

PRACTICAL SUPPORT SERVICES

For Practical Support Services for people with a disability, please refer to the Northern Beaches Disability Information Service ph. 9942 2868 or the Warringah Disability Information Directory.

Aboriginal Support Groups

Aboriginal Support Group - Manly Warringah Pittwater

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Biala Hostel

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Manly Community Centre

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Aged Day Care

Anglicare Chesalon Frenchs Forest Day Centre

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Anglicare Community Services, North Manly Day Therapy Centre

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Chesalon Pittwater Day Centre

See Page 120

Chesalon Pittwater Day Centre- Under 65 Social Support Group

See Page 121

CO AS IT (Italian Association of Assistance) Respite Day Care Program

See Page 56

Dee Why RSL Day Care Club

Phone: 9982 7446; 0425 252 724; 02 9971 8708

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

Mail to: 4 Ennerdale Cres, Wheeler Heights 2097

Service Description: Large group run by volunteers providing activities and companionship for frail aged and/or socially isolated elderly people.

Hours: Meets Mon 10am-2pm

Harbord Diggers RSL Day Club

Phone: 9451 2216; 02 9907 4878

Harbord Diggers Club, 32 Evans St, Freshwater 2096

Mail to: 49A Lady Penryn Drive, Beacon Hill 2100

Email: leswilt@bigpond.com

Service Description: Elderly citizens are picked up from and delivered back to their homes & transported to the club where morning tea is served followed by bingo & selected games. Lunch is then served followed by an artist to entertain until 2pm. All welcome but pickup restricted to people with a disability living in Manly, Queenscliff, Manly Vale, Freshwater and part of Curl Curl.

Hours: Meets Wed 10am-2pm

Jacaranda - Enriching Life

Phone: 9979 4299 **Fax:** 02 9979 4299

10 Jubilee Ave, Warriewood 2102

Mail to: PO Box 63, Mona Vale 2103

Email: jacaranda@nsr.unitingcare.org.au

Web: www.pittwaterchurch.org

Service Description: Respite care centre frail, aged and early dementia.

Hours: Mon & Wed 10am-2.00pm

Alternative Names: Jacaranda Respite Day Care Centre

Parkhill Cottage Day Centre Manly Hospital

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Pittwater RSL Day Club

Phone: 9997 3833 **Fax:** 02 9999 3535

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

Web: www.pittwaterlsl.com.au

Service Description: Large group run by volunteers providing activities and companionship for infirm and/or socially isolated elderly people.

Hours: Meets Thurs 10am-1.30pm

War Vets Day Therapy Centre

Phone: 8978 4331 Fax: 02 8978 4379

Lantana Ave (Entrance C), Collaroy Plateau 2097

Mail to: PO Box 56, Narrabeen 2101

Email: pauline.cooper@rsllifecare.org.au

Web: www.rsllifecare.org.au

Service Description: Provides limited day therapy for clients with a diagnosed dementia, specific treatments, activities & healthy lifestyle programs for all elderly people in the community. Activities include gentle exercise, aerobics groups, hydrotherapy classes, specific therapy type.

Hours: Mon- Fri 8.30am-3.30pm; Day Care Mon, Tues, Wed 9am-2pm;

Community Aid

Manly Warringah Pittwater Community Aid Service Inc.

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Northern Beaches Community Care Packages

Phone: 9979 7677 Fax: 02 9979 7611

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

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Service Description: These provide a flexible package of care that assists older people living in the community to remain at home by providing a range of services to meet their care needs. Services include: personal care, housework, transport, meals, socialisation, gardening.

Hours: Mon-Fri 8:30am-4:30pm. Answering machine linked to emergency number after hours

Crisis Intervention

Domestic Violence Service - Manly Community Centre

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Family Support Service (Manly Warringah Pittwater)

See Page 37

Manly Hospital Extended Hours Team

See Page 175

Manly Warringah Pittwater Youth Support Service

See Page 172

Manly Warringah Womens Resource Centre

See Page 9

Disaster Services

SES State Emergency Service - Warringah & Pittwater Unit

See Page 172

State Emergency Service - Manly Unit

See Page 191

Divorce

DivorceCare

Phone: 9972 8688

Christian City Church, Cnr Wakehurst Parkway and Dreadnought Rd, Oxford Falls 2100

Mail to: Locked Bag 8, Dee Why 2099

Email: Sheralyn.bucknell@myc3church.net

Web: www.myc3church.net

Service Description: Hope and healing for people who are facing separation or divorce. Registration essential.

