

HEALTH

Birth Control

Natural Fertility Services - Northern Beaches

Phone: 8968 5100 **Fax:** 02 9939 4277

Unit 9B, 44 Wattle Rd, Brookvale 2100

Mail to: PO Box 444, Brookvale Business Centre, Brookvale 2100

Email: brookvale.reception@dbb.org.au

Web: www.brokenbay.centacare.org.au

Service Description: Advises on all forms of natural family planning and fertility, and on Sympto-Thermal Method of natural birth control. Assists couples to achieve pregnancy naturally. By appointment.

Hours: For appointments 9am-5pm (Evening appointments available)

Alternative Names: Natural Fertility Services

Children

Avalon Early Childhood Health Centre

Phone: 9918 3741 **Fax:** 02 9938 4805

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

Service Description: Provides advice, support and information to new parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education, and school health screening.

Hours: Tues 9am-4:30pm, Wed 9am-4.30pm, Thur 9am-4:30pm, Fri 9am-12pm

Dee Why Early Childhood Health Centre

Phone: 9971 8041 **Fax:** 02 9972 4731

32A Howard Av, Dee Why 2099

Service Description: Provides advice, support & information to new parents on their child's health & development, parenting advice consultancy, child health screening, post-natal care & education, home visits. New parents group.

Hours: Mon-Fri 9am-12 and 2pm-4:30pm. self appointment 9call for details) appointments/groups

Frenchs Forest Early Childhood Health Centre

Phone: 9451 7949 **Fax:** 02 9451 2507

Forestway Shopping Centre, Cnr Forestway and Warringah Rd, Frenchs Forest 2086

Service Description: Provides advice, support, information & home visits to parents on their child's health & development, parent consultancy, health screening, post-natal care & education, healthy lifestyle. Mother's support groups. Information on community resources. School health. Referrals to local services. Please make an appointment or attend drop-in clinic.

Hours: Please phone for details

Alternative Names: Terrey Hills Early Childhood Health Centre

Harbord Early Childhood Centre

Phone: 9905 2435 **Fax:** 02 9905 6485

29 Lawrence St, Freshwater 2096

Service Description: Provides advice, support & information to new(0-12yrs) mothers on their child's health & development, mothercraft consultancy, baby health screening, post-natal care & education, home visits. New parent groups. Play & solids talk. Antenatal Clinic weekly. Resources: Library of books/videos on parenting for loan (Donation appreciated). Breast feeding clinic.

Hours: Mon 9am-12:30pm; 1.30-3.30pm Breast feeding clinic; Tue 9-12.30appointments; 2-3.30pm self appointments. Wed-Fri by appointment.

Mona Vale Early Childhood Health Centre

Phone: 9999 2571 **Fax:** 02 9997 8261

Park St, Mona Vale 2103

Mail to: PO Box 81, Mona Vale 1660

Service Description: Provides advice, support and information to parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education, weekly breast feeding drop in clinic and conducts parent groups. Information pamphlets on Child and Family Health related topics.

Hours: Mon-Fri Business hours. Check with nurse-in-charge for special appointment times.

Narrabeen Early Childhood Health Centre

Phone: 9913 8870 **Fax:** 02 9970 6585

1393 Pittwater Rd, Narrabeen 2101

Service Description: Provides advice, support and information to parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education, home visits. New parents group. Community Resource Centre for training of student nurses/midwives for practical experience.

Paediatric/Physiotherapy assessment clinic. First mothers' groups and groups according to community need. Advice on Immunisation. Available to any member of the public.

Hours: Mon-Fri

Northern Beaches Child Oral Health Services

Phone: 1300 789 404 **Fax:** 02 9982 8122

Dee Why Primary School, Cnr Fisher Rd & Regent St, Dee Why 2099

Service Description: Government funded Child Oral Health Services with emphasis on prevention.

