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Every effort has been made to ensure information is reliable and accurate at the time of printing, however customers are advised to make their own enquiries. Inclusion of information about a particular service or organisation does not constitute a recommendation of that service or organisation by North Sydney Council.

North Sydney Council maintains a comprehensive online community directory as part of the LINCS network, a partnership of over 50 local councils. For the latest information about local services, events and activities such as childcare, festivals, sports and social clubs, visit Council's website at www.northsydney.nsw.gov.au and click "Community Directory", or telephone North Sydney Council on (02) 9936 8100. Public access terminals are available at the Customer Service Centre and Stanton Library.

Other community information publications available from North Sydney Council include:

- *North Sydney Children's Services Guide*
- *North Shore Seniors & Aged Care Guide*
- *North Sydney Youth Contacts Card*
- *Northern Sydney Youth Guide*
- *What's On? Events Calendar*
- *Schools in North Sydney*
- *Community Centres in North Sydney*
- *Public Art Guide to North Sydney*
- *A Place to Play: Playgrounds in North Sydney*
- *North Sydney Sport & Recreation Guide*
- *School Holiday Events & Activities*

Edited by Angela Moloney
Community Development Officer
North Sydney Council
September 2009



NORTH SYDNEY COUNCIL

ADDRESS: 200 MILLER STREET, NORTH SYDNEY NSW 2060
PO BOX 12, NORTH SYDNEY NSW 2059

PHONE: (02) 9936 8100
FAX: (02) 9936 8177
TTY: (02) 9936 8447
EMAIL: council@northsydney.nsw.gov.au
WEBSITE: www.northsydney.nsw.gov.au

ENGLISH	If you do not understand this information, please ring the Translating and Interpreting Service (TIS) on 13 14 50, and ask for an interpreter in your language to contact North Sydney Council on (02) 9936 8100. This is a free service.
ARABIC	إذا لم يكن بمقدورك فهم هذه المعلومات، فالرجاء الاتصال بخدمات الترجمة الخلفية والفورية (Translating and Interpreting Service (TIS)) على الرقم 13 14 50 والطلب من مترجم فوري يتحدث العربية أن يتصل لك بمجلس مدينة شمال سيدني على الرقم (02) 9936 8100 – هذه الخدمة مجانية.
GREEK	Αν δεν καταλαβαίνετε αυτές τις πληροφορίες, παρακαλώ τηλεφωνήστε στην Υπηρεσία Μετάφρασης και Διερμηνείας (Translating and Interpreting Service (TIS)) στο 13 14 50, και ζητήστε να σας διαθέσουν ένα διερμηνέα στη γλώσσα σας για να επικοινωνήσετε με το Δήμο του North Sydney στο (02) 9936 8100. Αυτή είναι μια δωρεάν υπηρεσία.
HINDI	यदि आप इस जानकारी को समझ नहीं सकते हैं तो कृपया अनुवाद और दुभाषिया सेवा (Translating and Interpreting Service - TIS) को 13 14 50 पर फोन करें और अपनी भाषा के दुभाषिए द्वारा उत्तरी सिडनी काउंसिल (North Sydney Council) को (02) 9936 8100 पर फोन करने के लिए कहें। यह सेवा नि:शुल्क है।
INDONESIAN	Jika Anda kurang memahami informasi ini, silakan telepon Translating and Interpreting Service (TIS) di 13 14 50, dan mintalah seorang juru bahasa dalam bahasa Anda untuk menghubungi North Sydney Council di (02) 9936 8100. Layanan ini tidak dipungut biaya.
ITALIAN	Se non capite queste informazioni, chiamate il Servizio di Traduzione e Interpretariato (TIS - Translating and Interpreting Service) al numero 13 14 50, e chiedete ad un interprete nella vostra lingua di contattare il North Sydney Council al numero (02) 9936 8100. Il servizio è gratuito.
JAPANESE	上記の情報について何かご質問がございましたら、通訳・翻訳サービス (Translating and Interpreting Service (TIS)) 電話番号 13 14 50 までお問い合わせください。また、ご自分の国の言語で通訳の手配をご希望の方は、ノース・シドニー・カウンシル (North Sydney Council) 電話番号 (02) 9936 8100。まで電話でお問い合わせください。尚、このサービスは、無料です。
KOREAN	이 정보를 이해하지 못하실 경우 번역 통역 서비스 (Translating and Interpreting Service (TIS))에 13 14 50으로 연락하셔서 한국어 통역사를 요청하시고 노스 시드니 카운슬 (North Sydney Council) 연락처인 (02) 9936 8100로 연결하도록 요청하십시오. 이 서비스는 무료입니다.
TAGALOG	Kung hindi ninyo naiintindihan ang impormasyong ito, mangyari lamang na tumawag sa Translating and Interpreting Service (TIS) sa 13 14 50, at hilingin sa interpreter ng inyong wika na tawagan ang North Sydney Council sa (02) 9936 8100. Ito ay isang libheng serbisyo.
TRADITIONAL CHINESE	如果你不明白這份資料，請致電13 14 50聯絡Translating and Interpreting Service (TIS)，要求一名能說你的語言的傳譯員，代你致電(02) 9936 8100聯絡North Sydney Council。這是免費服務。

North Sydney Council

ALL GENERAL ENQUIRIES:

NORTH SYDNEY COUNCIL

200 Miller St, North Sydney 2060

PO Box 12, North Sydney 2059

Phone: 9936 8100

Fax: 9936 8177

E: council@northsydney.nsw.gov.au

W: www.northsydney.nsw.gov.au

Access: Council chambers has entry ramp, lift, hearing loop, accessible toilets and parking.

Committees of Council

Become involved in the decision making of council and have a say in the things that affect your community. All Reference Groups are open to the public. Membership is for one year – call for details of closing dates for nomination to the following committees:

- Community Access & Safety
- Community Services
- Environmental Services
- Historical Resources
- Library Management
- Sport & Recreation

Agenda Information Line

Phone: 9936 8188

Web: www.northsydney.nsw.gov.au

Current agenda for Council and Committee meetings. Updated each Thursday at midday.

