



# *Services for Children*

AGED 0-6 YEARS WITH  
ADDITIONAL NEEDS

2013/14

WARRINGAH.NSW.GOV.AU

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WARRINGAH  
COUNCIL

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Information about *Services for Children aged 0-6 Years with Additional Needs in the Northern Beaches* was accurate at the time of publication in **October 2013**. Changes occur regularly. Please contact the organisations to confirm details and to ensure that the service can meet your needs.

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

Your suggestions and comments are most welcome, especially regarding changes to the information in the booklet.

For more information or to obtain a copy of this directory, please contact the Disability Information Officer on 9942 2686 or [janzm@warringah.nsw.gov.au](mailto:janzm@warringah.nsw.gov.au).

The directory can also be downloaded from the Warringah Council website at [www.warringah.nsw.gov.au/live/community-support-services/disability-services](http://www.warringah.nsw.gov.au/live/community-support-services/disability-services).

The above website has other useful information:

- various **publications**
- the **LINCS database of services** in the Northern Sydney region,
- the current and back issues of the **3-weekly disability newsletters** about new events, services, resources, websites etc.

The free disability e-newsletter of 10 to 18 pages is emailed in Word or pdf format every 3 weeks. To subscribe, email [janzm@warringah.nsw.gov.au](mailto:janzm@warringah.nsw.gov.au) with your name and suburb.

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

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# Advocacy

Most organisations are pleased to provide their clients with assistance regarding general matters.

## Action for People with Disability Inc

**Phone:** 02 9449 5355

**Email:** [action-for-people@swiftdsl.com.au](mailto:action-for-people@swiftdsl.com.au)

Provides advocacy and support for people with disability and support for their families in the Northern Metropolitan regions of Sydney.

Cnr Mona Vale Rd and Rosedale Rd, St Ives NSW 2075

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

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

## Association for Children with a Disability NSW (ACD NSW)

**Phone:** 1300 851 603

**Email:** [acdnew@acdnew.org.au](mailto:acdnew@acdnew.org.au)

This non-profit organisation is run by parents of children with any disability, and provides support and information for all parents, carers and families of children with all types of disability. Members receive free quarterly newsletters, and access to back issues. Publishes two information books written by parents for parents: 'Through the Maze' (summary of services and tips), and 'Helping You and Your Family' for parents of children newly diagnosed. Online book purchase, and membership (free for parents).

**Mail to:** PO Box 131, Gordon NSW 2072

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

## Family Advocacy

**Phone:** 02 9869 0866 (voice/tty)

**Email:** [familyadvocacy@family-advocacy.com](mailto:familyadvocacy@family-advocacy.com)

This statewide not-for-profit organisation works with families to promote and defend the rights and interests of people who have a developmental disability. It is managed and staffed by parents and allies of people with disability, who recognise the issues families face and who can strengthen their advocacy skills. It offers: information sessions and advocacy-based workshops specifically for families, telephone support and advice to individuals, a library of articles / DVDs / books, regular publications, systemic advocacy.

Suite 305, 16-18 Cambridge St, Epping NSW 2121

**Web:** [www.family-advocacy.com](http://www.family-advocacy.com)

**Hours:** Office Mon-Fri 9am-5pm

## Parent Line

**Phone:** 1300 130 052

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

Telephone and web-based counselling and referral service for parents of children aged 0-18 years, and for professionals on behaviour issues, referral and support. Incorporates the Early Childhood Intervention Infoline for families who have questions about their child's development or who have a child who has been diagnosed with a disability. Professional counsellors answer calls regarding parenting issues like challenging behaviour or conflict. Calls from anywhere in NSW for cost of a local call. Telephone interpreter service for non-English speaking people. Website has info sheets, parent stories, blog.

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

## Side by Side Advocacy - Northern Beaches

**Phone:** 02 9808 5500

**Email:** [maree@sidebysideadvocacy.org.au](mailto:maree@sidebysideadvocacy.org.au)

Provides direct advocacy information and assistance to individuals with disability and their carers. Advocate in Warriewood will make home visits.

5 Vuko Place, Warriewood NSW 2102

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

**Hours:** Office Mon-Tue Thu-Fri 9am-4pm. Time negotiated

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# Assessment and Referral

## ADHC Teams - Specialist Support and Case Management

Ageing Disability and Home Care, Family and Community Services (ADHC)

**Phone:** 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

**Web:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

People to age 65 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development, equipment prescription. Information and referral to ADHC respite and other services like day placement, supported accommodation.

**Hours:** Office Mon-Fri 9am-5pm

## Autism Spectrum Australia (Aspect)

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

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

### - Autism Advisor Program

**Phone:** 1300 978 611

**Email:** [autismadvisor@autismspectrum.org.au](mailto:autismadvisor@autismspectrum.org.au)

As the central liaison for early intervention funding packages, the advisors link families and carers of children under the age of 7 with a confirmed diagnosis of an Autism Spectrum Disorder, to the early intervention service provider panel, and provide advice and information about relevant community services. Website provides information and forms. FaHCSIA appointed Autism Spectrum Australia (Aspect) to deliver this program in NSW.

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

### - Diagnostic Assessment Service

**Phone:** 02 8977 8300

**Email:** [webdas@autismspectrum.org.au](mailto:webdas@autismspectrum.org.au)

Clinical Psychologists and Psychologists with experience and post-graduate training in the diagnosis of ASD conduct comprehensive evidence-based assessments for autism spectrum disorders (ASDs) in children, adolescents and adults. Also provide review and cognitive or developmental assessments.

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

## Cerebral Palsy Alliance - LifePoints

**Phone:** 02 9975 8400

187 Allambie Rd, Allambie Heights NSW 2100

**Email:** [info@cerebralpalsy.org.au](mailto:info@cerebralpalsy.org.au)

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

Offers specialist assessment, review and recommendations to enhance performance of children who do not receive support from another agency's therapy team. Children aged 0-18 years with diagnosed cerebral palsy or similar condition.

**Hours:** Mon-Fri 9am-5pm, with answering machine

## Child Development Service (CDS)

**Phone:** 02 9462 9288

**Email:** [CDS@nsccahs.health.nsw.gov.au](mailto:CDS@nsccahs.health.nsw.gov.au)

Level 2, Community Health Centre, Royal North Shore Hospital, 2C Herbert St, St Leonards NSW 2065

Assessment and diagnostic service for children under school age, living in the Northern Sydney region, who are suspected of having global developmental delay or intellectual disability.

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

## Kids First Children's Service

**Phone:** 02 9938 5419

Level 1, 527 Pittwater Rd, Brookvale NSW 2100

**Email:** [enquiries@kids-first.com.au](mailto:enquiries@kids-first.com.au)

**Web:** [www.kids-first.com.au](http://www.kids-first.com.au)

The multi-disciplinary paediatric health and therapy team of speech pathologists, occupational therapists, child psychologists and teachers offer specialist support, *Transition to School* and *Social Skills* groups, and family-focused therapy as a partnership with parents, carers and other professionals for children aged 2-18 with disabilities and developmental delays. Funding and rebates through *Helping Children with Autism*, *Better Start* Early Intervention, Medicare (Mental Health, Chronic Disease), private health funds. Free community service seminars; other parenting support programs.

**Hours:** Mon-Fri 9-6pm Sat 8-3pm.

## Kids OT - Paediatric Occupational Therapy

**Phone:** 02 9451 5735

Ste 13/ Forestway Shopping Cntr, Forestway, Frenchs Forest NSW 2086

**Email:** [amanda@kidsot.com.au](mailto:amanda@kidsot.com.au)

**Web:** [www.kidsot.com.au](http://www.kidsot.com.au)

This private practice specialises in one-hour classes for children with autism, ADHD, cerebral palsy, sensory processing and learning difficulties. Assessment, group programs, individual and school-based intervention, school readiness, access consultation, ideas for parents and teachers. Martial methods and Interactive Metronome program daily (except Sat) for youth and adults.

**Hours:** Mon-Sat 8am-6pm

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## Kids Plan - IT

**Phone:** 0439 634 501

Suite 2, 1st floor, 402 Sydney Rd, Balgowlah NSW 2093

**Email:** [info@kidsplan-it.com.au](mailto:info@kidsplan-it.com.au)

**Web:** [www.kidsplan-it.com.au](http://www.kidsplan-it.com.au)

This private paediatric practice focuses on assisting children aged 2-18 years, who are experiencing difficulty with school participation. Assessment and intervention helps children with disorders including ADHD, ADD, Autism, Aspergers and physical difficulties as well as those who have difficulties in participating at preschool, school, home. Skills may include fine motor, gross motor, self care, play and social, as well as difficulties with attention, memory planning, motivation, confidence and perseverance. Holiday sessions. Registered to provide rebates (private health fund, Medicare, FaHSCIA - Better Start).

**Hours:** Mon Tue Thu Fri 8am-5.30pm

## Macquarie University - Speech and Hearing Clinic

**Phone:** 02 9850 2900

Macquarie University, Ground Floor, 16 University Ave, Macquarie University NSW 2109

**Email:** [shc@mq.edu.au](mailto:shc@mq.edu.au)

**Web:** [www.ling.mq.edu.au](http://www.ling.mq.edu.au)

Provides diagnostic audiology for people of all ages. Rehabilitation service includes rehabilitative audiology, counselling, hearing aid provision, tinnitus treatment and communication training for adults. SHHH Hearing Aid Bank for approved patients. OHS eligible patients welcomed.

**Hours:** Mon-Fri 9am-4:30pm (Office)

## Northcott - EarlyStart Diagnosis Support

**Phone:** 02 9472 5200

Ste 3, Lev 5, 20 George St, Hornsby NSW 2077

**Email:** [edwina.hargreaves@northcott.com.au](mailto:edwina.hargreaves@northcott.com.au)

**Web:** [www.northcott.com.au](http://www.northcott.com.au)

This program provides short-term support to families whose pre-school child (aged 0-6) has recently been diagnosed with a disability, is waiting for diagnosis, or where there is concern about the child's development. Referral by self or an agency. Also provides information and referral. Funded by ADHC.

**Hours:** Mon-Fri 8.30am-4.30pm office

## Northern Beaches Paediatric Speech Pathology Service

**Phone:** 02 9466 2549 intake

Queenscliff Community Health Centre, Palm Ave, North Manly NSW 2100

Assessment, diagnosis and treatment of communication or feeding disorders from birth to school entry. Assessment for school age children. Communication includes speech sounds, language, voice, social skills and fluency (stuttering). Referral by anyone. Services are based at Queenscliff Health Centre (9466 2500) and Mona Vale Hospital (9998 0363). Leave phone message so Intake can call back.

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

## Royal Institute for Deaf and Blind Children

**Phone:** 02 9871 1233 (Voice/TTY)

361-365 North Rocks Rd, North Rocks NSW 2151

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

Provides early intervention, pre-school and school-aged educational programmes for children with hearing and/or vision impairment. Services include centre-based and home-based programs, an audiology clinic and a research and professional training centre operated in affiliation with the University of Newcastle. Also offers a variety of contact options including telephone, post, fax, email, video and video conferencing for families in rural areas. Planning and assessment sessions can be arranged on campus.

**Hours:** Mon-Fri 8:30am-4:30pm (Office)

## Sydney Child Psychology Centre

**Phone:** 02 9960 1222

Suite 3, 836 Military Rd, Mosman NSW 2088

**Email:** [admin@sydneychildpsychologist.com.au](mailto:admin@sydneychildpsychologist.com.au)

**Web:** [www.sydneychildpsychologist.com.au](http://www.sydneychildpsychologist.com.au)

Family centred psychology services, offering assessments and intervention services including development assessment, diagnostic assessment for Autism Syndrome Disorders and related difficulties, educational assessment, social skills training and anxiety treatments. Affiliated with the Children's Assessment and Therapy Services (CATS) Network. Several Psychologists available.

**Hours:** 9am - 5pm, Mon-Sat

## Vision Australia - Children Services

**Phone:** 1300 847 466

4 Mitchell St, Enfield NSW 2136

**Email:** [info@visionaustralia.org](mailto:info@visionaustralia.org)

**Web:** [www.visionaustralia.org](http://www.visionaustralia.org)

Services for children with blindness or low vision, and their families can occur in individual or group sessions, including playgroups and parent workshops, at Enfield and Caringbah. Include: information on eye conditions, early childhood Braille learning programs, advice on toys / books / equipment, life skills programs (independence, leisure, socialisation, sexuality), inclusion (in peer / leisure groups, childcare, schools), literacy support (keyboarding, technology), counselling, preparing for further study and careers. Team of orthoptists, therapists, educators, adaptive technology consultants and counsellors assess the degree to which blindness or low vision is affecting each child's development. Work in partnership with other service providers.

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

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# Child Care

**Check your Council's Community Directory** usually located in the Services or Community section, and based on records in the database of LINCS (Local Information Network for Community Services, [www.lincs.com.au](http://www.lincs.com.au) – see page 39). Search with the term 'Child Care' and change the centre of the search (click on the line below the Search field).

## Brookvale Childrens Centre

**Phone:** 02 9941 1900

36 Federal Pd, Brookvale NSW 2100

**Email:** [webbh@warringah.nsw.gov.au](mailto:webbh@warringah.nsw.gov.au)

**Web:** [www.warringah.nsw.gov.au](http://www.warringah.nsw.gov.au)

Warringah Council operates full day care for children 6 weeks to 5 years. Fully qualified staff. Suitable for the children of working parents. Supporting documentation for enrolment can be found on the website. Charges \$24.20 to register.

**Hours:** Mon-Fri 7:45am-5:45pm

## KU Education Support and Family Services

**Phone:** 02 9268 3917

129 York St, Sydney NSW 2000

**Email:** [pam.macrossan@ku.com.au](mailto:pam.macrossan@ku.com.au)

**Web:** [www.ku.com.au](http://www.ku.com.au)

Provides consultancy support and resources for children with additional needs. Includes children from Aboriginal or Torres Strait Islander backgrounds, from Culturally and Linguistically Diverse (CALD) backgrounds, gifted children and children with disabilities or challenging behaviours who are enrolled in KU services.

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

## Manly Family Day Care

**Phone:** 02 9942 2522

Warringah Council now covers child care for children from the Manly area.

## Pittwater Council Childrens Services

**Phone:** 02 9970 1167

**Mail to:** PO Box 882, Mona Vale NSW 1660

**Email:** [council@pittwater.nsw.gov.au](mailto:council@pittwater.nsw.gov.au)

**Web:** [www.pittwater.nsw.gov.au/children](http://www.pittwater.nsw.gov.au/children)

Will provide general information on childcare in the Pittwater area.

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

## Supporting Children With Additional Needs (SCAN)

**Web:** [www.community.nsw.gov.au/DOCS/STANDARD/PC\\_100997.htm](http://www.community.nsw.gov.au/DOCS/STANDARD/PC_100997.htm)

A scheme funded by DoCS to assist children with additional needs who are enrolled in a preschool, occasional care or vacation care centre to have equal access with all other children to the service and program activities. Eligible children include those from an Aboriginal and/or Torres Strait Islander Background, from a Culturally and Linguistically Diverse Background (CALD), children with challenging behaviours and children with disability. Funding is available to help preschools and childcare services improve the way they support children with additional needs. Funding may be used to provide specialist training for staff, employ a support worker, improve library resources or buy equipment or books that are suitable for children with additional needs. If parents believe their child is eligible they need to speak with the Director or Coordinator of the child care service in which their child is enrolled. The Director or Coordinator will apply for funding.

## Sydney Northern Inclusion Support Agency (ISA)

**Phone:** 02 9439 2182

Suite 205, 35 Hume St, Crows Nest NSW 2065

**Email:** [sydneynorthisa@sdn.org.au](mailto:sydneynorthisa@sdn.org.au)

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

Promotes access and inclusion for all children in early childhood services approved for child care benefit. ISAs employ experienced Inclusion Support Facilitators (ISFs) to support Early Childhood services to make changes and to use practical resources so that children from priority groups (ongoing high support needs due to disability, refugee or ATSI or CALD background) feel welcome and can join in all service activities. Funded by the Australian Government (DEEWR) through the Inclusion and Professional Support Program (IPSP).

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

## Warringah Council Childrens Services

**Phone:** 02 9942 2971

**Email:** [childrenservices@warringah.nsw.gov.au](mailto:childrenservices@warringah.nsw.gov.au)

Community & Cultural Services, Children Services Civic Centre, 725 Pittwater Rd, Dee Why NSW 2099

Administers & co-ordinates services for children & their families funded by Warringah Council, and encourages the development of other children's services through liaison, support, appropriate subsidies and advocacy. Specific Council programmes include long day care, family day care & occasional care for young children, vacation care for children 5 - 12 years, & provision of support for children with additional needs to access childcare services. **Hours:** Weekdays 9am - 5pm

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# Early Childhood Health Centres

Centres provide a free community health service for parents/carers of children aged 0-5 years. The Centres are staffed by registered nurses who are qualified and experienced in midwifery and child and family health. Provide information on caring for babies and young children, including advice on breastfeeding, coping with sleeping and crying, your baby's growth and development, immunisation, safety and play. Other health professionals visit the centres on a regular basis such as medical officer, psychologist, social worker, speech pathologist, lactation consultant. Appointments necessary for first visit and developmental checks. Home visits can be arranged when necessary. Phone your local Council for details of locations in your area. See [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

## Avalon Early Childhood Health Centre

**Phone:** 02 9918 3741 Avalon Recreation Centre, 59A Old Barrenjoey Rd, Avalon NSW 2107  
Provides advice, support and information to new parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education.

**Hours:** Tue Wed Thu 9am-4:30pm. **Area Served:** Pittwater (Avalon area), Pittwater (Clareville area), Pittwater (Palm Beach area), Pittwater (Whale Beach area), Pittwater (Bilgola Plateau area), Pittwater (Newport)

## Balgowlah Stockland Early Childhood Centre

**Phone:** 02 9948 8061  
Stockland Balgowlah, Shop 61, 215 Condamine St, Balgowlah NSW 2093

Provides advice, support and information to new parents on their child's health and development, parent craft consultancy, baby health screening, post-natal care and education. Contact centre for meeting times of new parents groups. Self-weigh available any time centre is open.

**Hours:** Monday to Friday 8.30am-5pm

## Childhood Immunisation Clinic - Chatswood

**Phone:** 02 9777 1000 Dougherty Community Centre, 7 Victor St, Chatswood NSW 2067

**Web:** [www.willoughby.nsw.gov.au/Community/Children/Immunisation/](http://www.willoughby.nsw.gov.au/Community/Children/Immunisation/)

Free Childhood Immunisation Service to the local community is available for all children from newborn to five years of age. The service: \* Promotes the Immunise Australia Program with an aim to increase national immunisation rates for vaccine preventable diseases; \* Follows the recommended NSW Immunisation schedule for childhood vaccines; and is \* Staffed by experienced Immunisation Nurses who provide an efficient, caring and professional service. Immunisation for adults or travel vaccines are not provided, such a service can be obtained from your local doctor.

