



## Seniors Services (with Indexes)

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## Hornsby Council Seniors Services

### Community Connections

**Phone:** 02 9847 6614

**Address:** Hornsby Library, 28-44 George St (Entrance Hunter Lane), Hornsby 2077

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

A referral and information service with a diverse range of scheduled topics and service providers. Meet with a service provider or professional to discuss your information need, get peace of mind or find out what to do next through the Community Connections service. New topics are advertised on the library website. NOT CURRENTLY OPERATING IN PERSON DUE TO COVID 19 BUT STILL CONTACTABLE FOR PHONE INFORMATION.

**Hours:** Thurs 2-4 pm

### Gentle Exercise Class

**Phone:** 0438 823 882

**Address:** Hornsby Leisure and Learning Centre, 25 Edgeworth David Avenue, Hornsby 2077

**Email:** [michael@activempowerment.com](mailto:michael@activempowerment.com)

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

Gentle Exercise is a fun class to music suitable for people who are getting back into exercise and want to stay fit. It is suitable for people over the age of 50 years. Cost is \$130 per 10 week term or at a casual rate of \$15 per class. Try your first class for free.

**Hours:** Mondays and Fridays 9:15am-10:15am

### Hornsby Shire Council Community Services Branch

**Phone:** 02 9847 6050

**Address:** 28-44 George St, Hornsby 2077

**Email:** [commserv@hornsby.nsw.gov.au](mailto:commserv@hornsby.nsw.gov.au)

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

Local government authority providing community services to the residents of Hornsby Shire.

**Hours:** 9.00am - 4.00pm, Mon-Fri

### Hornsby Shire Council Venue Management Team

**Phone:** 02 9847 6050

**Address:** Upper Level, 28 - 44 George St, Hornsby 2077

**Email:** [vmt@hornsby.nsw.gov.au](mailto:vmt@hornsby.nsw.gov.au)

**Web:**

[www.hornsby.nsw.gov.au/communitycentres](http://www.hornsby.nsw.gov.au/communitycentres)

For information on these Venues or to book online, please visit

[www.hornsby.nsw.gov.au/communitycentres](http://www.hornsby.nsw.gov.au/communitycentres)

**Hours:** Monday - Friday 8:30am to 4:30pm

### **Hornsby Shire Council's Community Development Team**

**Phone:** 02 9847 6889

**Address:** Lvl 1 Community Services - Hornsby Library, 28-44 George St, Hornsby 2077

**Email:** sdowning@hornsby.nsw.gov.au

**Web:** www.hornsby.nsw.gov.au

The team works with residents of all ages to address issues such as health and wellbeing, homelessness, social isolation, transport & safety. This includes Aboriginal services, access and inclusion, children and families, new migrants, services for older people and young people, and volunteering. The team also organises events and activities eg. Hornsby Festival of the Arts; seminars, workshops; provides support and referral to people in need; assists community organisations to maximise their resources and respond to community needs; and, identifies areas of need for strategic planning to assist affected residents.

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

### **Hornsby Shire Libraries' Author Talks**

**Phone:** 02 9847 6614

**Address:** 28-44 George St (entrance off Hunter Lane), Hornsby 2077

**Email:** library@hornsby.nsw.gov.au

**Web:** www.hornsby.nsw.gov.au/library  
Day and evening talks by authors in the library meeting room. Opportunities to meet and talk with authors, purchase books and have them signed. View details on the Library page of our website for upcoming events.

### **Hornsby Shire Libraries' Book Clubs**

**Address:** 28-44 George St (Entrance Hunter Lane), Hornsby 2077

**Email:** library@hornsby.nsw.gov.au

**Web:**

www.hornsby.nsw.gov.au/library/activities-and-events/book-clubs

Daytime and Evening Book Clubs, run by the members, meet regularly at Hornsby, Pennant Hills, Berowra and Galston libraries. Book lending and discussion notes are administered by the Library Staff.

### **Hornsby Shire Library & Information Service-Berowra Branch Library**

**Phone:** 02 9847 6140

**Address:** Berowra Community Centre, The Gully Rd, Berowra 2081

**Web:** www.hornsby.nsw.gov.au

The provision of library and information services to satisfy the educational, cultural and recreational needs of residents.

Reference collection. Assistance in information location. Lending collection of books, DVDs, cds & magazines.

Photocopier, facsimile facilities, word processing software and Internet/Wireless are available to the public. Children's Storytime Friday 10.30am (School term only).

**Hours:** Mon, Tues, Wed, Thurs 1.30pm-5.30pm; Fri 10am-2pm; Sat 9.30am- 12pm and 1pm-4pm.

### **Hornsby Shire Library & Information Service-Galston Branch Library**

**Phone:** 02 9847 6160

**Address:** 357 Galston Rd, Galston 2159

**Web:** www.hornsby.nsw.gov.au

The provision of library and information services to satisfy the educational, cultural and recreational needs of residents.

Assistance in information location. Lending collection of books, DVDs, magazines, cd's including children's resources. Photocopier, internet and word processing software are also available to the public. Please check the website for any service changes due to COVID.

**Hours:** Mon, Tues, Thurs 1pm-5pm; Closed Wed; Fri 10am-12noon & 1pm-5pm; Sat 10am-12noon

**Hornsby Shire Library & Information Service-Home Library Service**

**Phone:** 02 9847 6806

**Email:** [homelibrary@hornsby.nsw.gov.au](mailto:homelibrary@hornsby.nsw.gov.au)

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

The Home Library Service is a free service for people living in the Hornsby Shire, who are frail aged, carers, or for people who may have an acute or chronic illness which makes accessing the library difficult. All services provided by the Library are available through the Home Library Service, this includes Large Print Books, Magazines, Audio Books, DVDs, CDs and Diversional Therapy Resources.

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

**Hornsby Shire Library & Information Service-Hornsby Central Library**

**Phone:** 02 9847 6813

**Address:** 28-44 George St (Entrance Hunter Lane), Hornsby 2077

**Email:** [hsc@hornsby.nsw.gov.au](mailto:hsc@hornsby.nsw.gov.au)

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

The provision of library and information services to meet the educational, cultural and recreational needs of residents. The library provides a range of resources, including books, magazines, DVDs, CDs, e-books, audio books and e-magazines. Specialist collections include local and family history, literacy, and Chinese and community language resources. Free internet and word processing access. Photocopying and printing facilities. Children's Storytime session, every Tuesday at 10:30am and 11:30am and Thursday at 10:30am, Books and Bubs every Monday at 10am during school terms. A regular program of events including author talks and family history seminars.

**Hours:** Mon-Fri 10am-9pm; Sat 9:30am-5pm; Sun 2pm-5pm.

**Hornsby Shire Library & Information Service-Pennant Hills Branch Library**

**Phone:** 02 9847 6100

**Address:** Cnr Ramsay Rd and Yarrara Rd, Pennant Hills 2120

**Email:** [hsc@hornsby.nsw.gov.au](mailto:hsc@hornsby.nsw.gov.au)

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

The provision of library and information services to satisfy the educational, cultural and recreational needs of residents. Reference collection. Assistance in locating information. Lending collections : books, magazines, DVDs, CDs, and talking books available. Computer terminals for internet and word processing. Small Chinese collection. Photocopier and scanning facilities available to the public. School holiday activities. Book clubs. PLEASE NOTE: Restricted services and hours during COVID-19 pandemic. Please see our website for current information.

**Hours:** Mon-Thurs 10am-9pm; Fri 10am-5pm; Sat 10am-4pm; Sun 2pm -5pm. Children's Storytime Tues 10am, Wed 10am & 11am (school term only).

**Hornsby Shire Library & Library & Community Services - Meeting Rooms**

**Phone:** 02 9847 6802 (Bookings); 02 9847 6614 (Enquiries only)

**Address:** 28-44 George St (Entrance off Hunter Lane), Hornsby 2077

**Email:** [hsc@hornsby.nsw.gov.au](mailto:hsc@hornsby.nsw.gov.au)

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

The meeting rooms are available for hire by commercial and community groups. Accommodates up to 60 people in seating mode in the large room and 30 people in the Esther Waite room. Electronic whiteboard, projector screen, whiteboard, television and DVD player available. All the information and the Hiring Application Form can be found on the Hornsby Shire Council website.

**Hours:** Mon to Fri 10am-9pm, Sat 9:30am-5pm, Sun 2pm-5pm

### **Hornsby/Ku-ring-gai Home Modification Service (aged 65+)**

**Phone:** 02 9847 6503

**Email:** [homemod@hornsby.nsw.gov.au](mailto:homemod@hornsby.nsw.gov.au)

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

Hornsby/Ku-ring-gai Home Modification and Maintenance Service supports the frail aged and their carers living independently in the Hornsby/Ku-ring-gai local government areas. Home modification and maintenance refers to assistance with modifications and repairs to homes to help people live independently and safely in their home. Modifications range from installation of grabrails, stair rails, hand held showers, non-slip surfaces and ramps. Minor maintenance works undertaken include carpentry, plumbing, electrical, antislip applications, window and gutter cleaning.

**Hours:** 9.00 am -4:00pm

## **Accommodation and Housing**

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### **Emergency Accommodation**

#### **Hornsby Homelessness Task Force**

**Phone:** 02 9847 6889

**Email:** [sdowning@hornsby.nsw.gov.au](mailto:sdowning@hornsby.nsw.gov.au)

The Task Force was established in 2008 in response to a series of crises in Hornsby Park involving homeless people. The Task Force comprises representatives from all levels of government and the non-government sector, as well as individual members from the community. The Task Force concluded in 2021 and its members continue to support rough sleepers and homeless people in Hornsby Shire.

#### **Salvation Army- Hornsby Gateway Corps**

**Phone:** 02 9477 1133

**Address:** Hornsby Gateway Corps, 29-31 Burdett St, Hornsby 2077

**Email:**

[hornsbycommunity@salvationarmy.org.au](mailto:hornsbycommunity@salvationarmy.org.au)

**Web:** [salvos.org.au/hornsbygateway/](http://salvos.org.au/hornsbygateway/)

Worship services on Sundays at 10:30am.

Everyone is welcome. The Church Office can provide one off Emergency Relief Assistance for food and other essential items. We can also help you connect to other support services provided by the Salvation Army and other local agencies as identified during your assessment. Our Family Store has a range of good quality budget items, including clothing and small homewares.

**Hours:** Family Store: Mon-Fri 9am - 3pm; Sat 9am - 3pm

**Specialist Homelessness Services  
(CatholicCare Waitara Family Centre)**

**Phone:** 02 9488 2400

**Address:** Waitara Family Centre, 29  
Yardley Ave, Waitara 2077

**Email:**

intakewaitara@catholiccareddb.org.au

**Web:**

<https://www.catholiccareddb.org.au/housing-homelessness/>

Our caseworkers support individuals and families who are homeless or at risk of homelessness to secure longer term accommodation.

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

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## Homelessness

**Berowra Baptist Church**

**Phone:** 02 9456 4081 (Office)

**Address:** Cnr King St & Berowra Waters Rd, Berowra 2081

**Email:** office@berowrabaptist.org.au

**Web:** www.berowrabaptist.org.au

Loving Jesus and loving others with an afternoon church service, Friday night Youth Ministry, Mainly Music, Community Garden, Monthly serving our community projects, Supporting local charities. Support of Orphanage, Widows and Church in Devanahalli, India.

**Berowra Community Health Centre**

**Phone:** 02 9485 7544

**Address:** 123 Berowra Waters Rd,  
Berowra Heights 2082

**Email:** NSLHD-

BEROWRACHCRECEPTION@health.nsw.gov.au

**Web:**

<https://www.nslhd.health.nsw.gov.au/Hospitals/Pages/chc.aspx>

The Centre is run by the Hornsby Kuringgai Health Service. Services provided are in response to community needs such as health care for community members.

Services include Early Childhood Health (9485 7520), Podiatry, Speech Pathology and Physiotherapy and are at no cost to those eligible. Also have Berowra Quilting group, Carers support group, Men's Carers Cooking Classes. Yoga & Strength Training classes (8877 5300). Playgroup, RSL Youth Band.

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

**Catholic Healthcare - Mental Health  
Carer Respite Program**

**Phone:** 1800 225 474, 02 8876 2750

**Address:** Catholic Community Services, 28  
McAuley Pl, Waitara 2077

**Web:**

<https://www.catholichealthcare.com.au>

We provide services and activities that are designed to meet the respite needs of the carer working with the care recipient to identify and help them meet their needs, goals and aspirations. INCLUDES ZOOM CALLS

**Hours:** Various days and times

### **Galston & District Community Health Centre**

**Phone:** 02 9653 2235

**Address:** 17 Arcadia Rd, Galston 2159

**Web:**

<https://www.nslhd.health.nsw.gov.au/Hospitals/Pages/chc.aspx>

Provides Neighbour Aid, a Clinic/Baby Health Sister, Mental Health services, Podiatry, Physiotherapy, Centre Based Meals and Frail Aged Club, Multicultural Group, and, Seniors Group. The Centre also has a large number of volunteers who help at groups, with transport, shopping. New volunteers are always welcome.

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

### **Hornsby Homelessness Task Force**

See Page 5

### **Hornsby Meals on Wheels**

**Phone:** 02 9482 2088, 1300 361 287

**Address:** 25, 12 Cecil Rd, Hornsby 2077

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

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

To deliver a nutritionally balanced meal to the frail aged, disabled persons and their carers so that they may continue to live independently in the community. Delivery of chilled meals by volunteers to clients in their own homes, 5 days a week. Frozen meals are available for weekends and public holidays. Bulk frozen meal deliveries are available as an alternative to daily deliveries. Centre-based lunches are provided throughout the local government area for socially isolated clients. There are more than 300 clients and 300 volunteers, with greater than 60,000 meals being delivered each year.

**Hours:** Mon-Fri: 8am - 3pm (Office)

### **Hornsby Shire Council Community Services Branch**

See Page 2

### **Hornsby Shire Council's Community Development Team**

See Page 3

### **KNC - Berowra**

**Phone:** 02 9988 4966

**Address:** Berowra Community and Cultural Facility, 1 The Gully Rd, Berowra 2081

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

**Web:** [www.knc.org.au/knc-berowra](http://www.knc.org.au/knc-berowra)

Individual transport and shopping assistance from clients' homes to appointment and return. Social group activities such as art and craft classes, Yoga etc for those aged 65 years and over.

**Hours:** 9:00am-4:00pm

### **KNC - Galston**

**Phone:** 02 9485 7599

**Address:** Galston Community Health Centre, 17 Arcadia Rd, The Glade, Galston 2159

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

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

Individual transport and shopping assistance from clients' homes to appointment and return. Social group activities and social outings. For those aged 65 years and over. WE ARE STILL CONTACTABLE DURING COVID 19. (DCaf Monday 10am-12pm call us for Zoom link during Covid)

**Hours:** Monday - Friday 9:30am-2:30pm

### **KNC Pennant Hills**

**Phone:** 02 9988 4966

**Address:** 4 Ramsay Rd, Pennant Hills 2120

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

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

Our volunteers provide assistance with transport and shopping, on an individual basis in order to help older members of the community, and their Carers, to remain living in their own homes. DURING COVID PLEASE CONNECT ONLINE VIA THE WEBSITE DETAILS.

**Hours:** Mon - Fri KNC St Ives 9:00am - 4:00pm

### **Lifeline Shop Asquith**

**Phone:** 02 9476 5876

**Address:** Lifeline Op Shop, 375 Pacific Hwy, Asquith 2077

**Email:** [asquith.shop@lifelineh2h.org.au](mailto:asquith.shop@lifelineh2h.org.au)

**Web:** [www.lifelineh2h.org.au](http://www.lifelineh2h.org.au)

The shop offers a wide range of clothing, accessories, books, collectables and furniture. Off-street parking adjacent to Coles.

**Hours:** Mon - Wed & Fri 10am - 4pm;  
Thurs 10am - 5pm; Sat 9:30am - 2:30pm

### **LINC Church Services Network Hornsby Incorporated**

**Phone:** 0411 688 933 (Office)

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

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

To express Christ's Love in practical ways. To relieve and alleviate suffering in the Hornsby Shire by providing help in visiting, shopping (limited duration only), local transport (those living in Hornsby area only). Services to the needy by volunteers. We service Hornsby LGA but will transport Hornsby residents to some outside areas. We have around 50 active members who can assist.

**Hours:** Office Tues-Fri 10am-noon  
(Answering machine on at all times)

### **Salvation Army- Hornsby Gateway Corps**

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### **Society of St Vincent de Paul - Pennant Hills Outlet**

**Phone:** 02 9484 2064

**Address:** 364 Pennant Hills Rd, Pennant Hills 2120

**Email:**  
[pennanthillsshop@sydneyvinnies.org](mailto:pennanthillsshop@sydneyvinnies.org)

**Web:** <https://www.vinnies.org.au/>

To run and maintain the Pennant Hills Opportunity Shop Outlet

**Hours:** Mon-Sat 9am-5pm; Sun 10am-4pm

### **Specialist Homelessness Services (CatholicCare Waitara Family Centre)**

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### **St Vincent de Paul No Interest Loan Scheme (NILS)**

**Phone:** 1800 484 664

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

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

No Interest Loan Scheme is available to help low income earners purchase essential goods and services such as fridges, washing machines, household furniture, medical costs, school fees or supplies, technology and car related expenses.

**Hours:** By Appointment only

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## **Hostels and Group Homes**

### **Adventist Aged Care Greater Sydney**

**Phone:** 02 9487 0600

**Address:** 79 Mount Pleasant Ave, Normanhurst 2076

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

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

RESIDENTIAL AGED CARE - fully accredited, refurbished facility 97-bed residential care facility with a choice of single or twin-share rooms integrated into assessed areas of needs. Each room has views of gardens from private balconies. RESPITE - specialised flexible respite services for short or long term needs. SELF-CARE APARTMENTS and VILLAS - Placed in the heart of Wahroonga yet strategically set amongst 44 acres of natural bush and landscaped gardens. An ideal location for retirees and the frail aged who are assured the optimum of support and care. A secure passage links the apartment block to the residential care facilities - Meals, room service and personal care are provided on a temporary or on-going basis at a reasonable cost.

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



### **Anglicare Sydney - Castle Hill**

**Phone:** 1300 111 278

**Address:** 284 Castle Hill Rd, Castle Hill 2154

**Email:** info@anglicare.org.au

**Web:** www.anglicare.org.au

Provides accommodation and services including independent living units, assisted living (hostel) accommodation, dementia specific assisted care and nursing homes. Also on site there are cafes, hairdressers, a therapy centre and medical practice. For ages 60 and over. Assisted care requires assessment by ACAT.

**Hours:** Office: Mon-Fri 8:30 am - 5.00 pm appointments required.

### **Anglicare Sydney - Nuffield Village**

**Phone:** 1300 111 278

**Address:** 214 David Rd, Castle Hill 2154

**Email:** sales@anglicare.org.au

**Web:**

<https://aus01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.anglicare.org.au%2F&data=02%7C01%7Ckristywillems%40ideas.org.au%7Cfc152d5c4950476af90708d8292151f8%7C65904883024f43778cf9322c5f>

Both independent living units and residential aged care available. For ages 60 years and over. Assisted care requires ACAT assessment.

**Hours:** 24 hours 7 days

### **Bowden Brae Gardens**

**Phone:** 02 9483 9000

**Address:** 1-7 Frith Ave, Normanhurst 2076

**Email:** bbgardens@uniting.org

**Web:**

<https://www.uniting.org/services/aged-care-services/facility/uniting-bowden-brae-gardens-gardens>

Residential aged care accommodation. Membership Numbers: 500 (including Board, Staff & Volunteers)

### **Christophorus House Retirement Village**

**Phone:** 02 9476 3161

**Address:** 396 Peats Ferry Rd, Hornsby 2077

**Email:** chrv@christophorushouse.com.au

**Web:** www.christophorushouse.com.au

23 self care units of one and two bedrooms; 24 hostel rooms, including respite care. Close to shops and other amenities. Village bus.

**Hours:** Operation 24/7; Office Monday-Friday 9am to 5pm

### **Directory of Aboriginal Services in the Northern Sydney Region 2020**

**Phone:** 02 9847 6826

**Email:** vwilson@hornsby.nsw.gov.au

**Web:**

[https://www.hornsby.nsw.gov.au/\\_\\_data/assets/pdf\\_file/0003/147396/Indigenous-ATSI-Services-August-2020.pdf](https://www.hornsby.nsw.gov.au/__data/assets/pdf_file/0003/147396/Indigenous-ATSI-Services-August-2020.pdf)

A directory of services and networks for Aboriginal and Torres Strait Islander people. The directory, updated by Hornsby Council, was initially a project of the Northern Sydney Aboriginal Area Social Plan. The plan covers Willoughby, Lane Cove, Hornsby, Ryde, Warringah, Manly, Pittwater, North Sydney, Ku-ring-gai, Mosman and Hunters Hill.

### **Elderly Australian Chinese Homes NSW Co-operative Limited**

**Phone:** 02 9680 8330

**Address:** 35A Murray St 42-46 Darcey Rd, Castle Hill 2154

**Email:** info@each.org.au

**Web:** www.each.org.au

Provides a wide range of aged care services to the elderly Chinese including residential care, home care, day care, respite care, dementia care, day activities and cluster housing.

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

**Elouera Gardens, Cherrybrook Christian Care Centre**

**Phone:** 1300 130 252

**Address:** Elouera Gardens, 3 Kitchener Rd, Cherrybrook 2126

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

Caters for men and women. Contains 72 self care units (Elouera Gardens), and a 120-bed residential aged care facility (Cherrybrook Christian Care Centre).

**Lady of Grace Nursing Home**

**Phone:** 02 9634 1354

**Address:** 454 Old Northern Rd, Dural 2158

**Email:** [gm@ladyofgrace.care](mailto:gm@ladyofgrace.care)

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

General nursing home with physiotherapy and podiatry services. Also an Italian cluster home providing ethnic-specific services. 50 bed facility for high care residents. Provides temporary respite care and palliative care options.

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

**Lutanda Manor Retirement Village**

**Phone:** 02 9479 6200 (Administration)

**Address:** 14 Victoria Rd, Pennant Hills 2120

**Email:**

[lutandamanor.office@lendlease.com](mailto:lutandamanor.office@lendlease.com)

**Web:**

[www.retirementbylendlease.com.au/retirement-villages/new-south-wales-and-act/lutanda-manor](http://www.retirementbylendlease.com.au/retirement-villages/new-south-wales-and-act/lutanda-manor)

Retirement Living. Activities include outings; various activities within the village, monthly trips and visiting entertainers. 87 self-contained units for independent living. Serviced apartments for assisted living. Heated indoor pool and bowling green.