Bushcare

Involves the community in managing and maintaining native bushland in North Sydney. Residents can attend workshops, become part of a bushcare group or help raise native plants. A program of children's activities are held throughout the year. Visit the website or contact the Bushcare Co-ordinator for more information.

Community Development Department

Planning, research and support for community service organisations and information and referral to local support services, events and activities for residents and visitors.



Community Information

The online LINC'S directory is a fast and efficient way to find detailed information about services, events

and activities in your local area, such as childcare, festivals, sports and social clubs and support services. LINC'S provides location maps and links to websites and email addresses for thousands of services. To search, visit Council's website and click "Community Directory". Public access points available at North Sydney Council's Customer Service Centre and Stanton Library.

Councillors

Local Government elections are held every four years, with the next election to be held in 2012. North Sydney has a popularly elected Mayor and 12 Councillors elected from four Wards. Councillors are responsible for major policies and decisions, which are implemented by Council officers.

Hours: Council meetings are on Mon evening each week

Contact: Contact details for each Councillor are listed on Council's website, or available from the Call Centre.

Easy Rider Bus Service

Phone: 9438 3504

Level 2, 2 Ernest Place,
Crows Nest 2065

Community bus service for people with transport difficulties. Driver assistance on and off bus available. Call for a list of stops or visit the website.

Hours: 9.15am - 4pm, Thurs & Fri

Fees: \$1.50 per trip

Access: Driver assistance on and off bus, handrails. Call to discuss further access arrangements.

Parks & Playgrounds

Council maintains over 30 parks with playgrounds, ranging from traditional swing-sets to sophisticated, custom-designed playgrounds. *A Place to Play*, a guide to local playgrounds is available from Council.

Access: Information for parks is listed on the website or call for a brochure.

Venue Hire

Council has a range of meeting and function rooms available for community and commercial use. Telephone for venue information and rates or visit the website.

Family Day Care

Phone: 9922 4020

96 Bank St, North Sydney 2060

Provides care for children under 12 in the homes of carefully selected carers. Qualified staff monitor and support carers with home visits, training and resources. Play sessions are held regularly at the centre.

Fees: Daily fee. Call for details.

Precinct Committees

Residents can participate in local decisions by joining a Precinct Committee. Committees meet monthly and provide Council with suggestions and opinions about local issues. Ring the Engagement Co-ordinator for more information.

Immunisation Clinics

Held in Hutley Hall

200 Miller St, North Sydney 2060

Early childhood immunisation clinic, administered by experienced, fully accredited nurses.

Hours: 2nd Wed each month,
9.30 - 11.30am.

Fees: Free

Eligibility: Residents of North Sydney LGA, aged up to 5 years.

Indoor Sports Centre

Phone: 02 9437 9909

36 Hume St, Crows Nest 2065

Email: nsba@nsba.com.au

Web: www.nsba.com.au

Four fully enclosed playing areas, grandstand seating, meeting and change rooms. The centre can accommodate sports for people with disabilities. Indoor sports include basketball, netball, volleyball and indoor soccer.

Hours: 9am - 11pm, Mon-Fri.
8am-7pm Sat, Sun & Public Hols.



North Sydney Olympic Pool

Phone: 9955 2309

Alfred St South, Milsons Point 2061

Outdoor heated pool, indoor pool, sauna, spa, gymnasium and poolside cafe. Swimming clubs tuition and squad training for all ages is available. A crèche is available for children up to 5 years.

Access: Pool hoist, lift, accessible change rooms and parking spaces.

Stanton Library

Phone: 9936 8400

234 Miller St, North Sydney 2060

Email: infodesk@northsydney.nsw.gov.au

Web: www.northsydney.nsw.gov.au

Public library with specialised collections including reference, local studies, children's & young adults. Books, magazines, DVDs, CDs, databases and internet access are available. Services include a Home Library service, children's storytelling, school holiday activities; the *Writers at Stanton* program featuring local and international authors, a literature group, and Historical Services.

Hours: 9am - 9pm, Mon - Thurs.

9am - 6pm, Fri.

10am - 5pm, Sat & Sun

Access: Ramp, lift, toilets, hearing loop, easy listening device, open reading machine, TTY: 9936 8484.

Accommodation

Advice & Referral Services

Consumer, Trader & Tenancy Tribunal

Phone: 1300 135 399

Level 12, 175 Castlereagh St, Sydney 2000

Web: www.cttt.nsw.gov.au

Dispute resolution service can help with issues around tenancy, consumer trading, residential building work, motor vehicles and strata divisions.

Fair Trading Centre - Sydney

Phone: 13 32 20

McKell Building,

2-24 Rawson Pl, Sydney 2000

Web: www.fairtrading.nsw.gov.au

Information and assistance with consumer issues, motor vehicles, home building, property and tenancy issues, co-operatives, and business name registration.

Northern Area Tenants Service

Advice Line: 9884 9605

Suite 200A, 781 Pacific Hwy, Chatswood 2067

Web: www.nats.org.au

Free information, advice and advocacy service for tenants.

Crisis Accommodation

Homeless Persons Information Centre

Toll Free Phone: 1800 234 566

Web: www.cityofsydney.nsw.gov.au

Telephone information service refers to

accommodation and support services.

Hours: Daily 9am-1pm and 2pm-10pm

Youth Accommodation Association (YAA)

24-Hour Emergency Line (Recording): 9698 5833 or 9318 1531

Web: www.yaa.com.au

Free emergency accommodation hotline and health outreach program for young people at risk of homelessness.

Community Housing

North Shore Community Housing

Phone: 9439 1399

Suite 105, 109 Alexander St,
Crows Nest 2065

Web: www.nsch.org.au

Provides housing for low-income applicants with a very high need.

NSW Department of Housing

Phone: 9809 8444

80-84 Blaxland Rd, Ryde 2112 [or](#)

Phone: 9971 3600

818 Pittwater Rd, Dee Why 2099

Web: www.housing.nsw.gov.au

Provides low cost rental accommodation low income earners, pensioners and people with a disability.