**Hours:** 1st Thu monthly 2pm - 3:30pm and 6pm - 7:30pm (No clinic in January) **Area Served:** Sydney Metro

## Dee Why Early Childhood Health Centre

**Phone:** 02 9971 8041 32A Howard Av, Dee Why NSW 2099

Provides advice, support & information to families of children 0-5 years on their child's health & development, parenting advice consultancy, child health screening, post-natal care & education, home visits. New parents group.

**Hours:** Mon-Fri 8.30am-5pm self appointment (call for details)

## Frenchs Forest Early Childhood Health Centre

**Phone:** 02 9451 7949 Under YoYos, Cnr Forestway and Warringah Rd, Frenchs Forest 2086

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

## Harbord Early Childhood Centre

**Phone:** 02 9905 2435 29 Lawrence St, Freshwater NSW 2096

Provides advice (including feeding advice), support & information to mothers of new bubs (0-5yrs) on their child's health & development, mothercraft consultancy, baby health screening, post-natal care & education, home visits. New parent groups. Play & "introducing family food" talk. Antenatal Clinic weekly (ring Manly Hospital 9976 9611 for appointment). Library loans books/DVDs on parenting (Donation appreciated). Breast feeding clinic. **Hours:** Mon-Fri 9am-12.30pm; 2pm-4.30pm

## Mona Vale Early Childhood Health Centre

**Phone:** 02 9999 2571 Park St, Mona Vale NSW 2103

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

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

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### **Narrabeen Early Childhood Health Centre**

**Phone:** 02 9913 8870

1393 Pittwater Rd, Narrabeen NSW 2101

Provides advice, support and information to parents on their child's health and development, mothercraft consultancy, baby health screening, post-natal care and education, home visits. New parents group. Community Resource Centre for training of student nurses/midwives for practical experience. Paediatric/Physiotherapy assessment clinic. First mothers' groups and groups according to community need. Advice on Immunisation. Available to any member of the public. **Hours:** Mon-Fri

### **Queenscliff Community Health Centre**

**Phone:** 02 9466 2500

Cnr Lakeside Cres & Palm Ave, North Manly NSW 2100

Services include: Northern Beaches Adolescent Service; Family & Child Health Services; Childrens Speech Pathology Service; Child and Family Counselling; Early Childhood Centre, Head Office on the Northern Beaches; Mental Health Adult Counselling, Drug and Alcohol. **Hours:** Mon-Fri 8:30am-5pm

### **Tresillian Family Care Centre Willoughby**

**Phone:** 02 8962 8300

2 Second Av, Willoughby NSW 2068

**Email:** [tresillian.willoughby@sswahs.nsw.gov.au](mailto:tresillian.willoughby@sswahs.nsw.gov.au)

**Web:** [www.tresillian.net](http://www.tresillian.net)

Residential program offers an intensive style of care for families experiencing difficulties with their infants and young children, 0-2 years of age. Area served (Sydney Metro) - residential units are not area bound.

**Hours:** Residential Program Mon-Fri

**Area Served:** Sydney Metro

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# Early Intervention

## ADHC Teams - Specialist Support and Case Management

Ageing Disability and Home Care, Family and Community Services (ADHC)

**Phone:** 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

**Web:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

People to age 65 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development, equipment prescription. Information and referral to ADHC respite and other services like day placement, supported accommodation.

**Hours:** Office Mon-Fri 9am-5pm

## ATS Assessment & Therapy Services

**Phone:** 02 9959 5799

Suite 702, Level 7, 26 Ridge St, North Sydney NSW 2060

**Email:** [info@northsydneytherapy.com.au](mailto:info@northsydneytherapy.com.au)

**Web:** [www.northsydneytherapy.com.au](http://www.northsydneytherapy.com.au)

Private provider of comprehensive assessment and treatment programs designed to meet the needs of each client including Speech Pathology, Occupational Therapy, Specialist Tutoring, Educational Psychology, Counselling, Preschool Screening, School Readiness Programs and Educational sessions for parents. Therapists registered for FaHSCIA and Better Start funding.

**Hours:** Mon - Sat. Early morning and evening appointments may be requested

## Autism Spectrum Australia (Aspect)

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

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

### - Autism Advisor Program

**Phone:** 1300 978 611

**Email:** [autismadvisor@autismspectrum.org.au](mailto:autismadvisor@autismspectrum.org.au)

As the central liaison for early intervention funding packages, the advisors link families and carers of children under the age of 7 with a confirmed diagnosis of an Autism Spectrum Disorder, to the early intervention service provider panel, and provide advice and information about relevant community services. FaHSCIA appointed Autism Spectrum Australia (Aspect) to deliver this program in NSW. **Hours:** Mon-Fri 9am-4pm

### - Diagnostic Assessment Service

**Phone:** 02 8977 8300

**Email:** [webdas@autismspectrum.org.au](mailto:webdas@autismspectrum.org.au)

Clinical Psychologists and Psychologists with experience and post-graduate training in the diagnosis of ASD conduct comprehensive evidence-based assessments for autism spectrum disorders (ASDs) in children, adolescents and adults. Also provide review and cognitive or developmental assessments. **Hours:** Mon-Fri 9am-4pm

### - Early Intervention

**Phone:** 02 8977 8341

**Email:** [buildingblocks@autismspectrum.org.au](mailto:buildingblocks@autismspectrum.org.au)

Provide services for children to age 8 with an Autism Spectrum Disorder or other disability: Building Blocks early intervention as home or centre based service, and therapy (speech, occupational therapy). Also workshops for educators, and Hanen workshops for families. **Hours:** Mon-Fri 9am-5pm

## Be Centre

**Phone:** 02 9986 0955

Unit 3, 9 Apollo St, Warriewood NSW 2102

**Email:** [info@becentre.org.au](mailto:info@becentre.org.au)

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

This not-for-profit foundation addresses emotional, behavioural, and mental health problems through professional individual and group Play Therapy for children and teens aged 3-17, Parent information workshops and support. Workshops for professionals. Subsidy available for low income families. **Hours:** Mon-Fri 10am-6pm

## Cerebral Palsy Alliance (formerly The Spastic Centre)

**Phone:** 02 9975 8000

Head Office, 187 Allambie Rd, Allambie NSW 2100

**Email:** [info@cerebralpalsy.org.au](mailto:info@cerebralpalsy.org.au)

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

Comprehensive information, early intervention, therapy, vocational training and employment services, residential services, respite care, transport, Conductive Education, advice and modification of equipment aids, technology, Hart Walker, parent groups, hydrotherapy and information. Hydrotherapy pool. Service sites at Allambie Heights, Ryde, Warriewood, Penrith, Croudace Bay (Newcastle), Singleton. Therapy services in Orange, Dubbo, Moruya, Armidale, Canberra (Southern Tablelands), Nowra, Wagga Wagga and Raymond Terrace for school aged children with disabilities and significant and complex needs. CP Helpline 1300 888 378. **Hours:** Mon-Fri 9am-5pm

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## Cerebral Palsy Alliance - Centre for Conductive Education

**Phone:** 02 9975 8424

**Email:** [info@cerebralpalsy.org.au](mailto:info@cerebralpalsy.org.au)

Cerebral Palsy Alliance, 187 Allambie Rd, Allambie Heights NSW 2100

**Web:** [www.cerebralpalsy.org.au/our-services/children-and-teenagers/conductive-education](http://www.cerebralpalsy.org.au/our-services/children-and-teenagers/conductive-education)

A holistic intervention for developing problem solving skills to enhance a child's physical, cognitive, social skills and emotional wellbeing. For children and teens (ages 0-3, 2-5, 6-10, 10-18) with cerebral palsy. Financially supported by ING and Rotary International.

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

## Cerebral Palsy Alliance - LifePoints

**Phone:** 02 9975 8400

187 Allambie Rd, Allambie Heights NSW 2100

**Email:** [info@cerebralpalsy.org.au](mailto:info@cerebralpalsy.org.au)

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

Offers specialist assessment, review and recommendations to enhance performance of children who do not receive support from another agency's therapy team. Children aged 0-18 years with diagnosed cerebral palsy or similar condition.

**Hours:** Mon-Fri 9am-5pm, with answering machine

## Communicate Speech Pathology

**Phone:** 02 9328 3444

**Mail to:** PO Box 506, Double Bay NSW 1360

**Email:** [info@communicatespeech.com.au](mailto:info@communicatespeech.com.au)

**Web:** [www.communicatespeech.com.au](http://www.communicatespeech.com.au)

Mobile private provider to adults and children with disabilities and needs including autism, Down syndrome, PDDNOS, Fragile X, cerebral palsy, hearing impairment, intellectual disability. Services include therapy for speech, language, fluency, literacy, learning, social skills as well as Augmentative and Alternative Communication systems (AAC). Also swallowing assessment and management for adults. Involves individual therapy and assessment, group therapy, screening, parent and teacher training. Available in homes, residential facilities, preschools and schools, supported workplaces. Registered provider with Medicare, private health funds, Speech Pathology Australia, and on BSI & HCWA panels.

**Hours:** Mon to Fri - phone to arrange appointment

## Dalwood Family Care Centre

**Phone:** 02 9951 0340

21 Dalwood Ave, Seaforth NSW 2092

**Web:** [www.health.nsw.gov.au/publichealth/mch/family\\_care\\_centres.asp](http://www.health.nsw.gov.au/publichealth/mch/family_care_centres.asp)

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

## Dalwood Spilstead Service

**Phone:** 02 9951 0365

21 Dalwood Avenue, Seaforth NSW 2092

**Web:** [www.dalwoodspilstead.com](http://www.dalwoodspilstead.com)

**Service Description:** A holistic program to meet children and family needs including the provision of a structured preschool program for children with delays in social behavioral and developmental areas. Family focussed therapy programs including specialised playgroups, occupational therapy and speech pathology.

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

## DET Early Intervention Support Class

**Phone:** 02 9971 8635

Dee Why Public School, Cnr Regent St and Fisher Rd, Dee Why 2099

**Email:** [deewhy-p.school@det.nsw.edu.au](mailto:deewhy-p.school@det.nsw.edu.au)

**Web:** [www.deewhy-p.schools.nsw.edu.au](http://www.deewhy-p.schools.nsw.edu.au)

The Department of Education and Communities provides small group half-day sessions (twice per week) with an individual learning program for each child, in collaboration with parents, therapist, early childhood teacher. Parent to contact local public school by April for the next year. Also some resource support in government-funded community-based preschools or child care centres.

**Hours:** Mon-Fri 9am-3pm Office, centre 9am-12noon

## Early Education (EarlyEd) Inc

**Phone:** 02 9923 2727

3 Cunningham St, North Sydney NSW 2060

**Email:** [info@earlyed.com.au](mailto:info@earlyed.com.au)

**Web:** [www.earlyed.com.au](http://www.earlyed.com.au)

Early childhood intervention services for children with disability / difficulty (physical, intellectual, communication, play, sensory, social, emotional, behaviour). Group programs, therapy, individual educational sessions, support to childcare/preschool, transition to school, home visiting, family support. Also at 17 Virginia St, Rosehill 2142 (phone 9897 1511).

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

## Guide Dogs NSW/ACT - Head Office

**Phone:** 02 9412 9300

2-4 Thomas St, Chatswood NSW 2067

**Web:** [www.guidedogs.com.au](http://www.guidedogs.com.au)

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

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

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## Harbord Homeopathic Clinic

**Phone:** 02 9905 9415

110/20 Dale St, Brookvale NSW 2100

**Email:** [info@hhcc.com.au](mailto:info@hhcc.com.au)

**Web:** [www.hhcc.com.au](http://www.hhcc.com.au)

Homeopathy for ADHD, autism, Aspergers, developmental and acquired disabilities, sleep issues, immune support, glue ear, behaviour and learning difficulties and anxiety. Family focused practice with health care support for the whole family, children's weight issues, mother and child, fertility, birth, teenagers, men's health, seniors health and travel. Courses and library loans. Practitioners Bernadette English, Linlee Jordan, and Lorraine Ellison. Art therapist Sherree Maniks.

**Hours:** Mon-Fri 8am-5pm, Sat 9am-12noon

## HypermobilO-T – Occupational Therapy for Hypermobility Conditions

**Phone:** 0414 936 678

Sports Physio Clinic - Sydney Academy of Sport, Wakehurst Parkway, Narrabeen 2101

**Email:** [michelle@hypermobilot.com.au](mailto:michelle@hypermobilot.com.au)

**Web:** [www.hypermobilot.com.au](http://www.hypermobilot.com.au)

Private provider of hypermobility assessment, therapy, adjustment counselling, advice on devices and home modifications for people of all ages with hypermobility conditions. Individual or group therapy. Children's aquatherapy. Support groups for Northern Sydney residents: high school - monthly on Sat afternoon, parents of hypermobile child - monthly Fri 10am-12noon. Approved Medicare provider for the Enhanced Primary Care Plan and Mental Health Initiative. Private health rebate for eligible clients.

**Hours:** Tue 9am-5pm, Wed 12-5pm, Thu & Fri 9am-5pm, Sat 8am-12pm

## Kids First Children's Service

**Phone:** 02 9938 5419

Level 1, 527 Pittwater Rd, Brookvale NSW 2100

**Email:** [enquiries@kids-first.com.au](mailto:enquiries@kids-first.com.au)

**Web:** [www.kids-first.com.au](http://www.kids-first.com.au)

The multi-disciplinary paediatric health and therapy team of speech pathologists, occupational therapists, child psychologists and teachers offer specialist support, *Transition to School* and *Social Skills* groups, and family-focused therapy as a partnership with parents, carers and other professionals for children aged 2-18 with disabilities and developmental delays. Funding and rebates through *Helping Children with Autism*, *Better Start* Early Intervention, Medicare (Mental Health, Chronic Disease), private health funds. Free community service seminars; other parenting support programs. **Hours:** Mon-Fri 9-6pm Sat 8-3pm.

## Kids OT - Paediatric Occupational Therapy

**Phone:** 02 9451 5735

Ste 13/ Forestway Shopping Cntr, Forestway, Frenchs Forest NSW 2086

**Email:** [amanda@kidsot.com.au](mailto:amanda@kidsot.com.au)

**Web:** [www.kidsot.com.au](http://www.kidsot.com.au)

Private practice specialising in one-hour classes for children with autism, ADHD, cerebral palsy, sensory processing and learning difficulties. Assessment, group programs, individual and school-based intervention, school readiness, access consultation, ideas for parents and teachers. Martial methods and Interactive Metronome program daily (except Sat) for youth and adults.

**Hours:** Mon-Sat 8am-6pm

## Kids Plan - IT

**Phone:** 0439 634 501

Suite 2, 1st floor, 402 Sydney Rd, Balgowlah NSW 2093

**Email:** [info@kidsplan-it.com.au](mailto:info@kidsplan-it.com.au)

**Web:** [www.kidsplan-it.com.au](http://www.kidsplan-it.com.au)

This private paediatric practice focuses on assisting children aged 2-18 years, who are experiencing difficulty with school participation. Assessment and intervention helps children with disorders including ADHD, ADD, Autism, Aspergers and physical difficulties as well as those who have difficulties in participating at preschool, school, home. Skills may include fine motor, gross motor, self care, play and social, as well as difficulties with attention, memory planning, motivation, confidence and perseverance. Holiday sessions. Registered to provide rebates (private health fund, Medicare, FaHSCIA - Better Start).

**Hours:** Mon Tue Thu Fri 8am-5.30pm

## Lifestart Northern Beaches - Early Childhood Intervention

**Phone:** 02 9451 9564

Arranounbai School, 5 Aquatic Dr, Frenchs Forest NSW 2086

**Email:** [northernbeaches@lifestart.org.au](mailto:northernbeaches@lifestart.org.au)

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

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

## Lifestart Plus - Autism and Better Start Services

**Phone:** 02 9364 0111

Head office, 78C Charles St, Putney NSW 2112

**Email:** [lifestartplus@lifestart.org.au](mailto:lifestartplus@lifestart.org.au)

**Web:** [www.lifestart.org.au/services/lifestart-plus](http://www.lifestart.org.au/services/lifestart-plus)

Provides additional services and therapy for children with disabilities: occupational therapy, speech pathology, physiotherapy, Hanen programs (words, talking), communication and social skills. Services are given at a Lifestart Centre, your child's early childhood centre or school, or at home. Can be claimed through FaHSCIA Helping Children with Autism, Better Start funding packages or self-funded.

**Hours:** Mon-Fri 9am-5pm in school terms

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## Lizard Children's Centre

**Phone:** 02 9904 8130

Level 3, 126 Greville St, Chatswood NSW 2067

**Email:** [admin@lizardcentre.com](mailto:admin@lizardcentre.com)

**Web:** [www.lizardcentre.com](http://www.lizardcentre.com)

Private paediatric clinic provides speech pathology, Applied Behavioural Analysis (ABA) programs for children with autism and related disorders aged 1-18, social skills groups, behaviour management consultation for home / school / pre-school / psychological service. Training programs for parents, professionals including therapists, teachers, allied health staff. ABA therapist training. Outreach service to rural / remote families and interstate. **Hours:** Mon-Sat 9am-5.30pm

## Macquarie University - Speech and Hearing Clinic

**Phone:** 02 9850 2900

Macquarie University, Ground Floor, 16 University Ave, Macquarie University 2109

**Email:** [shc@mq.edu.au](mailto:shc@mq.edu.au)

**Web:** [www.ling.mq.edu.au](http://www.ling.mq.edu.au)

Provides diagnostic audiology for people of all ages. Rehabilitation service includes rehabilitative audiology, counselling, hearing aid provision, tinnitus treatment and communication training for adults. SHHH Hearing Aid Bank for approved patients. OHS eligible patients welcomed. **Hours:** Mon-Fri 9am-4:30pm (Office)

## Northern Beaches Paediatric Speech Pathology Service

**Phone:** 02 9466 2549 intake

Queenscliff Community Health Centre, Palm Ave, North Manly NSW 2100

Assessment, diagnosis and treatment of communication or feeding disorders from birth to school entry. Assessment for school age children. Communication includes speech sounds, language, voice, social skills and fluency (stuttering). Referral by anyone. Services are based at Queenscliff Health Centre (9466 2500) and Mona Vale Hospital (9998 0363). Leave phone message so Intake can call back. **Hours:** Mon-Fri 8am-4.30pm. Speech pathologist will return your call.