**Hours:** 9am-5pm (Office)

**McQuoin Park Residential Aged Care**

**Phone:** 02 8998 9100

**Address:** McQuoin Park, 32 McAuley Pl, Waitara 2077

**Email:** [mcquoinpark\\_admin@chcs.com.au](mailto:mcquoinpark_admin@chcs.com.au)

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

Providing residential aged care services. 122 single beds with ensuite, Wellness Day Centre

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

**UPA Sydney North Region**

**Phone:** 02 9450 8300

**Address:** 1614 Pacific Hwy, Wahroonga 2076

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

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

UPA offers a wide range of accommodation options throughout it's Districts and Regions including residential care, retirement villages, nursing homes, home care services, serviced units. Visit the website for more information.

**Wirreanda Retirement Village**

**Phone:** 02 8894 3600

**Address:** 33 Highs Road, West Pennant Hills 2125

**Email:**

[wirreandaadministration@uniting.org](mailto:wirreandaadministration@uniting.org)

Retirement village comprising 109 self-care units and 40 bed hostel. Assessment required by Aged Care Assessment Team for entry to hostel.

**Hours:** Office: Mon-Fri 8.30 am - 3.30 pm. Hostel operates 24 hours.

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**Independent Living Units**

**Adventist Aged Care - Greater Sydney**

**Phone:** +61294870668

**Address:** Azalea Court 48-50 William St; Camelia Court 47-49 Dural St, Hornsby 2077

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

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

Azalea Court and Camellia Court are adjoining apartment blocks. These self-care units range from entry level bed sits to single bedroom units with en-suite bathroom, sitting room and kitchen for seniors over the age of 55. There are shared laundry facilities in the complex. The units are ideally located in a quiet, leafy street, less than one kilometre west of Hornsby Railway Station and bus interchange, the Westfield Shopping Centre, and the Hornsby shops. Most units have a balcony, and a number of garages are available for a small additional cost. Units are also wheel-chair accessible.

**Hours:** Mon-Tues: 9-4pm - Fri: 9-2pm

### **Adventist Aged Care Greater Sydney**

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### **Anglican Retirement Villages - Brian King Gardens**

**Phone:** 02 8820 1990

**Address:** Hilliard Dr, Castle Hill 2154

**Email:** info@anglicare.org.au

**Web:** www.anglicare.org.au

Assisted care retirement village with secure dementia beds and secure garden. Low level care. Assisted care requires assessment by ACAT. Respite program also available.

**Hours:** Office Mon-Fri 9.00 am - 4.00 pm

### **Anglican Retirement Villages - Flinders Village**

**Phone:** 1300 111 278

**Address:** Clarke Rd, Castle Hill 2154

**Email:** sales@arv.org.au

**Web:** www.arv.org.au

Selfcare and assisted retirement village with dementia unit for ages 55 years and over.

### **Anglican Retirement Villages - Hopetoun Village**

**Phone:** 1300 111 278

**Address:** 178, David Road, Castle Hill 2154

**Email:** info@anglicare.org.au

**Web:** www.anglicare.org.au

Hopetoun Village is a vibrant community within the Castle Hill site. Independent villages available with a wide range of social activities and affordable accommodation. For ages 60 years and over.

**Hours:** Office Mon-Fri 8.00 am - 3.30 pm

### **Anglicare Castle Hill**

**Phone:** 02 8820 2930

**Address:** 284, Castle Hill Road, Castle Hill 2154

**Email:** info@anglicare.org.au

**Web:** www.anglicare.org.au

Provides a variety of accommodation and convenient location. For ages 60 years and over.

### **Anglicare Sydney - Castle Hill**

See Page 9

### **Anglicare Sydney - Nuffield Village**

See Page 9

### **Mawarra Village**

**Phone:** 1800 864 846

**Address:** 3A Verney Drive, West Pennant Hills 2125

**Email:** ask@uniting.org

**Web:**

<https://www.uniting.org/services/retirement-and-independent-living/facility/uniting-mawarra>

Situated in a quiet, tree-lined street, Mawarra Village provides independent living in a community setting. Offering 47 one- and two-bedroom units, each features its own private balcony or patio opening onto a peaceful landscaped garden setting. Mawarra also has a Community Hall and activities area, library and workshop for the enjoyment of all residents. Bus services are within easy walking distance to take you to the Pennant Hills railway station and Castle Towers shopping centre. Independent living accommodation for Over 55s.

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

### **Redleaf Apartments**

**Phone:** 02 9450 8310

**Address:** 1630 Pacific Hwy, Wahroonga 2076

**Email:** sydney.north@upa.org.au

**Web:**

<https://www.upa.org.au/locations/sydney-north/redleaf-apartments/>

Fifty two serviced apartments. Short walk to the village of Wahroonga. 24 hour care on hand. Services available include: freshly cooked meals, shopping bus, bingo and other activities. Redleaf Apartments are part of the Sydney North Region of the United Protestant Association of New South Wales.

**Hours:** 9am-5pm

### **Rosetta Park Wahroonga**

**Phone:** 02 9450 8300

**Address:** Rosetta Park, 1634 Pacific Hwy, Wahroonga 2076

**Email:** sydney.north@upa.org.au

**Web:**

<https://www.upa.org.au/locations/sydney-north/rosetta-park/>

Independent retirement living in 1, 2 and 3 bedroom apartments. Access to all levels of care, easy to use appliances, 24 hour monitoring nurse call-assist button, communal lounge, security storage and basement car parking with visitor spaces. See the website for more information.

**Hours:** 9am-5pm

### **The Rose by Moran**

**Phone:** 02 9777 0009

**Address:** 1574-1578 Pacific Highway, Wahroonga 2076

**Email:** enquire@rosebymoran.com.au

Independent living accommodation including 34 two and three bedroom residences in Wahroonga. See the website for more information.

### **The Woniora Retirement Village**

**Phone:** 02 9487 2833

**Address:** 9 Woniora Avenue, Wahroonga 2076

**Email:** info@thewoniora.com.au

**Web:** www.thewoniora.com.au

52 independent retirement living apartments, set amongst stunning gardens with resort style community facilities. Walking distance to local Wahroonga Village, shops, restaurants, health services and transport.

### **UPA Sydney North Region**

See Page 10

### **Wirreanda Retirement Village**

See Page 10

### **Woodlands Retirement Village**

**Phone:** 02 9481 8842

**Address:** 2 Kitchener Rd, Cherrybrook 2126

**Email:** cathyb@woodlandsvillage.com.au

**Web:** www.woodlandsvillage.com.au

Independent Living Retirement Village with villas, 1 bedroom and 2 bedroom units. (Company Title) Also serviced apartments with kitchenette.

**Hours:** Onsite supervision available 24/7

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## **Nursing Homes**

### **Adventist Aged Care Greater Sydney**

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### **Anglican Retirement Villages - Brian King Gardens**

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### **Anglicare Castle Hill**

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### **Anglicare Sydney - Castle Hill**

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### **Anglicare Sydney - Nuffield Village**

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### **Beecroft Nursing Home**

**Phone:** 02 9876 3471

**Address:** 134 Beecroft Rd, Beecroft 2119

**Email:** enquiries@beecroftnh.com.au

**Web:** www.beecroftnursinghome.com

To provide aged care facilities. Caters for men and women. Capacity - 74 standard fee beds and 21 extra service fee beds

### **Bowden Brae Gardens**

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### **Elderly Australian Chinese Homes NSW Co-operative Limited**

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### **Elouera Gardens, Cherrybrook Christian Care Centre**

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**Greenwood Aged Care Facility**

**Phone:** 02 9372 3400

**Address:** 9-17 Hinemoa Ave, Normanhurst 2076

**Email:** admin.greenwood@allity.com.au

**Web:** www.allity.com.au

Residential Aged Care, including a Memory Support Unit which caters for ladies and gentlemen. Greenwood provides respite and permanent care

**Hours:** 24/7

**Heritage Pennant Hills Age Care Facility**

**Phone:** 02 9875 4811

**Address:** 2a The Crescent, Pennant Hills 2120

**Email:**

corinne.newson@heritagecare.com.au

**Web:** www.heritagecare.com.au/our-homes/heritage-pennant-hills/

Age Care Facility for elderly residents including those with dementia and couples. Also provides ethnic specific services to people from a Chinese speaking background.

**Hours:** 24 hours (Care), (No set office hours)

**Lady of Grace Nursing Home**

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**McQuoin Park Residential Aged Care**

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**Opal Netherby Aged Care Facility**

**Phone:** 02 9489 0271

**Address:** 17 Pacific Highway, Wahroonga 2076

**Email:**

Karen.Gallacher@opalagedcare.com.au

Aged Care Facility with a range of accommodation options and living spaces. Strong links to the community demonstrate that everything here is designed to help make life as enjoyable and comfortable as possible.

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

**Regis Hornsby**

**Phone:** 02 9476 3499

**Address:** 245-247 Peats Ferry Rd, Hornsby 2077

**Email:** hornsbyreception@regis.com.au

**Web:** www.regis.com.au

Provision of high-quality accommodation to aged persons. 70 bed extra service facility single rooms with own ensuite. High and low care.

**Hours:** 9am-5pm (Office)

**Tallwoods Corner**

**Phone:** 0409 118 379

**Address:** 1 Myra St, Wahroonga 2076

**Email:** manager@tallwoodscorner.com.au

**Web:** https://www.tallwoodscorner.com.au/

Residential aged care facility providing high level care and respite.

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

**Tallwoods Corner Aged Care Service**

**Phone:** 02 9847 3888

**Address:** 1 Myra St, Wahroonga 2076

**Email:** info@tallwoodscorner.com.au

**Web:** www.tallwoodscorner.com.au

Luxury high care extra services accommodation that features private rooms each with an ensuite and 24 hour quality care, 7 days a week. For permanent residence. Tallwoods Corner is also a lovely environment for respite and palliative care.

**Uniting Bowden Brae**

**Phone:** 0428 944 116

**Address:** 9 Frith Ave, Normanhurst 2076

**Email:** jenthompson@uniting.org

**Web:** uniting.org/services/services/uniting-independent-living/uniting-bowden-brae-normanhurst

Independent Living Retirement Village for retirees over 55 looking for a vibrant life style.

**Hours:** 8:30am-4:30pm Mon, Tues, & Thurs

**UPA Sydney North - Thomas & Rosetta  
Agst Aged Care Service**

**Phone:** 02 9450 8320

**Address:** 1634 Pacific Hwy, Wahroonga  
2076

**Email:** sydney.north@upa.org.au

**Web:** www.upa.org.au

61 bed aged care home. Rooms are serviced, all meals provided, personal care given, spacious lounges, dining area. Visit the website for more information.

**UPA Sydney North Region**

See Page 10

**Wahroonga House**

**Phone:** 02 9847 2400

**Email:** wahroonga@thc.net.au

**Web:** www.thompsonhealthcare.com.au

Nursing home which offers 130 High Care places with 24 hour Registered Nursing care. There is also a 7 day recreational program and a bus for outings. See the website for further information.

**Whiddon**

**Phone:** 1300 738 388

**Address:** 2 Lowe Rd, Hornsby 2077

**Email:** hello@whiddon.com.au

**Web:** www.whiddon.com.au

Our residential care home at Hornsby offers a range of residential care services for older people, from residential and respite care, to specialist care and support. Our home offers single rooms with ensuite bathrooms, 24 hour care, wellbeing programs and social outings.

**Wirreanda Retirement Village**

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**Woodlands Retirement Village**

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## Retirement Accommodation

**Adventist Aged Care - Greater Sydney**

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**Adventist Aged Care Greater Sydney**

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**Anglican Retirement Villages - Brian  
King Gardens**

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**Anglican Retirement Villages - Flinders  
Village**

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**Anglican Retirement Villages - Hopetoun  
Village**

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**Anglicare Castle Hill**

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**Anglicare Sydney - Castle Hill**

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**Anglicare Sydney - Nuffield Village**

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**Bowden Brae Gardens**

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**Bramblewood Retirement Village**

**Phone:** 02 9489 8682

**Address:** Bramblewood Retirement Village,  
33 Denman Pde, Normanhurst 2076

**Email:**

bramblewoodinfo@retireaustralia.com.au

**Web:**

www.retireaustralia.com.au/bramblewood

Located in the peaceful Northern Sydney suburb of Normanhurst, Bramblewood Retirement Village is a boutique-sized village offering maintenance-free, community living with a choice of independent living units and serviced apartments.

**Hours:** Mon to Fri 9:00am-5:00pm

**Castle Ridge Resort**

**Phone:** 02 9899 1100

**Address:** 350, Old Northern Rd, Castle Hill 2154

**Email:** [lynette.tickle@stockland.com.au](mailto:lynette.tickle@stockland.com.au)

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

Independent living for over 55's. One, two and three bedroom apartments available. Central clubhouse with pool and spa, open log fire, library, dining area, dance floor, fully equipped office and hair salon.

**Hours:** Office: Mon-Fri 9.00 am - 5.00 pm

**Christophorus House Retirement Village**

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**Elouera Gardens, Cherrybrook Christian Care Centre**

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**Kadimah Gardens Retirement Village**

**Phone:** 02 9489 5670

**Address:** 3-9 Jubilee St, Wahroonga 2076

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

**Web:** [www.bbrv.org.au](http://www.bbrv.org.au)  
See website for details.

**Lutanda Manor Retirement Village**

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**Mawarra Village**

See Page 11

**McQuoin Park Residential Aged Care**

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**Mountainview Retreat Retirement Village**

**Phone:** 02 9651 1699

**Address:** 1 Stonelea Court, Dural 2158

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

**Web:** [www.mvrretirement.com.au](http://www.mvrretirement.com.au)  
Self-care strata titled retirement village for ages 55 and over.

**Redleaf Apartments**

See Page 11

**Rosetta Park Wahroonga**

See Page 12

**Rowland Village Galston**

**Phone:** 02 9653 4920

**Address:** 301-305 Galston Rd, Galston 2159

**Email:**

[murray.mcdermott@rslifecare.org.au](mailto:murray.mcdermott@rslifecare.org.au)

**Web:** [rslifecare.org.au/locations/galston-rowland-village/](http://rslifecare.org.au/locations/galston-rowland-village/)

A retirement village that exemplifies everything you expect from independent living. A community where neighbours become friends. Where stories are shared over coffee. Where excursions are a highlight of conversation. Where you can express yourself through craft workshops or volunteer activities. Where mornings are spent at the vege garden, shopping, learning or socialising – your choice! And evenings are filled with barbeques, friendship groups and good company. Nursing Home - Mark Donaldson VC House is situated in the heart of Rowland Village. This 75 bed home will provide full-service care - frail-aged, palliation, dementia, special needs and enables the provision of full care services to residents of Rowland Village, LifeCare @ Home Services already available.

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

**Southern Cross Nordby Retirement Village**

**Phone:** 02 9872 6326

**Address:** 15 Hill Rd, West Pennant Hills 2125

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

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

Retirement village with 25 independent living units and 45 supported living apartments.

**Hours:** Office Mon-Fri 9.00 am - 5.00 pm

**The Grange Village**

**Phone:** 02 9487 3666

**Address:** 2 McAuley Place, Waitara 2077

**Email:** [manager@grangevillage.com.au](mailto:manager@grangevillage.com.au)

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

Retirement in Resort Style. Bowls, tennis, croquet and swimming. Owned and operated by the Owners of the Grange. 176 Independent Living Units

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

### **The Lakes of Cherrybrook Retirement Village**

**Phone:** 02 9875 3146

**Address:** 10b Kenburn Ave, Cherrybrook 2126

**Email:** greg.buckle@rsllifecare.org.au

**Web:** www.rsllifecare.org.au

Self Care, independent living apartments in Managed Estate for Over 55's. Sixty three Units. Two or three bedroom, two bathrooms with garage. Some with study or sunroom, courtyards or balconies. Walking distance to shopping centre. Village bus for shopping trips, morning teas, dining room, swimming pool, tennis court, 24 hour onsite staffing. Active social committee, vibrant activities program. In home nursing care and home assistance available. Managed by RSL Lifecare Limited.

**Hours:** Village Office open Mon-Fri from 9:00am - 4:00pm

### **The Rose by Moran**

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### **The Woniara Retirement Village**

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### **Uniting Bowden Brae**

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### **UPA Sydney North - Thomas & Rosetta Agst Aged Care Service**

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### **UPA Sydney North Region**

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### **Whiddon**

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### **Wirreanda Retirement Village**

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### **Woodlands Retirement Village**

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## **Supported Accommodation**

### **UPA Sydney North Region**

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### **Warrah Society**

**Phone:** 02 9651 2411

**Address:** 20 Harris Rd, Dural 2158

**Email:** warrah@warrah.org.au

**Web:** www.warrah.org.au

An organisation catering for children and adults with moderate or severe intellectual disabilities. Services include Warrah School, Adult Day Services, Residential Services, Bio-Dynamic Farm with Shop, Discovery Program, SDA Housing Provider, Short Stay.

**Hours:** 24 hours (Care)

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## **Youth Accommodation**

*no matching records*

## **Advocacy**

### **Country Women's Association of N.S.W. - Galston Branch**

**Phone:** 0439 222 217

**Address:** Meets at Galston Health & Resource Centre, 17 Arcadia Rd, Galston 2159

**Email:** murf9@bigpond.com

**Web:** www.cwaofnsw.org.au

Meets the 2nd Wednesday of the month at 10am for business meeting, then lunch then 1pm speaker/crafts. AGM held in October. Have 11 meetings per year. 18 members, from 30-90+years old. Supports community projects and CWA policies.



**Country Women's Association of N.S.W.  
- Hornsby & District**

**Phone:** 0450 087 289

**Address:** St Peters Church Hall, 207 Peats Ferry Rd [next To The Tafe], Hornsby 2077

**Email:** swaldeback@gmail.com

**Web:** www.cwaofnsw.org.au

A non-party political, non-sectarian group of forward thinking women who form a strong network to raise money for charity, and help raise the standards of living for women and children. Catering for small social functions. CWA Meetings are held 2nd Friday of the month 9:30 for 10am. 4th Friday we have coffee, craft and chatter. 30 members.

**Hours:** 2nd & 4th Fridays of the month 9:30am - 12 noon

**Hearing Matters Australia**

**Phone:** 02 9878 6089

**Address:** Ground Floor Suite 600 AHH, 16 University Ave, Macquarie University 2109

**Email:** admin@hearingmattersaustralia.org

**Web:** www.hearingmattersaustralia.org

This voluntary organisation assists hard of hearing people whose normal mode of communication is the spoken word. It provides information and referral, demonstrations of assistive listening devices for TV and radio, telephone equipment, alarms and other communication aids, factsheets (from Hearing Information Centre), advocacy and a quarterly journal. Provides details of local support groups.

**Hours:** Tue Thu Fri 10am-3pm

**Hornsby Homelessness Task Force**

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**Hornsby Ku-ring-gai Survivors Group  
Incorporated**

**Phone:** 0451 494 248

**Email:** info@hksgroup.org

**Web:** www.hksgroup.org

Coffee Club: meet, relax and chat over coffee. Support: members act as a support network so that survivors are neither alone nor isolated. Advocacy: optional participation in advocacy activities that raise public and government awareness. Our members' experience includes institutional, domestic, family, elder and child abuse.

**Hours:** Saturdays 11am-1pm

**My Aged Care**

**Phone:** 1800 200 422

**Web:** www.myagedcare.gov.au

The My Aged Care website has been established by the Australian Government to help navigate the aged care system. My Aged Care is part of the Australian Government's changes to the aged care system which have been designed to give people more choice, more control and easier access to a full range of aged care services. My Aged Care is made up of a website and a national contact centre.

Together they can provide you with information on aged care, whether for yourself, a family member, friend or someone you're caring for. Eligibility criteria: 65 years or older, or 50 years or older for Aboriginal or Torres Strait Islander people.

**Hours:** Mon-Fri 8am-8pm Sat 10am-2pm (AEST) Closed Sundays and Public Holidays

**NSW Ageing and Disability Abuse  
Helpline**

**Phone:** 1800 628 221

**Email:** nswadc@adc.nsw.gov.au

**Web:**

www.ageingdisabilitycommission.nsw.gov.au/

For information, support or to make a report about abuse, neglect and exploitation of older people and adults with disability in their family, home and community.

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

**NSW National Servicemen's Association  
& Affiliates Inc. - Sydney Northern  
Beaches Sub-Branch**

**Phone:** 02 9939 2437

**Address:** Master Builders Club, 18 Fisher Rd, Dee Why 2099

**Email:** [beejayel@bigpond.net.au](mailto:beejayel@bigpond.net.au)

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

A democratic organization that represents the needs of its members where no member feels isolated from the Association's umbrella and to present oneself at all times in the manner befitting the tradition of national service. To work hand in hand with the state branch for the betterment and recognition of the Association and its members. To actively embrace and encourage members in the concept of community service and to provide a social environment for the enjoyment of all.

**Hours:** 2nd Tue every month with guest speaker 2pm

**Royal Commission into Aged Care  
Quality and Safety**

**Phone:** 1800 960 711

**Email:**

[royalcommissionenquiries@ag.gov.au](mailto:royalcommissionenquiries@ag.gov.au)

**Web:** [agedcare.royalcommission.gov.au](http://agedcare.royalcommission.gov.au)

The Royal Commission into Aged Care Quality and Safety was established on 8 October 2018 by the Governor-General of the Commonwealth of Australia, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd). The Honourable Richard Tracey AM RFD QC and Ms Lynelle Briggs AO have been appointed as Royal Commissioners. The Letters Patent for the Royal Commission, which formally appoint the Royal Commissioners, also outline the Commission's terms of reference. The Commissioners are required to provide an interim report by 31 October 2019, and a final report by 30 April 2020. This website provides information about the work of the Royal Commission, and how you can engage with the Commission: including how submissions can be made, and when and where hearings will be held.

**Hours:** Mon-Fri 8am-8pm AEST (except public holidays)

**SCAMwatch**

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

Provides information to consumers and small businesses about how to recognise, avoid and report scams.

### **Seniors Rights Service**

**Phone:** 1800 424 079

**Address:** Suite 401, 418A Elizabeth St,  
Surry Hills 2010

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

**Web:** <https://seniorsrightsservice.org.au/>

Seniors Rights Service is a state-wide community organisation supporting older people with free and confidential legal advice, aged care advocacy, social work support throughout NSW. Service is provided over the phone. Aged care advocates are located in a number of regional centres. Education forums are held to focus on abuse prevention and planning for later life. Requests are invited for an event in the community that is tailored to local needs. Advice includes consumer rights, human rights/ elder abuse, financial exploitation such as scams or issues with family members, planning for later life. Legal issues that they can help with include Retirement Village issues, Strata living issues, Granny Flat issues and a number of other legal services. Aged care advocacy can include informing clients of their rights regarding their aged care provider and other issues. Referral is available to other suitable organisations if further information is required.

