

Services for People with a Disability (PDF only)

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NDIS Registered Services in Hornsby Region

Contact IDEAS toll free on 1800 029 904 for services in other areas.

NDIS Accommodation/Tenancy

Ability Connect Pty Ltd

Phone: 0406 941 117

Address: 64 Jaffa Road, Dural 2158

Email: admin@abilityconnect.com.au

Ability Options - Hornsby

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

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

Ability Options have been supporting people with disability who need assistance to achieve their aspirations and inclusion in the community for 40 years. 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's right for them, through the Australian Government's 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. The service covers all aspects of preparing for work; it can include travel training, personal presentation at work, WHS, social behaviour in the workplace, time-management, confidence building etc. We also cover off specific work-related topics, including preparing for interviews and resume preparation.

Alj Consultants

Phone: 0421 326 964

Address: 9 Balaclava Rd, Berowra 2081

Email: adamcryer@yahoo.com.au

Anni Care Services Pty Ltd

Phone: 0404 294 973

Address: 26 Lockwood Street, Asquith 2077

Email: anni_careservices@hotmail.com

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Building 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

Disability Day Service - CatholicCare Diocese of Brokenbay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce. 'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Just Better Care Hills District

Phone: 02 9484 8788

Address: Unit 5, 29 Leighton Place, Hornsby 2077

Email: sue.buckle@justbettercare.com

Just Better Care Hills to Hornsby

Phone: 02 9484 8788

Email: mailhd@justbettercare.com

Web: 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

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Sahara Services - Hornsby

Phone: 02 8406 0842

Address: 8/1 Ashley St, Hornsby 2077

Email: enquiries@saharaservices.com.au

Web: www.saharaservices.com.au

We focus on providing personalized services that maximize your independence, build your capacity and put a smile on your face. We offer several NDIS services including Accommodation, Community access and Daily living.

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

NDIS Assist Personal Activities

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Phone: 0406 941 117

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Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

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Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

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Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Building 2, 423 Pennant Hills Rd, Pennant Hills 2120

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Hours: Mon-Fri 9am-3pm

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

EPIC Assist - Hornsby

Phone: 0439 922 198

Address: Regus Hornsby, Level 1, Suite 1.07, 22-28 Edgeworth David Ave, Hornsby 2077

Email: jenny.haynes@epicassist.org

A Disability Employment Services provider that assists people with disability finds and maintains employment.

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Home Care Heroes Pty Ltd

Phone: 0403 156 106

Address: 6 Field Place, Wahroonga 2076

Email: info@homecareheroes.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

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Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary and Community Care Services Ltd

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Address: Unit 7, 1 Central Avenue, Thornleigh 2120

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Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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, and Short Stay.

Hours: 24 hours

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Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Incharge

Phone: 0420 526 691

Address: 44 Currawong Road, Berowra Heights 2082

Email: hello@incharge.net.au

Introconnect

Phone: 0414 710 763

Address: 20 Gwandalan Crescent, Berowra 2081

Email: andrew@introconnect.com.au

Lifestart Northern Sydney - Pennant Hills

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills 2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young people aged 0-24 years living with disability or developmental delay and their families and carers. Staff builds inclusive communities from regional offices in metropolitan Sydney and Illawarra/Shoalhaven. As a registered NDIS provider, Lifestart offers: early childhood intervention supports; therapy and multidisciplinary team supports by occupational therapists, speech therapists, physiotherapists, psychologists, social workers and special educators; behaviour support and assessment; group therapy; and inclusion facilitators for young people at key life stages and transition points.

Lifestart offers Support Coordination for people aged 0-65 years. Staff also provides support and training for parents and carers, and capacity building for community groups, schools and early childhood education and care services to support inclusive practice. Some Lifestart sites offer Open Play - an inclusive play environment for children of all abilities.

Hours: Mon-Fri 8am-6pm

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

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Email: smritisahni@hotmail.com

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Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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, and Short Stay.

Hours: 24 hours

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Assist-Travel/Transport

Aged Care Nutrition Services

Phone: 0413 236 077

Email: giselle@agedcare-nutrition.com.au

Alj Consultants

Phone: 0421 326 964

Address: 9 Balaclava Rd, Berowra 2081

Email: adamcryer@yahoo.com.au

Anni Care Services Pty Ltd

Phone: 0404 294 973

Address: 26 Lockwood Street, Asquith 2077

Email: anni_careservices@hotmail.com

Archer, Stephen Timothy

Phone: 0432 771 142

Address: 67 Brooklyn Road, Brooklyn 2083

Email: archertstephen@gmail.com

Asghar, Michelle

Phone: 0421 395 002

Address: 94/208-226 Pacific Highway, Hornsby 2077

Email: michelleasghar04@gmail.com

Asquith Mobility Solutions Pty Ltd

Phone: 0413 484 879

Address: 11/51 Leighton Place, Asquith 2077

Email: michael.pavia@bigpond.com

Best Wishes Group Pty. Limited

Phone: 02 9477 3068

Address: Unit 15/8 Leighton Place,
Hornsby 2077

Email: enquiries@bestwishes.com.au

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St,
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Email: Hello@breakthru.org.au

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Email: edwardyeldalo@optusnet.com.au

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd, Dural 2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider
Hours: Mon - Fri 8:30am-5pm

Problem Management Engineering (PME)

Phone: 02 9482 2808

Address: 6 Kookaburra Rd, Hornsby Heights 2077

Email: info@pmeautoconversions.com.au

Web: www.pmeautoconversions.com.au

Offering the latest and safest technologies in electronic mobility controls, hand-assisted driving controls, and drive from your wheelchair, wheelchair accessible vehicles, lifting and transferring aids, wheelchair and scooter hoists and much more. Demonstrations and consultations available on all of our products. PME is an NDIS provider and offer engineering certification on modified vehicles.

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

Problem Management Engineering Pty Ltd

Phone: 02 9482 2808

Address: 6 Kookaburra Road, Hornsby Heights 2077

Email: info@pmeautoconversions.com.au

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Tan, Peck Choo

Phone: 0415 856 977

Email: njkai11@gmail.com

Upper North Shore Ladies Running Errands

Phone: 0430 095 574

Address: Lot 58, 4 Bujwa Bay Road, Cowan 2081

Email:

uppens.ros@ladiesrunningerrands.com.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

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We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

Challenge North Shore Inc.

Phone: 02 9476 6811

Address: 39 Jersey Street, Hornsby 2077

Email: cnspace@cns.org.au

Disability Day Service - CatholicCare Diocese of Broken Bay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce. 'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

EPIC Assist - Hornsby

Phone: 0439 922 198

Address: Regus Hornsby, Level 1, Suite 1.07, 22-28 Edgeworth David Ave, Hornsby 2077

Email: jenny.haynes@epicassist.org

A Disability Employment Services provider that assists people with disability find and maintain employment.

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Incharge

Phone: 0420 526 691

Address: 44 Currawong Road, Berowra Heights 2082

Email: hello@incharge.net.au

Introconnect

Phone: 0414 710 763

Address: 20 Gwandalan Crescent, Berowra 2081

Email: andrew@introconnect.com.au

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary and Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 7, 1 Central Avenue, Thornleigh 2120

Email: enquiries@pccs.org.au

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Assistive equipment for recreation

Astley Pharmacy and Mobility

Phone: 02 9484 7070

Address: cnr Fisher St and Pennant Hills Rd, Pennant Hills 2120

Email: astleymobility@gmail.com

Web: www.astleymobility.com.au

Hire, Sales and Service of all mobility needs. Scooters, recliner chairs, walkers, wheelchairs, aids to daily living, blood pressure machines, blood glucose testers, sporting and surgical needs. Also has a business at Cnr Mamre Rd and Gt Western Highway St Marys NSW 2760. NDIS provider.

Hours: Mon-Sun 9am-10pm

Comfort Discovered

Phone: 02 9987 4500

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

Email: info@comfortdiscovered.com.au

Web: www.comfortdiscovered.com.au

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.

Hours: Mon-Fri 9am-5pm Sat 9am-4pm

Sun Appointments Only

Gateway Rehab

Phone: 02 9482 2133

Address: 6/30 Leighton Place, Hornsby 2077

Email: sales@jdhealthcare.com.au

Hills Mobility

Phone: 02 9634 2697

Address: 43 Alana Drive, West Pennant Hills 2125

Email: info@hillsmobility.com.au

Kisa Pty Ltd

Phone: 1300 557 453

Email: info@kisa.com.au

Majesties Enterprise Pty Ltd

Phone: 0490 732 357

Address: 27 Paxton Crescent, Cherrybrook 2126

Email: louw.venter@bigpond.com

Makindu Music

Phone: 0435 016 704

Address: 24 Clement Close, Pennant Hills 2120

Email: makindumusic@gmail.com

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Oztrace Pty Limited

Phone: 0450 803 360

Email:

sales@specialneedsresources.com.au

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd, Dural 2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider

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

Statina Healthcare Australia Pty Ltd

Phone: 1300 365 404

Address: Unit 3, 30 Leighton Pl, Hornsby 2077

Email: sales@statina.com.au

Web: www.statina.com.au

Statina Health Care Australia offers a large range of personal care equipment for Aged Care, hospital, rehab and postsurgical.

Aged Care Equipment such as Assistive Clothing, Bariatric Equipment, Continence Care, Falls Prevention, Fire & Evacuation, Infection Control, Living Aids, Manual Handling, WHS Products, Pressure Care & Skin Protection, Wound Care. Hospital Equipment - Theatre Supplies, Curtains.

Rehab - Braces, Bandages, Tapes & Slings, Living Aids, Fire & Evacuation,

Pressure Care, Falls Prevention, Infection Control, Physio Aids, Hotteeze.

Post-Surgical - Post Surgical, Post

Mastectomy, Compression Garments, Abdominal Binders, Wound Care. NDIS

Registered Provider

Hours: Mon-Fri 9am-5pm

Stewart, Andrew Francis

Phone: 02 9871 7161

Email: dfarep@gmail.com

NDIS Assistive products for household tasks

Arcadia Property Maintenance

Phone: 02 9653 3189

Email: apminfo@bigpond.com

Fofi Kanarakis Private Occupational Therapist

Phone: 02 9487 5739

Address: 20/4-8 Kenley Road, Normanhurst 2076

Email: fkanarakis@hotmail.com

Gateway Rehab

Phone: 02 9482 2133

Address: 6/30 Leighton Place, Hornsby 2077

Email: sales@jdhealthcare.com.au

Kisa Pty Ltd

Phone: 1300 557 453

Email: info@kisa.com.au

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Oztrace Pty Limited

Phone: 0450 803 360

Email:

sales@specialneedsresources.com.au

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd, Dural 2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

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

Printacall

Phone: 02 9481 9750

Address: A10/4 Central Ave, Thornleigh 2120

Email: sales@clearasound.com.au

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Rehacare Pty Ltd

Phone: 1300 653 522

Email: sales@rehacare.com.au

Stewart, Andrew Francis

Phone: 02 9871 7161

Email: dfarep@gmail.com

U Control Electrical Pty Limited

Phone: 02 9945 0961

Address: Po Box 75, Pennant Hills 1715

Email: admin@ucontrolelectrical.com

NDIS Assistive products for personal care and safety

Asghar, Michelle

Phone: 0421 395 002

Address: 94/208-226 Pacific Highway, Hornsby 2077

Email: michelleasghar04@gmail.com

Bpm Australia Pty Limited

Phone: 02 9457 0000

Address: 6 Beaumont Rd, Mount Kuring-Gai 2080

Email: dean.osmond@bpm.com.au

Comfort Discovered

Phone: 02 9987 4500

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

Email: info@comfortdiscovered.com.au

Web: www.comfortdiscovered.com.au

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.

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

Fofi Kanarakis Private Occupational Therapist

Phone: 02 9487 5739

Address: 20/4-8 Kenley Road, Normanhurst 2076

Email: fkanarakis@hotmail.com

Gateway Rehab

Phone: 02 9482 2133

Address: 6/30 Leighton Place, Hornsby 2077

Email: sales@jdhealthcare.com.au

Hills Mobility

Phone: 02 9634 2697

Address: 43 Alana Drive, West Pennant Hills 2125

Email: info@hillsmobility.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Kisa Pty Ltd

Phone: 1300 557 453

Email: info@kisa.com.au

Majesties Enterprise Pty Ltd

Phone: 0490 732 357

Address: 27 Paxton Crescent, Cherrybrook 2126

Email: louw.venter@bigpond.com

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Oztrace Pty Limited

Phone: 0450 803 360

Email:

sales@specialneedsresources.com.au

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd, Dural 2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider

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

Printacall

Phone: 02 9481 9750

Address: A10/4 Central Ave, Thornleigh 2120

Email: sales@clearasound.com.au

Quantum Reading Learning Vision

Phone: 1300 883 853, 02 9479 3100

Address: Head Office, 1/2 Pioneer Avenue, Thornleigh 2120

Email: info@quantumrlv.com.au

Web: www.quantumrlv.com.au

Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers; book readers; electronic magnification units; portable note takers; tactile graphics makers and the Mountbatten Braille. Equipment demonstrations available in-store and in-home. Home delivery and trial options available.

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

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

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

Statina Healthcare Australia Pty Ltd

Phone: 1300 365 404

Address: Unit 3, 30 Leighton Pl, Hornsby 2077

Email: sales@statina.com.au

Web: www.statina.com.au

Statina Health Care Australia offers a large range of personal care equipment for Aged Care, hospital, rehab and post-surgical. Aged Care Equipment such as Assistive Clothing, Bariatric Equipment, Continence Care, Falls Prevention, Fire & Evacuation, Infection Control, Living Aids, Manual Handling, WHS Products, Pressure Care & Skin Protection, Wound Care. Hospital Equipment - Theatre Supplies, Curtains. Rehab - Braces, Bandages, Tapes & Slings, Living Aids, Fire & Evacuation, Pressure Care, Falls Prevention, Infection Control, Physio Aids, Hotteeze. Post-Surgical - Post Surgical, Post Mastectomy, Compression Garments, Abdominal Binders, Wound Care. NDIS Registered Provider

Hours: Mon-Fri 9am-5pm

Stewart, Andrew Francis

Phone: 02 9871 7161

Email: dfarep@gmail.com

Tall Poppy Technology PI T/A Windsor Bat

Phone: 1800 983 996

Address: 8a Glenhaven Rd, Glenhaven 2156

Email: info@windsorbaths.com.au

Torrens,alexandra

Phone: 02 9987 4777

Address: Shop 2, 110 Galston Rd, Hornsby Heights 2077

Email:

hornsbyheightspharmacy@gmail.com

Waitara Physiotherapy

Phone: 0434 389 389

Address: 501/2-10 Orara St, Waitara 2077

Email: waitaraphysio@gmail.com

Wonsie

Phone: 0409 309 129

Address: 5 Penrose Ave, Cherrybrook 2126

Email: julie@wonsie.com.au

NDIS Behaviour Support

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

Building Blocks Occupational Therapy

Phone: 02 9482 3082

Address: Suite 613, Level 6, Avanti Building, 1C Burdett St, Hornsby 2077

Email: admin@bbot.com.au

Web: www.bbot.com.au

Occupational therapy practice specialising in children and families. An assessment will take between one and one and a half hours and involve a combination of both standardised, norm-referenced assessments and clinical observations suitable for your child's age. A parent questionnaire and preschool/school questionnaire are also a part of our comprehensive service. Independence in daily activities requires many skills that are like building blocks. We see children experiencing difficulties with fine and gross motor skills, handwriting, school readiness, social skills, sensory processing, cognitive skills, ASD, self-care and more. Our OTs typically use the occupation of play as a tool for strengthening the many building block skills. An assessment will take approx. one hour.

Hours: Mon-Fri 8am-5pm, Sat 8am-2pm

Building Blocks Occupational Therapy Pty

Phone: 02 9482 3082

Address: 1c Burdett Street, Hornsby 2077

Email: admin@bbot.com.au

Hornsby Kuringai Psychology Pty Ltd

Phone: 02 9482 2233

Address: Unit 14, 49 Palmerston Road, Hornsby 2077

Email: admin@kuringaippsychology.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Julia Isobel Hay

Phone: 0416 323 616

Address: 4-8 Eucalyptus Drive, Westleigh 2120

Email: juliasplaceot@gmail.com

Kate Boyce

Phone: 0408 025 507

Address: 235 New Line Rd, Dural 2158

Email: info@quickstepz.com.au

Lifestart Northern Sydney - Pennant Hills

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills 2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young people aged 0-24 years living with disability or developmental delay and their families and carers. Staff build inclusive communities from regional offices in metropolitan Sydney and Illawarra/Shoalhaven. As a registered NDIS provider, Lifestart offers: early childhood intervention supports; therapy and multidisciplinary team supports by occupational therapists, speech therapists, physiotherapists, psychologists, social workers and special educators; behaviour support and assessment; group therapy; and inclusion facilitators for young people at key life stages and transition points.

Lifestart offers Support Coordination for people aged 0-65 years. Staff also provides support and training for parents and carers, and capacity building for community groups, schools and early childhood education and care services to support inclusive practice. Some Lifestart sites offer Open Play - an inclusive play environment for children of all abilities.

Hours: Mon-Fri 8am-6pm

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street,
Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills
Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Stuck For Words?

Phone: 0401 968 742

Address: Lot 25, 6 Parkland Place,
Thornleigh 2120

Email: michelle.st4wds@gmail.com

Suzanne Mackay

Phone: 0402 147 404

Address: Lot 1, 41 Lucinda Avenue,
Wahroonga 2076

Email:
mackay_suzanne@optusnet.com.au

**NDIS Communication and
information equipment**

All Communication Matters

Phone: 02 9482 8099

Address: Avanti Building, Suite 609, 90
George St, Hornsby 2077

Email: natalie@allcommunication.com.au

Astley Pharmacy and Mobility

Phone: 02 9484 7070

Address: cnr Fisher St and Pennant Hills
Rd, Pennant Hills 2120

Email: astleymobility@gmail.com

Web: www.astleymobility.com.au

Hire, Sales and Service of all mobility needs. Scooters, recliner chairs, walkers, wheelchairs, aids to daily living, blood pressure machines, blood glucose testers, sporting and surgical needs. Also has a business at Cnr Mamre Rd and Gt Western Highway St Marys NSW 2760. NDIS provider.

Hours: Mon-Sun 9am-10pm

Chatterbots Speech Pathology

Phone: 0434 458 804

Address: 42 Holt Ave, North Wahroonga
2076

Email: emma@chatterbots.com.au

**Child Early Intervention and Family
Support**

Phone: 0425 297 227

Email: allisonwatson77@gmail.com

Frontline Communications Pty. Limited.

Phone: 0411 100 212

Address: 22 Hillcrest Road, Pennant Hills
2120

Email:
robhelli@frontlinecommunications.com.au

Hill Speech And Learning Centre

Phone: 0423 967 919

Address: 1 Westmore Drive, West Pennant
Hills 2125

Email: info@hslc.com.au

Kerr, Colleen Anne

Phone: 0403 903 822

Address: 20 Morrison Place, Pennant Hills
2120

Email: colleenk.optimalsp@gmail.com

Kisa Pty Ltd

Phone: 1300 557 453

Email: info@kisa.com.au

Manton, Lisa

Phone: 0435 263 680

Address: 18 Cromerty Place, Glenhaven
2156

Email: lisamanton@y7mail.com

Optimal Speech Pathology (Optimal SP)

Phone: 0403 903 822

Address: 20 Morrison Pl, Pennant Hills
2120

Email: info@optimalsp.com.au

Web: www.optimalsp.com.au

Speech Pathology Group Practice that includes neurological and disability services. Experience in oral hygiene, saliva control, using Augmentative and Alternative Communication (AAC) strategies and working with people with Dysphagia and Aphasia.

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Oztrace Pty Limited

Phone: 0450 803 360

Email:

sales@specialneedsresources.com.au

Quantum Reading Learning Vision

Phone: 1300 883 853, 02 9479 3100

Address: Head Office, 1/2 Pioneer Avenue, Thornleigh 2120

Email: info@quantumrlv.com.au

Web: www.quantumrlv.com.au

Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers; book readers; electronic magnification units; portable note takers; tactile graphics makers and the Mountbatten Braille. Equipment demonstrations available in-store and in-home. Home delivery and trial options available.

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

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Special Education Consultancy Services

Phone: 0498 222 168

Address: 68 Burns Road, Wahroonga 2076

Email: georgina.reynhout@gmail.com

Stewart, Andrew Francis

Phone: 02 9871 7161

Email: dfarep@gmail.com

Stuck For Words?

