



Eastern Suburbs Resource Guide

We would like to acknowledge the Traditional Owners and Custodians of the land, the Bidjigal and Gadigal people of the Eora Nation.

We acknowledge their living culture and their unique role in the life of the region. We would like to pay respect to Elders both past and present.

And extend that respect to Aboriginal Grandparents and Kinship Carers.

INTRODUCTION

“Grandparents have always played a vital role in our society, offering care, love and guidance to their children and grandchildren. However, a significant number of grandparents in NSW are called on to do much more and take on the full-time care of their grandchildren” (Council of the Aging 2012: 2).

Raising your grandchildren may be through informal or formal arrangements and for a variety of reasons.

We also know that grandparents and kinship carers raising grandchildren can be of any age from younger to senior years and Elders.

As a grandparent or kinship carer we understand the importance of your health and well being.

Finding time to attend to your physical, mental, emotional health and wellbeing and participating in cultural and social activities is important.

We value what you do.

This Resource Directory is part of the FACS South Eastern Sydney District Grandparent and Kinship Carers raising grandchildren project.

Our hope is that this guide provides access to a range of information, local resources and links to other supports which may help you in looking after yourself and your grandchildren.

HOW TO USE THIS RESOURCE GUIDE

From feedback we have received from grandparents and kinship carers raising grandchildren we recognise the broad range of circumstances and information you may need for yourself and in raising your grandchild or grandchildren of any age.

We have tried to capture the information under key headings which may be important to you. You will see that under the headings we have included information directly related to you the grandparent or kinship carer as well as the children or young person. The Parenting Programs listed in this directory are open to grandparents raising grandchildren too. The information made available is relevant to anyone who has a parenting role with children.

Under each heading there are a number of services and resources that we hope are of help to you.

We have also referenced a number of other Service Directories which provide information and we encourage you to explore these too.

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General Services

For Grandparent/Kinship Carer

Community and Support Groups

Grandparents Raising Grandchildren NSW

Phone: 02 9286 3860

Email: info@cotansw.com.au

Web: www.raisinggrandchildren.com.au

Service Description: Telephone enquiries and website providing information for grandparents raising grandchildren

COTA Grandparents raising grandchildren – A Networking Resource

<http://www.cotansw.com.au/MediaPDFs/2012-07-01%20Grandparents-Raising-Grandchildren-Networking-Resource.pdf>

The Junction Neighbourhood Centre

Phone: 02 9349 8200

Locations:

Maroubra - Shop 2, 669-673 Anzac Pde, Maroubra NSW 2035

Randwick - 2 Albert Street (corner Avoca Street) Randwick NSW 2031

Bondi Junction – 79 Newland Street, Bondi Junction 2022

Email: contact@jnc.org.au

Web: www.jnc.org.au

Description: Information and referral, community access to computer, phone and fax, range of social, wellbeing, craft and interest groups and classes, and outreach services including financial counselling, hearing testing, counselling, Tax Help and employment programs. Family support services including information, casework, youth mentoring, parenting programs, playgroups, community kitchen and ready for school programs. Aged and disability services including 1:1 social support providing assistance with shopping, bill paying, home visiting and community access, group social and shopping outings and centre based groups, and community and in home respite. Volunteer recruitment and referral.

Hours:

Maroubra - Mon-Fri 9am-4:30pm

Randwick – 10 am to 4 pm Tues-Thurs

Bondi Junction – 10 am to 4 pm Mon-Thurs

Randwick City Council

Phone: 02 9093 6999

Location: 30 Frances St, Randwick NSW 2031

Web: www.randwick.nsw.gov.au What's On at Randwick City

<http://www.randwick.nsw.gov.au/community/whats-on>

Description: Local Government, Community services and programs.

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

Kooloora Community Centre

Phone: 02 9661 9160

Location: 167 Bilga Cr, Malabar NSW 2036

Email: koolooracommunity@outlook.com

Web: <https://kooloora.org/>

Description: Programs include playgroup; social and cultural groups; exercise for older people and for frail aged; hosts vacation program; information, referral and advocacy; The Shed - men's meeting place; fruit and vegetable food co-operative, administration of energy vouchers; Tax Help from July - end of October; an outreach legal service. The centre is situated on a NSW Housing estate and suitable for the local community.

Hours: Mon-Fri 9am-4:30pm (office), Mon Wed 10am-12pm (playgroup)

South Eastern Community Connect

Phone: 02 8338 8506

Location: Shop 84, Eastlakes Shopping Centre, Evans Ave, Eastlakes NSW 2018

Email: secc@secc.sydney

Web: www.secc.sydney

Description: Social Support (Individual): 1:1 assistance with shopping; bill paying; home visiting by volunteers; and accompanying to medical appointments. Social Support (group): Day Centre (including dementia specific) and group excursions outside of the centre. Community Transport: fortnightly shopping bus/social access outings. Flexible transport: transport to medical appointments. Food Services: fresh fruit and vegetable delivery on a fortnightly basis, assistance with meal preparation and nutrition programs. OOSH Before and After School and Vacation Care; Families and Children programmes; Classes and support groups; Multicultural

Hours: Mon-Fri 9am-4.30pm (Office)

The Burger Centre

Phone: 02 8345 9147

Location: 120 King St, Randwick NSW 2031

Email: info@burgercentre.com.au

Web: www.burgercentre.com.au

Description: Offers social support programs for aged members of our community. Daily programs include exercise, speakers, performances, excursions, games and art therapy activities. A Positive Ageing Program comprising of Art Therapy, Tai chi, hydrotherapy and strength and balance. There is a Russian Speaking Program held each Wednesday. Dementia specific programs available including Living with memory Loss programs. This is in conjunction with Alzheimer's Australia. Kosher meals are provided, as well as morning tea. Special dietary needs can be catered for. The Centre bus picks up members who live in City of Sydney, Randwick, Waverley, Woollahra and Botany LGAs.

Hours: Mon-Fri, 8am to 4pm, open one Sunday per month

Eligibility: From 65 years. HACC guidelines

Waverley Community and Seniors Centre

Phone: 02 9083 8900

Location: Ground Floor 31-33 Spring St, Bondi Junction, NSW 2022

Email: seniorscentre@waverley.nsw.gov.au

Web: http://www.waverley.nsw.gov.au/community/seniors/waverley_seniors_centre

Description: Provides a range of social activities and programs for seniors. These include "Better Balance", a special balance and stamina building program for people over the age of 65 years. The exercise program is designed to build strength and stamina, improve your health, feel more energetic and experience a greater sense of well-being, prevent loss of bone mass and improve balance. Other programs include a Health and Beauty Clinic and weekly educational and social activities.

Australian Men's Shed Association

Phone: 1300 550 009

Location: 66 King St, Newcastle NSW 2300

Email: amsa@mensshed.net

Web: <http://mensshed.org/>

Description: The Australian Men's Shed Association (AMSA) is the peak body representing more than 930 Men's Sheds and is recognised as one of Australia's largest male based Community Development organisations. To find a Men's Shed near you go to

<http://mensshed.org/find-a-shed/>

Randwick Home Maintenance and Modification Service

Phone: 02 9093 6629

Location: Customer Service Centre, 30 Frances Street, Randwick, NSW 2031

Email: council@randwick.nsw.gov.au

Web: <http://www.randwick.nsw.gov.au/community/seniors-access-and-disability/home-modification-and-maintenance>

Service Description: Randwick City Council provides a Home Maintenance and Modification Service for eligible Community Home Support Program and Community Care Support Program clients, including people who are frail aged, older people, people with disabilities and their carers. This service provides subsidised small to medium home repairs and modifications such as the installation of access ramps, hand rails and maintenance.

Sydney Multicultural Community Services

Phone: 02 9663 3922

Location: 3 General Bridges Cres, Daceyville NSW 2032

Email: info@sydneymcs.org.au

Web: www.sydneymcs.org.au

Description: A variety of community services for culturally and linguistically diverse community members which include CALD Multicultural Packages (South East and Inner West Sydney), Frail Aged & Dementia Specific Day Care (centre based with bus trips and outings), settlement services for newly arrived migrants (HSS & SGP programs), Community Visitors Scheme, Emergency Relief (financial assistance) program, migration agent, family law clinic, and English classes.

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

Bilingual Counselling Service Hotline

Phone: Intake Service: 9366 8711 or Interpreter Service 131 450

Description: The service offers case management, liaison and counselling for Chinese, Russian and Spanish and can arrange interpreters for other languages

Hours: Monday to Friday 8:30am-5pm

Transcultural Mental Health Centre Hotline

Phone: 9912 3851 or 1800 648 911

Description: CCAS can assist anyone from a culturally and linguistically diverse community who is experiencing a mental health issue. Services include information about services and clinical intervention using bilingual clinicians.