Manly Legal Aid Office

See Page 189

Northern Beaches Family Mediation Service

See Page 100

The Anglican Church of St Marks Avalon with St Davids Palm Beach

See Page 39

Domestic Violence

Domestic Violence Service - Manly Community Centre

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Domestic Violence Women's Support Group

Phone: 9971 4499 **Fax:** 02 9971 4324

Mail to: PO Box 556, Dee Why 2099

Email: mwwrc@optusnet.com.au

Service Description: The group aims to provide support to women who are in, or have left, abusive relationships. The general aim is to build the self esteem of participants and help women explore their options. Topics are explored such as 'What is domestic violence?', the cycle of abuse, dealing with anger, stress, isolation etc. Legal information is also available.

Hours: Group meets Tues 10:30am-12:30pm for 8 week sessions during school term

Manly Community Centre

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Manly Warringah Womens Resource Centre

See Page 9

Relationships Australia NSW - Dee Why office

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Drop In Centres

Manly Council Youth Services

See Page 80

Seaforth Centre

Phone: 9949 1427

The Seaforth Centre for Youth Activities, Cnr. Grandview Grove & Panorama Pde, Seaforth 2092

Mail to: PO Box 245, Balgowlah 2093

Email: office@balgowlah.unitingchurch.org.au

Web: www.balgowlah.unitingchurch.org.au

Service Description: Various church and community run groups and meetings. Regular youth and young adult groups

IMPACT is for High School students. Meeting on Fridays, 7:30-9pm, during school terms.

BUYA is an opportunity for young adults to gather and share the journey. Issues of faith are explored. Meets on Thursdays 7pm. Optional BYO dinner at 6:30pm.

Alternative Names: Balgowlah-Seaforth Uniting Church - Seaforth Kindy Hall

Street Mission

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Youth Reach - St Vincent De Paul Society

See Page 18

Eating Disorders

Anorexia and Bulimia Support Group

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Overeaters Anonymous (OA)

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Overeaters Anonymous (OA)

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Overeaters Anonymous (OA)

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South Pacific Private

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The Butterfly Foundation

Phone: 9412 4499 **Fax:** 02 8090 8196

Mail to: 103 Alexander St, Crows Nest 2065

Email: info@thebutterflyfoundation.org.au

Web: www.thebutterflyfoundation.org.au

Service Description: Provides support, an information line and mutual support groups for people affected by eating disorders, their families and friends. Can provide details of local family groups, recovery groups, school presentations, mentoring programs and referral information.

Hours: Mon-Fri 9:30am-5pm

Endometriosis

Endometriosis Support Service

Phone: 9918 2019

Mail to: PO Box 499, Crows Nest 2065

Service Description: The support service is for women who seek assistance on an individual basis rather than in a group.

Family Support

Autism Community Network

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Autism Spectrum Australia (Aspect) - Early Intervention

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Autism Spectrum Australia (Aspect)

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Beckwith-Wiedemann Syndrome Support Network

Phone: 9948 5466 **Fax:** 02 9948 5466
Mail to: c/- 10 Glenside St, Balgowlah Heights 2093
Email: hawesfam@glensidegroup.com.au
Service Description: Provides peer support and information for families affected by the Beckwith-Wiedemann Syndrome.

Centacare - Hey Dad - for Fathers of Children with Disabilities

Phone: 8425 8715 **Fax:** 02 9438 4700
Tramshed, 1395A Pittwater Rd, North Narrabeen 2101
Mail to: Centacare - c/o Sean Williams, 40 Merrenburn Ave, Naremburn 2065
Email: sean.williams@dbb.org.au
Web: www.centacarebrokenbay.org.au
Service Description: Program of regular topic nights for fathers of children aged 0-18 with disability requiring moderate-high support. Refreshments; dates decided at meeting. No child minding. Family and dads events. Ongoing phone support and individual / family counselling if required.
Hours: Office Mon-Fri 9am-5pm

Chinese Community Services Community Aged Care

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Family Support Service (Manly Warringah Pittwater)

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Janie Roberts Counselling and Creative Art Therapy

Phone: 0438 644 490
Email: janieroberts@optusnet.com.au
Web: www.janieroberts.com.au
Service Description: Counsellor/psychotherapist, accredited with Carers NSW, utilises Narrative Therapy, has worked with adults and children with intellectual and physical disabilities (including autism), domestic violence, carers and siblings. Can make home visits 15 mins drive from Elanora. Also runs creative art therapy groups to celebrate and build resilience.
Hours: Mon-Fri 9am-3pm. Hours of home visits negotiated

Kids OT - Paediatric Occupational Therapy

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Laryngectomee Association of NSW Inc