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

## **Adult Day Care Centres**

**Adventist Aged Care - Greater Sydney**

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### **Castle Day Club**

**Phone:** 0420 440 095 (Jenny Kington),  
0413 455 526 (Bill Driver-- transport)

**Address:** Wesley Church Hall, 32  
Showground Rd, Castle Hill 2154

**Email:** jenny.1112@yahoo.com.au

Castle Day Club provides social activities for older people, many of whom still live at home but are unable to get out to more active programs in the community and who may feel isolated. Transport to and from the hall can be provided at no additional charge within certain distances to the hall. The day includes morning tea and a 2 course lunch. Dietary requirements can be catered for with notice. Activities include gentle exercise, fun quizzes, guest speakers and entertainers and lots of other fun activities. The Club is a joint venture with the Department of Veterans Affairs, NSW RSL Branch, Castle Hill RSL Sub-Branch and the community.

**Hours:** Every Mon 10.00 am to 2.00 pm  
excluding public holidays.

### **Elderly Australian Chinese Homes NSW Co-operative Limited**

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### **Hills Aged Day Services Social Support Group**

**Phone:** 02 8853 4500 (Reception)

**Meets at:** Aged Day Care Room, 183-187  
Excelsior Av, Castle Hill 2154

**Web:**

[www.wslhd.health.nsw.gov.au/Community-Health-Hospital/The-Hills-Community-Health-Centre](http://www.wslhd.health.nsw.gov.au/Community-Health-Hospital/The-Hills-Community-Health-Centre)

A Social Support Group keeps you connected with your community in a group setting. We provide client centred multidisciplinary health care services. We can assist you with your general health and wellbeing and refer onto other services. We offer activities: Exercise and strengthening Music therapy Arts and crafts Bingo Quizzes, trivia and thought stimulating activities Garden activities Health information sessions Seasonal activities such as Christmas, Easter, Mother's/Father's day, Chinese/Sri-Lankan/Indian New Year, Australia Day, ANZAC Day Day trips and outings  
**Hours:** Mon-Fr 10am - 2pm

### **Warrah Society**

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### **Wisemans Ferry Sunshine Group Inc.**

**Phone:** 02 4566 4481, 0434 149 335

**Address:** Opposite Hotel, Old Northern Rd,  
Wisemans Ferry 2775

**Web:**

<https://www.facebook.com/profile.php?id=100009565450669>

Volunteer based centre, respite care service, for isolated, aged, disabled and carers, to provide access to ancillary services, interaction with others, craft, music. Hot home cooked meals and respite for the clients and their Carers.

**Hours:** 9.00 am - 2.30 pm each Wed

## Aged Care Centres

### **Adventist Aged Care - Greater Sydney**

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### **Anglican Retirement Villages - Flinders Village**

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### **Anglicare Castle Hill**

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### **Anglicare Castle Hill - Brian King Gardens**

**Phone:** 1300 111 278

**Address:** Hilliard Drive, Castle Hill 2154

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

**Web:** <https://www.anglicare.org.au/what-we-offer/residential-aged-care/residential-aged-care-locations/castle-hill/brian-king-gardens/>

Brian King Gardens is located within Anglicare's extensive Castle Hill village precinct. Set in a peaceful, leafy area, Brian King Gardens is home to a community of 238 residents. The large Castle Hill site incorporates many facilities for residents to enjoy including landscaped gardens, walking paths and an accessible café.

### **Anglicare Castle Hill - Donington Court**

**Phone:** 1300 111 278

**Address:** Clarke Drive, Castle Hill 2154

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

**Web:** <https://www.anglicare.org.au/what-we-offer/residential-aged-care/residential-aged-care-locations/castle-hill/donington-court/>

Donington Court is located within Anglicare's extensive Castle Hill village precinct. A well-established home, Donington Court provides accommodation and care for 123 residents. The large Castle Hill site incorporates many facilities for residents to enjoy including, landscaped gardens, walking paths and an accessible café.

### **Anglicare Castle Hill - Farrer Brown Court**

**Phone:** 1300 111 278

**Address:** Gough Dr, Castle Hill 2154

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

**Web:** <https://www.anglicare.org.au/what-we-offer/residential-aged-care/residential-aged-care-locations/castle-hill/farrer-brown-court/>

Farrer Brown Court is within Anglicare's extensive Castle Hill village precinct. A well-established home, it provides a friendly community for 133 residents. The large Castle Hill site incorporates many facilities for residents to enjoy, including landscaped gardens, walking paths and an accessible café.

**Anglicare Castle Hill - Warrina**

**Phone:** 1300 111 278

**Address:** Hilliard Drive, Castle Hill 2154

**Email:** info@anglicare.org.au

**Web:** <https://www.anglicare.org.au/what-we-offer/residential-aged-care/residential-aged-care-locations/castle-hill/warrina/>  
Warrina is located within Anglicare's extensive Castle Hill village precinct. A well-established home, Warrina is home to a friendly community of 128 residents. The large Castle Hill site incorporates many facilities for residents to enjoy, including, landscaped gardens, walking paths and an accessible café.

**Anglicare Sydney - Nuffield Village**

See Page 9

**Beecroft Nursing Home**

See Page 12

**Berowra Community Health Centre**

See Page 6

**Brooklyn Community Health Centre**

**Phone:** 02 9985 7717

**Address:** Cnr Brooklyn and Dangar Rds, Brooklyn 2083

General Practice Unit - All children and Health Care holders Bulk Billed, Healthy Living Exercises (over 65 years), Physiotherapy, Podiatry, Psychology, Seated Yoga, Diabetic Clinic, Immunisation Clinics, Health Checks.

**Hours:** Monday to Thurs 8:30am-5pm, Friday 9am-12pm

**Care and Concern Ministries Inc.**

**Phone:** 02 8989 0000

**Address:** 1 Pellitt Lane Cnr Kenthurst Rd, Dural 2158

**Email:** office@thecentredural.org.au

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

To meet the physical (practical), emotional and spiritual needs of those in the wider Dural district. Offers a range of activities and support for men, women, parents & youth. Men's Shed operates a couple of days a week. Playtime groups for parents & preschoolers (Thursday). Youth Groups - Friday evenings.

**Castle Day Club**

See Page 20

**Catholic Healthcare - Mental Health Carer Respite Program**

See Page 6

**Christophorus House Retirement Village**

See Page 9

**Elderly Australian Chinese Homes NSW Co-operative Limited**

See Page 9

**Elouera Gardens, Cherrybrook Christian Care Centre**

See Page 10

**Emotional Wellbeing for Older Persons In-Reach Program**

**Phone:** 0403 396 697

**Email:** AEWOPI@anglicare.org.au

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

This free program provides emotional support for older people (over 65 years or over 55 years if Aboriginal/Torres Strait Islander or those feeling isolated and lonely) who are experiencing social isolation due to the Covid 19 pandemic. Benefits include - gain connections to appropriate services and supports, reconnect with your social networks, restored access to services, improved mood and reduced anxiety and stress. It is supported by Northern Sydney Primary Health Network and comes to you (Covid Safe).

**Galston & District Community Health Centre**

See Page 7

**Greenwood Aged Care Facility**

See Page 13

**Healthy Living for Seniors Brooklyn, Berowra and Galston**

**Phone:** 1800 864 846

**Address:** Berowra Uniting Church, 4-6 Alan Rd, Berowra Hts 2082

**Email:** ask@uniting.org

**Web:** www.uniting.org

Healthy Living for Seniors is an active ageing day centre service. We offer: an opportunity to make new friends with shared interests; programs to improve strength, balance and confidence; education in healthy ageing; pastoral care and support; referrals to other services; transport and meals are included. Monday - Brooklyn Community Centre, Tuesday and Wednesday - Galston Uniting Church, Friday - Berowra Heights Uniting Church  
**Hours:** Office hours 8am to 4pm Monday to Friday; Centre hours 10am-2pm

**Hills Aged Day Services Social Support Group**

See Page 20

**Hornsby Ku-ring-gai Health Service**

**Phone:** 02 9477 9123

**Address:** 36-76 Palmerston Rd, Hornsby 2077

**Web:**

<https://www.nslhd.health.nsw.gov.au/Hospitals/Hornsby>

Hornsby Ku-ring-gai Health Service (HKHS), incorporating Hornsby Ku-ring-gai Hospital and six community health centres, has been providing quality health care since 1933, to a community stretching from the Hawkesbury River to Lindfield, east to St Ives and west to Pennant Hills, Cherrybrook and Epping. COVID 19 INFORMATION SEE

<https://www.health.nsw.gov.au/Pages/default.aspx>

**Hours:** 24 hours

**KNC - Berowra**

See Page 7

**KNC - Galston**

See Page 7

**McQuoin Park Residential Aged Care**

See Page 10

**Mental Health First Aid Workshops (online and Face to Face)**

**Phone:** 0417 688 236

**Email:** robyn@wisdomiswithin.com.au

**Web:** www.wisdomiswithin.com.au

Mental Health First Aid Training for all adults within the Workplace or Community Setting. For courses please go to <https://mhfa.com.au/instructor/233614>

Robyn also provides Art Therapy Workshops for community groups within aged care facilities or mental health environments. Art Therapy is especially therapeutic for those suffering diseases such as depression and dementia.

Includes: painting, drawing, music, etc.

Art Therapy one on one sessions are also available upon request.

**Hours:** 8:30am-5:00pm

**Mind Body Teeth Specialist Dental Care**

**Phone:** 1300 339 143

**Address:** Fox Valley Medical and Dental Centre, 187 Fox Valley Rd, Wahroonga 2076

**Email:** mindbodyteeth@gmail.com

**Web:** www.mindbodyteeth.com.au

Specialist dental practice patients with dental anxiety and phobia, mental health issues and psychosocial disability, communication or behavioural concerns, intellectual and developmental disability, physical disability and movement disorders, complex medical conditions and aged care/dementia.

**Hours:** Mon-Fri

**Opal Netherby Aged Care Facility**

See Page 13

**Pennant Hills Community Health Centre**

**Phone:** 02 9485 7588

**Address:** 5 Fisher Ave, Pennant Hills 2120

**Email:**

[annelieze.probert@health.nsw.gov.au](mailto:annelieze.probert@health.nsw.gov.au)

Provide community health services. Early Childhood, Antinatal Care, Physiotherapy, Podiatry, Mental Health, Speech Pathology, Healthy Lifestyle courses. Support groups for Stroke Recovery, Adult Woman Survivors of Childhood Abuse, Chinese Senior Citizens, Carers Support and early parenting groups.

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

**Pennant Hills Neighbour Aid**

**Phone:** 02 9988 4966

**Address:** Pennant Hills Neighbour Aid, 4 Ramsey Rd, Pennant Hills 2120

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

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

Individual transport and shopping assistance from clients' homes to appointment and return.

**Hours:** 9:00am-2:30pm

**Presbyterian Aged Care - Thornleigh (Ashleigh Lodge)**

**Phone:** 02 9875 9900

**Address:** 3-7 Hillmont Ave, Thornleigh 2120

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

**Web:**

[www.pacnsw.org.au/locations/thornleigh/](http://www.pacnsw.org.au/locations/thornleigh/)  
Ashleigh Lodge is a high-care facility which offers outstanding care and warmth which are both evident as soon as one enters our facility. We cater for the physical, social and spiritual needs of our residents by way of our: Physiotherapist and regular exercise programs; Activity programs including concerts, bingo, arts and crafts, trivia and quizzes, our own library collection, day bus outings and dementia specific activities; Weekly church services, our own Chaplain and visiting Chaplains. We have recently undergone renovations to be up to date and modernised. This includes an outdoor courtyard ideal for activities - or just relaxing. Also higher standards of security to provide a safer environment for all. Chinese and Lebanese clusters  
**Hours:** Office Hours 8:45am to 4:45pm Monday to Friday



### **Primary & Community Care Services Ltd**

**Phone:** 02 9477 8700

**Address:** Unit 7, 1 Central Ave, Thornleigh 2120

**Email:** enquiries@pccs.org.au

**Web:** www.pccs.org.au

Primary & Community Care Services Ltd. (PCCS) provides social work, occupational therapy, NDIS and psychological support services in the community. With a strong research and innovation record, PCCS works with all levels of government health and other funders to identify gaps in the health system and produce new programs to improve access and treatment. PCCS are specialists in providing help to people living with long-term health conditions and mental illness, who have complex needs. Services also include: - Social Prescribing and support groups for people with psycho-social needs. - NDIS access, plan management, coordination of supports, and assessments by Occupational Therapists (OTs) or Nurse.

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

### **Regis Hornsby**

See Page 13

### **Rowland Village Galston**

See Page 15

### **Sovereign Grace Care**

**Phone:** 0480 234 706

**Address:** Sovereign Grace Church, 21/7 Sefton Rd, Thornleigh 2120

**Email:** care@sovgrace.org.au

**Web:** sgcare.org.au

Social Work Support by an experienced qualified Social Worker and Practical support for People in need and Community Support. Referrals for these Services can be made directly to Christina Williams on care@sovgrace.org.au or 0408 234 706.

Our services are delivered non-judgmentally and we welcome people from all backgrounds and orientations.

**Hours:** Office hours Tuesdays 9am-5pm (additional availability as per agreement)

### **Tallwoods Corner Aged Care Service**

See Page 13

### **The Hills Community Health Centre**

**Phone:** 1800 600 681;02 8853 4500

**Address:** 183-187 Excelsior Av, Castle Hill 2154

**Email:** WSLHD-CommunityHealth-ReferralService@health.nsw.gov.au

**Web:**

www.wslhd.health.nsw.gov.au/Community-Health-Hospital/The-Hills-Community-Health-Centre

Provides a range of community health services. Individual teams and services have separate records.

**Hours:** Mon-Fri 8.30am-5pm

### **The Hills Community Health Centre - Drug Health Services**

**Phone:** 02 8853 4500

**Address:** 183-187 Excelsior Ave, Castle Hill 2154

**Web:**

www.wslhd.health.nsw.gov.au/Community-Health-Hospital/The-Hills-Community-Health-Centre

Provides drug and alcohol counselling, referral and health promotion to people living, working or studying in the Hills Shire who are experiencing drug and alcohol issues.

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

### **The Hills Community Health Centre - Podiatry Service**

**Phone:** 02 8853 4500, 1800 600 681 (Central Intake)

**Address:** 183-187 Excelsior Av, Castle Hill 2154

**Email:** WSLHD-CommunityHealth-ReferralService@health.nsw.gov.au

**Web:**

www.wslhd.health.nsw.gov.au/Community-Health-Hospital/The-Hills-Community-Health-Centre

Provides foot care for aged or pensioners with disabilities with either peripheral vascular disease; peripheral neuropathy; a history of leg/foot ulceration; severe arthritis and other complex lower limb disorders.

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

### **The Lakes of Cherrybrook Retirement Village**

See Page 16

### **Waitara Wellness Centre**

**Phone:** 1800 225 474, 02 8445 2890

**Address:** Wahroonga Wellness Centre, 35 Pacific Highway, Wahroonga 2076

**Email:** mgoulden@chcs.com.au

**Web:**

<https://www.catholicealthcare.com.au/en/in-homecommunity/day-centres/>

Commonwealth funded program available to people over the age of 65. We provide an engaging activities program, three nutritious meals and the opportunity to socialise and connect with others.

Activities include exercises, discussion, word games/trivia, table games, theme days and bus outings. We are able to provide bus transport where available.

**Hours:** Mon-Fri 10am-3pm

### **Warrah Society**

See Page 16

### **Whiddon**

See Page 14

### **Wisemans Ferry Sunshine Group Inc.**

See Page 20

### **Woodlands Retirement Village**

See Page 12

## **Assessment and Referral Services**

### **Aged Care Assessment Team (ACAT)**

**Phone:** 1800 200 422

**Address:** Hornsby Ku-Ring-Gai Hospital, Palmerston Rd, Hornsby 2077

**Web:**

<https://www.nslhd.health.nsw.gov.au/Services/Pages/acat.aspx>

The Aged Care Assessment Team (ACAT) is located with the Division of Rehabilitation and Aged Care and provides assessment for Commonwealth funded community and residential care, and assessment and recommendations for management of frail or cognitively impaired older people. Visit the website for more information.

**Hours:** Mon to Fri 8:30am to 4pm (excluding Public Holidays)

### **Catholic Community Services - Dementia Care**

**Phone:** 1800 225 474

**Address:** Suite 1, Level 5, 15 Talavera Rd, Macquarie Park 2113

**Email:** homecare@chcs.com.au

**Web:**

<https://www.catholicealthcare.com.au/homecare/about-our-services/dementia-services/>

Assists people living with dementia and their caregivers. Allied health professionals can help develop a holistic wellness plan, delivered in-home via nursing services, domestic care and personal care.

**Hours:** Office Mon-Fri 7am-5:30pm

### **Community Connections**

See Page 2

### **Hills Aged Day Services Social Support Group**

See Page 20

### **Hills Nursing Pty Ltd**

**Phone:** 1300 131 393, 02 9894 2405

**Address:** Unit 1, 10 Gladstone Rd, Castle Hill 2154

**Email:** info@hillsnursing.com.au

**Web:** www.hillsnursing.com.au

Hills Nursing Pty Ltd provide a wide variety of care services to the community including attendant care, disability services, aged care, bowel care, wound care, diabetic care, personal care, medication management, domestic assistance, social support (shopping, transport to appointments, outings etc.) as well as respite services. Hills Nursing are also able to provide clinical assessments, post-acute and palliative care. Hills Nursing is an approved provider to Lifetime Care and Support Authority, DVA for assistance to Veterans, and those with Consumer Directed Care Packages. NDIS Provider  
**Hours:** Mon-Fri 7am-4pm (Office)

### **Hornsby Shire Council's Community Development Team**

See Page 3

### **My Aged Care**

**Phone:** 1800 200 422

**Web:** <https://www.myagedcare.gov.au/>

My Aged Care can help you to access services and find information in one spot for: yourself, a family member, a friend or someone you are caring for. My Aged Care can help you to find out about: types of aged care services available, your eligibility for service, service providers in your area, costs, quality in aged care, advocacy services, how to make a complaint.

**Hours:** Mon-Fri 8am-8pm and Sat 10am-2pm (Call Centre Hours)

### **Northern Sydney Home Nursing Service - Hornsby**

**Phone:** 1300 732 503

Provision of nursing care in the home which is available to everyone. No cost involved. Nursing assessment, clinical nursing care and contact point for other community care services.

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

### **Older People's Mental Health Service**

**Phone:** 02 9477 9520 (Hornsby Ku-ring-gai Mental Health Service)

**Address:** Palmerston Building, Hornsby Ku-ring-gai Hospital, Derby Rd, Gate 6, Hornsby 2077

Provides assistance with consumers over 65 with mental health problems who require assessment and treatment. The service operates a community care coordination service committed to promoting and maintaining the mental health of older people. The service visits clients at home and in aged care facilities and provides crisis intervention, short to medium term care co-ordination, education, consultation and support.

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

### **The Hills Community Health Centre - Drug Health Services**

See Page 25

## **Community Visiting**

### **Heritage Pennant Hills Age Care Facility**

See Page 13

### **Hills Nursing Pty Ltd**

See Page 27

### **Hornsby Shire Library & Information Service-Hornsby Central Library**

See Page 4

### **LINC Church Services Network Hornsby Incorporated**

See Page 8

### **Riverlink Disability Services Ltd**

**Phone:** 02 9638 0999

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

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

Registered NDIS provider. Providing a range of individual in the home and in the community, short term accommodation, community-based support programs and services for people with disability. Well supported, age appropriate activities are organised for children, teens and adults. Leisure and recreation programs include discos, 10 pin bowling, camps and retreats. Weekday community access programs for post school participants.

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

### **Sovereign Grace Care**

See Page 25

## **Computer and Internet Training**

### **Australian Asian Cultural Association Inc.**

**Phone:** 0488 884 372

**Address:** 703/90 George St, Hornsby 2077

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

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

Established by a group of enthusiastic members who work in different fields and are keen to contribute their knowledge and skills to help our communities. It aims to help its members build up their skills and capacity for better-informed decision making for their life in Australia; to empower them with smooth integration into the main stream society; to make a valuable contribution to where they live and embrace the richness of this multicultural world.

### **Be Connected**

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

Be Connected is an Australia wide initiative empowering all Australians to thrive in a digital world. Provides online learning resources as well as a Network of community partners who offer in-person support to help develop digital skills and confidence. Find a local place for friendly help and advice, or join the Network to help others. Helpline 1300 795 897

**Computer Pals for Seniors - The Hills**

**Phone:** 0479 137 131

**Address:** Old Caretakers Cottage, Castle Hill Showground, Doran Drive, Castle Hill 2154

**Email:** cpals.hills@gmail.com

**Web:** www.cphills.org.au

Promotes computer literacy for seniors.

Classes 10am-4pm Monday-Friday.

Meetings held 2nd Wednesday of every month at Harvey Lowe Pavilion. Please call or see our website for full details.

**Hours:** Office: Tues 10.00 am - 2.30 pm, Fri 10.00 am - 12 noon.

**Hornsby RSL Computer Club**

**Phone:** 02 9482 4294

**Address:** Board Room, Hornsby R.S.L., 4 High St, Hornsby 2077

**Web:** sites.google.com/site/hrsfcc/

To promote friendship, technological knowledge and mutual assistance with digital technology usage. Annual fee \$5 Concession \$10 Ordinary, 1st meeting is free. Persons must be over 18 years to gain access to the RSL club. WE ARE STILL CONTACTABLE DURING COVID 19

**Hours:** Every 2nd Saturday of the month - 3pm to 5pm

**TAFE NSW - Hornsby Campus**

**Phone:** 131 674, 131 601

**Address:** 205 Peats Ferry Rd, Hornsby 2077

**Web:** www.nsi.tafensw.edu.au

TAFE NSW is Australia's leading provider for vocational education and training, offering over 1,200 courses. Our range of courses and qualifications include short courses and certificates through to Diploma and Advanced Diploma level programs. TAFE NSW is also registered as a higher education provider, offering industry-recognised Degrees for a range of vocations. Our experienced teaching staff have close, working relationships with partners and clients in their industry, and with more than 25,000 connections, TAFE NSW provides students with pathways into great careers. Be ambitious, visit the TAFE NSW website today and enrol in an exciting course designed to equip you with the skills you need for the jobs you want. SEE WEBSITE FOR DETAILS DURING COVID 19.

**Tech Savvy Seniors**

**Web:** <https://www.telstra.com.au/tech-savvy-seniors>

Easy to follow instruction for learning about computers, including internet, cyber safety and email training. Easy to follow self-teach videos, worksheets and other training content. Please see website for low cost classes available in your area.

### **Tech Savvy Seniors - Hornsby - HKCC**

**Phone:** 02 9482 1189

**Address:** Hornsby Ku-ring-gai Community College, Level 1, 45 Hunter St, Hornsby 2077

**Email:** enquiries@hkcc.nsw.edu.au

**Web:** www.hkcc.nsw.edu.au

Hornsby Ku-ring-gai Community College has received funding to run low-fee courses for Seniors 60+ under the Tech Savvy Seniors Program - a NSW Government initiative in partnership with Telstra.

Technology classes for Seniors cover topics such as Apple and Android Devices, Store & Share Photos, Computer Beginners, Understanding Facebook, Genealogy/Internet, Email. Please call the above number to enrol.