## Physical Ability Unit - Motor Skills Therapy

**Phone:** 02 9975 7743

Arranounbai School, 5 Aquatic Drive, Frenchs Forest NSW 2086

**Email:** [nsld-pau@health.nsw.gov.au](mailto:nsld-pau@health.nsw.gov.au)

Individual or group sessions to develop play skills for children and motor skills for children and teens to age 18 with physical disabilities or medical conditions. Staffed by physiotherapist, occupational therapist, nurse. Includes fine and gross motor play and language simulation. Run for 1-2 hours per week during school terms. **Hours:** Office Mon-Thu 9am-3pm

## Queenscliff Community Health Centre

**Phone:** 02 9466 2500

Cnr Lakeside Cres & Palm Ave, North Manly NSW 2100

Services include: Northern Beaches Adolescent Service; Family & Child Health Services; Childrens Speech Pathology Service; Child and Family Counselling; Early Childhood Centre, Head Office on the Northern Beaches; Mental Health Adult Counselling, Drug and Alcohol. **Hours:** Mon-Fri 8:30am-5pm

## Royal Institute for Deaf and Blind Children

**Phone:** 02 9871 1233 (Voice/TTY)

361-365 North Rocks Rd, North Rocks NSW 2151

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

Provides early intervention, pre-school and school-aged educational programmes for children with hearing and/or vision impairment. Services include centre-based and home-based programs, an audiology clinic and a research and professional training centre operated in affiliation with the University of Newcastle. Also offers a variety of contact options including telephone, post, fax, email, video and video conferencing for families in rural areas. Planning and assessment sessions can be arranged on campus. **Hours:** Mon-Fri 8:30am-4:30pm (Office)

## SDN Early Childhood Links Northern Sydney

**Phone:** 02 9439 2182

35 Hume St, Crows Nest NSW 2065

**Email:** [eclns@sdn.org.au](mailto:eclns@sdn.org.au)

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

This free program provides access, participation and inclusion of children aged 0-8 years with a diagnosed disability, developmental delay or undergoing assessment. A multi-disciplinary team assists parents and carers to achieve what they want for their child, by identifying and supporting goals, delivering integrated services, facilitating links with other services, building skills and capacity of families and educators. **Hours:** Office Mon-Fri 9am-5pm.

## Sydney Child Psychology Centre

**Phone:** 02 9960 1222

Suite 3, 836 Military Rd, Mosman NSW 2088

**Email:** [admin@sydneychildpsychologist.com.au](mailto:admin@sydneychildpsychologist.com.au)

**Web:** [www.sydneychildpsychologist.com.au](http://www.sydneychildpsychologist.com.au)

Family centred psychology services, offering development and diagnostic assessment for Autism Syndrome Disorders and related difficulties, educational assessment, social skills training and anxiety treatments. Affiliated with the Children's Assessment and Therapy Services (CATS) Network. **Hours:** 9am - 5pm, Mon-Sat

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## **The Shepherd Centre - Macquarie**

**Phone:** 02 8297 4700

19 Bancroft Av, Roseville NSW 2069

**Email:** [enquiries@shepherdcentre.org.au](mailto:enquiries@shepherdcentre.org.au)

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

The early intervention program for children to age 6 with hearing loss provides tools to learn to listen and speak. Cochlear implant program available. Family-centred practice with various specialists providing support in audiology, listening and spoken language, child and family counselling.

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

## **Vision Australia - Children Services**

**Phone:** 1300 847 466

4 Mitchell St, Enfield NSW 2136

**Email:** [info@visionaustralia.org](mailto:info@visionaustralia.org)

**Web:** [www.visionaustralia.org](http://www.visionaustralia.org)

Services for children with blindness or low vision, and their families can occur in individual or group sessions, including playgroups and parent workshops, at Enfield and Caringbah. Include: information on eye conditions, early childhood Braille learning programs, advice on toys / books / equipment, life skills programs (independence, leisure, socialisation, sexuality), inclusion (in peer / leisure groups, childcare, schools), literacy support (keyboarding, technology), counselling, preparing for further study and careers. Team of orthoptists, therapists, educators, adaptive technology consultants and counsellors assess the degree to which blindness or low vision is affecting each child's development. Work in partnership with other service providers.

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

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# Equipment and Aids

## Ability Technology

**Phone:** 02 9907 9736

**Email:** [info@ability.org.au](mailto:info@ability.org.au)

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

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

29 Frenchs Forest Rd, Seaforth NSW 2092

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

## Aussie Kids Software

**Phone:** 1300 699 005

**Email:** [info@AussieKidsSoftware.com.au](mailto:info@AussieKidsSoftware.com.au)

Online retailer of children's educational software, non-violent computer games, educational DVD's, computers & children's mice/headphones/keyboards - from kindergarten to high school. Useful for people with disabilities of all ages. Happy to research and quote for items that are not currently in their core range.

**Hours:** Office Mon-Fri 9am-5pm

**Mail to:** PO Box 1711, Bowral NSW 2576

**Web:** [www.AussieKidsSoftware.com.au](http://www.AussieKidsSoftware.com.au)

## Australian Support Dogs

**Phone:** 1300 788 721

**Email:** [information@asdog.org.au](mailto:information@asdog.org.au)

Trains assistance dogs to perform tasks for people with physical disabilities including fetching and carrying, opening and closing doors. In emergencies the dogs are capable of alerting neighbours.

**Hours:** Variable.

**Mail to:** PO Box 5492, West Chatswood NSW 1515

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

## Bilby Resources for Children with Special Needs

**Phone:** 1800 245 297

**Email:** through website

Produces, distributes and sells resources for early numeracy, literacy, autism and signed communication. Include DVDs, posters, teaching kits, puppets, Autism books and guides, gripping aids, educational games and packs, Auslan and NZSL books. Also resources for parents and teachers. Catalogue online or by post. Online shop. Stocked in 522 bookshops and suppliers.

**Mail to:** PO Box 62, Bega NSW 2550

**Web:** [www.bilby.net](http://www.bilby.net)

**Hours:** Office Mon-Fri 9am-5pm

## Brookvale Toy Library

**Phone:** 02 9905 4895

**Email:** [btl@iprimus.com.au](mailto:btl@iprimus.com.au)

HIRE of toys, for education & entertainment of 6 months to 8 year olds: Puzzles, Nursery & Activity Toys, Trikes, Ride-ons & Ride-in cars, Car & Train sets, Doll's Houses, Roller Coasters & Climbing equipment, Cubby Houses & Castles. Some older adult games available. SALES of Nursery Toys, Back-Packs, Pram/Buggies, Trikes & Go-Karts. Brands: Kids 11, Jolly Jumper, Kelty, Triang and many more. "Special Needs" mobility buggy (wheel chair alternative) for sale.

**Hours:** Tue-Fri 9:30am-4pm, Sat 9am-12pm. Closed Sun & Mon.

1 Mitchell Rd, Brookvale NSW 2100

**Web:** [www.brookvaletoylibrary.com.au](http://www.brookvaletoylibrary.com.au)

## Cerebral Palsy Alliance - TASC

**Phone:** 02 9975 8472

**Email:** [tasc@cerebralpalsy.org.au](mailto:tasc@cerebralpalsy.org.au)

Technology solutions for computer Access, Seating and Communication (TASC) provides individual consultation and assessment for computer and communication devices, specialised posture, seating systems and wheelchair modification and repairs. Also loan some equipment for trial. Can provide medico-legal assessments; have an information and resource service. Bi-monthly newsletter free on website.

Cerebral Palsy Alliance, 187 Allambie Rd, Allambie Hts 2100

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

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

## CleftPALS Society - NSW

**Phone:** 02 9294 8944 (helpline)

**Email:** [cleftpalsnsw@gmail.com](mailto:cleftpalsnsw@gmail.com)

State branch of national volunteer support group of parents and professionals who supply information, equipment and support for anyone born with a cleft lip or palate or both. Sell feeding equipment of special design, and earwraps. Quarterly CleftPALS newsletter. Contacts in all states and territories.

**Mail to:** PO Box 475, Lane Cove NSW 1595

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

**Hours:** Helpline 24 hours. Office Mon-Sun 9am-5pm

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## Cubby House Toy Library Inc

**Phone:** 02 9971 7006

**Email:** [cubbyh@tpg.com.au](mailto:cubbyh@tpg.com.au)

32 Howard Ave, Dee Why NSW 2099

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

Community based toy library for children with additional needs - physical, developmental, learning, speech, emotional or social. List of toys, books, CD, DVDs for children; and reference books for parents on website. Staffed by volunteers in open hours. Occupational therapist appointments free to members. Prospective members must phone for initial appointment.

**Hours:** Tue 11am-2.30pm, Wed Thu 9:45am-1pm, Fri Sat 9:45am-12pm. Closed school holidays & public holidays.

## DryBib Australia, BigBandana Bibs

**Phone:** 02 9799 2424

**Email:** [r@drybib.com.au](mailto:r@drybib.com.au)

**Mail to:** DryBib Australia, PO Box 354, Summer Hill NSW 2130

**Web:** [www.bigbandanabibs.com.au](http://www.bigbandanabibs.com.au)

Suppliers of DryBib and BandanaBib, a bib for children, youth and adults who have problems with saliva control or swallowing difficulties. The front of the bib is cotton and the backing is a special fleece that absorbs and disperses moisture. In various patterns and colours. Free postage.

**Hours:** Online shop 24/7

## E-bility DisABILITY Information Resources

**Phone:** 02 9810 2216

**Web:** [www.e-bility.com](http://www.e-bility.com)

Comprehensive online resource for disability and accessibility-related information, resources, services and products, including directories for accessible travel, disability services brochures, articles, disability classifieds (second hand equipment, properties, vehicles), motivational speakers, book reviews etc.

**Hours:** Mon-Fri 9.30am-4.30pm

## EnableNSW

**Phone:** 1800 362 253 (1800 ENABLE)

**Email:** [enable@hss.health.nsw.gov.au](mailto:enable@hss.health.nsw.gov.au)

**Mail to:** Locked Bag 5270, Parramatta NSW 2124

**Web:** [www.enable.health.nsw.gov.au](http://www.enable.health.nsw.gov.au)

EnableNSW provides equipment, and in some cases attendant care, to assist eligible residents of NSW with a permanent or long-term disability by providing assistive technology in the areas of : •Mobility •Self Care •Communication •Respiratory Support EnableNSW is part of Health Support Services and is responsible for the administration of the NSW Health disability support programs including the: •Aids and Equipment Program •Specialised Equipment Essential for Discharge (SEED) •Young People in Residential Aged Care (YPIRAC) •Prosthetic Limb Service (formerly known as ALS) •Home Respiratory Program (HRP) •Away From Home Haemodialysis.

**Hours:** Mon-Fri 9am-5pm (excluding public holidays)

## Gillespie's Hire and Sales Service

**Phone:** 02 9411 2180

**Email:** [sales@ghss.com.au](mailto:sales@ghss.com.au)

13 Elizabeth St, Artarmon NSW 2064

**Web:** [www.ghss.com.au](http://www.ghss.com.au)

Sells and hires invalid and rehabilitation aids including wheelchairs, bathroom equipment and walking frames. Also provides short term hire of car-seats and baby capsules.

**Hours:** Mon-Fri 9am-5:30pm, Sat 9am-12pm

## Guide Dogs NSW/ACT - Head Office

**Phone:** 02 9412 9300

2-4 Thomas St, Chatswood NSW 2067

**Web:** [www.guidedogs.com.au](http://www.guidedogs.com.au)

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

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

## Hire for Baby - Northern Beaches

**Phone:** 02 8011 3480

**Email:** [northernbeaches@hireforbaby.com](mailto:northernbeaches@hireforbaby.com)

176 Pitt Rd, North Curl Curl NSW 2099

**Web:** [www.hireforbaby.com.au](http://www.hireforbaby.com.au)

An equipment hire service for babies and toddlers. Stock includes cots, high chairs etc. Operates a Roads & Maritime accredited rental plan. Installation of baby capsules and child restraints. Free advice and inspection of child restraints.

**Hours:** Flexible by arrangement

## Independent Living Centre NSW (ILC)

**Phone:** 1300 885 886 (info line)

**Email:** [help@ilcsw.asn.au](mailto:help@ilcsw.asn.au)

Shop 4019 Westpoint Shopping Centre, 17 Patrick St, Blacktown 2148

**Web:** [www.ilcsw.asn.au](http://www.ilcsw.asn.au)

Provides free information, advice, and comprehensive display (no sale or hire) of commercially available equipment and products, building design and access requirements for NSW people with disabilities. Call or make an appointment for advice or equipment. Visitor can try products at the centre but no products sold. Website has product database, list of secondhand equipment, guides (e.g. home design, falls prevention), training news, assistive technology database, links. Also has ILC Access Consultancy for people with disabilities. Will do community talks and group tours of assistive technology products / services.

**Hours:** Mon-Fri 9am-5pm. Make appointment for occupational therapist

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## Intouch Direct

**Phone:** 1300 134 260, (1300 366 455)

Unit 2 & 3, 14 Luke St, Lytton QLD 4178

**Email:** [healthcare@intouchdirect.com.au](mailto:healthcare@intouchdirect.com.au)

**Web:** [www.intouchdirect.com.au](http://www.intouchdirect.com.au)

Intouch Direct has a broad and expanding product range from healthcare providers such as TENA, Kimberly Clarke, HARTMAN Australia and more. Intouch Direct offer value for money, discreet packaging, convenient shopping, experience, samples and education

**Hours:** Mon-Fri 8am-6pm

## Master Locksmiths Access Key System (MLAK)

**Phone:** 1800 810 698

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

**Email:** [national@masterlocksmiths.com.au](mailto:national@masterlocksmiths.com.au)

**Web:** [www.masterlocksmiths.com.au](http://www.masterlocksmiths.com.au)

The MLAK system is put in place to allow access to accessible toilet facilities so that they can still be accessed when otherwise they would be closed after hours. The MLAK system only allows key holders entry to the accessible toilet facilities (that use the MLAK system). Anyone with a disability is able to purchase an MLAK master key, with a letter of authorization, which will open all toilets, playgrounds and other facilities that are fitted with the specially designed lock. A list of facilities with an MLAK system is available from Spinal Cord Injuries Association.

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

## Muscular Dystrophy Association of NSW

**Phone:** 02 9809 2111

Suite 101, 5 Bay Drive, Meadowbank NSW 2114

**Email:** [info@mdnsw.org.au](mailto:info@mdnsw.org.au)

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

Provides support, equipment, advice, referral, advocacy, physical aids, welfare, moral support, welfare and counselling to those with neuromuscular disorders. Financially Supports medical and scientific research, organises a variety of fund-raising events and runs a public education program. For Neuromuscular Management Clinics contact Prince of Wales Hospital Nerve and Muscle Clinic 9382 1700 or Sydney Children's Hospital 9382 1700. Clinics provide access to neurologists, occupational therapists, physiotherapists, geneticists, genetic counsellors, psychologists and social workers.

**Hours:** Mon-Fri 9am-4.30pm

## Nana's Weighted Blankets

**Phone:** 0410 478 810

8 Wolstenholme St, Rutherford NSW 2320

**Email:** [info@nanasweightedblankets.com.au](mailto:info@nanasweightedblankets.com.au)

**Web:** [www.nanasweightedblankets.com.au](http://www.nanasweightedblankets.com.au)

A weighted blanket is a blanket filled with poly-pellets (safe, non toxic, fully machine washable) to give the blanket added weight. Its deep pressure releases a brain chemical that calms the individual by allowing the body to relax and induce sleep. Suitable for children, teens and adults affected by conditions like Autism Spectrum Disorder, ADHD, ADD, PDD-NOS, Sensory Integration or Processing Disorder, Rett's Syndrome, Bi-Polar, Tourette's Syndrome, CP, Alzheimer's, Dementia, Restless Leg Syndrome, Menopause and Insomnia. Ready made or custom made blankets of various fabrics and sizes, as well as fitted zip sheets, shoulder wraps, sensory cushions, ankle and wrist weights. Money back guarantee and flat postage rate \$10 within Australia.

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

## Northcott Computer Assistive Technology Services (CATS)

**Phone:** 02 9890 0181

Northcott Bldg, 1 Fennell St, North Parramatta NSW 2151

**Email:** [cats@northcott.com.au](mailto:cats@northcott.com.au)

**Web:** [www.northcottcats.com.au](http://www.northcottcats.com.au)

Team including occupational therapists and speech pathologists apply specialist skills to many areas of assistive technology like: Speech generating devices, Alternate access to the computer (hardware and software), Switch access to technology, Mounting and positioning for devices and switches, Alternatives to handwriting, Alternate access methods for primary, secondary and tertiary curriculums. The state-wide service travels to regional centres.

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

## Northcott Equipment Solutions (NES)

**Phone:** 02 9890 0950

1 Fennell St, North Parramatta NSW 2151

**Email:** [nesadmin@northcott.com.au](mailto:nesadmin@northcott.com.au)

**Web:** [www.northcott.com.au/nes.php](http://www.northcott.com.au/nes.php)

Seating service assists with personalised seating and postural support requirement including assessment, manufacture and fitting of customised seating. Skilled Orthotists provide custom made long leg calipers, below the knee calipers, body jackets and spinal braces, and dynamic and static hand splints. Custom Footwear make handcrafted orthopaedic shoes, boots and sandals. They also provide individual adjustments to fashion shoes. Wheelchairs and Equipment service offers repairs to manual and powerdrive wheelchairs, refurbishment of older equipment, manufacture and fitting of customised accessories such as trays, belts, foot supports etc. individual modifications such as conversion of powerdrive wheelchairs to chin control, and affordable service plans for routine maintenance and prevention of serious problems.

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

## NSW Inclusion and Professional support Program - Specialist Equipment

**Phone:** 1800 157 818

Level 3, 215 Euston Rd, Alexandria NSW 2015

**Email:** [info@cscentral.org.au](mailto:info@cscentral.org.au)

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

Provides a specialist equipment pool for children with ongoing high support needs (primarily those with disabilities), in Commonwealth funded children's services. Information and referral is also available to families and other members of the community.

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

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## Pearce's Child Restraints

**Phone:** 02 9997 4602

5/6 Wilmette Pl, Mona Vale NSW 2103

**Web:** [www.pearceschildrestraints.com.au](http://www.pearceschildrestraints.com.au)

Sales and hire service for baby capsules and car seats, child restraint fitting station. Visits selected hospitals on North Shore.