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

Alternative Names: Dee Why Child Dental Clinic

Community Health Centres

Northern Beaches Health Service - Mona Vale Hospital

Phone: 9998 0333 (Switchboard - 24 Hours) **Fax:** 02 9997 7079

18 Coronation St, Mona Vale 2103

Mail to: PO Box 81, Mona Vale 1660

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

Service Description: Acute hospital providing Medical, Surgical, Emergency, Maternity, Paediatric, Intensive Care, Day Surgery, Theatres, Orthopaedics, Aged Care & Rehabilitation unit. Physiotherapy services (in-patient – out patient), Social Work, Diabetes Educator, Dietician, Renal dialysis, Palliative care. Mental Health service. Community Health services including - Speech Pathology, Adolescent services, Drug & Alcohol, Occupational therapy. Dental clinic. Health Promotion Unit contact 8877 5300 - classes in stress management, yoga etc Hydrotherapy pool.

Hours: 24 hours a day

Alternative Names: Mona Vale Hospital

Queenscliff Community Health Centre

Phone: 9466 2500 **Fax:** 02 9938 4805

Cnr Lakeside Cres & Palm Ave, North Manly 2100

Mail to: PO Box 605, Brookvale 2100

Service Description: Services include: Northern Beaches Adolescent Service, Family & Child Health Services, Childrens Speech Pathology Service, Child and Family Counselling, Early Childhood Centre Head Office on the Northern Beaches, Mental Health Adult Counselling, Drug and Alcohol.

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

Diagnostic Services

Northern Beaches Aged Care Assessment Team (ACAT)

Phone: 9998 0356 **Fax:** 02 9998 0334

Pathways Home Building, Mona Vale Hospital, Coronation St, Mona Vale 2103

Mail to: Mona Vale Hospital Rehabilitation & Aged Care, PO Box 81, Mona Vale 1660

Service Description: The team comprises staff from a number of professional disciplines who conduct comprehensive assessments with aged clients in their home, or in residential care facilities. Clients are assisted to access home support services or to enter residential care.

Hours: Mon-Fri 8.30-4.30pm

Alternative Names: ACAT

Eye Services

Guide Dogs NSW/ACT - Head Office

Phone: 9412 9300 **Fax:** 02 9412 9388

2-4 Thomas St, Chatswood 2067

Mail to: PO Box 1965, North Sydney 2059

Web: www.guidedogs.com.au

Service Description: Provides a range of mobility and orientation services to people with vision impairment, blindness or low vision. Includes cane training, electronic aids and guide dogs. Also have a neurological vision impairment program, Pets As Therapy project and a weekly Low Vision Clinic.

Hours: Mon-Fri 9am-5pm

Alternative Names: Guide Dogs Association

Kaddy Transport

Phone: 9972 0242 **Fax:** 02 9971 3120

3 St Davids Ave, Dee Why 2099

Mail to: PO Box 248, Dee Why 2099

Email: 1kaddy@tpg.com.au

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

Hours: Office Mon-Thu 8.30am-12:30pm

Vision Australia

Phone: 1300 847 466 (Ask for Kooyong) **Fax:** 03 9864 9210

454 Glenferrie Rd, Kooyong 3144

Email: visioninfo@visionaustralia.org

Web: www.visionaustralia.org

Service Description: Free service for anyone with questions about vision impairment, blindness and related issues. Information on services; pensions and government concessions; recreation; travel concessions; eye conditions; safety and eye care. Information available in a range of alternative formats.

Hours: Mon-Fri 8.30am-5.00pm

Alternative Names: Formerly Association of the Blind

Vision Impaired Persons Peer Support Group for Seniors - Dee Why

Phone: 9971 5699

Meets at DY RSL, Pittwater Rd, Dee Why 2099

Email: cpa14374@bigpond.net.au

Service Description: Monthly support group for older people with vision impairment and their carers, most of whom are seniors. Guest speakers, morning tea, outings, discussion.