Hours: Monday to Friday 8:30am-5pm

Jewish Care Hotline

Phone: 1300 133 660

Description: Assists children of parents with mental health issues

SANE Australia

Phone: 1800 18 SANE (1800 18 7263)

Web: <http://www.sane.org>

Description: SANE Australia provides a service offering carers of people with a mental illness an opportunity to participate in an online community. Provides information about symptoms, treatments, medications, where to go for support and help for carers. Easy to read pamphlets and other information are also sent out on request.

Translating and Interpreting Service (TIS)

Phone: 13 14 50

Web: www.tisnational.gov.au

Description: National service available to any person or organisation who does not speak English and for English speakers needing to communicate with them. Bookings can be made in advance by phone or email.

Hours: Daily, 24 hours

Contact: 1300 655 820

Lifeline Sydney

Phone: 131 114 (counselling), 02 8922 9097 (administration)

Email: lifeline.sydney@wesleymission.org.au

Web: www.wesleymission.org.au

Description: 24 hour confidential telephone counselling & referral service.

Hours: Counselling line open 24 hours, Office Mon-Fri 9am-5pm

Directories with information on other community and support services:

JNC Crisis Assistance Directory

Phone 02 9349 8200 for a copy or visit <http://jnc.org.au/wp/wp-content/uploads/2014/08/Crisis-Assistance-Directory.pdf>

Parenting Support

Family support services provided by local Neighbourhood Centres:

- The Junction Neighbourhood Centre (Maroubra)
- Kooloora Community Centre (Malabar)
- South Eastern Community Connect (Eastlakes)

For contact and service details see pages 5-6.

The Deli Women and Children's Centre

Phone: 02 9667 4664

Location: Eastlakes

Web: <http://www.thedeli.org.au/>

Description: The Deli seeks to ensure that women, children and families, particularly those affected by domestic violence, are happy, healthy. Services include domestic violence and family counselling, casework, family support, playgroups and parenting programs.

Botany Family and Children's Centre

Phone: 02 9666 5047

Location: 13 Banksia St, Banksmeadow, NSW 2019

Web: <http://www.bfcc.org.au/>

Description: Botany Family and Children's Centre provides services to children, youth and families in the Randwick and Botany local government areas. We run a variety of programs to assist families: supported playgroups, parenting workshops and support, counselling, casework, advocacy and referral, initiatives around parenting such as individual parenting appointments/coaching, parenting as a couple, behaviour management programs, parenting after separation, child development, nutrition, sleeping advice and guidance.

Karitane Randwick Family Care Centre

Phone: 02 9399 6999

Location: 146 Avoca St, Randwick NSW 2031

Email: frances.stancombe@sswahs.nsw.gov.au

Web: www.karitane.com.au

Description: Day Service which provides support and education for families with children aged from 0-4yrs. Caters for families with special needs. Varied programs including: post natal depression; sleep and settling education; emotional and psychological difficulties; lactation. Registered nurses specialising in child and family health and enrolled mothercraft nurses; psychologists and clinical psychologists

Hours: 8am - 4:30pm Monday to Friday by appointment only.

Circles of Learning

Phone: 02 9327 7750

Email: info@circlesoflearning.org.au

Web: www.circlesoflearning.org.au

Description: Programs for early childhood development for learning and health. School and preschool programs delivered to local schools. Garden Circle programs held at Rose Bay, Woollahra and Bondi Junction for parents and children.

Hours: Mon-Fri 8am - 6pm

Eligibility: From 4 to 10 years.

Learning Links Eastern Suburbs - Maroubra

Phone: 02 8568 8200

Location: 3rd floor, Lionel Bowen Library, 669-673 Anzac Pde Maroubra

Email: maroubra@learninglinks.org.au

Web: <http://www.learninglinks.org.au/>

Description: Learning Links works in collaboration with schools, early childhood settings and parents to help children with learning disabilities and difficulties. These include conditions such as ADHD, high functioning Autism, Dyslexia, Dyscalculia, fine and gross motor delays and speech and language delays.

Lifestart Eastern Sydney Branch

Phone: 02 9311 0177

Location: Chifley Public School, Mitchell St, Malabar NSW 2036

Email: easternsydney@lifestart.org.au

Web: www.lifestart.org.au

Description: Lifestart provides early childhood intervention and school age years inclusion and therapeutic support programs to children and young people 0 - 24 years living with disability or developmental delay. Lifestart uses a family/person centred approach to meeting the priorities and needs of children and young people, their families and carers. It is based on the concept of partnership with children and young people, their families and carers, to assist and empower them to participate meaningfully and inclusively in our community.

Hours: 8:30am - 5pm

Eligibility: Up to 6 years.

Raising Children Network

Phone: 03 8660 3500

Email: media@raisingchildren.net.au

Web: www.raisingchildren.net.au

Description: A suite of digital resources for parents and carers, providing information and practical tools that can help them with the day-to-day decisions of raising children, and also look after their own needs. Website provides health and development information for parents in formats including text based articles, illustrated demonstrations and audio visual material. It also has forums by child age, parent type, research and neighbourhood, resources like DVDs and child-friendly movie reviews, and e-newsletters for parents or professionals. The disability section addresses common issues and concerns of parents of children with a disability.

Hours: Daily, 24 hours

The Adolescent Service

Phone: 02 9382 4347

Location: McNevin Dickson Building 13, Prince of Wales Hospital, Avoca St, Randwick NSW 2031

Web: www.sch.edu.au/services/services.asp?id=29

Description: Provides psychiatric clinical consultation, assessment, management and treatment of adolescents with mental health, emotional, behavioural problems. Also provides advice and guidance to families and carers and health professionals.

Hours: Mon-Fri 8.30am-5pm

Weave Youth and Family Community Services

Phone: 02 9318 0539

Location: Cnr Elizabeth & Allen Sts, Waterloo NSW 2017

Email: shane@weave.org.au

Web: www.weave.org.au

Description: Provides a range of services including counseling for people living with mental health issues, a school based education program for those at risk of dropping out, late night transport and programs to prevent kids getting involved with the Juvenile Justice System. Also includes parenting and children's services such as Kool Kids Club, family support, and creative arts programs. Education programs for young people seeking employment or returning to study. Also provides family and domestic violence services.

Hours: Mon-Fri 9.30am-5.30pm

The Shack Youth Services

Phone: 02 9305 4600

Location: Shop 3, 669 Anzac Pde, Maroubra NSW 2035

Email: theshack@benevolent.org.au

Web: www.shack.org.au

Description: The Shack Youth Services provide a range of recreational, educational & support services targeting young people aged 11 to 24 yrs. We offer: Drop-in services; Case management, support and referrals; health and wellbeing programs; School Holiday Programs; tutoring for high school students.

Eligibility: From 11 to 18 years. 11-17 years for Drop in service, 11-18 years for Case management

Connecting Carers

Phone: 02 9794 2352

Email: admin@connectingcarersnsw.com.au

Web: <http://connectingcarersnsw.com.au/>

Description: Connecting Carers NSW (CCNSW) provides support to foster, kinship and relative carers across NSW. We offer a telephone support line during business hours and after hours until 8:30pm, Monday to Friday. We also offer ongoing education, peer support and advocacy to develop skills and support carers in their vital role caring for children and young people in out of home care.

KU Education Support and Family Services

Phone: 02 9264 8366

Location: 129 York St, Sydney NSW

Email: childrensservices@ku.com.au

Web: <https://www.ku.com.au/inclusion-support/>

Description: KU believes that all families should be able to access affordable, high quality education, and care services for their children, and has a strong commitment to the inclusion of all children in our programs. We endeavour to provide programs and services which include and support all children. In particular KU embraces and supports vulnerable families and those with children with additional needs, in accessing and participating in quality early childhood education and care.

Relationships Australia South East Sydney

Phone: 02 8362 2888

Location: Lvl 2, 175-181 Castlereagh St, Sydney NSW 2000

Email: seadmin@ransw.org.au

Web: www.nsw.relationships.com.au

Description: Relationships Australia offer family and relationship counselling and education, as well as a range of specialist counselling services.

Fees are based on family income. Relationships Australia also offers services free of charge to clients with Aboriginal and Torres Strait Islander backgrounds.