Phoenix House Youth Services

Phone: 9437 0077

Phoenix House, 10 Holtermann St, Crows Nest 2065

Supported accommodation and counselling for young people.

Taldumande Youth Services

Phone: 9953 1765

Suite 5, 9-17 Young St (entrance on Grosvenor Lane),
Neutral Bay 2089

Web: www.taldumande.org.au

Offer short term accommodation for young people, advocacy, living skills, counselling, assessment and referral. Also run a subsidised, semi-supported housing program.

Nursing Homes

The Aged Care Assessment Team assesses people for entry to aged care facilities including nursing homes and hostel-level accommodation, or can provide Aged Care packages to help people remain living at home. Ring ACAT on **9926 8705**.



Georgian House

Phone: 8907 1000

50-52 McLaren St, North Sydney

Web: www.nsr.unitingcare.org.au

Nursing home. Short-term respite care is also available.

James Milson Nursing Home

Phone: 9959 4144

4 Clark Rd, North Sydney 2060

Web: www.jmv.org.au

Nursing home for people requiring a high level of nursing care.

Nursing Home & Hostel Information & Referral Service

Phone: 9926 8790

Building 10 Dept. of Aged Care & Rehabilitation
Royal North Shore Hospital, St Leonards 2065

Register of vacancies in nursing homes and advice about options.

Retirement Accommodation

Bougainvillea the Bay Club Resort

Phone: 9953 9214

7-17 Waters Rd, Neutral Bay 2089

Web: www.bougainvillearetirement.com

One and 2-bedroom units, for people over 55 years.

James Milson Retirement Village

Phone: 9922 3835

65 High St (cnr Clark Rd),

North Sydney 2060

Web: www.jmv.org.au

Low-care hostel accommodation and independent self-care units for people over 55 years, and a nursing home.

Retirement Village Association

Phone: 9261 1777

Suite 3 Level 4,

162-166 Goulburn St,

Surry Hills 2010

Web: www.rva.com.au

Provide information for retirement village living.

Supported Accommodation

Assertive Outreach Team North Shore

Phone: 9448 3270

55 Hercules St, Chatswood 2067

Supported accommodation for clients of the Chatswood Community Mental Health Service.

Chatswood Supported Living

Phone: 9419 6951

Suite 506, 282 Victoria Ave, Chatswood 2067

Supported accommodation for adults with mild to moderate intellectual disabilities.

Community Youth Homes

Phone: 9437 0077

10 Holtermann St, Crows Nest 2065

A range of supported youth accommodation for disadvantaged young people.

Phoenix House Youth Services

See Page 6

Taldumande Youth Services

See Page 6

Community & Neighbourhood Centres

Crows Nest Centre

Phone: 9439 5122

Level 2, 2 Ernest Pl, Crows Nest 2065

Web: www.crowsnestcentre.org.au

Community Centre with emphasis on services and activities for older people, people with disabilities and new migrants. Programs include:

- Recreational activities
- Meals On Wheels
- Community restaurant
- Linen service
- Home visiting
- Transport to appointments and shopping trips
- Grocery home-delivery service

Forsyth Park Community Centre

Phone: 9936 8100 (Council Admin)

Forsyth Park, Montpelier St, Neutral Bay 2089

Web: www.northsydney.nsw.gov.au

Centre available for weekend hire. Used during the week by Cammeragal Montessori School and playgroups.

Kendall Community Centre

Phone: 9936 8100 (Council Admin)

Warwick Avenue, Cammeray 2062

Web: www.northsydney.nsw.gov.au

Community centre available for hire for social functions, training courses and meetings. Regular users include playgroups and after school care.

Kirribilli Neighbourhood Centre

Phone: 9922 4428

16-18 Fitzroy St, Kirribilli 2061

Web: www.kncsydney.org

Services and activities include:

- Seniors Lunch program
- Coach trips
- Bridge club
- Meditation classes
- Legal advice service
- Justice of the peace
- Community Library
- Internet café
- Adult classes
- Monthly Art & Design, Vintage and general markets are held at Bradfield Park.
- Kirribilli Wrap - a program for people with a mental illness is held at the Bradfield Park Community Centre. A number of groups and activities are held at the centre - visit the website for details.

McMahons Point Community Centre

Phone: 9936 8200 (Council Admin)

165 Blues Point Rd, McMahons Point 2060

Web: www.northsydney.nsw.gov.au

Activities and services include:

- Occasional childcare
- University of the Third Age classes
- Ideal venue for social functions, business meetings and seminars.

Neutral Bay Seniors Centre

Phone: 9953 6447

Neutral Bay Community Centre,
192 Military Rd, Neutral Bay 2089

Email: snrs.nbay@gmail.com

Web: www.geocities.com/nbaycom

Social and recreational activities for older people, including computer lessons, bridge, scrabble and day trips. The building is available for hire for commercial or community use. Contact Council Venue Hire for more information or visit www.northsydney.nsw.gov.au.

North Sydney Community Centre

Phone: 9922 2299

Civic Park (behind Stanton Library),
220 Miller St, North Sydney 2060

Web: www.northsydneycentre.com.au

Programs and activities for all ages, including:

- Playgroups
- Music & movement for pre-schoolers
- After school care
- Adult education courses in subjects including music, arts, dance, drama, crafts, cooking, languages and healthy lifestyle.

Planet X Youth Centre

Phone: 9959 5537

Music Shell, St Leonards Park,
cnr Miller & Falcon Sts, North Sydney

Web: www.northsydney.nsw.gov.au

Community centre for young people, equipped with computer equipment, internet access, playstation and darkroom facilities. Activities and services include film nights, recreational programs and information and referral.

Hours: 12noon - 6pm Tues - Fri. 1 - 5pm Sat.