Phone: 0401 968 742

Address: Lot 25, 6 Parkland Place, Thornleigh 2120

Email: michelle.st4wds@gmail.com

Youritfix Tech Support

Phone: 0412 138 533

Email: nishat.shah@youritfix.com.au

NDIS Community Nursing Care**Caring Approach**

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

Fenton, Sarah

Phone: 0435 009 876

Address: 1/346 Peats Ferry Road, Hornsby 2077

Email: sfenton2505@gmail.com

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Just Better Care Hills District

Phone: 02 9484 8788

Address: Unit 5, 29 Leighton Place, Hornsby 2077

Email: sue.buckle@justbettercare.com

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary And Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 7, 1 Central Avenue, Thornleigh 2120

Email: enquiries@pccs.org.au

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

NDIS Custom Prosthetics

Ankle To Toes Podiatry

Phone: 0423 080 329

Address: U51 325-331 Peats Ferry Rd, Asquith 2077

Email: quincy@ankletotoes.com.au

Dural Podiatry And Sports Podiatry Centre

Phone: 02 9651 3227

Address: 564 Old Northern Rd, Dural 2158

Email: chard@footandlegpain.com

Full-Life-Ot

Phone: 0423 399 733

Address: 25 Norma Cres, Cheltenham 2119

Email: dreyerlouise@gmail.com

Gateway Rehab

Phone: 02 9482 2133

Address: 6/30 Leighton Place, Hornsby 2077

Email: sales@jdhealthcare.com.au

Katoby Consultants Pty Ltd

Phone: 0410 412 048

Address: 22 Bellbird Drive, West Pennant Hills 2125

Email: katoby@gmail.com

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Pennant Hills Podiatry

Phone: 02 9875 4257

Address: 101/2 Hillcrest Rd, Pennant Hills 2120

Email: asjgst@gmail.com

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Rehacare Pty Ltd

Phone: 1300 653 522

Email: sales@rehacare.com.au

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

Sydney Mobile Podiatry

Phone: 02 8068 7547

Address: 12 Lilla Road, Pennant Hills 2120

Email:

sydneymobilepodiatry@outlook.com.au

The Trustee For Thornleigh Performance

Phone: 02 8411 2050

Address: 11/2-10 Central Avenue, Thornleigh 2120

Email: info@thornleighphysio.com.au

Therapy And Learning Centre

Phone: 02 9476 0766

Address: 9/49 Palmerston Road, Hornsby 2077

Email: tlchornsby@optusnet.com.au

Vip Podiatry

Phone: 02 9651 6886

Address: 83 Quarry Road, Dural 2158

Email: vip.podiatry@yahoo.com.au

NDIS Daily Tasks/Shared Living

Anni Care Services Pty Ltd

Phone: 0404 294 973

Address: 26 Lockwood Street, Asquith 2077

Email: anni_careservices@hotmail.com

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

Disability Day Service - CatholicCare Diocese of Brokenbay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce. 'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.
Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Just Better Care Hills District

Phone: 02 9484 8788

Address: Unit 5, 29 Leighton Place, Hornsby 2077

Email: sue.buckle@justbettercare.com

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Sahara Services - Hornsby

Phone: 02 8406 0842

Address: 8/1 Ashley St, Hornsby 2077

Email: enquiries@saharaservices.com.au

Web: www.saharaservices.com.au

We focus on providing personalized services that maximize your independence, build your capacity and put a smile on your face. We offer several NDIS services including Accommodation, Community access and Daily living.

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Development-Life Skills

Ability Connect Pty Ltd

Phone: 0406 941 117

Address: 64 Jaffa Road, Dural 2158

Email: admin@abilityconnect.com.au

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

Disability Day Service - CatholicCare Diocese of Brokenbay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce.

'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

EPIC Assist - Hornsby

Phone: 0439 922 198

Address: Regus Hornsby, Level 1, Suite 1.07, 22-28 Edgeworth David Ave, Hornsby 2077

Email: jenny.haynes@epicassist.org

A Disability Employment Services provider that assists people with disability find and maintain employment.

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Home Care Heroes Pty Ltd

Phone: 0403 156 106

Address: 6 Field Place, Wahroonga 2076

Email: info@homecareheroes.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Incharge

Phone: 0420 526 691

Address: 44 Currawong Road, Berowra Heights 2082

Email: hello@incharge.net.au

Introconnect

Phone: 0414 710 763

Address: 20 Gwandalan Crescent, Berowra 2081

Email: andrew@introconnect.com.au

Just Better Care Hills District

Phone: 02 9484 8788

Address: Unit 5, 29 Leighton Place, Hornsby 2077

Email: sue.buckle@justbettercare.com

Just Better Care Hills to Hornsby

Phone: 02 9484 8788

Email: mailhd@justbettercare.com

Web: 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

Lifestart Northern Sydney - Pennant Hills

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills 2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young people aged 0-24 years living with disability or developmental delay and their families and carers. Staff build inclusive communities from regional offices in metropolitan Sydney and Illawarra/Shoalhaven. As a registered NDIS provider, Lifestart offers: early childhood intervention supports; therapy and multidisciplinary team supports by occupational therapists, speech therapists, physiotherapists, psychologists, social workers and special educators; behaviour support and assessment; group therapy; and inclusion facilitators for young people at key life stages and transition points.

Lifestart offers Support Coordination for people aged 0-65 years. Staff also provide support and training for parents and carers, and capacity building for community groups, schools and early childhood education and care services to support inclusive practice. Some Lifestart sites offer Open Play - an inclusive play environment for children of all abilities.

Hours: Mon-Fri 8am-6pm

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road,
Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh
2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary And Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 7, 1 Central Avenue,
Thornleigh 2120

Email: enquiries@pccs.org.au

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Early Childhood Supports**All Communication Matters**

Phone: 02 9482 8099

Address: Avanti Building, Suite 609, 90
George St, Hornsby 2077

Email: natalie@allcommunication.com.au

Baty, Suzanne Amanda

Phone: 0400 279 796

Email: suzanne.baty@gmail.com

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

Building Blocks Occupational Therapy

Phone: 02 9482 3082

Address: Suite 613, Level 6, Avanti Building, 1C Burdett St, Hornsby 2077

Email: admin@bbot.com.au

Web: www.bbot.com.au

Occupational therapy practice specialising in children and families. An assessment will take between one and one and a half hours and involve a combination of both standardised, norm-referenced assessments and clinical observations suitable for your child's age. A parent questionnaire and preschool/school questionnaire are also a part of our comprehensive service.. Independence in daily activities requires many skills that are like building blocks. We see children experiencing difficulties with fine and gross motor skills, handwriting, school readiness, social skills, sensory processing, cognitive skills, ASD, self-care and more. Our OTs typically use the occupation of play as a tool for strengthening the many building block skills. An assessment will take approx. one hour.

Hours: Mon-Fri 8am-5pm, Sat 8am-2pm

Building Blocks Occupational Therapy Pty

Phone: 02 9482 3082

Address: 1c Burdett Street, Hornsby 2077

Email: admin@bbot.com.au

Chatterbots Speech Pathology

Phone: 0434 458 804

Address: 42 Holt Ave, North Wahroonga 2076

Email: emma@chatterbots.com.au

Child Early Intervention and Family Support

Phone: 0425 297 227

Email: allisonwatson77@gmail.com

Childworks

Phone: 0418 447 072

Address: 36/276 New Line Road, Dural 2158

Email: robyne@childworks.com.au

Erin Wilkins

Phone: 0405 388 274

Address: 40 Denison Street, Hornsby 2077

Email: info@smalltalkspeech.com.au

Eudora Low

Phone: 0425 362 563

Email: eudora.low@gmail.com

Fernandes, Melissa Judith

Phone: 0401 521 221

Address: 723/2c Munderah Street,
Wahroonga 2076

Email: melissa.fernandes@outlook.com

Fit Kidz - Dural North

Phone: 02 9627 0777

Address: 831 Old Northern Rd (cnr Quarry Rd), Dural 2158

Email: info@fitkidz.com.au

Web: www.fitkidz.com.au/duralnorth

The Centre is a "long day" Centre, operating from 8am till 5.30pm, and is licensed for children aged 2-6. Our children are organised into two class groups, generally based on age. There is the "Cheeky Monkeys" group for toddlers, and the pre-schoolers, called "Leaping Leopards". Each group have their own huge and specifically resourced playroom. You can visit and learn more about each room by clicking on the relevant graphic to the left. Please note that at this stage we can't cater for babies (under 2), but of course we can at our other Dural Centre.

Hours: Mon - Fri 8:00-5:30pm

Fit Kidz - Dural South

Phone: 02 9627 0777

Address: 265 New Line Rd, Dural 2158

Email: info@fitkidz.com.au

Web: www.fitkidz.com.au/duralsouth

The Centre is approved for 90 children aged 0-6, organised into five groups, generally based on age. There are two "Happy Hippos" groups, one for age 0-1 (crawlers), and another for age 1-2 (early walkers). There are also two "Cheeky Monkeys" groups for toddlers, and then the pre-schoolers, called "Leaping Leopards". Each of the five groups have their own huge and specifically resourced playroom.

Hours: Mon-Fri 7:30am-6:30pm

Fit Kidz Foundation Limited

Phone: 0424 143 617

Address: 831 Old Northern Road, Dural 2158

Email: info@fitkidzfoundation.org.au

Full-Life-Ot

Phone: 0423 399 733

Address: 25 Norma Cres, Cheltenham 2119

Email: dreyerlouise@gmail.com

Hill Speech And Learning Centre

Phone: 0423 967 919

Address: 1 Westmore Drive, West Pennant Hills 2125

Email: info@hslc.com.au

Hornsby Kuringai Psychology Pty Ltd

Phone: 02 9482 2233

Address: Unit 14, 49 Palmerston Road, Hornsby 2077

Email: admin@kuringaippsychology.com.au

Lifestart Northern Sydney - Pennant Hills

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills 2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young people aged 0-24 years living with disability or developmental delay and their families and carers. Staff build inclusive communities from regional offices in metropolitan Sydney and

Illawarra/Shoalhaven. As a registered NDIS provider, Lifestart offers: early childhood intervention supports; therapy and multidisciplinary team supports by occupational therapists, speech therapists, physiotherapists, psychologists, social workers and special educators; behaviour support and assessment; group therapy; and inclusion facilitators for young people at key life stages and transition points.

Lifestart offers Support Coordination for people aged 0-65 years. Staff also provides support and training for parents and carers, and capacity building for community groups, schools and early childhood education and care services to support inclusive practice. Some Lifestart sites offer Open Play - an inclusive play environment for children of all abilities.

Hours: Mon-Fri 8am-6pm

New Paths Psychology

Phone: 0435 191 664

Address: 17/23 Hunter St, Hornsby 2077

Email:

sylvia@newpathspychology.com.au

Now We're Talking Speech Pathology

Phone: 0402 064 253

Address: 112 Somerville Road, Hornsby Heights 2077

Email: sarah@nowweretalkingsp.com.au

Reid, Jayne Marion

Phone: 0439 810 626

Email: jayner@galstonspeech.com.au

Reid, Sharon Marie

Phone: 02 9487 7426

Address: 15 Railway Avenue, Wahroonga 2076

Email: sharon.reid@telstra.com

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Speech Pathology And Literacy Centre

Phone: 02 9890 2222

Address: 19 Boundary Road, North Epping 2121

Email: annerobinson1@optusnet.com.au

Stuck For Words?

Phone: 0401 968 742

Address: Lot 25, 6 Parkland Place, Thornleigh 2120

Email: michelle.st4wds@gmail.com

Suzanne Mackay

Phone: 0402 147 404

Address: Lot 1, 41 Lucinda Avenue, Wahroonga 2076

Email:

mackay_suzanne@optusnet.com.au

Therapy And Learning Centre

Phone: 02 9476 0766

Address: 9/49 Palmerston Road, Hornsby 2077

Email: tlchornsby@optusnet.com.au

Thompson, Kim Leanne

Phone: 0414 891 748

Email: mkkti@bigpond.net.au

Wattleseed Healing Centre Pty Limited

Phone: 02 8411 1396

Address: 103/10 Edgeworth David Avenue, Hornsby 2077

Email: wattleseedhc@gmail.com

NDIS Exercise Physiology and Personal Training

Active Ability

Phone: 0422 025 012, 02 8678 7874

Email: hello@activeability.com.au

Web: www.activeability.com.au

Provides mobile dietetic and exercise physiology services for people with disabilities, enabling them to manage their health conditions and achieve their health goals.

Hours: Mon-Sat 8am-5pm

Active Ability - Exercise for Adults with Disability

Phone: 02 8678 7874

Meets at: Meets at Aquatic and Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Active Ability provides safe and fun physical activity for children and adults in the comfort of their own home. Exercise Physiologists help people to achieve their individual well-being goals, improve their physical health, prevent chronic disease as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. NDIS Provider.

Hours: Mon-Fri, 9am-5pm. Class 5.30pm during school term

Active Ability Pty Ltd

Phone: 0422 025 012

Address: 4 Curtis Close, Cherrybrook 2126

Email: hello@activeability.com.au

Aged Care Nutrition Services

Phone: 0413 236 077

Email: giselle@agedcare-nutrition.com.au

Alison M Rafter

Phone: 0408 615 495

Address: 11 Glenhaven Rd, Glenhaven 2156

Email: alirafter@yahoo.com

Allied Health Solutions Australia Pty Lt

Phone: 0423 239 489

Email: sam@alliedhealthsolution.com.au

Beshay, John

Phone: 0411 680 955

Address: 11 Anne William Drive, West Pennant Hills 2125

Email: johnathon.beshay@hotmail.com

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

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Hours: Mon-Fri 8:45am-5pm

Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

Dynamic Motion Physiotherapy & Exercise

Phone: 02 9477 1997

Address: Ground Level, 385 Pacific Highway, Asquith 2077

Email: dmp.simone@gmail.com

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

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

E-Leet Physiology

Phone: 02 9987 2743

Email: admin@e-leet.com.au

Green, Timothy

Phone: 0416 568 020

Address: 6 Harold Avenue, Pennant Hills 2120

Email: green.tim18@gmail.com

Ho, Helen Ka Yan

Phone: 0410 626 189

Email: helenhoaep@gmail.com

Home Care Heroes Pty Ltd

Phone: 0403 156 106

Address: 6 Field Place, Wahroonga 2076

Email: info@homecareheroes.com.au

Hornsby Hydrotherapy Classes

Phone: 0410 711 177

Meets at: Hornsby Aquatic & Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Web: www.activeability.com.au

Active Ability provides a safe and fun Hydrotherapy session for adults with intellectual disability 16-35 years old needing low-medium support in a group setting in Hornsby. Exercise aims to achieve individual goals, improve physical health, prevent chronic disease (related to sedentary lifestyles) as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. One hour session on Monday evening.

Hours: Mon 5:30-6:30pm

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Perfect Fit Health Solutions

Phone: 0416 981 230

Address: Jetts Hornsby - Level 3, 236 Pacific Hwy, Hornsby 2077

Email:

andrea@perfectfit-healthsolutions.com

Individualised exercise prescription for children (aged 5+) and adults with physical, intellectual or sensory disabilities and mental illnesses. Each person is assessed by an accredited Exercise Physiologist and then prescribed an exercise program to be done in the gym and/or home. The exercise program is tailored to each individual's level and goals and includes things like improving fitness, strength, range of movement, social interaction; and reducing the incidence of secondary health complications. Individual and group (aged 16+) sessions available. Carers welcome to assist. NDIS Provider.

Hours: Class Friday by appointment only

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary And Community Care

Services Ltd

Phone: 02 9477 8700

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Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Smith, Adam Michael

Phone: 0439 329 960

Email: slamfitnesshealth@gmail.com

The Trustee For Thornleigh Performance

Phone: 02 8411 2050

Address: 11/2-10 Central Avenue, Thornleigh 2120

Email: info@thornleighphysio.com.au

Yogavana

Phone: 0403 987 159

Address: Lot 7420, 64 Hancock Drive, Cherrybrook 2126

Email: lisa@yogavana.com.au

NDIS Group/Centre Activities

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

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Hours: Mon-Fri 9am-5pm

Challenge North Shore Inc.

Phone: 02 9476 6811

Address: 39 Jersey Street, Hornsby 2077

Email: cnspace@cns.org.au

Disability Day Service - CatholicCare Diocese of Brokenbay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

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Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Home Care Heroes Pty Ltd

Phone: 0403 156 106

Address: 6 Field Place, Wahroonga 2076

Email: info@homecareheroes.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

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Address: Unit 7, 1 Central Avenue, Thornleigh 2120

Email: enquiries@pccs.org.au

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Hearing Equipment

Oztrace Pty Limited

Phone: 0450 803 360

Email:

sales@specialneedsresources.com.au

Printacall

Phone: 02 9481 9750

Address: A10/4 Central Ave, Thornleigh 2120

Email: sales@clearasound.com.au

Stay Tuned Hearing Pty Ltd

Phone: 0401 354 858

Email: staytunedhearing@gmail.com

Stewart, Andrew Francis

Phone: 02 9871 7161

Email: dfarep@gmail.com

NDIS Hearing Services

no matching records

NDIS Home Modification

Arcadia Property Maintenance

Phone: 02 9653 3189

Email: apminfo@bigpond.com

Childworks

Phone: 0418 447 072

Address: 36/276 New Line Road, Dural 2158

Email: robyne@childworks.com.au

Fofi Kanarakis Private Occupational Therapist

Phone: 02 9487 5739

Address: 20/4-8 Kenley Road, Normanhurst 2076

Email: fkanarakis@hotmail.com

Full-Life-Ot

Phone: 0423 399 733

Address: 25 Norma Cres, Cheltenham 2119

Email: dreyerlouise@gmail.com

Helpful Home Modifications

Phone: 0421 615 904

Address: 4 Overton Close, Berowra 2081

Email: clive@ferris.com.au

Marlow, Rachael Sara

Phone: 0448 228 038

Address: Po Box 94, West Pennant Hills 2125

Email: rachael@hillsot.com.au

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions.

Approximately 119 beds. The hospital has a

specialist back program and Physiotherapy

Outpatients Department. Heartstarters

exercise program, Get Fit/Stay Fit; exercise

program, off road driver assessments,

rehabilitation programs including

lymphedema, back programs, orthopaedic

& neurological programs.

Hours: Inpatients: 24 hours; Outpatients:

Mon-Sat 7am-8pm

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre

providing Physiotherapy, Exercise

Physiology, Dietitian, Occupational

Therapy, Speech Pathology and Podiatry.

NDIS provider.

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

Para Mobility**Phone:** 1300 444 600**Address:** Unit 31, 276 New Line Rd, Dural 2158**Email:** sales@paramobility.com.au**Web:** www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider
Hours: Mon - Fri 8:30am-5pm

Pravda Group**Phone:** 02 9489 3002**Address:** 33/51 Leighton Place, Hornsby 2077**Email:** admin@pravdagroup.com.au**Ramsay Health Plus****Phone:** 02 9847 5000**Address:** Lot 1, 66 Rosamond Street, Hornsby 2077**Email:** bolandt@ramsayhealth.com.au**Sal Consulting Pty Ltd****Address:** Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120**Email:** info@salconsulting.com.au**U Control Electrical Pty Limited****Phone:** 02 9945 0961**Address:** Po Box 75, Pennant Hills 1715**Email:** admin@ucontrolelectrical.com**Wilkin, Christopher Matthew****Phone:** 0419 249 567**Email:** chris.wilkin@bigpond.com

NDIS Household Tasks**Alj Consultants****Phone:** 0421 326 964**Address:** 9 Balaclava Rd, Berowra 2081**Email:** adamcryer@yahoo.com.au**Anni Care Services Pty Ltd****Phone:** 0404 294 973**Address:** 26 Lockwood Street, Asquith 2077**Email:** anni_careservices@hotmail.com**Arcadia Property Maintenance****Phone:** 02 9653 3189**Email:** apminfo@bigpond.com**Asghar, Michelle****Phone:** 0421 395 002**Address:** 94/208-226 Pacific Highway, Hornsby 2077**Email:** michelleasghar04@gmail.com**Breakthru****Phone:** 1800 767 212**Address:** Suite 202, Level 2, 20 George St, Hornsby 2077**Email:** Hello@breakthru.org.au**Web:** www.breakthru.org.au

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Hours: Mon-Fri 8:45am-5pm

Bright Maintenance Service**Phone:** 0490 049 713**Address:** 26 High Street, Mount Kuring-Gai 2080**Email:** tonybright28@outlook.com

Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

Caspian Care

Phone: 0449 693 603

Address: 41 Telopea St, Mt Colah 2079

Email: info@caspiancare.com.au

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccareddb.org.au

Web: www.catholiccareddb.org.au

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Hours: Mon-Fri 9am-5pm

Disability Day Service - CatholicCare Diocese of Brokenbay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccareddb.org.au

Web: www.catholiccareddb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce.

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Hours: Mon-Fri 9am-3pm

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Hendrawan, Danny

Phone: 02 9016 4534

Address: 89 Gumnut Road, Cherrybrook 2126

Email: danny.hendrawan17@gmail.com

Just Better Care Hills District

Phone: 02 9484 8788

Address: Unit 5, 29 Leighton Place, Hornsby 2077

Email: sue.buckle@justbettercare.com

Just Better Care Hills to Hornsby

Phone: 02 9484 8788

Email: mailhd@justbettercare.com

Web: 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

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Sistability

Phone: 0401 884 394

Address: 24 Fuller Avenue, Hornsby 2077

Email: hello@sistability.com.au

Sydney Gnomes

Phone: 0422 191 919

Address: 10 Maher Close, Beecroft 2119

Email: david@sydneygnomes.com.au

Upper North Shore Ladies Running Errands

Phone: 0430 095 574

Address: Lot 58, 4 Bujwa Bay Road, Cowan 2081

Email:

upperns.ros@ladiesrunningerrands.com.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Innovative Community Participation**Ability Connect Pty Ltd**

Phone: 0406 941 117

Address: 64 Jaffa Road, Dural 2158

Email: admin@abilityconnect.com.au

Ability Options - Hornsby

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

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

Ability Options have been supporting people with disability who need assistance to achieve their aspirations and inclusion in the community for 40 years. 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's right for them, through the Australian Government's 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. The service covers all aspects of preparing for work; it can include travel training, personal presentation at work, WHS, social behaviour in the workplace, time-management, confidence building etc. We also cover off specific work-related topics, including preparing for interviews and resume preparation.

