month 10 am - 12 noon. No appointment necessary.

OLDER PERSONS' LEGAL SERVICE

Phone: 9281 3600

Level 4, 418a Elizabeth St, Surry Hills 2010

Email: tars@tars.com.au

Legal advice and representation for seniors and frail aged people including: Human rights matters: age discrimination, and domestic/financial abuse. Consumer issues: debt management, contractual and unfair contracts and provision of goods and services. **Social Security:** access to legal assistance if interaction with the welfare system fails. **Substitute decision making:** issues involving the capacity to make financial care decisions such as power of attorney, guardianship and wills. See advertisement opposite page.

WARRINGAH LEGAL REFERRAL SERVICE

Phone: 9931 7777

Northside Community Connect, 30 Howard Ave, Dee Why 2099

Email: info@northsideconnect.com.au

Web: www.northsideconnect.com.au

Solicitors provide free information and referral to clients on a 'first come, first served' basis. Thurs 6pm - 8pm No appointment necessary.

WELFARE RIGHTS CENTRE

Phone: 9211 5300 or 1800 226 028

TTY: 9211 0238

Independent community legal centre specialising in social security and Centrelink law, policy & administration. Free information, advice and advocacy. Volunteers welcome to be trained to provide phone advice.

WOMEN'S LEGAL SERVICES NSW

Phone: 9749 5533

TTY: 1800 801 501 (advice)

Web: www.womenslegalnsw.asn.au

Advice lines: Mon, Tues, Thurs & Fri. Free legal assistance for women. Telephone advice and referral, face-to-face services, community legal education sessions, publications and advocacy. For other enquiries, translated information, and interpreting assistance, see website.

DOMESTIC VIOLENCE ADVOCACY SERVICE

Phone: 8745 6999 or 1800 810 784

Free legal advice line. 9.30am - 12.30pm/1.30pm - 4.30pm. Mon, Tues, Thurs, Fri.

INDIGENOUS WOMEN'S FREE LEGAL CONTACT LINE

Phone: 1800 639 784

Between 10am - 12.30pm/1.30pm - 4pm. Mon, Tues, Thurs, Fri.

Mediation

COMMUNITY JUSTICE CENTRE

Phone: 9722 6044, (Freecall) 1800 990 777

TTY 1800 671 964

160 Marsden St, Parramatta 2150
Email: cjc_info@agd.nsw.gov.au
Web: www.cjc.nsw.gov.au

Provides an alternative to the courts by offering a free, confidential Sydney wide mediation service to help people resolve disputes. Includes mediation, conflict management, dispute counselling, community education and mediator training.

HEALTH & WELLBEING

AFTER HOURS MEDICAL FAMILY CARE MEDICAL SERVICES

Phone: 1300 883 698

After hours medical service. Pensioners, Health Care Card holders are bulk billed. Home visits from 6pm - 8am Mon-Fri; from 12 noon Sat; all Sunday.

Cancer Support

NORTHERN BEACHES PROSTATE CANCER SUPPORT GROUP

Phone: 9998 0222

Men, spouses and family welcome to attend meetings. Meets: 1st Tues.

MANLY CANCER SUPPORT & MEDITATION GROUP

Phone 9976 4240 or 8901 0204

Manly Hospital, Clinical Education Building 22B (Medical Students Room)

A group designed for people with a diagnosis of cancer. Provides a space to express emotions, a chance to meet others affected by cancer, make new friends and hear guest speakers. Meets: 1st Tues of the month 10am - 12pm.

Carers

CARERS NSW

Phone: 1800 242 636

For relatives and friends caring for people with a disability, mental illness, drug and alcohol dependency, chronic conditions, terminal illness or who are frail.

HOME HOSPICE

Phone: 1800 132 229

Web: www.homehospice.com.au

Are you caring for a loved one with a terminal illness who wants to remain at home? This is a free program of one to one mentoring support to caregivers. Mentors focus on your needs, offering practical guidance and enabling you to access the support you need at this challenging time.

HOPE HEALTH CARE

Phone: 9903 8241

Support for carers of people who

have dementia, a disability or are frail aged. Includes counselling and advocacy, caring for self, information on services for carers and care options such as respite.

NORTHERN BEACHES CARERS SUPPORT NETWORK / MULTICULTURAL CARERS SERVICE

Phone: 9931 7777

30 Howard Ave, Dee Why 2099

Email: info@northsideconnect.com.au

Web: www.northsideconnect.com.au

Provides information, training, support and referral services for carers plus carers with special needs such as multicultural, male and carers of people with a disability or dementia; Individual counselling for carers available.

NORTHERN SYDNEY CARER SUPPORT SERVICE

Phone: 8877 5349

Web: www.nscchealth.nsw.gov.au/carersupport/aboutus

Information, education and guidance to those who care for a family member or friend who have a longer term illness or disability.

Aboriginal People Aged & Disability

ABORIGINAL PEOPLE: AGED & DISABILITY SERVICES

The Directory of Aboriginal Services in Northern Sydney can be found on: <http://www.manly.nsw.gov.au/Aboriginal-Community.html> or phone **9976 1562** for a copy.

ABORIGINAL HOME CARE SERVICE

Home and community support services for people with Aboriginal and Torres Strait Islander background. Can provide support workers who are culturally aware of their needs.

Alleena Branch: Phone: 9245 1822
12A Dadley St, Alexandria 2015



ABORIGINAL DISABILITY NETWORK NEW SOUTH WALES (ADN) INCORP

Phone: 9319 1422

Ground Floor, 52 Pitt St, Redfern 2016

Email: adnsw@pwd.org.au

TTY: 9319 1466

Brings together Aboriginal and Torres Strait Islander people with a disability to tell stories, give each other support, create a voice for positive change and speak for themselves. Represents the interests of people with all kinds of disability. Non-profit, non-government organisation.

CARERS NSW ABORIGINAL AND TORRES STRAIT ISLANDER CARE PROGRAM

Aboriginal Development Worker

Phone: 9280 4744

Freecall 1800 242 636

Fax: 9280 4755

**Level 17/323 Castlereagh St,
Sydney 2000**

Web: www.carersnsw.asn.au

Carer Resource Centres offer information, support and resources for carers of people who are frail aged, chronically ill or who have a disability.

DEPARTMENT OF AGEING DISABILITY AND HOME CARE (DADHC)

Phone: 1300 797 606

Home Care Aboriginal Access & Assessment Team.

Complaints

If you are a client of a service co-ordinated by a Home and Community Care (HACC) service, and you wish to make a complaint, it is suggested you directly contact the Complaints Officer of the particular service. Your complaint should be dealt with according to the service's Complaints Policy. Following this process, if you believe your complaint is unresolved, and you wish to take this further, you should contact:

NSW OMBUDSMAN

Phone: 9286 1000 or 1800 451 524

Level 24, 580 George St,
Sydney 2000

Email: nswombo@ombo.nsw.gov.au

Web: www.ombo.nsw.gov.au

HEALTH CARE COMPLAINTS COMMISSION

Phone: 9219 7444
1800 043 159 (Freecall)

Level 13, 323 Castlereagh St,
Sydney 2000

Mail: Locked Mail Bay 18,
Strawberry Hills 2012

Email: hccc@hccc.nsw.gov.au

Web: www.hccc.nsw.gov.au

Independent organisation that resolves, investigates and prosecutes complaints about health care to protect the health and safety of the public.

Continence Services

Clinics are held at:

Mona Vale Hospital

Phone: 9998 0357

Tuesdays

Hornsby – Bernard Curran Unit

Phone: 9477 9514

2nd and 4th Thurs 9am - 1pm (Phone for appointment)

Ryde Outpatients

Phone: 9858 7524

NATIONAL CONTINENCE HELPLINE

Phone: Freecall 1800 330 066

Information, advice and referral on a continence problem. Financial assistance with products, and free resources.

Counselling

CARERS NSW

Phone: 1800 242 636

Short or long-term counselling service either face-to-face or over the phone.

THE COTTAGE COUNSELLING CENTRE

Phone: 9972 0141

LIFELINE COUNSELLING

Phone: 9949 5522

CENTACARE

Phone: 8968 5100

NORTHERN BEACHES COMMUNITY ADVISOR - COUNSELLING SERVICE

Phone: 9979 7677

Short term, six session counselling for people who are frail aged, people with a disability and carers.

MANLY COMMUNITY CENTRE INC

Phone: 9977 1066
12 Wentworth St, Manly 2095

ST FAITHS ANGLICAN CHURCH, NARRABEEN

Phone: 9971 1048

THE ANGLICAN PARISH OF ST MARKS AVALON WITH ST DAVIDS PALM BEACH

Phone: 9918 2829

Dementia

ALZHEIMER'S AUSTRALIA NSW

Phone: 9805 0100

Cnr Cox's & Norton Rd, North Ryde 2113

Email: admin@alznsw.asn.au

Web: www.alzheimers.org.au

A range of support and information services for carers, family members and others affected by a diagnosis of dementia. Will provide details of network of local support groups.

ANGLICARE CHESALON SERVICE

Phone: 9905 5227

59 Thomas Street North Manly 2100

Email: csgro@anglicare.org.au

Manly Warringah & Pittwater out of hours social support for people under age 65 who have dementia.

NORTHERN BEACHES DEMENTIA ADVISORY SERVICE

Phone: 9979 7677

Unit 7/8 Level 1, 10 Park St,
Mona Vale 2103

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Educates carers and service providers on how to best provide practical and effective assistance to people with dementia. Other services include a regular monitoring of people living alone with memory loss, and a service providing in-home and out-of-home respite.

DEMENTIA SUPPORT GROUP

Phone: 9931 7750

St Johns Anglican Church, 1624
Pittwater Rd, Mona Vale 2103

email: info@northsideconnect.com.au

Web: www.northsideconnect.com.au

Support, education and information for families, carers and friends of people who have memory loss including Alzheimer's disease and other forms of dementia.

Dental

MONA VALE HOSPITAL DENTAL CLINIC

Phone: 1300 789 404

Coronation St, Mona Vale 2103

Routine dental treatment for recipients of Centrelink benefits including fillings, extractions, dentures. Oral surgery and domiciliary service.

Grief Support

SOLACE

Phone: 9519 2820

Web: www.solace.org.au

Solace is a grief support group for people who have lost their partners, all groups have trained leaders willing to assist bereaved people in their loss.

Hearing Services

ALLEN-FISHER ACOUSTICS

MONA VALE CLINIC

Phone: 9979 8092

Waratah Court, Shop 16, 12-14
Waratah St, Mona Vale 2103

Email: monavale@allen-fisher.com

Web: www.allen-fisher.com

BALGOWLAH CLINIC:

Shop 2/379 Sydney Rd,
Balgowlah 2093

Phone: 9948 0844

Email: balgowlah@allen-fisher.com

Audiological assessment and fitting of hearing aids. Prescription of hearing aids both privately and under public health system. Can provide home visits to housebound or nursing home patients.