Primrose Park Art & Craft Centre

Phone: 9936 8187 (Council Officer)

Primrose Park, Matora Lane (off Young St), Cremorne

Web: www.primrose-park.com.au

Community art centre offering paper-based arts and crafts including photography/darkroom, paper making, calligraphy, book binding and restoration. Primrose Paperworks, Calligraphers and the Bookbinding group run regular workshops and classes. Primrose Park Photographers meet monthly and have a well equipped wet darkroom and a "digital darkroom", and tuition available for members. Further phone and email contacts can be found on the website.

The Men's Shed

Phone: 9953 3126

Smoothey Park, 6 Russell St, Wollstonecraft 2065

Web: www.northsydney.nsw.gov.au

Community shed for men to share tools, learn new skills, work on group projects and socialise. Projects include making and repairing equipment for charity.

Counselling & Support Services

Crisis Counselling

Lifeline Harbour to Hawkesbury

24-Hour Phone Counselling:

13 11 14

4 Park Avenue, Gordon 2072

Web: www.lifeline-h2h.org.au

Offer personal, financial and gambling counselling, and a suicide bereavement support group.

Northern Sydney Sexual Assault Service

24-Hour Phone: 9926 7111

Phone: 9926 7580

Royal North Shore Hospital, Building 30, Block 1A, Pacific Highway, St Leonards 2065

Free 24-hour crisis counselling and medical services for people who have been assaulted. Also offer follow up care, court support, support groups, and referral.

Crisis Service: 24-hours

NSW Rape Crisis Centre Inc

Phone: 1800 424 017

Web: www.nswrapecrisis.com.au

Free 24-hour phone and on-line counselling service for anyone whose life has been affected by sexual violence.

Phoenix House Adolescent Counsellors

Phone: 9437 0077

10 Holtermann St, Crows Nest 2065

Free, confidential counselling and support for young people and families around family conflict, relationships, depression, alcohol & drug issues, sexual assault or trauma.

Salvo Crisis Line / Suicide Prevention Line

24-Hour Phone: 9331 2000

Web: www.salvos.org.au

Trained counsellors are available 24-hours to help people in crisis.

Drug and Alcohol Counselling

Al Anon Family Groups

Phone: 9570 3400

Venue: Neutral Bay Community Centre,

192 Military Rd, Neutral Bay 2089

Web: www.al-anon.alateen.org/australia

Support group for relatives and friends of alcoholics.

Alcoholics Anonymous (AA)

Phone: 4962 3844

Uniting Church, cnr Belmont Rd & Cowles Rd Mosman

Support group for people with alcohol addiction.

Herbert St Drug & Alcohol Counselling Service

Phone: 1300 889 788

Herbert St Clinic, Royal North Shore Hospital

Pacific Hwy, St Leonards 2065

Free, confidential treatments and preventative options for smoking, drug and alcohol addictions.

North Sydney Community Services Guide

Phoenix House Adolescent Counsellors

See Page 9

Relationships Counselling

Kirribilli Neighbourhood Centre

See Page 8

National Carer Counselling Program (NCCP)

Phone: 1800 242 636

Level 18, 24 Campbell St, Sydney 2000

Web: www.carersnsw.asn.au

Short-term counselling and support for carers.

Northside Baptist Church and Centre

Phone: 9901 4299

65 Willoughby Rd, Crows Nest 2065

Web: www.northside.bcnsw.net.au

Baptist church runs the Northside Counselling Centre providing family, marriage and personal counselling.

Phoenix House Adolescent Counsellors

See Page 9

Relationships Australia

Phone: 9418 8800

5 Sera St, Lane Cove 2066

Web: www.relationships.com.au

Counselling, mediation, family dispute resolution and relationships education.

Helplines

Australian Mental Health Suicide Consumer Alliance

Office Phone: 9908 1233

41c Yeo St, Neutral Bay 2089

Web: www.clubsperanza.org

Support for people affected by suicide and self-harm.

Domestic Violence Line

24-Hour Phone: 1800 656 463

24-Hour support for women experiencing domestic violence. Offer counselling, referral to emergency accommodation, legal and support services.

G-Line

24-Hour Phone: 1800 633 635

Web: www.gamblinghangover.nsw.gov.au

Confidential counselling, referral and support for people with gambling related problems.

Gay and Lesbian Line

Phone: 1800 184 527

43 Bedford St, Newtown 2042

Web: www.glcsnsw.org.au

Free telephone counselling and information for people who are gay, lesbian, bisexual or transgender.

Grief Support Inc

Phone: 9489 6644

Web: www.griefsupport.com.au

Confidential telephone support service for people suffering grief.

Kids Help Line

24-Hour Phone: 1800 551 800

Web: www.kidshelp.com.au

Free telephone counselling for children to 18years.

Lifeline Sydney at Wesley Counselling Services

24-Hour Counselling Line: 131 114

Office Phone: 9951 5577

15 Belvoir St, Surry Hills 2010

Web: www.lifelinesydney.org

Confidential telephone counselling & referral service. Face-to-face counselling also available.

Mensline Australia

24-Hour Phone: 1300 789 978

Web: www.menslineaus.org.au

Telephone counselling and referral service for men dealing with family and relationship concerns.

Parent Line

24-Hour Phone: 1300 130 052

Counselling and referral for parents of children 0 - 18.

Salvo Care Line

24-Hour Helpline: 1300 363 622

Web: www.salvos.org.au

24-hour telephone counselling and referral service.

Salvo Youth Line

24-Hour Phone: 1300 363 622

Web: www.salvos.org.au

Confidential telephone service for people in crisis.

Solace Association Inc NSW

24-Hour Phone: 9519 2820

Web: www.solace.org.au

Telephone support for people grieving the death of a partner, and referral to local support groups.

Victims Support Line

Phone: 8688 5400

Web: www.lawlink.nsw.gov.au/vcb

Telephone support service for victims of crime.

Support & Self-help Groups

AI Anon Family Groups

See Page 9

Alcoholics Anonymous (AA) Mosman

See Page 9

ASCA (Advocates for Survivors of Child Abuse)

Phone: 8920 3611

Venue: Kirribilli Neighbourhood Centre,

16-18 Fitzroy St, Kirribilli 2061

Web: www.asca.org.au

Free support for adult survivors of child abuse.