Anspec Pty. Limited

Phone: 02 8438 8600

Address: 9-15 Chilvers Road, Thornleigh 2120

Email: n.orkey@anspec.com.au

Asghar, Michelle

Phone: 0421 395 002

Address: 94/208-226 Pacific Highway, Hornsby 2077

Email: michelleasghar04@gmail.com

Bunton, Jean Elizabeth

Phone: 02 9487 7019

Address: Lot 40, 60 Hewitt Avenue, Wahroonga 2076

Email: jean_bunton@hotmail.com

Choice Community Consultancy

Phone: 0412 445 442

Address: 16 Beecroft Road, Beecroft 2119

Email:

choicecommunityconsultancy@gmail.com

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush PI, Cherrybrook 2126

Email: corey@empowermeservice.com.au

EPIC Assist - Hornsby

Phone: 0439 922 198

Address: Regus Hornsby, Level 1, Suite 1.07, 22-28 Edgeworth David Ave, Hornsby 2077

Email: jenny.haynes@epicassist.org

A Disability Employment Services provider that assists people with disability find and maintain employment.

Eudora Low

Phone: 0425 362 563

Email: eudora.low@gmail.com

Incharge

Phone: 0420 526 691

Address: 44 Currawong Road, Berowra Heights 2082

Email: hello@incharge.net.au

Introconnect

Phone: 0414 710 763

Address: 20 Gwandalan Crescent, Berowra 2081

Email: andrew@introconnect.com.au

Makindu Music

Phone: 0435 016 704

Address: 24 Clement Close, Pennant Hills 2120

Email: makindumusic@gmail.com

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Robcey Pty Limited

Phone: 0416 165 955

Address: 8/80 Beecroft Road, Beecroft 2119

Email: tracey@robcey.com.au

Stewart, Andrew Francis

Phone: 02 9871 7161

Email: dfarep@gmail.com

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Yogavana

Phone: 0403 987 159

Address: Lot 7420, 64 Hancock Drive, Cherrybrook 2126

Email: lisa@yogavana.com.au

NDIS Interpret/Translate

Aged Care Nutrition Services

Phone: 0413 236 077

Email: giselle@agedcare-nutrition.com.au

Day, Margaret Ann

Phone: 0412 972 918

Address: Lot 2, 28 Stewart Avenue, Hornsby 2077

Email: rich.marg.day@bigpond.com

Gloria Evans Auslan Sign Language Interpreter

Phone: 0412 163 766

Address: Po Box 36, Wahroonga 2076

Email: gloria.stead@bigpond.com

NDIS Participate Community

Anni Care Services Pty Ltd

Phone: 0404 294 973

Address: 26 Lockwood Street, Asquith 2077

Email: anni_careservices@hotmail.com

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

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Incharge

Phone: 0420 526 691

Address: 44 Currawong Road, Berowra Heights 2082

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Email: andrew@introconnect.com.au

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Address: Unit 5, 29 Leighton Place, Hornsby 2077

Email: sue.buckle@justbettercare.com

Just Better Care Hills to Hornsby

Phone: 02 9484 8788

Email: mailhd@justbettercare.com

Web: www.justbettercare.com.au

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Hours: Mon-Fri 8:45am-5pm**Caring Approach****Phone:** 0431 744 321**Address:** 2/17 Roslyn Place, Cherrybrook 2126**Email:** admin@caringapproach.com.au**CatholicCare Diocese of Broken Bay****Phone:** 02 9481 2600**Address:** Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120**Email:** info@catholiccaredbb.org.au**Web:** www.catholiccaredbb.org.au

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Hours: Mon-Fri 9am-5pm**Disability Day Service - CatholicCare Diocese of Brokenbay****Phone:** 02 9488 2500**Address:** 3 McAuley Place, Waitara 2077**Email:**

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce.

'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm**Empower Me Support Services****Phone:** 0429 923 513**Address:** 9 Maybush Pl, Cherrybrook 2126**Email:** corey@empowermeservice.com.au

EPIC Assist - Hornsby

Phone: 0439 922 198

Address: Regus Hornsby, Level 1, Suite 1.07, 22-28 Edgeworth David Ave, Hornsby 2077

Email: jenny.haynes@epicassist.org

A Disability Employment Services provider that assists people with disability find and maintain employment.

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Just Better Care Hills District

Phone: 02 9484 8788

Address: Unit 5, 29 Leighton Place, Hornsby 2077

Email: sue.buckle@justbettercare.com

Just Better Care Hills to Hornsby

Phone: 02 9484 8788

Email: mailhd@justbettercare.com

Web: 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

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road, Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

**NDIS Personal Mobility
Equipment**

Astley Pharmacy and Mobility

Phone: 02 9484 7070

Address: cnr Fisher St and Pennant Hills Rd, Pennant Hills 2120

Email: astleymobility@gmail.com

Web: www.astleymobility.com.au

Hire, Sales and Service of all mobility needs. Scooters, recliner chairs, walkers, wheelchairs, aids to daily living, blood pressure machines, blood glucose testers, sporting and surgical needs. Also has a business at Cnr Mamre Rd and Gt Western Highway St Marys NSW 2760. NDIS provider.

Hours: Mon-Sun 9am-10pm

Comfort Discovered**Phone:** 02 9987 4500**Address:** Shop 1 & 2, 73 Jersey Street North, Hornsby 2077**Email:** info@comfortdiscovered.com.au**Web:** www.comfortdiscovered.com.au

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.

Hours: Mon-Fri 9am-5pm Sat 9am-4pm
Sun Appointments Only**Fofi Kanarakis Private Occupational Therapist****Phone:** 02 9487 5739**Address:** 20/4-8 Kenley Road, Normanhurst 2076**Email:** fkanarakis@hotmail.com**Gateway Rehab****Phone:** 02 9482 2133**Address:** 6/30 Leighton Place, Hornsby 2077**Email:** sales@jdhealthcare.com.au**Hills Mobility****Phone:** 02 9634 2697**Address:** 43 Alana Drive, West Pennant Hills 2125**Email:** info@hillsmobility.com.au**Katoby Consultants Pty Ltd****Phone:** 0410 412 048**Address:** 22 Bellbird Drive, West Pennant Hills 2125**Email:** katoby@gmail.com**Kisa Pty Ltd****Phone:** 1300 557 453**Email:** info@kisa.com.au**Mobility Engineering****Phone:** 02 9482 4572**Address:** Unit 4, 45 Salisbury Rd, Asquith 2077**Email:** sales@mobilityengineering.com.au**Web:** www.mobilityengineering.com.au

Design, develop and provide engineering certification of vehicle conversions for special needs vehicles, heavy vehicles and fit outs and imported vehicles. Also provides child restraints, harnesses, hoists and ramps, dual controls, hand controls, seating and a driver test station. Registered testing facility for vehicles. Amusement ride certification. NDIS provider of vehicle modifications, personal mobility equipment and other innovative supports.

Hours: Mon-Fri 8am-5pm**Mt Wilga Private Hospital****Phone:** 02 9847 5000**Address:** 66 Rosamond St, Hornsby 2077**Web:** www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions.

Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm**Optimum Health Solutions****Phone:** 02 8599 9088**Address:** 17 Sefton Rd, Thornleigh 2120**Email:** matthew@opt.net.au**Web:** www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

Hours: Mon-Fri 8:30am-5pm**Oztrace Pty Limited****Phone:** 0450 803 360**Email:**

sales@specialneedsresources.com.au

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd, Dural 2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider

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

Problem Management Engineering (PME)

Phone: 02 9482 2808

Address: 6 Kookaburra Rd, Hornsby Heights 2077

Email: info@pmeautoconversions.com.au

Web: www.pmeautoconversions.com.au

Offering the latest and safest technologies in electronic mobility controls, hand-assisted driving controls, drive from your wheelchair, wheelchair accessible vehicles, lifting and transferring aids, wheelchair and scooter hoists and much more. Demonstrations and consultations available on all of our products. PME is an NDIS provider and offer engineering certification on modified vehicles.

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

Problem Management Engineering Pty Ltd

Phone: 02 9482 2808

Address: 6 Kookaburra Road, Hornsby Heights 2077

Email: info@pmeautoconversions.com.au

Quantum Reading Learning Vision

Phone: 1300 883 853, 02 9479 3100

Address: Head Office, 1/2 Pioneer Avenue, Thornleigh 2120

Email: info@quantumrlv.com.au

Web: www.quantumrlv.com.au

Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers; book readers; electronic magnification units; portable note takers; tactile graphics makers and the Mountbatten Braille. Equipment demonstrations available in-store and in-home. Home delivery and trial options available.

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

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Roland Priestley Pty Ltd

Phone: 02 9482 4893

Address: 26/12 Cecil Rd, Hornsby 2077

Email: rpmobility@gmail.com

Web: www.rolandpriestley.com.au

Suppliers of Mobility Scooters, 3 or 4 Wheel Rollators; Electric Power Wheelchairs; Recliner chairs; Electric boot hoist-car boot lift to lift things (scooter) out of boot. Wheelchair accessories and pressure care cushions. Manual Wheelchairs; Portable Wheelchair ramps; Threshold ramps; Standing frames and wheelchairs. We service our equipment within the Sydney Metropolitan Area. We ship items Australia wide.

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

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Statina Healthcare Australia Pty Ltd

Phone: 1300 365 404

Address: Unit 3, 30 Leighton Pl, Hornsby 2077

Email: sales@statina.com.au

Web: www.statina.com.au

Statina Health Care Australia offers a large range of personal care equipment for Aged Care, hospital, rehab and postsurgical.

Aged Care Equipment such as Assistive Clothing, Bariatric Equipment, Continence Care, Falls Prevention, Fire & Evacuation, Infection Control, Living Aids, Manual Handling, WHS Products, Pressure Care & Skin Protection, Wound Care. Hospital Equipment - Theatre Supplies, Curtains. Rehab - Braces, Bandages, Tapes & Slings, Living Aids, Fire & Evacuation, Pressure Care, Falls Prevention, Infection Control, Physio Aids, Hotteeze.

Post-Surgical - Post Surgical, Post Mastectomy, Compression Garments, Abdominal Binders, Wound Care. NDIS Registered Provider

Hours: Mon-Fri 9am-5pm

Torrens, alexandra

Phone: 02 9987 4777

Address: Shop 2, 110 Galston Rd, Hornsby Heights 2077

Email:

hornsbyheightspharmacy@gmail.com

NDIS Plan Management

Ability Connect Pty Ltd

Phone: 0406 941 117

Address: 64 Jaffa Road, Dural 2158

Email: admin@abilityconnect.com.au

Better Life

Phone: 0451 966 882

Email: davysong@gmail.com

Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

Choice Community Consultancy

Phone: 0412 445 442

Address: 16 Beecroft Road, Beecroft 2119

Email:

choicecommunityconsultancy@gmail.com

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

EPIC Assist - Hornsby

Phone: 0439 922 198

Address: Regus Hornsby, Level 1, Suite 1.07, 22-28 Edgeworth David Ave, Hornsby 2077

Email: jenny.haynes@epicassist.org

A Disability Employment Services provider that assists people with disability find and maintain employment.

Facilitrade Pty Ltd

Phone: 02 9481 9479

Address: Lot 6, 1 Tristania Way, Beecroft 2119

Email: janaki@facilitrade.com.au

Frontline Communications Pty. Limited.

Phone: 0411 100 212

Address: 22 Hillcrest Road, Pennant Hills 2120

Email:

robhellstrom@frontlinecommunications.com.au

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary And Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 7, 1 Central Avenue, Thornleigh 2120

Email: enquiries@pccs.org.au

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Tan, Peck Choo

Phone: 0415 856 977

Email: njkai11@gmail.com

NDIS Specialised Disability Accommodation

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Specialised Driver Training

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

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Hours: Mon-Fri 9am-5pm

Disability Day Service - CatholicCare Diocese of Brokenbay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce.

'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions.

Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Specialised Hearing Services

Stuck For Words?

Phone: 0401 968 742

Address: Lot 25, 6 Parkland Place,
Thornleigh 2120

Email: michelle.st4wds@gmail.com

NDIS Specialised Supported Employment

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St,
Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

Challenge North Shore Inc.

Phone: 02 9476 6811

Address: 39 Jersey Street, Hornsby 2077

Email: cnsa@cns.org.au

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West
Pennant Hills 2125

Email: peter@gooddirections.com.au

WISE Employment

Phone: 02 9479 2700

Address: Suite 10/252 Pacific Hwy,
Hornsby 2077

Email: hornsby@wiseemployment.com.au

Web: www.wiseemployment.com.au

A not-for-profit community service organisation, committed to assisting people with disability and disadvantaged members of the community through employment and support services.

Hours: Monday & Tuesday between
8:30am - 4:30pm

NDIS Support Coordination

Ability Connect Pty Ltd

Phone: 0406 941 117

Address: 64 Jaffa Road, Dural 2158

Email: admin@abilityconnect.com.au

Ability Options - Hornsby

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

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

Ability Options have been supporting people with disability who need assistance to achieve their aspirations and inclusion in the community for 40 years. 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's right for them, through the Australian Government's 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. The service covers all aspects of preparing for work; it can include travel training, personal presentation at work, WHS, social behaviour in the workplace, time-management, confidence building etc. We also cover off specific work-related topics, including preparing for interviews and resume preparation.

Anni Care Services Pty Ltd

Phone: 0404 294 973

Address: 26 Lockwood Street, Asquith 2077

Email: anni_careservices@hotmail.com

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

Catholic Care Disability Futures & Aged Care

Phone: 02 9488 2500

Address: Building 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email:

desley.mcauliffe@catholiccaredbbc.org.au

Web: www.catholiccaredbb.org.au

Disability Services: - Support Coordination - Recreation & Social programs - Day Programs - Vacation Care - Kids Club After School Care Programs - Adult Afternoon Programs - Learning and Skill Development programs - Weekend Holiday Breaks - Creative Arts Programs - Independence Programs - Supported Volunteering Programs AGED CARE - Individual Respite - Creative Arts Centre. NDIS Registered Provider

Hours: Mon - Sat, 9am - 10pm

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

Choice Community Consultancy

Phone: 0412 445 442

Address: 16 Beecroft Road, Beecroft 2119

Email:

choicecommunityconsultancy@gmail.com

Disability Day Service - CatholicCare Diocese of Brokenbay

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce. 'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West Pennant Hills 2125

Email: peter@gooddirections.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Introconnect

Phone: 0414 710 763

Address: 20 Gwandalan Crescent,
Berowra 2081

Email: andrew@introconnect.com.au

Just Better Care Hills District

Phone: 02 9484 8788

Address: Unit 5, 29 Leighton Place,
Hornsby 2077

Email: sue.buckle@justbettercare.com

Lifestart Northern Sydney - Pennant Hills

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills
2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young people aged 0-24 years living with disability or developmental delay and their families and carers. Staff build inclusive communities from regional offices in metropolitan Sydney and Illawarra/Shoalhaven. As a registered NDIS provider, Lifestart offers: early childhood intervention supports; therapy and multidisciplinary team supports by occupational therapists, speech therapists, physiotherapists, psychologists, social workers and special educators; behaviour support and assessment; group therapy; and inclusion facilitators for young people at key life stages and transition points. Lifestart offers Support Coordination for people aged 0-65 years. Staff also provide support and training for parents and carers, and capacity building for community groups, schools and early childhood education and care services to support inclusive practice. Some Lifestart sites offer Open Play - an inclusive play environment for children of all abilities.

Hours: Mon-Fri 8am-6pm

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients:
Mon-Sat 7am-8pm

Northcott - Northern Sydney

Phone: 1300 882 569

Address: Suite 720, 1C Burdett St,
Hornsby 2077

Web: www.northcott.com.au

Hornsby office offers a range of services to support young people with disability to learn the skills they need to achieve their goals. Programs include: Accommodation; Coordination of Supports; Everyday Life Skills; Skills 4 Life; Vocational Skills Training/SLES.

Northern Area Quality Care

Phone: 0435 721 864

Address: Lot 35, 63 Old Berowra Road,
Hornsby 2077

Email: edwardyeldalo@optusnet.com.au

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary And Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 7, 1 Central Avenue, Thornleigh 2120

Email: enquiries@pccs.org.au

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Sahara Services Australia Ltd

Phone: 0433 800 240

Email: smritisahni@hotmail.com

Sahara Services Australia Pty Ltd

Phone: 0433 800 240

Address: 30, Colah Rd, Mount Colah 2079

Email: saharaservices3@gmail.com

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Studio Artes

Phone: 02 9482 5266

Address: 33 Jersey Street, Hornsby 2077

Email: lynne.slevin@studioartes.org.au

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Warrah Society Dural

Address: 20 Harris Road, Dural 2158

Email: cgouws@warrah.org

NDIS Therapeutic Supports

Ability Options - Hornsby

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

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

Ability Options have been supporting people with disability who need assistance to achieve their aspirations and inclusion in the community for 40 years. 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's right for them, through the Australian Government's 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. The service covers all aspects of preparing for work; it can include travel training, personal presentation at work, WHS, social behaviour in the workplace, time-management, confidence building etc. We also cover off specific work-related topics, including preparing for interviews and resume preparation.

Active Ability

Phone: 0422 025 012, 02 8678 7874

Email: hello@activeability.com.au

Web: www.activeability.com.au

Provides mobile dietetic and exercise physiology services for people with disabilities, enabling them to manage their health conditions and achieve their health goals.

Hours: Mon-Sat 8am-5pm

Active Ability - Exercise for Adults with Disability

Phone: 02 8678 7874

Meets at: Meets at Aquatic and Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Active Ability provides safe and fun physical activity for children and adults in the comfort of their own home. Exercise Physiologists help people to achieve their individual well-being goals, improve their physical health, prevent chronic disease as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. NDIS Provider.

Hours: Mon-Fri, 9am-5pm. Class 5.30pm during school term

Active Ability Pty Ltd

Phone: 0422 025 012

Address: 4 Curtis Close, Cherrybrook 2126

Email: hello@activeability.com.au

Aged Care Nutrition Services

Phone: 0413 236 077

Email: giselle@agedcare-nutrition.com.au

Alison M Rafter

Phone: 0408 615 495

Address: 11 Glenhaven Rd, Glenhaven 2156

Email: alirafter@yahoo.com

All Communication Matters

Phone: 02 9482 8099

Address: Avanti Building, Suite 609, 90 George St, Hornsby 2077

Email: natalie@allcommunication.com.au

Ankle To Toes Podiatry

Phone: 0423 080 329

Address: U51 325-331 Peats Ferry Rd, Asquith 2077

Email: quincy@ankletotoes.com.au

Assistex

Phone: 0410 986 815

Address: 11 Wananga Road, Hornsby Heights 2077

Email: info@leilafanni.com.au

Baty, Suzanne Amanda

Phone: 0400 279 796

Email: suzanne.baty@gmail.com

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

Building Blocks Occupational Therapy

Phone: 02 9482 3082

Address: Suite 613, Level 6, Avanti Building, 1C Burdett St, Hornsby 2077

Email: admin@bbot.com.au

Web: www.bbot.com.au

Occupational therapy practice specialising in children and families. An assessment will take between one and one and a half hours and involve a combination of both standardised, norm-referenced assessments and clinical observations suitable for your child's age. A parent questionnaire and preschool/school questionnaire are also a part of our comprehensive service.. Independence in daily activities requires many skills that are like building blocks. We see children experiencing difficulties with fine and gross motor skills, handwriting, school readiness, social skills, sensory processing, cognitive skills, ASD, self-care and more. Our OTs typically use the occupation of play as a tool for strengthening the many building block skills. An assessment will take approx. one hour.

Hours: Mon-Fri 8am-5pm, Sat 8am-2pm

Building Blocks Occupational Therapy Pty

Phone: 02 9482 3082

Address: 1c Burdett Street, Hornsby 2077

Email: admin@bbot.com.au

Caring Approach

Phone: 0431 744 321

Address: 2/17 Roslyn Place, Cherrybrook 2126

Email: admin@caringapproach.com.au

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

Cecile Patchell

Phone: 0403 898 805

Address: 76a Sutherland Road, Beecroft 2119

Email: patchells@optusnet.com.au

Chatterbots Speech Pathology

Phone: 0434 458 804

Address: 42 Holt Ave, North Wahroonga 2076

Email: emma@chatterbots.com.au

Child Early Intervention and Family Support

Phone: 0425 297 227

Email: allisonwatson77@gmail.com

Childworks

Phone: 0418 447 072

Address: 36/276 New Line Road, Dural 2158

Email: robyne@childworks.com.au

Choice Community Consultancy

Phone: 0412 445 442

Address: 16 Beecroft Road, Beecroft 2119

Email:

choicecommunityconsultancy@gmail.com

Christopher Dodd Hills Physiotherapy

Phone: 02 8443 0260

Address: 2, 3 Kenthurst Road, Dural 2158

Email: chrisdoddphysio@optusnet.com.au

Clare Jameson

Phone: 0400 415 653

Address: Rm 5, Willander Court, 151-153 Pacific Highway, Hornsby 2077

Email: clare.emotions@outlook.com

Crystal Lockard & Associates Pty Ltd

Phone: 0412 614 077

Address: 6/2 Redleaf Ave, Wahroonga 2076

Email: clockard@ozemail.com.au

Curran Services Pty Ltd

Phone: 02 9487 3455

Address: Suite5, 2 Redleaf Avenue, Wahroonga 2076

Email: kerricurranpt@gmail.com

Dewulf, Beatrijs Johanna Alberta

Phone: 0421 907 858

Address: 10 Edgeworth David Avenue, Hornsby 2077

Email: info@beadewulf.com.au

**Disability Day Service - CatholicCare
Diocese of Brokenbay**

Phone: 02 9488 2500

Address: 3 McAuley Place, Waitara 2077

Email:

disabilityfutures@catoliccaredbb.org.au

Web: www.catholiccaredbb.org.au

Provides weekday services and programs for adults with mild to severe intellectual and/or physical disabilities who have left school but are not in the workforce.

'Community Participation' promotes independence in the use of community facilities and services (e.g. the use of public transport, local services, recreation and leisure activities). 'Transition to Work' includes training, skill development and pre-employment placement. Clients also have access to the Boonah Creative Arts Centre. NDIS registered.