Hours: Meets last Friday each month 10:15am-12noon

Alternative Names: Seniors VIP Group

Health Education

Manly Warringah Pittwater Youth Support Service

Phone: 8968 5100 **Fax:** 02 9939 4277

Mail to: PO Box 444, Brookvale 2100

Email: brookvalefc@dbb.org.au

Web:

centacarebrokenbay.org.au/index.php?option=com_content&view=article&id=85&Itemid=84

Service Description: Provides a mobile outreach service offering transport, education, information and referrals on the Northern Beaches every Friday and Saturday night. The program aims to reduce the risk of harm due to drug and/or alcohol abuse by removing young people from dangerous situations and taking them to safe locations. Our staff also lead discussions in local schools to raise awareness of the dangers of risk-taking behaviour and to encourage young people to access the service if needed.

Alternative Names: Manly Youth Support

Mona Vale Mental Health Service

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North Steyne Surf Life Saving Club Inc

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Northern Beaches Health Service - Mona Vale Hospital

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Northern Beaches, Health Promotion Unit

Phone: 9976 9531 **Fax:** 02 9977 7531

Manly Hospital, 150 Darley Rd, Manly 2095

Mail to: PO Box 465, Manly 1655

Web: www.nscchhs.health.nsw.gov.au/healthpromotion/

Service Description: Manages/co-ordinates health promotion projects including:

Tobacco Control, Overweight and Obesity Prevention, Falls Injury Prevention, Alcohol awareness, Emotional and Social Health.

Works with other organisations on health issues.

Hours: 8.30am-5pm

RUSH Needle and Syringe program

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SES State Emergency Service - Warringah & Pittwater Unit

Phone: 13 2500

Web: www.ses.nsw.gov.au

Service Description: NSW State Emergency Service (SES) is the combat agency responsible for flood, storm damage and tsunami. SES also support Police and other services in search and rescue, major emergencies and disasters. Members of the SES are volunteers and are recruited regularly.

Hours: 24 hours

Alternative Names: SES

Warringah Walkers

Phone: 9976 9531 **Fax:** 02 9977 7531

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

Mail to: PO Box 465, Manly 1655

Email: JAngray@nscchhs.health.nsw.gov.au

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

Hours: Meets every Tuesday.

Health Services for Women

Natural Fertility Services - Northern Beaches

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Hearing Services

Australian Hearing - Dee Why

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Home Nursing Services

Acare Home Nursing and Care Services (Parramatta)

Phone: 9976 5658

Mail to: PO Box 494, Balgowlah 2093

Email: homeservices@acare.com.au

Web: acare.com.au

Service Description: ACare Home Services provides home nursing care and support services to clients of all ages. ACare Services include: Nursing Care; Personal Care; Companionship; Home Support such as meal preparation, housekeeping and shopping, In-Home Respite Care, Transport, Palliative Care, Case Management.

Combined Care for the Elderly

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Just Better Care Northern Beaches

Phone: 9934 9999 **Fax:** 02 9934 9900

Suite 6, 383 Sydney Rd, Balgowlah 2093

Email: mail@justbettercare.net.au

Web: www.justbettercare.com.au/northern-beaches-mosman

Service Description: Provides quality, professional care including personal care, domestic assistance, transport, palliative care, respite care, dementia care, disability support and nursing care.

Hours: 7 days a week 365 days, 24 hours.

Nannies & Helpers Pty Ltd

Phone: 9997 3788 **Fax:** 02 9979 5940

11/15 Bungan St, Mona Vale 2103

Email: nannies@nanniesandhelpers.com.au

Web: www.nanniesandhelpers.com.au

Service Description: Placement of reliable & caring domestic help to the community. Housekeepers, nannies, carers, babysitters, emergency care, after hospital care, domestic (cleaners), holiday care etc.

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

Northern Sydney Home Nursing Service - Manly Centre

Phone: 9976 9888 **Fax:** 02 9977 3864

C/- Manly Hospital, 150 Darley Rd, Manly 2095

Email: nshns@nsccha.health.nsw.gov.au

Service Description: Range of nursing services including nursing assessment, general care (like personal hygiene, wound care), medications (like insulin and oncology), palliative care and counselling. Also assist with respiratory and continence advice. Other specialist nursing care available if necessary.

Wound clinic at Manly Senior Citizen Centre Mon-Fri.