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

### **Tech Savvy Seniors - Hornsby Library - CALD Beginner classes**

**Phone:** 02 9847 6614

**Address:** Hornsby Central Library, 28-44 George St (Entrance Hunter Lane), Hornsby 2077

**Email:** library@hornsby.nsw.gov.au

**Web:** www.hornsby.nsw.gov.au

We have a series of Tech Savvy Classes (TSS) in Mandarin and Korean funded by State Library of NSW and Telstra. These classes are for over 55's and are Beginner classes. Topics covered include introductions to computers, email and the internet, online shopping and banking.

These classes are designed to be attended in sequence to build skills rather than selecting just a one off, but a one off is OK. An external trainer will be conducting the classes. Bookings are limited to 5 with a reserved place. PLEASE CALL HORNSBY LIBRARY FOR INFORMATION ON FUTURE CLASS DATES AND TIMES DURING THIS TIME OF COVID 19

## **Delivered & Centre Based Meals**

### **Brooklyn Community Health Centre**

See Page 22

### **Galston & District Community Health Centre**

See Page 7

### **Hornsby Meals on Wheels**

See Page 7

### **Kinela**

**Phone:** 1300 448 100

**Address:** 72-80 Cooper St, Suite 101, Surry Hills 2010

**Email:** hello@kinela.com

**Web:** www.kinela.com

NDIS registered service provider supporting people with disabilities to reach their health, independence and community connection goals. Offers free personalised meals plans, catering to a range of goals and preferences, and provides healthy, home-delivered meals (including texture modified meals) NDIS-funded for just \$2 co-pay. Also provides allied health services to every postcode in Australia including 100% NDIS Funded Dietitians, Speech Therapists and Occupational Therapists (OT) via it's innovative and interactive online therapy service.

**Hours:** Mon-Thu 8.00am-6pm, Fri 9am-5pm

### **My Aged Care**

**Phone:** 1800 200 422

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

Provides information on aged care including the services and programs available and how to access them. Information is provided through the contact phone number above and from the My Aged Care website.

**Hours:** Mon-Fri 8am-8pm, Sat 10am-2pm (closed on Sundays and national public holidays)

### **Tender Loving Cuisine Australia Pty Limited (TLC)**

**Phone:** 1800 801 200

**Email:** [jack.barker@tlc.org.au](mailto:jack.barker@tlc.org.au)

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

A service that provides healthier homestyle meals that are Australian made and owned. Delivered to anyone in the Community. Also providing meals in Home Care Packages, is a Registered CHSP Provider, and a Registered NDIS Provider for Participants. Offers a range of diabetic friendly, heart friendly, gluten free meals with soups and desserts also available. TLC delivers to over 3,200 suburbs weekly in ACT, NSW, QLD and VIC. Free brochure is emailed or mailed on request.

**Hours:** Mon-Fri 9am-4:45pm (Office)

### **The Good Meal Co**

**Phone:** 1800 155 255

**Email:** [NDIS@goodmeal.com.au](mailto:NDIS@goodmeal.com.au)

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

We are an NDIS registered meal provider who can be accessed by participants from Core Supports under improved daily living. We are currently the only NDIS registered meal provider in Australia. At The Good Meal Co our meals can often be used for bridging the gap to greater independence when it comes to meal times. Our goal is to have every Australian eating nutritious, wholesome and affordable meals

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

## **Dementia Services**

### **Aged Care Assessment Team (ACAT)**

See Page 26

### **Anglicare Sydney - Castle Hill**

See Page 9

### **Beecroft Nursing Home**

See Page 12

### **Berowra NSLHD Carers Support Group**

**Phone:** 02 9485 7544

**Address:** Berowra Community Health Centre, 123 Berowra Waters Rd, Berowra Heights 2082

**Web:**

<https://www.nslhd.health.nsw.gov.au/services/carers>

This is support group for carers. It provides support, information, speakers and afternoon tea. Convened by Mary Beijerinck-Gooley, Carer Support Officer, Carer Support Service, Northern Sydney Local Health District. Please contact Berowra CHC for more information

**Hours:** 10.30- 12noon on the second Wednesday of the month

### **Bowden Brae Gardens**

See Page 9

### **Carer Gateway**

**Phone:** 1800 422 737

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

Carer Gateway is a national online, phone and where available face to face service that provides practical information and resources to support carers. The interactive service finder helps carers connect to local support services.

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

### **Catholic Care - Memory Innovations Centre**

**Phone:** 02 9481 2659

**Address:** 1a Clarke Rd, Waitara 2077

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

**Web:**

<https://www.catholiccaresdbb.org.au/mic/>  
The Memory Innovations Centre improves quality of life, wellbeing and helps support cognitive decline for older Australians. The professionally run programs focus on having fun, connecting with others and stimulating your brain. Programs are delivered online and in-centre, allowing participants to choose the option you are most comfortable with. The programs are simple, enabling people to use the strategies at home.

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

### **Chantal Dementia Day and Overnight Respite Cottage Service & Weekend Respite Care**

**Phone:** 02 9489 3592

**Address:** McQuoin Park, 28 McAuley Place, Waitara 2077

**Web:**

[www.catholiccommunityservices.com.au/services/programs/centre-based-care/overnight-cottage-respice-chantal](http://www.catholiccommunityservices.com.au/services/programs/centre-based-care/overnight-cottage-respice-chantal)  
Dementia-specific Day Program for people within the Hornsby and Ku-ring-gai LGAs - Mon-Fri 10am-3pm. Overnight Cottage Respite is from 3pm Thursday to 3pm Sunday. Flexible day-only respite also available on weekends. Overnight Respite extends to areas beyond LGA and is also not dementia-specific.

**Hours:** Dementia Program: Monday to Friday 10am - 3pm, Overnight Respite: 3pm Thursday to 3pm Sunday

### **Christophorus House Retirement Village**

See Page 9

### **Community Connections**

See Page 2

### **Connection2Nature**

**Phone:** 0422 574 100

**Email:** [teg115@yahoo.com](mailto:teg115@yahoo.com)

**Web:** [www.connection2nature.com.au](http://www.connection2nature.com.au)  
Specialising in enabling garden tools and raised garden beds for people with limited mobility. Peta Easi-grip and Long Reach Garden Tools.

**Hours:** web site 24/7

### **Daughterly Care Community Services Limited**

**Phone:** 02 9970 7333

**Address:** Shop 3, 20 Wellington St, Narrabeen 2101

**Email:** [rosters@daughterlycare.com.au](mailto:rosters@daughterlycare.com.au)

**Web:** [www.daughterlycare.com.au](http://www.daughterlycare.com.au)  
2hrs-24hrs live in aged care & dementia specialists also helping people live independently in their own home/hostel. Respite, shopping, socialisation, drive to appointments, outings etc. Light household duties, personal care, meal preparation. Palliative care.

**Hours:** 2 hours minimum up to 24 hours live in care.



### **Dementia Australia NSW - Northern Region**

**Phone:** 1800 100 500

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

Dementia Australia NSW is a self help organisation for carers and sufferers of Alzheimer's Disease or related disorders. It is a community based registered charity.

### **Dementia Behaviour Management Advisory Service (DBMAS)**

**Phone:** 1800 699 799

**Email:** [dsa@dementia.com.au](mailto:dsa@dementia.com.au)

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

A national free service funded by the Australian Government and operated and administered by Dementia Support Australia. DBMAS supports staff and carers in community, residential, acute and primary care settings with information, advice, assessment and short term case management interventions. Services include: assessment of the person with dementia and their carer/ support network; clinical support, information and advice; care planning, case conferences, referrals and short term case management; mentoring for care providers and clinical supervision; and capacity and knowledge building for care providers.

**Hours:** 24 hours

### **Dementia Shop Australia**

**Web:** <https://dementiashop.com.au/>

Welcome to the on-line Dementia Shop. Our aim is to offer a range of tried and true products that enhance quality of life for persons living with dementia whilst promoting quality dementia care for care partners and professionals.

**Hours:** 24 hours, 7 days

### **Elderly Australian Chinese Homes NSW Co-operative Limited**

See Page 9

### **Elouera Gardens, Cherrybrook Christian Care Centre**

See Page 10

### **Friends of Lisgar Gardens**

**Phone:** 02 9847 6934 (Andrew Gibbons - Hornsby Council)

**Address:** Lisgar Gardens, Lisgar Rd, Hornsby 2077

**Email:** [agibbons@hornsby.nsw.gov.au](mailto:agibbons@hornsby.nsw.gov.au)

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

To protect, promote and enhance Lisgar Gardens. Roster duty on weekends at the Gardens. Promotion of gardens. Promotion and ideas to enhance the Gardens.

Organise and hold community events in Lisgar Gardens, eg Camellia Gala Day & Lisgar Live - Music Festival

**Hours:** Mon-Fri: 8am-3:30pm, (EST) Sat-Sun: 10am-4pm, (DST) Sat-Sun: 10am-5pm, Closed Public holidays.

### **Greenwood Aged Care Facility**

See Page 13

### **Healthy Living for Seniors Brooklyn, Berowra and Galston**

See Page 23

### **Heritage Pennant Hills Age Care Facility**

See Page 13

### **Hornsby Ku-ring-gai Health Service**

See Page 23

### **Hornsby Meals on Wheels**

See Page 7

### **Hornsby Shire Council Community Services Branch**

See Page 2

### **Hornsby Shire Library & Information Service-Home Library Service**

See Page 4

### **JD Healthcare Group**

**Phone:** 1300 791 404

**Address:** Unit 3, 22 Beaumont Rd, Mount Kuring-Gai 2080

**Email:** [accounts@jdhealthcare.com.au](mailto:accounts@jdhealthcare.com.au)

**Web:** <https://jdhealthcare.com.au/>

Provides a large range of personal care equipment including Bariatric Equipment, Continence Care, Clinical furniture, Compression garments, Falls Prevention, Fire and Evacuation equipment, Infection Control, Living Aids, Manual Handling aids, WHS Products, Pressure Care and Skin Protection, Wound Care and Hospital Equipment. NDIS Registered Provider

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

### **Just Better Care Hills to Hornsby**

**Phone:** 02 9484 8788

**Address:** 5/29 Leighton Place, Pennant Hills 2120

**Email:** [mailhd@justbettercare.com](mailto:mailhd@justbettercare.com)

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

Just Better Care Hills to Hornsby offers a full range of solutions for all care requirements. Services include nursing, respite, personal, palliative, dementia, disability care and domestic assistance. Services can be provided from an occasional hour to 24 hours a day, 7 days per week. NDIS registered provider.

**Hours:** 24 hours, 7 days

### **KNC - Galston**

See Page 7

### **KNC Pennant Hills**

See Page 7

### **Lifeline Crisis Support**

**Phone:** 13 11 14

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

24 hour confidential telephone crisis support & referral service.

**Hours:** Crisis Support line open 24 hours, Office Mon-Fri 9am-5pm

### **Lifeline Harbour to Hawkesbury Inc**

**Phone:** 02 9498 8805 (Office)

**Address:** 4 Park Av, Gordon 2072

**Email:** [admin@lifelineh2h.org.au](mailto:admin@lifelineh2h.org.au)

**Web:** [lifelineh2h.org.au](http://lifelineh2h.org.au)

At the local Gordon office, Lifeline offers a wide range of face-to-face Counselling and Community Services. All counsellors and psychologists are qualified and experienced and offer a respectful and safe counselling environment. Visit the website for more information.

### **Like Family**

**Phone:** 1800 545 332 (toll free), 02 8310 7531

**Email:** [hello@likefamily.com.au](mailto:hello@likefamily.com.au)

**Web:** <https://likefamily.com.au/>

Like Family is an organisation that connects thoroughly vetted Social Carers with people with disabilities or who are elderly, ill or injured. Social Carers provide affordable companionship and non-medical services to improve people's independence, skills and happiness. Registered NDIS Provider. Like Family's online platform enables participants to choose their own Social Carer, communicate with them directly and manage their payments all in the one easy place.

**Hours:** Office hours: Mon-Fri 8am-6pm. Social Carers are available 7 days a week at all hours.

### **Lucinda Cottage**

**Phone:** 02 9488 2288

**Address:** Lucinda Cottage, 33 Lucinda Ave, Wahroonga 2076

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

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

Respite in a home like environment for people who have dementia or are frail aged which enables Carers to take a short break from their caring role. For bookings contact the My Aged Care Contact Centre on 1800 200 422. No ACAT assessment required Staff can provide assistance with personal care, toileting, meal preparation. All medication including vitamins to be blister packed by Pharmacy.

**Hours:** 7 days per week

### **McQuoin Park Residential Aged Care**

See Page 10

### **Mental Health First Aid Workshops (online and Face to Face)**

See Page 23

### **My Aged Care**

See Page 27

### **Nana's Weighted Blankets**

**Phone:** 0403 267 877

**Email:**

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

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

Have a range of weighted products:

blankets, vests, toys and sensory tools. The products are weighted with poly pellets, they are non toxic, hypoallergenic and fully machine washable. 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. Products can be purchased Ready Made or can be Custom Made.

**Hours:** Mon-Fri 9am-3:30pm (Office)

### **National Dementia Helpline**

**Phone:** (National Dementia Helpline) 1800 100 500

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

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

Provides information, support and referral for people with dementia, their family and carers, and service providers. National Dementia Helpline available Mon-Fri 8am-8pm. Carer and worker education, membership, referral to local services, support groups and counselling. Library available at the Vincent Fairfax Family Resource Centre 9888 4268. Registered NDIS provider.

**Hours:** Mon-Fri 8am-8pm (Helpline)

### **Northern Sydney Dementia Advisory Service**

**Phone:** 1300 002 262

**Address:** Pharmaxis Building, 20 Rodborough Rd, Frenchs Forest 2086

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

**Web:** [ccnb.com.au/services/memory-loss/](http://ccnb.com.au/services/memory-loss/)  
Provides advice, support and guidance for families and carers of people living with dementia. We host dementia education and regular coffee friendship/support groups for families and carers.

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

### **NSW Public Guardian - Head Office**

**Phone:** 02 8688 2650

**Address:** lvl 7, Parramatta Justice Precinct, 160 Marsden St, Parramatta 2150

**Email:**

[informationsupport@opg.nsw.gov.au](mailto:informationsupport@opg.nsw.gov.au)

**Web:**

[www.publicguardian.justice.nsw.gov.au](http://www.publicguardian.justice.nsw.gov.au)

The Public Guardian can be appointed as a person's guardian by the Guardianship Division of the NSW Civil and Administrative Tribunal and, depending on the guardianship order, the Public Guardian may make decisions on behalf of the person in areas such as accommodation, medical treatment, dental treatment or services. The Public Guardian is a substitute decision maker, not a substitute caregiver or case manager. A decision made by a legally appointed guardian should be treated as if it were a decision made by the person with disability. The Public Guardian will also advocate for the services and supports needed by the person under guardianship. The Public Guardian also provides general information to the community through the Information and Support team. This team can also provide free community education sessions. The Public Guardian operates the Private Guardian Support Unit (PGSU) which provides support and advice to private and enduring guardians.

**Hours:** Mon-Fri 9am-5pm After hours service for urgent decisions.

### **Opal Netherby Aged Care Facility**

See Page 13

### **Oxley Home Care**

**Phone:** 1800 221 039

**Address:** 19/7 Narabang Way, Belrose West 2085

**Email:** care@oxleyhomecare.com.au

**Web:** www.oxleyhomecare.com.au

Private home care company providing assistance with personal care, domestic assistance, meal preparation, shopping and errands, transport, social support, garden and home maintenance, one-hour minimum booking. Provide dementia care, nursing, respite, palliative, and overnight care. Approved Government Provider and Consumer-Directed Home Care Packages.

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

### **Presbyterian Aged Care - Thornleigh (Ashleigh Lodge)**

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### **Psychology Success**

**Phone:** 0447 460 744

**Email:** averil@psychologysuccess.com.au

**Web:** www.psychologysuccess.com.au

NDIS registered provider. 0-6 years of age: developmental delay, disability, anxiety, ASD, ADHD, behaviour support; Adults: counselling, anxiety, depression, disability, intellectual disability, ASD, dementia, aged care, carers, behaviour support, restrictive practices

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

### **Regis Hornsby**

See Page 13

### **Rowland Village Galston**

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### **Severe Behaviour Response Teams (SBRT)**

**Phone:** 1800 699 799

**Web:** www.dementia.com.au

A national free service funded by the Australian Government and operated and administered by Dementia Support Australia. The SBRT are a mobile workforce available to provide timely expertise and advice to Commonwealth funded approved Residential Aged Care Facilities, Multi-Purpose Services, or Flexibly Funded Services requiring assistance. They include nurse practitioners, nurses, allied health and specialist staff and address the needs of people with severe and very severe Behavioural and Psychological Symptoms of Dementia (BPSD).

**Hours:** 24 hours

### **Southern Cross Care Services (SCCS) - Head Office**

**Phone:** 1800 989 000

**Email:** enquiries@scch.com.au

**Web:** www.scch.com.au

Provides a comprehensive range of community services in NSW, VIC, QLD, ACT. Services include: community access, domestic assistance, nursing care, personal care, and respite for people with severe medical conditions or disability, the frail aged, or those requiring palliative care and post-discharge care. Some services are government funded. NDIS provider.

**Hours:** Mon-Fri 9am-5pm (Office), 24 hours, 7 days (Care)

**St Mark's Anglican Church Berowra**

**Phone:** 02 9456 4498

**Address:** 18 Berowra Waters Rd, Berowra 2081

**Email:** office@stmarksberowra.org

**Web:** www.stmarksberowra.org

Christian ministry. Sunday Services at 8am, 10am and 6pm. For Adults: Christianity Explored -for newcomers or those wanting to investigate Christianity. For Women: Bible Study, KYB for women-interdenominational. Women's evening Fellowship. For Men: Men's Fellowship. Children's Ministry: Sunday Creche during 10am service for 0-3yrs. Sunday School, Kids' Club (Playgroups) babies to preschool , GFS Girls 7-12 years & SMBG Boys 7-12 years. Youth: Yrs 7-12, Young Adults. Membership Numbers: 220 adults. Our 10am and 6.15 services are still being live-streamed via Youtube; but all our services are now live as well. SEE WEBSITE FOR DETAILS.

**Hours:** Services held 8am, 10am and 6pm - Sundays. Special Services at Easter and Christmas.

**Tallwoods Corner Aged Care Service**

See Page 13

**The Hills/Parramatta Community Health Centre - Multicultural Health Service**

**Phone:** 02 9843 3169

**Address:** 162 Marsden St, Parramatta 2150

**Email:** yan.li@health.nsw.gov.au

**Web:**

www.wslhd.health.nsw.gov.au/Community-Health-Hospital/The-Hills-Community-Health-Centre

Provides consultancy and advice to community health staff and other service providers on multicultural health issues. Also information and referral for Culturally and Linguistically Diverse (CALD) communities, community development, health promotion, and group work to the Chinese and other CALD communities.

**Hours:** Mon, Tues and Fri 8am-2:30pm

**Uniting Bowden Brae**

See Page 13

**UPA Sydney North Region**

See Page 10

**Waitara Wellness Centre**

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**Wellways**

**Phone:** 1300 111 400, 1300 111 500 (helpline)

**Email:** enquiries@wellways.org

**Web:** www.wellways.org

Wellways offers a wide range of individually tailored services designed to support people affected by mental health issues or disability, as well as their families, friends and carers. Our staff will help you take charge of your wellbeing, connect with others and participate in your community.

**Hours:** Mon-Fri 8:30am - 4.30pm (Office), 24 hours 7 days (Service)

**Woodlands Retirement Village**

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## Disability Aids and Equipment

### **Adaptive Technology Access Centre**

**Phone:** 02 9847 6568

**Address:** Hornsby Library, 28-44 George St, Hornsby 2077

**Email:** [hsc@hornsby.nsw.gov.au](mailto:hsc@hornsby.nsw.gov.au)

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

The Adaptive Technology Access Centre (ATAC) located in Hornsby Library, supports independent access to information for members of the community with a disability. It includes equipment suitable for people with a disability, the elderly and those with vision impairment. The Centre includes a range of computer programs and equipment.

**Hours:** Mon-Fri 10am-9pm; Sat: 9.30am-5pm; Sun: 2pm-5pm

### **ClearaSound**

**Phone:** 02 9481 9750

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

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

Advise and supply assistive listening products, not hearing aids, to help hearing impaired people enjoy life. Products include amplifiers, TV listening, telephones, alarms and alerts that vibrate and flash. Install Soundfield Systems, Alerting systems and PA systems for schools. Install Audio Induction Loops and FM systems for large and small areas with public access to deliver sound to hearing aid and cochlear users.

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

### **Comfort Discovered**

**Phone:** 02 9987 4500

**Address:** Shop 1 & 2, 73 Jersey St North, Hornsby 2077

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

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

Mobility scooters, Riser-Recliners, Lift Chairs, Bed, Pressure Care Mattress, Back and neck supports, reading and writing stands, foot rests, daily living aids, mobility aids, Physiotherapy equipment and balls, walkers, small commodes, key turners, lift chairs and day chairs, travel items, range of bathroom and toilet solutions. Hire and sale of equipment. NDIS Registered

**Hours:** Mon-Fri 9am-5pm Sat 9am-4pm  
Sun Appointments Only

### **Connection2Nature**

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### **Dementia Shop Australia**

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### **Exeloo Pty Ltd**

**Phone:** 1800 501 069

**Address:** lvl 1, 22-28 Edgeworth David Ave, Hornsby 2077

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

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

Accessible public toilets and changing places. Meets the requirements of people with severe disabilities who need adult change tables and ceiling mounted gantries. Toilets have electric sliding doors, circulation space, back rest and moulded plastic seat and easy reach paper. Free design service, prefabricated, euro retro kit, Lpg panel and WaterMark accredited.

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

### **Hearing Australia**

**Phone:** 02 9482 0800

**Address:** Suite 3, 14 Edgeworth David Ave, Hornsby 2077

**Email:** hornsby@hearing.com.au

**Web:** www.hearing.com.au

Hearing Australia is the largest provider of government funded hearing services. With over 70 years experience, hearing is our commitment. We are here for all Australians to help them stay connected to what matters most. Here for all Australians - including those who don't qualify for the Australian Government Hearing Services Program. Full hearing assessments for adults and affordable high quality hearing aids.

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

### **Hornsby Comfy Hips**

**Phone:** 02 9653 3840

**Email:** hch@hornsbycomfyhips.com.au

**Web:** www.hornsbycomfyhips.com.au/

Australian designed, owned and manufactured hip protectors. The Hip Protectors are made of a soft dimpled silicone, solid and hardwearing. The shield works the same upside down or inside out. Cotton undergarments or polar fleece track pants are specifically made for the HCH shield. Undergarments in 7 sizes either have pockets for separate shields or have shields sewn-in. Available in unisex or mens. Track pants in 5 sizes are unisex style with pockets for shields. HCH hip protectors are available Australia wide. HCH hip protectors are listed on the National DVA data base for veterans. HCH also have Comfort non-slip socks made in New Zealand.