Hours: Mon-Fri 9am-3pm

**Dural Podiatry and Sports Podiatry
Centre**

Phone: 02 9651 3227

Address: 564 Old Northern Rd, Dural 2158

Email: chard@footandlegpain.com

Dural Psychology

Phone: 02 8443 0250

Address: 3/286 New Line Road, Dural 2158

Email: stephanie@duralpsychology.com.au

**Dynamic Motion Physiotherapy &
Exercise**

Phone: 02 9477 1997

Address: Ground Level, 385 Pacific Highway, Asquith 2077

Email: dmp.simone@gmail.com

Empower Me Support Services

Phone: 0429 923 513

Address: 9 Maybush Pl, Cherrybrook 2126

Email: corey@empowermeservice.com.au

Erin Wilkins

Phone: 0405 388 274

Address: 40 Denison Street, Hornsby 2077

Email: info@smalltalkspeech.com.au

Eudora Low

Phone: 0425 362 563

Email: eudora.low@gmail.com

Fernandes, Melissa Judith

Phone: 0401 521 221

Address: 723/2c Munderah Street, Wahroonga 2076

Email: melissa.fernandes@outlook.com

Fit Kidz - Dural North

Phone: 02 9627 0777

Address: 831 Old Northern Rd (cnr Quarry Rd), Dural 2158

Email: info@fitkidz.com.au

Web: www.fitkidz.com.au/duralnorth

The Centre is a "long day" Centre, operating from 8 am until 5.30pm, and is licensed for children aged 2-6. Our children are organised into two class groups, generally based on age. There is the "Cheeky Monkeys" group for toddlers, and the pre-schoolers, called "Leaping Leopards". Each group have their own huge and specifically resourced playroom. You can visit and learn more about each room by clicking on the relevant graphic to the left. Please note that at this stage we can't cater for babies (under 2), but of course we can at our other Dural Centre.

Hours: Mon - Fri 8:00-5:30pm

Fit Kidz - Dural South

Phone: 02 9627 0777

Address: 265 New Line Rd, Dural 2158

Email: info@fitkidz.com.au

Web: www.fitkidz.com.au/duralsouth

The Centre is approved for 90 children aged 0-6, organised into five groups, generally based on age. There are two "Happy Hippos" groups, one for age 0-1 (crawlers), and another for age 1-2 (early walkers). There are also two "Cheeky Monkeys" groups for toddlers, and then the pre-schoolers, called "Leaping Leopards". Each of the five groups have their own huge and specifically resourced playroom.

Hours: Mon-Fri 7:30am-6:30pm

Fit Kidz Foundation Limited

Phone: 0424 143 617

Address: 831 Old Northern Road, Dural
2158

Email: info@fitkidzfoundation.org.au

**Fofi Kanarakis Private Occupational
Therapist**

Phone: 02 9487 5739

Address: 20/4-8 Kenley Road,
Normanhurst 2076

Email: fkanarakis@hotmail.com

Full-Life-Ot

Phone: 0423 399 733

Address: 25 Norma Cres, Cheltenham
2119

Email: dreyerlouise@gmail.com

Ghaebi, Nava

Phone: 0405 599 790

Email: navaghaebispeech@gmail.com

Good Directions Pty Ltd

Phone: 02 9634 8827

Address: Lot 10, 146 Highs Road, West
Pennant Hills 2125

Email: peter@gooddirections.com.au

Hill Speech And Learning Centre

Phone: 0423 967 919

Address: 1 Westmore Drive, West Pennant
Hills 2125

Email: info@hslc.com.au

Hill, Melissa Ann

Phone: 0421 551 291

Email: melissa2951@gmail.com

Holohan, Amanda

Phone: 0478 775 059

Email: amanda@ahwpspsychology.com.au

Hornsby Hydrotherapy Classes

Phone: 0410 711 177

Meets at: Hornsby Aquatic & Leisure
Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Web: www.activeability.com.au

Active Ability provides a safe and fun Hydrotherapy session for adults with intellectual disability 16-35 years old needing low-medium support in a group setting in Hornsby. Exercise aims to achieve individual goals, improve physical health, prevent chronic disease (related to sedentary lifestyles) as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. One hour session on Monday evening.

Hours: Mon 5:30-6:30pm

Hornsby Kuringai Psychology Pty Ltd

Phone: 02 9482 2233

Address: Unit 14, 49 Palmerston Road,
Hornsby 2077

Email: admin@kuringaippsychology.com.au

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds,
Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services
Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri
8am-3pm

Innes, Christine Mary

Phone: 0419 464 305

Email:

christine@nutritiongroupnorth.com.au

**Jan Naughton Sports Physiotherapy
Wahroonga**

Phone: 02 9489 1246

Address: 126 Braeside St, Wahroonga
2076

Email: admin@jannaughton.com.au

Julia Isobel Hay

Phone: 0416 323 616

Address: 4-8 Eucalyptus Drive, Westleigh 2120

Email: juliasplaceot@gmail.com

Kate Boyce

Phone: 0408 025 507

Address: 235 New Line Rd, Dural 2158

Email: info@quickstepz.com.au

Katoby Consultants Pty Ltd

Phone: 0410 412 048

Address: 22 Bellbird Drive, West Pennant Hills 2125

Email: katoby@gmail.com

Kerr, Colleen Anne

Phone: 0403 903 822

Address: 20 Morrison Place, Pennant Hills 2120

Email: colleenk.optimalsp@gmail.com

Lai, Alice

Phone: 0435 064 116

Address: 15 Carob Place, Cherrybrook 2126

Email: alicelial94@hotmail.com

Lee, Sejin

Phone: 0414 525 277

Address: 197/208 Pacific Hwy, Hornsby 2077

Email: leese.elizabeth@gmail.com

Lifestart Northern Sydney - Pennant Hills

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills 2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young people aged 0-24 years living with disability or developmental delay and their families and carers. Staff build inclusive communities from regional offices in metropolitan Sydney and Illawarra/Shoalhaven. As a registered NDIS provider, Lifestart offers: early childhood intervention supports; therapy and multidisciplinary team supports by occupational therapists, speech therapists, physiotherapists, psychologists, social workers and special educators; behaviour support and assessment; group therapy; and inclusion facilitators for young people at key life stages and transition points.

Lifestart offers Support Coordination for people aged 0-65 years. Staff also provides support and training for parents and carers, and capacity building for community groups, schools and early childhood education and care services to support inclusive practice. Some Lifestart sites offer Open Play - an inclusive play environment for children of all abilities.

Hours: Mon-Fri 8am-6pm

Manton, Lisa

Phone: 0435 263 680

Address: 18 Cromerty Place, Glenhaven 2156

Email: lisamanton@y7mail.com

Marlow, Rachael Sara

Phone: 0448 228 038

Address: Po Box 94, West Pennant Hills 2125

Email: rachael@hillsot.com.au

Marques, Sonia Jane

Phone: 0410 624 487

Email: sonarinoz@hotmail.com

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions.

Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

New Paths Psychology

Phone: 0435 191 664

Address: 17/23 Hunter St, Hornsby 2077

Email:

sylvia@newpathspsychology.com.au

Newroads Counselling

Phone: 0433 446 901

Email: magdalena.liem@gmail.com

Now We're Talking Speech Pathology

Phone: 0402 064 253

Address: 112 Somerville Road, Hornsby Heights 2077

Email: sarah@nowweretalkingsp.com.au

Optimal Speech Pathology (Optimal SP)

Phone: 0403 903 822

Address: 20 Morrison Pl, Pennant Hills 2120

Email: info@optimalsp.com.au

Web: www.optimalsp.com.au

Speech Pathology Group Practice that includes neurological and disability services. Experience in oral hygiene, saliva control, using Augmentative and Alternative Communication (AAC) strategies and working with people with Dysphagia and Aphasia.

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Pasternak, Lara

Address: 39 Sprigg Place, Mount Colah 2079

Email: laradietitian@gmail.com

Pennant Hills Podiatry

Phone: 02 9875 4257

Address: 101/2 Hillcrest Rd, Pennant Hills 2120

Email: asjgst@gmail.com

Peter Foster

Phone: 02 9875 4770

Address: 48 Beresford Road, Thornleigh 2120

Email: peter.foster@concordance.com.au

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Primary And Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 7, 1 Central Avenue, Thornleigh 2120

Email: enquiries@pccs.org.au

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street, Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Rehacare Pty Ltd

Phone: 1300 653 522

Email: sales@rehacare.com.au

Reid, Jayne Marion

Phone: 0439 810 626

Email: jayner@galstonspeech.com.au

Reid, Sharon Marie

Phone: 02 9487 7426

Address: 15 Railway Avenue, Wahroonga 2076

Email: sharon.reid@telstra.com

Ruth Deabill Speech Pathology

Phone: 0424 725 590

Address: 130 Dartford Road, Thornleigh 2120

Email: ruth-speech1@hotmail.com

Ryan David Welsh

Phone: 0451 455 080

Email: ryan@quaytherapy.com.au

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Sally Moore Home Physiotherapy

Phone: 0421 933 447

Email: salmoorephysio@optusnet.com.au

Sallyanne Aarons Psychologist

Phone: 0414 500 703

Email: sallyanneaarons@gmail.com

Special Education Consultancy Services

Phone: 0498 222 168

Address: 68 Burns Road, Wahroonga 2076

Email: georgina.reynhout@gmail.com

Speech Pathology And Literacy Centre

Phone: 02 9890 2222

Address: 19 Boundary Road, North Epping 2121

Email: annerobinson1@optusnet.com.au

Stuck For Words?

Phone: 0401 968 742

Address: Lot 25, 6 Parkland Place, Thornleigh 2120

Email: michelle.st4wds@gmail.com

Suzanne Mackay

Phone: 0402 147 404

Address: Lot 1, 41 Lucinda Avenue, Wahroonga 2076

Email:

mackay_suzanne@optusnet.com.au

Sydney Mobile Podiatry

Phone: 02 8068 7547

Address: 12 Lilla Road, Pennant Hills 2120

Email:

sydneymobilepodiatry@outlook.com.au

Tailor Made Physiotherapy Pty Limited

Phone: 02 9481 9856

Address: Suite 3, Level 1, 2 Fisher Ave, Pennant Hills 2120

Email: paul@tmphysio.com

Talk Play Grow

Phone: 02 9653 9955

Address: Round Corner Plaza, 8/524 Old Northern Rd, Dural 2158

Email: info@talkplaygrow.com.au

Web: www.talkplaygrow.com.au

Provides speech pathology services for children from birth to 18 years in the clinic, at home, in preschools and schools. Advice and assessment, speech and language therapy, feeding therapy, group therapy programs, Hanen programs. Therapists' special interests include hearing impairment, paediatric feeding, stuttering, Autism Spectrum Disorder, early language and school age language. Registered NDIS, Helping Children with Autism and Better Start provider.

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

The Trustee For Thornleigh Performance

Phone: 02 8411 2050

Address: 11/2-10 Central Avenue,
Thornleigh 2120

Email: info@thornleighphysio.com.au

Therapy And Learning Centre

Phone: 02 9476 0766

Address: 9/49 Palmerston Road, Hornsby
2077

Email: tlchornsby@optusnet.com.au

Thompson, Kim Leanne

Phone: 0414 891 748

Email: mkti@bigpond.net.au

Vip Podiatry

Phone: 02 9651 6886

Address: 83 Quarry Road, Dural 2158

Email: vip.podiatry@yahoo.com.au

Waitara Physiotherapy

Phone: 0434 389 389

Address: 501/2-10 Orara St, Waitara 2077

Email: waitaraphysio@gmail.com

Wattleseed Healing Centre Pty Limited

Phone: 02 8411 1396

Address: 103/10 Edgeworth David
Avenue, Hornsby 2077

Email: wattleseedhc@gmail.com

Yogavana

Phone: 0403 987 159

Address: Lot 7420, 64 Hancock Drive,
Cherrybrook 2126

Email: lisa@yogavana.com.au

NDIS Vehicle Modifications

Asquith Mobility Solutions Pty Ltd

Phone: 0413 484 879

Address: 11/51 Leighton Place, Asquith
2077

Email: michael.pavia@bigpond.com

Mobility Engineering

Phone: 02 9482 4572

Address: Unit 4, 45 Salisbury Rd, Asquith
2077

Email: sales@mobilityengineering.com.au

Web: www.mobilityengineering.com.au

Design, develop and provide engineering certification of vehicle conversions for special needs vehicles, heavy vehicles and fit outs and imported vehicles. Also provides child restraints, harnesses, hoists and ramps, dual controls, hand controls, seating and a driver test station. Registered testing facility for vehicles. Amusement ride certification. NDIS provider of vehicle modifications, personal mobility equipment and other innovative supports.

Hours: Mon-Fri 8am-5pm

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd, Dural
2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider

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

Problem Management Engineering (PME)

Phone: 02 9482 2808

Address: 6 Kookaburra Rd, Hornsby Heights 2077

Email: info@pmeautoconversions.com.au

Web: www.pmeautoconversions.com.au

Offering the latest and safest technologies in electronic mobility controls, hand-assisted driving controls, drive from your wheelchair, wheelchair accessible vehicles, lifting and transferring aids, wheelchair and scooter hoists and much more. Demonstrations and consultations available on all of our products. PME is an NDIS provider and offer engineering certification on modified vehicles.

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

Problem Management Engineering Pty Ltd

Phone: 02 9482 2808

Address: 6 Kookaburra Road, Hornsby Heights 2077

Email: info@pmeautoconversions.com.au

NDIS Vision Equipment

Comfort Discovered

Phone: 02 9987 4500

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

Email: info@comfortdiscovered.com.au

Web: www.comfortdiscovered.com.au

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.

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

Kisa Pty Ltd

Phone: 1300 557 453

Email: info@kisa.com.au

Quantum Reading Learning Vision

Phone: 1300 883 853, 02 9479 3100

Address: Head Office, 1/2 Pioneer Avenue, Thornleigh 2120

Email: info@quantumrlv.com.au

Web: www.quantumrlv.com.au

Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers; book readers; electronic magnification units; portable note takers; tactile graphics makers and the Mountbatten Braille. Equipment demonstrations available in-store and in-home. Home delivery and trial options available.

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

Other Services in Hornsby Region

Accommodation and Housing

Al-Anon & Alateen Family Groups - Hornsby

Phone: 02 9570 3400, 1300 252 666 (1300 ALANON)

Address: Hornsby Ku-ring-gai Hospital, Palmerston Rd, Hornsby 2077

Email: alanonnorthernsw@bigpond.com

Web: al-anon.org.au

Self-support groups for family and friends of alcoholics. Hornsby Al-Anon Family Group meets 5:30pm-7pm Sundays in Hornsby Hospital, Education Dept. - up the hall from the switch in main entrance and then upstairs. No age limits. Hornsby Alateen also meets Sundays 5.30-6.30 in room 4, Education section, Hornsby Hospital (same venue as Alanson meeting) for young and older teenagers whose lives have been affected by a family member's problem drinking. 2 Alanson sponsors are always present for the Alateen group.

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

Phone: 02 9487 1799

Address: 1-7 Frith Ave, Normanhurst 2076

Email: bbgardens@uniting.org

Web:

uniting.org/services/services/uniting-aged-care-home/uniting-bowden-brae-gardens

To provide aged care accommodation.

Dementia specific. Includes Self Care Units, Nursing Home, Membership Numbers: 500 (including Board, Staff & Volunteers)

Bowden Brae Retirement Village

Phone: 02 9489 1865

Address: 9-17 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

Catholic Community Services - Mental Health Carer Respite Program

Phone: 0448 294 251

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

Email: kmollica@chcs.com.au

Web:

www.catholiccommunityservices.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.

Hours: Activities Mon and Wed 10am-3pm

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

Directory of Aboriginal Services in the Northern Sydney Region 2013

Phone: 02 9847 6611

Email:

communitydevelopment@hornsby.nsw.gov.au

Web:

https://www.hornsby.nsw.gov.au/__data/assets/pdf_file/0020/136712/NS-Aboriginal-Services-Directory-082013-sm.pdf

A directory of services and networks for Aboriginal and Torres Strait Islander people. The directory, updated by Hornsby Council, is 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 and is endorsed by the Metropolitan Local Aboriginal Land Council. The Directory received funding from DOCS.

Elouera Gardens, Cherrybrook Christian Care Centre

Phone: 1300 130 252

Address: Elouera Gardens, 1-3 Kitchener Rd, Cherrybrook 2126

Email: villages@cbcs.com.au

Web: 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).

**Family and Community Services -
Community Services Pennant Hills**

Phone: 02 9875 0800

Address: level 7, 423 Pennant Hills Rd,
Pennant Hills 2120

Web: www.facs.nsw.gov.au

Works to promote the safety and wellbeing of children and young people and to build stronger families and communities. Assists children, young people and families across a continuum of care with a focus on child protection. Works to protect children and young people from risk of harm and to provide care for children and young people who are not able to live with their families. DoCS core activities are to help protect and care for children and young people and support their families, to provide and fund accommodation and support services for children and young people who need to live away from their families, to regulate child care by licensing and monitoring compliance, to fund and regulate adoption services, to fund support services to assist people who are homeless or at risk of homelessness, to help people separated from their families to trace their records and to co-ordinate services to meet the basic welfare and recovery needs of people affected by natural and other disasters.

Hours: Mon-Fri 9am-5pm (24 hours Child Protection)

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

Galston Gorge Conference and Recreation Centre

Phone: 02 9653 1676

Address: 8 Crusader Rd, Galston 2159

Email: groupbookings@crusaders.edu.au

Web:

www.crusaders.edu.au/conference-centres/galston-gorge

This is a conference and recreation centre located 15 minutes from Hornsby. It is wheelchair accessible. Facilities include en-suite accommodation for up to 200 including 8 wheelchair-friendly rooms, large dining hall and lounge, 2 conference rooms with audio visual facilities, 10 smaller meeting rooms and gym.

Hours: 9am-5pm (Office), 24 hours daily (Campsite)

Hornsby Drug, Alcohol & Gambling Service

Phone: 02 9477 9567

Address: Building 51, Hornsby Hospital,
Lowe Rd, Hornsby 2077

Email:

aodcommunityprograms@nsccahs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/DrugAlcoholHornsby.aspx

Drug Alcohol and Gambling Service is a free service provided through the Hornsby/Ku-ring-gai LGA. The unit provides services such as assessment, counselling and education for individuals and their families seeking support for drug, alcohol and gambling related problems.

Hours: 8.30am - 5pm Mon to Fri. Some 5pm appointments are available. The latest initial appointments are sometimes available at 4:30pm.

Hornsby Meals on Wheels

Phone: 02 9482 2088, 1300 361 287

Address: 25, 12 Cecil Rd, Hornsby 2077

Email: hornsby@kmow.org.au

Web: 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 - 2pm (Office)

Hornsby Shire Council Community Services Branch

Phone: 02 9847 6050

Address: 28-44 George St, Hornsby 2077

Email: commserv@hornsby.nsw.gov.au

Web: 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's Community Development Team

Phone: 02 9847 6611

Address: Community Services, 28-44 George St, Hornsby 2077

Email: communitydevelopment@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 e.g. 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 - 5pm

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Judy Cameron House Beecroft

Phone: 02 9869 0505

Address: 146 Beecroft Rd, Beecroft 2119

Email: beecroft@anglicare.org.au

Web: www.anglicare.org.au

77 bed aged care accommodation of high-level residential care. Single, double and deluxe single options available. Dementia, respite and palliative care options are available.

Hours: Mon-Fri 8am - 6:30pm (office)

Karinya Independent Living Units (Over 55s)

Phone: 1300 236 030 (Vacancy Enquiries)

Address: 1a Frederick & William Sts, Hornsby 2077

Email: ask@uniting.org

Web: www.unitingcareageing.org.au

This welcoming independent living community is within walking distance of Hornsby's shopping precinct and train station. Karinya comprises four double independent living units and 22 studio units, all with kitchen, en-suite and balconies. Karinya also has a large community room, library and well equipped laundry for the enjoyment of all residents. Karinya's units are available for rent to people of 55+ years with limited income, subject to conditions.

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

KNC - Berowra

Phone: 02 9988 4966

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

Email: danimoulson@hotmail.com

Web: 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 9653 2235

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

Email: admingalston@knc.org.au

Web: 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.

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

Web: 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.

Hours: Mon - Fri 9:30am - 2:30pm

Lady of Grace Nursing Home

Phone: 02 9634 1354

Address: 454 Old Northern Rd, Dural 2158

Email: logdon@bigpond.net.au

Web: 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)

Lifeline H2H Op Shop

Phone: 02 9476 5876

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

Email: asquith.shop@lifelineh2h.org.au

Web: www.lifelineh2h.org.au

The shop offers a wide range of clothing, accessories and bric-a-brac. 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: 02 9476 3134 (Telephone Volunteers)

Address: Tongan Uniting Church, Cnr Baldwin Ave & Royston Pde, Asquith 2077

Email: linchornsby@gmail.com

Web: 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, 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. 65 Members

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

Luxury Afloat

Phone: 02 9985 7344

Address: Kangaroo Point Cruise Terminal, Pacific Hwy, Brooklyn 2083

Email: bookings@luxuryafloat.com

Web: www.luxuryafloat.com

Two accessible houseboats "Capricorn" and "Leo" These are house boats that have been specifically designed around the needs for people with disability. The bathroom and toilet are wheelchair accessible with grab rails. Capricorn is a 12 berth boat. Bottom floor is accessible. One room has a double bed. Two rooms have a double bed with a single bunk above. Two single sofa beds and double sofa bed in living area. Space may be limited in bedrooms. Leo has two bedrooms and swimming pontoon at rear. One bedroom has a double.