See Page 111

Lifestart Northern Beaches - Early Childhood Intervention

Phone: 9451 9564 **Fax:** 02 9451 9483
Arranounbai School, 5 Aquatic Dr, Frenchs Forest 2086
Mail to: PO Box 313, Seaforth 2092
Email: northernbeaches@lifestart.org.au
Web: www.lifestart.org.au
Service Description: Offers a wide range of early childhood intervention services (birth to school entry) and family to family support, information and courses for families.
Hours: Mon-Fri 9am-5pm in school terms

Mental Health Carer Support Group, Northern Beaches

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Northern Beaches Behaviour Intervention Service

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Northern Beaches Drug, Alcohol and Gambling Service

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Northern Beaches Interchange Inc - School Holiday Program

Phone: 9970 0500 **Fax:** 02 9970 7763
2 Jacksons Rd, Warriewood 2102
Email: admin@nbi.org.au
Web: www.nbi.org.au
Service Description: School holiday program for children aged 5-12 years (Seagulls) and teens aged 12-18 years (TAG) who still attend school and live in Northern Beaches. Seagulls 10am-4pm on 2-3 days per week; TAG 9am-5pm on weekdays.
Hours: Office Mon-Fri 9am-5pm.
Alternative Names: TAG and Seagull

Northern Beaches Lone Parent Family Support Service

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Northern Sydney Home Assistance Service

Phone: 9975 3174 **Fax:** 02 9975 3612
181 Allambie Rd, Allambie Heights 2100
Mail to: The Benevolent Society, 181 Allambie Rd, Allambie Heights 2100
Email: jenniferm@bensoc.org.au
Web: www.bensoc.org.au
Service Description: Provides domestic support to clients enabling them to maintain their independence and continue living in their own home. Services include housework, laundry, shopping and paying bills. CACP provider.
Hours: 8:30-5pm
Alternative Names: Peninsula and Northern Sydney Home Assistance Service

Older Parent Carer Project- Community Care(Nth Beaches) Ltd

Phone: 9979 7677 **Fax:** 02 9979 7611

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

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Service Description: The older parent carer project provides comprehensive and flexible case management to older parent carers and their families, whose caring roles & capacities may be changing. This project focuses on building formal & informal networks, building individual capacities & planning for future caring roles and options. Age range 60+years (45+years for Aboriginal and/or Torres Strait Islander people).

Hours: 8.30 - 4.30pm M-F (emergency phone after hours)

South Pacific Private

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“Someone to Turn To” - One on One Parent Support Program

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Friendly Phoning

Manly Warringah Pittwater Community Aid Service Inc.

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Senior Volunteer Service (SVS) Lifeline Northern Beaches Inc

Phone: 9949 5522 **Fax:** 02 9948 5472

310 Sydney Rd, Balgowlah 2093

Mail to: PO Box 681, Balgowlah 2093

Email: cristina@lifelinenb.org.au

Web: www.lifeline.org.au

Service Description: Social Support - Provides Volunteer visitor and/or care-ringer to frail aged and/or younger people with disabilities who are isolated in their own homes.

Hours: Lifeline office is open Mon-Fri 9.00am-5.00pm. SVS Coordinator works on Monday, Tuesday and Wednesday, messages may be left at other times.

Friendly Visiting

Community Visitors Scheme Lifeline Northern Beaches

Phone: 9949 5522 **Fax:** 02 9948 5472

Mail to: PO Box 681, Balgowlah 2093

Email: admin@lifelinenb.org.au

Web: www.lifeline.org.au/About-Lifeline/Lifeline-Locations/Northern-Beaches-NSW/home

Service Description: Provides a volunteer visiting service to residents in Aged Care Facilities, Nursing Homes and Hostels from Manly to Collaroy.

Hours: Co-ordinator available Mondays and Wednesdays.

Lifeline - Northern Beaches Inc

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LinC Church Services Network Pittwater Inc

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LinC Warringah

See Page 192

Manly Freshwater Parish Caring Service

Phone: 9977 5822 **Fax:** 02 9977 5399

Manly Freshwater Parish, 6 Raglan St, Manly 2095

Email: manlyfreshwaterparish@dbb.org.au

Web:

www.dbb.org.au/parishes/manlyfreshwater/Pages/Default.aspx

Service Description: Volunteer caring service offering a variety of services, including communion and home visitation, for those house bound and in nursing homes.

Alternative Names: Previously St Marys Parish Caring Service

Manly Warringah Pittwater Community Aid Service Inc.

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Northern Beaches Community Visitors Scheme

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: rosemary.edgar@dbb.org.au

Web: www.brokenbay.centacare.org.au

Service Description: Provides volunteer visitors to aged persons in nominated aged care facilities (hostels and nursing homes, in order to lessen social isolation.