Australian Breastfeeding Association

Helpline: 8853 4999

Web: www.breastfeeding.asn.au

Breastfeeding and mothers' support group.

Dads in Distress

Phone: 1300 853 437

Web: www.dadsindistress.asn.au

Advice and information for separated or divorced fathers. Info about local groups on the website.

Eating Disorders Foundation NSW

Phone: 9412 4499

Web: www.edf.org.au

Information and support with eating disorders.

Endometriosis Support Service

Phone: 9918 2019

Support for women with endometriosis.

Glaucoma Australia Inc

Phone: 9906 6640

Suite 202, Level 2, 20 Clarke St, Crows Nest 2065

Web: www.glaucoma.org.au

Support for people with glaucoma and their families.

Holyoake

Phone: 9904 2700

16 Lindsay St, Neutral Bay 2089

Web: www.catholiccare.org

Support groups for children and families affected by substance use or addiction.

Obsessive Compulsive Disorder Support Group

Phone: 0466 378 696 (Prefer email contact)

Email: ocdsupportgroup@live.com.au

Support group for people with OCD.

Prostate Cancer Foundation

Phone: 1800 220 099 or 9438 7000

Level 2, 51-53 Chandos St, St Leonards 2065

Web: www.prostate.org.au

Call for details of local groups.

SHHH Australia - Support Group

Phone: 9417 3440

Dougherty Centre, 7 Victor St, Chatswood 2067

Web: www.shhhaust.org

Support group for adults with hearing difficulties.

Shout Out

Phone: 8594 9563

Venue: Stanton Library, 234 Miller St, North Sydney

Web: groups.myspace.com/t10groups

Social group for gay, lesbian, bisexual, transgender and queer young people and their friends.

SMART Recovery

Phone: 9373 5100

Venue: Kirribilli Neighbourhood Centre,

16-18 Fitzroy St, Kirribilli 2061

Web: www.smartrecoveryaustralia.com.au

Self-help group for recovery from alcohol and drug use.

Solace Association

See Page 10

TOUGHLOVE NSW Inc

Phone: 1300 856 830

Web: www.toughlove.org.au

Program for parents troubled by their children's behaviour. Call for details of local groups.

Elected Members

Australian Electoral Commission

Phone: 13 23 26
Level 12, 67 Albert Ave,
Chatswood 2067
Web: www.aec.gov.au

Handle electoral enrolments and voting queries.
Enrolment is compulsory for Australian citizens over 18 years.

Joe Hockey, MP for North Sydney

Phone: 9929 9822
Level 6, 100 Mount St,
North Sydney 2060
Web: www.joehockey.com

Federal Liberal Member for North Sydney.

North Sydney Councillors

Phone: 9936 8100

Local Government elections are held every four years, with the next election to be held in 2012. North Sydney has a popularly elected Mayor and 12 Councillors elected from four Wards. Councillors are responsible for major policies and decisions, which are implemented by Council officers. Council meetings are on Monday evening each week. Contact details for each Councillor are listed on Council's website, or available from the Call Centre.

Jillian Skinner, MP for North Shore

Phone: 9909 2594
3/40 Yeo St, Neutral Bay 2089
Web: www.jillianskinner.com

Liberal State MP for North Shore.



Mayor of North Sydney, Cr Genia McCaffery

Churches & Places of Worship

Anglican

All Saints' Anglican Church

Phone: 9906 7110
5 Carter St, Cammeray 2062
Web: www.ncachurch.com

Christ Church Anglican

Phone: 9923 2052
Walker & Lavender St, Lavender Bay
Web: www.lavenderbay.anglican.asn.au

Church By The Bridge

Phone: 8920 9817
St Johns Church, cnr Broughton & Bligh Sts, Kirribilli
Web: www.cbtb.org.au

St Augustine's Anglican Church

Phone: 9953 1830
cnr Wycombe & Shellcove Roads Neutral Bay 2089
Web: www.neutralbayanglican.org.au

St Peter's Anglican Church

Phone: 9953 1050
29 Waters Rd, Cremorne 2090
Web: www.stpeterscremorne.org.au

St Thomas' Anglican Church

Phone: 9929 4807
cnr McLaren & Church Streets, North Sydney 2060
Web: www.st-thomas.org.au

Bahai

Baha'i Community of North Sydney

Phone: 1800 224 247
Web: www.bahai.org.au

Baptist

Northside Baptist Church & Centre

See Page 9

Buddhist

Buddhist Centre

Phone: 9929 8643
Walker St, North Sydney 2060
Web: thekarunafoundation.org.au

Catholic

Our Lady Star of the Sea Catholic Church

Phone: 8918 4100
44 Willoughby St, Kirribilli 2061
Web: www.northsydneyparish.catholicau.com

St Francis Xavier Catholic Church

Phone: 8918 4130
17 Mackenzie St, North Sydney 2060
Web: northsydneyparish.catholicau.com

St Joseph's Catholic Church

Phone: 8969 3200
16 Lindsay St, Neutral Bay 2089
Web: www.shnparish.org.au

St Marys Catholic Church

Phone: 8918 4100
264 Miller St, North Sydney 2060
Web: northsydneyparish.catholicau.com

Hindu

The Hindu Council of Australia

Phone: 8250 4007
17 The Crescent, Homebush 2140
Web: www.hinducouncil.com.au
Visit the website for a list of temples.