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

### **Hornsby Shire Library & Information Service ATAC**

**Phone:** 02 9847 6813

**Address:** Hornsby Shire Library, 28-44 George St, Hornsby 2077

**Email:** mlittle@hornsby.nsw.gov.au

**Web:** www.hornsby.nsw.gov.au/library

Adaptive Technology Access Centre provides magnification and voice recognition software (Zoom Text, Jaws and Open Book) as well as CCTVs and Luxo lamps to magnify print material. Hardware includes Intellikeys large keyboard and trackball mouse.

### **Hornsby Shire Library & Information Service-Home Library Service**

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### **Hornsby Shire Library & Information Service-Hornsby Central Library**

See Page 4

### **JD Healthcare Group**

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### **Key Medical Pty Ltd**

**Phone:** 02 8850 7588

**Address:** Unit 23A, 10 Gladstone Rd, Castle Hill 2154

**Email:** key@keymedical.com.au

**Web:** www.keymedical.com.au

Supplier for CLINY Clear Silicone Foley and 3 Way catheters, CLINY Reusable Self Catheterisation Sets and replacement catheters, Supra Pubic Catheters, CLINY SB Sengstaken Blakemore Tubes, Dale leg catheter holders, Trachy holders and Abdominal Binders and other fixation devices. NOBA nasla sling dressings.

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

**Roland Priestley Pty Ltd**

**Phone:** 02 9482 4893

**Address:** 26/12 Cecil Rd, Hornsby 2077

**Email:** rpmobility@gmail.com

**Web:** www.rpmobility.com.au

Suppliers of Mobility Scooters, 3 or 4 Wheel Rollators; Electric Power Wheelchairs; Recliner chairs; Electric boot hoist-car boot lift to lift aids (scooter) out of boot.

Wheelchair accessories and pressure care cushions. Manual Wheelchairs; Portable Wheelchair ramps; Threshold ramps; Standing frames and wheelchairs. Service their equipment within the Sydney Metropolitan Area. Will ship items Australia wide. Living in the Greater Sydney metro area Roland offers no obligation free home demonstrations.

**Hours:** Mon-Fri 9am-5pm. Other times by appointment.

**Safety and Mobility Pty Ltd**

**Phone:** 02 9983 9520

**Address:** Unit 12, 17 King Rd, Hornsby 2077

**Email:**

headoffice@safetyandmobility.com.au

**Web:** www.safetyandmobility.com.au

Supply a range of daily living aids, lifestyle and mobility products for aged care and disability. A range of Wheelchairs, Orthopaedic Height Adjustable Chairs, Walkers and Mobility Aids, Stair Climbers and Fall monitors/Alarms as well as Carousel Automated Medication Dispenser, Hoists and Weight Chairs. Full range of Mattresses and Pressure Alternating Mattresses and Beds. Safety and Mobility Pty Ltd offer Home Occupational Therapist Consultations by appointment.

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

**St Vincent de Paul No Interest Loan Scheme (NILS)**

See Page 8

**Thornleigh Podiatry**

**Phone:** 02 9980 9909

**Address:** R9 Thornleigh Marketplace, 2-12 The Comenarra Parkway, Thornleigh 2120

**Email:** feet@thornpod.com.au

Podiatry services

Diabetes foot care

Nail treatments

Children's assessments

Orthotics service

Registered NDIS provider

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



## Health Services

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### Financial Counselling

#### **Ability Options - Hornsby**

**Phone:** 02 9480 2900 (Workready - Hannah 0427 858 812)

**Address:** Suite 5, Level 3, 20 George St, Hornsby 2077

Ability Options provide a variety of services from 25 sites across NSW, supporting people in the home and in the community, in education, with allied health, supported and independent living through the NDIS. Ability Options assist people to find the job that is right for them, through the Australian Government Jobactive Scheme as well as the Disability Employment Scheme (DES). At Ability Option's WorkReady we work with people who live with mental health, intellectual and/or physical disabilities, and help equip them with the knowledge, skills and confidence to take their first step into employment (or re-enter it). We use a person-centred approach, and work with participants through group workshops and one-on-one sessions, identifying specific gaps and then devising tailored plans to address those areas.

#### **Adaptive Technology Access Centre**

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#### **Adventist Aged Care - Greater Sydney**

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#### **Adventist Aged Care Greater Sydney**

See Page 8

#### **Aged Care Assessment Team (ACAT)**

See Page 26

#### **Ageless Grace Classes**

**Phone:** 0448 820 931

**Email:** lovetomoveag@gmail.com

**Web:** www.agelessgrace.com.au

Love To Move presents Ageless Grace Classes! Ageless Grace is a fabulous brain and body fitness program that uses music and 21 fun tools based on neuroplasticity to address the 5 main functions of the brain. Practiced seated, it is accessible to all. We are passionate about keeping people moving and well with Ageless Grace, no matter what their age or mobility level. Call us to arrange a class at your club, retirement village, school, home, community centre or aged care facility.

#### **Anglican Retirement Villages - Brian King Gardens**

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#### **Anglican Retirement Villages - Flinders Village**

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#### **Anglican Retirement Villages - Hopetoun Village**

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**Anglicare Castle Hill**

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**Anglicare Castle Hill - Brian King Gardens**

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**Anglicare Castle Hill - Donington Court**

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**Anglicare Castle Hill - Farrer Brown Court**

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**Anglicare Castle Hill - Warrina**

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**Anglicare Sydney - Castle Hill**

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**Anglicare Sydney - Nuffield Village**

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**ARV Bridge Club**

**Phone:** 0418 234 666

**Address:** Anglican Retirement Villages  
Castle Hill, Castle Hill 2154

**Email:** sec@arvbridgeclub.com.au

**Web:** <https://www.arvbridge.com.au/>

The ARV Bridge Club Inc. was started by residents of Hopetoun Village within the Anglican Retirement Villages Castle Hill. Sessions start at 1pm at the following locations: Monday at Dover Hall - parking on Hilliard Drive in the middle of the village off Castle Hill Road, Wednesday, Friday and Saturday sessions at Barton Hall - parking on David Road.

**Asquith Bowling and Recreation Club Ltd**

**Phone:** 02 9477 1364

**Address:** 1 Lodge St, Hornsby 2077

**Email:** info@asquithbowlingclub.com.au

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

A sporting and social club with men's, women's and junior bowling. The club provides a bowling environment and friendly atmosphere for patrons. Other activities include Bingo on Monday at 10.30am and Tuesday at 7pm; Trivia every Wednesday at 7pm Sunday Meat raffles and Badge Draw 5.30-7pm. Friday Raffles and Badge draw. Bistro Open - 7 days Lunch and dinner - Daily specials Function Room hire; Lawn Bowls (disabled or impaired are encouraged to participate). AGM is held in October and there are 3800 members.

**Hours:** 10am -10pm

**Asquith Church of Christ**

**Phone:** 02 9477 7987 (Office)

**Address:** 3 Amor St, Asquith 2077

**Email:** office@asquithchurchofchrist.com

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

Provides Youth and Children's Programs, Public Worship Services - Sundays 9:30am and 5.30pm, Sunday School for all ages on Sunday mornings, Year 6 and up meet at the Church Sunday mornings Little Angels Play Group meet on 1st and 3rd Tuesdays during school term 10:00am- 12noon, AMOR Fellowship - Seniors meet on the second and last Thursday of each month 10am - 12md. MISFITS Youth Group Friday 7:00pm-9:00pm.

**Asquith Family Chiropractors**

**Phone:** 02 9477 1905

**Address:** 59 Edgeworth David Ave,  
Waitara 2077

**Email:**

admin@asquithfamilychiropractors.com.au

**Web:**

www.asquithfamilychiropractors.com.au

We are a family-oriented chiropractic practice dedicated to the detection, correction, and prevention of many health care problems. Our focus is on family wellness care.

Services include:

Chiropractic

Naturopathy

Massage

Kinesiology

Psychology

Quantum Vortex Therapy

**Hours:** Appointment required:

Mon, Wed, Fri 8am-7pm

Sat 8am-12pm

**Asquith Mixed Probus Club Inc.**

**Phone:** 0406 306 401

**Address:** Asquith Golf Club Ltd, Lord St,  
Mt Colah 2079

**Email:** richandpam@iinet.net.au

**Web:** www.asquithmixedprobus.org.au

Probus is the Association of retired and semi-retired men/women who join together in autonomous Clubs throughout the world and provide regular gatherings of men/women who in retirement, appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest. Guest speakers for one hour each meeting and monthly outings. Asquith Mixed Probus Club Inc. founded 2008. Meetings held on 1st Thursday of the month 9:30-11am (due to Covid-19 at present). Potential members welcome to meetings.

**Hours:** First Thursday of month 9:30-11am

**Asquith Senior Citizens Club**

**Phone:** 0413 297 681

**Address:** Mount Colah Community Centre,  
Pierre Close, Mount Colah 2079

**Email:** kaylene.mollica@yahoo.com

We play Indoor Carpet Bowls on Tuesday to meet new friends and share a cuppa with some laughs. We also organize frequent subsidized lunches and outings.

**Hours:** Tues 9:30am-12:30pm

**Association of Independent Retirees Ltd  
(Sydney Hills District Branch)**

**Phone:** 02 9634 1186 (President)

**Meets at:** Beecroft Presbyterian Church  
Hall, Welham St, Beecroft 2119

**Email:** lauris.rennie@bigpond.com

The aim of the Association of Independent Retirees (AIR) Ltd is to protect and advance the interests of retirees who have funded in whole, or in part, their own retirement.

Holds regular monthly meetings excluding January.

**Australia Ling Liang Church**

**Phone:** 02 9482 1704

**Address:** 8 Wall Ave, Asquith 2077

**Email:** australialingliangchurch@gmail.com

**Web:** allc.org.au

Saved by the Cross and Shaped by the Cross. English service with Kids' church: Sunday 10:00am. Chinese service: Sunday 11:15am. Youth group (Year 7-12): Friday 7:00pm Playgroup (preschool age): Thursday 10:00am-noon

**Hours:** Office Hours: Thu 9:30am-4:30pm

**Australian Asian Cultural Association  
Inc.**

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**Australian Community Inspired Association Inc.**

**Phone:** 0438 410 030

**Address:** Greenway Park, Shepherds Drive, Cherrybrook 2126

**Email:** aciainc2016@gmail.com

**Web:** aciainc.weebly.com/home.html

This multicultural group meet for tai chi sessions from 8:00am-9:00am Monday to Friday, then have coffee. We not only aim to bring together local residents on a regular basis but also fundraise for organisations tackling youth mental health, domestic violence and cancer research.

**Australian Support Dogs**

**Phone:** 1300 788 721

**Email:** information@asdog.org.au

**Web:** www.asdog.org.au

Raises, trains and places accredited 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.

**Australian Unity Home Care Service**

**Phone:** 1300 293 221

**Address:** Level 3, 110 George St, Hornsby 2077

**Email:** hornsby@australianunity.com.au

**Web:** www.australianunity.com.au

Provides assistance to frail aged and disabled people (all ages) and their carers with practical tasks, ie housekeeping, personal care & respite care, enabling clients to remain in their own homes.

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

**BaptistCare Home Services – Wisemans Ferry**

**Phone:** 02 4566 4700

**Address:** 5550 Old Northern Rd, Wisemans Ferry 2775

**Email:** lduffy@baptistcare.org.au

**Web:** baptistcare.org.au

Support for the frail, aged and younger people with a disability living in Wisemans Ferry and surrounding areas. Services include transport for medical appointments and community access, personal care, domestic assistance, respite care and social support. Fees apply.

**Hours:** Tues, Wed, Thurs 9am-5pm

**Beecroft Nursing Home**

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**Beecroft Presbyterian Church**

**Phone:** 02 9876 2478

**Address:** 1a Mary St, Beecroft 2119

**Email:**

churchoffice@beecroftpresbyterian.org.au

**Web:** www.beecroftpresbyterian.org.au

Presbyterian Church to the community. Sunday service times: 9:30am & 11am (Traditional). Activities: Church services, Bible study, creche, Children and Youth groups, Sunday school, Men's and Women's Ministry.

**Beecroft Probus Club Inc**

**Phone:** 0412 257 556

**Address:** will be meeting at the Cheltenham Recreation Club from May 2021, Cheltenham 2119

**Email:** rosscoral@bigpond.com

Beecroft Probus Club was founded in 1981 within the international Probus movement where retired and semi-retired people join together in autonomous clubs and provide regular gatherings and opportunities to meet with others in similar circumstances with similar interests. We are a men's club which provides interesting speakers at monthly meetings, arranges day and overnight tours for members and partners and organises bowls and golf days. OUTSIDE COVID19 RESTRICTIONS, our meetings are held on the 4th Monday of the month at 10am. 62 members.

### **Beecroft Uniting Church Leisure Learning Centre**

**Phone:** 02 9877 0675, 02 9875 3436

**Address:** Beecroft Uniting Church Hall, 82 Beecroft Rd, Beecroft 2119

**Email:** office@beecroftuniting.org

**Web:** beecroftuniting.org

To provide leisure learning classes as an outreach service to the local community. Tues 9:00am Music Appreciation; Wed 8:00am Supervised Bridge (lessons for beginners Feb to April); Wed 9:30am Needlecraft, Water Colour Painting, Thurs 10 am Games and Conversation, Computer Classes (check times and dates) last Sat each month 1.30 pm Movies that Matter. There is no age limit for course participants. No childcare creche is available. Classes held during school term. 150 participants approx. IN LINE WITH GOVERNMENT RECOMMENDATIONS DURING COVID 19 ALL LEISURE LEARNING CLASSES AND ACTIVITIES HAVE BEEN SUSPENDED UNTIL WE ARE GIVEN THE ALL CLEAR TO GO AHEAD.

**Hours:** Leisure Learning at Beecroft has been suspended for the present.

### **Beecroft Village Podiatry**

**Phone:** 02 9481 7776

**Address:** Lot 2, 21 Wongala Cr, Beecroft 2119

**Email:** beecroftvillagepodiatry21@gmail.com

**Web:**

<https://www.beecroftvillagepodiatry.com/>  
Podiatry service treatment for general foot care, diabetes foot care or hip, knee, foot pain. Some of our podiatrists speak fluent Japanese, fluent Indonesian and limited Mandarin. Registered NDIS provider.

**Hours:** Mon Tue Wed Fri 8:30am-5:30pm  
Thu 9am-9pm Sat 8a;30am-1pm

### **Beecroft-Pennant Hills Uniting Church**

**Phone:** 02 9875 3436

**Address:** 82 Beecroft Rd, Beecroft 2119

**Email:** office@bphuniting.org

**Web:** www.bphuniting.org

Sunday Worship Services - 9:30am (Traditional but bright and informal including activities for children); Communion: 1st Sunday each month, 6:30pm Contemporary Evening Service, Wednesday 1pm Midweek Service, Bible Studies; Caring and Sharing Group for Women; Network of Care; 2x Weekly Leisure Learning classes. All welcome.

**Hours:** Sunday Services: 9:30am, 6.30pm and Wed 1pm; a wide variety of week-day activities

### **Berowra & Districts Orchid Society Inc**

**Phone:** 02 9456 1764

**Address:** Meets at Berowra Community Centre, The Gully Rd, Berowra 2081

**Email:** margaret.barrett4@bigpond.com.au  
To promote the culture of orchids. Display of orchids and a point score competition each month. Members take part in two shows, June and September. Meetings include guest speakers and plant clinics. Held on 3rd Thursday of the month at 8pm.

### **Berowra Baptist Church**

See Page 6

### **Berowra Community Health Centre**

See Page 6

### **Berowra Community Markets**

**Phone:** 02 9456 6312

**Address:** Berowra Uniting Church, Alan Rd, Berowra Heights 2082

**Email:** cringrose@bigpond.net.au  
A variety of stalls, morning tea and sausage sizzle are held to support non-profit organisations locally and abroad. WE ARE STILL NOT MEETING DUE TO COVID 19 AND IT IS UNLIKELY WE WILL BE ABLE TO RESUME UNTIL FURTHER NOTICE.

**Hours:** 9am- 2pm 1st Saturday month except January.

**Berowra District Mixed Probus Club Inc.**

**Address:** Berowra RSL Club, 997 Pacific Highway, Berowra 2081

**Email:**

secretary@berowramixedprobus.org.au

**Web:** www.berowramixedprobus.org.au

Non-fundraising social club. Holds monthly talks on an aspect of mutual interest, monthly excursions to venues around Sydney, group holidays, dining out group, fishing, bush walking, travel group, ten pin bowling, cards, scrabble, technology group, singing group. Meets at Berowra RSL. \$65pp p.a.; \$25 joining fee.

**Hours:** Meets first Tuesday of every month (if Public Holiday, then 2nd Tuesday)

**Berowra Garden Club Inc**

**Address:** Meets at Berowra Club Room Warina St Oval, Berowra Waters Rd, Berowra 2081

**Email:** berowragc@gmail.com

**Web:** users.tpg.com.au/lesd/

To socialise with other people with similar interests in gardening and floral art and share garden information. Activities include meetings with guest speakers, and an annual flower show. New members welcome.

**Hours:** Meets 2nd Thursday of each month (February to November) at 7.30pm

**Berowra NSLHD Carers Support Group**

See Page 31

**Berowra Senior Citizens - Over 55 Club**

**Phone:** 02 9456 2139

**Address:** Balcony Room, Berowra Community Centre, The Gully Rd, Berowra 2081

**Email:** berowra.seniors@hotmail.com

An opportunity for senior citizens to get together with morning tea followed by an activity.

**Hours:** Wed 9am - 12pm

**Berowra Uniting Church**

**Phone:** 02 9456 6041

**Address:** 4-6 Alan Rd, Berowra Heights 2082

**Email:** revberowrauca@gmail.com

**Web:** berowra.unitingchurch.org.au

Church activities include: Worship; Bible studies; Children's activities; Craft groups, Seniors groups, Fellowship groups and a Day Centre facility for the elderly and those with disabilities. Sunday Morning Worship 9.30am; Acacia Living Life Day Centre for the Elderly - 10-2pm every Thursday and Friday. Playgroup - 10-12 every Tuesday during school term. Craft Group - 10-3pm on the 2nd and 4th Tuesdays of each month. Seniors Caring Group - 2pm on the 3rd Thursday of each month. Active Seniors Outings on the 2nd Friday of each month. All welcome.

**Bowden Brae Gardens**

See Page 9

**Bramblewood Retirement Village**

See Page 14

**Brooklyn Community Health Centre**

See Page 22

**CanRevive Inc - Northern Sydney Outreach Project**

**Phone:** 02 9212 7789

**Email:** info@canrevive.com

**Web:** www.canrevive.com

1. Cancer Information & Resources (pamphlets, booklets, CDs, DVDs); 2. Living with Cancer Program; 3. Cancer Support Groups; 4. Phone Support Service; 5. Public Info Sessions about Cancer & related issues; 6. Community Education Programs to promote Cancer Awareness; 7. Hospital Visit; 8. Palliative Care & Bereavement Support; 9. Partnership Programs. 10. Complementary Therapeutic Programs & Interest Groups. For any particular service in Northern Region, please contact Agnes Lung.

**Hours:** Mon-Fri 9:00am-4:30pm

### **CAP Debt Centre - Hornsby**

**Phone:** 1300 227 000

**Address:** Unit 21, 7 Sefton Rd, Thornleigh 2120

**Email:** christina.williams@capaust.org

**Web:** <https://www.capaust.org/Get-Help/CAP-Money-Course>

Free debt counselling to the community. Sovereign Grace Church Sydney are partnering with CAP (Christians Against Poverty). Referrals can be made directly to the CAP Head Office in Newcastle on 1300 227 000. Anyone who struggles with unmanageable debt and would like to receive support, can contact CAP. We operate out of our office in Thornleigh and cover Hornsby and surrounding suburbs.

**Hours:** Referrals to CAP can be made from Monday-Friday on 1300 227 000  
Thornleigh Office Hours: Tuesdays 9am-4:30pm

### **Care and Concern Ministries Inc.**

See Page 22

### **Caring Approach**

**Phone:** 1300 655 026

**Address:** 507, 90 George St, Hornsby 2077

**Email:** admin@caringapproach.com.au

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

Disability and Aged Care service provider offering in-home and community supports 24/7. Wheelchair accessible van available for use. Can provide staffing solutions for aged care facilities, respite centres, group homes, as well as private clients. Staff based across Sydney.

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

### **Castle Day Club**

See Page 20

### **Castle Hill Senior Citizens Club**

**Phone:** 02 9680 3958

**Address:** 2 McMullen Ave, Castle Hill 2154

**Email:** castlehillseniors@gmail.com

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

The Castle Hill Senior Citizens Club invites members of the community over 55 years to meet a very active and friendly group of seniors. We meet each week to play Carpet Bowls, Cards, Mahjong, Rummikub and other games at our club building. We also organise lunches and other gatherings. For more information see our website, email us or telephone the club.

### **Castle Ridge Resort**

See Page 15

### **Catholic Care - Memory Innovations Centre**

See Page 32

### **Catholic Healthcare - Mental Health Carer Respite Program**

See Page 6

### **Chantal Dementia Day and Overnight Respite Cottage Service & Weekend Respite Care**

See Page 32

### **Cherrybrook Chinese Community Association Inc**

**Phone:** 0402 270 863 (main), 0487 001 020 (Chinese Language School)

**Address:** Cherrybrook Community & Cultural Centre, 31 Shepherds Lane, Cherrybrook 2126

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

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

CCCA aims to promote community participation to foster Chinese culture and to assist members to integrate into the wider community. Membership is open to all persons who subscribe to the aims of the Association, regardless of race, nationality and religious belief. Services include Chinese Language School, seminars, community service and social activities including for women and seniors, Tai Chi, dancing, singing badminton and table tennis.

**Hours:** Wed, Thur 9:30am-12:30pm or by appointment

### **Cherrybrook Uniting Church**

**Phone:** 02 9875 5269

**Address:** 134 New Line Rd, Cherrybrook 2126

**Email:** minister@cherrybrookuc.org.au

**Web:** www.cherrybrookuc.org.au

Worship, Pastoral Care, and Christian Education. Worship Service 9:30am each Sunday; Circle of Friends; Seniors Group 10am-12pm 1st Friday of the month (excluding January; Elouera Cottage Crafts

**Hours:** Sun 9:30am

### **Christophorus House Retirement Village**

See Page 9

### **CIAM Patternmaking Australia - Hornsby Heights & Pennant Hills**

**Phone:** 02 9759 5904

**Email:** ciamaustralia@msn.com

**Web:** www.ciamaustralia.com.au

The CIAM pattern making classes teach you how to make patterns that produce perfectly fitted garments. The patterns and garments produced during classes are done using actual measurements, with the aim of being able to create any garment as required (depending on level of skill and complexity of garment). There are a number of required workshops and garments to be produced as a part of the learning process.