Salvation Army Eastern Suburbs Community Welfare Centre Maroubra

Phone: 02 9344-7974

Location: 100 Boyce Road, Maroubra, NSW, 2035

Web: <https://salvos.org.au/>

Description: Provide emergency assistance including food vouchers and general welfare assistance.

Carers NSW- Carer line Hotline

Phone: 1800 242 636

Description: For information, support, referrals and access to counselling and support groups.

Parentline Hotline

Phone: 1300 1300 52

Description: Parent Line is a telephone counselling, information and referral service for parents of children ages 0 to 18 who live in New South Wales.

Hours: Mon-Fri 9am-9pm Sat-Sun 4pm-9pm

Kids Helpline

Phone: 1800 551 800

Email: admin@kidshelp.com.au

Web: www.kidshelpline.com.au

Description: Free, confidential and private, 24/7 counselling service for children and young people 5-25yrs. Counselling and support is provided over the phone, web and email.

Hours: Daily, 24 hours

Directories with information on other family services in the Randwick LGA:

JNC Family Services Directory

Phone 02 9349 8200 for a copy or visit <http://jnc.org.au/wp/wp-content/uploads/2014/08/Family-Services-Directory-2016.pdf>

Health

Child and Family East (CAFÉ)

Phone: 02 9382 8213

Location: Cnr Avoca St and Barker St, Randwick, NSW 2031

Web: <https://youthpoint.com.au/child-and-family-east-sydney-childrens-community-health-centre-2/>

Description: This is a multidisciplinary team including psychiatrists, clinical psychologists and social workers, all skilled in working with children and families. Child and Family East offers assessment and treatment for a wide range of difficulties encountered by infant, pre-school and school aged children and their families.

Difficulties may include Behavioural difficulties, anxiety disorders, emotional disturbances, attention difficulties, social skill difficulties, neuropsychiatric disorders and coping with family changes, illness, death or trauma.

Hours: 8:30am – 5:00pm Monday-Friday

Randwick Early Childhood Health Centre

Phone: 02 9398 3815

Location: Royal Randwick Shopping Centre, 73 Belmore Rd, Randwick NSW 2031

Description: Services provided by a team of nurses trained in health services for babies and young children include advice & information, parental guidance, counselling, diet assistance and health assessment. This program is suitable for mothers with children 0 to 5 years. There are also parenting groups and information sessions.

Eligibility: families with children 0 to 5 years old

Waverley Early Childhood Health Centre

Phone: 02 9387 1981

Location: Level 2, 25 Ebley Street, corner of Lawson St, Bondi Junction NSW 2022

Description: Health service for parents and carers with children 0 - 5 yrs, monitors the child's growth and development, provides parenting advice and support, and cares for the emotional wellbeing of the mother and child. The Child and Family Health Nurse works consultatively and collaboratively with families/carers and agencies on child and family health issues. Service is provided in the clinic and home setting.

Hours: Drop in session on Tuesday 9-12md, Breastfeeding Support groups Thursday 9-11am, all other sessions are by appointment

Eligibility: Families with children up to 5 years of age

Anxiety Disorders Information Line (ADA)

Phone: 1300 794 992

Email: supportgroups@wayahead.org.au

Web: www.mentalhealth.asn.au

Description: Provides information and referral to people with Social Phobia, Panic Attacks, Generalised Anxiety Disorder (GAD), Obsessive Compulsive Disorder (OCD) and Agoraphobia.

Hours: Mon-Fri 9am-5pm

Multicultural Health Audio Playlist

http://www.seslhd.health.nsw.gov.au/Multicultural_Health/audio_playlist.asp

Black Dog Institute online

Website: www.blackdoginstitute.org.au

Description: The Black Dog Institute is an education, research, clinical and community-oriented facility offering specialist expertise in mood disorders. The Institute offers a state wide referral service for patients with severe or treatment resistant depressive disorders. Website contains very useful information.

Carers NSW- Mental Health Respite: Carer Support Hotline

Phone: 1800 242 636

Description: For anyone who supports a family member or friend with a mental illness, such as depression, schizophrenia or anxiety, or an undiagnosed mental illness. The program is for people living in the Randwick and Botany Bay LGA areas only. The program provides: one on one support, education for carers, opportunities to take a break from caring and access to respite.

Lifeline Australia Hotline

Phone: 13-11-14

Description: Provides crisis support & suicide prevention.

The Psychology Clinic NSW UNSW

Phone: 02 9385-3042

Web: <http://clinic.psy.unsw.edu.au/>

Description: Provides psychological assessments and therapy for a range of issues including anxiety, depression, conflict, anger problems and childhood sleep disturbances. The clinic also offers group programs such as social skill groups for children.

Hours: Tuesday: 9am to 5pm, Wednesdays: 8am to 6pm, Thursdays, 9am to 4pm, Fridays: 8am to 5pm

Mental Health Information Service

Phone: 1300 794 991

Web: <http://www.mentalhealth.asn.au>

Description: Information, telephone support and referral on issues relating to mental health generally.

Hours: Mon-Fri 9am-5pm

Healthdirect Australia Services

Phone: 1800 022 222

Web: www.healthdirect.gov.au

Description: Healthdirect Australia enables consumers to access the right health advice and the most appropriate health services for their needs, when and where they need it.

Call Healthdirect to speak with a registered nurse for 24hr health advice or visit our website for health information you can trust

Directories with information on other mental health services and programs services

JNC Mental Health Services Directory

Phone 02 9349 8200 for a copy or visit <http://jnc.org.au/wp/wp-content/uploads/2014/08/Mental-Health-Services-and-Providers.pdf>

Education and Training

TAFE NSW - Sydney Institute

Phone: 1300 360 601

Email: sydney.info@tafensw.edu.au

Web: www.sit.nsw.edu.au

Description: TAFE NSW - Sydney Institute offers more than 800 courses, ranging from short programs to three-year advanced diplomas, in areas spanning traditional trades, such as automotive, engineering and refrigeration, through to business administration, health and fitness and environmental practice. Courses are designed to deliver the skills required by Australian industries. This ensures that our students develop skills and obtain qualifications that are sought after in the modern labour market. Courses also provide an efficient pathway to university study by offering students credit towards a degree. This saves you time and money. People come to study languages, literacy and numeracy programs, English programs as well as vocational training programs.

Hours: Mon-Fri 9am–5pm

Eligibility: From 15 years.

Fees: Depends on training course, may be free

Australian Seniors Computer Clubs Association

Phone: 9268 3871

Email: office@ascca.org.au

Web: www.ascca.org.au

Description: This non-profit organisation coordinates Computer Clubs for seniors, and aims to encourage and assist seniors in using computer technology. Call them for a list of Computer Clubs or visit the website.

Hours: 9-5pm Monday to Friday

Computer Pals for Seniors – Eastern Suburbs

Phone: 02 9369 4072

Location: 30 Ebley St, Bondi Junction, NSW 2022

Web: <http://www.compalseast.org.au/main/>

Description: A computer club and classes for seniors. Lessons include sharing skills, teaching each other and trouble shooting on computer programs and the Internet. All out tutors are seniors and because of this they understand the needs of seniors.

Leisure and Recreation

Little Bay Coast Centre for Seniors Inc.

Phone: 02 9311 4886

Location: 2 Curie Avenue, Little Bay NSW 2036

Email: manager@coastcentre.org.au

Web: www.coastcentre.org.au

Description: The Little Bay Coast Centre for Seniors is a leisure and learning centre for people 55+ and not in full-time employment.

The aim of the Centre is to promote good physical, mental, social health. The Centre is an independent not-for-profit organisation and is largely self-funded through membership and class fees.

Podiatry and hearing services are also available. Each month has a major event or function.

Hours: Mon-Fri 9:00am - 3:00pm

A.I.M. for Fitness

Phone: 02 9382 8131

Web: <https://www.seslhd.health.nsw.gov.au/POWH/services/communityhealth/aim.asp>

Description: A community based education and exercise program for older women and men. AIM promotes good health and well being through exercise and the sharing of health information to healthy older people, frail older people, people with disabilities, and people from different cultures. It covers five local areas: Randwick, Botany, Waverley, Woollahra and part of the City of Sydney.

WAVES (Water activities for vitality in the eastern suburbs)

Phone: 02 9382 8080

Location: POW Community Health, Barker St, Randwick NSW 2031

Email: SESLHD-aim&waves@health.nsw.gov.au

Description: WAVES Provides gentle water activities/exercise programs in hydrotherapy pools and indoor heated pools. There are 4 terms per year during school terms of 9-12 weeks duration each. Each course runs for one session per week (approx. 45 min) with approximately 10 people in each group. Groups are graded to suit the level of the participants and are conducted by trained fitness leaders. Participants requiring assistance can bring their carers. Venues include Zetland, Des Renford Leisure Centre in Maroubra, and POW Hospital Hydrotherapy Pool in Randwick.