Islam

Australian Federation of Islamic Councils (AFIC)

Phone: 9319 6733
932 Bourke St, Zetland 2017
Web: www.afic.com.au

North Sydney Mussallah

McMahons Point Community Centre,
165 Blues Point Rd, McMahons Point
Jamuah and Zhohor prayers only.
Hours: 1.15pm, Khutbat in English

Judaism

Cremorne & District Hebrew Congregation

Phone: 9908 1853
12A Yeo St, Neutral Bay 2089
Web: www.cremornesynagogue.com

Presbyterian

St Peters Presbyterian Church

Phone: 9955 1662
234 Blues Point Rd, North Sydney
Web: www.nthsydgreenpc.pcns.w.org.au/

Uniting

Crows Nest Uniting Church

Phone: 9439 6033
cnr Shirley Rd & Nicholson St, Crows Nest 2065
Web: cnuca.royroyes.net

Mosman Uniting Church**Phone:** 9969 8588

cnr Belmont and Cowles Roads, Mosman 2088

Web: www.mosmanuniting.org**Other****Hare Krishna Movement****Phone:** 9959 4558

cnr Miller & Falcon Sts, North Sydney 2060

Web: www.iskcon.com.au**Mosman-Neutral Bay Interchurch Council****Phone:** 9953 6376

4/80 Kurraba Rd, Neutral Bay 2089

Spirit of Life Unitarian Fellowship**Phone:** 9428 2244**Venue:** Kirribilli Neighbourhood Centre,
16-18 Fitzroy St, Kirribilli 2061**Web:** www.sydneyunitarians.org

Culturally & Linguistically Diverse Organisations

For information about other services, visit the online community directory at www.northsydney.nsw.gov.au and click "Community Directory"

Adult Migrant English Service

Phone: 9448 3120

Level 1, 66 Archer St, Chatswood 2067

Free courses for newly arrived migrants and refugees including language skills, job seeking and work skills.

Armenian General Benevolent Union (AGBU)

Phone: 9908 3911

2 Yeo St, Neutral Bay 2089

Web: www.agbu.org.au

Promotes Armenian heritage and culture.

Australian Chinese Community Association of NSW Inc

Phone: 9412 3488

Suite 103/10 Help St, Chatswood

Web: www.acca.org.au

Services for Chinese-speaking people include: settlement services for new migrants, information and referral and support services for older people.

Australian German Welfare Society Inc

Phone: 9746 6274

1a Leicester Av, Strathfield 2135

Welfare services and social activities for German speaking people.

Australian Lebanese Association Of NSW Ltd (ALA)

Phone: 9564 3506

Shop 2, 20-22 Station St,
Marrickville 2204

Web: www.alaofnsw.org

Provides information and referral services for people from a Lebanese or Arabic speaking background.

Chinese Cultural Centre NSW

Phone: 9411 3799

Shop C, 799 Pacific Hwy, Chatswood

Promotes Chinese arts and culture.

Co.As.It

Phone: 9564 0744

67 Norton St, Leichhardt 2040

Web: www.coasit.org.au

Offer a variety of social and support services for people from an Italian background.

Community Settlement Service Scheme

Phone: 9439 5122

Level 2, 2 Ernest Pl, Crows Nest 2065

Web: www.crowsnestcentre.org.au

Settlement services for newly arrived migrants and refugees include information, counselling, advocacy, English classes and activity groups.



Community Settlement Services at the Crows Nest Centre

Cremorne & District Hebrew Congregation

See Page 12

Danish Club Ltd

Phone: 0410 619 248

3 Grattan Cres, Frenchs Forest 2086

Web: www.Danishclub.com.au

Social and support services and cultural activities.

French Benevolent Society

Phone: 8003 6914

36 - 38 Spring St, Bondi Junction 2022

Web: www.frenchbenevolentsociety.com

Welfare services for French community.

Greek Orthodox Parish and Community of North Western Suburbs

Phone: 9439 7927

49-59 Holtermann St, Crows Nest

Social and support services and activities.

Immigrant Women's Speakout Association of NSW Inc

Phone: 9635 8022

47 Albion St, Harris Park 2150

Web: www.speakout.org.au

Support services for immigrant women.

Immigration Advice & Rights Centre

Phone: 9279 4300

Level 5, 362 Kent St, Sydney 2000

Web: www.iarc.asn.au

Community legal centre providing free, immigration advice and assistance.

Japan Club of Sydney Inc

Phone: 0421 776 052

GPO Box 4735, Sydney 2001

Support services for new migrants, cultural events, and Japanese school.

JewishCare

Phone: 9488 7100

2/177 Rosedale Rd, St Ives 2075

Welfare and support services for Jewish community including aged, disability and family programs.

MigrantLINK

Phone: 9987 2333

Level 3, 20 George St, Hornsby 2077

Web: www.migrantlink.org

Settlement services for migrants and refugees.

MOSAIC - Multicultural Centre

Phone: 9777 7952

12 Brown St, Chatswood 2067

Web: www.willoughby.nsw.gov.au

Support services for ethnic communities including referral, group activities and English classes.

Seva International Inc

Phone: 9449 5582

Mail to: P O Box 957, St Ives 2075

Web: www.sevainternational.org

Settlement and support services for migrants from India, Pakistan, Sri Lanka, Bangladesh, Nepal, Bhutan and Maldives.

The Aisling Society of Sydney

Phone: 9220 9868

Level 26, 1 Market St, Sydney 2000

Irish-Australian cultural society.

The Halal Helpline

Web: www.halalhelpline.org

Produces an extensive guide to halal food.

The Spanish Club Ltd.

Phone: 9267 8440

88 Liverpool St, Sydney 2000

Web: www.spanishclub.com.au

Spanish social and cultural club.



Japanese Drumming display at the Crows Nest Centre

Education

Adult Education

Creating Wellbeing

Phone: 9936 8100

PO Box 12, North Sydney 2059

Web: www.northsydney.nsw.gov.au

A series of short creative workshops including photography, cooking, walks, pottery, drawing, dance, arts & crafts.

Crows Nest Centre Computer Club

Phone: 9460 8866 (leave message)

Level 2, 2 Ernest Pl, Crows Nest 2065

Web: home.people.net.au/~cnccc/

Computer tuition in a friendly environment for older people and people with disabilities.

Kirribilli Neighbourhood Centre

See Page 8

Macquarie Business Centre

Phone: 9411 9300

1, 8 Thomas St, Chatswood 2067

Web: www.macquarie.nsw.edu.au

Community college offering a wide range of business and recreational courses.