Hours: Mon-Fri 9am-5pm

Senior Volunteer Service (SVS) Lifeline Northern Beaches Inc

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Warringah Dutch Senior Citizens Ladies Guild

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Hairdressing

Kylie's Home Hairdressing Service

Phone: 9973 2391

Email: kylie_harrison1@hotmail.com

Service Description: Provides hairdressing service by appointment to housebound people and others of all ages throughout Pittwater, Warringah, Manly, up to Lindfield. Also nails, facial waxing, eyebrow tinting. Experience with frail aged and dementia. Self-equipped.

Hours: Flexible hours during Monday to Friday

Miryana Mordaunt Mobile Hairdresser

Phone: 9451 1858

12 Govett Place, Davidson 2085

Service Description: Mobile hairdressing services.

Northern Beaches College of TAFE - Hairdressing & Beauty Service

Phone: 9941 5254 **Fax:** 02 9941 5250

Building A, 1st floor, 154 Old Pittwater Rd, Brookvale 2100

Web: www.tafensw.edu.au

Service Description: This service provides supervised apprentice hairdressers and offers reasonably priced hairdressing. Haircuts & blowdry \$10; Perms \$14; Tints from \$15. Appointments necessary. Free parking available to clients on request at gate.

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

Teresa's Mobile Hairdressing Service

Phone: 0400 322 054 (Proprietor)

Email: tdamico@optusnet.com.au

Service Description: Provides mobile hair, beauty and waxing services. Offers special concessions for groups.

Hours: Daily 9am-7pm

Alternative Names: Essential Care

Home Care

Acare Home Nursing and Care Services (Parramatta)

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AM Home Help Agency and Access Nannies and AU Pair Central

See Page 28

Bee Cos We Care

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Chinese Community Services Community Aged Care

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Combined Care for the Elderly

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Community Care(Northern Beaches) Limited

Phone: 9979 7677 **Fax:** 02 9979 7611

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

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Service Description: Assistance for frail aged, people with dementia and people with disabilities and their carers through the provision of in home respite, in-home podiatry and packages of care including case management, advocacy and co-ordination of home support services. CCNB aims to meet the changing needs of these people in the Northern Sydney area to enable them to make choices about their lifestyle and live independently in the community. Provide assessment, co-ordination and monitoring services using an individual, flexible and client-centred approach.

Hours: Mon-Fri 8:30am-4:30pm. Answering machine to record messages at other times. After hours on call service for emergencies for existing clients

Community Connect Gardening

Phone: 9931 7777 **Fax:** 02 9931 7766

Manly Warringah Community Hub, 30 Howard Ave, Dee Why 2099

Email: info@northsideconnect.com.au

Web: www.northsideconnect.com.au

Service Description: Provides a gardening service for frail aged and disabled clients and their carers residing in Manly, Warringah and Pittwater. Provides initial assessment of clients' gardens, undertakes minor modification, clearing, pruning, weeding and mulching in order to make gardens low-maintenance. May also undertake small scale re-planting if appropriate.

Hours: Mon-Fri 10am-4pm

Community Connect Northern Beaches Carers' Program

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Community Options: Manly Warringah Pittwater

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Daughterly Care Pty Ltd

See Page 121

HealthCall at Home, In Home Care Services

See Page 121

Lower North Shore Manly Warringah Pittwater Respite Service

Phone: 9979 7677 **Fax:** 02 9979 7611

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

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Service Description: Provides a flexible respite service to carers of people who are: frail aged, have a moderate to severe disability or dementia. The service provides regular planned respite and respite after hours in an emergency. Answering machine after hours & emergency number for existing clients.

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

Manly Council Community Development Coordinator

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Manly Freshwater Parish Caring Service

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Manly Meals On Wheels Service

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Manly Warringah Pittwater Community Aid Service Inc.

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Manly Warringah Pittwater HACC Subregional Forum

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Manly Warringah Pittwater In-Home Podiatry

Phone: 9979 7677 **Fax:** 02 9979 7611

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

Email: ccnb@ccnb.com.au

Web: www.communitycare.org.au

Service Description: Provides in-home podiatry to people who are housebound or unable to access other community podiatry services. Eligible people must need a subsidised service due to financial disadvantage and have no private health insurance. For Manly, Warringah and Pittwater residents only.

Hours: Mon-Fri 8:30am-4:30pm. Answering machine to record messages at other times.