## Quantum Reading Learning and Vision

**Phone:** 02 9479 3100

1/2 Pioneer Avenue, Thornleigh NSW 2120

**Email:** [info@quantumrlv.com.au](mailto:info@quantumrlv.com.au)

**Web:** [www.quantumrlv.com.au](http://www.quantumrlv.com.au)

Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers, book readers, electronic magnification units, portable note takers, tactile graphics makers and the Mountbatten Braille. Equipment demonstrations available in-store and in-home. Mon-Fri 8:30am-5pm

## Seams Away - Clothing for Children

**Phone:** 0438 195 876

**Mail to:** Seams Away, PO Box 2266, Kew VIC 3101

**Email:** [seamsaway@gmail.com](mailto:seamsaway@gmail.com)

**Web:** [www.seamsaway.com.au](http://www.seamsaway.com.au)

Soft clothing line and products for children with sensory sensitivities (autism, aspergers, sensory processing disorder). Mudpies has resources for communication, cognitive, daily living skills, fine or gross motor skills, positioning, social and emotional skills. Books (like Life Skills 4 Kids ), DVDs, CDs and software are also sold online. **Hours:** 24/7

## Specialised Wheelchair Company

**Phone:** 02 9905 5333

11 Mitchell Rd, Brookvale NSW 2100

**Email:** [jain@swco.com.au](mailto:jain@swco.com.au)

**Web:** [www.swco.com.au](http://www.swco.com.au)

Sell power and manual wheelchairs, specialised power wheelchair control systems. Professional assessments for seating and pressure care, postural positioning, home automation (environment control). Power and manual wheelchairs (Glide, Quickie, Melrose, Otto Bock), pressure care and positioning products (incl Jay, Roho). Demonstrate, sell and deliver rehabilitation equipment to aid mobility. Hire standard wheelchairs and walking frames but do NOT sell prosthesis or aids fitted to the body. **Hours:** Mon-Fri 9am-5pm

## TAD Disability Services

**Phone:** 02 9912 3400, 1300 663 243

Unit 10, 185 Briens Rd, Northmead NSW 2152

**Email:** [info@tadnsw.org.au](mailto:info@tadnsw.org.au)

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

This voluntary organisation provides: 1. TAD Computer Support Service - volunteers refurbish computers and ancillary equipment, then sells to eligible clients with warranty and support. 2. Custom Designed Equipment Service (CDA) - technicians (engineers, tradesmen etc) design and construct aids for NSW residents with disabilities, and modify existing commercial items to suit individual needs. Pay for cost of materials only. 3. Freedom Wheel modified bike program. 4. George Winston Communication Service has reference material on adaptive technology for people with disabilities. Email for subscription to TAD journal. **Hours:** Mon-Fri 9am-5pm

### - TAD Disability Services - Computer Support Service

**Email:** [css@tadnsw.org.au](mailto:css@tadnsw.org.au)

Volunteers refurbish donated computers and ancillary equipment, install software, sell the computer (\$250 or \$380) and provide 2 year maintenance to people with any Centrelink benefit card. Contain Windows XP or Windows 7 and Microsoft Office 2007. Free delivery within NSW about 4-6 weeks after receive order, copy of Centrelink card and full payment. **Hours:** Mon-Fri 9am-4pm

### - TAD Disability Services - Freedom Wheels

**Email:** [cde@tadnsw.org.au](mailto:cde@tadnsw.org.au)

Healthcare and engineering staff assess each child at a bike "clinic" and write a specification for a bike to meet their exact needs. This may include stabiliser wheels, postural supports, belts, footcups, towbars and modified handlebars. See website for clinic dates and sites. Also in Queensland, South Australia ACT, Tasmania, Western Australia, Victoria. **Hours:** Office Mon-Fri 8.30am-4.30pm

## Vision Australia - Children Services

**Phone:** 1300 847 466

4 Mitchell St, Enfield NSW 2136

**Email:** [info@visionaustralia.org](mailto:info@visionaustralia.org)

**Web:** [www.visionaustralia.org](http://www.visionaustralia.org)

Services for children with blindness or low vision, and their families can occur in individual or group sessions, including playgroups and parent workshops, at Enfield and Caringbah. Include: information on eye conditions, early childhood Braille learning programs, advice on toys / books / equipment, life skills programs (independence, leisure, socialisation, sexuality), inclusion (in peer / leisure groups, childcare, schools), literacy support (keyboarding, technology), counselling, preparing for study and careers. Team of orthoptists, therapists, educators, adaptive technology consultants / counsellors assess the degree to which blindness or low vision is affecting each child's development. Work with other service providers. Mon-Fri 9am-5pm

## Zortex Orthotics

**Phone:** 02 9438 5003

Shop 3, 41 Oxley St, Crows Nest NSW 2065

**Email:** [info@zortexorthotics.com](mailto:info@zortexorthotics.com)

Supplies custom designed orthoses (devices that support limb to enhance movement), especially for children with cerebral palsy and spinal scoliosis (including Hart Walker and Spinecor).

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# Family Support

## Parent support

### ADHC Group for Parents of Children with Disabilities

Ageing Disability and Home Care, Family and Community Services (ADHC)

**Phone:** 02 8424 2500 (Joy)

Meets at Tramshed Community Centre, 1395A Pittwater Rd, Narrabeen 2101

This parent-run group is facilitated by ADHC staff. It is not necessary to be a client of ADHC. Parents identify the focus (perhaps speaker) for each meeting, also share ideas, talk with each other and relax. Group meets first Wednesday monthly from 12pm during school term.

**Hours:** Office Mon-Fri 9am-5pm.

### Association for Children with a Disability NSW (ACD NSW)

**Phone:** 1300 851 603

**Mail to:** PO Box 131, Gordon NSW 2072

**Email:** [acdnew@acdnew.org.au](mailto:acdnew@acdnew.org.au)

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

This non-profit organisation is run by parents of children with any disability, and provides support and information for all parents, carers and families of children with all types of disability. Members receive free quarterly newsletters, and access to back issues. Publishes two information books written by parents for parents: 'Through the Maze' (summary of services and tips), and 'Helping You and Your Family' for parents of children newly diagnosed. Online book purchase, and membership (free for parents).

### Autism Community Network

**Phone:** 0431 724 229

**Mail to:** Steve Drakoulis, PO Box 188, Riverwood NSW 2210

**Email:** [autismcommunity@yahoo.com](mailto:autismcommunity@yahoo.com)

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

A parent support network of groups that meet monthly - Brookvale (3rd Thu 7.30pm-9.30pm), Hornsby (2nd Tue 7.30pm-9pm), Belmore, Penshurst, Lugarno, Arncliffe. Website has information about resources, events, meetings, options, questions answered by school teachers, counsellors, ASPECT staff. Confirm attendance since venue or time may change. Coordinator is a local facilitator, Positive Partnerships.

### Community Connect Northern Beaches Carers' Program

**Phone:** 02 9931 7750

30 Fisher Rd, Dee Why NSW 2099

**Email:** [info@norbeachconnect.com.au](mailto:info@norbeachconnect.com.au)

**Web:** [www.norbeachconnect.com.au](http://www.norbeachconnect.com.au)

Provides carers with information, training, support and referral services. Support groups are provided, also training courses on stress management and carer's issues. Special information sessions and workshops on dementia and other topics available.

**Hours:** Mon-Fri 10am-4pm.

### Kids First Children's Service

**Phone:** 02 9938 5419

Level 1, 527 Pittwater Rd, Brookvale NSW 2100

**Email:** [enquiries@kids-first.com.au](mailto:enquiries@kids-first.com.au)

**Web:** [www.kids-first.com.au](http://www.kids-first.com.au)

The multi-disciplinary paediatric health and therapy team of speech pathologists, occupational therapists, child psychologists and teachers offer specialist support, *Transition to School* and *Social Skills* groups, and family-focused therapy as a partnership with parents, carers and other professionals for children aged 2-18 with disabilities and developmental delays. Funding and rebates through *Helping Children with Autism*, *Better Start* Early Intervention, Medicare (Mental Health, Chronic Disease), private health funds. Free community service seminars; other parenting support programs. **Hours:** Mon-Fri 9-6pm Sat 8-3pm.

### Livewire for Parents of Someone with a Disability

**Phone:** 02 8425 5971

**Mail to:** Livewire at Starlight Children's Foundation, Level 3, 80 Chandos Street, Naremburn NSW 2065

**Email:** [member.services@livewire.org.au](mailto:member.services@livewire.org.au)

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

This is for parents and carers of children and adults living with a serious illness, chronic health condition or disability; a place where parents can connect with others who understand what they are going through in a supportive environment created just for them. Livewire is run by the Starlight Foundation.

**Hours:** Office Mon-Fri 9am-5pm

### MyTime Parent Support Group and Playgroup

**Phone:** 1300 888 378, 02 9975 8454

Meet at Cerebral Palsy Alliance, 187 Allambie Rd, Allambie NSW 2100

**Email:** [lkerslake@cerebralpalsy.org.au](mailto:lkerslake@cerebralpalsy.org.au)

**Web:** [www.mytime.net.au](http://www.mytime.net.au)

This free mutual aid parent group / playgroup is for parents, grandparents and carers of children (to age 16) with a disability or chronic medical condition. Most children are aged 0-6. A play helper and volunteers support the children in a developmental program of singing, drawing, playing with toys etc. The parent must be eligible for the carers allowance. Meets monthly Fridays 9.30am-11.30am during school terms. Free. **Hours:** Office Mon-Fri 9am-5pm

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## North Epping Learning Difficulties and ADHD Parent Support Group

**Phone:** 02 8094 1801 (answer service)

**Email:** [parentsupport@neldapsg.org](mailto:parentsupport@neldapsg.org)

Meet at All Saints Anglican Church Hall, 295 Malton Rd, North Epping 2121

This group organises support meetings for parents of children with learning difficulties, ADHD and co-existing conditions. Each year open awareness evenings (3) involve speakers on pertinent topics to provide support and information to parents, carers, teachers, the community. Morning 'coffee and chat' meetings (5) for parents to share and support each other. Pre-schoolers are welcome. NELDA membership includes incl NELDA newsletter, recorded talks, group membership to LDC.

## Northern Beaches ADHD Support Group

Memorial Hall, 1606 Pittwater Rd, Mona Vale NSW 2103

**Email:** [nbadhdsupportgroup@hotmail.com](mailto:nbadhdsupportgroup@hotmail.com)

**Web:** [www.northernbeachesadhdsupportgroup.com.au](http://www.northernbeachesadhdsupportgroup.com.au)

A voluntary group offering support for parents of children or teenagers with ADHD. The group is run by parents and aims to provide a supportive environment to discuss and learn more about ADHD.

**Hours:** Meetings take place every 6 weeks on a Monday night.

## Northern Beaches Child and Adolescent Mental Health Service

**Phone:** 02 9466 2500

Queenscliff Health Centre, Cnr Lakeside Cres & Palm Ave, North Manly NSW 2100

**Email:** [nbcamhsintake@nscchahs.health.nsw.gov.au](mailto:nbcamhsintake@nscchahs.health.nsw.gov.au)

Community mental health service providing assessment & management of significant emotional & behavioural problems of children aged 0-17 years. Also has access to therapeutic groups for children, parenting groups, talks for parents.

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

## Someone to Turn To - Parent Support Network (ASPECT)

**Phone:** 02 8977 8335

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

**Email:** [RSimpson@autismspectrum.org.au](mailto:RSimpson@autismspectrum.org.au)

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

Father/grandfather evenings (Burwood & Hornsby each school term). Support group for parents of girls on the Autism spectrum. A free service with bi-lingual volunteers (including Cantonese, Mandarin, Vietnamese, Arabic, Spanish,

Portuguese, Hindi, Tagalog) and father volunteers. Email support, newsletters.

**Hours:** Office Mon-Wed 9am-5pm

## Counselling

### ADHC Teams - Specialist Support and Case Management

Ageing Disability and Home Care, Family and Community Services (ADHC)

**Phone:** 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

**Web:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

People to age 65 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development, equipment prescription. Information and referral to ADHC respite and other services like day placement, supported accommodation. **Hours:** Office Mon-Fri 9am-5pm

### Be Centre

**Phone:** 02 9986 0955

Unit 3, 9 Apollo St, Warriewood NSW 2102

**Email:** [info@becentre.org.au](mailto:info@becentre.org.au)

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

This not-for-profit foundation addresses emotional, behavioural, and mental health problems through professional individual and group Play Therapy for children and teens aged 3-17, Parent information workshops and support. Workshops for professionals. Subsidy available for low income families. **Hours:** Mon-Fri 10am-6pm

### Carers NSW

**Phone:** 02 9280 4744, 1800 242 636

Level 18, Roden Cutler House, 24 Campbell St, Sydney 2000

**Email:** [contact@carersnsw.org.au](mailto:contact@carersnsw.org.au)

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

Provides information, support and referral on all aspects of caring to informal carers - family, neighbours and friends, looking after frail aged and younger people with disabilities at home. Services include: Carer Support Kit in 11 community languages which contains practical information for caring at home, referral to counselling, a library of carer specific information, organises conferences and seminars for carers, Young Carer project, and Aboriginal specific worker, represents carers on key policy committees and advisory bodies, produces monthly newsletter informing members of latest developments regarding carer issues and is linked to over 330 carer support groups in NSW. As well as fact sheets, and other publications. Website information and fact sheets can be downloaded. Information and resources are also available for service providers. All programs are also run across regional NSW, including the Older Parent program.

**Hours:** Mon-Fri 9am-5pm. Closed between Christmas and New Year

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## Cottage Counselling Centre

**Phone:** 02 9972 0141

St Faiths The Cottage, 5-9 Clarke St, Narrabeen NSW 2101

**Email:** [gennicribb@cottagecounselling.org.au](mailto:gennicribb@cottagecounselling.org.au)

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

The service offers a range of relationship and personal counselling for a wide range of issues, including depression, anxiety, grief, addiction issues and eating disorders. All counsellors hold graduate counselling qualifications. Children's counselling available. Counselling is held in Narrabeen, Manly, Belrose, Dee Why and Lindfield. **Hours:** Office Mon-Fri 9am-8pm

## Counselling with Ayesha

**Phone:** 0425 348 746

**Email:** [ayesha.nid@hotmail.com](mailto:ayesha.nid@hotmail.com)

Counsellor/psychotherapist uses Cognitive Behaviour Therapy, mindfulness, brief therapy and specialises in working with carers, victims of domestic violence, Thai clients. Accredited Mental Health Social Worker; approved by Workcover and NSW Victim Services. Bulkbilling with Medicare or GP referral through ATAPS (low income) or Better Access to Mental Health Care Plan. Home visits available. **Hours:** Tue Wed Thu 9am-5pm, Sat morning negotiated

## Family Relationship Advice Line

**Phone:** 1800 050 321

**Web:** [www.familyrelationships.gov.au](http://www.familyrelationships.gov.au)

National telephone service and website provides free information, advice or referral regarding family relationships and services that strengthen family relationships and assist families through separation. Referral to telephone based family dispute resolution. Information about family law, parenting arrangements after family separation, local Family Relationship Centres, and family and children's services. **Hours:** -Mon-Fri 8am-8pm, Sat 10am-4pm (except national public holidays)

## HammondCare - Carer Counselling and Advocacy

**Phone:** 02 8437 7373

HammondAtHome, Pallister House, 97-115 River Rd, Greenwich NSW 2065

**Email:** [counselling@hammond.com.au](mailto:counselling@hammond.com.au)

**Web:** [www.hammond.com.au](http://www.hammond.com.au)

This supports carers in the Northern Sydney region who support someone with dementia or a disability or a mental health disorder, or is older and frail. Services include individual counselling, information on services and care options (including care respite), referral to and liaison with health and community services, advocacy to access or manage needed services, support for carer support groups. Counselling location negotiated with carer. **Hours:** Mon to Fri 9am-5pm

## Insight Therapies and Consulting

**Phone:** 0407 439 920

Northern Beaches

Registered counsellor/therapist, 25 years experience with carers of people with disabilities. Also addresses stress, pain management, anxiety, depression, brain function problems (mindfulness), sleep disorders, grief and loss, school and relationship issues. Also qualified in family therapy, cognitive therapy, hypnotherapy, mindfulness therapy. Can make home visits, especially if physical restrictions exist. **Hours:** Hours of clinic and home visits negotiated

## Janie Roberts Counselling

**Phone:** 0438 644 490

12 Vesper St, Mona Vale NSW 2103

**Email:** [janieroberts@optusnet.com.au](mailto:janieroberts@optusnet.com.au)

**Web:** [www.janieroberts.com.au](http://www.janieroberts.com.au)

Counsellor/psychotherapist uses Narrative Therapy, and has worked with adults and children with intellectual and physical disabilities (including autism and fragile X), carers and siblings, and specialises in domestic violence and adult survivors of childhood sexual assault. Happy to make home visits 15 mins drive from Mona Vale.

**Hours:** Mon Tue Thu 5.30pm-7.30pm, Wed Sat 9am-6pm.

## Kids First Children's Service

**Phone:** 02 9938 5419

Level 1, 527 Pittwater Rd, Brookvale NSW 2100

**Email:** [enquiries@kids-first.com.au](mailto:enquiries@kids-first.com.au)

**Web:** [www.kids-first.com.au](http://www.kids-first.com.au)

The multi-disciplinary paediatric health and therapy team of speech pathologists, occupational therapists, child psychologists and teachers offer specialist support, *Transition to School* and *Social Skills* groups, and family-focused therapy as a partnership with parents, carers and other professionals for children aged 2-18 with disabilities and developmental delays. Funding and rebates through *Helping Children with Autism*, *Better Start* Early Intervention, Medicare (Mental Health, Chronic Disease), private health funds. Free community service seminars; other parenting support programs. **Hours:** Mon-Fri 9-6pm Sat 8-3pm.

## Kids Helpline

**Phone:** 1800 551 800

**Mail to:** GPO Box 2469, Brisbane QLD 4001

**Email:** [admin@kidshelp.com.au](mailto:admin@kidshelp.com.au)

**Web:** [www.kidshelp.com.au](http://www.kidshelp.com.au)

Australia's only free, confidential and private, 24/7 counselling service for children and young people aged 5 to 25 years. Counselling and support is provided over the phone, web and e-mail. (Please note that charges may apply when calling from a different phone provider which is not Optus, Virgin, Vodafone, 3 or landline.) **Hours:** Daily, 24 hours

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## Lifeline - Northern Beaches Inc

**Phone:** 13 11 14 (Crisis line)

310 Sydney Rd, Balgowlah NSW 2093

**Email:** [admin@lifelinenb.org.au](mailto:admin@lifelinenb.org.au)

**Web:** [www.lifeline.org.au/northernbeaches](http://www.lifeline.org.au/northernbeaches)

Lifeline provides 24 hour telephone crisis support, personal, gambling, bereavement and financial counselling by appointment. Welfare assistance. Visits to nursing home residents. "Buddy phone" support for suicidal persons. Anxiety support group (on-going). Anxiety support courses. Financial counselling. Personal counselling by arrangement including after hours service.  
**Hours:** 24 hrs for phones; 10am -1pm Mon, Wed & Fri for welfare assistance (by appointment only).

## Northern Beaches Child and Adolescent Mental Health Service

**Phone:** 02 9466 2500

**Email:** [nbcamhsintake@health.nsw.gov.au](mailto:nbcamhsintake@health.nsw.gov.au)

Queenscliff Health Centre, Cnr Lakeside Cres & Palm Ave, North Manly 2100

Community mental health service providing assessment & management of significant emotional & behavioural problems of children aged 0-17 years. Also has access to therapeutic groups for children, parenting groups, talks for parents.