Hours: Mon-Fri 8am-5pm

Eligibility: People with physical and developmental disabilities, frail and well older people, and people from culturally and linguistically diverse backgrounds

Positive Ageing Program

Phone: 02 8345 9147

Address: 120 King Street, Randwick

Email: supportgroups@wayahead.org.au

Description: This Centre is offering classes to assist people find their creativity and potential. Participants are given a chance to experiment with a range of art media and materials.

When: Monday 10am-11:30am

Cost: \$5 per class

Companion Card

Phone: 1800 893 044

Web: www.nswcompanioncard.org.au

Description: If you have a significant lifelong disability and require attendant care, a Companion Card means you are no longer required to pay two admission fees in order to take your attendant carer with you to participating venues and events. Application form is available on the website or by calling the free number. You need to check with each venue as to the discount they provide.

City East Community College

Phone: 02 9387 7400

Location: Various Eastern suburbs locations, generally Bondi, Bronte, Coogee or Randwick

Website: www.cityeastcc.com.au

Description: Offers a range of courses in arts and crafts including ceramics, pottery, sculpture, drawing, painting, photography, jewellery making, furniture restoration, knitting, sewing, dressmaking, screen printing, patchwork quilting and cooking, as well as a range of exercise, language, bridge and other interest classes.

Hours: Courses range from one session held on one day to eight sessions held over eight weeks. All offered during the school terms.

Cost: Concessions for Seniors Card and Health Care Card Holders. There may be additional materials or tool costs for some courses.

Older Women's Network

Phone: 9519 8055

Location: 8-10 Victoria Street, Newtown NSW 2042

Email: wellnessnewtown@ownnsw.org.au

Web: <http://www.ownnsw.org.au/>

Description: Our members bring a diverse range of skills, experiences and qualities to the group. Everyone is encouraged to contribute in ways that they can. It is the collective contributions of the individual members that create our wholeness.

We warmly invite you to join us as we build wellness, friendships and community. Classes and activities are held at the Newtown Wellness Centre on Mondays, Wednesdays and Fridays.

Cost: Membership and class fees

Directories with information on free or affordable recreation and leisure activities in the area:

JNC Activities and Leisure Services Directory

Phone 02 9349 8200 for a copy or visit <http://inc.org.au/wp/wp-content/uploads/2014/08/Activities-Leisure-PDF.pdf>

JNC What's On Calendar

Web: <http://inc.org.au/monthly-calendar/>

Find your local Club – Clubs NSW

Description: Registered clubs, bowling clubs and other sporting clubs in the area offer a range of recreational activities, exercise programs and other sports.

Web: <http://www.clubsnsw.com.au/contact/contact-clubsnsw/find-your-local-club>

For Grandchild

Leisure and Recreation

Juniors Rugby League Football Club

Phone: 0401 834 429

Location: C/O South Sydney District Junior Rugby League, 558a Kensington Pde, Kingsford NSW 2032

Mail: 49 Loch Maree St, Maroubra NSW 2035

Email: billspro@optusnet.com.au

Web: www.southsjuniors.org.au

Description: Club fields teams, (from <6yrs to A grade) in the South Sydney District Junior Rugby League Competition.

Randwick Netball Association

Phone: 02 9661 4940

Location: Heffron Park, Fitzgerald Ave, Maroubra NSW 2035

Mail: 37 Napier St, MALABAR NSW 2036

Web: www.randwicknetball.com

Description: Association organises & runs netball competitions. Players need to join a club affiliated with Randwick Netball Association.

Hours: Sat am (Junior), Sat pm (seniors)

Eligibility: From 7 years.

South Eastern Junior Cricket Association Inc.

Phone: 0412 611 982

Location: City, East and South areas of Sydney

Mail: administrator@sejca.com.au

Web: <http://www.sejca.com.au/default.aspx?>

Description: Providing quality cricket for under 8s to 16s in the Eastern and South Eastern Areas of Sydney.

Randwick City Toy and Game Library

Phone: 02 9093 6400

Location:

The Toy library is available at all three locations:

Lionel Bowen Library: 669-673 Anzac Parade, Maroubra NSW 2035;

Margaret Martin Library: Level 1, Royal Randwick Shopping Centre, Randwick NSW 2031;

Malabar Community Library: 1203 Anzac Parade, Matraville NSW 2036

Email: contactus@randwick.nsw.gov.au

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

Description: The Library provides a quality range of toys and games which promote the acquisition and development of language, social, physical and cognitive skills. The collection has over 1200 toys and games available for loan.

Youthworks Holiday Camps

Phone: 02 8268 3346

Location: Blue Gum Lodge, off Fels Ave, Springwood NSW 2777

Email: holidays@youthworks.net

Web: www.youthworksoutdoors.net

Description: Weekend camps (Mar/Apr and Oct/Nov) for adults with disabilities (WROK On 18+). One week Autumn camp for youth (12-21 years) with disabilities. Dates advised on request. Ramps, toilet and shower facilities, pool with ramp, tennis court, large recreation hall. Camps are suitable for people with physical and/or intellectual disabilities. Conference centre with facilities for people with disabilities. Facilities include showers and pool and can be booked by groups.

Hours: Head office Mon-Fri 08.30am-4.30pm

Eligibility: From 12 to 21 years. Youth and adults with physical disabilities, including mild intellectual disabilities.

UNSW Fitness and Aquatic Centre

Phone: 02 9385 4881

Location: Gate 2, Cnr Anzac Pde. & High St, Kensington NSW 2033

Email: membership.unsw@ymca.org.au

Web: unsw-ymca.org.au

Description: Facilities include: 50m heated indoor pool, steam room, crèche, café, cardio and weights room, court space, squash courts and group fitness rooms. Swimming lessons, squad training for adults and children are available. A variety of group fitness classes are run, including classes for seniors and aqua aerobics.

Hours: Mon-Fri 6am-10pm, Sat-Sun 8am-8pm, Public Holidays 8am-4pm

Des Renford Leisure Centre

Phone: 02 9370 7600

Location: Cnr Robey St & Jersey Rd, Maroubra NSW 2035

Email: drlc@randwick.nsw.gov.au

Web: www.randwick.nsw.gov.au/drlc

Description: Gym Facilities; three heated undercover swimming pools and outside swimming pools. Wi Fi access. Family change room. Crèche. Café. Learn to swim classes, squads, aqua aerobics, mature aged swimming squads and lessons. Group fitness classes and one on one lifestyle sessions. Vacation Care Programs. Birthday Parties. School Holiday Intensive Swimming Programs.

Suitable for local community, including people with disabilities. Large car park which includes disabled parking. Crèche available Mon-Fri 8:45am-12:45am, Sat 8.15am-12.15pm

Hours: Mon-Thurs 5:30am-10pm, Fri 5:30am-8:30pm, Sat-Sun 7am-6pm, Public Holidays 8am-5pm

Playgroups

Find a Playgroup in your area (NSW only)

Web: <http://www.playgroupnsw.org.au/Explore/FindaPlaygroup>

Description: Looking for a playgroup near you? Playgroup NSW and affiliates offer playgroups in 70 percent of NSW postcodes, helping you find the perfect playgroup for your family. To find a playgroup, simply use our search tool. Enter your postcode or suburb and click the search button. Then, browse through the directory to find a playgroup that suits your needs. If you're unable to find a suitable playgroup in your area, you can start your own playgroup.

Kooloora Supported Playgroups

Phone: 02 9661 9160

Where: 167 Bilga Crescent, Malabar

Description: Kooloora Community Centre provides supported playgroups for parents with children 0-5years.

Hours: Monday and Wednesday 10am-12pm

Cost: Gold coin donation

Playgroup NSW- Clovelly Playgroup

Phone: 02 9684 9500

Where: Burnie St Community Center, Burnie Street, Clovelly

Description: We recommend that you contact our Playgroup to organise to visit a session with your children. Our Playgroup coordinator can provide you with a general idea of how the playgroup works, the ages of children attending, session fees, etc.

Hours: Monday, Wednesday, and Friday 9:30-11:30am, Saturday 10am-12pm

Cost: Playgroup NSW fees

Playgroup NSW- Coogee

Phone: 02 9684 9500

Where: Dolphin Street Scout Hall, Corner Dolphin and Mount Street, Coogee

Email: playgroupcoogee@gmail.com

Website: <http://www.playgroupnsw.org.au/Playgroup/Playgroups/CoogeeDolphinStreet>

Description: We recommend that you contact our Playgroup to organise to visit a session with your children. Our Playgroup coordinator can provide you with a general idea of how the playgroup works, the ages of children attending, session fees, etc.