AUDIOCLINIC

Phone: 1800 057 220

Shop 5, Dee Why Village Plaza,
25 - 26 Howard Avenue, Dee
Why

Web: www.audioclinic.com.au

Key services include free hearing tests, fitting of hearing aids and rehabilitation. AudioClinic offers holistic and on-going support for its clients and free services to pensioners.

AUDIOLOGY DEPARTMENT, MONA VALE HOSPITAL

Phone: 9998 0387

Coronation St, Mona Vale 2103

Audiological assessments for all age groups.

AUSTRALIAN HEARING - DEE WHY

Phone: 9971 0922

1/12 Fisher Rd, Dee Why 2099

Audiological service to DVA and Pensioner Concession cardholders.

BETTER HEARING AUSTRALIA (SYDNEY) INC

Phone: 9744 0167

TTY 9744 0124

29 Burwood Rd, Concord 2137

Email: bhasyd@ozemail.com.au

Web: www.betterhearingsydney.org.au

Self help organisation that provides support and help for adults with a hearing impairment.

DEAF SOCIETY OF NSW

Phone: 9833 3600

TTY 8833 3691

Suite 401, Level 4, Macquarie House,
69 Macquarie St, Parramatta 2150

Email: info@deafsnsw.com

Web: www.deafsocietynsw.org.au

Wide range of social services and programs for all deaf people, who use sign language as their primary mode of communication. Services include Community Access and Information Services, Interpreting Service, and Education and Training.

SHHH (SELF HELP FOR HARD OF HEARING PEOPLE) AUSTRALIA

Phone: 9144 7586 (Voice and TTY)

Hillview Community Health Centre
1334 Pacific Hwy Turramurra 2074

Email: shhh@netspace.net.au

Web: www.shhhaust.org

Assists hard of hearing people with information and referral services, provides speakers, consultation, advocacy and assistive listening systems for events.

Hospitals

DELMAR PRIVATE HOSPITAL

Phone: 9982 7655

58 Quirk Street Dee Why 2099

Private hospital. Rehabilitation and wellness programs. Hydrotherapy pool. See advertisement page 13.

MANLY HOSPITAL

Phone: 9976 9611

Darley Rd, Manly 2095

Public hospital and community health services including oncology clinic, aged care and rehabilitation.

MANLY WATERS PRIVATE HOSPITAL

Phone: 9977 9977

17 Cove Avenue, Manly 2095

Private hospital. Ophthalmology, oncology, rehabilitation, palliative care, and aged care. See advertisement page 13.

MONA VALE HOSPITAL

Phone: 9998 0333

18 Coronation St, Mona Vale 2103

Public hospital and community health services including orthopaedic, aged care and rehabilitation, hydrotherapy pool.

Mental Health

ARAFMI

Phone: 9332 0700

Mon-Fri 9am-5pm. Association of Relatives and Friends of the Mentally Ill (ARAFMI). Support, information and advocacy for families and friends with mental illness or disorder.

NORTHERN BEACHES SPECIALIST MENTAL HEALTH SERVICE FOR OLDER PEOPLE (SMHOP)

Phone: 9938 5350

Time-limited case management to people age 65+ who have a mood, anxiety or psychotic disorder, behavioural and psychological symptoms of dementia, suicidal ideation, or those who require medication review and assessment, and meet the above criteria. A referral is required from a medical officer.

NORTHERN BEACHES MENTAL HEALTH SUPPORT GROUP

Phone: 9453 1676 (Patricia Boydell)

A support group of the schizophrenia fellowship of NSW. Provides support, lobbying, education and fundraising for people with a mental illness and their families. Meets 2nd Tues of the month at the Dee Why Senior Citizens Centre.

Occupational Therapy

Occupational therapists give advice about living independently at home, equipment such as grab rails, ramps and home modifications. The occupational therapist may visit the home to assess individual needs. Doctor's referral is necessary.

NORTHERN BEACHES AGED CARE ASSESSMENT TEAM (ACAT)

Phone: 9998 0356

PO Box 81 Mona Vale 1660

Email: darcher@nscchs.health.nsw.gov.au

Palliative Care

NORTHERN BEACHES PALLIATIVE CARE SERVICE

Phone: 9998 0222

Palliative Care Unit, Coronation St, Mona Vale 2103

Web: www.hopehealthcare.com.au

Hope Healthcare has an outreach service for patients with advanced diseases, such as cancer, who live in the Manly Warringah and Pittwater area. Palliative Care is available in designated hospice beds in Mona Vale Hospital. Support is given to patients, carers and the newly bereaved.

Parkinson's

PITTWATER WARRINGAH PARKINSON'S SUPPORT GROUP

Phone: 9977 1423

Tramshed Arts and Community Centre, 1395a Pittwater Rd, Narrabeen 2101

Meetings for patients, carers and friends. Guest speakers from relevant professional fields.

Physiotherapy

Limited physiotherapy is available at local hospitals, doctors make referrals. Private physiotherapists are listed in the Yellow Pages phone book.

MANLY HOSPITAL PHYSIOTHERAPY

Phone: 9976 9622

Darley Rd, Manly 2095

Physiotherapy services (in-patient and out-patient).

MONA VALE HOSPITAL PHYSIOTHERAPY

Phone: 9998 0333

18 Coronation St, Mona Vale 2103

Physiotherapy services (in-patient and out-patient) plus a hydrotherapy pool.

MONA VALE HOSPITAL REHAB & AGED CARE PHYSIOTHERAPIST

Phone: 9998 0582

Podiatry

MANLY HOSPITAL PODIATRIST

Phone: 9976 9622

Limited podiatry services for high risk patients. Requires a doctor's referral.

MONA VALE HOSPITAL PODIATRIST (COMMUNITY)

Phone: 9998 0409

Limited podiatry services for high risk patients. Requires a doctor's referral.

MANLY WARRINGAH PITTWATER IN-HOME PODIATRY

Phone: 9979 7677

Speech Pathology

Limited acute care is available at local hospitals. A doctor's referral is necessary. Private practitioners are listed in the Yellow Pages telephone book under Speech Pathology.

ADULT SPEECH PATHOLOGY UNIT MONA VALE HOSPITAL

Phone: 9998 0333

Assessment and treatment of all communication, voice and swallowing disorders in adults.

Stroke

FORESTVILLE STROKE RECOVERY CLUB

Phone: 1300 650 594

Meets at Forestville RSL, 22 Melwood Ave, Forestville 2087

Email: info@strokensw.org.au

A social and self-help group for people who have had strokes or

aphasia, and carers.

STROKE RECOVERY CLUB - MANLY BALGOWLAH

Phone: 1300 650 594

Meets at Balgowlah RSL, 30-38 Ethel St, Balgowlah 2093

Email: info@strokensw.org.au

Social and self-help group for people affected by stroke and aphasia.

STROKE RECOVERY CLUB - MONA VALE

Phone: 1300 650 594

Meets at Pittwater RSL, Cnr Mona Vale Rd & Foley St Mona Vale

Social and self-help organisation to bring together people, affected by stroke. Meets 1st & 3rd Mon of each month 11am-2pm.

Therapy & Rehabilitation Services

ROYAL REHABILITATION CENTRE SYDNEY

Phone: 9807 1144

59 Charles St, Ryde 2112

Rehabilitation services for adults with disabilities arising from spinal cord injury, occupational injury, orthopaedic injury, amputations, age related illness, neurological illness and traumatic brain injury. Community supported & residential services for people with profound physical disabilities and Driving Assessment Centre; Centre for Developmental Disability Studies.

Tinnitus

AUSTRALIAN TINNITUS ASSOC (NSW) LTD

Phone: 8382 3331

2 Leichhardt St, Darlinghurst 2010

Email: info@tinnitus.asn.au

Web: www.tinnitus.asn.au

Provides support and phone counselling to tinnitus sufferers and their families. Also information and education to the wider community.

Vision Impaired

Monthly support group for vision impaired adults and their carers. Guest speakers, morning tea, outings and discussion.

VISION IMPAIRED PERSONS PEER SUPPORT GROUP FOR SENIORS - DEE WHY & MANLY

Phone: 9971 5699

Meets at Dee Why RSL, Pittwater Rd, Dee Why 2099

Meets 10.15am-12pm last Friday of each month.

TALKING MANLY DAILY

Phone: 1300 847 466

Vision Australia, PO Box 176, Burwood 2134

Web: www.visionaustralia.org

Multicultural Services & Support Groups

Co-As-It (ITALIAN ASSOCIATION OF ASSISTANCE)

Phone: 9564 0744

67 Norton St. Leichhardt 2040

Email: maria.martinovic@coasit.org.au

Web: www.coasit.org.au

MANLY COMMUNITY CENTRE

Phone: 9977 1066

Web: www.manlycommunitycentre.com.au

Multicultural Worker and Tibetan information and health service available. Settlement grants program.

MULTICULTURAL CARERS PROGRAM

Phone: 9931 7777

30 Howard Ave, Dee Why 2099

Email: info@northsideconnect.com.au

Web: www.northsideconnect.com.au

EDUCATION, LEISURE AND SOCIAL ACTIVITIES

Advocacy Groups

The aim of these groups is to give a voice to older people. The groups identify the issues, provide information and develop strategies to lobby at all levels of government.

ASSOCIATION OF INDEPENDENT RETIREES - NORTHERN BEACHES BRANCH

Phone: 9972 1125

Meets at Dee Why RSL Club, 932 Pittwater Rd, Dee Why 2099

Email: frankxb@bigpond.net.au

Web: www.independentretirees.com.au

Helping self-funded and partly funded retirees and superannuants. Visiting speakers provide information on subjects and issues such as health and finance. 2nd Mon 10.30am.

COMBINED PENSIONERS AND SUPERANNUANTS ASSOCIATION OF NSW

Phone: 9281 3588

Email: cpsa@cpsa.org.au

Web: www.cpsa.org.au

Information and support services such as health promotion, Community Visitors Scheme and Older Person's Tenant's Service.

COUNCIL ON THE AGEING NSW (COTA)

Phone: 9286 3860

Level 4, 280 Pitt St, Sydney 2000

Email: info@cotansw.com.au

Web: www.cotansw.com.au

A peak body providing leadership in social policy, community information and education for all older people.

GRANDPARENTS RAISING GRANDCHILDREN NSW

Phone: 9286 3860

c/- Council on the Ageing NSW, 4th Floor, 280 Pitt St, Sydney 2000

Email: info@cotansw.org.au

Web: www.raisinggrandchildren.com.au

A resource point for grandparents raising their grandchildren in NSW. Legal and financial information. Support groups.

NATIONAL SENIORS ASSOCIATION - NORTHERN BEACHES BRANCH INC

Phone: 9451 5453

Harbord Bowling Club, Cnr Stirgess Ave & Bennett St, Freshwater 2096

Social functions, sporting events and speakers. Meets: 4th Thurs 10am.