Hours: Mon-Fri 8am-4.30pm, Weekends 8am-4pm (9887 5444)

Northern Sydney Home Nursing Service

Phone: 9998 0555 **Fax:** 02 9997 6121

Mona Vale Hospital, Coronation St, Mona Vale 2103

Service Description: Functions same as Northern Sydney Home Nursing Service - Manly. Staff are actively involved in providing education, support nursing care to carers and family/patients in the home setting. Liaison with other health care agencies is an important aspect of the community nurse's role.

Hours: 8am-4:30pm & limited evening service.

Hospitals (Private)

Delmar Private Hospital

Phone: 9982 7655 **Fax:** 02 9982 6843

58 Quirk St, Dee Why 2099

Mail to: PO Box 1559, Dee Why 2099

Email: delmar@mhsdelmar.com.au

Web: www.machealth.com.au

Service Description: Acute surgical, rehabilitation, medical hospital. Rehab includes inpatient and outpatient services. The wellness centre provides hydrotherapy, gymnasium, pain management, physiotherapists, dietitian, occupational therapists rehabilitation physician.

Hours: 24 hours 7 days a week

Manly Waters Private Hospital

Phone: 9977 9977 **Fax:** 02 9977 4319

17 Cove Ave, Manly 2095

Email: admin@mhsmanly.com.au

Web: www.machealth.com.au/manly

Service Description: Surgical/Medical Hospital with facilities available for all the community with specialising in: ophthalmic surgery, plastic/cosmetic surgery, oral/dental surgery, rehabilitation unit providing physiotherapy, occupational therapy services and a specialised oncology/chemotherapy unit.

Hours: 24 hours

Hospitals (Public)

Manly Hospital and Community Health Services

Phone: 9976 9611 **Fax:** 02 9976 9661

Darley Rd, Manly 2095

Mail to: PO Box 465, Manly 1655

Email: fbazik@nsccha.health.nsw.gov.au

Web:

www.nscchealth.nsw.gov.au/services/003700641.shtml

Service Description: Public hospital and community health services administration.

Hours: 24hrs

Manly Hospital Auxiliary

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Northern Beaches Health Service - Mona Vale Hospital

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PUSH (Peninsula United to Secure Hospital)

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Laughter Club

Forest Laughter Club

Phone: 9451 6140; 02 9453 2647;

Near pavilion at Frenchs Forest Showground, Blackbutts Rd, Belrose 2085

Email: paluca@tpg.com.au

Service Description: Combination of laughter and breathing exercises to promote health.

Hours: Sat 9am-9:30am

Medical Services - Complaints/Disputes

Health Care Complaints Commission

Phone: 9219 7444, 1800 043 159 (toll free NSW) **Fax:** 02 9281 4585

Mail to: Locked Mail Bag 18, Strawberry Hills 2012

Email: hccc@hccc.nsw.gov.au

Web: www.hccc.nsw.gov.au

Service Description: The Health Care Complaints Commission (HCCC) receives complaints about public and private health care providers and health care services in NSW. The Commission can investigate complaints and prosecute serious matters. It can also assist with the resolution of complaints. Complaints must be in writing. The Commission will provide assistance to lodge a complaint to any person that requires it. The Commission can be contacted on 9219 7444 or on the toll free 1800 043 159.

Hours: Mon-Fri 9am-5pm

Medicare

Medicare - Brookvale

Phone: 13 20 11

Shop 188, Level 2, Warringah Mall, Cnr Pittwater & Condamine Sts, Brookvale 2100

Mail to: GPO Box 9822, Sydney 2001

Web: www.medicareaustralia.gov.au

Service Description: The Australian Medicare program provides access to remedial & hospital services for all Australian residents & certain categories of visitors.

Hours: Customer Service Centres Mon-Wed 9am-5pm; Thurs 9am-7pm; Fri 9am-5pm; Sat 9am-12:30pm.