Hours: Monday and Wednesday 9:30-11:30am, Friday (German speaking playgroup) 9:30am-11:30am

Cost: \$5 per family per session and a piece of fruit

St Nic's Anglican Church Playgroup

Phone: 02 9665 5409

Where: St Nic's Anglican Church, Corner Brook Street and Carr St, Coogee

Description: St Nic's Anglican Church playgroup is open to everyone. There are two great big halls full of toys and a huge outdoor area with a sandpit and grassy area. There is also a play dough & painting station.

Hours: Thursday 9:30am-11:30am

Cost: \$6 includes morning tea

POPPY Playgroup

Phone: 02 9700 4000 or 02 9646 9130

Where: St Johns Anglican Church Hall, 339A, Maroubra

Website: <http://www.copmi.net.au/find-help/prevention-services/item/nsw-south-coast-illawarra-poppy-parents-opportunity-to-participate-in-play-with-their-young-playgroup>

Description: POPPY Playgroup is a supported playgroup for parents of children 0-5 years where the parent has a diagnosed mental illness. The Playgroup supports parents to play with children giving particular attention to children's development and play interests and also offers information sessions featuring guest speakers. By referral only.

Hours: Friday 11am-1pm

Playgroup NSW- Randwick

Email: coordinator@randwickplaygroup.org

Where: Rear Garden of Randwick Literary Institute, 60 Clovelly Road, Randwick

Website: <http://www.randwickplaygroup.org/>

Description: We provide a lively play atmosphere for babies, toddlers and pre-schoolers, and welcome older children during the school holidays.

Hours: Tuesday, Wednesday, and Friday 10am-12pm

Cost: \$4 per family per visit or \$39 yearly Playgroup NSW fee

Randwick Miracle Babies Nurture Group

Phone: 02 9724 8999

Where: Lifestart Eastern Sydney Center, Chifley Public School, Mitchell Street, Chifley

Website: <http://www.miraclebabies.org.au>

Description: Focus on the needs of premature and sick children. Parent led playgroup with an allied health professional visiting. In partnership with Lifestart.

Hours: Thursday 10:30am-12:30pm fortnightly

SDN, Soldier Settlement Public School and Working From the Ground Up Supported Playgroup

Phone: 0410 533 914

Where: 29-39 Menin Rd, Matraville

Hours: Friday 10am-12pm

The Junction Neighbourhood Centre Supported Playgroups – Transition to School

Phone: 9349 8200

Where: Lifestart Eastern Sydney Centre, Chifley Public School, Mitchell Street, Chifley

Description: Transition to School Playgroup for children starting school the following year and their siblings. In partnership with The Deli and Lifestart.

Hours: Friday 10am-11:45am

Cost: Free. Bring morning tea.

The Junction Neighbourhood Centre Supported Playgroups – La Perouse

Phone: 9349 8200

Where: La Perouse Public School, Corner Yarra Road and Bunnerong Road, Phillip Bay

Description: La Pa little leaps

Hours: Friday 10am-11:45am

Cost: Free. Bring a piece of fruit.

Lifestart

Phone: 02 9311 0177

Where: Lifestart Eastern Sydney Centre, Chifley Public School, Mitchell Street, Chifley

Description: Open playgroup. 'My Time' program during second half of playgroup

Hours: Wednesday 9:30am-11:30am

Cost: Donation

Playtime at Maroubra Baptist Church

Phone: 02 9344 3355

Where: 139 Garden Street, Maroubra

Website: <http://www.maroubrabaptist.net/playtime.html>

Hours: Tuesday 9:45am-11:45am

Cost: Annual fee per family: \$5 (paid once only per year), weekly fee per family: \$4, Guest fee per family: \$5

St Mark's Malabar Playgroup

Phone: 02 9311 0309

Where: Corner Victoria and Franklin Street, Malabar

Website: <http://www.stmarksmalabar.org.au/what-we-do/for-children>

Description: This is a great time for parents, grand-parents or carers to come together with their little ones to talk, play and sing. There is fruit for the kids and coffee for the adults.

On a sunny day there is no better place to be than in the St Mark's playground. And on the colder days there is warmth and shelter in our indoor playgroup room.

Hours: Friday 9:30am-11:30am

Cost: Gold coin donation

Hope Kids Playgroup

Phone: 0410 585 175

Where: Hope Uniting Church Hall, 829 Anzac Parade, Maroubra

Description: HOPE KIDS is a community playgroup initiative hosted by Hope UCA. Join us for play, music and craft in a safe fun environment. We'd love to meet you there!

Hours: Tuesday 10am-11:30am

JNC Playgroups Directory 2016

Visit <http://inc.org.au/wp/wp-content/uploads/2014/08/Playgroup-Directory-2016.pdf>

Child Care

Australian Government Child Care listing and vacancies

Web: <http://ifp.mychild.gov.au/Search/AZSearch.aspx>

Description: These pages provide a list of Australian suburbs, sorted alphabetically, to help you find a child care centre in your local area including: long day care, family day care, outside school hours care (including before-school and after-school care), occasional care, vacation care and in-home care centres. When the search results are displayed you can click on individual services to view their details, including vacancies and fee information (where it has been supplied by the centre).

Financial Information

Centrelink

Phone: 132 307

Location: 138 Maroubra Rd, Maroubra NSW 2035

Web: www.humanservices.gov.au/customer/dhs/centrelink

Description: Centrelink is funded by different government departments to provide a range of services to Australians and their families. Centrelink assists its customers to pursue participation and employment, to access training and education, to access income support and acts as a gateway to the job network and other services and programs. Within Centrelink there are specialists including social workers, psychologists, Personal advisers and Disability Officers who can assist customers with barriers to moving from welfare to work.

Hours: Mon-Fri 8am-5pm

Housing NSW

Phone: 02 9314 4056

Location: Level 7, 832 Anzac Pde, Maroubra NSW, 2035

Web: www.housing.nsw.gov.au

Description: Provides a range of assistance to eligible applicants and tenants, including advice and referral on housing options, and admission to the waiting list for public housing. Suitable for: Any public housing applicant or tenant who has a disability or a special needs and who meets income and other eligibility criteria.

Hours: Mon- Fri 9am – 5pm

Eligibility: From 18 years. Income based assessments.

Welfare Rights Centre

Phone: 02 9211 5300

Email: welfarerights@welfarerights.org.au

Web: www.welfarerightscentre.org.au

Description: An independent community legal centre specialising in Social Security and Centrelink law, policy & administrative practice. Provides free information, advice and advocacy. Volunteers welcome to provide phone advice following training.

Hours: Telephone Advice - Mon, Thurs, Fri 9:30am-1pm

No Interest Loan Scheme

Phone: 02 9387 2300

Location: Church in the Marketplace, 400 Oxford St Mall Cnr Newland St, Bondi Junction NSW 2022

Email: jr@cmponline.net

Description: The No Interest Loans Scheme NILS provides affordable credit for people on low incomes for essential household items. Loans not available for general living expenses or household bills. Processing loans may take 1-2 weeks with repayment generally 12-18 months. Clients need to bring: Pension/health care card; Centrelink income statement; recent bank statement; recent receipt for utilities bills; name and contact for two character references.

Hours: Mon-Fri 9am-5pm

St Vincent de Paul Welfare Center, Kingsford

Phone: 02 9662 7380

Location: Level 2, 1A Meeks Street Kingsford, NSW, 2032

Description: Welfare assistance with food, furniture, clothing, and other essential goods.

Hours: Visit for appointment. Monday to Friday 9:30am-11:30am and 1:00pm-3:30pm

Kooloora Community Centre EAPA scheme – Energy Accounts Payment Assistance

Phone: 02 9661 9160

Location: 167 Bilga Cr, Malabar NSW 2036

Email: koolooracommunity@outlook.com

Description: Kooloora provides financial support through delivery of the Fruit and Veg coop program, administers the Energy Accounts Payment Assistance for electricity and gas bills, Tax Help from July - end of October; and an outreach legal service. The centre is situated on a NSW Housing estate. Suitable for local community.