Mosman Day & Evening College

Phone: 9968 4000

Venue: Mosman High School, Gladstone Ave, Mosman

Web: www.mec.nsw.edu.au

Wide variety of courses and workshops.

Neutral Bay Seniors Centre

See Page 8

North Sydney Community Centre

See Page 8

University of the Third Age

Phone: 9252 2033

Venue: McMahons Point Community Centre, 165 Blues Point Rd, McMahons Point 2060

Web: www.sydneuy3a.org

Leisure and learning courses for retired people.

Literacy

St John Ambulance - Community Care Program to Aid Literacy

Phone: 9219 6842

6 Hunt St, Surry Hills 2010

Web: www.stjohnnsw.com.au

Volunteer program to assist primary school students improve their literacy skills.

Living Skills Programs

C.R.E.A.T.E

Phone: 9448 3262

Westview Community Centre,

51 Hercules St, Chatswood 2067

Multi-disciplinary rehabilitation support services for people with mental health issues.

CRS Australia

Phone: 9242 4888 or 1800 277 277 Level 3, 120 Sussex St, Sydney 2000

Web: www.crsaaustralia.gov.au

Vocational rehabilitation service for people who have a disability, illness or injury.

House With No Steps

Phone: 9451 1511

49 Blackbutts Rd, Belrose 2085

Web: www.hwms.com.au

Living skills and vocational training and supported employment programs.

Northern Sydney Youth Service

Phone: 9809 7850

176-180 Blaxland Rd, Ryde 2112

Counselling and support services for young people, and supported accommodation with living skills programs.

Northside Enterprise Inc

Phone: 9905 5377

5/26 Williams St, Brookvale 2100

Web: www.northside-enterprise.org.au

Living skills and employment programs for adults with intellectual or multiple disabilities.

Taldumande Youth Services

See Page 6

The Housing Connection Inc

Phone: 9415 2311

31 Albert Ave, Chatswood 2067

Web: www.thc.org.au

Living skills support for adults with an intellectual disability.

English as a Second Language

Adult Volunteer Literacy & English Tutoring

Phone: 9942 3572

Meadowbank TAFE, See St, Meadowbank 2114

Volunteer English conversation program.

Community Settlement Service Scheme

See Page 14

English Conversation Classes

Phone: 9439 5122

Mosman Seniors' Centre, Mosman Square, Mosman

English conversation classes.

English Language Classes

Phone: 9777 7900

Willoughby Library, Level 1, 65 Albert Ave, Chatswood

Web: www.willoughby.nsw.gov.au

English language conversation classes.

MOSAIC - Multicultural Centre

See Page 15

Home Support Services

Information, Assessment & Referral

Aged and Community Care Information Line

Freecall: 1800 500 853

Information and referral service about residential aged care and community care options.

Aged Care Assessment Team

Phone: 9926 8705

Bldg 10, Royal North Shore Hospital,
Pacific Hwy, St Leonards 2065

Assessment and support with the home care needs of frail aged people living at home, including assessment for aged residential care.

Northern Sydney Commonwealth Respite & Carelink Centre

Phone: 1800 052 222

Level 3, 1 Chandos St,
St. Leonards 2065

Web: www.commCarelink.health.gov.au

Information about support services for older people and people with a disability.

Carer Support

Bradfield Park Community Centre Carers Program

Phone: 8920 0675

Bradfield Park Community Centre,
cnr Alfred & Burton Sts, Milsons Point

Web: www.kncsydney.org

Support and wellbeing activities and programs for people who care for someone with a mental illness.

Carers NSW

Phone: 9280 4744 or 1800 242 636 Level 18,
Roden Cutler House,
24 Campbell St, Sydney 2000

Web: www.carersnsw.asn.au

Information, support programs and referral services for carers of frail aged or people with disabilities at home.

Northern Sydney Commonwealth Carer Respite Centre

Phone: 8405 4400 or 1800 059 059

Level 3, 1 Chandos St, St Leonards 2065

Web: www.nsforum.org.au

Assistance in arranging short-term and emergency respite for carers of frail aged and people with a disability.

Emergency Personal Alarms

Constant Companion

Phone: 9777 7836

2 Elizabeth St, Artarmon 2064

Web: www.willoughby.nsw.gov.au

24-hour emergency response service for people who are frail aged or with a disability. Service provides a lightweight emergency alarm.



Food and Shopping Services

Crows Nest Centre Community Restaurant

See Page 8

Crows Nest Centre Food Services

Phone: 9437 7507

Level 2, 2 Ernest Pl, Crows Nest 2065

Web: www.crowsnestcentre.org.au

Home-style meals are delivered up to seven days a week for people unable to shop and cook for themselves.

Crows Nest Centre Shopping Services

Phone: 9439 5122

Level 2, 2 Ernest Pl, Crows Nest 2065

Web: www.crowsnestcentre.org.au

Door-to-door independent shopping bus trips, assisted shopping bus trips and a grocery home delivery service.

Tender Loving Cuisine

Phone: 1800 801 200

GPO Box 5105, Sydney 2001

Web: www.tlc.org.au

Home delivered ready-to-eat dinners.

Friendly Telephone Services

Australian Red Cross NSW

Phone: 9229 4222 or 1800 812 028 Red Cross House, 159 Clarence St, Sydney 2000

Volunteers ring daily to check on the well being of elderly and medically at risk people who live at home.

Home & Garden Maintenance

Community Assist Lawn Mowing

Phone: 9488 8390

1/1273 Pacific Hwy, Turramurra 2074

Web: www.easycaregardening.org.au

Subsidised lawn mowing for pensioners, frail aged and people with a disability.

Crows Nest Centre Linen Service

Phone: 9439 5122

Crows Nest Centre, 2 Ernest Place, Crows Nest 2065

Web: www.crowsnestcentre.org.au

Linen and towel laundering service for frail older people and people with disabilities living at home.