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

## Parent Line

**Phone:** 1300 130 052

**Email:** via website

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

Telephone and web-based counselling and referral service for parents of children aged 0-18 years, and for professionals on behaviour issues, referral and support. Incorporates the Early Childhood Intervention Infoline for families who have questions about their child's development or who have a child who has been diagnosed with a disability. Professional counsellors answer calls regarding parenting issues like challenging behaviour or conflict. Calls from anywhere in NSW for cost of a local call. Telephone interpreter service for non-English speaking people. Website has info sheets, parent stories, blog.

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

## Relationships Australia (New South Wales) - Northern Regional Office

**Phone:** 02 9418 8800

5 Sera St, Lane Cove NSW 2066

**Email:** [north@ransw.org.au](mailto:north@ransw.org.au)

**Web:** [www.relationships.com.au](http://www.relationships.com.au)

Provides counselling, mediation, family dispute resolution and relationships education. Appointments available week days, evenings and Saturdays. Services are provided through a network of regional offices. Clients under 18 years must be accompanied by a parent or guardian. Office in Dee Why.

**Hours:** Mon-Fri 9am-5pm Telephone contact hours

## Sydney Child Psychology Centre

**Phone:** 02 9960 1222

Suite 3, 836 Military Rd, Mosman NSW 2088

**Email:** [admin@sydneychildpsychologist.com.au](mailto:admin@sydneychildpsychologist.com.au)

**Web:** [www.sydneychildpsychologist.com.au](http://www.sydneychildpsychologist.com.au)

Family centred psychology services, offering assessments and intervention services including development assessment, diagnostic assessment for Autism Syndrome Disorders and related difficulties, educational assessment, social skills training and anxiety treatments. Affiliated with the Children's Assessment and Therapy Services (CATS) Network.

**Hours:** 9am - 5pm, Mon-Sat

## General

### CatholicCare - Brookvale

**Phone:** 02 8968 5100

Unit 9B, 44 Wattle Rd, Brookvale NSW 2100

**Email:** [fiona.hastings@dbb.org.au](mailto:fiona.hastings@dbb.org.au)

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

Provides welfare services to families in crisis, counselling, mediation, help with disability, youth programs, community education and aged care support.

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

### Down Syndrome NSW

**Phone:** 02 9841 4444

7 Deed Place, Northmead NSW 2152

**Email:** [support@dsansw.org.au](mailto:support@dsansw.org.au)

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

Parent support association that aims to encourage people with Down syndrome to take their place in the community and to raise community understanding of the condition. Services include parent support, information and referral, a book & video library and comprehensive website.

**Hours:** Mon-Fri 9:30am-4:30pm (Parent support)

### Family and Community Services - Ageing Disability and Home Care (ADHC)

**Phone:** 02 9476 7100

Level 1, 110 George St, Hornsby NSW 2077

**Web:** [www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)

This service takes calls from the community and other organisations to provide them with information about services for older people and people with disability, as well as to take referrals for people who are eligible for ADHC services.

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

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## Grandparents raising Grandchildren NSW

**Phone:** 02 9286 3860, 1800 449 102

Level 6, 280 Pitt St, Sydney NSW 2000

**Email:** [info@cotansw.com.au](mailto:info@cotansw.com.au)

**Web:** [www.raisinggrandchildren.com.au](http://www.raisinggrandchildren.com.au)

Telephone enquiries and website providing information for grandparents raising grandchildren. **Hours:** Mon-Fri 9am-3pm

## Kids Helpline

**Phone:** 1800 551 800

**Mail to:** GPO Box 2469, Brisbane QLD 4001

**Email:** [admin@kidshelp.com.au](mailto:admin@kidshelp.com.au)

**Web:** [www.kidshelp.com.au](http://www.kidshelp.com.au)

Australia's only free, confidential and private, 24/7 counselling service for children and young people aged 5 to 25 years. Counselling and support is provided over the phone, web and e-mail. (Please note that charges may apply when calling from a different phone provider which is not Optus, Virgin, Vodafone, 3 or landline.) **Hours:** Daily, 24 hours

## LinC Warringah

**Phone:** 02 9982 3599

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

**Email:** [brassins@optusnet.com.au](mailto:brassins@optusnet.com.au)

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

A referral centre with volunteers helping with welfare assistance, transport, friendship, home care through a network of Churches and service agencies. Network of local churches mobilised to link Christian volunteers with the needs of their local community. **Hours:** Mon 10am-12pm, Fri 10am-12pm - Message Bank.

## Northcott - EarlyStart Diagnosis Support

**Phone:** 02 9472 5200

Ste 3, Lev 5, 20 George St, Hornsby NSW 2077

**Email:** [edwina.hargreaves@northcott.com.au](mailto:edwina.hargreaves@northcott.com.au)

**Web:** [www.northcott.com.au](http://www.northcott.com.au)

This program provides short-term support to families whose pre-school child (aged 0-6) has recently been diagnosed with a disability, is waiting for diagnosis, or where there is concern about the child's development. Referral by self or an agency. Also provides information and referral. Funded by ADHC. **Hours:** Mon-Fri 8.30am-4.30pm office

## Northern Beaches Family Support Service

**Phone:** 02 9982 9875

**Mail to:** PO Box 556, Dee Why NSW 2099

**Email:** [admin@mwwrc.org.au](mailto:admin@mwwrc.org.au)

Services for families with children 0-12 years: practical and emotional support, parenting skills groups, advice and referral, case management and parenting support groups. **Hours:** Mon-Thurs 9am-4.30pm.

## Northern Sydney Behaviour Intervention Service (NS-BIS)

**Phone:** 02 8977 8857

Trevor Whiddon Bldg, 185 Allambie Rd, Allambie Heights NSW 2100

**Email:** [m.pohio@sunnyfield.com.au](mailto:m.pohio@sunnyfield.com.au)

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

Team works with children aged 0-18 with diagnosed intellectual disability who have challenging behaviour and live at home or in placement in Northern Sydney, in order to enhance their capacity and to support (including existing services). Involves education and training, assessment and positive behaviour support, direct intervention, information, consultation. Not necessary to be a Sunnyfield client. **Hours:** Mon-Fri 9am-5pm

## NSW Council for Intellectual Disability (NSW CID)

**Phone:** 02 9211 1611, 1800 424 065 (Country callers)

Level 1, 418a Elizabeth St, Surry Hills NSW 2010

**Email:** [mail@nswcid.org.au](mailto:mail@nswcid.org.au)

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

A peak organisation representing the rights and interests of people with an intellectual disability. Lobbies government, provides policy advice, systemic advocacy, information provision and dissemination. Has a database with information on over 1000 services and resources available for people with an intellectual disability and their families and advocates. Also has a reference library which is accessible on request. The Board of Directors consists of people with intellectual disabilities, their families, and service providers. **Hours:** Mon-Fri 9am-5pm

## Raising Children Network - The Australian Parenting Website

**Phone:** 03 8660 3500

Mail to: 169 Victoria Pde, East Melbourne VIC 3002

**Email:** [media@raisingchildren.net.au](mailto:media@raisingchildren.net.au)

**Web:** [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

A suite of digital resources for parents, providing information and practical tools that can help them with the day-to-day decisions of raising children, and to also help parents and carers look after their own needs. With government support, this website provides health and development information for parents with children from newborns to early teens, 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

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## SMS Lighthouse

Phone: 02 9972 8675; 0431 936 031

Email: [smslighthouse@gmail.com](mailto:smslighthouse@gmail.com) Web: [www.smslighthouse.org.au](http://www.smslighthouse.org.au)

Administration assistance with paperwork for Centrelink, Dept of Housing, Legal Aid etc. Mediation and advocacy. Hand in hand support for court attendances, tribunal hearings, housing disputes, Relationships Australia. Practical needs. "Moving Forward" held every Tuesday fortnight is a morning tea get together with guest speakers. Based in Dee Why.

Hours: Tuesday every fortnight. Women only.

## The ADHD Centre - Adults and Families

Phone: 02 9889 5977

Mail to: PO Box 22, Epping NSW 1710

Email: [info@adulthood.org.au](mailto:info@adulthood.org.au)

Web: [www.adulthood.org.au](http://www.adulthood.org.au)

ADDults with ADHD NSW is a registered charity supporting adults and families with ADHD. Resources include telephone helpline and referrals for people with ADHD and their families, Library facilities, quarterly information afternoons, annual conference, quarterly newsletters. Phone before visiting on Tue-Thu 10:30am-2:30pm. Hours: Tue-Thu 10:30am-2:30pm

## Tresillian Family Care Centre Willoughby

Phone: 02 8962 8300

2 Second Av, Willoughby NSW 2068

Email: [tresillian.willoughby@sswahs.nsw.gov.au](mailto:tresillian.willoughby@sswahs.nsw.gov.au)

Web: [www.tresillian.net](http://www.tresillian.net)

Residential program offers an intensive style of care for families experiencing difficulties with their infants and young children, 0-2 years of age. Area served (Sydney Metro) - residential units are not area bound.

Hours: Residential Program Mon-Fri

## Uniting Care Burnside Fathers' Support Service

Phone: 02 9781 3350

Email: [fss@burnside.org.au](mailto:fss@burnside.org.au)

Web: [www.burnside.org.au/](http://www.burnside.org.au/)

Cabramatta Multicultural Family Centre, 232 Railway Pde, Cabramatta NSW 2166

The service provides information, mentoring, support and group work assisting fathers improve relationships with their children, partners, former partners and other family members. The program also develops and delivers casework using a range of models, community education, and skills training as a way of reframing the fathers' roles in the family as well as developing appropriate skills to deal with changes and critical circumstances. The program's targets fathers in families, separated fathers, first time fathers, Aboriginal fathers, CALD (Cultural & Linguistically Diverse) background fathers and 'father type' figures as well as grandfathers.

Hours: Mon-Fri 9:00 to 5:00 (Groups are also facilitated evenings and weekends)

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# Financial Issues

If you are receiving a disability or carer's support payment from the Australian Government, you may be eligible for tax and superannuation concessions and exemptions. See [www.ato.gov.au/Individuals/People-with-disability](http://www.ato.gov.au/Individuals/People-with-disability) regarding GST exemption and rebates on various items.

## ADHC Family Assistance Fund - Metro North

Ageing Disability and Home Care, Family and Community Services (ADHC)

**Phone:** 02 9407 1855

Level 5, 93 George St, Parramatta NSW 2150

**Email:** [MetroNorth.IRI@facns.nsw.gov.au](mailto:MetroNorth.IRI@facns.nsw.gov.au)

**Web:** [www.adhc.nsw.gov.au](http://www.adhc.nsw.gov.au)

Discretionary annual funding up to \$2000 per child with disability to age 18 living with the family, for families to help address unmet needs not available from other services or funding. It aims to offset costs associated with caring for the child, with focus on early intervention for long term benefits, and is not an emergency or crisis fund. The young person must be actively receiving case management or equivalent therapy from ADHC or an ADHC funded service provider. Priority given to families with low-moderate income, complex medical/behavioural needs, parental conditions impacting on care, impact on siblings, minimal family support.

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

## Better Start for Children with Disability

**Web:** [www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/better-start-for-children-with-disability-initiative](http://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/better-start-for-children-with-disability-initiative)

From 1 Jan 2013, children diagnosed with hearing or sight impairment (including deaf blindness), cerebral palsy, Down syndrome, Fragile X syndrome, Prader Willi syndrome, Williams syndrome, Angelman syndrome, Kabuki syndrome, Smith-Magenis syndrome, CHARGE syndrome, Cornelia de Lange syndrome, 'Cri du Chat syndrome or microcephaly are eligible for financial assistance.1. For children up to age 6. Up to \$12,000 (to \$6000 per financial year) to pay for early intervention treatments and services from allied health specialists like speech pathologists, audiologists, occupational therapists, physiotherapists, psychologists, orthoptists. Can be used until the child's seventh birthday. Aims to provide best preparation for the transition to school.2. For children up to age 15, if a treatment and management plan is in place by the age of 13 - Medicare rebates for children aged to 13 years to develop a treatment and management plan, and for up to 4 allied health diagnostic services and up to 20 allied health treatment services per eligible child. To access the early intervention funding, parents or carers of eligible children must register their child - see website of Dept of Families, Housing, Community Services and Indigenous Affairs, phone the Better Start Helpline on 1800 778 581 (Mon-Fri 9:30am-12.30pm, 1.30pm-5pm Mon-Fri excluding Public Holidays), or email [Better.Start@fahcsia.gov.au](mailto:Better.Start@fahcsia.gov.au).

## Centrelink Northern Beaches

**Phone:** 1800 000 567

660 - 664 Pittwater Rd, Brookvale NSW 2100

**Web:** [www.centrelink.gov.au](http://www.centrelink.gov.au)

Controls payments for pensions, benefits & allowances under the Social Security Act. Also offers Financial Information Service (FIS) to anyone. Targets families, jobseekers & young people, aged, those planning retirement, people with disabilities, carers, students. Social Work Service available for family or personal concerns. Crisis payment after release from prison or psychiatric confinement. Multicultural Services Officer available. Medicare office now located here.

**Hours:** Mon-Fri 8:30am-4:30pm. Available for phone enquiries 8am-5pm

## Centrelink - Family Payment

**Phone:** 13 61 50

**Mail to:** PO Box 5141, Braddon ACT 2612

**Web:** [www.familyassist.gov.au](http://www.familyassist.gov.au)

Provides additional income support (if eligible) to low income working families with children who are not receiving Centrelink or similar income support payments from the Commonwealth. **Hours:** Mon-Fri 8am-8pm

## Centrelink - Financial Information Service

**Phone:** 13 23 00

Free, independent and expert information about financial options, investment products, financial planning, social security entitlements, taxation provisions and general financial affairs. Regular seminars and workshops on financial topics and life stages. Service available to whole community – not necessary to be receiving Centrelink payments.

## Energy Accounts Payments Assistance Scheme (EWON)

**Web:** [www.ewon.com.au](http://www.ewon.com.au)

Information on how to make a complaint, disconnection or restriction, customer assistance programs, managing your account, help paying bills, ways to save on your bills, switching retailers. Actual assistance is available from locally based community organisations such as the Smith Family. See also details of the Household Assistance Package, the Clean Energy Advance and the Clean Energy Supplement.

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## Contenance Aids Payment Scheme (CAPS)

**Phone:** 1800 33 00 66

**Mail to:** National Contenance Helpline, Lvl 1, 30-32 Sydney Rd, Brunswick VIC 3056

**Email:** [info@contenance.org.au](mailto:info@contenance.org.au)

**Web:** [www.contenance.org.au/pages/contenance-aids-payment-scheme-caps.html](http://www.contenance.org.au/pages/contenance-aids-payment-scheme-caps.html)

This Australian Government program provides payments to help consumers meet some costs of their continence products. Payments are made up to \$533.50 per financial year in either July, or in July and January. To qualify for CAPS, the person must be five years of age or older and have permanent and severe bowel or bladder incontinence due to an eligible neurological condition OR have permanent and severe incontinence caused by another eligible condition given they have a valid Veterans or Centrelink Pensioner Concession Card and a health professional verifies the condition. To apply, complete a form from Medicare or from [www.bladderbowel.gov.au/caps/application.htm](http://www.bladderbowel.gov.au/caps/application.htm). Return all documents to Medicare for assessment to: Contenance Aids Payment Scheme, Medicare, GPO Box 9822, Sydney NSW 2001. **Hours:** Mon-Fri 8am-8pm

## Financial Counselling Services - Lifeline Northern Beaches

**Phone:** 02 9949 5522

310 Sydney Rd, Balgowlah NSW 2093

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

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

## Helping Children with Autism

**Web:** [www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/helping-children-with-autism](http://www.dss.gov.au/our-responsibilities/disability-and-carers/program-services/for-people-with-disability/helping-children-with-autism)

The package includes: Autism Advisors, Funding for Early Intervention services, PlayConnect Playgroups, Early Days family workshops, An ASD website. Similar conditions and timelines as for Better Start for Children with Disability initiative.

## Manly Council Rates Rebates

**Phone:** 02 9976 1500

Manly Council Chambers, 1 Belgrave St, Manly NSW 2095

**Email:** [records@manly.nsw.gov.au](mailto:records@manly.nsw.gov.au)

**Web:** [www.manly.nsw.gov.au](http://www.manly.nsw.gov.au)

Rebates and concessions for people receiving the Age Pension or people who have a Pensioner Concession Card or Veteran Affairs TPI & EDA Gold Cards. **Hours:** Mon-Fri 8.30am-5pm

## Medical Energy Rebates

**Web:** [www.energy.nsw.gov.au/customers/rebates](http://www.energy.nsw.gov.au/customers/rebates)

This is for eligible customers who have a medically-diagnosed inability to self-regulate body temperature when exposed to extremes (hot or cold) of environmental temperatures. It is associated with certain medical conditions such as Parkinson's disease and multiple sclerosis. You need to complete a Medical Energy Rebate Application Form available from your electricity supplier and have it signed by a doctor who has been treating you for at least three months. Return completed forms to your electricity supplier. A flat rebate amount of \$225 per year was paid to all eligible customers from 1 July 2013. The Rebate is indexed to inflation (CPI) and increases annually. This is separate to the Pensioner Energy Rebate received by pensioners in NSW (aged, disability).

## No Interest Loan Scheme (NILS®) – Northern Beaches

**Phone:** 02 9905 0424

St Vincent De Paul Society, Brookvale Centre, 638 Pittwater Rd, Brookvale 2100

**Email:** [nb.manager@vinnies.org.au](mailto:nb.manager@vinnies.org.au)

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

This community based program helps low income people buy essential household items (like a washing machine, fridge) or general / medical appliance, up to \$1200. Usually, eligible people obtain main income from social security (eg pension, benefit, allowance or maximum Family Assistance) but non-Centrelink clients also welcome. Loan to be repaid within 12-18 months. **Hours:** Mon-Fri 9am-5pm

## Pittwater Council - Pensioner Rates Rebates

**Phone:** 02 9970 1111

Pittwater Council Customer Service Centre, Village Park, 1 Park St, Mona Vale 2103

**Email:** [pittwater\\_council@pittwater.nsw.gov.au](mailto:pittwater_council@pittwater.nsw.gov.au)

**Web:** [www.pittwater.nsw.gov.au/council/rates](http://www.pittwater.nsw.gov.au/council/rates)

A form is to be completed by ratepayers wishing to receive a concession on council rates. Eligible ratepayers are entitled to receive up to \$250.00 on ordinary rates and charges for domestic waste management services. Generally, the concessions are available to eligible pensioners, however concessions may be granted to ratepayers suffering financial hardship in certain circumstances. The information provided by completing the form will enable council to determine eligibility to receive a concession and the level of concession the ratepayer is entitled to. **Hours:** Mon-Thu 8am-5.30pm; Fri 8am-5pm

## St Vincent de Paul Broken Bay Financial Counselling Service

**Phone:** 02 9905 0424

638 Pittwater Rd, Brookvale NSW 2100

**Email:** [terry.kibby@vinnies.org.au](mailto:terry.kibby@vinnies.org.au)

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

Provides information on a range of topics including money management skills, debts, being a guarantor and bankruptcy. It is a free confidential service. Appointments necessary. **Hours:** Office hours Mon-Fri 9am-5pm

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## Supporting Children With Additional Needs (SCAN)

**Web:** [www.community.nsw.gov.au/DOCS/STANDARD/PC\\_100997.htm](http://www.community.nsw.gov.au/DOCS/STANDARD/PC_100997.htm)

A scheme funded by DoCS to assist children with additional needs who are enrolled in a preschool, occasional care or vacation care centre to have equal access with all other children to the service and program activities. Eligible children include those from an Aboriginal and/or Torres Strait Islander Background, from a Culturally and Linguistically Diverse Background (CALD), children with challenging behaviours and children with disability. Funding is available to help preschools and childcare services improve the way they support children with additional needs. Funding may be used to provide specialist training for staff, employ a support worker, improve library resources or buy equipment or books that are suitable for children with additional needs. If parents believe their child is eligible they need to speak with the Director or Coordinator of the child care service in which their child is enrolled. The Director or Coordinator will apply for funding.