Hours: Mon-Fri 9am-4:30pm (office), Mon Wed 10am-12pm (playgroup)

Legal Information

Kingsford Legal Centre

Phone: 02 9385 9566

Location: Law Building, Bldg. F8, Union Rd, University of NSW, 2052

Email: legal@unsw.edu.au

Web: www.klc.unsw.edu.au

Description: Provides free legal advice to the community and some legal representation for low income earners. Community legal education program on discrimination, domestic violence and general rights. Free confidential and legal advice on discrimination issues, money problems, social security payments, unfair dismissal, other employment matters, victim compensation, trouble with the police, harassment or threats, car accidents, tenancy problems and other legal questions. Also operates as a teaching centre for law students. Suitable for people who are unable to afford a solicitor.

Hours: Mon-Fri 9am-5pm, Tue-Thu 6pm-8pm (by appointment only)

NSW Civil and Administrative Tribunal Guardianship Division

Phone: 9556 7600 or 1300 006 228

Location: Level 6, John Maddison Tower, 96-90 Goulbourn Street, Sydney

Email: gd.ncat.nsw.gov.au

Web:

http://www.ncat.nsw.gov.au/Pages/guardianship/gt_matter_about/matter_guardianship.aspx

Description: An application for Guardianship means you are asking NCAT to appoint someone as the guardian for the person who is the subject of the application. A guardian has the authority to make lifestyle or personal decisions for someone who is incapable of making these decisions for themselves. NCAT can only consider guardianship applications about people who live in New South Wales and who are 16 years of older.

NSW Trustee and Guardian

Phone: 1300 364 103 (trustee services), 1300 329 320 (managed clients)

Location: 19 O'Connell St, Sydney NSW 2000

Email: tagsydneycentral@tag.nsw.gov.au

Web: www.tag.nsw.gov.au

Description: Provides trustee services (will making, deceased estate administration, corporate and individual trusts, powers of attorney) and Financial Management Services. Can also be appointed financial manager for people with decision making disabilities. Offices throughout NSW and Local Courts can act as an agent.

Hours: Mon-Fri 9am-5pm

Legal Aid NSW

Phone: 1300 888 529

Location: <http://www.legalaid.nsw.gov.au/get-legal-help/find-a-service>

Web: <http://www.legalaid.nsw.gov.au/>

Description: Legal Aid NSW provides legal services to disadvantaged clients across NSW in most areas of criminal, family and civil law. Legal Aid also assists people experiencing domestic and family violence. We work in partnership with private lawyers who receive funding from Legal Aid NSW to represent our clients.

Hours: 8:30am to 5:30pm

Seniors Rights Services

Phone: 02 9281 3600, 1800 424 079

Location: Level 4, 418A Elizabeth St, Surry Hills NSW 2010

Email: info@seniorsnsw.org.au

Web: www.seniorsrightsservice.org.au

Description: Seniors Rights Service provides advocacy for the residents of Commonwealth funded, aged care services in NSW. The Legal Service provides legal advice, assistance and education for older people throughout NSW. Seniors Rights Service provides education for the residents and staff of aged care facilities and retirement villages, professional groups that work in aged care and community groups of seniors interested in learning about the rights of people receiving aged services.

Hours: Mon-Fri 9am-4:30pm

Law Access NSW Legal Helpline Hotline

Phone: 1300 888 529

Description: Free legal information

Welfare Rights Centre Advice Line

Phone: 9211 5300

Description: Provide advice on social security law and issues with Centrelink

Women's Legal Services NSW

Phone: 8745 6900

Web: www.womenslegalnsw.asn.au

Description: Provides free confidential legal information and referrals for women in NSW with a focus on family law, parenting issues, domestic violence, sexual assault and discrimination. Advice given by appointment.

Hours: Monday-Friday 9am-1pm and 2pm-4.30pm

Aboriginal and Torres Strait Islander Services

For Grandparent/Kinship carer

Community and Support Groups

Guriwal Aboriginal Corporation

Phone: 02 9311 2999

Location: Yarra Bay House, Elaroo Ave, Phillip Bay NSW 2036

Email: contactguriwal@guriwal.com.au

Web: www.guriwal.com.au/site/

Description: An Aboriginal Community organisation based in the La Perouse Community which provides Community Transport and In-Home Respite Care for the frail aged and Younger people with disabilities, we also provide a wide variety of Community Services.

Hours: 9am- 4pm

Two Women Dreaming Healing

Phone: 0411 710 712

Web: <http://www.lapa-access.org.au/community.php?id=18.php>

Email: info@2womendreaminghealing.org.au

Description: 2 Women Dream Incorporated is an organisation concerned with Aboriginal Healing Dreaming and Western medicine, sharing different ways of healing body, mind and spirit. Our organisation is non-profit, non-political and non-religious.

Kooloora Community Centre: The Seekers

Phone: 02 9661 9160

Location: Kooloora Community Centre, 167 Bilga Cres., Malabar NSW 2036

Description: Activity group for Women over 40 years of age. Held weekly on Monday afternoons at Kooloora Community Centre during school term.

Hours: Weekly on Mon afternoons 12:30pm-3pm

Madgin-Gal Aboriginal Corporation

Phone: 02 9698 1173

Location: 233 Abercrombie St, Chippendale NSW 2008

Email: office@mudgin-gal.org.au

Mudgin-Gal's offers a range of programs including: drop-in centre; source of positive cultural and social networking; in-home family support; provision of expert referral for accommodation, legal and medical support and court support and post-release services.

Yulang Aboriginal Education and Training Unit, Randwick TAFE

Phone: 02 9469 8509 or Clint Cooke 0410 113 606

Location: Rm3.03 Lvl 3, Building A, Randwick TAFE Cnr Darley & King St, Randwick NSW 2031

Email: clinton.cooke1@tafensw.edu.au

Web: www.facebook.com/YulangAboriginalEducationUnit

Description: Sydney TAFE's "Yulang" Aboriginal Education and Training Unit (AETU) provides a wide range of courses for Aboriginal people. The unit consists of Aboriginal staff whose role is to support Aboriginal students and consult with Aboriginal communities and Industry to design and deliver appropriate TAFE courses. TAFE Courses may commence at different times throughout the year and are held at TAFE colleges or in community settings. Our main goal is to provide the necessary support for Aboriginal people to access TAFE courses that will further enhance their education and employment prospects. Support Services for Aboriginal students include: • Course information • Tutorial support • Teacher liaison • Advice on pathways to higher education • Assistance with Abstudy applications • Apprenticeship and Traineeship opportunities

Hours: Mon- Fri 9am - 5pm

Health

La Perouse Aboriginal Community Health Centre

Phone: 02 8347 4800

Location: 1 Elaroo Ave, La Perouse NSW 2036

Description: Community Centre provides a range of services: Mental Health; Drug & Alcohol; Cardiac Clinic; Stop Smoking Program; Baby Health Clinic; B4 School Screening; Pregnancy, Mothers & Babies, Post Natal Young Parents Program; Respiratory Clinic; Children's Medical Clinic (Paediatrics); Diabetes Clinic; Podiatry; Chronic Care Medical Clinic; Speech Therapy; ENT Ears Nose Throat; Play Group; Audiology; Nutrition Program; Heart Foundation

Hours: Mon-Fri 9am - 5pm

Aboriginal Medical Service (AMS Redfern)

Phone: 02 9319 5823

Location: 36 Turner St, Redfern NSW 2016

Email: amsredfern@amsredfern.org.au

Description: Multidisciplinary service providing a range of services for Aboriginal & Torres Strait Islander people. Services include Medical Clinic (general services, community clinics and specialist services), Dental Clinic, Drug and Alcohol Unit, Public Health services and Aged Care Program.

Hours: Mon/Thurs 9am-6pm; Fri 10am-5pm

Aboriginal Home Care – Alleena Centre

Phone: 02 8344 2800

Email: hc-alleenabranch_subcontracting@facns.nsw.gov.au

Web: www.adhc.nsw.gov.au/contact_us/home_care_branches/alleenawarrambucca_aboriginal_home_care_branch

Description: Assists with practical tasks enabling frail aged and younger people with a disability to continue living independently at home, including cleaning, shopping, laundry, personal care, respite care and community options. Specialise in young people with disability and frail aged people of Aboriginal or Torres Strait Islander background. Priority is given to those with greatest need and least available assistance. There are eight Aboriginal Home Care branches providing help at home for older Aboriginal people, Aboriginal people with a disability and their carers across NSW.

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

Aboriginal Mental Health Service Maroubra

Phone: 02 9366 8711 or 1800 011 511

Location: The Maroubra Centre, 130 Garden Street, Maroubra

Description: This service links the Aboriginal people who live in the south eastern Sydney area with mental health services. An Aboriginal mental health worker helps Aboriginal people find and use mental health services.