Manly, Warringah, Pittwater Community Transport Inc

Phone: 9971 5110 **Fax:** 02 9972 1728

Suite 108-110, 30 Fisher Rd, Dee Why 2099

Email: admin@mwpc.org.au

Web: www.mwpc.org.au

Service Description: Door to door transport for frail aged people, younger people with disability, and their carers by minibus or car. Services include: fortnightly shopping to Warringah Mall, Forestway & Warriewood; fortnightly Mystery Drives; Individual Transport to medical/ hospital/ social appointments Mon-Sat, North Shore Shuttle to hospitals (Mater, Royal North Shore, Chatswood) Mon-Fri. Collects members to weekly group meetings and community restaurants. Also Flexible Transport within Northern Beaches and to North Sydney. Accessible buses for wheelchair users. Vehicles available for hire to community groups.

Hours: Mon-Fri 8.30am-4pm.

Alternative Names: MWPCT; MWP Community Transport; Easy Transport

Nannies & Helpers Pty Ltd

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Northern Beaches Aged Care Assessment Team (ACAT)

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Northern Beaches Community Care Packages

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Northern Beaches Community Dietitian

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

Mail to: PO Box 81, Mona Vale 1660

Service Description: Accredited practising dietitian funded by Home and Community Care Program to provide assessment and nutrition care planning for younger people with disabilities, and older residents of Manly Warringah Pittwater areas. Also makes home visits and offers training workshops to families, carers, service providers.

Hours: Mon-Fri 8.00am-4.30pm

Northern Beaches Food Services

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Northern Beaches Health Service - Mona Vale Hospital

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Northern Sydney Home Assistance Service

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Northern Sydney Home Nursing Service - Manly Centre

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Northern Sydney Home Nursing Service

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Oxley Home Care

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Parkhill Cottage Day Centre Manly Hospital

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Pittwater Council Social Planning, Community Development

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QMNS Nursing Agency

Phone: 1300 458 188 Fax: 02 9972 9038

Shop 1, 637-641 Pittwater Rd, Dee Why 2099

Email: info@qmns.com

Web: www.qmns.com

Service Description: Registered and assistant nurses and carers for frail aged and people with a disability who require personal care, shopping, domestic assistance, palliative care, escort for medical appointments. Provided in private homes, hospitals, group homes, respite facilities.

Hours: Services available 24 hours, 7 days per week

Rehabilitation & Aged Care Service - Mona Vale Hospital

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Uniting Care Ageing Northern Sydney Region Community Care

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Warringah Council Aged Services

Phone: 9942 2563; 02 9942 2560 Fax: 02 9942 2664
55 Middleton Rd, Cromer 2099

Mail to: Civic Centre, 725 Pittwater Rd, Dee Why 2099

Email: communityagedservices@warringah.nsw.gov.au

Web: www.warringah.nsw.gov.au/aged.htm

Service Description: Provides information on health, welfare and home support services, retirement housing and leisure activities. Facilitates programs which encourage healthy ageing and decreases social isolation. Supports local organisations providing home support services.

Hours: Mon-Fri 9am-5pm

Home Delivery

Manly Council Community Development Coordinator

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Manly Meals On Wheels Service

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Manly Senior's Centre & Meals on Wheels

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Northern Beaches Food Services

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Seaforth Pharmacy

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Home Library Services

Manly Library Home Library Service

Phone: 9976 1730 Fax: 02 9976 1422

Market Place, Manly 2095

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

Web: www.manly.nsw.gov.au

Service Description: Co-ordinates and supplies library items to borrowers who are unable to visit the library in person (Private residents, Aged Care Facilities, Private Hospitals etc.).

However service also available to borrowers who are able to visit the library but not able to carry their self selected items home.

Deliveries are made mainly by volunteer couriers with prior arrangement through the Home Library Service.

Hours: Deliveries Tuesday and Thursday mornings.

Pittwater Library Service, Home Library Service

Phone: 9970 1600 **Fax:** 02 9997 1465

Mona Vale Library, Park St, Mona Vale 2103

Email: zora_drazic@pittwater.nsw.gov.au

Web: www.pittwater.nsw.gov.au/library

Service Description: Co-ordinates and supplies library items to people in their own homes who are unable to visit the library.

Hours: Mon-Fri 10am-6pm, Sat 10am-2pm, Sun 1pm-5pm

Warringah Library - Home Library Service

Phone: 9942 2393 **Fax:** 02 9971 5603

Dee Why Library, 725 Pittwater Rd, Dee Why 2099

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

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

Hours: Mon-Fri 9am-5pm

Home Maintenance

Community Connect Gardening

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Community Connect Northern Beaches - Pittwater Community Hub

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Manly Warringah Pittwater Community Aid Service Inc.