Telephone enquiries 8:30am-4:30pm

Medicare - Warriewood

Phone: 13 20 11

Shop 20, Warriewood Square, Jackson Rd, Warriewood 2102

Mail to: GPO Box 9822, Sydney 2001

Email: medicare@medicareaustralia.gov.au

Web: www.medicareaustralia.gov.au

Service Description: The Australian Medicare program provides access to remedial & hospital services for all Australian residents & certain categories of visitors.

Hours: Customer Service Centres Mon-Fri 9am-5pm except public holidays

Mental Health Services

Adult Mental Health - Queenscliff Health Centre

Phone: 9466 2502 **Fax:** 02 9905 7150

Cnr Lakeside Cres & Pittwater Rd, North Manly 2100

Mail to: PO Box 605, Brookvale 2100

Service Description: Provides treatment for adults aged 18-64 who are seriously affected by psychological or psychiatric disorders. Appointments by arrangement.

Hours: Mon-Fri 8.30am-5pm

Brookvale Mental Health Centre

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Consumer Activity Network (Mental Health) Inc

Phone: 9114 8150 **Fax:** 02 9938 3886

6A/15 Orchard Rd, Brookvale 2100

Mail to: PO Box 555, Balgowlah 2093

Email: admin@canmentalhealth.org.au

Service Description: CAN (Mental Health) Inc is an independent, consumer run community organisation for people with a mental illness on the Northern Beaches, metropolitan Sydney and intrastate. It also manages and runs Pitane Recovery Centre, which is completely mobile. CAN (Mental Health) Inc provides information, education and training (like Busting Out of the Welfare and Poverty Cycle, self esteem, conflict resolution and Mental Health First Aid courses); WRAP (Wellness Recovery Action Plan) and other recovery groups; advocacy and representation for mental health consumers; public comment on mental health issues; hosting of special events like the Consumers' Issues Mental Health Conferences. Hospital to Home Service in Liverpool 02 9114 8152.

Hours: Mon - Fri

Alternative Names: Pitane Recovery Centre

Frenchs Forest Community Health Centre

Phone: 9452 4244 **Fax:** 02 9972 7235
28 Bantry Bay Rd, Frenchs Forest 2086
Mail to: PO Box 182, Frenchs Forest 1640
Service Description: Community mental health service offering counselling & support to adults in the area.
Hours: Mon-Fri 9am-5pm.

Manly Hospital and Community Health Services

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Manly Hospital Extended Hours Team

Phone: 9976 9611
Manly Hospital, Darley Rd, Manly 2095
Web:
www.nscchealth.nsw.gov.au/services/003700641.shtml
Service Description: Provides crisis intervention for adults 18 to 65 and specialised acute psychiatric care in the community when this is judged to be a safe, preferable and viable alternative to inpatient care.
Hours: 8am - 10pm 7 days per week
Alternative Names: Mental Health Crisis Team

Mona Vale Mental Health Service

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Northern Beaches Specialist Mental Health Service for Older People

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Sydney Counselling Centre

Phone: 9415 2223 **Fax:** 02 9415 1361
Level 4, 7 Help St, Chatswood 2067
Mail to: PO Box 5260, West Chatswood 2057
Email: help@sydneycounselling.com.au
Web: www.sydneycounselling.com.au
Service Description: Provides counselling, psychological assessment, referral services, vocational guidance, Special Training and Employment Placement Services (STEPS) for people with psychiatric illness, community support program.
Hours: Mon-Fri 9am-5pm, counselling after hours

Rehabilitation (Medical)

Cerebral Palsy Alliance - Centre for Conductive Education

Phone: 9975 8424 **Fax:** 02 9975 8420
McLeod House, Cerebral Palsy Alliance, 189 Allambie Rd, Allambie Heights 2100
Mail to: PO Box 184, Brookvale 2100
Email: afrost@cerebralpalsy.org.au
Web: www.cerebralpalsy.org.au/our-services/children-and-teenagers/conductive-education
Service Description: A holistic intervention for developing problem solving skills to maximise physical abilities and for promoting independence and self confidence in all daily activities. For children and teens with cerebral palsy. Financial support of ING and Rotary International.
Hours: Mon-Fri 8am-5pm
Alternative Names: Formerly The Spastic Centre