NATIONAL SENIORS ASSOCIATION NORTHERN BEACHES EVENING BRANCH

Phone: 9972 3366

Dee Why RSL Club, 932 Pittwater Rd, Dee Why 2099

Meets: 1st Tues 6.45pm.

NATIONAL SENIORS ASSOCIATION - PITTWATER BRANCH

Phone: 9944 1944 (President)

Nelson Heather Centre, 4 Jacksons Rd, Warriewood 2102

Meets: 2nd Fri 10am.

Education

UNIVERSITY OF THE THIRD AGE, MANLY AND PENINSULA REGION

Phone: 9252 2033

Email: mail@sydneyu3a.org

Web: www.sydneyu3a.org

Worldwide educational movement aimed at over 55's. Courses held around Northern Beaches in community halls and private homes, and are arranged in different subjects to meet demand.

BALGOWLAH SCHOOL FOR SENIORS

Phone: 9949 3461

Uniting Church Condamine St, Balgowlah 2093

Tuition to gain new skills and knowledge or to develop existing skills. Activities include French, painting, quilting, indoor bowls, handicrafts, bridge, mahjong, gentle

exercise, Italian, Laughter Club, entertainment and outings. Meets Tues 9.30am-2.30pm.

DEE WHY SCHOOL FOR SENIORS

Phone: 9984 0947

Uniting Church Hall, Cnr Avon Rd & Howard Ave, Dee Why 2099

A range of courses and activities to enable people to gain new skills and knowledge. Volunteer tutors. Courses and activities include French, Italian, German, Spanish, choral group, art, card games, scrabble, play reading, history, gentle exercise, literature, tai chi, jewellery making and knitting circle. Meets Mon, Wed and Thurs 9.30am-3pm.

Art and Craft Courses and Groups

ARTISTS AND CRAFTSMEN OF PITTWATER INC

Phone: 9997 3762

A group of artists and craftsmen, who aim to encourage a high standard of work among their members, arrange public exhibitions of their work and support various charities.

AVALON ACTIVE SENIORS GROUP - ART

Phone: 9918 0424

(Mon 9.30am- 2.30pm)

Phone: 9918 0044

(Mon 1pm-3pm)

Phone: 9974 3305

(Thurs 9.30am-12.30pm)

Avalon Recreation Centre, 59a Old Barrenjoey Rd, Avalon 2107

KNITTERS GUILD, NORTHERN GROUP

Phone: 9913 3254

Nelson Heather Centre, 4 Jacksons Rd, Warriewood 2102

Encourages high standards in design and techniques of crochet and hand knitting. Open to beginners or experts. Workshops, competitions, exhibitions, meetings with guest speakers.

MANLY WARRINGAH LACEMAKERS

Phone: 9984 9883

123/81 Willandra Rd, Cromer 2099

Self-help group to make lace, mainly

bobbin lace, tatting, crocheting, knitting etc. Willing to demonstrate. Meets: Thu 1pm - 4pm.

NORTHERN BEACHES SPINNERS & WEAVERS

Phone: 9982 1482

Nelson Heather Centre, 4 Jacksons Rd, Warriewood 2102

Spinners, weavers and other craft people exchange information, news, views pertaining to their crafts. Occasional visiting speakers and craft workshops. Meets: 2nd Sat 11am - 3pm.

PENINSULA SENIOR CITIZENS TOY REPAIR GROUP INC

Phone: 9969 5268

169 Mona Vale Rd, Ingleside 2101

Group procures toys in any acceptable condition of repair and brings them to a favourable condition. Distribution of processed toys are held 3 or 4 times a year to child care (particularly the underprivileged) organisations and other organisations as selected by the group. Meets: Wed 9:30am - 11:30am.

SPINNERS AND WEAVERS

Phone: 9451 4423

Manly Vale Community Centre, Cnr Condamine and Lovett Sts, Manly Vale 2093

Active groups interested in extending their knowledge of the techniques of spinning and weaving. Meets: 1st and 3rd Wed 10am - 1.30pm.

ST VINCENT DE PAUL CRAFT LADIES

Phone: 9905 0424

638 Pittwater Rd, Brookvale 2100

Crafts at the request of people who participate. Community outings and dinners arranged. Meets Tues 9.30am-1.30pm.

SYDNEY NORTHERN BEACHES WOODTURNERS INC

Phone: 9974 5042

Narrabeen RSL, Nareen Pde, North Narrabeen 2101

Email: peninsulaturner@optusnet.com.au

Workshops Tues and Fri 9am - 12pm.

Meetings 3rd Sun 9am - 3pm.

WARRINGAH PRINTMAKERS STUDIO INC

Phone: 9949 2325

Manly Vale Community Centre, Cnr Condamine St and Lovett St, Manly Vale 2093

Web: www.printstudio.org.au

Classes in printmaking media such as etching, woodblock and linocut.

WINGALA LAPIDARY ARTS & CRAFTS GROUPS INC

Phone: 9416 3106

Clubhouse Harbord Park, Wyadra Ave, Freshwater 2096

Teaches lapidary and some other arts and crafts including silver jewellery making and glass beadmaking. Meets: Wed 10.30am-4pm Thurs 10am-10pm.

WOODWORKING CLUB (TRITON OWNERS' CLUB NORTHERN BEACHES INC)

Phone: 9938 1971 or 9997 1051

Forestville Youth Centre. Enter from carpark in Mellwood Ave, (behind RSL), Forestville Ave, Forestville 2087

Email: forestwoodies@gmail.com

New and experienced woodworkers (men and women) meet for discussions, demonstrations by members, guest speakers and to gain hands-on experience with hand and power tools. Meets: 2nd Tues 8pm - 10pm.

MEN'S SHED - NORTHERN BEACHES

Phone: 9977 7366 extension 6

33 Birkley Rd, Manly 2095

Email: rickf@nsr.unitingcare.org.au

Men aged 55+ may use a workshop well equipped with electrical tools, hand tools and materials, and computer room to work on personal and community projects. Meets: Wed Thu 10am-3pm.

THE FOREST COMMUNITY MEN'S SHED

Phone: 9975 9373

Wesley Gardens, (car park level) 2E Morgan Rd, Belrose 2085

Email: info@forestmensshed.org.au

Web: www.forestmensshed.org.au

Men aged 55+ may use a well equipped workshop which has electrical tools, hand tools and materials, and computer room to work on personal and community projects.

Meets: Tue, Wed, Thurs 10am-3pm.

Bridge, Cards, Chess and Mahjong

DEE WHY SENIORS (MAHJONG GROUP)

Phone: 9452 2145

34 Howard Ave, Dee Why 2099

Mahjong (Western) for those who know how to play the game.

Equipment supplied. Private lessons available. Meets: Fri 10am-1pm.

FOREST BRIDGE CLUB

Phone: 9972 0076

Seniors Citizen Club, 3 Starkey St, Forestville 2087

Contract bridge. Meets Fri 11.45am - 3pm.

FORESTVILLE SENIORS MAHJONG GROUP

Phone: 9948 5939

Forestville Seniors Hall, Cnr of Warringah Rd and Starkey St. Forestville 2087

Meets: Mon 9.30am - 2pm.

MANLY CLUB FOR SENIORS

Phone: 9939 6920

275 Pittwater Rd, Manly 2095

Bridge and mahjong.

MANLY WARRINGAH LEAGUES BRIDGE CLUB

Phone: 9958 7292

563 Pittwater Rd, Brookvale 2100

Duplicate Bridge meets Thu 7.30pm, Sun 12.30pm, Wed 10.15am.

MANLY WARRINGAH RUGBY LEAGUE CHESS CLUB

Phone: 0404 001 814

563 Pittwater Rd, Brookvale 2100
Web: www.manlychess.org.au

Chess at all skill levels, competition and social competitions held regularly. Meets: Mon 7:30pm - 12am.

NARRABEEN SENIORS CLUB MAHJONG GROUP

Phone: 9913 3793

Nelson Heather Senior Citizens Club, Cnr Pittwater Rd & Jacksons Rd, Warriewood 2102

Meets: Mon 1pm - 4pm.

PENINSULA BRIDGE CLUB INC

Phone: 9970 6527

Nelson Heather Senior Citizens Club, Cnr Pittwater Rd & Jacksons Rd, Warriewood 2102

Duplicate bridge, visitors welcome.

Meets: Mon, Wed, Thu, Sat 12.30pm - 4pm; Tue 10.30am and 7pm, and Fri 12.30pm and 7.30pm. Supervised group Fri 10am - 12pm.

Computing

The Computer Pals clubs, through mutual help bring computing skills and facilities to retirees. The clubs are operated on a voluntary basis but fees apply for membership to the different clubs. The Manly Warringah Community College offers computer courses for seniors at reduced prices.

AVALON COMPUTER PALS FOR SENIORS INC

Phone: 9973 4161

Maria Regina Church Hall, 7 Central Rd, Avalon 2107

Web: www.avpals.com

Meets: Mon - Fri 9am - 1pm, some afternoon classes 1pm - 4pm.

BELROSE & TERREY HILLS COMPUTER PALS FOR SENIORS INC

Phone: 9450 0341

Terrey Hills Community Centre, Yulong Rd, Terrey Hills 2084

Email: racurtis@optusnet.com.au

Meets: Mon - Fri 9am - 1pm.

COMPUTER PALS FOR SENIORS MANLY INC

Phone: 9976 0930

Manly Seniors Centre and Meals on Wheels 275 Pittwater Rd, Cnr Balgowlah Rd Manly 2095

Web: www.seniorcomputing.org

Meets: Mon - Fri 9am - 5pm.

COMPUTER PALS FOR SENIORS - NORTHERN BEACHES INC

Phone: 9913 1433

The Tramshed Community Arts Centre, 1395a Pittwater Rd, Narrabeen 2101

Web: www.compalsnb.org.au

Meets: Mon - Fri 9am - 4pm.

FOREST COMPUTER PALS FOR SENIORS INC

Phone: 9975 7762

Forestville Memorial Hall, 3 Starkey St, Forestville 2087

Web: www.forestcompals.org.au

Meets: Mon - Fri 9am - 4pm.

English Classes

LITERACY NETWORK (MANLY WARRINGAH INC)

Phone: 9452 5840

Frenchs Forest Public School, Ann St, Frenchs Forest 2086

Email: litnet@optusnet.com.au

Community association for the sharing of literacy, language and numeracy skills. Volunteer tutors help adults who have problems with reading and writing on a one to one basis.

NORTHSIDE COMMUNITY CONNECT

Phone: 9931 7777

30 Howard Ave, Dee Why 2099

English Conversation Classes:

Mon 10am-12pm, 12.30pm-2pm; Tues 3pm-4.30pm, Fri 2.30pm-4pm

English Writing Classes: Wed 1.30pm

ST ALBANS ANGLICAN CHURCH

Phone: 9975 5410

67 Bantry Bay Rd, Frenchs Forest

English classes for Japanese speakers. Meets Wed.