Hours: Monday -Friday 8:30am-5pm

Australian Indigenous Health Info

Web: www.healthinonet.ecu.edu.au

Description: Aims to inform practice and policy in Indigenous health by making research and other knowledge readily accessible. Provides up-to-date knowledge and information about indigenous health and supports 'yarning places' (electronic networks) that encourage information sharing and collaboration.

Area Served: National

WAVES: Gentle water exercises for Aboriginal People

Phone: 02 9382 8063

Location: Level 1, Prince of Wales Hospital, Barker St, Randwick NSW 2031

Description: Gentle water exercises for Aboriginal People. Exercising in water is beneficial for people who have arthritis, osteoporosis, back problems and people who experience difficulty exercising on land.

Hours: Wed: 12-1pm

La Perouse Aboriginal Community Information and Referral Service

Phone: 02 9661 1229

Email: admin@laperouse.org.au

Address: 1 Elaroo Ave, La Perouse NSW 2036

Description: The La Perouse Local Aboriginal Lands Council manages the La Perouse Aboriginal Community Information and Referral Service, providing greater access for the La Perouse Aboriginal Community to services both Government and Non-Government.

Legal Services

Aboriginal Legal Services NSW/ACT Ltd.

Phone: 02 8303 6699, 1800 765 767 (crime), 1800 733 233 (care)

Location: Level 1, 619 Elizabeth St, Redfern NSW 2016

Email: info@alsnswact.org.au

Web: www.alsnswact.org.au

Description: Information and referral, legal advice and court representation for Aboriginal and Torres Strait Islander men, women and children, in criminal, care and protection, and family law.

Hours: Mon-Fri 9am-5pm

Wirringa Baiya Aboriginal Women's Legal Centre

Phone: 02 9569 3847

Location: Addison Road Community Centre Bld 13, 142 Addison Rd, Marrickville NSW 2204

Email: wirringa_baiya@clc.net.au

Web: www.wirringabaiya.org.au

Description: Wirringa Baiya is a state-wide community legal centre for Aboriginal and Torres Strait Islander women, children and youth who are, or have been victims of violence. Wirringa Baiya provides free legal advice, advocacy and referrals as well as community legal education, law reform and other events such as the Aboriginal Women's Corroboree.

Hours: Mon-Fri 9am-5pm; Advice line: Mon-Thu 10am-4pm; Fri 9am-12:30pm

Eligibility: Aboriginal women, children and adolescents

Contact: 1800 686 587 free call NSW only

Kingsford Legal Centre

See listing on page 29

For Grandchild

Early Education

Gujaga Multifunction Aboriginal Children's Services

Phone: 02 9661 6097

Location: 1 Elaroo Ave, La Perouse NSW 2036

Email: gujagamacs@bigpond.com

Description: Long day care centre for 39 children 9 months to 5 years. Aims to promote the rights of Aboriginal children to learn. Centre open to all children, but Aboriginal children have priority. Hot lunch for children, breakfast, morning and afternoon tea. Participant parents have access to adult education classes in same location. Children with special needs are welcome. Has visits from a doctor once a month, dental care once a year, and assessment and referral to speech pathologist.

Hours: Mon-Fri 8am-5pm

Life for Koori Kids

Phone: 0415 061 844

Location: Northcott Community Centre, Ward Park, Surry Hills NSW 2010

Email: ailsa.gillett@staloysius.nsw.edu.au

Web: www.lifeforKooriKids.org.au

Description: Outreach program to disadvantaged children in inner city. Provides educational needs, helps with school placements. Weekly Saturday breakfast, leisure, cultural and sporting activities. Support for carers/parents. Most children are of Aboriginal heritage.

Hours: Sat am

Kool Kids

Phone: 02 9344 7963

Location: Shop 3, 669 Anzac Pde, Maroubra NSW 2035

Email: koolkidsclub@weave.org.au

Web: www.weave.org.au/a/index.php/kool-kids-club/

Description: Early Intervention program for disadvantaged kids aged 7-13 who live in the La Perouse, Matraville, Chifley, Little Bay and Maroubra area's. Programs include dance, Indigenous cooking, Indigenous Surfing, various sports, music, arts and crafts. Kool Kids Club is part of South Sydney Youth Services. 85% of children with Kool Kids Club identify as Indigenous Culture and 25% are raised by Grandparents. Kool Kids Club also provide after school and school holiday

Hours: Mon - Fri 10am - 6pm

Young People

La Perouse Youth Haven

Phone: 02 9661 1229

Location: 1 Elaroo Ave, La Perouse NSW 2036

Email: youth@laperouse.org.au

Description: The La Perouse Youth Haven (LYH) aims to support the La Perouse Aboriginal community to deliver programs that are focused on Education and Leadership. LYH provide activities for youth that promote culture, encourage healthy life choices and support families and the community. The La Perouse Youth haven engages Aboriginal people aged 10-24 years from the La Perouse Aboriginal community, their parents, and community volunteers in culturally appropriate activities, supervised by community members, that will strengthen their relationships, increase their confidence, build community networks and develop community capacity.

Hours: Monday- Friday 9am-5pm

Youth off the Streets – South East Sydney Outreach

Phone: 0477 388 709

Location: 29 Lexington Place, Maroubra NSW 2036

Email: andreag@youthoffthestreets.com.au

Web: <https://youthoffthestreets.com.au/programs/south-east-sydney-outreach/>

Description: Charity organisation helping disconnected young people to discover greatness within, by engaging, supporting, & providing opportunities to encourage and facilitate positive life choices. It is our goal that these young people will leave our care drug free, with a high school education, living skills and a full or part time job.

Hours: Mon-Fri 9am-5pm

Bondi Outreach Project

Phone: 0408 567 010

Location: 77 Roscoe St, Bondi NSW 2026

Email: info@bop.org.au

Web: www.bop.org.au

Description: Through a street based welfare outreach-service BOP provides local youth with intensive support, information, practical assistance, advocacy and referrals for those not in touch with mainstream services. Friday night patrols in the Eastern suburbs, providing safe transport home, information, food and drink and a listening ear.

Hours: Mon-Fri 9-5, some evenings after hour's crisis phone. Fri night 8pm - 4am

Eligibility: From 11 to 24 years. None

Yallamundi Aboriginal Intensive Family Based Service

Phone: 02 9207 8960 (call during office hours)

Location: 6-8 Woodburn St, Redfern NSW 2016

Email: robert.stewart@community.nsw.gov.au

Description: Yallamundi Aboriginal Intensive Family Based Service is a 24 hour, 7 days a week service provided by Aboriginal and Torres Strait Islander Caseworkers from the NSW Department of Community Services (DOCS) to help Aboriginal families stay together. Yallamundi Aboriginal IFBS provides home based support for a period up to 3 months for Aboriginal families in crisis. Yallamundi Aboriginal IFBS is funded by the NSW Department of Community Services and clients can only be referred to Yallamundi through DOCS offices and community service centres.

Health

La Perouse Aboriginal Community Health Centre and Dental Clinic

Phone: 02 8347 4800

Location: 1 Elaroo Ave, La Perouse NSW 2036

Description: Community Centre provides a range of services: Mental Health; Drug & Alcohol; Cardiac Clinic; Stop Smoking Program; Baby Health Clinic; B4 School Screening; Pregnancy, Mothers & Babies, Post Natal Young Parents Program; Respiratory Clinic; Children's Medical Clinic (Paediatrics); Diabetes Clinic; Podiatry; Chronic Care Medical Clinic; Speech Therapy; ENT Ears Nose Throat; Play Group; Audiology; Nutrition Program; Heart Foundation

Hours: Mon-Fri 9am - 5pm

headspace – Bondi Junction

Phone: 02 9366 8800

Address: 20 Bronte Rd, Bondi Junction NSW 2022

Email: headspacebondijunction@health.nsw.gov.au

Web: <https://www.headspace.org.au/headspace-centres/bondi-junction/>

Description: headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds, along with assistance in promoting young peoples' wellbeing, including: mental health, physical health, work and study support and alcohol and other drug services. Information and services for young people, their families and friends as well as health professionals can be accessed through the website, headspace centres, and online counselling service.

Redfern Early Childhood Health Centre

Phone: 02 8788 4288, 02 9698 1613

Location: Shop 4/95 Wellington St, Waterloo NSW 2017

Description: Promotes health and well being of infants and young children aged 0-5 years and their families - nutrition, growth and development, and mothercraft. Also provides

special clinics, and health care interpreter sessions. Mother groups, eye, speech and well baby clinic, social worker available. Specialist support to the Aboriginal and Torres Strait Islander community available.