**Hours:** Fridays 9:45 am- 2:15 pm (Hornsby) and Thursdays 9:45am-12:45pm (Pennant Hills)

### **ClearaSound**

See Page 38

### **Comfort Discovered**

See Page 38

### **Community Church Hornsby**

**Phone:** 02 9482 2479

**Address:** Ministry Centre and Office, 4/67-71 Jersey St, Hornsby 2077

**Email:** admin@cch.net.au

**Web:** www.cch.net.au

In person and livestreamed services at 9:30am Sundays - Youtube (search Community Church Hornsby); Youth Group: Fri 7:30pm-9:30pm; English classes: Mon 10am, Wed 10am, Sunday 11:30am; 400 members.

**Hours:** Office hours: Mon-Thur 9am-5pm

### **Community Connections**

See Page 2

### **Computer Pals for Seniors - The Hills**

See Page 29

### **Country Women's Association of N.S.W.**

#### **- Galston Branch**

See Page 16

### **Country Women's Association of N.S.W.**

#### **- Hornsby & District**

See Page 17

### **Dementia Shop Australia**

See Page 33

### **Directory of Aboriginal Services in the Northern Sydney Region 2020**

See Page 9

### **Dural District Anglican Churches**

**Phone:** 02 9651 1119

**Address:** Dural Anglican Parish, 965 Old Northern Rd, Dural 2158

**Email:** office@duralanglican.org.au

**Web:** www.duralanglican.org.au

Sunday services: 8am, 10am, 6pm (St. Jude's Dural); 9:30am (St. Columb's Arcadia - 1st Sundays); 9:30am (Christ Church Kenthurst); Kids Activities: Epic (Boys & Girls Y1-Yr6) Fri 3:30-5:30pm; Nexus (Boys & Girls Yr7-12) Fri 6:30-8pm, Parents & Toddlers: Dural Fri. 10-11:30am, Sunday School for 3-15 year olds (Dural); Prime Time for Seniors 1-1:30pm 2nd Wed at alternating Centres, Mid-week small group Bible studies.



### **Dynamic Motion Physiotherapy Asquith**

**Phone:** 02 9477 1997

**Address:** 385 Pacific Hwy (parking at rear), Asquith 2077

**Email:** info@dmphysio.com.au

**Web:** www.dmphysio.com.au

At Dynamic Motion, we are all about holistic health and wellness. We believe the key to feeling well is having an active body and mind. Our experienced Physiotherapists and allied health team have all the tools to help you move at your best, feel your best and stay at your best! Open Hours: Mon–Fri: 7:30am–7:30 pm; Sat: 8:00am–2:00pm  
**Hours:** Mon-Sat

### **Dynamic Motion Physiotherapy Galston**

**Phone:** 02 9653 3123

**Address:** 6/362 Galston Rd, Galston 2159

**Email:** dmp.galston@gmail.com

**Web:** www.dmphysio.com.au

At Dynamic Motion, we are all about holistic health and wellness. We believe the key to feeling well is having an active body and mind. Our experienced Physiotherapists and allied health team have all the tools to help you move at your best, feel your best and stay at your best!  
**Hours:** Mon-Sat

### **Elderly Australian Chinese Homes NSW Co-operative Limited**

See Page 9

### **Elouera Gardens, Cherrybrook Christian Care Centre**

See Page 10

### **Embracing the Other Half Psychology Clinic**

**Phone:** 02 9988 0760

**Address:** Suite 614, Level 6, Avanti Building, 1C Burdett St, Hornsby 2077

**Email:** reception@otherhalf.com.au

**Web:** www.otherhalf.com.au/index.html

The Clinic focuses on typical changes that occur in human beings throughout the lifespan, from conception to old age. The field includes infants and children, adolescence, adult development and ageing.

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

### **Emotional Wellbeing for Older Persons In-Reach Program**

See Page 22

### **'Enjoy Yourself Day' (EYD)**

**Phone:** 0402 270 863

**Address:** Cherrybrook Community & Cultural Centre, Greenway Park, 31 Shepherds Lane, Cherrybrook 2126

**Email:** cccacherrybrook@gmail.com

**Web:** www.ccca.asn.au

A weekly programme held every Wednesday morning, providing a forum for various activities that would suit people of different dispositions and ages, including, at various times, Tai Chi, badminton, table-tennis, line dance, mah-jong etc. a perfect place to meet new friends and socialise  
**Hours:** Wednesdays from 9:00am-12:00pm

### **Exeloo Pty Ltd**

See Page 38

### **Fairholme Quilters**

**Address:** Uniting Church Hall, Cnr Boundary Rd & Bellamy St, Pennant Hills 2120

**Email:** fairholmequilters@gmail.com

**Web:** fairholmequilters.blogspot.com.au/  
Quilting Group, weekly sit and sew meetings, community quilt program, local quilt show held every two years.

**Hours:** Monday 10am-12noon; Tuesday 7:30pm-9:30pm

### **Family Drug Support Group for Friends and Family**

**Phone:** 0457 260 079

**Meets at:** St Peter's Anglican Church, 207 Peats Ferry Rd [next To The Tafe], Hornsby 2077

**Web:** www.fds.org.au

Offers information, education, and coping strategies for family members and friends of people having problems due to someone's drug and/or alcohol use. Family Drug Support (FDS) is a caring, non-religious, not for profit organisation which offers a 24/7 Support Line 1300 368 186 free support groups, courses and one to one counselling helping families to cope with their journey.

**Hours:** 3rd Tuesday of each month from 6-8pm (not for under 15s)

### **Friends of Lisgar Gardens**

See Page 33

### **Galston & District Community Health Centre**

See Page 7

### **Galston Uniting Church**

**Phone:** 0418 682 430

**Address:** 11 School Rd, Galston 2159

**Email:** elizabeth.guc@westnet.com.au

**Web:** www.galstonunitingchurch.com

Sunday worship times 10am including children's programme. KUCA for primary aged children 5:00pm Friday evenings of the school term. Youth for High School children 7.00pm Friday evenings of the school term. Craft group Thursdays of the school term 12 noon to 4pm. Over 55's 2nd Monday of the month 10am morning tea. Several luncheon outings to places of interest throughout the year. ACACIA Living Life. Exercise classes for over 65's Tuesdays & Thursdays 9:30am to 10:30am  
**Hours:** Office open Tuesdays and Fridays

### **Galston View Club**

**Phone:** 02 9890 2121

**Address:** Meets at Galston Club, 21-25 Arcadia Rd, Galston 2159

Promotes the voice, interests and education of women. Social and educational activities. Funds raised go to support the Smith Family and sponsor 5 Learning for Life children. Held on 4th Wednesday each month at 11 for 11.30 am.

### **Gentle Exercise Class**

See Page 2

### **Good Companions**

**Phone:** 02 9484 6651

**Address:** St Mark's Church, Cnr Rosemount Ave & Warne St, Pennant Hills 2120

**Email:** adamac40@hotmail.com

Meets on the fourth Tuesday of the month February to November from 11am at St Mark's. Interesting speakers, outings and fellowship for the over 55s.

**Hours:** 11-1pm

### **Greenwood Aged Care Facility**

See Page 13

### **Hawkesbury River Dragon Boat Club**

**Phone:** 0427 907 192

**Address:** Parsley Bay Boat Ramp - (Training Sessions), End of George St, Brooklyn 2083

**Email:**

hawkesbury.riverdragons@gmail.com

**Web:** www.hawkesburyriverdragons.com

Hawkesbury River Dragons Dragon Boat Club (HRD) was founded in February 2011 and aims to provide a socially inclusive and friendship-fostering environment. Whether you want the exhilaration and physical exertion competing in regattas brings, or if you're more interested in the joys of a social paddle on the beautiful Hawkesbury River dragon boating is an ideal sport. Our training program caters for all ages and physical abilities and we are always pleased to welcome newcomers and share the joy of being part of a Dragon Boat team.

**Hours:** Saturdays & Sundays 7.30am / Wednesdays 6:15pm (Summer time only)

### **Healthy Living for Seniors Brooklyn, Berowra and Galston**

See Page 23

### **Hearing Australia**

See Page 39

### **Helping Hands Craft Group**

**Phone:** 02 9457 9549 (Anice), 02 9456 5316 (Carolyne)

**Address:** Meets at Hornsby Heights Community Centre, 104A Galston Rd, Hornsby Heights 2077

**Email:** anicefowler@yahoo.com.au

A craft group that aims to bridge the gap and bring together women of varying ages and cultural backgrounds to join in friendship and share their knowledge, skills and life experiences. Cost: \$5.00 per session to cover Administration charges. Please BYO morning tea and lunch.

Membership numbers 20+ (average of 12 members weekly). A roster is currently in use for cleaning before and after each session and all members are requested to add their name to the roster to ensure our safety during Covid.

**Hours:** Meets on Wednesdays from 10:00am-2:00pm

**Heritage Pennant Hills Age Care Facility**

See Page 13

**Hillbillies Square Dancing**

**Email:** [dance@easy.com.au](mailto:dance@easy.com.au)

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

Square dancing for "Plus Level" dancers, with some "Mainstream Level". Group is primarily an older crowd and retirees.

**Hours:** Tuesday Nights 8pm to 10pm

**Hills Aged Day Services Social Support Group**

See Page 20

**Hills Nursing Pty Ltd**

See Page 27

**Hornsby Aquatic and Leisure Centre**

**Phone:** 02 9847 6300

**Address:** Hornsby Park, 203 Peats Ferry Rd, Hornsby 2077

**Email:**

[HornsbyAquatic@hornsby.nsw.gov.au](mailto:HornsbyAquatic@hornsby.nsw.gov.au)

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

Please call 9847 6300 during opening hours for general enquiries, learn to swim and squad enquiries. Also see our website for more information.

**Hours:** Mon-Thurs - 5:30am-7:45pm; Fri - 5:30am-6:45pm; Sat & Sun 7am-6:45pm (More info see website)

**Hornsby Comfy Hips**

See Page 39

**Hornsby Conservation Society**

**Phone:** 02 9477 1463

**Email:** [dmtin41@gmail.com](mailto:dmtin41@gmail.com)

Local conservation lobby group formed in 1950s to care, protect and enhance the environment of the Hornsby Shire, Berowra Valley Parks and the broader environment of New South Wales and Australia.

Meetings on environmental and local topics at irregular intervals as they arise.

Committee meets bi-monthly.

**Hornsby Heights Time Out For Seniors**

**Phone:** 02 9476 2080

**Address:** The Heights Church, 110a Galston Rd, Hornsby Heights 2077

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

To provide a social and friendly meeting for elderly residents of the area. Activities include interesting guest speakers, musical presentations, devotion and picnic outings as well as warm friendship and stimulating conversations. Morning tea, entertainment.

**Hours:** 10:15am- 12.15 am. 1st Wed of month except during January

**Hornsby Homelessness Task Force**

See Page 5

**Hornsby Ku-ring-gai Health Service**

See Page 23

**Hornsby Ku-ring-gai Hospital Volunteers Service (which incorporates all volunteers & Pink Ladies)**

**Phone:** 02 9485 6665

**Address:** Lumby Building, Palmerston Rd, Hornsby 2077

**Web:**

[www.nslhd.health.nsw.gov.au/Hospitals/Hornsby](http://www.nslhd.health.nsw.gov.au/Hospitals/Hornsby)

Hornsby Ku-ring-gai Hospital volunteers attend to the needs of the patients, and may assist staff with clerical tasks that provide a benefit toward patient care. The volunteers provide a mail delivery service, library service, flower maintenance service and do shopping for the patients, as well as pass the time and loneliness of a hospital stay. Volunteers also staff the Florist and Gift Shop. Must be over 18 years of age. Membership numbers 150+

**Hours:** Mon-Fri: 9.00am - 4pm (hours flexible within this range)

**Hornsby Ku-ring-gai Survivors Group Incorporated**

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### **Hornsby Ku-ring-gai Women's Shed**

**Phone:** 0401 635 656

**Address:** PCYC Waitara, 1 Park Ave, Waitara 2077

**Email:** info@wshk.org.au

**Web:** www.cmrc.com.au

Women's Shed Hornsby Ku-ring-gai (WSHK) is a community-based collaboration between the PCYC Hornsby/Ku-ring-gai, the Community Migrant Resource Centre (CMRC), Ku-ring-gai Neighbourhood Centre (KNC), SEVA (SAHELI and IABBV Hindi School Inc., connecting women in the area from all walks of life and providing opportunities for them to nurture their creativity, wellbeing and skills in a safe, inclusive and thoroughly supportive environment. If you would like to be part of this fun new community, come down to the PCYC Hornsby / Ku-ring-gai on Wednesdays. Currently due to the COVID-19 situation our sessions are held online on Tuesdays Wednesdays Thursdays and Fridays from 10am to 11am  
**Hours:** 10:00am - 12:00pm

### **Hornsby Ladies Probus Club Inc.**

**Phone:** 0417 687 765

**Address:** Meets at Magpies Waitara, Alexandria Pde, Waitara 2077

**Email:** hrcoomba@gmail.com

Probus is an association of retired and semi-retired people who join together in clubs for the basic purpose of keeping active minds, expanding their interests and enjoying the fellowship of new friends. Our meetings include a speaker and we have outings, walks and card groups.

**Hours:** Every first Tues of month 11am-1 pm due to Covid restrictions

### **Hornsby Meals on Wheels**

See Page 7

### **Hornsby Older Men's Network Incorporated**

**Phone:** 02 9484 7041

**Address:** Hornsby Library, but on Zoom during COVID-19 pandemic lockdown, 28-44 George St (Entrance off Hunter Lane), Hornsby 2077

**Email:** jock.buselli@tpg.com.au

The Older Men's Network Incorporated organisation is a support group for retired men to meet in the company of other older men, and a place to lessen the effects of isolation, make friends and be involved in discussions.

**Hours:** 10am-12:30pm on the first and third Wednesday of the month, followed by lunch and coffee at nearby eating places except during a lockdown.

### **Hornsby RSL Computer Club**

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### **Hornsby Shire Council Community Services Branch**

See Page 2

### **Hornsby Shire Council Venue Management Team**

See Page 2

### **Hornsby Shire Council's Community Development Team**

See Page 3

### **Hornsby Shire Family History Group**

**Phone:** 02 9847 6807 (Sue), 02 9847 6015 (Karen)

**Address:** Hornsby Central Library, 28-44 George St, Hornsby 2077

**Email:** hornsbyshfhg@gmail.com

**Web:** www.hornsbyshfhg.wordpress.com  
Bringing people together to share family history resources and information. Membership is free. Open to all. See website for full details.

**Hours:** 3rd Wednesday of the month from 2:00-4:00pm, 4th Wednesday of the month from 10:30am-12:30pm

### **Hornsby Shire Libraries' Author Talks**

See Page 3

### **Hornsby Shire Libraries' Book Clubs**

See Page 3

**Hornsby Shire Library & Information Service ATAC**

See Page 39

**Hornsby Shire Library & Information Service-Berowra Branch Library**

See Page 3

**Hornsby Shire Library & Information Service-Galston Branch Library**

See Page 3

**Hornsby Shire Library & Information Service-Home Library Service**

See Page 4

**Hornsby Shire Library & Information Service-Hornsby Central Library**

See Page 4

**Hornsby Shire Library & Information Service-Pennant Hills Branch Library**

See Page 4

**Hornsby Shire Library & Library & Community Services - Meeting Rooms**

See Page 4

**Hornsby Woodworking Men's Shed Inc.**

**Phone:** 0411 089 348

**Address:** 33A Sefton Rd, Thornleigh 2120

**Email:** hwmssec@gmail.com

**Web:** www.hornsbymensshed.org.au/

Mission Statement: To attract men and women to our Shed whose members have a common interest in working with wood; to create an environment in which people can commence or improve their woodworking skills through access to equipment and free exchange of knowledge and assistance; to help charitable organisations by making toys and other items for the enjoyment and education of under privileged children and adults. New members and visitors are made welcome. No previous woodworking experience is necessary.

**Hours:** Workshops Mon, Tues, Wed & Fri 9am-2pm, Sat 9am-3pm, Thursday (Woodturning Only) 10am-2pm. Contact Secretary for details.

**Hornsby-Berowra Men's Shed Inc.**

**Phone:** 0490 149 262

**Address:** Opposite Beaumont Road Intersection with Pacific Highway, 836X Pacific Highway, Mount Kuring-gai 2080

**Email:** wellumbulla@gmail.com

Provide a men's shed that promotes healthy active lifestyles for men of the Hornsby Berowra area for the good of the members and for the benefit of the community. A full range of metal and woodworking equipment is available, no experience necessary, in a secure environment where new friends are made, new skills are learned or just unwind and have some fun. Open Thursday mornings. New Shed with facilities and activities still under development.

**Hours:** Thursdays 9:00am-12 Noon

**Hornsby/Ku-ring-gai Home Modification Service (aged 65+)**

See Page 5

**JD Healthcare Group**

See Page 34

**Joanne Scarsbrick Therapist (Yoga, Fitness, Nutrition)**

**Phone:** 0414 240 342

**Address:** Brooklyn Meeting Room; Dangar Island Community Hall, 2-4 Dangar Rd/ Dangar Island, Brooklyn 2083

**Email:** j\_yoga@bigpond.com

**Web:** yogawithjo.ntpages.com.au

Yoga Group Classes - all sizes and experience. Group Chair Yoga-Free Community Service. (ALL GROUP CLASSES SUSPENDED UNTIL TERM 1, 2022 DUE TO COVID 19). One to one classes available at my Studio in Brooklyn. Yoga Therapy, specialising in: Anxiety & Depression, Breast Cancer; Yoga and Motor Control, especially Stroke Recovery, Multiple Sclerosis, Parkinson's Disease, Thompsen's Disease, Fibromyalgia, Polymyalgia, Depression; Yoga for Golfers, Runners, Soccer and football; Restorative Yoga for Post Operative Care, Jet Lag and other needs for restoring body, mind and spirit. Fitness and Personal Training; Weight Management; Nutrition, Biofeedback, Physical Fitness Assessment and Biological Age Assessment, Grow younger! Call to make an appointment. Private Classes available. For those aged 20+ and men especially encouraged. Provider Number can be supplied for Yoga friendly Health Funds.

**Just Better Care Hills to Hornsby**

See Page 34

**Kadimah Gardens Retirement Village**

See Page 15

**Kalkari Discovery Centre**

**Phone:** 02 9457 9300

**Address:** Ku-ring-gai Chase National Park, Ku-ring-gai Chase Rd, Mt Colah 2079

**Web:** www.nationalparks.nsw.gov.au

Immerse yourself in the natural world of Ku-ring-gai Chase National Park. Be inspired to learn more about the park's plants, animals and Aboriginal and European history, under the guidance of Kalkari's Chase Alive volunteers. Explore the Discovery Trail and observe the Eastern Grey Kangaroos who call Kalkari home. Visit the lookout with its spectacular views over Bobbin Head. Find out more about Ku-Ring-Gai Chase National Park and all that it has to offer for visitors. From the Discovery Centre, it's a short walk along the Birrawanna Walking Track to Bobbin Head which is a great place to stop for lunch.

**Hours:** 9am-5pm, open 364 days per year

**Key Medical Pty Ltd**

See Page 39

**KNC - Berowra**

See Page 7

**KNC - Galston**

See Page 7

**KNC Pennant Hills**

See Page 7

**Lady of Grace Nursing Home**

See Page 10

**Lifeline Shop Asquith**

See Page 8

**LINC Church Services Network Hornsby Incorporated**

See Page 8

### **Living Skills Training**

**Phone:** 0427 082 392

**Email:** info@livingskillstraining.com

**Web:** <https://www.livingskillstraining.com/>

Public transport travel training for teenagers and adults with all types of abilities. They specialise in assisting people with intellectual disability, autism, anxiety, learning delays, mental health issues, cerebral palsy and mobility issues. Training methods and programs are delivered 1:1 and are tailored to suit each person's needs, personal circumstances and learning styles. The service covers the Northern Sydney region, plus Western Sydney and the Inner West.

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

### **Lucinda Cottage**

See Page 34

### **Lutanda Manor Retirement Village**

See Page 10

### **Mable**

**Phone:** 1300 736 573

**Email:** info@mable.com.au

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

You can use the Mable platform to arrange and self-manage aged care and disability support for yourself or your family – either by paying privately, or by using available government funding options, such as the NDIS or Home Care Packages.

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

### **Matchworks**

**Phone:** 1300 132 363

**Address:** 22-28 Edgeworth David Avenue, Hornsby 2077

**Email:**

reception.hornsby@matchworks.com.au

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

At MatchWorks, we believe everyone deserves the opportunity to work. Every year, we help thousands of people from all backgrounds, ages and abilities find the right job. Our teams also help businesses build diverse and inclusive workplaces that embrace difference and equality. We're one of Australia's largest providers of jobactive and Disability Employment Services. Assisting people and businesses to reach their full potential is what we do best.

### **Mawarra Village**

See Page 11

### **McQuoin Park Residential Aged Care**

See Page 10

### **Mediphysio Hornsby**

**Phone:** 02 9987 1007

**Address:** 4/21 Hunter St, Hornsby 2077

**Email:** hornsby@mediphysio.com.au

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

Provides Physiotherapy across multiple locations across Sydney in Medical Centres. They have affiliations with nearby gyms to be able to use their gym for sessions as well as our fully equipped rooms in the medical centre.

**Hours:** Mon-Sat 7am-7pm

### **Mental Health First Aid Workshops (online and Face to Face)**

See Page 23

### **Mind Body Teeth Specialist Dental Care**

See Page 23

### **Mount Colah Mixed Probus Club**

**Phone:** 02 8911 0066

**Address:** Asquith Golf Club, Lord St, Mt Colah 2079

**Web:** <https://phonographhistory.com/>

Probus is an association of retired and semi-retired people who join together in clubs for the basic purpose of keeping active minds, expanding their interests and enjoying the fellowship of new friends. A monthly meeting comprises a business club session, coffee break followed by a guest speaker. Outings are arranged to places of interest to members and can include overnight trips, walks or tours for 4 or 5 days (all optional). All clubs are sponsored by a Rotary club but are self-governing. 120 members (60% female & 40% male). \$70 p.a. for singles; \$140 for couples with \$15 joining fee

**Hours:** Last Monday of the month at 10.30am

### **Mountainview Retreat Retirement Village**

See Page 15

**Mt Colah Uniting Church**

**Phone:** +61412819433

**Address:** Cnr Amaroo Ave & Pacific Hwy, Mt Colah 2079

**Email:** mail@mtcolah.unitingchurch.org.au

**Web:** www.mtcolah.unitingchurch.org.au

Worship Services held Sundays 9am weekly. Friday communion 10am on the 4th Friday of month. Caring for people in their daily lives and nurturing them in their faith journey. Worship, service and social activities for all ages. Community Garden; Community craft group; Let's Chat in English for people who wish to learn English in a friendly, informal way; Bible Studies for adults; Weddings; Baptisms; Funerals.