History Groups

AVALON BEACH HISTORICAL SOCIETY

Phone: 9918 2803

Avalon Bowling Club, Bowling Green Lane, Avalon Beach 2107

Maintains a pictorial, oral and literary collection of local history of the Avalon Beach area. Meets 3-monthly.

MANLY WARRINGAH & PITTWATER HISTORICAL SOCIETY INC

Phone: 0402 096 080

Web: www.mwphs.org

Meetings with speakers, historical outings, archives collection, publication and sale of historical material, historical talks to community groups. Meets: monthly Sat afternoon or Tues evening.

Literature (Writing and Poetry)

BOOK LOVERS CLUB, WARRINGAH INC

Phone: 9999 2435 (President)
Tramshed Community Arts Centre,
1395b Pittwater Rd, Narrabeen 2101

Meetings with guest speakers. Subsidiary groups meet for discussions on books and music. Library offers over 5,650 volumes. Open Mon, Tue, Thurs and Sat 10am - 11.30am. Meetings 2nd Tue, book discussions 4th Tue.

FELLOWSHIP OF AUSTRALIAN WRITERS, MANLY PENINSULA REGIONAL

Phone: 9452 2299

Warringah Library, Warringah
Mall, Brookvale 2100

Email: beayell@hotmail.com

Writers group, workshops, speakers, members' readings, two annual writing competitions- short stories, articles and poetry. Meets: 2nd Sat 2pm - 4pm.

FELLOWSHIP OF AUSTRALIAN WRITERS NSW INC – FOREST REGIONAL

Phone: 9451 9387

Forestville Community Centre,
Darley St, Forestville 2087

Meets: 3rd Sat, 2pm.

Music Appreciation and Clubs

MANLY WARRINGAH CHOIR INC

Phone: 9918 3761

Rehearsals held at Collaroy
Plateau School, Collaroy

Web: www.manlywarringahchoir.org.au

Practices weekly to perform for audiences throughout the year. Classical music, sacred and opera. Meets: Thu 7.30pm - 10pm.

THE TRAMSHED SINGERS

Phone: 9948 5802

The Tramshed, 1395a Pittwater
Rd, Narrabeen 2101

Singing for enjoyment and performing at nursing homes. Meets: 1st Fri 1pm - 3pm.

THEATRE APPRECIATION FOR SENIORS

Phone: 9982 4427

Manly Seniors Centre, 275 Pittwater
Rd (cnr Balgowlah Rd), Manly 2095

Discussion of playwrights, plays and current productions. Theatre parties arranged. Meets: Alternate Wed 9.30am-11.30am.

NARRABEEN SENIORS CLUB MUSIC & SONG

Phone: 9918 2468

Nelson Heather Senior Citizens
Club, Cnr Pittwater Rd & Jacksons
Rd, Warriewood.

Meets: Wed 1.30pm-4pm.

Photography

MANLY WARRINGAH LEAGUE CLUB CAMERA CLUB

Phone: 9882 1101

Manly Warringah Leagues Club,
563 Pittwater Rd, Brookvale 2100

Email: p.bennun@iinet.net.au

Assists members with photography techniques, printing of black and white, colour photos and slides. Meets: 2nd and 4th Thu 7.45pm.

DEE WHY RSL CAMERA CLUB

Phone: 0401 486 976

Web: www.dyrslcameraclub.org.au

Meets: Dee Why RSL Club, 2nd Wed 7.30pm-9.30pm

PITTWATER CAMERA CLUB INC.

Phone: 9999 3484

B.Y.R.A. Hall, 1842 Pittwater Rd,
Bayview 2104

Web: www.pittwatercameraclub.org

Competitions, lectures, social activities. Meets: Alternate Mon 8pm.

Stamp Collecting

MANLY WARRINGAH PHILATELIC SOCIETY

Phone: 9905 3255

St Davids Church Hall, 3 St David
Ave, Dee Why 2099

**Web: [www.sphilas.org.au/
manlywarringah](http://www.sphilas.org.au/manlywarringah)**

Exchange, sale and auction of postage stamps and related items. Talks and displays. Meets: 2nd Thu at 8pm.

MANLY WARRINGAH RUGBY LEAGUE CLUB – STAMP CLUB

Phone: 9905 3255

Manly Warringah Rugby League Club,
563 Pittwater Rd, Brookvale 2100

Meets: 4th Tue at 8pm.

FITNESS & EXERCISE

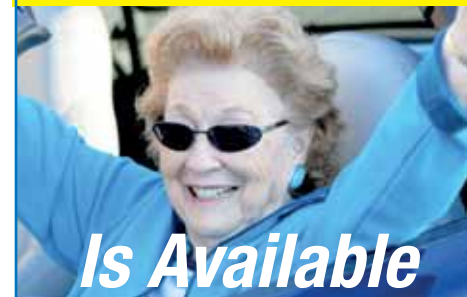
Aquafitness Classes

MANLY WARRINGAH RUGBY LEAGUE CLUB – SWIMMING CLUB

Phone: 8978 7900

Manly Warringah Rugby League
Club, 563 Pittwater Rd,

THE ANNUAL RETIREMENT HOUSING GUIDE



Is Available

**FROM YOUR
LOCAL COUNCIL**

Brookvale 2100
Web: www.seaeagles.com.au

HEALTHY LIFESTYLE UNIT

Phone: 8877 5300

Web: www.nscchahs.health.nsw.gov.au

Exercise programs for the over 50's such as aquafitness, falls prevention, gentle exercise, strength training, tai chi and yoga.

MANLY ANDREW ' BOY CHARLTON SWIM CENTRE

Phone: 9976 1495

Balgowlah RRd, Manly 2095

Web: www.manly.nsw.gov.au

WARRINGAH AQUATIC CENTRE

Phone: 9451 8000

Aquatic Drive, Frenchs Forest 2086

Web: www.warringahaquatic.com.au

BOWLS

MANLY CLUB FOR SENIORS

Phone: 9949 3835

Manly Seniors Centre,
275 Pittwater Road, Manly 2095
(corner of Balgowlah Rd)

Bowls (Indoor)

BALGOWLAH SCHOOL FOR SENIORS

Phone: 9949 3461

Uniting Church Condamine St,
Balgowlah 2093

DEE WHY SENIORS CLUB

Phone: 0401 094 502 or 9905 3851

34 Howard Ave, Dee Why 2099

Meets: Mon & Fr.

NARRABEEN SENIOR CITIZENS CLUB

Phone: 9970 7785

Nelson Heather Senior
Citizens Centre, 4 Jacksons Rd,
Warriewood 2102

Meets: Fri 10am-1.30pm

Croquet

MANLY CROQUET CLUB INC.

Phone: 9977 7216

Cnr Pittwater and Balgowlah
Roads, Manly 2095

Croquet, Aussie Croquet and Golf
Croquet played regularly.

Dance

AVALON ACTIVE SENIORS GROUP

Phone: 0411 355 918

Avalon Recreation Centre, 59a Old
Barrenjoey Rd, Avalon 2107

DEE WHY SENIORS CLUB

Phone: 9905 3851 or 0401 094 502

34 Howard Ave, Dee Why 2099

DUTCH AUSTRALIAN SOCIETY NEERLANDIA CLUB LTD

Phone: 9939 0228

Cnr Bantry Bay Rd & Grattan Cres,
Frenchs Forest 2086

MANLY CLUB FOR SENIORS INC.

Phone: 9939 6920

Manly Seniors Centre and Meals
on Wheels, 275 Pittwater Rd,
Manly 2095 (corner of Balgowlah Rd)

MANLY WARRINGAH DANCE CLUB

Phone: 9907 9826

Forestville Memorial Hall, Starkey
St, Forestville 2087

Email: edmundmaher@optusnet.com.au

NARRABEEN SENIOR CITIZENS CLUB - BALLROOM DANCING

Phone: 9918 2468

Citizens Centre, 4 Jacksons Rd,
Warriewood 2102

SENIORS BALLROOM DANCING

Phone: 9982 4711

Nelson Heather Senior Citizens
Centre, 4 Jackson Rd, Warriewood
2102

WARRINGAH SCOTTISH SOCIETY

Phone: 9981 1673

Masonic Hall, 1183 Pittwater Rd,
Collaroy 2097

Email: scottish@divspub.com

Family participation in Scottish and
Old Time Dancing.

Gentle Exercise

BALGOWLAH SCHOOL FOR SENIORS

Phone: 9949 3461

Uniting Church Condamine St,
Balgowlah 2093

DEE WHY SCHOOL FOR SENIORS

Phone: 9984 0947

Uniting Church Hall, Cnr Avon Rd
& Howard Ave, Dee Why 2099

HEALTHY LIFESTYLE UNIT

Phone: 8877 5300

Web: www.nscchahs.health.nsw.gov.au

Offers a range of gentle exercise
classes: aqua fitness, tai chi, yoga,
Pilates, and strength training.

NORTHERN BEACHES ITALIAN WOMEN'S WELLNESS GROUP

Phone: 9564 0744

St. David's Church Hall, St. David
Ave, Dee Why 2099

Exercise and social group. Meets: Fri
10am to 12 noon.

WOMEN'S WELLNESS GROUP (DEE WHY)

Phone: 9931 7777

New Life Baptist Church, 28 Fisher
Rd, Dee Why 2099

Group for women (55 plus) providing
a range of activities promoting
wellness and a healthy lifestyle.
Activities include gentle exercise,
walking programs, visiting speakers
and alternative therapy sessions.
Meets: Mon 10am - 12.15pm.

Lifeball for Seniors

Lifeball is a safe non-competitive team game played with a ball at an easy pace. It was developed specifically for seniors to have fun as well as strengthen and improve muscle tone. All seniors are welcome.

CURL CURL LIFEBALL GROUP

Phone: 9944 0430

Curl Curl Youth and Community Centre, Abbott Rd, Curl Curl 2096

Meets: Wed 2pm - 3.30pm.

FORESTVILLE LIFEBALL GROUP

Phone: 9452 1519

Forestville Memorial Hall, Starkey St, Forestville 2087

Meets: Wed 2pm - 3.30pm.

WARRIEWOOD LIFEBALL GROUP

Phone: 9452 2171

Ted Blackwood Youth & Community Centre, Cnr Jacksons Rd & Boondah Rd, Warriewood 2107

Meets: Mon 11am - 12.30pm.

Table Tennis

MANLY CLUB FOR SENIORS

Phone 9939 6920

Manly Seniors Centre, 275 Pittwater Rd, Manly 2095

NARRABEEN SENIORS CLUB

Phone: 9913 1078

Nelson Heather Seniors Citizens Centre, Cnr Pittwater Rd & Jacksons Rd Warriewood 2102

Meets: Tues & Thurs 10am-1.30pm

Walking Groups

Free booklets about local walks are available from Manly, Warringah and Pittwater Councils. Pittwater and Warringah Councils have information on walks specifically for seniors.