Hours: Mon-Fri 9am-4.30pm

Eligibility: all welcome, Medicare card not necessary

Leisure and Recreation

Eastern Suburbs Police Citizens Youth Club, PCYC

Phone: 02 9314 2536

Location: 26A Bunnerong Road, Daceyville NSW

Email: easternsuburbs@pcycnsw.org.au

Web: <https://www.pcycnsw.org.au/eastern-suburbs/>

Description: Eastern Suburbs PCYC is renown for our boxing and basketball programs and have a lot of other great activities for all people to enjoy.

Hours: Monday & Thursday: 9:00 – 9pm, Tuesday & Wednesday: 9:00 – 8pm, Friday: 9:00-7pm,

Saturday: 9:00 – 5pm

South Sydney Police Citizens Youth Club, PCYC

Phone: 02 9319 4240

Location: 638 Elizabeth St, Redfern NSW 2016

Email: southsydney@pcycnsw.org.au

Web: www.pcycnsw.org/southsydney

Description: Provides structured and unstructured activities aimed at meeting the physical, cultural and educational needs of young people, including basketball courts, netball, homework program, food (sandwiches, spaghetti, chips etc.) available for participants, computers, day trips, young offenders support.

Hours: Mon-Thur 5.30am-8pm Fri 5.30am-6.30pm Sat 7am-11am

South Sydney District, Junior Rugby League Football Club

Phone: 0401 480 665 (Lisa Williams)

Mail: 22 Prospect St, Erskineville NSW 2043

Web: www.southsjuniors.org.au

Description: South Sydney District Junior Rugby League Football. All junior grades.

Disability Services

For Grandparent/Kinship Carer

Information and Support

Livewire for Parents of someone with a Disability

Phone: 02 8425 5971

Email: member.services@livewire.org.au

Web: www.livewire.org.au

Description: This free online social networking website is for Australian teens aged 10-20 years with a serious / chronic illness or disability to make new friends, participate in chat events and forums, read about the latest music, movies, TV and sport news, plus interviews and games. The chat hosts of this closed community oversee the proceedings, support newcomers, and ensure a fun and safe environment. Every application is authorised with parental consent and proof of identity. Livewire is run by the Starlight Foundation.

Hours: Office Mon-Fri 9am-5pm

Autism Community Network (ACN)

Phone: 0431 724 229

Email: steve@autismcommunity.org.au

Web: www.autismcommunity.org.au

Description: A peer to peer support network of groups that meet monthly - Turramurra (4th Thu 7.30pm-9.30pm), Hills District, Inner West, Eastwood (2nd Thu 7.30pm-9.30pm), Sydney City, Kingsgrove, Sutherland. Website has information about resources, events, meetings, options. Confirm attendance since venue or time may change.

Eligibility: Parents of children with autism in NSW, adults on the spectrum

For Grandchild

Community and Support Groups

Livewire for Teens with Disability

Phone: 02 8425 5971

Email: member.services@livewire.org.au

Web: www.livewire.org.au

Description: This free online social networking website is for Australian teens aged 10-20 years with a serious / chronic illness or disability to make new friends, participate in chat events and forums, read about the latest music, movies, TV and sport news, plus interviews and games. The chat hosts of this closed community oversee the proceedings,

support newcomers, and ensure a fun and safe environment. Every application is authorised with parental consent and proof of identity. Livewire is run by the Starlight Foundation.

Hours: Office Mon-Fri 9am-5pm

Creativity Inc (formerly Eastern Respite and Recreation)

Phone: 02 8347 7000

Location: Suite 602, Maroubra Gateway, 806-812 Anzac Parade, Maroubra 2035

Email: enquiry@creativityinc.com.au

Web: www.creativityinc.com.au

Description: Creativity Inc. has been supporting people with a disability and their families for almost 30 years. A dynamic and innovative not-for-profit organisation, we now provide respite, community access, social and recreational services to over 350 people living with a disability throughout Sydney's Eastern Suburbs.

Health

Tumbatin Developmental Clinic

Phone: 02 9382 8189 (Hospital Switch)

Location: Sydney Children's Community Health Centre, Cnr Avoca and Barker St, Randwick NSW 2031

Email: maryanne.poulos@sesiahs.health.nsw.gov.au

Web: www.schn.health.nsw.gov.au/parents-and-carers/our-services/developmental-delay-and-intellectual-disability/sch

Description: Comprehensive diagnosis and assessment service for children (0-8 yrs. of age) with suspected developmental delay/disorder and disability. Mainly children from Eastern Sydney, but also children from other areas of NSW as this is a tertiary clinic (see referral note).

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

Eligibility: Up to 8 years. Children suspected of having a developmental delay

Aerobics and Health

Phone: 02 9387 7400

Location: Holdsworth Street Community Centre, cnr of Holdsworth St and Morrell St, Woollahra NSW 2025

Email: info@cityeastcc.com.au

Web: www.cityeastcc.com.au

Description: An exercise class for young women with an intellectual disability. Great for fitness and social interaction. Individual attention by qualified experienced tutor. Mon 6.30pm - 7.30pm

Hours: Mon-Fri 9am-5pm

Eligibility: Female Only. Young women with mild to moderate intellectual disabilities
Child and Adolescent Mental Health Service

Phone: 02 9382 4347

Location: Mc Nevin Dickson Building (building 13) Avoca Street Randwick

Description: Adolescent service for teenagers and their families who are trying to adjust to difficulties in their lives.

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

Respite

Sunnyfield – Eastern Suburbs Respite in Action

Phone: 02 9564 7756; 1300 588 688

Email: SEsydney@sunnyfield.org.au

Web: www.sunnyfield.org.au

Description: Flexible respite is provided for people with disabilities aged 0-65 years living at home with family/carer in Eastern Suburbs. Priority is given where the carer is frail or aged; the family support structure is at risk of breaking down, limited or non-existent; the family is isolated socially or geographically; or the family is financially disadvantaged. Successful applicants will receive a package of funding which provides flexible support tailored to meet the needs of people with a disability and their family/carers. Services commence first week of July.

Hours: Mon-Fri 9am-5pm

Eligibility: Up to 65 years. People with disability who are living at home with carer

Creativity Inc (formerly Eastern Respite and Recreation)

See listing on page 40

Leisure and Recreation

Bondi Rainbow Club

Phone: 0417 221 119

Location: Wairoa Pool, Brighton Blvd., Bondi NSW 2026

Email: info@rainbowclubaust.com.au

Web: www.rainbowclubaust.com.au

Description: Swimming and recreation club for children with special needs. Offers swimming and water safety classes for all children from birth until a competent swimming stroke is attained. .

Hours: Closed school holidays. Saturday afternoons from 2pm.

Employment

Breakthru People Solutions

Phone: 02 9745 1529; 02 8120 6000

Email: eveline.newland@breakthru.org.au

Web: www.breakthru.org.au

Description: Provide pre-vocational training, employment assistance and support for people with psychiatric disabilities or a mild intellectual disability. We also provide "Job Rescue" for people who experience problems in the workplace due to their mental illness. We also have a 2nd location at 429 Princess Hwy, Rockdale 2216.

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

Disability Services Australia (DSA) – Mascot Business Services (Employment)

Phone: 1300 372 121

Location: Unit 2, 42 Church Av, Mascot NSW 2020

Email: customerconnections@dsa.org.au

Web: www.dsa.org.au

Description: Provides employment opportunities and support to employees with a disability within DSA Business Services. Work includes; packing, labelling and assembly (making boxes, packing chocolates, labelling products). Applicant must be on a Disability Support Pension and be able to work a minimum of 8 hours a week.

Hours: Mon-Fri 7am-4pm

Eligibility: From 16 years. Adults with disability seeking employment

MAX Employment – Maroubra

Phone: 02 9370 7800

Location: Shop 4, 200 Maroubra Rd, Maroubra NSW 2035

Email: alliess.evans@maxemployment.com.au

Web: www.maxsolutions.com.au/#maxnetwork

Description: Max Employment is a Job Active Employment Services provider. Services include Job Matching, Job placement, streaming services, job search training and health services.

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

References

COTA (2012) 'Grandparents Raising Grandchildren: A Networking Resource', available at <http://www.cotansw.com.au/MediaPDFs/2012-07-01%20Grandparents-Raising-Grandchildren-Networking-Resource.pdf>

Grandparents and kinship carers raising grandchildren

Eastern Suburbs Resource Guide 2016

All information was correct at time of printing. Please check details with service provider.

For more information on the directory please contact

Randwick City Council - 1300 722 542