## Telephone Allowance (TAL)

**Web:** [www.centrelink.gov.au/internet/internet.nsf/payments/telephone\\_allow.htm](http://www.centrelink.gov.au/internet/internet.nsf/payments/telephone_allow.htm)

As of March 2012, this payment helps with the cost of maintaining a phone and home internet service: currently \$25.60 per quarter for holders of a Pensioner Concession card or Commonwealth Seniors Health card, AND have a telephone connected in your own or partner's name AND meet residence requirements; or \$38.40 per quarter for the previous conditions AND home internet service AND income support payment and of age pension age OR receiving Disability Support pension OR receiving Carer Payment OR holding a Commonwealth Seniors Health card. Not subject to income or asset tests. Adjusted 20 Sep each year. For information or to make an appointment, phone 13 1021.

## The Walter and Eliza Hall Trust

**Phone:** 02 9264 9480

**Email:** [wehalltrust@bigpond.com](mailto:wehalltrust@bigpond.com)

Charitable trust providing financial relief for people classified as disadvantaged and in receipt of some form of social security pension as their sole income. Financial assistance can be provided for almost any purpose considered necessary for the applicant's health and wellbeing, the Trust is as a provider of last resort assistance. Clients do not contact the service directly, referral MUST come through social worker/case manager.

**Mail to:** PO Box A2263, Sydney South NSW 1235

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

**Hours:** Monday - Friday

## Variety, the Children's Charity (NSW)

**Phone:** 02 9819 1000

**Email:** [contactus@variety.org.au](mailto:contactus@variety.org.au)

Funding to empower children with disability, serious illness or disadvantage or have additional needs to live, laugh and learn. Range from provision of wheelchairs, computers, coaches and facilities for children hospitals. Grants form on website.

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

707 Darling St, Rozelle NSW 2039

**Web:** [www.variety.org.au/NSW/Media/Forms](http://www.variety.org.au/NSW/Media/Forms)

## Vision Impaired Person's Travel Permit

**Phone:** 02 9379 4441

**Email:** [passes&concessions@railcorp.nsw.gov.au](mailto:passes&concessions@railcorp.nsw.gov.au)

**Web:** [www.transport.nsw.gov.au/content/travel-concessions-vision-impaired-persons](http://www.transport.nsw.gov.au/content/travel-concessions-vision-impaired-persons)

Entitles permanent residents of NSW or ACT (children aged 4+, adults) with significant vision impairment (and attendant possibly) to free travel on CityRail network, all local buses and government ferries throughout NSW and ACT; and half-fare on country trains. Guide Dogs and Assistance Dogs permitted on trains for vision or hearing impaired persons only; others must apply for permit. Application form on website.

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

490 Pitt St, Sydney NSW 2000

## Warringah Council Rates Rebates

**Phone:** 02 9942 2922

**Email:** [council@warringah.nsw.gov.au](mailto:council@warringah.nsw.gov.au)

**Web:** [www.warringah.nsw.gov.au/live/rates-fees-and-charges/about-warringahs-rates](http://www.warringah.nsw.gov.au/live/rates-fees-and-charges/about-warringahs-rates)

Rebates on rates and charges may be available to people having a Pensioner Concession Card or Veterans Affairs TPI and EDA Gold Cards. Rebates are only granted on the applicant's principal place of residence, on a quarterly basis. Maximum rebate depends on percentage of ownership of property. Pensioners who become eligible after service date of rate notice are entitled to reduction, based on whole quarterly periods remaining in rating year.

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

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# Fun

## Active Opportunities for Children with Disabilities

**Phone:** 0411 563 601

Suite 201, 4 Clarke St, Crows Nest NSW 2065

**Email:** [jas@activeopportunities.org.au](mailto:jas@activeopportunities.org.au)

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

Running, dodging, jumping, throwing, kicking and fun multisport activities to improve motor skills, cognitive and emotional development of children aged 5-12 with disabilities. Ratio of 3 trained / experienced staff for 9 children. Parents to remain with child; siblings welcome. \$10/session (45 minutes). Saturdays in school terms at ovals at St Lucys, Wahroonga 9-11am, and Fisher Road School, Dee Why 12-2pm. **Hours:** Saturdays during school term - 9-11am Wahroonga, 12-2pm Dee Why

## Aussie Kids Software

**Phone:** 1300 699 005

**Mail to:** PO Box 1711, Bowral NSW 2576

**Email:** [info@AussieKidsSoftware.com.au](mailto:info@AussieKidsSoftware.com.au)

**Web:** [www.AussieKidsSoftware.com.au](http://www.AussieKidsSoftware.com.au)

Online retailer of children's educational software, non-violent computer games, educational DVD's, computers & children's mice/headphones/keyboards - from kindergarten to high school. Useful for people with disabilities of all ages. Happy to research and quote for items that are not currently in their core range. **Hours:** Office Mon-Fri 9am-5pm

## Australian Music Therapy Association (AMTA) Inc

**Phone:** 03 9525 9625

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

**Email:** [info@austmta.org.au](mailto:info@austmta.org.au)

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

Association of professionals in music therapy (the use of music to address particular needs, including those of people with disabilities). Registers members, publishes newsletter and Australian Journal of Music Therapy, holds annual national conference and state branch meetings, provides information and resource material. Maintains national register of qualified music therapists at [www.austmta.org.au/contact-us/find-a-music-therapist](http://www.austmta.org.au/contact-us/find-a-music-therapist) with contact details. **Hours:** Tue Thu 10am-4pm

## Beach Wheelchairs in Northern Sydney region

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

\* Manly Council - Lifeguard on 9976 1497 or [communitydevelopment@manly.nsw.gov.au](mailto:communitydevelopment@manly.nsw.gov.au).

\* Newport Surf Life Saving Club lifeguard 9997 5116 on weekends or 0418 628 362 weekdays.

\* Bilgola Surf Life Saving Club lifeguard 9918 2337.

\* Collaroy Beach - Surf Life Saving Club lifeguard 9982 9261, 9942 2560.

## Blowfly Cricket for Children with Additional Needs

**Phone:** 0401 743 747

James Park, Corner of Palmerston Rd & Lowe Rd, Hornsby NSW 2077

**Email:** [blowflycricket@y2mail.com](mailto:blowflycricket@y2mail.com)

**Web:** [www.blowflycc.nsw.cricket.com.au](http://www.blowflycc.nsw.cricket.com.au)

Hornsby Ku-ring-gai and Hills District Cricket Association hosts modified cricket for children aged 4.5 to 18 years with autism or intellectual disabilities. Modified rules permit one chaperone to assist passively onfield. If support is required or challenging behaviour exists, a carer must be provided. If new, phone re venue. **Hours:** Saturday games 1pm-2.30pm

## Brooke Withers Swim School

**Phone:** 02 9905 6931

9B Green St, Brookvale NSW 2100

**Email:** [info@brookewithersswimschool.com.au](mailto:info@brookewithersswimschool.com.au)

**Web:** [www.brookewithersswimschool.com.au](http://www.brookewithersswimschool.com.au)

Learn-to-swim classes in a privately owned, custom-built pool. Water heated to 32 degrees C all year round. Children's birthday parties hosted. Fitness classes, boxercise, coffee shop. Have staff experienced with children with disabilities.

**Hours:** 7days Mon 8am-6.30pm; Sat 7am-2.30pm; Sun 7.30am-12.30pm;

## Brookvale Toy Library

**Phone:** 02 9905 4895

1 Mitchell Rd, Brookvale NSW 2100

**Email:** [btl@iprimus.com.au](mailto:btl@iprimus.com.au)

**Web:** [www.brookvaleytoylibrary.com.au](http://www.brookvaleytoylibrary.com.au)

HIRE of toys, for education & entertainment of 6 months to 8 year olds: Puzzles, Nursery & Activity Toys, Trikes, Ride-ons & Ride-in cars, Car & Train sets, Doll's Houses, Roller Coasters & Climbing equipment, Cubby Houses & Castles. Some older adult games available. SALES of Nursery Toys, Back-Packs, Pram/Buggies, Trikes & Go-Karts. Brands: Kids 11, Jolly Jumper, Kelty, Triang and many more. "Special Needs" mobility buggy (wheel chair alternative) for sale.

**Hours:** Tue-Fri 9:30am-4pm, Sat 9am-12pm. Closed Sun & Mon.

## Collaroy Beach Reserve

**Phone:** 02 9942 2545

Alexander St, Pittwater Rd, Collaroy NSW 2097

Beach reserve with flat terrain, some shade provided by pine trees. Facilities include electric BBQs, picnic tables, showers, unisex accessible toilet with MLAK key, accessible onsite parking. Nearby Surf Club has immersible wheelchair for use in rockpool and beach wheelchair. Enclosed playground. **Hours:** Office Mon-Fri 9am-5pm

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## Cubby House Toy Library Inc

**Phone:** 02 9971 7006

**Email:** [cubbyh@tpg.com.au](mailto:cubbyh@tpg.com.au)

32 Howard Ave, Dee Why NSW 2099

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

Community based toy library for children with additional needs - physical, developmental, learning, speech, emotional or social. List of toys, books, CD, DVDs for children; and reference books for parents on website. Staffed by volunteers in open hours. Occupational therapist appointments free to members. Prospective members must phone for initial appointment.

**Hours:** Tue 11am-2.30pm, Wed Thu 9:45am-1pm, Fri Sat 9:45am-12pm. Closed school holidays & public holidays.

## Kindergym / Gymnastics

**Phone:** 02 9982 3331; 0411 803 318

**Email:** [barbaraquinn@optusnet.com.au](mailto:barbaraquinn@optusnet.com.au)

35 Willandra Rd, Beacon Hill NSW 2100

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

Gymnastics classes for pre-schoolers, run by Beacon Hill Youth Club. For boys and girls 1 to 5 years, accompanied by an adult, semi-structured group and an optional structured class for 4-year-olds in preparation for school. Saturday and afternoon classes for school children 5+ years. Children with disabilities (special needs) integrated in all classes. Free come and try.

**Hours:** Mon, Thu from 9:30 am, Sat from 8am; Mon 3.30 boys; Wed, Thurs 3.30 girls; Sat 11am mixed.

## Kindermusik

**Phone:** 0402 013 449

**Email:** [jenny@lifesong.com.au](mailto:jenny@lifesong.com.au)

at Manly Vocal Arts Centre, 10 Wentworth St, Manly NSW 2095

**Web:** [www.lifesong.com.au](http://www.lifesong.com.au)

Award winning early childhood music and movement classes for children aged 0-5, intimate group numbers, run by experienced music teachers who teach parents and children to relax. Classes at Manly, North Balgowlah and Newport. Golden Apples Lullaby CD (harp and voice) for sale online for \$20 plus \$5 shipping anywhere in Australia. **Hours:** Morning classes

## Liberty Swing for Wheelchair Users - Collaroy, Seaforth

**Phone:** 02 9942 2686, 02 9976 1563

opposite Homestead Av, Collaroy Beach, Pittwater Rd, Collaroy 2097

**Web:** [www.warringah.nsw.gov.au/live/community-support-services/disability-services](http://www.warringah.nsw.gov.au/live/community-support-services/disability-services)

Swing at Collaroy Beach (opposite Homestead Ave, Pittwater Road) and at Seaforth (Baranbali Playground, cnr Fromelles Ave & Baranbali Ave). Swing with platform for wheelchair and user, unlocked with MLAK key. Wheelchair is reversed onto platform, then fastened; user is secured with seatbelt. Swing can be pushed from the side. No need to book.

**Hours:** Mon-Fri 9.30am-4.30pm office

## Manly Swim School - Mobile Lessons

**Phone:** 0422 406 467

**Mail to:** PO Box 160, Collaroy NSW 2097

**Email:** [johnsonbryce@hotmail.com](mailto:johnsonbryce@hotmail.com)

Programs for children from 6 months to adults of all ages in your own home in Northern Sydney region. These include water babies, learn to swim, stroke improvement, nippers, intensive holiday program. Also special events and school programs.

Wetsuits, equipment and sunscreen provided. Experience with children / adults with disability. **Hours:** Negotiable

## National Public Toilet Map

**Phone:** 1800 990 646

**Email:** [helpline@toiletmap.gov.au](mailto:helpline@toiletmap.gov.au)

**Web:** [www.toiletmap.gov.au](http://www.toiletmap.gov.au)

**Mail to:** Department of Health and Ageing, National Continence Program, GPO Box 9848, Canberra ACT 2601

The National Public Toilet Map is an initiative under the Australian Government's National Continence Program. The toilet map assists people with incontinence to lead independent lives by providing locations, opening times and disability access information for over 16,000 publicly accessible toilets across Australia. Users can Navigate around the website, search for particular areas, streets, and along major travel routes. Access is also available via mobile phones and an Apple iPhone application. **Hours:** Helpline is available Mon-Fri 9am-5pm

## Northern Beaches Interchange Inc - School Holiday Program

**Phone:** 02 9970 0500

2 Jacksons Rd, Warriewood NSW 2102

**Email:** [admin@nbi.org.au](mailto:admin@nbi.org.au)

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

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 holiday week; TAG 9am-5pm on holiday weekdays.

**Hours:** Office Mon-Fri 9am-5pm.

## Pat Taylor Swimming School

**Phone:** 02 9977 6125

**Mail to:** PO Box 1233, Manly NSW 1655

**Email:** [pat\\_swim@bigpond.net.au](mailto:pat_swim@bigpond.net.au)

**Web:** [www.pattaylorsswimschool.com.au](http://www.pattaylorsswimschool.com.au)

The Pat Taylor Swimming School conducts classes Cromehurst School, Lindfield, Wednesdays & Fridays from 3.30pm, Sat from 8am plus pm classes. Dee Why: Fisher Rd Special School, Mon, Tue, Fri from 3:45pm, Sat from 8am. Mona Vale Hospital; Fri from 4pm, Saturday from 1.30pm. Arranounbai School, Frenchs Forest on Sun from 8.30am. All indoor heated pools. Classes for babies thru to adults. Terms are the same as school terms plus summer school holiday classes. Discounts for twins, large families, pensioners and special needs. Hot winter specials available during terms 2 & 3.

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## Playgrounds in the Northern Beaches

\* Manly – At [www.manly.nsw.gov.au/attractions/playgrounds](http://www.manly.nsw.gov.au/attractions/playgrounds) to download a copy of the Manly Council Playground Guide (free map / guide to Council-owned playgrounds) or phone 9976 1563 to get one.

\* Pittwater – At [www.pittwater.nsw.gov.au/recreation/parks\\_and\\_reserves/find\\_a\\_park](http://www.pittwater.nsw.gov.au/recreation/parks_and_reserves/find_a_park), your search can specify type (e.g. beach), features (e.g. enclosed playground, disability facilities), suitable for (e.g. picnic), nearby facility (e.g. public transport).

\* Warringah – At [www.warringah.nsw.gov.au/play/parks-gardens-and-reserves/playgrounds](http://www.warringah.nsw.gov.au/play/parks-gardens-and-reserves/playgrounds), search for playgrounds alphabetically. Also see section on parks, gardens and reserves.

## Rhythm Factory - Northern Sydney region

**Phone:** 1300 468 858

Dougherty Centre, 7 Victor St, Chatswood NSW 2067

**Email:** [info@rhythmfactory.com.au](mailto:info@rhythmfactory.com.au)

**Web:** [www.rhythmfactory.com.au](http://www.rhythmfactory.com.au)

Classes in dance, music and movement for girls and boys aged 15 months to 6 years, develop gross motor skills, confidence, coordination, self esteem. Children with developmental disability welcome. Classes (maximum 12 per class) are 30 minutes for 15mo-2.5yr and 2yr-3.5yr; and 40 minutes for 3yr-4.5yr and 4yr-6yr. See website for classes in Avalon, Baulkham Hills, Carlingford, Castle Hill, Chatswood, Forestville, Freshwater, Lane Cove, Mosman, North Sydney, St Ives.

**Hours:** Vary according to location

## Signed Storybooks for Deaf and Hearing Children

**Web:** [www.signedstories.com](http://www.signedstories.com)

The whole family can watch, hear, see the signed words (in British Sign Language) and read the text of various storybooks for children of all ages. More books are added constantly to the categories: Adventure, Baby and Toddler, Fairytales and Folktales, Families & Friendships, Funny, Slimy Scary. For those that have difficulty using a mouse, keyboard access is supported by using standard shortcut techniques. The section for Parents, Carers and Teachers covers a wide range of topics. It is a ITV Broadcasting Ltd project produced by ITV SignPost.

## Soccer for Children and Teens with Disabilities

**Phone:** 02 9402 5317

Toolang Oval, St Ives NSW 2075

**Email:** [dwhoward@optusnet.com.au](mailto:dwhoward@optusnet.com.au)

**Web:** [www.stivesfootball.com.au/website/default.asp?page=specialneeds](http://www.stivesfootball.com.au/website/default.asp?page=specialneeds)

St Ives Soccer Club hosts modified soccer for children and youth aged 4.5 to 18 years with autism or intellectual disabilities. Modified rules permit one chaperone to assist passively onfield. If support is required or challenging behaviour exists, a carer must be provided. Similar clubs in surrounding suburbs.

**Hours:** Saturday 1pm-2pm game

## TAD Disability Services - Computer Support Service

**Phone:** 02 9912 3400, 1300 663 243

Unit 10, 185 Briens Rd, Northmead NSW 2152

**Email:** [css@tadnsw.org.au](mailto:css@tadnsw.org.au)

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

Volunteers refurbish donated computers and ancillary equipment, install software, sell the computer (\$250 or \$380) and provide 2 year maintenance to people with any Centrelink benefit card. Contain Windows XP or Windows 7 and Microsoft Office 2007. Free delivery within NSW about 4-6 weeks after receive order, copy of Centrelink card and full payment.