AVALON ACTIVE SENIORS GROUP

Phone: 9997 3953

Avalon Recreation Centre, 59a Old Barrenjoey Rd, Avalon 2107

Meets: Thurs 9am.

MALL WALKING

Phone: 9905 0633

Walk around Warringah Mall with a qualified fitness instructor Meets: Tue, Thurs 7.30am – 8.30am.

WARRINGAH BUSHWALKING CLUB INC

Phone: 9971 8079

Web: www.bushwalking.org.au

Sunday walks to suit all ages and levels of fitness in local area, National Parks and Blue Mountains. Meets: Sun & occasional weekday.

WARRINGAH WALKERS

Phone: 9976 9531

Health Promotion Unit, Manly Hospital, Darley Rd, Manly 1655
Email: jangray@nscchs.health.nsw.gov.au

Meets: Tuesday.

WANDERERS WALKING GROUP

Phone: 9999 1870

Meets: 1st Wed of the month.

SOCIAL CLUBS & ACTIVITIES

Community Restaurants & Luncheon Clubs

AVALON LUNCHEON CLUB

Phone: 9970 8399

Avalon RSL Club, 1 Bowling Green Lane, Avalon 2107

Email: nbfs@bensoc.asn.au

Provides a hot meal for people on Friday (12 - 1pm) in a relaxed and friendly atmosphere. Transport can be arranged.

C.A.F.E. JACARANDA (CARING ABOUT FRAIL & ELDERLY)

Phone: 9979 4299

10 Jubilee Ave, Warriewood 2102

Refreshments, lunches and entertainment for groups. Bookings essential.

CHEERS (CHEERFUL HEALTHY EATING FOR ELDERLY RESIDENTS AND SENIORS)

Phone: 9976 9531

Try different cuisines and meet new people at this monthly luncheon held in different restaurants in Warringah.

FORESTVILLE LUNCHEON CLUB

Phone: 9970 8399

Forestville Seniors Centre, Cnr Starkey St & Warringah Rd, Forestville 2087

Email: nbfs@bensoc.org.au

Provides a hot meal for seniors on Thursdays (12pm - 1pm) in a relaxed and friendly atmosphere. Transport can be arranged.

NARRABEEN LUNCHEON CLUB

Phone: 9970 8399

Berry Hall, 1395 Pittwater Rd, Narrabeen 2101

Email: nbfs@bensoc.org.au

Provides a hot meal for people on Mondays (12 - 1pm) in a relaxed and friendly atmosphere. Transport can be arranged.

MANLY COMMUNITY RESTAURANT

Phone: 8966 9925

Manly Senior Citizens Centre and Meals on Wheels, 275 Pittwater Rd Cnr. Balgowlah Rd, Manly 2095

Email: manlymow@zipworld.com.au

Offers a 3-course meal on Fridays (11am – 1.30pm). Limited bus transportation is available.

SEAFORTH COMMUNITY RESTAURANT

Phone: 8966 9925

Seaforth Sporting & Community Pavillion, Wakehurst Parkway, Seaforth (opposite Burnt St)

Email: manlymow@zipworld.com.au

A 3-course meal on the 1st Monday of each month (11am-1.30pm). Limited bus transport is available.

Social Groups

COUNTRY WOMEN'S ASSOCIATION OF NSW

Phone: 9960 2127

St Matthews Conference Centre,
The Corso, Manly 2095

Activities include fundraising for scholarships, and other projects of the Country Women's Assoc. Meets: 3rd Fri 10am – 12pm.

MANLY WARRINGAH PITTWATER DIVISION OF LEGACY, WIDOWS CLUB

Phone: 8976 3500

18 Howard Ave, Dee Why 2099

Web: www.legacy.com.au

Social group for Legacy widows. Activities include crafts, indoor bowls, cards, entertainment, outings. Meets: Thurs 10am-2pm.

SALVATION ARMY 50 PLUS GROUP

Phone: 9971 8378

1 Fisher Rd, Dee Why 2099

Community singing and speaker or entertainment. Bus trips and activities throughout the year. Meets: 2nd Wed 11am. Lunch provided for a donation.

WARRINGAH MALL COMMUNITY CLUB

Phone: 9905 0633

Above the Library, Arena Court,
Warringah Mall, Cnr Condamine
St and Old Pittwater Rd,
Brookvale 2100

Meetings with speakers, films, outings, travel interstate and overseas, monthly day trips, theatre parties. Meets: Wed 9am - 12pm.

WENTWORTH THURSDAY GROUP

Phone: 9977 5740

Manly Community Centre, 12
Wentworth St, Manly 2095

Social group with various activities such as discussion groups, guest speakers, book club and outings. Meets: 1st and 3rd Thu 10am - 12noon.

Service Groups

LIONS AUSTRALIA

Phone: 1800 655 201(freecall)

Web: www.lionsclub.org.au

PROBUS

Phone: 1800 630 488

Web: www.probus.com.au

ROTARY INTERNATIONAL

Phone: 9635 3537

Web: www.rotarnet.com.au

VIEW CLUBS OF AUSTRALIA

Phone: 9085 7178

ZONTA INTERNATIONAL

Web: www.zontadistrict24.org

Multicultural Social Groups

AUSTRAL-ARMENIAN ASSOCIATION INC

Phone: 9451 3918

Armenian Community Centre,
5 Grattan Cres, Frenchs Forest 2086

A link between Armenian and Australian cultures. Social and cultural activities for members of the community. Office open: Tue 10am to 12 noon.

AUSTRIAN CLUB - SYDNEY

Phone: 9452 3304 or 9975 3172

20 Grattan Cres, Frenchs Forest 2086

Social activities, dancing, card games. Outings such as bus trips and cruises. Sporting activities include soccer and bowls. Kitchen open Fri and Sat 6pm - 11pm and Sun 12pm - 8pm.

CHINESE SOCIAL GROUP

Phone 9905 3851 or 0401 094 502

Dee Why Seniors Club, 34 Howard
Ave, Dee Why 2099

Meets: Mon and Fri 10am - 12.30pm

DALMACIJA SYDNEY CROATIAN CLUB LTD

Phone: 9450 1807

16 Myoora Rd, Terrey Hills 2084

Open to all. Social and sporting activities. Bocce. Meets: Fri and Sat 4pm - 12am, Sun 2pm - 11pm.

DANISH CLUB LTD

Phone: 0410 619 248

3 Grattan Cres, Frenchs Forest 2086

Promotes Danish and other Scandinavian traditions and contacts between the Scandinavian community and the Australian community.

DUTCH AUSTRALIAN SOCIETY NEERLANDIA CLUB LTD

Phone: 9939 0228

Cnr Bantry Bay Rd & Grattan Cres,
Frenchs Forest 2086

Social club for people of Dutch and Australian origin. Activities include a bridge club, Klaverjas (Dutch card game), a motorcycle club, Sunday social activities, film nights and dancing. Meets: Thurs 11am – 3pm, Sun 11am – 3pm.

GREEK SENIOR CITIZENS' GROUP

Phone: 9516 2188

St Matthews Church Hall, The
Corso, Manly 2095

Support group for Greek senior citizens providing information and recreational activities. Meets: Wed 12pm - 2pm (not in Dec-Jan).

ITALIAN SOCIAL GROUP

Phone: 9949 8809

St Kevins Church Hall, 57 Oaks
Ave, Dee Why 2099

Social group, bingo, cards.
Meets: Mon 9.30am – 12pm.

THE SWEDISH CLUB

Phone: 9314 6283

Scandinavian House, 3 Grafton
Crescent, Frenchs Forest 2086

Club promoting Swedish language and culture.

WARRINGAH DUTCH SENIOR CITIZENS LADIES GUILD

Phone: 9971 0709

Dutch Australian Society, Cnr
Bantry Bay Rd & Grattan Cres,
Frenchs Forest 2086

Social and support group for elderly people of Dutch origin. Activities include regular meetings and discussions, home visits, outings and help with shopping. Meets: 1st Mon 10.30am - 1pm.

Volunteering

NORTHSIDE COMMUNITY CONNECT – VOLUNTEER PROGRAM

Phone: 9931 7777

30 Howard Ave, Dee Why 2099

Email: info@northsideconnect.com.au

Web: www.northsideconnect.com.au

Promotes volunteering in the community. Provides referral of interested volunteers to local non-profit organisations requiring assistance.



Manly Council

ALL GENERAL ENQUIRIES:

Phone: 9976 1500

» **Customer Service Centre:**

1 Belgrave Street, Manly 2095

» **Mail to:** PO Box 82, Manly 1655

» **Email:**

records@manly.nsw.gov.au

» **Web:** www.manly.nsw.gov.au

» **Fax:** 9976 1400

Access: Council Chambers has a wheelchair lift and ramp. Accessible parking available nearby at Whistler Street carpark



Manly Meals on Wheels volunteer Derrick Peers

COMMUNITY DEVELOPMENT COORDINATOR - AGED & DISABILITY

Phone: 9976 1562

Email: communitydevelopment@manly.nsw.gov.au

Web: www.manly.nsw.gov.au/Aged---Disability-Services.html

Provides useful information about services and activities available for seniors. Publications for seniors are available at Manly Library and Customer Service Centre, and on Manly Council's website.

Ensures the effective planning and delivery of projects and services for seniors, people with a disability, and their carers.

Also coordinates the annual Seniors Week program.



Manly Council Community Restaurant

MANLY SENIORS CENTRE & MEALS ON WHEELS

Phone: 8966 9938 / 8966 9925

Fax: 8966 9938

Email: manlymow@zipworld.com.au

Web: www.manly.nsw.gov.au/Meals-on-Wheels.html

MANLY SENIORS CENTRE AND MEALS ON WHEELS

275 Pittwater Road, Manly (corner Pittwater & Balgowlah Roads)

PO Box 190, Manly 1655

Delivers nutritious meals to people living in the Manly Local Government area and North Balgowlah, who are frail-aged, younger with a disability and their carers.

This community service also caters for special dietary needs, all cultures

and religions, so please talk to us about your needs. Meals are delivered hot, chilled or frozen as requested.

A meal package consists of a main meal, dessert, juice, fruit and soup is available for \$6.00.

Volunteers are needed for morning and lunchtime deliveries Monday to Friday. You don't need a car or a driver's license in order to help – just some spare time and community spirit. If you would like to assist, please contact the **Volunteer Coordinator on 8966 9925.**

COMMUNITY RESTAURANT

Phone: 8966 9925

The Community Restaurant is held every Friday from 11am, at the Manly Seniors Centre. A three-course meal, a cup of tea and a lucky door prize for only \$6. Lunches are also held monthly at Seaforth on Mondays. Limited transport available to both venues. Bookings essential.

SHOPPING SERVICE

Phone: 8966 9925

Door-to-door shopping trips every Tuesday to local shopping centres by bus. Bookings are essential. Cost \$5.00

SOCIAL OUTINGS

Phone: 8966 9925

On Mondays, you can join us for a drive, morning tea and lunch. Cost \$5 and lunch is at your own expense. Bookings are essential.