**Hours:** Sunday 9am weekly. 4th Fri Communion 9am

**National Seniors Australia; Hornsby Branch**

**Phone:** 02 9477 3243 (Secretary), 02 9477 3078 (President)

**Address:** c/- Asquith Bowling Club, 1 Lodge St, Hornsby 2077

**Email:** bishops@ihug.com.au

**Web:** www.nationalseniors.com.au

National Seniors Association is a not-for-profit membership-based community organisation which has as its major objectives: \*To provide economic and other benefits to persons of the age of 50 years and over and represent its members at all levels of government. Programs include: Travel, Social Activities, Tours, Investment Advice, Insurance. Short business meeting, interesting guest speakers and morning tea with lunch optional.

**Hours:** 1st Wed of the month, 11.30am-1.00pm at Asquith Bowling Club

**Neringah Hospital**

**Phone:** 02 9488 2200

**Address:** 4-12 Neringah Av, South Wahroonga 2076

**Email:**

neringahadministration@hammond.com.au

**Web:**

www.hammond.com.au/locations/wahroonga-neringah-hospital

Neringah Hospital provides an integrated inpatient service and a comprehensive community palliative care service to residents in the surrounding Hornsby and Ku-ring-gai local government areas within northern Sydney. Please see the website for more information.

**Normanhurst Mixed Probus Club**

**Address:** Thornleigh Community Centre, Cnr Phyllis and Central Ave, Thornleigh 2120

**Email:** normanhurstprobus@gmail.com

**Web:** www.normanhurstprobus.org.au

Normanhurst Mixed Probus Club is a non-profit association of active retired and semi-retired men and women who come together for fun and friendship. Our monthly meetings allow time for tea/coffee and conversation before listening to guest speakers. Our broad range of activities cater to cultural, intellectual, social and sporting interests. As well as tours and excursions we have Golf, Walking, Lawn Bowls, Fine Food & Dining, Wine & Cheese evenings, Movie and Theatre groups, Book Club, Play Reading, Classical Music, Songsters, Cards & Board Games, Trivial Pursuit and Craft. Membership 130. New members are welcome.

**Hours:** Meetings 2nd Wed of each month from 12:45pm-3pm



### **Normanhurst Uniting Church**

**Phone:** 02 9487 2467 (Church Office)

**Address:** 2 Buckingham Ave, Normanhurst 2076

**Email:**

office@normanhurstunitingchurch.org.au

**Web:**

www.normanhurstunitingchurch.org.au

Expression of religious beliefs through worship, fellowship and service. Aged care, youth groups, worship. Neighbourhood Garden. CURRENTLY DUE TO COVID-19 ALL WORSHIP SERVICES AND ACTIVITIES HAVE BEEN SUSPENDED UNTIL FURTHER NOTICE. PLEASE VISIT OUR WEBSITE OR CONTACT REV TAMMY HOLLANDS FOR ONLINE WORSHIP YOUTUBE LINK.

**Hours:** Church Office open Thurs & Fri 9am-2pm. Answering Machine to take messages

### **Normanhurst Uniting Church Activity Centre**

**Phone:** 02 9487 2467

**Address:** Normanhurst Uniting Church, 2 Buckingham Ave, Normanhurst 2076

**Email:**

office@normanhurstunitingchurch.org.au

Socialisation for the frail aged in a Christian environment. Mostly for those living in their own home or with family. Transport to and from provided. A variety of activities are offered, including diversional time, exercises, quizzes, board games and talks about topics such as travel. Dinners are organised once a year, along with an occasional picnic. Morning tea and lunch are provided. Cost \$8 per day.

CURRENTLY DUE TO COVID-19 OUR ACTIVITY CENTRE FOR SENIORS IS SUSPENDED UNTIL FURTHER NOTICE.

**Hours:** Thurs 10:15am - 2:15pm

### **Northern Sydney Home Nursing Service - Hornsby**

See Page 27

### **Occupational Therapist - Joanne Ormerod**

**Phone:** 0412 809 325

**Email:** j.ormerod@bigpond.com

Service comes to you. Providing Occupational Therapy and Case Management services to adults with neurological and orthopaedic injuries. Specialised skills in brain injury; community rehabilitation; medico-legal and driving assessment.

**Hours:** Mon, Tue, Thu, Fri, 9am-5pm

### **Older People's Mental Health Service**

See Page 27

### **Opal Netherby Aged Care Facility**

See Page 13

### **Pennant Hills Community Health Centre**

See Page 24

### **Pennant Hills Ladies Probus Club inc**

**Phone:** 02 9651 3471

**Meets at:** Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills 2120

Probus is the Association of retired and semi-retired men/women who join together in autonomous Clubs throughout the world and provide regular gatherings of men/women who in retirement, appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest.

**Hours:** 3rd Friday of the month from 10:15am-12:30pm

### **Pennant Hills Leisure and Learning Centre**

**Phone:** 02 9847 6050

**Address:** 8 Warne St, Pennant Hills 2120

**Email:** vmt@hornsby.nsw.gov.au

**Web:**

www.hornsby.nsw.gov.au/communitycentres

Centre available for casual and regular hire.

### **Pennant Hills Neighbour Aid**

See Page 24

### **Pennant Hills Probus Club**

**Address:** Meets at Pennant Hills Bowling Club, 52 Yarrara Rd, Pennant Hills 2120  
**Email:** pennanthillsprobusclub@gmail.com  
**Web:**

[www.probusouthpacific.org/microsites/pennanthills](http://www.probusouthpacific.org/microsites/pennanthills)

Probus is the Association of retired and semi-retired men/women who join together in autonomous Clubs throughout the world and provide regular gatherings of men/women who in retirement, appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest. Guest speaker at monthly meeting, monthly outings. Year founded 1978; 50 Members Held on 4th Friday of each month at 10:30am

**Hours:** 10 for 10:30am to 12.30pm, followed by lunch on the 4th Friday of the month

### **Pop-up Food Pantry**

**Phone:** 02 9489 4793

**Address:** Waitara Anglican Church, 34 Palmerston Rd, Waitara 2077

**Email:** office@waitaraanglican.com.au

**Web:** <https://waitaraanglican.com.au/>  
A Community Food Pantry is available at Waitara Anglican Church during office hours (Tuesday, Wednesday and Thursday from 9:00am to 5.00pm) through 2021 (except Public Holidays). Participants can purchase a bag of groceries of their choice for the subsidised cost of \$10. Covid-safe arrangements are in place.

**Hours:** Tues, Wed and Thurs 9:00am to 5.00pm

### **Prayer on Wheels Ministry of NSW**

**Phone:** 02 9489 5274

**Email:** prayeronwheels@optusnet.com.au

To bring spiritual comfort to the aged and infirm, especially in Nursing homes. The group caters for commercial nursing homes and hostels. Half an hour meetings are held once or twice a month, where residents participate in singing etc. There are core groups located at Hornsby, Carlingford, Wyoming, Inverell, Yagoona, Gymea and Sutherland Shire (covering 40 Nursing Homes, Hostel, Serviced Apartments & Alzheimers Wards). Approx. 40 members and 12 in Hornsby Shire. Eligibility - must attend a local Christian church.

**Hours:** 10am-11.15am for Morning Services. Afternoon Services: 1pm-2pm.

### **Presbyterian Aged Care - Thornleigh (Ashleigh Lodge)**

See Page 24

### **Primary & Community Care Services Ltd**

See Page 25

### **Probus Club of Hornsby**

**Phone:** 02 9489 0795

**Address:** Meets at Hornsby Uniting Church Hall, cnr William St and Frederick St, Hornsby 2077

**Email:** hornsbyprobus1@gmail.com

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

Probus is the Association of retired and semi-retired men and women who join together in autonomous Clubs throughout the world and provide regular gatherings, who in retirement, appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest. Monthly guest speakers, several dinners per year, monthly social outings and some longer excursions. Year founded 1979; Membership Fees apply. Non-political, non-sectarian, not a fundraising body. Meets on 2nd Wednesday of January to November at 9:50am. 70 Members.

**Hours:** 2nd Wednesdays from 9:50am to noon. January to November.

**Probus Club of Round Corner - Mixed Group**

**Phone:** 02 8883 2283

**Meets at:** The Galston Club, 21-25 Arcadia Rd, Galston 2159

**Email:** patmckinnon@tpg.com.au

**PROBUS:** an organisation for active retirees, who join together in individual Clubs, the basic purpose of which is to provide regular opportunities for them to keep active, to expand their interests with others who are of like mind and to enjoy fun, new friendships and fellowship with each other.

**Hours:** 2nd Monday of the month starting at 10:00am

**Probus Club of the Hills**

**Phone:** 02 9639 5779(Secretary)

**Address:** Uniting Church Hall, Showground Rd, Castle Hill 2154

**Email:** billscott@ozemail.com.au

**Web:**

<https://theprobustclubofthehills.com.au/>  
Meetings held 2nd Wednesday of the month 9.30 am.

**Psychology Success**

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**Redleaf Apartments**

See Page 11

**Regis Hornsby**

See Page 13

**Riverlink Disability Services Ltd**

See Page 28

**Roland Priestley Pty Ltd**

See Page 40

**Rosetta Park Wahroonga**

See Page 12

**Rotary Club of Beecroft Inc**

**Phone:** 0412 276 097

**Address:** Meets at West Pennant Hills Sports Club, New Line Rd, West Pennant Hills 2125

**Email:**

madeleine.beecroftrotary@gmail.com

**Web:** rotarybeecroft.org.au

Fund raising for a range of local, national and international charities. Community service and projects. Meetings are held every Monday night at 6:30 pm. Visitors always welcome. Membership Numbers: 44. WE ARE MEETING ONLINE DURING COVID.

**Hours:** Monday, 6:30 for 7:00pm

**Rotary Club of Pennant Hills Inc**

**Phone:** 0444 565 780

**Address:** Meets at Pennant Hills Golf Club, Copeland Rd, Beecroft 2119

**Email:** orders@pride-of-workmanship.com

**Web:**

[www.clubrunner.ca/Portal/Home.aspx?cid=7924](http://www.clubrunner.ca/Portal/Home.aspx?cid=7924)

Community Service. Meetings are held on Wednesday nights at 6:00 for 6:30pm at Pennant Hills Golf Club, Copeland Road, Beecroft. Meeting cost \$30. Membership open to men and women who are interested in making friends, networking and helping those in need in our local community and elsewhere including overseas.

**Hours:** 6:00 for 6:30pm Wednesdays

**Rowland Village Galston**

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**RSL Hornsby (Sub-Branch Charter Granted 1919)**

**Phone:** 02 9476 6680

**Address:** War Memorial Hall, 2 High St, Hornsby 2077

**Email:** hornsbyrslsb@gmail.com

For the Welfare & Benefit of all Ex-Servicemen & Ex-Servicewomen and War-Widows to receive information to maximise benefits and entitlements e.g. Pensions etc. To provide comradeship and support to those serving in the Australian Defence Force and its allies. To similarly assist ex-service personnel seeking repatriation and other elements of support through the Dept of Veteran's Affairs and other Government and civil institutions. To provide social interaction between members, their partners/carers and others where appropriate. To assist at funeral services where requested and to visit the unwell members in hospitals - nursing homes and at home. Meetings for members and their dependant/carers - 4th Sun of the month at 11am followed by light luncheon in the Hornsby RSL Club (except Jan-Apr-Dec). There are approximately 500 serving and ex-service members. NB. The Hornsby RSL Sub Branch is a totally separate organisation to the Hornsby RSL Club Ltd. **Hours:** Office open by appointment. If office is unattended leave messages on the answering machine.

**RSL Lifecare at Home Galston**

**Phone:** 1300 853 146

**Address:** 301 Galston Rd, Galston 2159

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

**Web:** <https://rslifecareathome.org.au/>

RSL LifeCare at Home sets itself apart because not only can we offer a vast array of services from housework, personal care, transport, in home nursing and respite, and specialist services, but we constantly work on new approaches for improved quality of life for you. The RSL LifeCare at Home team are professionally trained carers who go the extra mile. It's not just about providing a service; it's about caring for you holistically. We employ local, caring, compassionate and qualified staff. RSL LifeCare at Home is available to ALL Australians.

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

**Safety and Mobility Pty Ltd**

See Page 40

**Salvation Army- Hornsby Gateway Corps**

See Page 5

**Seventh Day Adventist Church - Galston**

**Phone:** 0423 107 392

**Address:** 49 Arcadia Rd, Galston 2159

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

**Web:** [galston.adventist.org.au](http://galston.adventist.org.au)

To worship and preach the gospel of Jesus Christ. Saturday services: Small Group Bible Study at 9.30am; Worship Service at 11.00am; Home Bible study opportunities on request; Bible study & prayer fellowship 7:30 Wednesdays, during school terms, 7:00pm winter months.

**Sing Unlimited**

**Phone:** 02 9980 5673

**Address:** 132 Castle Hill Rd, West Pennant Hills 2125

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

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

Singing lessons for all ages from beginners to advanced. Classical, contemporary and popular styles of music. Concerts, soirees, audition and exam preparation or for recreation.

**Hours:** Mon-Sat 9.00 am - 9.30 pm

**Society of St Vincent de Paul - Pennant Hills Outlet**

See Page 8

**Southern Cross Nordby Retirement Village**

See Page 15

**Sovereign Grace Care**

See Page 25

**SpeakersBank Australia Inc**

**Phone:** 0431 292 437

**Address:** Westleigh, Westleigh 2120

**Email:** dale@speakersbank.com.au

**Web:** www.speakersbank.com.au

SpeakersBank Australia provides affordable Public Speaking and Presentation Skills training for the Not for Profit sector, Government and Education sector.

**Specialist Homelessness Services (CatholicCare Waitara Family Centre)**

See Page 6

**St Benedict's Monastery**

**Phone:** 02 9653 1159

**Address:** 121 Arcadia Rd, Arcadia 2159

**Web:** www.benedictine.org.au

Religious Monastery

**St John's Anglican Church**

**Phone:** 02 9484 1143

**Address:** 9 Chapman Ave, Beecroft 2119

**Email:** office@beecroftanglicans.org.au

**Web:** www.beecroftanglicans.org.au

To be a community of people committed to Jesus and making him known. Membership Numbers: 300. Junior and Senior Kids Church, Friday Night Youth Groups, Men's and Women's Groups. Playgroup for children and their carers on Monday mornings. English Conversation classes are also available on Thursday mornings. New students are welcome. Needles Craft Group together with Beecroft Bags meet on 3rd Wednesday morning of the month. Contact the church office for details. STILL CONTACTABLE DURING COVID 19.

**Hours:** Services - Sunday at St John's 8:00am: 10:00am; 4pm: 6:30pm.

**St Luke's Hornsby Heights Anglican**

**Phone:** 02 9477 3140

**Address:** 155 Galston Rd, Hornsby Heights 2077

**Email:** admin@stlukeschurch.com.au

**Web:** www.stlukeschurch.com.au

We are a friendly local family church where Jesus is honoured, the Bible is taught, people are cared for, and prayer is a part of life. We gather at 9am and 5pm each Sunday and run lots of other activities including Playtime, Youth Groups and a Seniors gathering.

**St Mark's Anglican Church Berowra**

See Page 37

**St Marks' Pennant Hills English Classes**

**Phone:** 02 9980 8012

**Address:** St Mark's Anglican Church, cnr Rosemount Ave & Warne St, Pennant Hills 2120

**Email:** english@stmarks.com.au

**Web:** www.stmarks.com.au

English Conversation Classes, catering for all levels. Morning Tea provided. Everyone welcome. \$2 donation.

**Hours:** Mondays 9:30am-12noon (during school terms)

**St Paul's Anglican Church**

**Phone:** 02 8858 1111

**Address:** 421 Old Northern Rd, Castle Hill 2154

**Email:** info@spch.org.au

**Web:** www.stpauls.church

Christian Ministry. Services Sundays 8.00 am, 10.00 am, 5.00 pm, 7.00 pm. Crossfire 68 (years 6-8) from 6.00 - 8.00 pm and Crossfire X (years 9-12) from 8.00 - 10.30 pm on Friday nights open to anyone within the designated age groups. Seniors friendship group. There are also other great activities at St Pauls' Church. For more details please visit our website.

**St Vincent de Paul No Interest Loan Scheme (NILS)**

See Page 8

**Stroke Recovery Club - Hornsby/ Ku-Ring-Gai**

**Phone:** 1300 650 594

**Address:** Pennant Hills Community Health & Resource Centre, 5 Fisher Ave, Pennant Hills 2120

**Email:** info@strokensw.org.au

**Web:** www.strokensw.org.au

This is a Stroke Recovery Club designed for Stroke survivors and their Carers. This group have weekly meetings, regular outings and a range of activities that they complete as a group. For more information, please contact the Stroke Recovery Association on 1300 650 594.

**Hours:** Fridays 10am-12pm

**Sydney Adventist Hospital - Cancer Support Services**

**Phone:** 02 9487 9061

**Address:** Cancer Support Centre, Jacaranda Lodge, 185 Fox Valley Rd, Wahroonga 2076

**Email:** cancersupport@sah.org.au

**Web:** www.sah.org.au/cancer-support  
Various Support Services including: Free Counselling, Yoga, Wig Library, Transport services and Support Group such as Bowel Cancer Group; Breast Cancer Groups (Women Only & Young Women Only); Neuroendocrine Tumour and Carcinoid Syndrome Group; Look Good/Feel Better Monthly Workshops; Lung & Respiratory Cancer Group; Mindfulness Group; Prostate Cancer Group; Stoma Group. People who attend Groups consistently report Positive Outcomes through: Less feeling of isolation; Improved knowledge; Excellent sharing of experiences; Improved quality of life

**Hours:** Mon-Thur 8.30am-5pm, Fri 8.30am-3pm

**Sydney University of the Third Age (Sydney U3A) - Upper North Region**

**Phone:** 02 9267 9056 (Central Office)

**Address:** Hornsby Central Library, 28-44 George St, Hornsby 2077

**Email:** mail@sydneyu3a.org

**Web:** www.sydneyu3a.org

Adult education courses in a large variety of subjects held at a variety of locations in Hornsby Shire including Hornsby, Berowra, Epping, Pennant Hills. COURSES ARE ALSO BEING OFFERED VIA ZOOM WHILE COVID-19 RESTRICTIONS ARE IN FORCE. CHECK THEIR WEBSITE FOR MORE DETAILS.

**Hours:** Daytime sessions

**Sydney Upper North Shore Table Tennis Association (SUNS.TTA) Incorporated**

**Phone:** 0438 883 500

**Address:** Meet at The Brickpit, Thornleigh Indoor Sport Stadium, 1A Dartford Rd, Cherrybrook 2126

**Email:** yk@suns.org.au

**Web:** www.suns.org.au

To play and promote table tennis, an Olympic sport, in the Sydney Upper North Shore region. Play table tennis socially and competitively, including coaching and practice sessions. 18 tables are available. New players are welcome. Day time table tennis for Seniors Monday & Wednesday mornings from 9:30am to 12:30pm including table tennis for Athletes With Disabilities (AWD Players). Friday nights from 7:30pm to 10:30pm.

**Hours:** Mondays & Wednesdays 9:30am to 12:30pm, Fridays 7:30pm to 10:30pm

**TAFE NSW - Hornsby Campus**

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**Tallwoods Corner**

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**Tallwoods Corner Aged Care Service**

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**Tech Savvy Seniors - Hornsby - HKCC**

See Page 30

**Tech Savvy Seniors - Hornsby Library - CALD Beginner classes**

See Page 30

### **The Grange Village**

See Page 15

### **The Heights Church Hornsby Heights English Conversation Class**

**Phone:** 0402 311 843

**Address:** The Heights Church, 110a Galston Rd, Hornsby Heights 2077

**Email:** office@theheights.org.au

**Web:** <https://theheights.org.au/>  
English conversation classes. Thursdays during school terms. OUR ENGLISH CLASSES HAVE GONE INTO RECESS WITH THE ADVENT OF COVID19. PLEASE WATCH OUR WEBSITE FOR UPDATED DETAILS.

**Hours:** Thursdays 10:30am-12:30pm

### **The Hills Community Health Centre**

See Page 25

### **The Hills Community Health Centre - Drug Health Services**

See Page 25

### **The Hills Community Health Centre - Podiatry Service**

See Page 25

### **The Hills Men's Shed Inc.**

**Phone:** 0492 975 648

**Address:** Eric Mobbs Reserve, Ferguson Ave, Castle Hill 2154

**Email:** enquiries@thehillsmensshed.org.au

**Web:** <https://www.thehillsmensshed.org.au>

The Hills Men's Shed is a community-based support group consisting of senior persons participating in woodworking, metalworking, companionship plus other activities. Projects are also in support of service and community organisations as well as its members. Open Monday to Thursday - 9am-3pm.

**Hours:** 10am-2pm

### **The Lakes of Cherrybrook Retirement Village**

See Page 16

### **The Probus Club of Mount Colah Inc**

**Phone:** 0411 020 520

**Address:** Meets at Asquith Golf Club, Lord St, Mt Colah 2079

**Email:** grbn@bigpond.com

Our men's Probus Club meets 10:30am on the 3rd Friday of each month at Asquith Golf Club. We have morning tea and guest speakers at each meeting on a wide variety of subjects. We also arrange frequent outings for members and their partners. Meetings are replaced by luncheons for members & their partners every 3 months.

**Hours:** Meets on the 3rd Friday of each month at 10.30am

### **The Rose by Moran**

See Page 12

### **The Tai Chi Club**

**Phone:** 0411 893 262

**Meets at:** Pennant Hills Community Centre, Ramsay Rd, Pennant Hills 2120

**Email:** relax@thetaichiclub.com

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

Tai Chi & Qigong is a fantastic way to improve your health, fitness, muscle strength & flexibility. It can improve your balance, coordination and help prevent falls. A holistic modality for the well-being of Mind, Body and Spirit. Suitable for all ages, all are welcome to join us in our classes.

**Hours:** Fridays 9:15-10:30am

### **The Verandah Beecroft**

**Phone:** 02 9484 1167

**Address:** The Verandah Beecroft, 128 Copeland Rd, Beecroft 2119

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

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

Welcome to The Verandah. Your local homestead, reimagined. Light-filled, relaxed and homely, The Verandah is Beecroft's new home away from home – a local institution for the northern suburbs community, revamped and reimagined. Sitting across from the bowling greens, it's the perfect spot to settle in for a long lunch, a cocktail or two or dinner with friends and family. And from the shade of The Verandah, you see the green in it all its shining glory. Whether you're there barefoot for some fun in the sun with mates, or you're dressed in club colours ready to get your game on, it's a place where laughs are had and legends are made, the way they have been for over a century. Since 1913, locals have come together to enjoy a meal, raise a glass and celebrate with friends and family. And now, after a century as the beating heart of the area, a new chapter for the Beecroft Bowling Club begins as it becomes part of the Norths Collective – leaders in contemporary hospitality venues that

**Hours:** TBC

### **The Woniara Retirement Village**

See Page 12

### **Thornleigh Bridge Club**

**Phone:** 0425 254 698

**Address:** 3 Paling St, Thornleigh 2120

**Email:** [steventhornbridge9@gmail.com](mailto:steventhornbridge9@gmail.com)

Duplicate Bridge (Supervised) played on Tuesdays from 1pm-4:30pm

### **Thornleigh Bushcare Group (SHORT STREET)**

**Phone:** 0433 616 559

**Address:** This site is set at the end of Short Street, Thornleigh 2120

**Email:** [dond@med.usyd.edu.au](mailto:dond@med.usyd.edu.au)

**Web:**

[www.freewebs.com/thornleigh\\_tabs/INDEX.HTM](http://www.freewebs.com/thornleigh_tabs/INDEX.HTM)

This site is set at the end of Short Street - Thornleigh in the upper north side of lane cove national park, with some interesting and rewarding regeneration. Come along and join in! In the event of rain, call the Group Convenor to confirm meeting status. Volunteers are required to wear Hiking enclosed shoes, long sleeved shirt, long pants, hat & sunscreen. Bring water. For those aged 18 - 70 years.