Mawarra Village

Phone: 1800 864 846

Address: 3A Verney Drive, West Pennant Hills 2125

Email: ask@uniting.org

Web:

<https://uniting.org/our-services/services/uniting-independent-living/uniting-mawarra-west-pennant-hills>

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 Pennant Hills railway station and Castle Towers shopping centre. Independent living accommodation for Over 55s.

Hours: Mon - Fri 9am-4pm

McQuoin Park Residential Aged Care

Phone: 02 8445 2800

Address: McQuoin Park, 28 McAuley Place, Waitara 2077

Web: www.catholichealthcare.com.au

Providing aged care and therapy. 33 Hostel Rooms; 22 Nursing Centre Rooms, Wellness Centre Day therapy centre.

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

Mission Australia

Phone: 02 9480 2501

Address: Ground floor, 1 Coronation St, Hornsby 2077

Email:

northernsydneysservices@missionaustralia.com.au

Web: www.missionaustralia.com.au

Mission Australia delivers services for: People who are experiencing or at risk of homelessness for young people, adults, families. We offer information, advocacy, case management, counselling and support; Adults with alcohol and other drug use to assist them to stay connected to services and connect with family, education and training; Families with children aged 0-8. We have parenting programs and supported playgroups.

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

No Interest Loan Scheme (NILS) Hornsby

Phone: 02 9477 5010 (ext. 7)

Address: 41 Jersey St, Hornsby 2077

Email: nilshornsby@vinnies.org.au

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

No Interest Loan Scheme is available to help low income earners purchase essential items such as fridges, washing machines, household furniture, medical equipment, school equipment.

Pennant Hills Age Care Facility

Phone: 02 9875 4811

Address: 2a The Crescent, Pennant Hills 2120

Email: pennanthillsacf2@yahoo.com.au

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)

Regis Hornsby

Phone: 02 9476 3499

Address: 245-247 Peats Ferry Rd, Hornsby 2077

Email: hornsby@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 en-suite. High and low care.

Hours: 9am-5pm (Office)

Salvation Army- Hornsby Gateway Corps

Phone: 02 9477 1133

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

Email:

lloyd.stanimirovic@aue.salvationarmy.org

Web: salvos.org.au/hornsbygateway/

The Church Office can provide assistance with food and other essential items. We can also help you connect to other services the Salvation Army provides, such as counselling, addiction-recovery services, and vouchers to assist with utility accounts. NILS-applications for No Interest Loans for certain items can be made through the NILS officer, by appointment. The Family Store provides clothing and good quality budget items. Worship services on Sundays at 10am. Everyone invited. Various activities for men, women and children are also conducted on weekdays. Volunteers can work in Family Store and Drivers and Lifters appreciated for Donation Pick-Ups.

Hours: Store: 9am-3pm Mon-Fri & Sat 9.30am-12.30pm

Society of St Vincent de Paul - Pennant Hills Outlet

Phone: 02 9484 2064

Address: 364 Pennant Hills Rd, Pennant Hills 2120

Email:

pennanthillssshop@sydneyvinnies.org

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

To run and maintain the Pennant Hills Opportunity Shop Outlet

Hours: Mon-Fri 9am-4pm; Sat 9am-12pm

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 en-suite and 24 hour quality care, 7 days a week. For permanent residents. Tallwoods Corner is also a lovely environment for respite and palliative care.

UPA Sydney North - Thomas & Rosetta Agst Aged Care Service

Phone: 02 9450 8320

Address: Level 3, 1634 Pacific Hwy, Wahroonga 2076

Email: info@upa.org.au

Web: www.upa.org.au

*61 bed government subsidised nursing home and hostels comprising 29 bed nursing home, 17 bed frail hostel and 15 bed dementia hostel. Rooms are serviced, all meals provided, personal care given, spacious lounges, dining area. RAD / DAP required depending of financial assessment by Centrelink. RAD is set at max of \$550,000

Hours: 9am - 5pm

UPA Sydney North Region

Phone: 02 9487 1337

Address: 1614 Pacific Hwy, Wahroonga 2076

Email: sydney.north@upa.org.au

Web: www.upa.org.au

UPA offers a wide range of accommodation options throughout its Districts and Regions including residential care, retirement villages, nursing homes, home care services, serviced units. SYDNEY NORTH REGION - Thomas & Rosetta Agst Aged Care Service incorporating Nursing Home, Hostel and Dementia Hostel on Level 3 1614 Pacific Highway, Wahroonga. ph.: 9450 8320. Redleaf Serviced Apartments, 1630 Pacific Highway, Wahroonga, phone: 9450 8310. Rosetta Park Independent Living Units 1634 Pacific Highway, Wahroonga phone: 9450 8310 offers 36 one, two and three bedroom units with secure car parking, storage and 24 hour call assistance. St Ernes Court Self Care Units 5-7 Isis Street, Wahroonga, phone: 9450 8300

Wahroonga Nursing Home

Phone: 02 9847 2400

Address: 31 Pacific Hwy, Wahroonga 2076

Email: wahroonga@thc.net.au

Web: www.thompsonhealthcare.com.au

Nursing home providing physiotherapy, podiatry, diversional therapy, art therapy, hairdressing, dental, optometry, aromatherapy and bus trips.

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

Woodlands Nursing Home

Phone: 02 9875 1900

Address: 2 Kitchener Rd, Cherrybrook 2126

Email: woodlands@livingcare.org.au
Provides care of the aged, particularly those with dementia. Capacity - 62 beds

Woodlands Retirement Village Ltd

Phone: 02 9481 8842

Address: 2 Kitchener Rd, Cherrybrook 2126

Email:
reception@woodlandsvillage.com.au

Web: www.woodlandsvillage.com.au
Self-care retirement village with villas, 1 bedroom and 2 bedroom units. Serviced apartments with kitchenette. Nursing Home (Living Care) is also located within grounds.

Hours: Onsite Management available 7 days

Education

Ability Options - Hornsby

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

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

Ability Options have been supporting people with disability who need assistance to achieve their aspirations and inclusion in the community for 40 years. 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's right for them, through the Australian Government's 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. The service covers all aspects of preparing for work; it can include travel training, personal presentation at work, WHS, social behaviour in the workplace, time-management, confidence building etc. We also cover off specific work-related topics, including preparing for interviews and resume preparation.

Active Ability

Phone: 0422 025 012, 02 8678 7874

Email: hello@activeability.com.au

Web: www.activeability.com.au

Provides mobile dietetic and exercise physiology services for people with disabilities, enabling them to manage their health conditions and achieve their health goals.

Hours: Mon-Sat 8am-5pm

Active Ability - Exercise for Adults with Disability

Phone: 02 8678 7874

Meets at: Meets at Aquatic and Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Active Ability provides safe and fun physical activity for children and adults in the comfort of their own home. Exercise Physiologists help people to achieve their individual well-being goals, improve their physical health, prevent chronic disease as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. NDIS Provider.

Hours: Mon-Fri, 9am-5pm. Class 5.30pm during school term

Australian Asian Cultural Association Inc.

Phone: 0488 884 372

Meets at: 703/90 George St, Hornsby 2077

Email: info@aacansw.org.au

Web: 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.

Australian Institute of Learning & Cognitive Development (AILCD) International P/L

Phone: 02 9477 2211

Address: Suite 3, 95 Hunter St, Hornsby 2077

Email: info@ailcd.com.au

Web: www.ailcd.com.au

Provides assessment and suggested therapies for people with literacy and learning difficulties, including people who may have dyslexia.

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

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

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

Catholic Care Disability Futures & Aged Care

Phone: 02 9488 2500

Address: Building 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email:

desley.mcauliffe@catholiccaredbbc.org.au

Web: www.catholiccaredbb.org.au

Disability Services: - Support Coordination - Recreation & Social programs - Day Programs - Vacation Care - Kids Club After School Care Programs - Adult Afternoon Programs - Learning and Skill Development programs - Weekend Holiday Breaks - Creative Arts Programs - Independence Programs - Supported Volunteering Programs AGED CARE - Individual Respite - Creative Arts Centre. NDIS Registered Provider

Hours: Mon - Sat, 9am - 10pm

CatholicCare Diocese of Broken Bay - Northern Region

Phone: 02 9488 2400

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

Email: wfc@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

CatholicCare Broken Bay is a non-Government welfare organisation under the auspice of the Catholic Diocese of Broken Bay and receives subsidies from Federal and State Governments with eligibility criteria as set by funding bodies. Services include Family Support, Supported Housing & Advocacy, Homelessness, Domestic Violence Court Support Scheme, #1minutesilence4violence, Counselling, Youth Services, Family Dispute Resolution/Mediation, Child Care Services including Before & After School Care, Vacation Care, Family Day care, In-Home Care and Early Learning centre, Disability Services, Foster Care and Out of Home Care program for young people and Relationship & Marriage Education.

Hours: Mon-Fri 9am-5pm

Clarke Road School

Phone: 02 9487 2652

Address: 48-58 Clarke Rd, Hornsby 2077

Email: clarkerd-s.school@det.nsw.edu.au

Web: www.clarkeroadschool.com.au

Provides special education for pupils aged 4-18 with moderate to severe intellectual disabilities; Kindergarten to Year 12.

Hours: Mon to Fri 8:30am-3pm

CNS Precision Assembly (Challenge North Shore Inc.)

Phone: 02 9476 6811

Address: 39 Jersey St, Hornsby 2077

Email: sales@cns.org.au

Web: www.cns.org.au/

Electronic assembly business.

Service for People with severe/moderate Intellectual Disabilities. To provide the best service possible to encourage the capabilities of people with disabilities, assisting them to reach their full potential in the workplace environment. A number of different services are available. NDIS Provider

Hours: Mon-Fri 8am-4pm

Community Connections Hot Desk

Phone: 02 9847 6614

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

Web: 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 at the Community Connections Hot Desk. New topics advertised on webpage:

www.hornsby.nsw.gov.au/library

Hours: Thurs 2-4 pm

Disability Services at Northern Institute of TAFE

Phone: 131 674

Email: nsi.study@tafensw.edu.au

Web:

www.nsi.tafensw.edu.au/Services/DisabilityServices.aspx

Disability teachers / consultants at different campuses support students with disabilities attending TAFE by providing information and organising reasonable adjustments such as physical access in suitable environments.

Hours: Mon-Fri 9am-5pm

EPIC Assist - Hornsby

Phone: 0439 922 198

Address: Regus Hornsby, Level 1, Suite 1.07, 22-28 Edgeworth David Ave, Hornsby 2077

Email: jenny.haynes@epicassist.org

A Disability Employment Services provider that assists people with disability find and maintain employment.

Family Drug Support Group for Friends and Family

Phone: 0457 260 079

Meets at: Hornsby Uniting Church, cnr Frederick and William Sts, Hornsby 2077

Email: raewyn@fds.ngo.org.au

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: 2nd Monday of each month from 6-8pm (not for those under 15)

Hornsby Achievers Toastmasters

Phone: 0409 605 055

Address: Hornsby RSL Club, 4 High St, Hornsby 2077

Email: dkstoastie@gmail.com

A Toastmasters Club with a difference.

We cater for everyone, including those with mental health issues and disabilities.

Meetings are held on the second and fourth Mondays of each month from 10:15am-12noon starting in January 2018.

Hornsby Ku-Ring-Gai Community College

Phone: 02 9482 1189

Address: Level 1, 45 Hunter St, Hornsby 2077

Email: enquiries@hkcc.nsw.edu.au

Web: www.hkcc.nsw.edu.au

HKCC is an Adult and Community Education (ACE) organisation providing accredited vocational training for qualification attainment and skill set courses at various local centres. HKCC also offers leisure classes. Most sessions are offered during the day. Night and weekend classes are also available. HKCC enrolls approximately 8500 students each year.

Hours: Mon - Fri 9am - 4.45pm (Office)

Hornsby RSL Computer Club

Phone: 02 9482 4294

Meets at: Board Room, Hornsby R.S.L., 4 High St, Hornsby 2077

Email: markle@iinet.net.au

Web: sites.google.com/site/hrslcc/

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.

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

incub8 Education

Phone: 02 8484 0363

Address: Lower Level, 59 Hunter St,
Hornsby 2077

Email: info@incub8edu.com

Web: www.incub8edu.com

After School Clubs and School Holiday
Camps. Ages 7-13. Professional
Development and Training.

Hours: Monday-Friday 9:00am-6:00pm

**Lifestart Northern Sydney - Pennant
Hills**

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills
2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young
people aged 0-24 years living with disability
or developmental delay and their families
and carers. Staff build inclusive
communities from regional offices in
metropolitan Sydney and
Illawarra/Shoalhaven. As a registered
NDIS provider, Lifestart offers: early
childhood intervention supports; therapy
and multidisciplinary team supports by
occupational therapists, speech therapists,
physiotherapists, psychologists, social
workers and special educators; behaviour
support and assessment; group therapy;
and inclusion facilitators for young people at
key life stages and transition points.

Lifestart offers Support Coordination for
people aged 0-65 years. Staff also provide
support and training for parents and carers,
and capacity building for community
groups, schools and early childhood
education and care services to support
inclusive practice. Some Lifestart sites
offer Open Play - an inclusive play
environment for children of all abilities.

Hours: Mon-Fri 8am-6pm

Lymphedema Support Group of NSW

Web: www.lymphoedemasupport.com

Provides support, education and
information for people living with or
affected by Lymphedema or at risk of
developing it. Contact can only be made
through email or the website. Group
meetings are held Bi-monthly or monthly
depending on which group.

Mission Australia

Phone: 02 9480 2501

Address: Ground floor, 1 Coronation St,
Hornsby 2077

Email:

northernsydneyseices@missionaustralia.
com.au

Web: www.missionaustralia.com.au

Mission Australia delivers services for:
People who are experiencing or at risk of
homelessness for young people, adults,
families. We offer information, advocacy,
case management, counselling and
support; Adults with alcohol and other drug
use to assist them to stay connected to
services and connect with family, education
and training; Families with children aged
0-8. We have parenting programs and
supported playgroups.

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

New Hope School

Phone: 02 9651 0700

Address: 9-15 Quarry Rd, Dural 2158

Email: info@newhope.nsw.edu.au

Web: www.newhope.nsw.edu.au

New Hope School is an exciting venture of
Pacific Hills Christian Education in Dural.
It seeks to provide Christian Education for
students with Autism and/or Mild to
Moderate Intellectual Disabilities in Years 3
to 12.

Hours: 8.00 am - 4.00 pm

No Interest Loan Scheme (NILS)

Hornsby

Phone: 02 9477 5010 (ext. 7)

Address: 41 Jersey St, Hornsby 2077

Email: nilshornsby@vinnies.org.au

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

No Interest Loan Scheme is available to help low income earners purchase essential items such as fridges, washing machines, household furniture, medical equipment, school equipment.

Northcott - Northern Sydney

Phone: 1300 882 569

Address: Suite 720, 1C Burdett St, Hornsby 2077

Web: www.northcott.com.au

Hornsby office offers a range of services to support young people with disability to learn the skills they need to achieve their goals. Programs include: Accommodation; Coordination of Supports; Everyday Life Skills; Skills 4 Life; Vocational Skills Training/SLES.

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS Provider.

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

Primary & Community Care Services Ltd

Phone: 02 9477 8700

Address: Unit 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Resourcing Inclusive Communities (RIC)

Phone: 1800 774 764; 02 9869 7753

Address: Office 704, 88-90 George St, Hornsby 2077

Email: info@ric.org.au

Web: www.ric.org.au

Provides information and resources to assist people with disability, their families and the broader community to include people with disability in meaningful and valued ways in the community. Key ideas and strategies explore the importance of developing a vision, building support networks, creating community connections and self-directing individualised supports. Information is available through the website, workshops, webinars, over the phone and/or via email.

Hours: Mon-Fri 9am-5pm

SpeakersBank

Phone: 0431 292 437

Email: dale@speakersbank.com.au

Web: www.speakersbank.com.au

SpeakersBank is a not for profit organisation which provides communications and presentation skills training for not for profit organisations

Special Education Consultancy Services

Phone: 0498 222 168

Address: 68 Burns Road, Wahroonga 2076

Email: georgina.reynhout@gmail.com

St Lucy's School

Phone: 02 9487 1277

Address: 21 Cleveland St, Wahroonga 2076

Email: enquiries@stlucys.nsw.edu.au

Web: www.stlucys.nsw.edu.au

An independent, specialist Catholic School and community reaching out to children with disabilities. Provides an educational experience which caters for individual needs and differences within a caring and supportive atmosphere. Based at Wahroonga with satellite classes on the Northern Beaches.

Hours: Mon-Fri 8am-4pm (During school terms)

Stroke Recovery Club - Hornsby

Ku-ring-gai

Phone: 02 9807 6422

Address: Pennant Hills Community Health & Resource Centre, 5 Fisher Ave, Pennant Hills 2120

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Friday mornings.

Hours: 10am-12pm

Studio ARTES Northside Inc.

Phone: 02 9482 5266

Address: 33 Jersey St, Hornsby 2077

Email: enquiries.sa@studioartes.org.au

Web: www.studioartes.org.au

This independent, not-for-profit service offers programs to empower people living with disability by tapping into their creative potential. Studio ARTES is a place where all people with any disability can develop their artistic and creative skills in programs led by professional artists and facilitators in: Visual Art, Performing Arts and Creative Life Skills. Includes gallery space. The new premises is a short walk from the station and bus interchange. NDIS registered service provider.

Hours: Mon-Fri 7.30am-6pm (Office 8.30am-4.30pm)

TAFE NSW - Hornsby Campus

Phone: 131 674

Address: 205 Peats Ferry Rd, Hornsby 2077

Email: Courseinfo@tafensw.edu.au

Web: www.nsi.tafensw.edu.au

Offers courses in information technology, multimedia, design, visual arts, ceramics, automotive, building and construction, electro technology, floristry, English language, office administration, accounting and finance, marketing, advertising, human resources and business.

Pre-vocational training in a number of trade areas is also offered.

Hours: Mon-Thu - 8:30am - 6pm (Office); Friday 8:30am-5pm

Talk Play Grow

Phone: 02 9653 9955

Address: Round Corner Plaza, 8/524 Old Northern Rd, Dural 2158

Email: info@talkplaygrow.com.au

Web: www.talkplaygrow.com.au

Provides speech pathology services for children from birth to 18 years in the clinic, at home, in preschools and schools. Advice and assessment, speech and language therapy, feeding therapy, group therapy programs, Hanen programs. Therapists' special interests include hearing impairment, paediatric feeding, stuttering, Autism Spectrum Disorder, early language and school age language. Registered NDIS, Helping Children with Autism and Better Start provider.

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

Warrah Educational Courses and Workshops for Adults

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

This charitable organisation provides courses and workshops for adults with moderate or severe intellectual disabilities. Courses include aqua aerobics, felt making, cooking, photography, clay work, painting, field to fork skills on Warrah Bio-Dynamic Farm and more. Accredited NDIS Provider.

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

Warrah Society

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

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

WISE Employment

Phone: 02 9479 2700

Address: Suite 10/252 Pacific Hwy, Hornsby 2077

Email: hornsby@wiseemployment.com.au

Web: www.wiseemployment.com.au

A not-for-profit community service Organisation, committed to assisting people with disability and disadvantaged members of the community through employment and support services.

Hours: Monday & Tuesday between 8:30am - 4:30pm

Equipment

Adaptive Technology Access Centre

Phone: 02 9847 6568

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

Email: hsc@hornsby.nsw.gov.au

Web: 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

All Communication Matters

Phone: 02 9482 8099

Address: Avanti Building, Suite 609, 90 George St, Hornsby 2077

Email: natalie@allcommunication.com.au

Archer Podiatry

Phone: 02 9476 2125

Address: Suite 1, Level 2, 32 Florence St, Hornsby 2077

Email: archerpo@gmail.com

Web: www.archerpodiatry.com.au

Archer Podiatry is a Podiatry practice that specialises in general Podiatry needs such as, Corns & Calluses, Ingrown Toenails, Warts, Thickened and Distorted Nails/ Fungal Nails and Footwear. Archer Podiatry can assist with Musculo - Skeletal issues and Orthotic Devices. Archer Podiatry can also assist adults and children with cerebral palsy.

Hours: Mon, Tue, Thu, Fri 8:30am-5pm

Astley Pharmacy and Mobility

Phone: 02 9484 7070

Address: cnr Fisher St and Pennant Hills Rd, Pennant Hills 2120

Email: astleymobility@gmail.com

Web: www.astleymobility.com.au

Hire, Sales and Service of all mobility needs. Scooters, recliner chairs, walkers, wheelchairs, aids to daily living, blood pressure machines, blood glucose testers, sporting and surgical needs. Also has a business at Cnr Mamre Rd and Gt Western Highway St Marys NSW 2760. NDIS Provider.

Hours: Mon-Sun 9am-10pm

Chatterbots Speech Pathology

Phone: 0434 458 804

Address: 42 Holt Ave, North Wahroonga 2076

Email: emma@chatterbots.com.au

Child Early Intervention And Family Support

Phone: 0425 297 227

Email: allisonwatson77@gmail.com

ClearaSound

Phone: 02 9481 9750

Address: Unit A10, 4 Central Ave, Thornleigh 2120

Email: sales@clearasound.com.au

Web: www.clearasound.com.au

Assistive listening devices for people who are hearing impaired. Telephone Typewriters (TTY), audio loop systems for home and public buildings, sound field systems for classrooms. Personal communicators including door flashing lights and vibration clocks. Alert systems that flash and vibrate for the door, telephone, baby cry and smoke alarms for people with hearing or vision impairment. Have a telephone system called Uniphone 1150, which is a combination of a telephone and a TTY as well as alerting you of incoming calls via a built in flasher and loud volume output control. NDIS Provider

Hours: Tues to Thurs by appointment 9am-4pm

Comfort Discovered

Phone: 02 9987 4500

Address: 511 Pacific Highway, Mt Colah 2079

Email: info@comfortdiscovered.com.au

Web: www.comfortdiscovered.com.au

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.