MANLY SENIORS CENTRE

Phone: 9976 1562

275 Pittwater Road, Manly (corner Pittwater & Balgowlah Roads)

This centre's program is a combination of activity and learning for all older people living in the Manly and surrounding district. Activities include Healthy Lifestyle gentle exercise classes, Theatre Appreciation group and U3A Art group.

At the Centre, the Manly Club for Seniors Inc holds a wide variety of activities including bowls, dancing, singing, table tennis, bridge, scrabble, and mahjong. For details, phone **9939 6920.**

Computer Pals for Seniors Manly Inc. is also based at the Centre. Volunteer tutors assist members to acquire and improve computer skills. Mon - Fri 9am to 5pm. For more information phone **9976 0930**.

LIBRARY SERVICES

MANLY LIBRARY

Phone: 9976 1720

Market Place, Manly

Email: library@manly.nsw.gov.au

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

HOME LIBRARY SERVICE

Phone: 9976 1730

Email: marian.gray@manly.nsw.gov.au

This is a free service for Manly residents who are incapacitated or ill, or unable to visit the library. A self-select/home delivery service is also available to those unable to carry their books home. This service can be fortnightly, monthly or on a casual basis. A doctor's certificate may be required.

Items include large and ordinary print fiction and non-fiction books, talking books on cassette and CD, DVDs, music CDs, magazines, MP3's, and books in foreign languages (supplied on request).

Other equipment and facilities available at Manly Library include easy walker with carry basket and accessible toilet.

MANLY ACCESS COMMITTEE

Phone: 9976 1562

Provides advice to Council on access issues in the Manly local government area, including improvements needed to buildings, footpaths and other public spaces to ensure access for people with disabilities.

HOP SKIP JUMP BUS SERVICE

Phone: 9976 1500 for a timetable

Web: www.manly.nsw.gov.au/Hop-Skip-Jump-Bus.html

This free community bus operates seven days a week. It promotes utilising public transport and

encourages reduced car use. The bus services Manly, Little Manly, Fairy Bower, Fairlight, Seaforth, Balgowlah, Clontarf, Balgowlah Heights, and Warringah Mall, with all services interchanging at Condamine Street, Balgowlah near the Balgowlah Stockland Shopping Centre.

MANLY ANDREW "BOY" CHARLTON SWIM CENTRE

Balgowlah Road, Manly

Phone: 9976 1495

Email: swim@manly.nsw.gov.au

**Open: Mon - Fri 5.30am - 7pm
Sat & Sun 6am - 7pm**

Facilities include a 50-metre pool, toddlers & covered baby pool, playground and handball court. Accessible facilities include wheelchair access, hydraulic hoist and change room.

Services available include coaching, learn to swim, lap swimming, school carnivals, organised swimming groups, water polo, aqua aerobics and recreational swimming.

Concession rates available for seniors.

RATES REBATE

Rates Call Centre

Phone: 9976 1551

Centrelink and Veteran's Affairs pension recipients may be eligible for rates rebates.

WALKS IN AND AROUND MANLY

Phone: 9976 1500

Web: www.manly.nsw.gov.au/Walking-Tracks.html

Brochures on walks are available from the Manly Visitor Information Centre at Manly Wharf, the Manly Environment Centre (41 Belgrave Street, Manly), the National Parks and Wildlife Service on **9247 5033**, or contact Council or download the walks brochures from Council's website.

WASTE MANAGEMENT SERVICES

Phone: 9907 2832

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

Assistance to collect garbage bins from the property of people who are

physically unable to move their bins to the kerb for collection. A medical certificate is required.

VOLUNTEERING

Phone: 9976 1658

Web: www.manly.nsw.gov.au/Volunteering-.html

Volunteers play a vital role in Manly's social, environmental and cultural well-being. If you have a general enquiry about volunteering in the Manly community contact Council's Volunteer Coordinator.

VENUE HIRE

Phone: 9976 1540

Web: www.manly.nsw.gov.au/Hiring-Venues.html

Manly Council has a range of facilities, meeting and function rooms available for community, educational and commercial use.

For venue information and rates phone **9976 1540** or visit Council's website for more information.

MANLY COUNCIL COUNCILLORS

Phone: 9976 1500

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

Cr Jean Hay, AM (Mayor)

Cr Adele Heasman

Cr Dr Peter Macdonald

Cr Cathy Griffin

Cr Mark Norek

Cr David Murphy

Cr Barbara Aird

Cr Lauren Elder

Cr Richard Morrison

Cr Hugh Burns

Cr Craig Whitting

Cr Alan Le Surf

YOUR FEEDBACK IS IMPORTANT

If you have any service suggestions or have a complaint, email Council on tellus@manly.nsw.gov.au

A simple form will be sent to you to complete. Or call Council's Customer Service Hotline on **9976 1680**.

GENERAL ENQUIRIES:

Phone: 9970 1111

» **Customer Service Centres:**

1 Park Street, Mona Vale & 59A
Old Barrenjoey Road, Avalon

» **Email:** pittwater_council@pittwater.nsw.gov.au

» **Website:**
www.pittwater.nsw.gov.au



Singing up a storm
in Seniors Week



Life's a ball with LifeBall in
Seniors Week



Mind your Mind Expo



Law Week Talk



Spreading the word about
the University of the Third Age



Living Book volunteer at
Mona Vale Library



Mona Vale Library
Stitch up for charity

COMMUNITY DEVELOPMENT OFFICER

Phone: 9970 1199

Provides information resources to older residents, their families and carers on local services and programs. Works with a range of local organisations through community development projects to improve services for older people, their families and carers.

PENSIONER REBATE

Rebates on Council rates and waste charges are available to owners who have a Pensioner Concession Card, a TPI or EDA Gold Card. For more information on the Pensioner Rebate including an application form visit www.pittwater.nsw.gov.au or phone Pittwater Council on **9970 1111**.

LIBRARY SERVICES

MONA VALE LIBRARY

Phone: 9970 1600 Fax: 9979 1465

1 Park St, Mona Vale

Email: library@pittwater.nsw.gov.au

Opening Hours:

Monday to Friday 10am - 6pm

Saturday 10am - 2pm

Sunday 1pm - 5pm

Provides books for loan, magazines, newspapers, CDs, DVDs, large print, talking books and internet access. Has a comprehensive reference collection including internet and online databases. The library provides a place to read, study, discover local history and community information, and improve literacy and computer skills. Also holds a regular author

talks program and weekly preschool story time in school terms plus children's holiday activities. Library membership is free.

AVALON COMMUNITY LIBRARY

Phone: 9918 3013

Avalon Recreation Centre, 59A Old Barrenjoey Road, Avalon Beach

Email: avalonlibrary@ozemail.com.au

Opening Hours:

Monday to Friday 10am - 5pm

Saturday 10am - 1pm

Sunday 2pm - 5pm

HOME LIBRARY SERVICE

Phone: 9970 1600

Coordinates and supplies library items to people in their own homes who are housebound and unable to visit the library.

COMMUNITY CENTRES

Open to individuals and community groups to hold various social, recreational and cultural activities. Most of these venues are available for hire on a casual or regular basis. For more information, contact the Community Facilities Coordinator on **9970 1156**.

Avalon Recreation Centre:

59a Old Barrenjoey Road, Avalon

Coastal Environment Centre:

Lake Park Road, North Narrabeen

Elanora Heights Community Centre:

49a Kalang Road, Elanora Heights

Mona Vale Memorial Hall:

1 Park Street, Mona Vale

Narrabeen Community Centre:

2-10 Woorarra Avenue, North Narrabeen

Nelson Heather Centre:

4 Jacksons Road, Warriewood

Ted Blackwood Narrabeen Youth & Community Centre:

Cnr Boondah & Jacksons Roads, Warriewood

PITTWATER COUNCIL COUNCILLORS

The Pittwater area is divided into three wards - Northern, Central and Southern - with three Councillors governing each ward.

Councillors play a key role in the creation and review of council policies and objectives. They represent the interests of residents and ratepayers; provide guidance to the community and act as a conduit of information between the community and Council. The Mayor chairs Council meetings and represents Council on formal occasions.

Residents can contact Councillors by phone or by email at Pittwater_Council@pittwater.nsw.gov.au. To make an appointment with the Mayor, please phone 9970 1104.

Southern Ward

Councillor David James
Phone: **9970 7126**

Councillor Julie Hegarty
Phone: **0400 341 168**

Councillor Jacqui Townsend (Deputy Mayor)
Phone: **0427 959 631**

Central Ward

Councillor Bob Dunbar
Phone: **9999 3919**

Councillor Patricia Giles
Phone: **9979 1331**

Councillor Ian White
Phone: **0437 495 196**

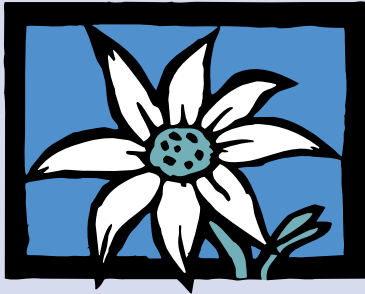
Northern Ward

Councillor Bob Grace
Phone: **9974 5399**

Councillor Peter Hock
Phone: **9918 7088**

Councillor Harvey Rose (Mayor)
Phone: **9970 1104**





Warringah Council

ALL GENERAL ENQUIRIES:

Phone: 9942 2111

Fax: 9971 4522

» Customer Service Centres:

Civic Centre 725 Pittwater Rd
Dee Why 2099

» Email:

council@warringah.nsw.gov.au

» Website:

www.warringah.nsw.gov.au

After hours emergency calls to
Council **9942 2111**

» Council hours:

8.30am - 5.00pm Mon - Fri

» **Council meetings:** 2nd and 4th
Tuesday monthly 9942 2444

AGED SERVICES

Phone: 9942 2560 or
9942 2563

email: communityagedservices@warringah.nsw.gov.au

Aged Services personnel are available to answer enquiries about services, activities and housing, and provide useful referrals and information. They also develop activities, programs and events for both active and frail aged residents. These programs aim to encourage healthy ageing and independence, and reduce social isolation.

PROGRAMS FOR THE OVER 55s

Seniors Week Program: A diverse program of active and passive activities for seniors of all interests, backgrounds and abilities. Held annually usually in March.

CHEERS (Cheerful Healthy Eating for Elderly Residents and Seniors): Monthly luncheon organised in a local restaurant with the aim of encouraging seniors to meet new people while experiencing different cuisines, and learning about healthy eating. For details about CHEERS, phone: **9976 9531**



Traditional Chinese dancer at Dee Why Seniors Club



CHEERS celebratory lunch at Limani's Narrabeen

Photo right:
Dick Manuell
volunteer
(left) with
Angela Doolan
Warringah
Aged Services
Development
Officer at
Rhapsody by
the Blue Concert
held in Seniors
Week 2009



Having fun at the party held after the Dee Why Seniors Centre's Annual General Meeting



Seniors for Reconciliation event – Seniors Week 2009

Clubs for Seniors: Groups offer activities such as indoor bowling, mahjong, card games, dancing, bingo and chess. The centres are at Dee Why and Forestville.