**Hours:** 8am-11am (every 4th Sunday of the month)

### **Thornleigh Community Baptist Church**

**Phone:** 02 9484 0093 (Office)

**Address:** 15-17 Duffy Ave, Thornleigh 2120

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

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

Christian ministry. Regular Church Services; Youth Groups; Girls and Boys Brigades; Seniors Club. Services Times 8:30am, 10:30am, 6pm. 600 Members.

**Hours:** Mon-Wed 9am-5pm, Thurs 9am-3pm (Office)

### **Thornleigh Mixed Probus Club**

**Address:** Thornleigh Community Baptist Church, Cnr Duffy Ave & The Esplanade, Thornleigh 2120

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

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

Probus is the Association of retired and semi-retired men/women who join together in autonomous Clubs throughout the world and provide regular gatherings of men/women who in retirement, appreciate and value opportunities to meet others in similar circumstances and of a similar level of interest. We meet from 10am - 12noon on the 1st Thursday of the month.

### **Thornleigh Podiatry**

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### **Ulysses Club - Hornsby District**

**Phone:** 1300 134 123, 1800 451 488

**Email:** hornsbydistrict@ulysses.org.au

**Web:** <https://cpsa.org.au/atlas/ulysses-club-hornsby-district/>

The Hornsby club arranges rides and social functions for its local club members. By joining the Ulysses club (there are over 120 branches spread throughout Australia), a member can choose to attend any branch, branch ride or function of their choice. As well, there are sister clubs in New Zealand and South Africa, and fledgling branches of the club in Canada, Germany, and hopefully in the near future the U.S.A. and U.K.

### **Uniting Bowden Brae**

See Page 13

### **UPA Sydney North - Thomas & Rosetta Agst Aged Care Service**

See Page 14

### **UPA Sydney North Region**

See Page 10

### **Virtual Neighbour Project**

**Phone:** 0478 110 943

**Web:** <https://rotarybeecroft.org.au/>

A new service to provide connectedness and assurance through regular phone or web calls to the elderly. We aim to reignite that 'local community feeling' of being valued and included in time of social distancing and isolation. We say to our community, especially the elderly - you are not alone! You can always speak to your friendly, trusted and caring Rotary Virtual Neighbour. Please let us know if you know of someone who could benefit from this service, please speak with them or their Carers in the first instance and encourage them to contact us.

### **Wahroonga House**

See Page 14

### **Waitara Wellness Centre**

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### **Wanderers Seniors Bushwalking Group**

**Phone:** 0428 247 708 (David), 02 9477

1912 (Rosie)

Mondays (not Public Hols) 9:30am - 4:30pm. We usually meet around 9:30am then drive to a spot and walk for a couple of hours, have lunch then walk for another couple of hours. We would welcome enquiries from anyone living in the northern suburbs keen to try some not-too-strenuous bushwalking. We are a friendly group of mostly retired men and women.

### **Warrah Society**

See Page 16

### **Wesley Uniting Church**

**Phone:** 02 9894 8999

**Address:** 32 Showground Rd, Castle Hill 2154

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

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

Sunday morning service at 9:30am

including kids and youth program. Youth

program 7:30 pm on Friday evenings.

Inspirational home groups throughout the week. A number of programs with retirees, seniors and adult fellowship groups. A creative Leisure Centre offers a wide range of mid-week activities.

**Hours:** Office: Tues-Fri 9.30 am - 2.30 pm

### **Whiddon**

See Page 14

### **Willow Park Community Complex**

**Address:** 25 Edgeworth David Ave, Hornsby 2077

**Email:** [vmt@hornsby.nsw.gov.au](mailto:vmt@hornsby.nsw.gov.au)

**Web:**

[www.hornsby.nsw.gov.au/communitycentres](http://www.hornsby.nsw.gov.au/communitycentres)

Available for casual and regular hire for meetings, low key social functions, club events, classes and workshops. The centre comprises of Wallarobba Arts and Cultural Centre, Beatrice Taylor Hall and Hornsby Leisure and Learning Centre. No amplified music or Public Address systems are permitted due to the residential nature of the area.

### **Willows Social and Embroidery Group**

**Phone:** 0438 865 461

**Address:** Hornsby Leisure and Learning Centre, 25 Edgeworth David Avenue, Hornsby 2077

**Email:** sejohns@optusnet.com.au

Bring along your latest sewing challenge. We work on a variety of projects using computerised sewing machines, patchwork and quilting or making clothes and other creative projects. Small monthly fee applies to cover hall hire. Every sewer welcome.

**Hours:** Every second Tuesday 10am-4pm

### **Wirreanda Retirement Village**

See Page 10

### **Wisemans Ferry and Districts Senior Citizens**

**Phone:** 02 4566 4767

**Address:** Wisemans Ferry Bowling Club, Old Northern Rd, Wisemans Ferry 2775  
Provide a service to elderly people in the district. Shopping bus, bingo and outings. Meetings held Mondays 10.30 am - 2.00 pm

**Hours:** Mon 10.30 am - 2.00 pm

### **Wisemans Ferry Sunshine Group Inc.**

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### **Woodlands Retirement Village**

See Page 12

### **Yoga in Hornsby**

**Phone:** 0459 689 173

**Address:** Yoga Studio, 15a Somerville Rd, Hornsby Heights 2077

**Email:** estherbecchio@hotmail.com

**Web:** www.yogainhornsby.com

Beginner and experienced group or private classes for all ages and abilities. Classical style yoga (small classes of 8 or less in private beautiful studio and surrounds - 5 students only during Covid & a live zoom group class & privates offered). Develop strength, flexibility, balance and integration of body, mind, spirit through postures, breath-work, meditation and relaxation. Techniques I will share with you during the term are excellent in helping to manage common complaints such as stress, anger, anxiety, depression, insomnia. Or simply join the short 30 min weekly relaxation class to re-nourish and revitalise if fatigued or busy.

**Hours:** Variety of classes am and pm during the school term. Term 1 begins 28th Jan 2020.

### **Yoga with Jodie - Brooklyn**

**Phone:** 0427 656 343

**Meets at:** Baden Powell Hall, Baden Powell Ave, Brooklyn 2083

**Email:** theoldens@me.com

Yoga Group Classes - all welcome. Call for details.

## **Home Care Services**

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### **Delivered Meals**

#### **Brooklyn Community Health Centre**

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#### **Galston & District Community Health Centre**

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#### **Hornsby Meals on Wheels**

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### **Domestic Assistance**

#### **Australian Unity Home Care Service**

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#### **BaptistCare Home Services – Wisemans Ferry**

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#### **Elderly Australian Chinese Homes NSW Co-operative Limited**

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#### **Hills Nursing Pty Ltd**

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## **Just Better Care Hills to Hornsby**

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## **Mable**

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## **RSL Lifecare at Home Galston**

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## **Gardening Assistance**

### **BaptistCare Home Services – Wisemans Ferry**

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## **Home Maintenance**

### **Hornsby/Ku-ring-gai Home Modification Service (aged 65+)**

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## **Home Modification**

### **Hornsby/Ku-ring-gai Home Modification Service (aged 65+)**

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## **Home Nursing Services**

### **Caring Approach**

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### **Hills Nursing Pty Ltd**

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### **Just Better Care Hills to Hornsby**

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### **Mable**

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### **Northern Sydney Home Nursing Service - Hornsby**

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### **Older People's Mental Health Service**

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### **Primary & Community Care Services Ltd**

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### **Rowland Village Galston**

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### **RSL Lifecare at Home Galston**

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## **Linen Services**

### **BaptistCare Home Services – Wisemans Ferry**

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## **Other Home Care Services**

### **Hills Nursing Pty Ltd**

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## **Personal Care**

### **Australian Unity Home Care Service**

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### **BaptistCare Home Services – Wisemans Ferry**

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### **Beecroft Village Podiatry**

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### **Caring Approach**

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### **Elderly Australian Chinese Homes NSW Co-operative Limited**

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### **Hills Nursing Pty Ltd**

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### **Hornsby/Ku-ring-gai Home Modification Service (aged 65+)**

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### **Just Better Care Hills to Hornsby**

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### **Key Medical Pty Ltd**

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### **RSL Lifecare at Home Galston**

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### **Thornleigh Podiatry**

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## **Shopping Assistance**

### **Adventist Aged Care - Greater Sydney**

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**BaptistCare Home Services – Wisemans Ferry**

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**Caring Approach**

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**Elderly Australian Chinese Homes NSW Co-operative Limited**

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**Hills Nursing Pty Ltd**

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**Just Better Care Hills to Hornsby**

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**KNC - Berowra**

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**KNC - Galston**

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**KNC Pennant Hills**

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**Lifeline Shop Asquith**

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**LINC Church Services Network Hornsby Incorporated**

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**Pennant Hills Neighbour Aid**

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**Rowland Village Galston**

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**Social Support Services**

**BaptistCare Home Services – Wisemans Ferry**

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**Berowra NSLHD Carers Support Group**

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**CAP Debt Centre - Hornsby**

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**Caring Approach**

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**Elderly Australian Chinese Homes NSW Co-operative Limited**

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**Emotional Wellbeing for Older Persons In-Reach Program**

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**Hills Aged Day Services Social Support Group**

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**Hills Nursing Pty Ltd**

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**Sovereign Grace Care**

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**Waitara Wellness Centre**

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**NDIS (National Disability Insurance Scheme)**

**Ability Options - Hornsby**

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### **ADS Care**

**Phone:** 02 8677 0093

**Address:** 206, 2-8 Brookhollow Ave,  
Norwest 2153

**Email:** info@adscare.com.au

**Web:** www.adscare.com.au

Provides support service for the elderly, people with disabilities and those requiring help in the home. Services to assist people to remain living at home independently include personal care; domestic assistance; shopping transport; companionship; meal preparation; in-home respite care; sleepovers and case management. Suitable for people with disabilities (including mental illness); older people; people following hospitalisation or imprisonment; people with dementia; carers and families. Staff speak various languages. NDIS provider.

**Hours:** Mon-Fri 8:30am-5:30pm (Office), 24 hours 7 days (Service)

### **Alpha Lifecare**

**Phone:** 1300 930 930

**Address:** 109 Munibung Rd, Cardiff 2285

**Email:** sales@alphalifecare.com.au

**Web:** www.alphacare.com.au

Sells rehabilitation equipment: wheelchairs, mobility aids, seating and daily living aids etc. Ward equipment: furniture, scales, maternity aids and lifters. Patient care: continence products, protection needs, hygiene products and skin care. It also provides fit-out solutions, equipment hire and outsourced equipment management for facilities. Online or printed catalogues. NDIS provider.

**Hours:** Mon-Fri 8am-5pm (Cardiff office is by appointment only)

### **Beecroft Village Podiatry**

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### **Bowden Brae Gardens**

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### **Caring Approach**

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### **Comfort Discovered**

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### **Drake Medox - Home Care**

**Phone:** 1300 360 070 (National)

**Email:** homecare@au.drakeintl.com

**Web:** https://www.drakemedox.com.au/

This private agency provides qualified nursing and support staff to assist people with disabilities to live in their own homes through: In-home nursing care, In-home respite care, Personal care, Domestic assistance, socialisation and companionship, transport assistance, in-home 24/7 support service. Registered NDIS provider of assistance with daily personal activities, and development of daily living skills.

**Hours:** 24 hours 7 days

### **Dynamic Motion Physiotherapy Asquith**

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### **Dynamic Motion Physiotherapy Galston**

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### **Hearing Australia**

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### **Hills Nursing Pty Ltd**

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### **JD Healthcare Group**

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### **Joanne Scarsbrick Therapist (Yoga, Fitness, Nutrition)**

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### **Just Better Care Hills to Hornsby**

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### **Lady of Grace Nursing Home**

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### **Living Skills Training**

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### **Mediphysio Hornsby**

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### **Primary & Community Care Services Ltd**

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### **Psychology Success**

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### **Riverlink Disability Services Ltd**

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### **Roland Priestley Pty Ltd**

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**Safety and Mobility Pty Ltd**

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**Thornleigh Podiatry**

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**Warrah Society**

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**Anglicare Castle Hill - Brian King Gardens**

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**Anglicare Castle Hill - Donington Court**

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**Anglicare Castle Hill - Farrer Brown Court**

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**Anglicare Castle Hill - Warrina**

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**Anglicare Sydney - Castle Hill**

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**Australian Unity Home Care Service**

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**BaptistCare Home Services – Wisemans Ferry**

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**Castle Day Club**

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**Catholic Healthcare - Mental Health Carer Respite Program**

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**Chantal Dementia Day and Overnight Respite Cottage Service & Weekend Respite Care**

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**Christophorus House Retirement Village**

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**Drake Medox - Home Care**

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**Elderly Australian Chinese Homes NSW Co-operative Limited**

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**Elouera Gardens, Cherrybrook Christian Care Centre**

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**Hills Aged Day Services Social Support Group**

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**Hills Nursing Pty Ltd**

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**Just Better Care Hills to Hornsby**

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**Lady of Grace Nursing Home**

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**Lucinda Cottage**

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**Neringah Hospital**

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**Riverlink Disability Services Ltd**

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**RSL Lifecare at Home Galston**

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**Tallwoods Corner Aged Care Service**

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**Uniting Healthy Living for Seniors North Sydney**

**Phone:** 1800 864 846

**Email:** ask@uniting.org

**Web:** [www.uniting.org/services/aged-care-services/facility/uniting-healthy-living-for-seniors-north-sydney](http://www.uniting.org/services/aged-care-services/facility/uniting-healthy-living-for-seniors-north-sydney)

Provides respite and support to carers including: in centre and at home respite; outings and day trips; friendly phone calls and home visits for a chat; help with cooking; transport to appointments and social activities; help with writing letters; support to get involved with social groups, activities and hobbies and help to connect carers to other support services.

**Hours:** 9am - 6pm Mon-Fri

**Waitara Wellness Centre**

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**Warrah Society**

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**Whiddon**

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**Wisemans Ferry Sunshine Group Inc.**

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**Your Side**

**Phone:** 1300 134 332

**Address:** Level 10, 10 Help St, Chatswood 2067

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

**Web:** <https://yourside.org.au/>

Your Side is a provider of support services for older people, people living with disability, mental health, and their carers throughout Sydney. As a registered NDIS service provider, they offer a wide range of NDIS supports. Their services include personal care, household tasks and cleaning, allied health and home maintenance.

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

## Senior Citizens Organisations

**Asquith Mixed Probus Club Inc.**

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**Asquith Senior Citizens Club**

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**Association of Independent Retirees Ltd  
(Sydney Hills District Branch)**

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**Australia Ling Liang Church**

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**Beecroft Probus Club Inc**

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**Berowra Baptist Church**

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**Berowra Community Markets**

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**Berowra Senior Citizens - Over 55 Club**

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**Brooklyn Community Health Centre**

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**Castle Hill Senior Citizens Club**

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**Catholic Healthcare - Mental Health  
Carer Respite Program**

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**Country Women's Association of N.S.W.**

**- Galston Branch**

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**Country Women's Association of N.S.W.**

**- Hornsby & District**

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**Galston View Club**

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**Healthy Living for Seniors Brooklyn,  
Berowra and Galston**

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**Hornsby Heights Time Out For Seniors**

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**Hornsby Ku-ring-gai Hospital Volunteers  
Service (which incorporates all  
volunteers & Pink Ladies)**

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**Hornsby Ladies Probus Club Inc.**

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**Hornsby Older Men's Network  
Incorporated**

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**Hornsby Shire Council Community  
Services Branch**

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**Hornsby Shire Family History Group**

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**Hornsby Woodworking Men's Shed Inc.**

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**Hornsby-Berowra Men's Shed Inc.**

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**LINC Church Services Network Hornsby Incorporated**

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**Mental Health First Aid Workshops (online and Face to Face)**

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**Mount Colah Mixed Probus Club**

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**Normanhurst Mixed Probus Club**

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**Pennant Hills Ladies Probus Club inc**

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**Pennant Hills Probus Club**

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**Probus Club of Hornsby**

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**Rotary Club of Beecroft Inc**

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**Rotary Club of Pennant Hills Inc**

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**RSL Hornsby (Sub-Branch Charter Granted 1919)**

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**Salvation Army- Hornsby Gateway Corps**

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**SpeakersBank Australia Inc**

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**The Hills Men's Shed Inc.**

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**The Probus Club of Mount Colah Inc**

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**The Tai Chi Club**

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**Thornleigh Mixed Probus Club**

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**Warrah Society**

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**Wisemans Ferry and Districts Senior Citizens**

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**Asquith Mixed Probus Club Inc.**

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**Asquith Senior Citizens Club**

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**Beecroft Probus Club Inc**

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**Beecroft Uniting Church Leisure Learning Centre**

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**Beecroft-Pennant Hills Uniting Church**

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**Berowra & Districts Orchid Society Inc**

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**Berowra Baptist Church**

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**Berowra Community Health Centre**

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**Berowra District Mixed Probus Club Inc.**

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**Berowra Garden Club Inc**

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**Berowra NSLHD Carers Support Group**

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**Berowra Senior Citizens - Over 55 Club**

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**Castle Day Club**

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**Cherrybrook Chinese Community Association Inc**

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**Community Church Hornsby**

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**Country Women's Association of N.S.W.  
- Galston Branch**

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**Country Women's Association of N.S.W.  
- Hornsby & District**

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**Dural District Anglican Churches**

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**Emotional Wellbeing for Older Persons  
In-Reach Program**

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**'Enjoy Yourself Day' (EYD)**

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**Epping OMN Inc**

**Phone:** 02 9484 7041

**Meets at:** Epping Leisure and Learning Centre (below Epping Library), Chambers Court (off Pembroke St), Epping 2121

**Email:** jock.buselli@tpg.com.au

Older Men's Network Incorporated is a discussion group established for retired men over the age of 55 to talk about their life experiences.

**Hours:** 10am-12:30pm, second and fourth Wednesday of each month

**Fairholme Quilters**

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**Galston Uniting Church**

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**Good Companions**

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**Hawkesbury River Dragon Boat Club**

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**Helping Hands Craft Group**

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**Hornsby Ladies Probus Club Inc.**

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**Hornsby Older Men's Network  
Incorporated**

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**Hornsby RSL Computer Club**

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**Hornsby Shire Council's Community  
Development Team**

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**Hornsby Woodworking Men's Shed Inc.**

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**Hornsby-Berowra Men's Shed Inc.**

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**Mount Colah Mixed Probus Club**

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**Normanhurst Mixed Probus Club**

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**Normanhurst Uniting Church**

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**Normanhurst Uniting Church Activity  
Centre**

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**Older Women's Network - Wellness  
Activities Northside**

**Phone:** 02 9415 2474

**Address:** The Annex, Dougherty Community Centre, 7 Victor St, Chatswood 2067

**Email:** info@ownnsw.org.au

**Web:** www.ownnsw.org.au

Range of activities are conducted by and for older women. Meets at Dougherty Community Centre on Wed from 10am - 2pm. Activities include Feldenkrais, Qi Gong, Information & Discussions. From 45 years. (Younger persons considered if ATSI or life-threatening illness makes them elders before peers.)

**Hours:** Wed 10am-2pm (during school terms)

**Pennant Hills Ladies Probus Club inc**

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**Pennant Hills Probus Club**

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**Probus Club of Hornsby**

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**Probus Club of Round Corner - Mixed  
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**RSL Hornsby (Sub-Branch Charter  
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**St John's Anglican Church**

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**St Mark's Anglican Church Berowra**

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**St Paul's Anglican Church**

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**Stroke Recovery Club - Hornsby/ Ku-Ring-Gai**

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**The Hills Men's Shed Inc.**

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**The Probus Club of Mount Colah Inc**

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**Thornleigh Mixed Probus Club**

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**Wesley Uniting Church**

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**Wisemans Ferry and Districts Senior Citizens**

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## Transport and Assessment

**Caring Approach**

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**Healthy Living for Seniors Brooklyn, Berowra and Galston**

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**Hills Nursing Pty Ltd**

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**KNC - Galston**

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**KNC Pennant Hills**

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**Living Skills Training**

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**Occupational Therapist - Joanne Ormerod**

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**Pennant Hills Neighbour Aid**

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**Waitara Wellness Centre**

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**Anglican Retirement Villages - Brian King Gardens**

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**Anglican Retirement Villages - Flinders Village**

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**Anglican Retirement Villages - Hopetoun Village**

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**Anglicare Castle Hill**

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**Anglicare Sydney - Castle Hill**

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**Australian Support Dogs**

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**Beecroft Uniting Church Leisure Learning Centre**

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**Bowden Brae Gardens**

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**Castle Day Club**

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**Cherrybrook Chinese Community Association Inc**

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**Community Church Hornsby**

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**Do Something Near You**

**Web:** [www.dosomethingnearyou.com.au](http://www.dosomethingnearyou.com.au)  
Volunteering Website.

DoSomething is a charity that promotes positive social and environmental change.

**GoVolunteer NSW**

**Phone:** 02 9261 3600

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

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

Aim is to match people who are interested in volunteering with appropriate volunteering opportunities. The website uses a national database of volunteering opportunities.

**Heritage Pennant Hills Age Care Facility**

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**Hills Nursing Pty Ltd**

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**Hornsby Ku-ring-gai Health Service**

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**Hornsby Ku-ring-gai Hospital Volunteers Service (which incorporates all volunteers & Pink Ladies)**

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**Hornsby Meals on Wheels**

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**Hornsby RSL Computer Club**

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**Hornsby Shire Library & Information Service-Home Library Service**

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**Hornsby Shire Library & Information Service-Hornsby Central Library**

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**Kalkari Discovery Centre**

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**KNC - Berowra**

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**KNC - Galston**

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**KNC Pennant Hills**

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**Lady of Grace Nursing Home**

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**LINC Church Services Network Hornsby Incorporated**

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**Pennant Hills Neighbour Aid**

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**Prayer on Wheels Ministry of NSW**

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**Riverlink Disability Services Ltd**

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**Timebanking Website**

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

Give an hour, receive an hour of...handy work, dog walking, ironing, gardening, driving, visiting, computer tuition, painting, flat pack construction, cleaning, admin, working bees

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