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

## TAD Disability Services - Freedom Wheels

**Phone:** 02 9912 3400, 1300 663 243 option 2

Unit 10, 185 Briens Rd, Northmead NSW 2152

**Email:** [cde@tadnsw.org.au](mailto:cde@tadnsw.org.au)

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

Healthcare and engineering staff assess each child at a bike "clinic" and write a specification for a bike to meet their exact needs. This may include stabiliser wheels, postural supports, belts, footcups, towbars and modified handlebars. See website for clinic dates and sites. Also in Queensland, South Australia, ACT, Tasmania, Western Australia, Victoria.

**Hours:** Office Mon-Fri 8.30am-4.30pm

## Tempo Tricycles Distributions Pty Ltd

**Phone:** 0407 651 912

**Mail to:** c/- PO Box 7012, Brendale QLD 4500

**Email:** [sales@tempolafaek.com.au](mailto:sales@tempolafaek.com.au)

**Web:** [www.tempotricycles.com](http://www.tempotricycles.com)

Aims to bring the benefits and joy of cycling to all people. Provides and creates bikes for people with a disability.

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

## Virgin Active Health Club

**Phone:** 02 9975 8600

16 Rodborough Rd., Frenchs Forest NSW 2086

**Email:** [frenchs@virginactive.com.au](mailto:frenchs@virginactive.com.au)

**Web:** [www.virginactive.com.au](http://www.virginactive.com.au)

Club offers personal training (individual, group), swimming or aqua classes in heated 25metre indoor pool, cafe, free internet, spa and sauna, kids club (3months-15yr), teen holiday program. Family splash - existing member invites kids (to age 15) for free 1.5 hour session in pool at 5 specified times per week. **Hours:** Mon-Thu 5:30am-10pm, Fri 5:30am-9pm, Sat 7am-8pm, Sun 8am-6pm.

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# Information

## ADHC Teams - Specialist Support and Case Management

Ageing Disability and Home Care, Family and Community Services (ADHC)

**Phone:** 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

**Web:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

People to age 65 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development, equipment prescription. Information and referral to ADHC respite and other services like day placement, supported accommodation. **Hours:** Office Mon-Fri 9am-5pm

## Association for Children with a Disability NSW (ACD NSW)

**Phone:** 1300 851 603

**Mail to:** PO Box 131, Gordon NSW 2072

**Email:** [acdnew@acdnew.org.au](mailto:acdnew@acdnew.org.au)

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

This non-profit organisation is run by parents of children with any disability, and provides support and information for all parents, carers and families of children with all types of disability. Members receive free quarterly newsletters, and access to back issues. Publishes two information books written by parents for parents: 'Through the Maze' (summary of services and tips), and 'Helping You and Your Family' for parents of children newly diagnosed. Online book purchase, and membership (free for parents).

## Autism Advisor Program

**Phone:** 1300 978 611

Bldg 1, Lvl 2, 14 Aquatic Drive, Frenchs Forest NSW 2086

**Email:** [autismadvisor@autismspectrum.org.au](mailto:autismadvisor@autismspectrum.org.au)

**Web:** [www.autismspectrum.org.au/aap](http://www.autismspectrum.org.au/aap)

Advisors link families and carers of children under the age of 7 with a confirmed diagnosis of an Autism Spectrum Disorder, to the early intervention service provider panel, and provide advice and information about relevant community services. Autism Advisors are the central liaison for early intervention funding packages. Website provides information and forms. The Department of Families, Housing, Community Services and Indigenous Affairs (FaHCSIA) has appointed Autism Spectrum Australia (Aspect) to establish and deliver the Autism Advisor Program in NSW. **Hours:** Mon-Fri 9am-4pm

## Centrelink Northern Beaches

**Phone:** 1800 000 567

660 - 664 Pittwater Rd, Brookvale NSW 2100

**Web:** [www.centrelink.gov.au](http://www.centrelink.gov.au)

Controls payments for pensions, benefits & allowances under the Social Security Act. Also offers Financial Information Service (FIS) to anyone. Targets families, jobseekers & young people, aged, those planning retirement, people with disabilities, carers, students. Social Work Service available for family or personal concerns. Crisis payment after release from prison or psychiatric confinement. Multicultural Services Officer available. Medicare office now located here.

**Hours:** Mon-Fri 8:30am-4:30pm. Available for phone enquiries 8am-5pm

## Cerebral Palsy Alliance - CP Helpline

**Phone:** 1300 888 378

**Mail to:** PO Box 184, Brookvale NSW 2100

**Email:** [info@cerebralpalsy.org.au](mailto:info@cerebralpalsy.org.au)

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

Experienced and qualified staff of this confidential telephone information and support service will answer queries about cerebral palsy and related disabilities. Leave a message so staff can phone back. **Hours:** Mon-Fri 9am-5pm

## Cubby House Toy Library Inc

**Phone:** 02 9971 7006

32 Howard Ave, Dee Why NSW 2099

**Email:** [cubbyh@tpg.com.au](mailto:cubbyh@tpg.com.au)

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

Community based toy library for children with additional needs - physical, developmental, learning, speech, emotional or social. List of toys, books, CD, DVDs for children; and reference books for parents on website. Staffed by volunteers in open hours. Occupational therapist appointments free to members. Prospective members must phone for initial appointment.

**Hours:** Tue 11am-2.30pm, Wed Thu 9:45am-1pm, Fri Sat 9:45am-12pm. Closed school holidays & public holidays.

## Down Syndrome NSW

**Phone:** 02 9841 4444

7 Deed Place, Northmead NSW 2152

**Email:** [support@dsansw.org.au](mailto:support@dsansw.org.au)

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

Parent support association that aims to encourage people with Down syndrome to take their place in the community and to raise community understanding of the condition. Services include parent support, information and referral, a book & video library and comprehensive website. **Hours:** Mon-Fri 9:30am-4:30pm (Parent support)

## Early Childhood Intervention Australia (NSW Chapter) Inc

**Phone:** 02 9873 2593

D Block, 361-365 North Rocks Rd, North Rocks NSW 2151

**Email:** [admin@ecia-nsw.org.au](mailto:admin@ecia-nsw.org.au)

**Web:** [www.ecia-nsw.org.au](http://www.ecia-nsw.org.au)

Professional and parental support and information service for early childhood intervention workers. Mon-Fri 9am-5pm, closed Wed

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## Northcott - EarlyStart Diagnosis Support

**Phone:** 02 9472 5200

Ste 3, Lev 5, 20 George St, Hornsby NSW 2077

**Email:** [edwina.hargreaves@northcott.com.au](mailto:edwina.hargreaves@northcott.com.au)

**Web:** [www.northcott.com.au](http://www.northcott.com.au)

This program provides short-term support to families whose pre-school child (aged 0-6) has recently been diagnosed with a disability, is waiting for diagnosis, or where there is concern about the child's development. Referral by self or an agency. Also provides information and referral. Funded by ADHC. **Hours:** Mon-Fri 8.30am-4.30pm office

## NSW Council for Intellectual Disability (NSW CID)

**Phone:** 02 9211 1611, 1800 424 065 (Country callers)

Level 1, 418a Elizabeth St, Surry Hills NSW 2010

**Email:** [mail@nswcid.org.au](mailto:mail@nswcid.org.au)

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

A peak organisation representing the rights and interests of people with an intellectual disability. Lobbies government, provides policy advice, systemic advocacy, information provision and dissemination. Has a database with information on over 1000 services and resources available for people with an intellectual disability and their families and advocates. Also has a reference library which is accessible on request. The Board of Directors consists of people with intellectual disabilities, their families, and service providers. **Hours:** Mon-Fri 9am-5pm

## Parent Line

**Phone:** 1300 130 052

**Email:** via website

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

Telephone and web-based counselling and referral service for parents of children aged 0-18 years, and for professionals on behaviour issues, referral and support. Incorporates the Early Childhood Intervention Infoline for families who have questions about their child's development or who have a child who has been diagnosed with a disability. Professional counsellors answer calls regarding parenting issues like challenging behaviour or conflict. Calls from anywhere in NSW for cost of a local call. Telephone interpreter service for non-English speaking people. Website has info sheets, parent stories, blog.

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

## Resourcing Families

**Phone:** 02 9869 7753

305 16-18 Cambridge St, Epping NSW 2121

**Email:** [info@resourcingfamilies.org.au](mailto:info@resourcingfamilies.org.au)

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

Provides support and information to families of children and young people with developmental disability in NSW. Information and strategies to help families develop a vision, build and nurture support networks, and explore the possibilities of a self directed approach. **Hours:** Monday to Friday 9am – 5pm

## Royal Institute for Deaf and Blind Children

**Phone:** 02 9871 1233 (Voice/TTY)

361-365 North Rocks Rd, North Rocks NSW 2151

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

Provides early intervention, pre-school and school-aged educational programmes for children with hearing and/or vision impairment. Services include centre-based and home-based programs, an audiology clinic and a research and professional training centre operated in affiliation with the University of Newcastle. Also offers a variety of contact options including telephone, post, fax, email, video and video conferencing for families in rural areas. Planning and assessment sessions can be arranged on campus. **Hours:** Mon-Fri 8:30am-4:30pm (Office)

## Warringah Disability Information Service

**Phone:** 02 9942 2686

55 Middleton Rd, Cromer NSW 2099

**Email:** [janzm@warringah.nsw.gov.au](mailto:janzm@warringah.nsw.gov.au)

**Web:** [www.warringah.nsw.gov.au/live/community-support-services/disability-services](http://www.warringah.nsw.gov.au/live/community-support-services/disability-services)

Provides comprehensive information and referral to services for residents with disability, their carers, service providers and community in Manly Pittwater Warringah. Free fortnightly e-newsletter of events, resources etc in Northern Sydney region. Free publications include Leisure for youth and adults with a disability, Services for Children 0-6 - printed and on website.

**Hours:** Mon Wed Thu 9am-5pm

## Warringah Disability Newsletter

**Web:** [www.warringah.nsw.gov.au/live/community-support-services/disability-services](http://www.warringah.nsw.gov.au/live/community-support-services/disability-services)

Free newsletter of 10 to 18 pages of text on events, activities, resources, training, conferences etc to interest / benefit people with a disability, their family / carers and service providers in the Northern Sydney area and beyond. Email [janzm@warringah.nsw.gov.au](mailto:janzm@warringah.nsw.gov.au) to receive it every 3 weeks. Only by email in Word or pdf format, regular or large print. Suggestions and comments welcome.

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# Playgroups - Supported

Local Council Children Services have the contact details of many playgroups in their area.

## Giant Steps Sydney Ltd

**Phone:** 02 9879 4971

Step House, 23 Punt Rd, Gladesville NSW 2111

**Email:** [admin@giantsteps.net.au](mailto:admin@giantsteps.net.au)

**Web:** [www.giantsteps.net.au](http://www.giantsteps.net.au)

Provides comprehensive services to children aged 5 to 18, with primary diagnosis of Autism Spectrum Disorder. Provides trans-disciplinary education with therapy remediation (speech, music, occupational) in a single program, and a gradual systematic approach to integrating children into local schools. Addresses underlying neurological impairments so child can benefit from an academic program. Giant Steps Early Learning - early intervention for children with autism ages 3 to 6. Weekly playgroup "Playsteps" for ages 18 months to 5 years at Gladesville. **Hours:** Office Mon-Fri 8.30am-4.30pm

## KU Education Support and Family Services

**Phone:** 02 9268 3917

129 York St, Sydney NSW 2000

**Email:** [susan.montrose@ku.com.au](mailto:susan.montrose@ku.com.au)

**Web:** [www.ku.com.au](http://www.ku.com.au)

Provides consultancy support and resources for children with additional needs to age 8 throughout Sydney. Includes children from Aboriginal or Torres Strait Islander backgrounds, from Culturally and Linguistically Diverse (CALD) backgrounds, gifted children and children with disabilities or challenging behaviours who are enrolled in KU services. **Hours:** Mon-Fri 8:30am-5pm

## Lifestart Northern Beaches - Open Playgroup

**Phone:** 02 9451 9564

Arranounbai School, 5 Aquatic Dr, Frenchs Forest NSW 2086

**Email:** [northernbeaches@lifestart.org.au](mailto:northernbeaches@lifestart.org.au)

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

Playgroup for young children with special needs, siblings, friends and children without special needs (depending on space). Staff include educators, rostered therapists (speech, OT, physio), parent co-ordinator, volunteers. Thursday 10am-12pm. **Hours:** Thu 9.30am-11am. Office Mon-Fri 9am-5pm in school terms

## MyTime Parent Support Group and Playgroup

**Phone:** 1300 888 378, 02 9975 8454

Meets at Cerebral Palsy Alliance, 187 Allambie Rd, Allambie 2100

**Email:** [ikerslake@cerebralpalsy.org.au](mailto:ikerslake@cerebralpalsy.org.au)

**Web:** [www.mytime.net.au](http://www.mytime.net.au)

This free mutual aid parent group / playgroup is for parents, grandparents and carers of children (to age 16) with a disability or chronic medical condition. Most children are aged 0-6. A play helper and volunteers support the children in a developmental program of singing, drawing, playing with toys etc. The parent must be eligible for the carers allowance. Meets monthly Fridays 9.30am-11.30am during school terms. **Hours:** Office Mon-Fri 9am-5pm; group meets monthly Fri 9.30am-11.30am

## Northern Beaches Interchange - Kookaburra Specialised Playgroup

**Phone:** 02 9970 0500

Narraweena Community Centre, Oceana St, Narraweena NSW 2099

**Email:** [admin@nbi.org.au](mailto:admin@nbi.org.au)

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

Specialised playgroup for children to age 6 with developmental delay or special needs, siblings and parents in group setting to enhance social skills, gross/fine motor skills, language etc before school entry. **Hours:** Mon 10am-12:30pm in school terms

## Physical Ability Unit - Motor Skills Therapy

**Phone:** 02 9975 7743

Arranounbai School, 5 Aquatic Drive, Frenchs Forest NSW 2086

**Email:** [nslhd-pau@health.nsw.gov.au](mailto:nslhd-pau@health.nsw.gov.au)

Individual or group sessions to develop play skills for children and motor skills for children and teens to age 18 with physical disabilities or medical conditions. Staffed by physiotherapist, occupational therapist, nurse. Includes fine and gross motor play and language simulation. Run for 1-2 hours per week during school terms. **Hours:** Office Mon-Thu 9am-3pm

## Vision Australia - Children Services

**Phone:** 1300 847 466

4 Mitchell St, Enfield NSW 2136

**Email:** [info@visionaustralia.org](mailto:info@visionaustralia.org)

**Web:** [www.visionaustralia.org](http://www.visionaustralia.org)

Services for children with blindness or low vision, and their families can occur in individual or group sessions, including playgroups and parent workshops, at Enfield and Caringbah. Include: information on eye conditions, early childhood Braille learning programs, advice on toys / books / equipment, life skills programs (independence, leisure, socialisation, sexuality), inclusion (in peer / leisure groups, childcare, schools), literacy support (keyboarding, technology), counselling, preparing for further study and careers. Team of orthoptists, therapists, educators, adaptive technology consultants and counsellors assess the degree to which blindness or low vision is affecting each child's development. Work in partnership with other service providers. **Hours:** Mon-Fri 9am-5pm

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# Preschools

## Website: NSW Public Schools - [www.schools.nsw.edu.au](http://www.schools.nsw.edu.au)

This website contains general information about various stages within the public school system, and links to relevant guides. Many preschools have staff trained to interact with and support children with additional needs.

## DET Early Intervention Support Class

**Phone:** 02 9971 8635

Dee Why Public School, Cnr Regent St and Fisher Rd, Dee Why 2099

**Email:** [deewhy-p.school@det.nsw.edu.au](mailto:deewhy-p.school@det.nsw.edu.au)

**Web:** [www.deewhy-p.schools.nsw.edu.au](http://www.deewhy-p.schools.nsw.edu.au)

The Department of Education and Communities provides small group half-day sessions (twice per week) with an individual learning program for each child, in collaboration with parents, therapist, early childhood teacher. Parent to contact local public school by April for the next year. Also some resource support in government-funded community-based preschools or child care centres. **Hours:** Mon-Fri 9am-3pm Office, centre 9am-12noon

## Fisher Road School for Specific Purposes

**Phone:** 02 9981 5222

115 Fisher Rd, Dee Why NSW 2099

**Email:** [fisherrd-s.school@det.nsw.edu.au](mailto:fisherrd-s.school@det.nsw.edu.au)

**Web:** [www.fisherrd-s.schools.nsw.edu.au](http://www.fisherrd-s.schools.nsw.edu.au)

Provides special educational programs for pupils aged 4-18 years with moderate or severe intellectual disability. Includes academic, communication (PECS), music therapy, sensory, adapted Conductive education, work skills and integration into community, and satellite classes. **Hours:** Mon-Fri 8:45am-3:15pm

## Giant Steps Sydney Ltd

**Phone:** 02 9879 4971

Step House, 23 Punt Rd, Gladesville NSW 2111

**Email:** [admin@giantsteps.net.au](mailto:admin@giantsteps.net.au)

**Web:** [www.giantsteps.net.au](http://www.giantsteps.net.au)

Provides comprehensive services to children aged 5 to 18, with primary diagnosis of Autism Spectrum Disorder. Provides trans-disciplinary education with therapy remediation (speech, music, occupational) in a single program, and a gradual systematic approach to integrating children into local schools. Addresses underlying neurological impairments so child can benefit from an academic program. Giant Steps Early Learning - early intervention for children with autism ages 3 to 6. Weekly playgroup "Playsteps" for ages 18 months to 5 years at Gladesville. **Hours:** Office Mon-Fri 8.30am-4.30pm

## MUSEC School for Children with Special Learning Needs

**Phone:** 02 9850 8691, 02 9850 9697

Building X5A, Special Education Centre, Balaclava Rd, Macquarie University NSW 2109

**Email:** [sally.howell@mq.edu.au](mailto:sally.howell@mq.edu.au)

**Web:** [www.musec.mq.edu.au/community\\_outreach/musec\\_school/](http://www.musec.mq.edu.au/community_outreach/musec_school/)

**Service Description:** Independent special school for children from kindergarten to year 6 with an intellectual disability, language disability, autism or who are enrolled in special education services in a special school or unit or who receive integration funding. **Hours:** Mon-Fri 8:30am-2:45pm

## RIDBC Roberta Reid Preschool

**Phone:** 02 9872 0306 (Voice or TTY)

361-365 North Rocks Rd, North Rocks NSW 2151

**Email:** [robertareid@ridbc.org.au](mailto:robertareid@ridbc.org.au)

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

Offers a preschool program for children who are deaf or who have parents/siblings who are deaf and use AUSLAN as their first language. Concepts are explained to deaf children using AUSLAN first. English is taught as a second language. Community children with near to age appropriate sign language also enrolled. **Hours:** Mon-Fri 9:00-15:00