The Warringah Aquatic Centre (WAC) at Frenchs Forest: Offers special fitness and swimming classes for seniors. For information, contact the WAC on **9451 8000**.

For more details about these programs, call or email Aged Services: communityagedservices@warringah.nsw.gov.au

PUBLICATIONS

Aged Services produces a range of helpful information which is available through Warringah Council Customer Service Centre, libraries and on the website www.warringah.nsw.gov.au

- Retirement Housing Guide: Housing services, retirement villages, hostels and nursing homes.
- Information about services and activities (extracted from the publication, Seniors and Care Guide 2010)
- Shopping Made Easy.
- Favourite Walks in Warringah.

COUNCIL'S COMMUNITY CENTRES

Council operates 22 centres throughout Warringah. These centres are available for hire by individuals and groups on a casual and permanent basis.

Many of the centres have activities of interest to seniors such as Tramshed Arts Centre and Forest Arts Centre. Brochures are available from the Booking Officers (see below) plus the venues can be hired for meetings and seminars; birthday parties; classes and social gatherings. For a virtual tour of these centres visit www.warringah.nsw.gov.au

Phone the Western Area Booking Officer on **9452 1065** (for venues in Allambie, Belrose, Brookvale, Forestville, Frenchs Forest, Oxford Falls or Terrey Hills) or phone the Eastern Area Booking Officer on **9913 3231** for venues in Beacon Hill, Collaroy,

Cromer, Curl Curl, Dee Why, Harbord, Narraweena and North Balgowlah.

WARRINGAH LIBRARY SERVICES

A warm welcome awaits you at your local library and seniors are invited to visit their local library where there are many services available. Library members enjoy access to a wide range of books, magazines, newspapers and other resources chosen to meet their particular needs and interests.

Seniors make use of all library services from picture books for reading to their grandchildren, to researching the internet following up on an interest or hobby. Fiction collections are available in large print, talking books on CD and as downloaded audio books. The selections of non fiction are current and provide the latest in ideas for healthy ageing and life long learning.

Books and other library resources can also be delivered to members who are unable to come to the Library. The library has as a number of events and activities that are run in conjunction with the 'Library Friends' group.

BELROSE LIBRARY

Phone: 9452 3211

Glenrose Pl, Belrose 2085

www.wls.nsw.gov.au

Hours: Mon & Tue 10am - 7pm, Wed-Fri 10am - 5pm Sat 10am - 1pm, Sun 2pm - 5pm. Closed public holidays. Disability Access: ramp, toilets, lift.

DEE WHY LIBRARY

Phone: 9942 2449

725 Pittwater Rd, Dee Why 2099

www.wls.nsw.gov.au

Hours: Mon-Fri 10am - 9pm, Sat 10am - 4pm, Sun 2pm - 5pm, Closed public holidays. Disability Access: Ramps.

FORESTVILLE LIBRARY

Phone: 9452 5706

6 Darley St, Forestville 2087

www.wls.nsw.gov.au

Hours: Mon Tue Wed Thur

10am - 6pm, Fri 10am - 5pm, Sat 10am - 1pm. Closed Sun & public holidays. Disability Access: level access, toilet.

WARRINGAH MALL LIBRARY

Phone: 9942 7999

Warringah Mall, above Arena Cove, same level as the Movie Theatres, Cnr Old Pittwater Rd and Condamine St, Brookvale 2100

www.wls.nsw.gov.au

Hours: Mon-Fri 9am - 5pm, Thu 9am - 9pm, Sat 9am- 5pm, Sun 10am - 4pm. Disability Access: lift.

HOME LIBRARY SERVICE

Phone: 9942 2393

Dee Why Library, 725 Pittwater Rd, Dee Why 2099

www.wls.nsw.gov.au

Phone 9942 2449 for more details. Hours: Mon-Fri 9am - 5pm

WARRINGAH COUNCIL COUNCILLORS

Cr Michael Regan (Mayor)

mayor@warringah.nsw.gov.au

Cr Jason Falinski

jason.falinski@warringah.nsw.gov.au

Cr Michelle Ray

michelle.ray@warringah.nsw.gov.au

Cr Vincent De Luca

vincent.deluca@warringah.nsw.gov.au

Cr Virginia Laugesen

virginia.laugesen@warringah.nsw.gov.au

Cr Julie Sutton

julie.sutton@warringah.nsw.gov.au

Cr Conny Harris

conny.harris@warringah.nsw.gov.au

Cr Bob Giltinan

bob.giltinan@warringah.nsw.gov.au

Cr Helen Wilkins

helen.wilkins@warringah.nsw.gov.au

Cr Christina Kirsch

christina.kirsch@warringah.nsw.gov.au

Useful websites

ABC News Online

www.abc.net.au

Aged Care Australia

www.agedcareaustralia.gov.au

Information to help make informed decisions about aged care options.

Alzheimer's Association

www.alzheimers.org.au

Arthritis NSW

www.arthritisnsw.org.au

Australian Seniors Computer Clubs Association

www.ascca.org.au

Find a computing club near you.

Australian Tax Office

www.ato.gov.au

Contains a section about seniors and retirees tax essentials.

Australian Tinnitus Association

www.tinnitus.asn.au

Information about tinnitus.

BBC News Online

www.bbc.co.uk

BBC news and other programs in the United Kingdom.

Bone Health for Life

www.bonehealthforlife.org.au

Provides practical advice for women to improve bone health so as to prevent and manage osteoporosis.

Carers

www.carersaustralia.com.au

www.agedcarer.com.au

These sites offer information for carers of ageing family members.

Centrelink

www.centrelink.gov.au

To explore your options and know what questions to ask Centrelink.

Information about Centrelink's payments and services

Commonwealth Carelink Centres

www.commcarelink.health.gov.au

Information for older people, people with disabilities and carers.

Council on the Ageing

www.cota.org.au

CRS Australia

www.crsaaustralia.gov.au

Vocational rehabilitation services to eligible people who have an injury, disability or health condition. Free to people receiving income support payments from Centrelink.

Department of Health and Ageing

www.health.gov.au

Information about aged care services, residential care, support for people with special needs, health products and medicines and healthcare systems. Plus links to other aged care related websites.

Department of Veterans Affairs

www.dva.gov.au

Diabetes Australia

www.diabetesaustralia.com.au

Government information

www.gov.au

HealthInsite

www.healthinsite.gov.au

An Australian government initiative, this site provides a gateway to reliable health information.

Healthy Lifestyle Unit

www.nscchs.health.nsw.gov.au

Information about seniors' exercise programs.

Human Rights and Equal Opportunity Commission

www.hreoc.gov.au

Indigenous Portal

www.indigenous.gov.au

Resources, contacts, information, and government programs and services for Aboriginal people and Torres Strait Islanders.

Legal Aid Commission of NSW

www.legalaid.nsw.gov.au

Manly Council

www.manly.nsw.gov.au

Information about Manly Council, local events and activities, groups and organisations.

Manly Warringah Pittwater Community Transport

www.mwpct.org.au

Manly Warringah Pittwater Home Maintenance and Modification Service

www.mwpccommunityaid.com.au

Community support service aims to help older people to remain in their own homes and be as independent as possible.

Manly Warringah Pittwater Respite Service

www.communitycare.org.au

A flexible respite service to carers of people who are frail aged or have a moderate to severe disability or dementia.

National Aged Care Advocacy Program

www.agedrights.asn.au

Information about the national network of advocacy services, and the ways that advocacy services can assist older people or their carers.

National Heart Foundation of Australia

www.heartfoundation.com.au

National Industry Association for Disability Services

www.acrod.org.au

Northern Beaches Carers Support Network

www.northsideconnect.com.au

Information about training, support and referral services for carers.

Northern Beaches Community Advisory Service

www.communitycare.org.au

Northern Beaches Dementia Advisory Service

www.communitycare.org.au

Information for carers of people with dementia.

Older drivers

www.mynrma.com.au/olderdrivers

Information to help seniors to keep driving for as long as possible.

Pittwater Council

www.pittwater.nsw.gov.au

Information about Pittwater Council, local events and activities, groups and organisations.

Public Toilet Map

www.toiletmap.gov.au

Scamwatch

www.scamwatch.gov.au

A site to help you recognise, report and protect yourself from scams. Owned and maintained by the Australian Competition and Consumer Commission.

Seniors Portal

www.seniors.gov.au

This Department of Health and Ageing site is designed to assist you to understand the services, programs and benefits that are currently available to older Australians.

SHHH (Self Help for Hard of Hearing People)

www.shhhaust.org

Sydney Morning Herald

www.smh.com.au

You can register online for a free daily news update.

Sydney Seniors

www.sydneyseiors.com.au

Seniors' lifestyle site - information and services, retirement villages and travel.

University of the Third Age

www.sydneyu3a.org

Find courses on almost every subject.

Volunteering Australia

www.volunteeringaustralia.org

Volunteer Recruitment Program

www.northsideconnect.com.au

Information about volunteering in your local area.

Warringah Council

www.warringah.nsw.gov.au

Information about Warringah Council, local events and activities, groups and organisations.

Weather

www.bom.gov.au

Bureau of Meteorology

Wheelchair Accessible Taxis

www.ccnetwork.com.au

White Pages

www.whitepages.com.au

Local and national residential phone directory

Working Carers Support Gateway

www.workingcarers.org.au

Information for people who juggle paid work with caring for a relative or friend in need of help because they are ill, frail or have a disability.



One-to-one escorted shopping trips with Manly Warringah Pittwater Neighbour Aid



Christine Mills

Stay connected with MWP Neighbour Aid Social Support

By Jana Pearce

For over 40 years, Manly Warringah Pittwater Neighbour Aid Service (Neighbour Aid), operating under Manly Warringah Pittwater Community Aid Service Inc, has been helping older residents to remain living independently, for as long as they can, in their own homes.

For 18 of these years, Christine Mills has been with Neighbour Aid supporting older residents with social activities, shopping and providing a support 'net' by linking people with other community services.

Very importantly, after 18 years, Christine, who started with the service as a volunteer and is now its manager, still loves her work with Neighbour Aid.

"I am very passionate about helping people in the community," said Christine.

"I find it personally very rewarding to be able to help older people wanting to stay in their own homes to maintain their dignity, way of life and to stay connected with their families, friends and the community," she said.

Christine said adapting services to suit individual social and shopping needs is very important.

MWP NEIGHBOUR AID SUPPORTS ITS CLIENTS TO REMAIN LIVING INDEPENDENTLY IN THEIR OWN HOMES

"Everybody is different and we like to make our services flexible to cater for each client's unique social needs," she said.