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MWP Community Aid Service - Home Maintenance

Phone: 9913 3244 **Fax:** 02 9970 5304

5 Nareen Pd, North Narrabeen 2101

Email: hmm@mwpcommunityaid.com.au

Web: www.mwpcommunityaid.com.au

Service Description: The Home Maintenance section offers basic home maintenance tasks on a fee for service basis, plus home modification.

Hours: Mon-Fri 9am-4pm

Alternative Names: Manly Warringah Pittwater Neighbour Aid Service; Manly Warringah Pittwater Home Maintenance & Modification Service; MWP Community Aid

Marriage

Civil Marriage Celebrant - Mary Anderson

Phone: 9918 2229;0423 846 066

Email: mary@sydneycivilcelebrant.com

Web: www.sydneycivilcelebrant.com

Service Description: Friendly and professional Celebrant available to conduct your wedding, funeral, naming and commitment ceremony.

Manly Village Church

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Marriage Celebrant - Danielle DuBois (Pittwater)

Phone: 9918 2935, 0416 015 165 **Fax:** 02 9918 2935

22 Marine Pde, Avalon 2107

Email: danielle@yourmarriagecelebrant.com.au

Web: www.yourmarriagecelebrant.com.au

Service Description: Marriage celebrant

Porters 4 Pets

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Seaforth Anglican Church (St Paul's)

Phone: 9948 1997

3 Frenchs Forest Rd, Seaforth 2092

Email: office@seaforthanglican.org.au

Web: www.seaforthanglican.org.au

Service Description: Religious services (Sundays).

Other age related & interest groups.

Regular courses in Parenting, Marriage, Christianity

Explored and Connect for life.

Hours: Office: Monday, Wednesday and Thursday 9am-3pm. Sunday services 8.15am (Classic Anglican) and 4.45pm (All-age contemporary).

Palliative Care

Be There Care

Phone: 0401 176 143

Email: info@betherecare.com.au

Web: www.betherecare.com.au

Service Description: Be There Care is a fully insured, registered business community care agency providing attendant care services to the aged and disabled in their own homes.

Hours: 24hrs

Daughterly Care Pty Ltd

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HealthCall at Home, In Home Care Services

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Just Better Care Northern Beaches

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Northern Beaches Palliative Care Service

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Northern Sydney Home Nursing Service - Manly Centre

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Northern Sydney Home Nursing Service

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Parenting Skills

Avalon Early Childhood Health Centre

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Balgowlah Early Childhood Health Centre

Phone: 9948 8061 **Fax:** 02 9907 0138

392 Sydney Rd, Balgowlah 2093

Service Description: Provides advice, support & information to new parents on their child's health & development, parentcraft consultancy, baby health screening, post-natal care & education. New parents group Tue & Thu. Self-weigh available any time centre is open.

Hours: Mon, Tue, & Thur self appointment 9am-12noon. Booked appointments other days. Groups for new parents Tue & Thur.

Alternative Names: Early Childhood Health Centre Balgowlah

Dalwood Family Care Centre

Phone: 9951 0321 **Fax:** 02 9951 0324

21 Dalwood Ave, Seaforth 2092

Web:

www.health.nsw.gov.au/publichealth/mch/family_care_centres.asp

Service Description: Provides assistance in regard to mothercraft issues, emotional, psychological & family issues following the birth of a new baby and toddlers 1-3 years.

For mothers and babies who are experiencing difficulties with feeding and sleeping and settling babies.

Postnatal depression groups. "Being a Mum" group for mother's experiencing high level of stress.

Interpreter service can be booked if client requires.

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

Davidson Toughlove Parent Support Group

Phone: 1300 856 830

St Martin De Porres Church Hall, 149 Prahan Av, Davidson 2085

Mail to: Po Box 361, Pennant Hills 2120

Web: www.toughlove.org

Service Description: Parent support group for those experiencing unacceptable adolescent behaviour.

Hours: 7:20pm Thurs

Dee Why Early Childhood Health Centre

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Frenchs Forest Early Childhood Health Centre

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Harbord Early Childhood Centre

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Mona Vale Early Childhood Health Centre

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Mothercraft and Parenting Service

Phone: 9948 9918 **Fax:** 9894 0630

Mail to: 18 Bangaroo St, North Balgowlah 2093

Email: deborahm@royalfarwest.org.au

Web: mothercraft.cjb.net

Service Description: Mobile Tresillian Domiciliary Service. Mothercraft and parenting advice in the home. Mobile service within 48 hours of call. Lactation consultant.