Manly Waters Private Hospital

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Newport Yoga Centre

Phone: 9999 1149 **Fax:** 02 9979 2062
Newport Surf Club, Barrenjoey Rd, Newport 2106
Mail to: 93a Myola Rd, Newport 2106
Email: tania@newportyogacentre.com.au
Web: www.newportyogacentre.com.au
Service Description: Teach japanese style yoga from beginners through to advanced standards. Run workshops & cooking classes providing vegetarian & macrobiotic whole food dietary & nutritional advice. Operates week long seasonal "intensive" classes, private yoga classes focusing on rehabilitation & mental health and corporate yoga classes.
Hours: General classes- please check website. Private & Corporate classes - By prior arrangement.

Northern Beaches Specialist Mental Health Service for Older People

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Oxley Home Care

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Parkhill Cottage Day Centre Manly Hospital

Phone: 9976 9559 **Fax:** 02 9976 9366

Parkhill Cottage Day Centre, Darley Rd, Manly 2095

Mail to: c/- Manly Hospital, Darley Rd, Manly 2095

Email: cbarber@nsccahs.health.nsw.gov.au

Web:

www.nsccahs.health.nsw.gov.au/services/parkhill/index.html

Service Description: Day Centre for clients are over the age of 65, relatively self-sufficient and living with a family member or possibly, independently. They may also be suffering from frailty, mild dementia or depression.

A wide variety of stimulating, interesting and enjoyable activities are provided to our clients and carers each day, managed by professional staff and volunteers. See website for details

Hours: Activity Program: Monday to Friday 9.15am-2.00pm.

Office hours: Monday to Friday 9am-5pm

Alternative Names: Aged Care & Rehabilitation Day Hospital

Rehabilitation & Aged Care Service - Mona Vale Hospital

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Sydney Road Clinic

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Speech Pathology

Adult Outpatient Speech Pathology Unit, Mona Vale Hospital

Phone: 9998 0333 **Fax:** 02 9998 0334

Coronation St, Mona Vale 2103

Mail to: PO Box 1660, Mona Vale 1660

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

Hours: Mon - Fri (5 days a week)

Kids First Children's Service

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Northern Beaches Health Service - Paediatric Speech Pathology Service

Phone: 9466 2500 **Fax:** 02 9938 4805

Queenscliff Community Health Centre, Palm Ave, North Manly 2100

Mail to: PO Box 605, Brookvale 2100

Service Description: Assessment, diagnosis and treatment of communication or feeding disorders from birth to school entry. Assessment for school age children.

Communication includes speech sounds, language, voice, social skills and fluency (stuttering). Referral by parent / guardian. Services are based at Queenscliff Health Centre and Mona Vale Hospital.

Hours: Mon-Fri 8am-4.30pm. Speech pathologist will return your call.

Paediatric Speech Pathology Department, Northern Beaches Health Service

Phone: 9998 0363 (MV), 9466 2500 (QHC) **Fax:** 02 9998 0573 (MV)

Coronation St, Mona Vale 2103

Mail to: PO Box 81, Mona Vale 1660

Service Description: Assessment and intervention for children who experience communication and/or feeding difficulties for 0 - school entry. School age clients have an assessment only service.

Hours: Mon-Fri 8:00am-4.30pm

Alternative Names: Queenscliff Health Centre, Mona Vale Hospital

Rebecca Star: Speech Pathologist

Phone: 0403 970 440

185 Condamine St, Balgowlah 2093

Email: rebecca.star@optusnet.com.au

Service Description: Speech pathology assessment and therapy for adults and children.

Conditions treated include: dyspraxia; tongue tie; lisps; learning difficulties; communication issues arising from stroke or brain injury; hearing and auditory processing difficulties.

Private health insurance and government rebates may be available on services provided.

Hours: Contact via email or mobile for appointment or discussion.

Rehabilitation & Aged Care Service - Mona Vale Hospital

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