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

Exeloo Pty Ltd

Phone: 1800 501 069

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

Email: sales@exeloo.com.au

Web: www.exeloo.com/

Exeloo has a range of products that are compliant with this disabled access code and that many of the special features that Exeloo has developed such as the recessed sensor operated basin which ensures that the basin can be located outside the circulation space and the electronic recessed toilet paper dispenser which is the only jumbo roll dispenser available on the market that complies with this code, have been developed specifically for the Australian environment. Exeloo is an approved vendor for Queensland, NT and SA under the Local Buy Contract. In NSW Exeloo is an approved vendor in the Local Government Procurement Contract.

Fofi Kanarakis Private Occupational Therapist

Phone: 02 9487 5739

Address: 20/4-8 Kenley Road, Normanhurst 2076

Email: fkanarakis@hotmail.com

Frontline Communications Pty. Limited.

Phone: 0411 100 212

Address: 22 Hillcrest Road, Pennant Hills 2120

Email: robhellstrom@frontlinecommunications.com.au

Gateway Rehab

Phone: 02 9482 2133

Address: 6/30 Leighton Place, Hornsby 2077

Email: sales@jdhealthcare.com.au

Hill Speech And Learning Centre

Phone: 0423 967 919

Address: 1 Westmore Drive, West Pennant Hills 2125

Email: info@hslc.com.au

Hills Mobility

Phone: 02 9634 2697

Address: 43 Alana Drive, West Pennant Hills 2125

Email: info@hillsmobility.com.au

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 men's. 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 Council Venue Management Team

Phone: 02 9847 6050

Address: Ground Level, 28 - 44 George St, Hornsby 2077

Email: vmt@hornsby.nsw.gov.au

Web:

www.hornsby.nsw.gov.au/communitycentres

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

www.hornsby.nsw.gov.au/communitycentres

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

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

Phone: 02 9847 6806

Email: homelibrary@hornsby.nsw.gov.au

Web: 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-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

Web: 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

JD Healthcare

Phone: 1300 791 404

Address: 3/22 Beaumont Rd, Mount Kuring-gai 2080

Web: www.jdhealthcare.com.au/

JD Healthcare selects and imports brands of medical products from manufacturers and suppliers around the globe. They supply wholesalers and distributors throughout Australia and New Zealand with products ranging from compression garments to manual handling and rehabilitation equipment.

Hours: Mon-Fri 9am-5pm

Katoby Consultants Pty Ltd

Phone: 0410 412 048

Address: 22 Bellbird Drive, West Pennant Hills 2125

Email: katoby@gmail.com

Kerr, Colleen Anne

Phone: 0403 903 822

Address: 20 Morrison Place, Pennant Hills 2120

Email: colleenk.optimalsp@gmail.com

Kisa Pty Ltd

Phone: 1300 557 453

Email: info@kisa.com.au

Lifeline H2H Op Shop

Phone: 02 9476 5876

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

Email: asquith.shop@lifelineh2h.org.au

Web: www.lifelineh2h.org.au

The shop offers a wide range of clothing, accessories and bric-a-brac. Off street parking adjacent to Coles.

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

Majesties Enterprise Pty Ltd

Phone: 0490 732 357

Address: 27 Paxton Crescent, Cherrybrook 2126

Email: louw.venter@bigpond.com

Makindu Music

Phone: 0435 016 704

Address: 24 Clement Close, Pennant Hills 2120

Email: makindumusic@gmail.com

Manton, Lisa

Phone: 0435 263 680

Address: 18 Cromerty Place, Glenhaven 2156

Email: lisamanton@y7mail.com

Mobility Engineering

Phone: 02 9482 4572

Address: Unit 4, 45 Salisbury Rd, Asquith 2077

Email: sales@mobilityengineering.com.au

Web: www.mobilityengineering.com.au

Design, develop and provide engineering certification of vehicle conversions for special needs vehicles, heavy vehicles and fit outs and imported vehicles. Also provides child restraints, harnesses, hoists and ramps, dual controls, hand controls, seating and a driver test station. Registered testing facility for vehicles. Amusement ride certification. NDIS provider of vehicle modifications, personal mobility equipment and other innovative supports.

Hours: Mon-Fri 8am-5pm

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

No Interest Loan Scheme (NILS)

Hornsby

Phone: 02 9477 5010 (ext. 7)

Address: 41 Jersey St, Hornsby 2077

Email: nilshornsby@vinnies.org.au

Web: https://www.vinnies.org.au

No Interest Loan Scheme is available to help low income earners purchase essential items such as fridges, washing machines, household furniture, medical equipment, school equipment.

Noah's Ark Toy Library (NATL) For Children With Special Needs Inc.

Phone: 02 9411 4429

Address: Thornleigh Hillcrest Uniting Church, 309 Pennant Hills Rd, Thornleigh 2120

Email: info@toys4specialneeds.org.au

Web: www.toys4specialneeds.org.au

Specialised toys and equipment borrowing service for young children with disabilities/special needs.

Hours: First and third Friday of the month 10am-12:30pm

Optimal Speech Pathology (Optimal SP)

Phone: 0403 903 822

Address: 20 Morrison Pl, Pennant Hills 2120

Email: info@optimalsp.com.au

Web: www.optimalsp.com.au

Speech Pathology Group Practice that includes neurological and disability services. Experience in oral hygiene, saliva control, using Augmentative and Alternative Communication (AAC) strategies and working with people with Dysphagia and Aphasia.

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS Provider.

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

Oztrace Pty Limited

Phone: 0450 803 360

Email:

sales@specialneedsresources.com.au

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd,
Dural 2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider

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

Printacall

Phone: 02 9481 9750

Address: A10/4 Central Ave, Thornleigh
2120

Email: sales@clearasound.com.au

Problem Management Engineering (PME)

Phone: 02 9482 2808

Address: 6 Kookaburra Rd, Hornsby
Heights 2077

Email: info@pmeautoconversions.com.au

Web: www.pmeautoconversions.com.au

Offering the latest and safest technologies in electronic mobility controls, hand-assisted driving controls, drive from your wheelchair, wheelchair accessible vehicles, lifting and transferring aids, wheelchair and scooter hoists and much more. Demonstrations and consultations available on all of our products.

PME is an NDIS provider and offer engineering certification on modified vehicles.

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

Problem Management Engineering Pty Ltd

Phone: 02 9482 2808

Address: 6 Kookaburra Road, Hornsby
Heights 2077

Email: info@pmeautoconversions.com.au

Quantum Reading Learning Vision

Phone: 1300 883 853, 02 9479 3100

Address: Head Office, 1/2 Pioneer
Avenue, Thornleigh 2120

Email: info@quantumrlv.com.au

Web: www.quantumrlv.com.au

Provides technology and support for people who are blind, vision impaired or with a learning disability. Products include hardware and software such as screen readers; book readers; electronic magnification units; portable note takers; tactile graphics makers and the Mountbatten Braille. Equipment demonstrations available in-store and in-home. Home delivery and trial options available.

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

Ramsay Health Plus

Phone: 02 9847 5000

Address: Lot 1, 66 Rosamond Street,
Hornsby 2077

Email: bolandt@ramsayhealth.com.au

Roland Priestley Pty Ltd

Phone: 02 9482 4893

Address: 26/12 Cecil Rd, Hornsby 2077

Email: rpmobility@gmail.com

Web: www.rolandpriestley.com.au

Suppliers of Mobility Scooters, 3 or 4 Wheel Rollators; Electric Power Wheelchairs; Recliner chairs; Electric boot hoist-car boot lift to lift things (scooter) out of boot. Wheelchair accessories and pressure care cushions. Manual Wheelchairs; Portable Wheelchair ramps; Threshold ramps; Standing frames and wheelchairs. We service our equipment within the Sydney Metropolitan Area. We ship items Australia wide.

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

Sal Consulting Pty Ltd

Address: Unit 12, 378-382 Pennant Hills Road, Pennant Hills 2120

Email: info@salconsulting.com.au

Salvation Army- Hornsby Gateway Corps

Phone: 02 9477 1133

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

Email:

lloyd.stanimirovic@aue.salvationarmy.org

Web: salvos.org.au/hornsbygateway/

The Church Office can provide assistance with food and other essential items. We can also help you connect to other services the Salvation Army provides, such as counselling, addiction-recovery services, and vouchers to assist with utility accounts. NILS -applications for No Interest Loans for certain items can be made through the NILS officer, by appointment.

The Family Store provides clothing and good quality budget items. Worship services on Sundays at 10am. Everyone invited. Various activities for men, women and children are also conducted on weekdays. Volunteers can work in Family Store and Drivers and Lifters appreciated for Donation Pick-Ups.

Hours: Store: 9am-3pm Mon-Fri & Sat
9.30am-12.30pm

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

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

To run and maintain the Pennant Hills Opportunity Shop Outlet

Hours: Mon-Fri 9am-4pm; Sat 9am-12pm

Special Education Consultancy Services

Phone: 0498 222 168

Address: 68 Burns Road, Wahroonga 2076

Email: georgina.reynhout@gmail.com

Statina Healthcare Australia Pty Ltd

Phone: 1300 365 404

Address: Unit 3, 30 Leighton Pl, Hornsby 2077

Email: sales@statina.com.au

Web: www.statina.com.au

Statina Health Care Australia offers a large range of personal care equipment for Aged Care, hospital, rehab and postsurgical.

Aged Care Equipment such as Assistive Clothing, Bariatric Equipment, Continence Care, Falls Prevention, Fire & Evacuation, Infection Control, Living Aids, Manual Handling, WHS Products, Pressure Care & Skin Protection, Wound Care. Hospital Equipment - Theatre Supplies, Curtains. Rehab - Braces, Bandages, Tapes & Slings, Living Aids, Fire & Evacuation, Pressure Care, Falls Prevention, Infection Control, Physio Aids, Hotteeze. Post-Surgical - Post Mastectomy, Compression Garments, Abdominal Binders, Wound Care. NDIS Registered Provider

Hours: Mon-Fri 9am-5pm

Stay Tuned Hearing Pty Ltd

Phone: 0401 354 858

Email: staytunedhearing@gmail.com

Stewart, Andrew Francis

Phone: 02 9871 7161

Email: dfarep@gmail.com

Stuck For Words?

Phone: 0401 968 742

Address: Lot 25, 6 Parkland Place, Thornleigh 2120

Email: michelle.st4wds@gmail.com

Torrens,alexandra

Phone: 02 9987 4777

Address: Shop 2, 110 Galston Rd, Hornsby Heights 2077

Email:

hornsbyheightspharmacy@gmail.com

Vikora Australia Pty Ltd NSW

Phone: 02 9487 7630

Address: 26 Campbell Dr, Wahroonga 2076

Email: vikora@geko.net.au

Barton Carey custom made venous pressure gradient garments and Burns Supports, and Vikora Pressure Gloves. Medical compression full finger gloves for a variety of circumstances. They are made from nylon and Lycra and the fabric flexibility allows a good range of motion.

Hours: Mon-Fri 9am-5pm

Whiteley Allcare

Phone: 1300 303 755

Address: Unit 4, 37 Leighton Pl, Hornsby 2077

Email: sales@whiteleyhealthcare.com.au

Web: www.whiteleyhealthcare.com.au

Physiotherapy, Chiropractic, Podiatry, Orthopaedic Braces, sports medicine, allied health supplies, TEN's Units and incontinence stimulator's for Healthcare Professionals. If you are not a Healthcare Professional, you can view and purchase products from www.myphysioshop.com.au.

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

Youritfix Tech Support

Phone: 0412 138 533

Email: nishat.shah@youritfix.com.au

Financial Support and Low Cost Goods and Services

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

CatholicCare Diocese of Broken Bay - Northern Region

Phone: 02 9488 2400

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

Email: wfc@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

CatholicCare Broken Bay is a non-Government welfare organisation under the auspice of the Catholic Diocese of Broken Bay and receives subsidies from Federal and State Governments with eligibility criteria as set by funding bodies. Services include Family Support, Supported Housing & Advocacy, Homelessness, Domestic Violence Court Support Scheme, #1minutesilence4violence, Counselling, Youth Services, Family Dispute Resolution/Mediation, Child Care Services including Before & After School Care, Vacation Care, Family Day care, In-Home Care and Early Learning centre, Disability Services, Foster Care and Out of Home Care program for young people and Relationship & Marriage Education.

Hours: Mon-Fri 9am-5pm

Family Advocacy

Phone: 02 9869 0866 (voice/tty)

Address: Suite 704, 88-90 George St, Hornsby 2077

Email:

communications@family-advocacy.com

Web: www.family-advocacy.com

Family Advocacy is an independent and impartial advocacy organisation that works with families across NSW to promote and defend the rights and interests of people who have a developmental disability. It provides advocacy and leadership development opportunities for families who wish to speak up for the rights and needs of their family member with a disability, workshop and information sessions, telephone support and advice, inspiration through resources, systemic advocacy.

Hours: Office Mon-Fri 9am-5pm

**Family and Community Services -
Community Services Pennant Hills**

Phone: 02 9875 0800

Address: level 7, 423 Pennant Hills Rd,
Pennant Hills 2120

Web: www.facs.nsw.gov.au

Works to promote the safety and well-being of children and young people and to build stronger families and communities.

Assists children, young people and families across a continuum of care with a focus on child protection. Works to protect children and young people from risk of harm and to provide care for children and young people who are not able to live with their families. DoCS core activities are to help protect and care for children and young people and support their families, to provide and fund accommodation and support services for children and young people who need to live away from their families, to regulate child care by licensing and monitoring compliance, to fund and regulate adoption services, to fund support services to assist people who are homeless or at risk of homelessness, to help people separated from their families to trace their records and to co-ordinate services to meet the basic welfare and recovery needs of people affected by natural and other disasters.

Hours: Mon-Fri 9am-5pm (24 hours Child Protection)

**Family Drug Support Group for Friends
and Family**

Phone: 0457 260 079

Meets at: Hornsby Uniting Church, cnr
Frederick and William Sts, Hornsby 2077

Email: raewyn@fds.ngo.org.au

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: 2nd Monday of each month from
6-8pm (not for under 15s)

**Federal Department of Human Services,
Centrelink**

Phone: 13 62 40

Address: 135-137 Pacific Hwy, Hornsby
2077

Web: www.humanservices.gov.au

The Department of Human Services provides income support and related services to people at different stages of their lives through the Medicare, Centrelink and Child Support Programs. Visit humanservices.gov.au for more information about payments and services or call Employment Services 132 850, Youth and Students 132 490, Families and Parents 136 150, Disabilities and Carers 132 717, Older Australians 132 300 and Languages other than English 131 202 to start a claim or access information.

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

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 RSL Computer Club

Phone: 02 9482 4294

Meets at: Board Room, Hornsby R.S.L., 4 High St, Hornsby 2077

Email: markle@iinet.net.au

Web: sites.google.com/site/hrslcc/

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.

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

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

Phone: 02 9847 6503

Email: homemod@hornsby.nsw.gov.au

Web: www.hornsby.nsw.gov.au

Hornsby/Ku-ring-gai Home Modification and Maintenance Service support 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 grab rails, stair rails, hand held showers, nonslip surfaces and ramps. Minor maintenance works undertaken include carpentry, plumbing, drainage and minor paving.

Hours: 9.00 am -4:00pm

KNC Pennant Hills

Phone: 02 9988 4966

Address: 4 Ramsay Rd, Pennant Hills 2120

Email: info@knc.org.au

Web: 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.

Hours: Mon - Fri 9:30am - 2:30pm

Lifeline H2H Op Shop

Phone: 02 9476 5876

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

Email: asquith.shop@lifelineh2h.org.au

Web: www.lifelineh2h.org.au

The shop offers a wide range of clothing, accessories and bric-a-brac. Off street parking adjacent to Coles.

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

Mission Australia

Phone: 02 9480 2501

Address: Ground floor, 1 Coronation St, Hornsby 2077

Email:

northernsydneyservices@missionaustralia.com.au

Web: www.missionaustralia.com.au

Mission Australia delivers services for: People who are experiencing or at risk of homelessness for young people, adults, families. We offer information, advocacy, case management, counselling and support; Adults with alcohol and other drug use to assist them to stay connected to services and connect with family, education and training; Families with children aged 0-8. We have parenting programs and supported playgroups.

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

No Interest Loan Scheme (NILS)

Hornsby

Phone: 02 9477 5010 (ext. 7)

Address: 41 Jersey St, Hornsby 2077

Email: nilshornsby@vinnies.org.au

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

No Interest Loan Scheme is available to help low income earners purchase essential items such as fridges, washing machines, household furniture, medical equipment, school equipment.

Salvation Army- Hornsby Gateway Corps

Phone: 02 9477 1133

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

Email:

lloyd.stanimirovic@ae.salvationarmy.org

Web: salvos.org.au/hornsbygateway/

The Church Office can provide assistance with food and other essential items. We can also help you connect to other services the Salvation Army provides, such as counselling, addiction-recovery services, and vouchers to assist with utility accounts. NILS -applications for No Interest Loans for certain items can be made through the NILS officer, by appointment. The Family Store provides clothing and good quality budget items. Worship services on Sundays at 10am. Everyone invited. Various activities for men, women and children are also conducted on weekdays. Volunteers can work in Family Store and Drivers and Lifters appreciated for Donation Pick-Ups.

Hours: Store: 9am-3pm Mon-Fri & Sat
9.30am-12.30pm

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

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

To run and maintain the Pennant Hills Opportunity Shop Outlet

Hours: Mon-Fri 9am-4pm; Sat 9am-12pm

Sovereign Grace Church

Phone: 02 9980 1841

Address: Fox Valley Community Centre, Fox Valley Rd, Wahroonga 2076

Email: info@sovgrace.org.au

A church passionate about knowing, applying & proclaiming the glorious gospel of Jesus Christ. From our Thornleigh office we also offer the following free services upon request: Social Work Support by an experienced qualified Social Worker; Biblical Counselling by trained and accredited Biblical Counsellors; Practical support for People in need and Community Support. Referrals for these Services can be made directly to Christina Williams on 02 9980 1841. Our services are delivered non-judgementally and we welcome people from all backgrounds and orientations.

Hours: Sundays 10:30am

Warrah Farm

Phone: 02 9651 3869 (Farm Shop); 02 9651 2411 (Office)

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

Warrah supports adults and children with intellectual disabilities and operates a bio-dynamic farm. Warrah offers services based on Rudolf Steiner Curative Education and Social Therapy. Warrah Farm enables individuals with intellectual disabilities to have the experience of growing produce and learning small scale bio-dynamic farming techniques. The farm is used as a teaching centre by Sydney Rudolf Steiner College. The Warrah Farm Shop provides bio-dynamic and organically grown vegetables, fruit, dairy, meat and health foods. Shop hours are Mon-Fri 9am-5pm and Saturdays 9am-3pm.

Hours: Mon-Fri 9am-5pm; Saturdays 9am-3pm

Health and Wellbeing

Active Ability

Phone: 0422 025 012, 02 8678 7874

Email: hello@activeability.com.au

Web: www.activeability.com.au

Provides mobile dietetic and exercise physiology services for people with disabilities, enabling them to manage their health conditions and achieve their health goals.

Hours: Mon-Sat 8am-5pm

Active Ability - Exercise for Adults with Disability

Phone: 02 8678 7874

Meets at: Meets at Aquatic and Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Active Ability provides safe and fun physical activity for children and adults in the comfort of their own home. Exercise Physiologists help people to achieve their individual well-being goals, improve their physical health, prevent chronic disease as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. NDIS Provider.

Hours: Mon-Fri, 9am-5pm. Class 5.30pm during school term

Al-Anon & Alateen Family Groups - Hornsby

Phone: 02 9570 3400, 1300 252 666 (1300 ALANON)

Address: Hornsby Ku-ring-gai Hospital, Palmerston Rd, Hornsby 2077

Email: alanonnorthernns@bigpond.com

Web: al-anon.org.au

Self-support groups for family and friends of alcoholics. Hornsby Al-Anon Family Group meets 5:30pm-7pm Sundays in Hornsby Hospital, Education Dept. - up the hall from the switch in main entrance and then upstairs. No age limits. Hornsby Alateen also meets Sundays 5.30-6.30 in room 4, Education section, Hornsby Hospital (same venue as AlAnon meeting) for young and older teenagers whose lives have been affected by a family member's problem drinking. 2 Alanon sponsors are always present for the Alateen group.

Archer Podiatry

Phone: 02 9476 2125

Address: Suite 1, Level 2, 32 Florence St, Hornsby 2077

Email: archerpo@gmail.com

Web: www.archerpodiatry.com.au

Archer Podiatry is a Podiatry practice that specialises in general Podiatry needs such as, Corns & Calluses, Ingrown Toenails, Warts, Thickened and Distorted Nails/ Fungal Nails and Footwear. Archer Podiatry can assist with Musculo - Skeletal issues and Orthotic Devices. Archer Podiatry can also assist adults and children with cerebral palsy.

Hours: Mon, Tue, Thu, Fri 8:30am-5pm

Australian Asian Cultural Association Inc.

Phone: 0488 884 372

Meets at: 703/90 George St, Hornsby 2077

Email: info@aacansw.org.au

Web: 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.

Australian Breastfeeding Association - ACT NSW Branch Office

Phone: 02 9634 3915, 1800 686 268 (24hr Help line)

Address: Glenhaven Community Centre, 76 Glenhaven Rd, Glenhaven 2156

Email: actnswoffice@breastfeeding.asn.au

Web: www.breastfeeding.asn.au

Voluntary organisation that advocates the benefits of breastfeeding. Provides information, telephone counselling and referral to local support groups. Also has a library.