## SDN Northern Sydney Inclusion Support Agency (ISA)

**Phone:** 02 9439 2182

Suite 205, 35 Hume St, Crows Nest NSW 2065

**Email:** [nsisa@sdn.org.au](mailto:nsisa@sdn.org.au)

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

Promotes access and inclusion for all children in early childhood services approved for child care benefit. ISAs employ experienced Inclusion Support Facilitators (ISFs) to support Early Childhood services to make changes and to use practical resources so that children from priority groups (ongoing high support needs due to disability, refugee or ATSI or CALD background) feel welcome and can join in all service activities. Funded by the Australian Government (DEEWR) through the Inclusion and Professional Support Program (IPSP). **Hours:** Mon-Fri 9am-5pm

## St Gabriel's School

**Phone:** 02 9634 2367

190 Old Northern Rd, Castle Hill NSW 2154

**Email:** [reception@stgabriels.nsw.edu.au](mailto:reception@stgabriels.nsw.edu.au)

**Web:** [www.stgabriels.nsw.edu.au](http://www.stgabriels.nsw.edu.au)

This school provides specialised education for children with hearing impairment, autism or intellectual disability and requiring low-medium support to develop language, literacy, numeracy, social skills. Students aged 4-13 attend the registered / accredited kindergarten to year 6. **Hours:** Mon-Fri 8.30am-3.30pm

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## St John the Apostle School

**Phone:** 02 9971 9297

**Email:** [sjan@dbb.catholic.edu.au](mailto:sjan@dbb.catholic.edu.au)

166 Alfred St, Narrabeena NSW 2099

**Web:** [www.sjanddbb.edu.au](http://www.sjanddbb.edu.au)

A Catholic Parish Primary School for boys and girls Kindergarten to Year 6. After school program available - please phone to enquire. Start Right satellite class for special needs students in Kindergarten and Year 1. **Hours:** Mon-Fri 8:50am-3:05pm

## St Josephs Catholic Primary School

**Phone:** 02 9913 3766

**Email:** [sjn@dbb.catholic.edu.au](mailto:sjn@dbb.catholic.edu.au)

108 Ocean St, Narrabeen NSW 2101

**Web:** [www.sjn.catholic.edu.au](http://www.sjn.catholic.edu.au)

Catholic Primary School which includes Start Right satellite class for special needs students in Kindergarten and Year 1. **Hours:** Mon-Fri 9am-3:05pm

## St Lucy's School

**Phone:** 02 9487 1277

**Email:** [enquiries@stlucys.nsw.edu.au](mailto:enquiries@stlucys.nsw.edu.au)

21 Cleveland St, Wahroonga NSW 2076

**Web:** [www.stlucys.nsw.edu.au](http://www.stlucys.nsw.edu.au)

An independent, specialist Catholic School and community reaching out to children with disabilities. Provides an educational experience which caters for individual needs and differences within a caring and supportive atmosphere. Based at Wahroonga with satellite classes on the Northern Beaches.

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

## Vern Barnett School for Children with Autism

**Phone:** 02 9454 8359

**Email:** [vbschool@autismspectrum.org.au](mailto:vbschool@autismspectrum.org.au)

41 Cook St, Forestville NSW 2087

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

A comprehensive educational program for children aged 3.75-16 years diagnosed with Autism Spectrum disorder. Both primary and secondary day school. Emphasises teaching communication and social skills, sensory processing and self-regulation of behaviour. Satellite primary classes in Our Lady of Good Counsel (Forestville), Lane Cove Primary (Lane Cove), St Kevin's Primary (Eastwood), Sacred Heart Primary (Mona Vale) & Corpus Christi (St Ives).

**Hours:** Office Mon-Fri 8.30am-4.30pm. School Mon-Fri 9am-3pm

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# Respite

## ADHC Teams - Specialist Support and Case Management

Ageing Disability and Home Care, Family and Community Services (ADHC)

**Phone:** 02 8424 2500

Level 6, 12 Help St, Chatswood NSW 2067

**Web:** [www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

People to age 65 with significant intellectual disability (deficit in two or more functional areas) are offered multidisciplinary services including service coordination, counselling, family support, speech pathology, occupational therapy, physiotherapy, psychological assessment, behaviour management support, skills development, equipment prescription. Information and referral to ADHC respite and other services like day placement, supported accommodation. **Hours:** Office Mon-Fri 9am-5pm

## CatholicCare Disability and Ageing Services - Respite

**Phone:** 02 8968 5100

Unit 9B, 44 Wattle Rd, Brookvale NSW 2100

**Email:** [janelle.phillpot@dbb.org.au](mailto:janelle.phillpot@dbb.org.au)

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

1. Planned Flexible Respite Service (0-99 years) packages tailored to suit the carer's needs.
2. Children's Respite Services - Vacation Care Program for children and youth (to age 18) with disabilities.
3. Planned, In home Respite for people with disabilities with moderate to high support needs.

**Hours:** Office Mon - Fri 9am - 5pm, service times vary - are 24/7

## Community Care (Northern Beaches) Limited

**Phone:** 02 9979 7677

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

**Email:** [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)

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

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. Information and case management for eligible Aboriginal and Torres Strait Islander residents of Northern Sydney region. **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

## Northcott Flexible Respite Northern Sydney

**Phone:** 02 9472 5204

Level 5, 20 George St, Hornsby NSW 2077

**Email:** [hornsby.admin@northcott.com.au](mailto:hornsby.admin@northcott.com.au)

**Web:** [www.northcott.com.au](http://www.northcott.com.au)

Provides respite for people with disabilities aged 0-65 years and their carers, upon application through RIAP on 9407 1654. Also Flexible Respite for Ageing Carers aged 70+. **Hours:** Mon-Fri 9am-4pm

## Northern Beaches Interchange Inc

**Phone:** 02 9970 0500

2 Jacksons Rd, Warriewood NSW 2102

**Email:** [admin@nbi.org.au](mailto:admin@nbi.org.au)

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

This non-profit agency provides family support and respite to member families having a child with a disability. Regular and occasional planned respite programs for children aged 0-6: 1. Host Program (ages 0-16) 2. Respite Options Program (ages 0-25 with medium-high support needs). 3. Seagull Holiday program for children (5-12). 4. Kookaburra play group (ages 0-6 years) **Hours:** Office Mon-Fri 9am-5pm. Respite programs weekdays and weekends

## Northern Sydney Commonwealth Respite and Carelink Centre

**Phone:** 1800 052 222

Level 3, 1 Chandos St, St Leonards NSW 2065

**Email:** [carelink@nsforum.org.au](mailto:carelink@nsforum.org.au)

**Web:** [www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

Provides information on community, aged and disability services and carer support, including advice and assistance in arranging short-term and emergency respite for carers of people who are frail aged, have a disability, chronic condition, mental health disorder, terminal illness. Also information on costs for services, assessment processes and eligibility criteria. Includes young carers program. Emergency Respite after hours 1800 059 059 **Hours:** Mon-Fri 9am-4:30pm (office), 24 hour emergency service

## Respite Intake and Allocation Process (RIAP) - ADHC Metro North

Ageing Disability and Home Care, Family and Community Services (ADHC)

Intake Line (02) 9407 1654 open 14 Jan to 1 Mar 2013 for referrals for flexible respite services from 1 Jul 2013 to 30 Jun 2014. Referrals after 1 March might not be included in the annual allocation. Line open 9am to 4pm, leave a message for staff who will call you. Applications are prioritised in April 2013. You will receive a letter about the outcome of your referral after the allocation meetings. Discuss any concerns or questions regarding this process with your current respite service provider or call the RIAP Intake line.

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## **Sunnyfield - Respite in Action, Northern Sydney**

**Phone:** 02 8977 2755

185 Allambie Rd, Allambie Heights NSW 2100

**Email:** [d.white@sunnyfield.org.au](mailto:d.white@sunnyfield.org.au)

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

Delivers planned, flexible respite to family/carers and their children aged to 65 years with a disability. The ADHC Respite Intake and Allocation Process (RIAP 9407 1654) annually allocates placements for use at home or in the community.

Sunnyfield's person centred approach ensures that respite is tailored to the needs of both the individual and his/her family. It is not crisis or emergency respite.

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

## **Wesley Community Support Services - In Home Respite, Domestic Assistance**

**Phone:** 02 9938 5900

**Mail to:** PO Box 796, Brookvale NSW 2100

**Email:** [wcss.north@wesleymission.org.au](mailto:wcss.north@wesleymission.org.au)

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

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

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# Siblings

Some organisations (like CatholicCare and ADHC) provide respite to people with disabilities, and now also offer activities to the siblings or children of the person with the disability. See the sections on Information or Respite.

## Kids Helpline

**Phone:** 1800 551 800

**Email:** [admin@kidshelp.com.au](mailto:admin@kidshelp.com.au)

**Mail to:** GPO Box 2469, Brisbane QLD 4001

**Web:** [www.kidshelp.com.au](http://www.kidshelp.com.au)

Australia's only free, confidential and private, 24/7 counselling service for children and young people aged 5 to 25 years. Counselling and support is provided over the phone, web and e-mail. (Please note that charges may apply when calling from a different phone provider which is not Optus, Virgin, Vodafone, 3 or landline.) **Hours:** Daily, 24 hours

## Livewire for Siblings of Someone with Disability

**Phone:** 02 8425 5971

**Mail to:** Livewire at Starlight Children's Foundation, Level 3, 80 Chandos St, Naremburn NSW 2065

**Email:** [member.services@livewire.org.au](mailto:member.services@livewire.org.au)

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

This free, safe and supportive online community is for young people (aged 10-20) who have a brother or sister living with a disability, serious illness or chronic health condition. They can share experiences with other siblings who understand, gain the skills and knowledge to help them feel more in control of their situation. Members can chat online, create a blog about themselves or interests, enter competitions, read information, check games and music, post in forums. Chat hosts and moderators trained in adolescent health are online 7 days a week, and Livewire works with the Australian Federal Police to ensure all members of Livewire remain safe while engaging with the community. **Hours:** Office Mon-Fri 9am-5pm

## Northern Beaches Interchange - Sibling Program

**Phone:** 02 9970 0500

2 Jacksons Rd, Warriewood NSW 2102

**Email:** [admin@nbi.org.au](mailto:admin@nbi.org.au)

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

Holiday program for children who live in Northern Beaches and have brother / sister with disability. Day program of activities for ages 8-11 and 12-16. On needs basis, with priority for new applicants. Also offer sibling support group dependent on numbers. Not necessary to be a member of NBI. **Hours:** Office Mon-Fri 9am-5pm

## Northern Sydney Commonwealth Respite and Carelink Centre

**Phone:** 1800 052 222

Level 3, 1 Chandos St, St Leonards NSW 2065

**Email:** [carelink@nsforum.org.au](mailto:carelink@nsforum.org.au)

**Web:** [www.commcarelink.health.gov.au](http://www.commcarelink.health.gov.au)

Provides information on community, aged and disability services and carer support, including advice and assistance in arranging short-term and emergency respite for carers of people who are frail aged, have a disability, chronic condition, mental health disorder, terminal illness. Also information on costs for services, assessment processes and eligibility criteria. Includes young carers program. Emergency Respite after hours 1800 059 059

**Hours:** Mon-Fri 9am-4:30pm (office), 24 hour emergency service

## Siblings Australia Inc

**Phone:** 0408 720 558

23A King William Rd, Unley SA 5061

**Email:** [kate@siblingsaustralia.org.au](mailto:kate@siblingsaustralia.org.au)

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

Services and resources for siblings of children with special needs, parents and service providers. Information available for siblings of children and adults with chronic conditions including disability, chronic illness and mental health issues via the website. **Hours:** Mon-Fri 9am-5pm

## Young Carers NSW

**Phone:** 1800 242 636

**Mail to:** PO Box 20156, World Square NSW 2002

**Email:** [yc@carersnsw.asn.au](mailto:yc@carersnsw.asn.au)

**Web:** [www.youngcarersnsw.asn.au](http://www.youngcarersnsw.asn.au)

Provides telephone information, support and activities for young people to age 25 who care for a family member with chronic illness, disability, drug or alcohol problem. Quarterly e-newsletter, discussion board on website, counselling (face-to-face, phone), regional networks. Information kits available in many languages. Presentations in schools and services.

**Hours:** Office Mon-Fri 9am-5pm

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# Transport

## Cars and the GST - for eligible people with disabilities

**Web:** [www.ato.gov.au/Individuals/People-with-disability/Tax-concessions---cars/Eligibility-for-car-tax-concessions](http://www.ato.gov.au/Individuals/People-with-disability/Tax-concessions---cars/Eligibility-for-car-tax-concessions)

Under the goods and services tax (GST) legislation, concessions exist for eligible people with disabilities who purchase new cars, second-hand cars and car parts; or leasing or modifying a car. Specific documents are required to prove you are eligible. Depending on your circumstances, you may need to obtain a medical certificate from Medibank Health Solutions. This is a five-step process which involves completing an Application for medical assessment to obtain a car or car parts GST-free. Information and required forms are on the website, or phone the Australian taxation Office on 13 24 78.

## Dept of Education and Communities - Assisted School Travel Unit

**Phone:** 1300 338 278

**Web:** [www.det.nsw.edu.au](http://www.det.nsw.edu.au)

The Assisted School Travel Program (ASTP) aims to assist eligible students with disabilities to access educational services in government and non-government schools in New South Wales. Transport services are available to students enrolled in special schools and support classes or in placements in regular classes for students who are mobility dependent. To be eligible to apply for transport assistance, students must: •have an identified disability that meets DET established criteria NSW DET Disability Criteria (July 2000); •be enrolled in the closest appropriate government or registered non-government school to their home, following consideration of educational needs and the impact of travelling distance and time on individual learning programs; •have parents and/or carers who have demonstrated in writing their inability to provide or arrange travel for the student either fully or in part; and •be a permanent resident of New South Wales. Please contact your school principal in relation to any enquiries and applications for access to the ASTP. You may also contact the Assisted School Travel Unit on telephone number 1300 338 278 for further information on the Scheme. **Hours:** Mon-Fri 8:30am-5.00pm

## Easy Transport - Manly Warringah Pittwater

**Phone:** 02 9971 5110

Dee Why Community Centre, 30 Howard Ave, Dee Why NSW 2099

**Email:** [admin@mwpc.org.au](mailto:admin@mwpc.org.au)

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

Door to door transport for frail aged people, younger people with disability, their carers, and transport disadvantaged by minibus or car. Services include: fortnightly shopping to Warringah Mall, Forestway & Warriewood; fortnightly Mystery Drives; monthly Luncheon Club; weekday shuttle within Warringah; Individual Transport to medical/ hospital/ social appointments Mon-Sat, North Shore Shuttle to hospitals (Mater, Royal North Shore) Mon-Fri. Collects members to weekly group meetings and community restaurants. Also Individual Transport within Northern Beaches and to North Sydney. Saturday luncheon club. Accessible buses for wheelchair users. Vehicles available with / without driver for hire to community groups. **Hours:** Mon-Fri 9am-4pm. Bookings Mon-Fri 11am-3pm w 48 hr notice

## Mobility Engineering

**Phone:** 02 9482 4572

Unit 4/45 Salisbury Rd, Asquith NSW 2077

**Email:** [sales@mobilityengineering.com.au](mailto:sales@mobilityengineering.com.au)

**Web:** [www.mobilityengineering.com.au](http://www.mobilityengineering.com.au)

Mobility Engineering is involved in the design, development and engineering certification of special needs conversions of various types. Also have a large range of products for people with more common needs available, that suit many makes and models of vehicles. Services include modifications, special equipment and engineering certification. Total solutions for include hand controls, wheelchair access modifications, lifts and ramps for vehicles. **Hours:** Mon-Fri 8am-5pm

## Passes and Concessions Office

**Phone:** 02 9891 8988

Information Counter, Central Station, Sydney NSW 2000

**Email:** [passes&concessions@transport.nsw.gov.au](mailto:passes&concessions@transport.nsw.gov.au)

**Web:** [www.transport.nsw.gov.au](http://www.transport.nsw.gov.au)

Public Transport concession passes for NSW vision impaired, NSW ex-service personnel with service related disabilities, full-time NSW school and tertiary students, NSW apprentices and Trainees. Administers passes & concessions as per Transport for NSW Policy. **Hours:** Mon-Fri 8:30am-4pm

## PME Auto Conversions

**Phone:** 02 9482 2808

6 Kookaburra Rd, Hornsby Heights NSW 2077

**Email:** [bill@pmeautoconversions.com.au](mailto:bill@pmeautoconversions.com.au)

**Web:** [www.pmeautoconversions.com.au](http://www.pmeautoconversions.com.au)

Specialists in vehicle modifications and related products for drivers with disabilities, and carers of children with disabilities. Some second-hand modified vehicles and items.

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

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## Qantas Carer Concession Card

**Phone:** 1800 806 769

Nican, 5/48 Brookes St, Mitchell ACT 2911

**Email:** [info@nican.com.au](mailto:info@nican.com.au)

**Web:** [www.nican.com.au/about/qantas\\_carer.asp](http://www.nican.com.au/about/qantas_carer.asp)

For people with disabilities who need 1-on-1 support from their carer when seated in the plane. Economy discount of 10% for cardholder, and 50% for nominated carer. 50% discount off J class when D class available for cardholder and nominated carer. Discount not available on other airfare (like internet, packages etc). This fare is not necessarily the cheapest fare available. Photo ID card valid for 3 years; requires up to 2 weeks to process. **Hours:** Mon-Fri 9am-4pm

## LINCS – the Database of Community and Disability Information

### What is LINCS?

LINCS stands for the Local Information Network for Community Services, and the database was created by the Data Diction company. The members of the Network include local councils and disability information groups throughout Sydney and NSW on the [www.lincs.com.au](http://www.lincs.com.au) website.

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

### How does one use LINCS?

You can access the database through each member's homepage via any computer with Internet access.

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

### How can I provide new or changed information?

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

Manly Library – 9976 1739, [www.manly.nsw.gov.au](http://www.manly.nsw.gov.au)

Pittwater Library – 9970 1603, [www.pittwater.nsw.gov.au](http://www.pittwater.nsw.gov.au)

Warringah Library – 9942 2605, [www.warringah.nsw.gov.au/library](http://www.warringah.nsw.gov.au/library)

Warringah Disability Information – 9942 2686,

[www.warringah.nsw.gov.au/live/community-support-services/disability-services](http://www.warringah.nsw.gov.au/live/community-support-services/disability-services)

WARRINGAH COUNCIL, Civic Centre 725 Pittwater Road, Dee Why NSW 2099  
T 02 9942 2686 F 02 9942 2664 E [janzm@warringah.nsw.gov.au](mailto:janzm@warringah.nsw.gov.au)  
[warringah.nsw.gov.au](http://warringah.nsw.gov.au)

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