Hours: 10.00 am - 10.00 pm

Alternative Names: MAPS For Parents

Narrabeen Early Childhood Health Centre

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Northern Beaches Lone Parent Family Support Service

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Relationships Australia NSW - Dee Why office

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Sydney Attachment Parenting

Phone: 9944 0661;

Mail to: 13 Windermere Place, Wheeler Heights 2097

Email: earthslings@yahoo.com.au

Service Description: Sap Northern Beaches Playgroup meets at various parks and beaches in the area.

Hours: Wednesday

Alternative Names: SAP

Personal Care

Acare Home Nursing and Care Services (Parramatta)

See Page 173

AM Home Help Agency and Access Nannies and AU Pair Central

See Page 28

Be There Care

See Page 207

Bee Cos We Care

See Page 120

Chesalon Services Home Respite Support Program

Phone: 9905 5227 **Fax:** 02 9905 1473

Mail to: Anglicare Day Therapy Centre, 59 Thomas St, North Manly 2100

Email: kgavine@anglicare.org.au

Web: www.anglicare.org.au

Service Description: Trained workers provide respite for carers aged over 65: Social interaction, Personal care such as showering, Assistance with domestic tasks, Meal preparation and assistance with eating, Support with accessing medical appointments, Occasional overnight stays, Recreational activities at home.

Hours: Office Mon to Fri 8.30am-4.30pm

Combined Care for the Elderly

See Page 121

Community Options: Manly Warringah Pittwater

See Page 121

Daughterly Care Pty Ltd

See Page 121

HealthCall at Home, In Home Care Services

See Page 121

Just Better Care Northern Beaches

See Page 173

Multicultural Help at Home

See Page 53

Nannies & Helpers Pty Ltd

See Page 173

Northern Sydney Home Nursing Service - Manly Centre

See Page 173

Oxley Home Care

See Page 122

QMNS Nursing Agency

See Page 206

Uniting Care Ageing Northern Sydney Region Community Care

See Page 57

Playgroups

Allambie Heights Farmhouse

See Page 36

Association for Brazilian Bilingual Children's Development Inc

See Page 36

Avalon Baptist Peace Memorial Church

See Page 36

Cerebral Palsy Alliance - LifePoints Childrens Services

See Page 36

Collaroy Plateau Playgroups

See Page 37

Cromer Playgroup

See Page 37

Family Support Service (Manly Warringah Pittwater)

See Page 37

**German International School
Sydney - Playgroup**

See Page 37

**Lifestart Northern Beaches -
Open Playgroup**

See Page 37

Long Reef Beach Babes

See Page 37

**Manly Warringah Womens
Resource Centre**

See Page 9

Mona Vale Memorial Hall

See Page 37

Mona Vale Playgroup

See Page 37

**MyTime Parent Support Group
and Playgroup**

See Page 38

Narrabeen Playgroups

See Page 38

Newport Anglican Church

See Page 38

**North Balgowlah Community
Centre**

See Page 24

**North Narrabeen Community &
Tennis Centre**

See Page 25

**North Narrabeen Playgroup
(Playgroup NSW)**

See Page 38

**Northern Beaches Interchange
- Kookaburra Specialised
Playgroup**

See Page 38

**Northern Beaches Lone Parent
Family Support Service**

See Page 38

**Physical Ability Unit - Motor
Skills Therapy**

See Page 38

Pittwater Uniting Church

See Page 39

Seaforth Fairlight Playgroup

See Page 39

**The Anglican Church of St
Marks Avalon with St Davids
Palm Beach**

See Page 39

**The Tramshed Arts &
Community Centre**

See Page 25

Podiatry

**Anglicare Community Services,
North Manly Day Therapy
Centre**

See Page 11

**Manly Warringah Pittwater In-
Home Podiatry**

See Page 205

**Northern Beaches Health
Service - Mona Vale Hospital**

See Page 171

**The Foot Group - Podiatry
Clinic in Brookvale**

See Page 120

Pregnancy

**Pregnancy Help - Manly
Warringah Inc.**

See Page 101

**Support Groups for Mental
Health**

See Page 114

Young Pregnant Women and Mothers Support Service

Phone: 9981 6413 **Fax:** 02 9971 4324

Mail to: PO Box 556, Dee Why 2099

Email: cherie.r@mwwrc.org.au

Service Description: Assists young mothers throughout their pregnancy and into early motherhood. Provides support with housing, parenting, relationship and family issues. Networks with other support services. Playgroup.