Hours: Tue-Thu 9am-2:30pm (Office), closed during school holidays. 24 hours (Counselling)

Australian Hearing

Phone: 02 9482 0800

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

Email: hornsbyadmin@hearing.com.au

Web: www.hearing.com.au

Australian Hearing is one of the largest hearing service providers in the world with a reputation for innovation and world-leading practices. An Australian Government agency, Australian Hearing is dedicated to helping people manage their hearing impairment so they have a better quality of life. We provide a full range of hearing services for children and young people up to the age of 26 and eligible adults. Eligible Adults include: •Pensioner Concession Card holders •Department of Veterans' Affairs Gold Repatriation Health Card holders •Department of Veterans' Affairs White Repatriation Health Card holders specifying hearing loss •Recipients of a sickness allowance from Centrelink. Contact the HC to discuss eligibility and to make an appointment

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

Australian Institute of Learning & Cognitive Development (AILCD)

International P/L

Phone: 02 9477 2211

Address: Suite 3, 95 Hunter St, Hornsby 2077

Email: info@ailcd.com.au

Web: www.ailcd.com.au

Provides assessment and suggested therapies for people with literacy and learning difficulties, including people who may have dyslexia.

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

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

Phone: 02 9487 1799

Address: 1-7 Frith Ave, Normanhurst 2076

Email: bbgardens@uniting.org

Web:

uniting.org/services/services/uniting-aged-care-home/uniting-bowden-brae-gardens

To provide aged care accommodation.

Dementia specific. Includes Self Care Units, Nursing Home, Membership Numbers: 500 (including Board, Staff & Volunteers)

Bowden Brae Retirement Village

Phone: 02 9489 1865

Address: 9-17 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

Breakthru

Phone: 1800 767 212

Address: Suite 202, Level 2, 20 George St, Hornsby 2077

Email: Hello@breakthru.org.au

Web: www.breakthru.org.au

This national not-for-profit organisation provides programs to address with intensive mental health illness, disability or physical health issue, long-term unemployment, unmet education goals or homelessness. Customer choice, voice and control and inclusion are ensured through individualised services and person-centred principles. There are dedicated and culturally considered programs for Aboriginal and Torres Strait Islander peoples, refugee and migrant populations and other culturally and linguistically diverse groups. Services include (but not limited to): Disability Employment Services (psychiatric contract); Support Coordination, Vocational Services & School Leavers Employment Services (NDIS funded). Programs exist in New South Wales, Victoria and Queensland.

Hours: Mon-Fri 8:45am-5pm

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, Seniors Companion Club Games Bingo, 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

Building Blocks Occupational Therapy

Phone: 02 9482 3082

Address: Suite 613, Level 6, Avanti Building, 1C Burdett St, Hornsby 2077

Email: admin@bbot.com.au

Web: www.bbot.com.au

Occupational therapy practice specialising in children and families. An assessment will take between one and one and a half hours and involve a combination of both standardised, norm-referenced assessments and clinical observations suitable for your child's age. A parent questionnaire and preschool/school questionnaire are also a part of our comprehensive service.. Independence in daily activities requires many skills that are like building blocks. We see children experiencing difficulties with fine and gross motor skills, handwriting, school readiness, social skills, sensory processing, cognitive skills, ASD, self-care and more. Our OTs typically use the occupation of play as a tool for strengthening the many building block skills. An assessment will take approximately one hour.

Hours: Mon-Fri 8am-5pm, Sat 8am-2pm

Burn Bright

Phone: 02 8070 9217

Address: 3/2A Pioneer Ave, Thornleigh 2120

Email: info@burnbright.org.au

Web: www.burnbright.org.au/

Burn Bright encourage, challenge and develop students through tailored experiential leadership, wellbeing programs and national camps. Working with Year 5 - 12 students in collaboration, in a fun and inclusive team culture.

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

CatholicCare Diocese of Broken Bay

Phone: 02 9481 2600

Address: Caroline Chisholm Centre, Level 7, Bldg. 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email: info@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

We are the social care agency of the Catholic Church in the Diocese of Broken Bay. We provide services to 25,000+ children, young people, individuals and families on the NSW Central Coast, Northern Sydney and Northern Beaches, and have been doing so since 1987. We offer Children's Services (long day care, preschools, family day care, before and after school care, vacation care), Disability & NDIS Support Services, Foster Care Services, Family Centre Services including family and youth supports, mediation, counselling, parenting and relationship education, domestic and family violence support, men and family relationships programs, supported playgroups and more.

Hours: Mon-Fri 9am-5pm

CatholicCare Diocese of Broken Bay - Northern Region

Phone: 02 9488 2400

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

Email: wfc@catholiccaredbb.org.au

Web: www.catholiccaredbb.org.au

CatholicCare Broken Bay is a non-Government welfare organisation under the auspice of the Catholic Diocese of Broken Bay and receives subsidies from Federal and State Governments with eligibility criteria as set by funding bodies. Services include Family Support, Supported Housing & Advocacy, Homelessness, Domestic Violence Court Support Scheme, #1minutesilence4violence, Counselling, Youth Services, Family Dispute Resolution/Mediation, Child Care Services including Before & After School Care, Vacation Care, Family Day care, In-Home Care and Early Learning centre, Disability Services, Foster Care and Out of Home Care program for young people and Relationship & Marriage Education.

Hours: Mon-Fri 9am-5pm

CJD Support Group Network

Phone: 1800 052 466

Email: contactus@cjdsupport.org.au

Web: www.cjdsupport.org.au

Information and self-help support group for recipients of Human Pituitary Hormones - HGH for short stature, HPG for infertility - who are now at increased risk of contracting degenerative Creutzfeldt-Jakob Disease (CJD). Assists all families in Australia affected by CJD by providing support for people with a genetic predisposition to CJD, and information and support to families who are caring for or coming to terms with the loss of a loved one to CJD.

Hours: Anytime

Coeliac Australia

Phone: 1300 458 836, 02 9487 5088

Address: Suite 1, 41-45 Pacific Hwy, Waitara 2077

Email: info@coeliac.org.au

Web: www.coeliac.org.au

Coeliac Australia is the national registered charity supporting Australians with coeliac disease and associated conditions requiring a gluten free diet. Provide membership and a range of support and information services to enhance the lives of people with coeliac disease; raise vital funds for research; create awareness of coeliac disease and the gluten free diet within the medical profession, food services industry and the broader community.

Hours: Mon-Fri 9am-5pm

Community Connections Hot Desk

Phone: 02 9847 6614

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

Web: 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 at the Community Connections Hot Desk. New topics advertised on webpage:

www.hornsby.nsw.gov.au/library

Hours: Thurs 2-4 pm

Directory of Aboriginal Services in the Northern Sydney Region 2013

Phone: 02 9847 6611

Email:

communitydevelopment@hornsby.nsw.gov.au

Web:

https://www.hornsby.nsw.gov.au/__data/assets/pdf_file/0020/136712/NS-Aboriginal-Services-Directory-082013-sm.pdf

A Directory of services and networks for Aboriginal and Torres Strait Islander people. The directory, updated by Hornsby Council, is 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 and is endorsed by the Metropolitan Local Aboriginal Land Council. The Directory received funding from DOCS.

Disability Services at Northern Institute of TAFE

Phone: 131 674

Email: nsi.study@tafensw.edu.au

Web:

www.nsi.tafensw.edu.au/Services/DisabilityServices.aspx

Disability teachers / consultants at different campuses support students with disabilities attending TAFE by providing information and organising reasonable adjustments such as physical access in suitable environments.

Hours: Mon-Fri 9am-5pm

Dr Esther Kok - General Practitioner

Phone: 02 9487 9111

Address: Fox Valley Medical and Dental Centre, 185 Fox Valley Rd, Wahroonga 2076

Web: www.sah.org.au/fvmc-doctors
General Practitioner, whose practice includes children and adults with Cerebral Palsy.

Hours: Mon 8am-6pm, Tue-Wed 8am-5:45pm

Dr Steven Wine, Ophthalmologist

Phone: 02 9477 1109

Address: Suite 6, Level 1, 32 Florence St, Hornsby 2077

Email: drw@eye.com.au

Web: www.eye.com.au

Ophthalmologist, whose practice includes children and adults with cerebral palsy.

Dynamic Motion Physiotherapy Asquith

Phone: 02 9477 1997

Address: 385 Pacific Hwy (parking at rear), Asquith 2077

Email: info@dmpphysio.com.au

Web: www.dmpphysio.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

Dynamic Motion Physiotherapy Galston

Phone: 02 9653 3123

Address: 6/362 Galston Rd, Galston 2159

Email: dmp.galston@gmail.com

Web: www.dmpphysio.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

Elouera Gardens, Cherrybrook Christian Care Centre

Phone: 1300 130 252

Address: Elouera Gardens, 1-3 Kitchener Rd, Cherrybrook 2126

Email: villages@cbcs.com.au

Web: 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).

**Family and Community Services -
Community Services Pennant Hills**

Phone: 02 9875 0800

Address: level 7, 423 Pennant Hills Rd,
Pennant Hills 2120

Web: www.facs.nsw.gov.au

Works to promote the safety and well-being of children and young people and to build stronger families and communities. Assists children, young people and families across a continuum of care with a focus on child protection. Works to protect children and young people from risk of harm and to provide care for children and young people who are not able to live

with their families. DoCS core activities are to help protect and care for children and young people and support their families, to provide and fund accommodation and support services for children and young people who need to live away from their families, to regulate child care by licensing and monitoring compliance, to fund and regulate adoption services, to fund support services to assist people who are homeless or at risk of homelessness, to help people separated from their families to trace their records and to co-ordinate services to meet the basic welfare and recovery needs of people affected by natural and other disasters.

Hours: Mon-Fri 9am-5pm (24 hours Child Protection)

**Family Drug Support Group for Friends
and Family**

Phone: 0457 260 079

Meets at: Hornsby Uniting Church, cnr
Frederick and William Sts, Hornsby 2077

Email: raewyn@fds.ngo.org.au

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: 2nd Monday of each month from
6-8pm (not for under 15s)

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

Web: 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, e.g. 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.

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

Hatha Yoga, Therapies & Fitness - Brooklyn

Phone: 0414 240 342

Meets at: 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. Yoga Therapy, specialising in: Yoga and Breast Cancer; Yoga and Motor control, especially Stroke Recovery, Wheel Chair/Chair Yoga (FREE Community Service), Multiple Sclerosis, Parkinson's Disease, Thomsens Disease, Fibromyalgia, Depression; Yoga for Golfers, runners 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; 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 funds.

Hours: Brooklyn: Mon

Beginners/Intermediate 6:30pm-8pm; Wed

Advanced 6:30pm-8pm; Sat General

7:30am-9am. Dangar Island: Wed

10.25-11.55am.

Hills Christian Caring & Counselling Centre Inc.

Phone: 02 9980 1930

Address: 3/340 Pennant Hills Rd, Pennant Hills 2120

Email: counselling@3ccentre.org.au

Web: www.3ccentre.org.au

Promote holistic growth and development for families based on Christian philosophy. To strengthen and support families with special needs. To provide counselling service to Chinese community

Hours: Mon-Fri 9am-5pm

Hornsby Achievers Toastmasters

Phone: 0409 605 055

Address: Hornsby RSL Club, 4 High St, Hornsby 2077

Email: dkstoastie@gmail.com

A Toastmasters Club with a difference.

We cater for everyone, including those with mental health issues and disabilities.

Meetings are held on the second and fourth Mondays of each month from 10:15am-12noon starting in January 2018.

Hornsby Drug, Alcohol & Gambling Service

Phone: 02 9477 9567

Address: Building 51, Hornsby Hospital, Lowe Rd, Hornsby 2077

Email:

aodcommunityprograms@nscchhs.health.nsw.gov.au

Web:

www.nslhd.health.nsw.gov.au/Services/Directory/Pages/DrugAlcoholHornsby.aspx

Drug Alcohol and Gambling Service is a free service provided through the Hornsby/Ku-ring-gai LGA. The unit provides services such as assessment, counselling and education for individuals and their families seeking support for drug, alcohol and gambling related problems.

Hours: 8.30am - 5pm Mon to Fri. Some 5pm appointments are available. The latest initial appointments are sometimes available at 4:30pm.

Hornsby Hydrotherapy Classes

Phone: 0410 711 177

Meets at: Hornsby Aquatic & Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Web: www.activeability.com.au

Active Ability provides a safe and fun Hydrotherapy session for adults with intellectual disability 16-35 years old needing low-medium support in a group setting in Hornsby. Exercise aims to achieve individual goals, improve physical health, prevent chronic disease (related to sedentary lifestyles) as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. One hour session on Monday evening.

Hours: Mon 5:30-6:30pm

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.

Hours: 24 hours

Hornsby Kuringai Association Support Group

Address: Meet in Cottage in Wahroonga Park, Cnr Illoura Ave & Stuart St, Wahroonga 2076

Email: hkasgroup16@gmail.com

Voluntary organisation working with the Northern Area Health Service to increase the range and quality of services and support for people with chronic mental illness and their family members. Members meet regularly at 7:30pm at the Cottage. Regular monthly Newsletter.

Hours: As available

Hornsby Shire Council Community Services Branch

Phone: 02 9847 6050

Address: 28-44 George St, Hornsby 2077

Email: commserv@hornsby.nsw.gov.au

Web: 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 Library & Information Service-Home Library Service

Phone: 02 9847 6806

Email: homelibrary@hornsby.nsw.gov.au

Web: 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

Inala

Phone: 02 9680 1000

Address: Cnr Castle Hill and Franklin Rds, Cherrybrook 2126

Email: reception@inala.org.au

Web: www.inala.org.au

A Rudolf Steiner inspired organisation supporting individuals living with disability through Individualised and Flexible Accommodation, Day and Community Support in Sydney's East and North West.

Hours: Residential- 24 hrs, Day Services Mon-Fri 9am- 3.30pm, Yurunga Mon-Fri 8am-3pm

Inclusive Music Workshops

Phone: 0435 106 704

Address: Pennant Hills Community Centre, Small Hall, cnr Ramsay Rd and Yarrara Rd, Pennant Hills 2120

Email: makindumusic@gmail.com

Join us for our unique Inclusive Music Workshops for people of all abilities! Using music and sound to uplift people and promote social inclusion in the community. Everyone is welcome to participate - including those with any kind of physical or intellectual disability, wheelchair users and the socially isolated. Specialised adaptive musical instruments are provided, allowing anyone to join in creating beautiful sound. \$10/15 per session. Registered NDIS provider. Volunteers welcome.

Hours: Thursdays 10:30am-11:30am (except School Holidays)

Judy Cameron House Beecroft

Phone: 02 9869 0505

Address: 146 Beecroft Rd, Beecroft 2119

Email: beecroft@anglicare.org.au

Web: www.anglicare.org.au

77 bed aged care accommodation of high-level residential care. Single, double and deluxe single options available. Dementia, respite and palliative care options are available.

Hours: Mon-Fri 8am - 6:30pm (office)

Just Better Care Hills to Hornsby

Phone: 02 9484 8788

Email: mailhd@justbettercare.com

Web: 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 - Berowra

Phone: 02 9988 4966

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

Email: danimoulson@hotmail.com

Web: 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 9653 2235

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

Email: admingalston@knc.org.au

Web: 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.

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

Lady of Grace Nursing Home

Phone: 02 9634 1354

Address: 454 Old Northern Rd, Dural 2158

Email: logdon@bigpond.net.au

Web: 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)

Lifestart Northern Sydney - Pennant Hills

Phone: 1800 953 390

Address: 4 Ramsay Rd, Pennant Hills 2120

Email: engagementteam@lifestart.org.au

Web: www.lifestart.org.au

Lifestart supports children and young people aged 0-24 years living with disability or developmental delay and their families and carers. Staff build inclusive communities from regional offices in metropolitan Sydney and Illawarra/Shoalhaven. As a registered NDIS provider, Lifestart offers: early childhood intervention supports; therapy and multidisciplinary team supports by occupational therapists, speech therapists, physiotherapists, psychologists, social workers and special educators; behaviour support and assessment; group therapy; and inclusion facilitators for young people at key life stages and transition points. Lifestart offers Support Coordination for people aged 0-65 years. Staff also provides support and training for parents and carers, and capacity building for community groups, schools and early childhood education and care services to support inclusive practice. Some Lifestart sites offer Open Play - an inclusive play environment for children of all abilities.
Hours: Mon-Fri 8am-6pm

Lymphedema Support Group of NSW

Web: www.lymphoedemasupport.com

Provides support, education and information for people living with or affected by Lymphedema or at risk of developing it. Contact can only be made through email or the website. Group meetings are held Bi-monthly or monthly depending on which group.

McQuoin Park Residential Aged Care

Phone: 02 8445 2800

Address: McQuoin Park, 28 McAuley Place, Waitara 2077

Web: www.catholicehealthcare.com.au
Providing Aged Care and Therapy. 33 Hostel Rooms; 22 Nursing Centre Rooms, Wellness Centre Day therapy centre.

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

Mind Body Teeth

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

Mind Body Teeth provide special needs dentistry for 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, aged care and dementia concerns.

Mission Australia

Phone: 02 9480 2501

Address: Ground floor, 1 Coronation St, Hornsby 2077

Email:

northernsydneyservices@missionaustralia.com.au

Web: www.missionaustralia.com.au

Mission Australia delivers services for: People who are experiencing or at risk of homelessness for young people, adults, families. We offer information, advocacy, case management, counselling and support; Adults with alcohol and other drug use to assist them to stay connected to services and connect with family, education and training; Families with children aged 0-8. We have parenting programs and supported playgroups.

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

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions.

Approximately 119 beds. The hospital has

a specialist back program and

Physiotherapy Outpatients Department.

Heartstarters exercise program, Get

Fit/Stay Fit; exercise program, off road

driver assessments, rehabilitation programs

including lymphedema, back programs,

orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients:

Mon-Sat 7am-8pm

Musical Between - Inclusive Music Centre

Phone: 0421 744 090

Address: Unit 2/370 Pennant Hills rd.

(entry from Fisher Ave.), Pennant Hills 2120

Email: mbetween@gmail.com

Web: www.musicalbetween.com

Musical Between offers music therapy sessions, music lessons and community activities, regardless of disability, illness, age, and/or cultural differences. Music is a natural medium that can enhance self-expression, improve communication and strengthen bonds between people. We aim to improve individuals' well-being and to connect individuals with their community.

Hours: Mon-Sat 9am-7pm

Neringah Hospital

Phone: 02 9488 2200

Address: 4-12 Neringah Av South,

Wahroonga 2076

Web:

www.hammond.com.au/locations/wahroonga-neringah-hospital

Neringah Hospital is a 19 bed hospital

providing an integrated inpatient service

and a comprehensive community palliative

care service to residents in the surrounding

Hornsby and Ku-ring-gai areas. A

multidisciplinary team approach to palliative

care enables services to comprehensively

explore all treatment options and

significantly provide better outcomes for

patients. The palliative care teams include;

palliative medicine specialists, nurses,

physiotherapists, occupational therapists,

social workers, activities officer, speech

pathologists, dieticians, pastoral care

workers and volunteers. An Inpatient unit

provides short term acute care to patients

managing a life limiting illness and is not a

long stay facility. Community palliative care

service supports patients in managing life

limiting illnesses in the home environment.

This service is not an emergency service.

Palliative Care Clinic is provided for

patients who are able to attend the hospital

for appointments with Palliative Care staff

specialists. A referral from your GP or

treating specialist is required for access to

the Palliative Care Clinic.

Northern Sydney Home Nursing Service - Hornsby

Phone: 1300 732 503

Provision of nursing care in the home -

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

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

Optimal Speech Pathology (Optimal SP)

Phone: 0403 903 822

Address: 20 Morrison Pl, Pennant Hills 2120

Email: info@optimalsp.com.au

Web: www.optimalsp.com.au

Speech Pathology Group Practice that includes neurological and disability services. Experience in oral hygiene, saliva control, using Augmentative and Alternative Communication (AAC) strategies and working with people with Dysphagia and Aphasia.

Optimum Health Solutions

Phone: 02 8599 9088

Address: 17 Sefton Rd, Thornleigh 2120

Email: matthew@opt.net.au

Web: www.opt.net.au

Allied Health Treatment and Rehab Centre providing Physiotherapy, Exercise Physiology, Dietitian, Occupational Therapy, Speech Pathology and Podiatry. NDIS provider.

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

Pennant Hills Age Care Facility

Phone: 02 9875 4811

Address: 2a The Crescent, Pennant Hills 2120

Email: pennanthillsacf2@yahoo.com.au

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)

Pennant Hills Neighbour Aid

Phone: 02 9988 4966

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

Email: info@knc.org.au

Web: 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 Hillmont Ave, Thornleigh 2120

Email: jarmstrong@pcnsw.org.au

Web: www.presac.org.au

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 2, 1 Central Av, Thornleigh 2120

Email: enquiries@pccs.org.au

Web: www.pccs.org.au

The Primary & Community Care Services Ltd. (PCCS) provides nursing, occupational therapy, social work and psychological support services in the community. PCCS provides help to people living with long-term health conditions and mental illness, who have complex needs. PCCS provides care coordination, linking and support services for people who live in the Northern Sydney region (which includes the local government areas of Hornsby, Ku-ring-gai, Ryde and Hunters Hill).

Regis Hornsby

Phone: 02 9476 3499

Address: 245-247 Peats Ferry Rd, Hornsby 2077

Email: hornsby@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 en-suite. High and low care.