"Volunteer drivers use individual cars to provide social transport for activities such as visiting a friend in hospital, or seeing family on social visits.

"We also have social shopping as a group with morning tea at a local cafe, or one-to-one escorted shopping trips.

"Volunteer drivers also take people by car on small group outings to art shows and other events, as well as take people to medical and health appointments, community group activities, the hairdresser and recreational activities," said Christine.

Neighbour Aid provides a vital phone contact service. Trained volunteers regularly phone clients to see if they are well and have a chat, and volunteers also visit people in their homes.

Covering an area of 254 square kilometres, Neighbour Aid Service looks after 1,500 clients, and co-ordinates 200 volunteers.

Neighbour Aid will link its clients to services that will help them to remain in their own homes. Services such as Easy Care Gardening, and Manly Warringah Pittwater Home Maintenance and Modification Service which will not only assist with essential home repairs and changing light globes but also home modifications such as installing hand rails and safety ramps.

For further information about Neighbour Aid Service, phone 9913 3244.

To provide its range of services to the community, the Neighbour Aid Service relies on the help of volunteers. If you would like to volunteer for this rewarding community service, please contact Christine on the number listed above.

Help pets in need

By Jana Pearce

Pets of Older People (POOPS) needs animal-lover volunteers to help provide a safety net for pets when their elderly owners become ill or face a life-changing crisis.

The concept of POOPS was born in 2002 at St Joseph's Hospital Auburn when a 92-year-old woman refused to be admitted for urgent medical treatment as there was no one to care for her dogs at home.

Soon the POOPS program was embraced by the RSPCA and now it is run as a joint venture between RSPCA NSW and St Joseph's Hospital. The program assists socially isolated people age 65+ with caring for their pets in their own homes and also provides emergency boarding and foster care.

Palliative care patients of any age who are socially isolated may also access all of POOPS services.

Age and disability or dementia can often prevent people from accessing veterinary help when needed. The POOPS program caters for pet owners who cannot access veterinary assistance and have no relatives or friends willing to take responsibility for the pet.

POOPS clients are asked to contribute,

according to their means, towards the cost of veterinary treatment, grooming and boarding.

Services provided by POOPS include:

- Foster care and emergency boarding: Volunteer foster carers look after animals when their elderly owners need to go into hospital for medical treatment.
- Home visits: POOPS staff visit elderly clients in their homes on a monthly basis to check on both human and animal welfare and organise vet treatment or grooming if it is needed.
- Dog walking: Volunteers walk dogs for elderly owners who are no longer able to walk their dogs on a regular basis.
- Transport: Many POOPS clients have used a local vet for a number of years but are no longer able to drive a car or walk to take their pet to the vet or the groomer.

Val's story

When their previous owners could no longer look after them, Northern Beaches resident, Val Hindman, opened her heart and home to two poodles, Zoe and Ellie.

"They are mother and daughter and share



Val Hindman with Zoe and Ellie at POOPS Christmas in July party

a special bond," said Val.

"Zoe and Ellie are enjoying life on the Northern Beaches especially going for walks.

"I could not imagine life without them," she said."

Volunteers needed

POOPS needs volunteer dog walkers and foster carers for pets as well as donations to help this invaluable service. For more information about POOPS, phone 9770 7555.

Medication management after hospital



Returning home from hospital is one of the most common times that medicine mishaps occur. It is important that you understand your medications, what they are for, why you are taking them, and when and how you need to take them.

Before leaving hospital:

- If have concerns about how to manage your medication when you go home, speak to a nurse about ways to manage your medicines.
- Ask a family member or a carer to be with you for support when your medications are explained to you.
- Speak up if you have any questions about your medications.

When you are discharged from hospital, you will be given three days supply of new medications started in hospital.

Within three days, see your doctor to discuss your medications, organise up-to-date prescriptions and speak up about any medication concerns you have.

Keep a list of all the medicines you are taking including non prescription and herbal medicines, and vitamins, and check that they are safe to take with your current or new medications.

If you go into hospital again:

- Take with you all the medications you are taking.
- If you have a medication list, take this with you as well.
- Tell hospital staff about any allergies that you have.

If at any time you are confused about your medications or do not understand why you are taking a particular medicine, speak to your doctor or health practitioner.

APAC Hospital in the Home

APAC provides hospital care in your own home

Given the choice, most people would prefer not to have to go to hospital and for people who are frail aged, hospital can be traumatic experience. Commenced nine years ago, APAC is a 'hospital in the home' service that has treated over 20,000 patients in the community. It provides an alternative for the treatment of many acute/post acute conditions.

Jairo Herrera, APAC GP Shared Care Project Officer, Northern Sydney Central Coast Area Health Service, explained: "Acute/Post Acute Care (APAC) is a

team of multi-disciplinary health-care professionals dedicated to providing patients with complex and comprehensive home-based care.

"The team comprises registered nurses, physiotherapists, occupational therapists, pharmacists, social workers, community care aides and a community Aged Care Registrar who visit patients in their own home or aged care facility. These professionals provide patients with the care that would otherwise have been provided in hospital," said Jairo.

He said that the APAC hospital in the

home service is free and not means tested but does require a referral from a medical practitioner such as a GP or specialist.

"While receiving APAC services, the patient's specialist or GP is responsible for the medical care and treatments. The GP and the APAC team work together to manage treatments in the patient's own home or residential aged care facility," Jairo said.

The GP establishes the clinical diagnosis, prescribes and can initiate treatment required. The APAC team, under the ongoing clinical management of the GP, continues the care.

"GPs often want to manage home-based care for their patients. Until now they have not always been able to adequately access the resources needed to support patients' acute conditions," he said.

Acute conditions that can be treated at home include deep venous thrombosis, pneumonia/chest infection, cellulitis, chronic obstructive pulmonary disease and long-term infections.

Jairo said that patients with these conditions, who are medically stable, can be managed at home with as good or better outcomes than if they were treated at a hospital.

A place for carers to go

People who look after someone with a mental illness now have a place to go where they can rest, unwind, talk to other carers, or do courses to stimulate their minds and look after their wellbeing.

At Milsons Point, the Bradfield Park Wellbeing Centre's Career's Program provides respite for people who provide care and support to a relative or a friend.

The Bradfield Park Wellbeing Centre co-ordinator Ruth Jacka and caseworker Mary Ann Fry believe in providing creative, flexible respite options that meet individual carers needs.

Ruth said the Centre runs a number of support groups including those for grandparents who care for grandchildren because there is a mental illness in the family, a siblings support group and one for the parents of teenagers with a mental illness.

"To attend the Centre and any of its programs, you don't have to be a live-in carer, and you don't need a medical referral or diagnosis. You just need to be a person



who is looking after someone with a mental illness," said Ruth.

"The illness could be a short or long-term mental health disorder, drug and alcohol abuse, depression or an eating disorder," she said.

The Centre's activities include health and fitness programs, young carers filmmaking, drama, African drumming, wine and food appreciation course and group outings.

Ruth's achievements at the Centre have been many and she is humble about speaking about them. But speaking about the Young Carers Filmmaking workshop makes Ruth's eyes sparkle.

"Being involved with the young carers during the filmmaking course was for me personally, very rewarding to see eight young people, who hardly spoke to each other beforehand, become happy and outgoing with each other as a result of working on the DVD," said Ruth.

"This to me, was a very precious time."

To contact Ruth Jacka, phone 8920 0675.

Dance for Life

By Jana Pearce

Fuelled by TV programs such as *Dancing With The Stars* and *So You Think You Can Dance*, there has been a huge resurgence in ballroom dancing over the past few years.

Dancing is one of the most enjoyable social activities, and while you are having fun, you are also exercising and improving your health. It is a great way to feel good about yourself - gain confidence and self esteem while improving your cardiovascular system and strengthening your bones and muscles.

New research reveals the social, mental and physical benefits of social dancing for older people and that seniors can dance their way towards improved health and happiness.

According to the research, conducted by Dr Jonathan Skinner of Queen's University Belfast, dancing aids successful ageing and helps older people enjoy longer and healthier lives.

Dr Skinner said: "I have found that social dancing leads to a continued engagement with life - past, present, and future - and holds the promise for successful ageing. It quite literally helps take away the aches and pains associated with older age."

Every week across the Northern Beaches and Forest area, a few hundred seniors head to 'dance halls' to have fun, get fit and enjoy great company. There are dance groups for beginners, the not-so-agile but proficient dancers, and for those who are serious leisure or competition-level dancers.

It is not expensive. Most seniors' dance clubs charge just \$5 a year membership and \$2 for each dance you attend. Night time dances usually include supper and the cost is \$5 or \$6 depending on the club.

Les Dunbar of the Manly Club for Seniors said this club has a big heart and much to offer. The dance groups meet Wednesday, Thursday and Sunday.

"Our dances are modelled on the ballroom 'tea dances' like those held at Blackpool, England," said Les.

"Our members love to dance - New



Vogue and English Old Time Sequence Dancing - and they also love to share their dance skills, whether it be Foxtrot, Quickstep or a Viennese waltz, with other members.

"Dance is excellent for flexibility, balance, strength and endurance. Dance will lift your spirits, give you a sense of wellbeing, and is a great way to socialise," said Les.

"Come along, enjoy life and make new friends. Whether you're a beginner with two left feet and want to dance like Todd McKenney, or you're already an accomplished ballroom dancer and want serious leisure dancing, join us and have fun," he said.

For more information about dancing at Manly Club for Seniors, phone Les Dunbar on 9939 6920.

Dancing in the Forest

Formed 53 years ago, Manly Warringah Dance Club (New Vogue and English Sequence dancing) meets at Forestville Memorial Hall twice a week: Monday 11am - 2.30pm and Friday 7pm - 10pm.

Monday is for members who like a slower pace. On Friday nights, the energy levels go sky high as most of the dancers are serious leisure dancers, and competition-level ballroom dancers. Experienced and qualified dance instructors are available to teach members.

Edmund Maher of the Manly Warringah Dance Club said there are many dance clubs across Sydney.

"You could go to a different dance club every night of the week. It's a great way to get out and meet new people. The common bond of dancing breaks down social barriers straight away," said Edmund.

With 130 members, Manly Warringah Dance Club offers a great day or night out. For more information, contact Edmund Maher on 9907 9826 or email: edmundmaher@optusnet.com.au

Pittwater Ballroom

In Pittwater, Seniors Ballroom Dancing meets every Friday 2pm - 4pm, and 7pm - 10pm on the third Saturday of the month, at the Nelson Heather Centre, Warriewood.

John Francis, a member of Seniors Ballroom Dancing, is an organiser of the Saturday night dances.

"It's good exercise, great social contact and a fantastic night out. Age is no barrier to having a great time. Even if you've never danced before, come along, learn some steps, make new friends, have fun, and enjoy yourself," said John.

For further information about Seniors Ballroom Dancing in Pittwater, phone John Francis on 9982 4711 or Ivy on 9918 7745.