Hours: Mon-Thu 9am-4pm

Alternative Names: Outreach Support for Young Pregnant Women and Young Mothers

Respite Care

Acare Home Nursing and Care Services (Parramatta)

See Page 173

Anglican Retirement Villages - Northern Beaches

See Page 11

Anglicare Chesalon Frenchs Forest Day Centre

See Page 11

Anglicare Community Services, North Manly Day Therapy Centre

See Page 11

Be There Care

See Page 207

Bear Cottage

See Page 100

Bee Cos We Care

See Page 120

Centacare Disability and Ageing Services - Respite

See Page 48

Cerebral Palsy Alliance - Flexible Respite Metro North

See Page 119

Chesalon Pittwater Day Centre

See Page 120

Chesalon Services Home Respite Support Program

See Page 209

Chinese Community Services Community Aged Care

See Page 51

CO AS IT (Italian Association of Assistance) Respite Day Care Program

See Page 56

Combined Care for the Elderly

See Page 121

Community Options: Manly Warringah Pittwater

See Page 121

Daughterly Care Pty Ltd

See Page 121

HealthCall at Home, In Home Care Services

See Page 121

Jacaranda - Enriching Life

See Page 199

Just Better Care Northern Beaches

See Page 173

Lower North Shore Manly Warringah Pittwater Respite Service

See Page 205

Nannies & Helpers Pty Ltd

See Page 173

National Respite for Carers Program

Web:

www.health.gov.au/internet/main/publishing.nsf/Content/aging-carers-respcent.htm

Service Description: The National Respite for Carers Program (NRCP) is one of several initiatives designed to support and assist relatives and friends caring at home for people who are unable to care for themselves because of disability or frailty. The Program provides information and support for carers; and assistance to help carers take a break from caring.

Northern Beaches Interchange Inc - School Holiday Program

See Page 202

Northern Beaches Interchange Inc

Phone: 9970 0500 **Fax:** 02 9970 7763

2 Jacksons Rd, Warriewood 2102

Email: admin@nbi.org.au

Web: www.nbi.org.au

Service Description: This non-profit agency provides family support and respite to member families with a child with a disability. Regular and occasional planned respite programs: 1. Host Program (ages 0-16) 2. Saturday Program (aged 6-18) 3. Peer Support Program (Club With No Name aged 18-25) 4. Respite Options Program (ages 0-25 with medium-high support needs). 5. Seagull Holiday and TAG Program for children (5-12) and teens (12-18). 6. Kookaburra play group (ages 0-6 years) is the early intervention program.

Hours: Office Mon-Fri 9am-5pm. Respite programs weekdays and weekends

Oxley Home Care

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Parkhill Cottage Day Centre Manly Hospital

See Page 176

Pittwater RSL Day Club

See Page 199

QMNS Nursing Agency

See Page 206

Salvation Army Pacific Lodge

See Page 16

Sanctuary Respite Centre at Manly

See Page 129

Sunnyfield - Respite in Action, Northern Sydney

Phone: 8977 2755 **Fax:** 02 8977 8898

185 Allambie Rd, Allambie Heights 2100

Mail to: PO Box 886, Brookvale 2100

Email: d.white@sunnyfield.org.au

Web: www.sunnyfield.org.au

Service Description: Individual respite packages are allocated annually to provide planned and regular service within the family home or outside in the community. The quality program to the person with a disability, through a person centred approach, meets the needs of individuals and families. Not crisis or emergency respite.

Hours: Office Mon-Fri 8am-5pm

Sunnyfield Recreational Respite Program

Phone: 8977 2752 **Fax:** 02 9451 1375

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

Mail to: PO Box 886, Brookvale 2100

Email: rap@sunnyfield.org.au

Web: www.sunnyfield.org.au

Service Description: Social activities like movies, bowling, BBQs, bushwalks, and living skills for adults aged 18+ with low support needs. Limited transport to social activities. Meets at Frenchs Forest Centre and community venues alternatively, Wed Thu 7-9pm.

Hours: Wed Thu 7-9pm

Uniting Care Ageing Northern Sydney Region Community Care

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W G Taylor Retirement Village

See Page 16

War Vets Day Therapy Centre

See Page 200

Wesley Community Support Services - In Home Respite, Domestic Assistance

Phone: 9938 5900 **Fax:** 02 9907 1044

Mail to: PO Box 796, Brookvale 2100

Email: wcss.north@wesleymission.org.au

Web: www.wesleymission.org.au

Service Description: 1. In-home respite to support carers of frail aged and younger people with disability living in the Northern Beaches. Usually 3 hours in the morning or afternoon Mon-Fri. 2. Domestic assistance for frail aged, younger people with disability, and their carers includes shopping collection, cleaning, laundry, bill paying etc. Waiting list.

Hours: Office Mon to Fri 8am-4pm

Wesley Gardens - UnitingCare Ageing Northern Sydney Region

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