Hours: 9am-5pm (Office)

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

Salvation Army- Hornsby Gateway Corps

Phone: 02 9477 1133

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

Email:

lloyd.stanimirovic@aue.salvationarmy.org

Web: salvos.org.au/hornsbygateway/

The Church Office can provide assistance with food and other essential items. We can also help you connect to other services the Salvation Army provides, such as counselling, addiction-recovery services, and vouchers to assist with utility accounts. NILS -applications for No Interest Loans for certain items can be made through the NILS officer, by appointment. The Family Store provides clothing and good quality budget items. Worship services on Sundays at 10am. Everyone invited. Various activities for men, women and children are also conducted on weekdays. Volunteers can work in Family Store and Drivers and Lifters appreciated for Donation Pick-Ups.

Hours: Store: 9am-3pm Mon-Fri & Sat
9.30am-12.30pm

Specialist Mental Health Services for Older People

Phone: 02 9477 9520

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

Provides assistance with older clients over 65 with mental health problems who require assessment and treatment. The service operates a community outreach service committed to promoting and maintaining the mental health of older persons, or adults with significant "aged related" issues. The service visits clients at home and in aged care facilities and provides crisis intervention, case management, and education, consultation and support.

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

Statina Healthcare Australia Pty Ltd

Phone: 1300 365 404

Address: Unit 3, 30 Leighton Pl, Hornsby 2077

Email: sales@statina.com.au

Web: www.statina.com.au

Statina Health Care Australia offers a large range of personal care equipment for Aged Care, hospital, rehab and postsurgical. Aged Care Equipment such as Assistive Clothing, Bariatric Equipment, Continence Care, Falls Prevention, Fire & Evacuation, Infection Control, Living Aids, Manual Handling, WHS Products, Pressure Care & Skin Protection, Wound Care. Hospital Equipment - Theatre Supplies, Curtains. Rehab - Braces, Bandages, Tapes & Slings, Living Aids, Fire & Evacuation, Pressure Care, Falls Prevention, Infection Control, Physio Aids, Hotteeze. Post Surgical - Post Mastectomy, Compression Garments, Abdominal Binders, Wound Care. NDIS Registered Provider

Hours: Mon-Fri 9am-5pm

Stroke Recovery Club - Hornsby

Ku-ring-gai

Phone: 02 9807 6422

Address: Pennant Hills Community Health & Resource Centre, 5 Fisher Ave, Pennant Hills 2120

Email: info@strokensw.org.au

Web: www.strokensw.org.au

Friday mornings.

Hours: 10am-12pm

Talk Play Grow

Phone: 02 9653 9955

Address: Round Corner Plaza, 8/524 Old Northern Rd, Dural 2158

Email: info@talkplaygrow.com.au

Web: www.talkplaygrow.com.au

Provides speech pathology services for children from birth to 18 years in the clinic, at home, in preschools and schools. Advice and assessment, speech and language therapy, feeding therapy, group therapy programs, Hanen programs. Therapists' special interests include hearing impairment, paediatric feeding, stuttering, Autism Spectrum Disorder, early language and school age language. Registered NDIS. Helping Children with Autism and Better Start provider.

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

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 en-suite and 24 hour quality care, 7 days a week. For permanent residence. Tallwoods Corner is also a lovely environment for respite and palliative care.

UPA Sydney North Region

Phone: 02 9487 1337

Address: 1614 Pacific Hwy, Wahroonga 2076

Email: sydney.north@upa.org.au

Web: www.upa.org.au

UPA offers a wide range of accommodation options throughout its Districts and Regions including residential care, retirement villages, nursing homes, home care services, serviced units. SYDNEY NORTH REGION - Thomas & Rosetta Agst Aged Care Service incorporating Nursing Home, Hostel and Dementia Hostel on Level 3 1614 Pacific Highway, Wahroonga. Ph.: 9450 8320. Redleaf Serviced Apartments, 1630 Pacific Highway, Wahroonga, ph.: 9450 8310. Rosetta Park Independent Living Units 1634 Pacific Highway, Wahroonga ph.: 9450 8310 offers 36 one, two and three bedroom units with secure car parking, storage and 24 hour call assistance. St Ermes Court Self Care Units 5-7 Isis Street, Wahroonga, ph.: 9450 8300

West Pennant Hills Cherrybrook Football Club

Address: Campbell Park, Wilga St, West Pennant Hills 2125

Email: club.secretary@wphcfc.net.au

Web: wphcfc.com.au

The LIONS aka West Pennant Hills Cherrybrook Football Club (WPHCFC) is one of the largest and most progressive amateur football clubs in NSW. We offer football across all ages, gender and abilities - fielding teams in Minis, Juniors, Seniors from U6's to O45's giving boys, girls, men and women an opportunity to play football. We also offer a 'Football4All' program which is designed for children with intellectual disabilities (e.g., down syndrome, autism, etc.).

Whiteley Allcare

Phone: 1300 303 755

Address: Unit 4, 37 Leighton Pl, Hornsby 2077

Email: sales@whiteleyhealthcare.com.au

Web: www.whiteleyhealthcare.com.au

Physiotherapy, Chiropractic, Podiatry, Orthopaedic Braces, sports medicine, allied health supplies, TEN's Units and incontinence stimulator's for Healthcare Professionals. If you are not a Healthcare Professional, you can view and purchase products from www.myphysioshop.com.au.

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

WISE Employment

Phone: 02 9479 2700

Address: Suite 10/252 Pacific Hwy, Hornsby 2077

Email: hornsby@wiseemployment.com.au

Web: www.wiseemployment.com.au

A not-for-profit community service organisation, committed to assisting people with disability and disadvantaged members of the community through employment and support services.

Hours: Monday & Tuesday between 8:30am - 4:30pm

Wisemans Ferry Community Health Centre

Phone: 4566 4423

Address: 5550 Old Northern Rd, Wisemans Ferry 2775

Email: lisa.nealon@health.nsw.gov.au

Community health centre, adult day care centre, referral centre, community nurse, early childhood nurse and podiatrist.

Hours: Mon 9am-12pm, Tues-Wed 8am-4:30pm

Woodlands Nursing Home

Phone: 02 9875 1900

Address: 2 Kitchener Rd, Cherrybrook 2126

Email: woodlands@livingcare.org.au

Provides care of the aged, particularly those with dementia. Capacity - 62 beds

Sport and Leisure

Active Ability

Phone: 0422 025 012, 02 8678 7874

Email: hello@activeability.com.au

Web: www.activeability.com.au

Provides mobile dietetic and exercise physiology services for people with disabilities, enabling them to manage their health conditions and achieve their health goals.

Hours: Mon-Sat 8am-5pm

Active Ability - Exercise for Adults with Disability

Phone: 02 8678 7874

Meets at: Meets at Aquatic and Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Active Ability provides safe and fun physical activity for children and adults in the comfort of their own home. Exercise Physiologists help people to achieve their individual well-being goals, improve their physical health, prevent chronic disease as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. NDIS Provider.

Hours: Mon-Fri, 9am-5pm. Class 5.30pm during school term

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.

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

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

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.

Berowra Community Markets

Phone: 02 9456 6312

Address: Berowra Uniting Church, Alan Rd, Berowra Heights 2082

A variety of stalls, morning tea and sausage sizzle are held to support non-profit organisations locally and abroad.

Hours: 9am - 2pm

Berowra Uniting Church

Phone: 02 9456 6041

Address: 4-6 Alan Rd, Berowra Heights 2082

Email:

minister@berowra.unitingchurch.org.au

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.

Blowfly Cricket for Children / Youth with Additional Needs

Phone: 0401 743 747

Address: James Park, Corner of Palmerston Rd & Lowe Rd, Hornsby 2077

Email: m.rushton555@gmail.com

Web: blowflycc.nsw.cricket.com.au

Blowfly Cricket hosts modified cricket for all Ability children/adults aged 5 to 50 years with autism, special needs or intellectual disabilities, and their siblings and friends. Modified rules permit one chaperone to assist passively on field. If support is required or challenging behaviour exists, a carer must be provided. If new, phone to confirm venue.

Hours: Saturday games 1:15pm-3:30pm

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, Seniors Companion Club Games Bingo, 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

Catholic Care Disability Futures & Aged Care

Phone: 02 9488 2500

Address: Building 2, 423 Pennant Hills Rd, Pennant Hills 2120

Email:

desley.mcauliffe@catholiccaredbbc.org.au

Web: www.catholiccaredbb.org.au

Disability Services: - Support Coordination - Recreation & Social programs - Day Programs - Vacation Care - Kids Club After School Care Programs - Adult Afternoon Programs - Learning and Skill Development programs - Weekend Holiday Breaks - Creative Arts Programs - Independence Programs - Supported Volunteering Programs AGED CARE - Individual Respite - Creative Arts Centre. NDIS Registered Provider

Hours: Mon - Sat, 9am - 10pm

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

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

Fusion Jacks Youth Cafe

Phone: 02 9477 1110

Meets at: 5 Jersey St, Hornsby 2077

Email: sydneynorth@fusion.org.au

Web: sydneynorth.fusion.org.au/

Jacks Youth Café is a Youth Drop-in Centre for high school aged (12-18 years) young people. Currently on Friday afternoons from 3-6pm . Activities include: Console games, Table Tennis, Pool, Games, Cooking, Cheap Food & Drinks and more!

Hours: Fridays 3-6pm

Galston Gorge Conference and Recreation Centre

Phone: 02 9653 1676

Address: 8 Crusader Rd, Galston 2159

Email: groupbookings@crusaders.edu.au

Web:

www.crusaders.edu.au/conference-centres/galston-gorge

This is a conference and recreation centre located 15 minutes from Hornsby. It is wheelchair accessible. Facilities include En-suite accommodation for up to 200 including 8 wheelchair-friendly rooms, large dining hall and lounge, 2 conference rooms with audio visual facilities, 10 smaller meeting rooms and gym.

Hours: 9am-5pm (Office), 24 hours daily (Campsite)

Hatha Yoga, Therapies & Fitness - Brooklyn

Phone: 0414 240 342

Meets at: 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. Yoga Therapy, specialising in: Yoga and Breast Cancer; Yoga and Motor control, especially Stroke Recovery, Wheel Chair/Chair Yoga (FREE Community Service), Multiple Sclerosis, Parkinson's Disease, Thomsens Disease, Fibromyalgia, Depression; Yoga for Golfers, runners 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; 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 funds.

Hours: Brooklyn: Mon

Beginners/Intermediate 6:30pm-8pm; Wed

Advanced 6:30pm-8pm; Sat General

7:30am-9am. Dangar Island: Wed

10.25-11.55am.

Hornsby Hydrotherapy Classes

Phone: 0410 711 177

Meets at: Hornsby Aquatic & Leisure Centre, 203 Peats Ferry Rd, Hornsby 2077

Email: hello@activeability.com.au

Web: www.activeability.com.au

Active Ability provides a safe and fun Hydrotherapy session for adults with intellectual disability 16-35 years old needing low-medium support in a group setting in Hornsby. Exercise aims to achieve individual goals, improve physical health, prevent chronic disease (related to sedentary lifestyles) as well as provide a positive social setting and health education. Need for carer support is assessed on an individual basis. One hour session on Monday evening.

Hours: Mon 5:30-6:30pm

Hornsby Ku-Ring-Gai Community College

Phone: 02 9482 1189

Address: Level 1, 45 Hunter St, Hornsby 2077

Email: enquiries@hkcc.nsw.edu.au

Web: www.hkcc.nsw.edu.au

HKCC is an Adult and Community Education (ACE) organisation providing accredited vocational training for qualification attainment and skill set courses at various local centres. HKCC also offers leisure classes. Most sessions are offered during the day. Night and weekend classes are also available. HKCC enrolls approximately 8500 students each year.

Hours: Mon - Fri 9am - 4.45pm (Office)

Hornsby RSL Computer Club

Phone: 02 9482 4294

Meets at: Board Room, Hornsby R.S.L., 4 High St, Hornsby 2077

Email: markle@iinet.net.au

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.

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

Hornsby Satellites - Indoor Soccer for People with/without Disabilities

Phone: 02 4329 4080

Address: Hornsby Ku-ring-gai Police Community Youth Club, 94 George St, Hornsby 2077

Email: sam@sasmechanical.com.au

Indoor soccer for children, youth and adults with or without disabilities aged 6 upwards. If support is required or challenging behaviour exists, a carer must remain onsite. Meet 6pm-7pm on Wednesdays during school term. \$5 per session.

Hours: Meet 6pm-7pm on Wednesdays (not public holidays)

Hornsby Shire Council's Guided Bush Walk Programme

Phone: 02 9847 6832

Address: Natural Resources Team; 296 Peats Ferry Rd, Hornsby 2077

Email: bushland@hornsby.nsw.gov.au

Web: www.hornsby.nsw.gov.au

Social Bushwalking with professional guides in the Hornsby area. Bush walks are graded on varying levels of difficulty-see website for details. Please note bookings can only be taken up to one month in advance.

Hours: Mon-Fri 8:30am-4:00pm

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.

incub8 Education

Phone: 02 8484 0363

Address: Lower Level, 59 Hunter St, Hornsby 2077

Email: info@incub8edu.com

Web: www.incub8edu.com

After School Clubs and School Holiday Camps. Ages 7-13. Professional Development and Training.

Hours: Monday-Friday 9:00am-6:00pm

KNC - Berowra

Phone: 02 9988 4966

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

Email: danimoulson@hotmail.com

Web: 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 9653 2235

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

Email: admingalston@knc.org.au

Web: 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.

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

Luxury Afloat

Phone: 02 9985 7344

Address: Kangaroo Point Cruise Terminal, Pacific Hwy, Brooklyn 2083

Email: bookings@luxuryafloat.com

Web: www.luxuryafloat.com

Two accessible houseboats "Capricorn" and "Leo" These are house boats that have been specifically designed around the needs for people with disability. The bathroom and toilet are wheelchair accessible with grab rails. Capricorn is a 12 berth boat. Bottom floor is accessible. One room has a double bed. Two rooms have a double bed with a single bunk above. Two single sofa beds and double sofa bed in living area. Space may be limited in bedrooms. Leo has two bedrooms and swimming pontoon at rear. One bedroom has a double.

Mt Wilga Private Hospital

Phone: 02 9847 5000

Address: 66 Rosamond St, Hornsby 2077

Web: www.ramsayhealth.com.au

Rehabilitation Hospital for all conditions. Approximately 119 beds. The hospital has a specialist back program and Physiotherapy Outpatients Department. Heartstarters exercise program, Get Fit/Stay Fit; exercise program, off road driver assessments, rehabilitation programs including lymphedema, back programs, orthopaedic & neurological programs.

Hours: Inpatients: 24 hours; Outpatients: Mon-Sat 7am-8pm

Perfect Fit Health Solutions

Phone: 0416 981 230

Address: Jetts Hornsby - Level 3, 236 Pacific Hwy, Hornsby 2077

Email:

andrea@perfectfit-healthsolutions.com

Individualised exercise prescription for children (aged 5+) and adults with physical, intellectual or sensory disabilities and mental illnesses. Each person is assessed by an accredited Exercise Physiologist and then prescribed an exercise program to be done in the gym and/or home. The exercise program is tailored to each individual's level and goals and includes things like improving fitness, strength, range of movement, social interaction; and reducing the incidence of secondary health complications. Individual and group (aged 16+) sessions available. Carers welcome to assist. NDIS Provider.

Hours: Class Friday by appointment only

Rainbow Clubs - Northern Beaches, Hornsby, Cherrybrook

Phone: 0417 221 119

Email: info@rainbowclubaust.com.au

Web: www.rainbowclubaust.com.au

This NDIS accredited club provides swimming club for children and youth aged 0-18 with a disability, held at heated indoor pools. Membership \$280 per term. Carlisle Swimming Centre, 33 Shepherds Drive (adjacent to Greenway Park), Cherrybrook, each Sun 12.30 pm. Hornsby - Knox Grammar, each Sun 1pm. Northern Beaches - Warringah Aquatic Centre, 5 Aquatic Drive, Frenchs Forest, each Sun 9am; and Brooke Withers Swim School, 6/2 Daydream, Warriewood, each Sat. Some social occasions. Waiting lists but vacancies do appear as children move on. NDIS provider. NDIS Services include; Development life skills; Early childhood supports; Participant community.

Hours: Information daily 10am-4pm

Studio ARTES Northside Inc.

Phone: 02 9482 5266

Address: 33 Jersey St, Hornsby 2077

Email: enquiries.sa@studioartes.org.au

Web: www.studioartes.org.au

This independent, not-for-profit service offers programs to empower people living with disability by tapping into their creative potential. Studio ARTES is a place where all people with any disability can develop their artistic and creative skills in programs led by professional artists and facilitators in: Visual Art, Performing Arts and Creative Life Skills. Includes gallery space. The new premises is a short walk from the station and bus interchange. NDIS registered service provider.

Hours: Mon-Fri 7.30am-6pm (Office 8.30am-4.30pm)

Sydney Upper North Shore Table Tennis Association (SUNS.TTA) Incorporated

Phone: 0402 224 563

Address: Meets at The Brickpit Thornleigh Indoor Sport Stadium 1, 1 Dartford Rd, Thornleigh 2120

Email: theo@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. Meets Friday nights at 7:30pm-10:30pm. New players are always welcome. Now also Daytime Table Tennis for Retirees, every Monday morning from 10am till 1 PM and Wednesday morning from 9.30am till noon. including Table Tennis for Athletes with Disability (AWD Players).

Hours: Fri 7:45-10pm; Mon 10am-1pm, Wed 9:30am till noon

The Cooks Workshop

Phone: 0414 994 530

Address: 28/276-278 New Line Rd, Dural 2158

Email: hello@thecooksworkshop.com.au

Web: thecooksworkshop.com.au

The Cooks Workshop is a happy place for those who love to experience the delights of creating with food. We offer small group workshops where everyone creates at their own table. We offer a myriad of class options to choose from. Customised workshops can also be developed for Workplace Wellbeing and Team Building Programmes, Community Social Groups and Mental Health Programmes. Pretty well anyone in our community that needs help getting back into the kitchen. Our aim is to empower people through food. To help bridge the disconnect between diet and chronic disease. Everyone deserves the right to be able to prepare healthy, nutritious and tasty food for themselves and their families. As a team, we want to create an environment of personal satisfaction and inclusiveness around a passion for food innovations that bring people and cultures together.

Hours: As required

Warrah Educational Courses and Workshops for Adults

Phone: 02 9651 2411

Address: 20 Harris Rd, Dural 2158

Email: warrah@warrah.org

Web: www.warrah.org

This charitable organisation provides courses and workshops for adults with moderate or severe intellectual disabilities. Courses include aqua aerobics, felt making, cooking, photography, clay work, painting, field to fork skills on Warrah Bio-Dynamic Farm and more. Accredited NDIS provider.

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

West Pennant Hills Cherrybrook Football Club

Address: Campbell Park, Wilga St, West Pennant Hills 2125

Email: club.secretary@wphcfc.net.au

Web: wphcfc.com.au

The LIONS aka West Pennant Hills Cherrybrook Football Club (WPHCFC) is one of the largest and most progressive amateur football clubs in NSW. We offer football across all ages, gender and abilities - fielding teams in Minis, Juniors, Seniors from U6's to O45's giving boys, girls, men and women an opportunity to play football. We also offer a 'Football4All' program which is designed for children with intellectual disabilities (e.g., down syndrome, autism, etc.).

Transport

KNC - Galston

Phone: 02 9653 2235

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

Email: admingalston@knc.org.au

Web: 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.

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

Web: 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.

Hours: Mon - Fri 9:30am - 2:30pm

Luxury Afloat

Phone: 02 9985 7344

Address: Kangaroo Point Cruise Terminal, Pacific Hwy, Brooklyn 2083

Email: bookings@luxuryafloat.com

Web: www.luxuryafloat.com

Two accessible houseboats "Capricorn" and "Leo" These are house boats that have been specifically designed around the needs for people with disability. The bathroom and toilet are wheelchair accessible with grab rails. Capricorn is a 12 berth boat. Bottom floor is accessible. One room has a double bed. Two rooms have a double bed with a single bunk above. Two single sofa beds and double sofa bed in living area. Space may be limited in bedrooms. Leo has two bedrooms and swimming pontoon at rear. One bedroom has a double.

Mobility Engineering

Phone: 02 9482 4572

Address: Unit 4, 45 Salisbury Rd, Asquith 2077

Email: sales@mobilityengineering.com.au

Web: www.mobilityengineering.com.au

Design, develop and provide engineering certification of vehicle conversions for special needs vehicles, heavy vehicles and fit outs and imported vehicles. Also provides child restraints, harnesses, hoists and ramps, dual controls, hand controls, seating and a driver test station. Registered testing facility for vehicles. Amusement ride certification. NDIS provider of vehicle modifications, personal mobility equipment and other innovative supports.

Hours: Mon-Fri 8am-5pm

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

Para Mobility

Phone: 1300 444 600

Address: Unit 31, 276 New Line Rd, Dural 2158

Email: sales@paramobility.com.au

Web: www.paramobility.com.au

Para Mobility is an Australian company established in 1983 for the customised supply of a range of assistive technology to allow freedom and independence for those with specific lifting, mobility and access requirements to live a more independent life. Para Mobility is Australian owned and is part of the DNW Group. NDIS Provider
Hours: Mon - Fri 8:30am-5pm

Problem Management Engineering (PME)

Phone: 02 9482 2808

Address: 6 Kookaburra Rd, Hornsby Heights 2077

Email: info@pmeautoconversions.com.au

Web: www.pmeautoconversions.com.au

Offering the latest and safest technologies in electronic mobility controls, hand-assisted driving controls, drive from your wheelchair, wheelchair accessible vehicles, lifting and transferring aids, wheelchair and scooter hoists and much more. Demonstrations and consultations available on all of our products. PME is an NDIS provider and offer engineering certification on modified vehicles.

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

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