Crows Nest Centre

See Page 8

Home Care Service of NSW

Phone: 9468 7000

Level 6, 12 Help St, Chatswood 2067

Web: www.dadhc.nsw.gov.au

Domestic assistance, personal care and respite care.

LNS Easy Care Gardening

Phone: 9427 6425

164 Longueville Rd, Lane Cove 2066

Web: www.lanecovecommunityaid.org

Volunteers create safe, low maintenance gardens for frail older people and people with a disability.

Tadpole Home Help Agency

Phone: 9807 3306

Mail to: PO Box 935, Lane Cove 2066

Web: www.tadpole.com.au

Range of domestic services includes gardening, shopping, housework, respite care, meals and personal care.

Home Modification

LNS Home Maintenance & Modification Service

Phone: 9428 3996

164 Longueville Rd, Lane Cove 2066

Web: www.lanecovecommunityaid.org

Modifies homes to enable older people and people with disabilities to remain living at home.

Mobility Aids

Independent Living Specialists

24-Hour Phone: 9427 4995 or 1800 008 267

67 Mars Rd, cnr Sirius Rd, Lane Cove

Web: www.ilsau.com.au

Hire, sales and service of medical, mobility and home care equipment.

Mobility Options Pty Ltd

Freecall: 1300 133 505

Unit 1, 340 Pennant Hills Rd

Pennant Hills 2120

Web: www.mobilityoptions.com.au

Mobility aids for sale and hire.

Personal Care

Dutiful Daughters

Phone: 9387 1039

Suite 17, Level 4, 35 Spring St, Bondi Junction 2022

Web: www.dutifuldaughters.com.au

Private organisation provides personal care, transport and domestic services.

Home Care Service of NSW

See Page 18

Kincare Community Services

Phone: 1300 733 510

Norwest Business Park, Building A, Suite 302,

12-14 Solent Cct, Baulkham Hills 2153

Web: www.kincare.org

Private personal and domestic care for aged and people with disabilities.

Mum's Best Friend

Phone: 9460 6811

Level 4, 83 Mount St, North Sydney 2060

Web: www.mumsbestfriend.com.au

Carer and domestic assistance for older people and children.

Northern Sydney Home Nursing Service

Phone: 9926 5599

Building 35, Level 2, Royal North Shore Hospital,

Pacific Hwy, St Leonards

General and specialist nursing.

Savoir-Faire Nursing Care

Phone: 9955 0055

Suite 6, 281 Pacific Hwy, North Sydney 2060

Registered nurses and assistant nurses for clients requiring home support or personal care.

Tadpole Home Help Agency

See Page 18

Respite Care & Day Care

Aged Care Assessment Team

See Page 17

BCS Care Centre Northern Sydney

Phone: 9346 1440

157 Balaclava Rd, Marsfield 2122

Web: www.bcs.org.au

Personal care, housekeeping, meals, and transport for shopping and appointments.

Centacare Disability Services

Phone: 8968 5100

Unit 9B, 44 Wattle St, Brookvale 2100

Web: www.brokenbay.catholic.org.au

Offer a range of centre and home-based respite packages.

Co As It Frail Aged Day Care

Phone: 9564 0744

Venue: Crows Nest Centre, 2 Ernest Pl, Crows Nest

Web: www.coasit.org.au

Respite care for frail aged Italian-speakers.

Community Options, LNS

Phone: 9903 8366

Pallister House, St Vincent Rd, Greenwich 2065

Develops a package of services to enable frail aged and people with a disability to remain living at home.

Georgian House Seniors' Day Care

Phone: 8907 1008 or 0438 250 251

52 McLaren St, North Sydney 2060

Web: www.nsw.unitingcare.org.au

Respite care for people frail aged, people with dementia or in need of palliative care.

Greek Frail Aged Day Care

Phone: 9516 2188

Venue: 49 Holtermann St, Crows Nest

Respite day care for frail aged people with Greek background.

Flexible Carer Respite Solutions

Phone: 9903 8128

97-115 River Rd, Greenwich 2065

Web: www.hopehealthcare.com.au

Respite for people with dementia or challenging behaviours.

LNS Manly Warringah Pittwater Respite Service

Phone: 9979 7677

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

Web: www.communitycare.org.au

Regular respite service for are frail aged, or with a disability or dementia.

LNS Multicultural Aged Day Care

Phone: 9777 7526

MOSAIC, 12 Brown St, Chatswood

Web: www.willoughby.nsw.gov.au

Centre-based care for frail aged people from a multicultural background.

Northern Sydney Chinese Aged Care Centre

Phone: 9412 3488

Venue: Kirribilli Neighbourhood Centre,
16 - 18 Fitzroy St, Kirribilli 2061

Web: acca.org.au

Day centre for frail aged Chinese people.

Respite Recreation Network -Home Respite for Older Carers

Phone: 9346 1420

Illiffe Centre, 157 Balaclava Rd, Marsfield 2122

Web: www.bcs.org.au

Short and long-term respite for people with disabilities.

Sunnyfield - Respite in Action

Phone: 8977 8812

185 Allambie Rd, Allambie Heights

Web: www.sunnyfield.com.au

Planned and regular home or centre-based respite.



Tom O'Neill Centre, North Sydney

Tom O'Neill Centre

Phone: 9957 3224

10 Edward St, North Sydney 2060

Web: www.hopehealthcare.com.au/tom-oneill-centre.htm

Dementia-specific day respite for people living at home, and a carer support group.

Health & Wellbeing

Aged Care Services

Aged Care Assessment Team (ACAT)

See Page 17

Community Options, Lower North Shore

See Page 19

Northern Sydney Home Nursing Service

See Page 18

General Practitioners

Forum Medical Centre

Phone: 9437 1883

cnr Pacific Hwy & Herbert St, St Leonards 2065

Bulk billing GP services. Call for details of bulk billing eligibility.

North Sydney Medical Practice

Phone: 9922 3022

71 Walker St, North Sydney 2060

Bulk billing GP services. Call for eligibility.

Northern Sydney GP Network

Phone: 9411 3533

Level 1, 134-136 Hampden Rd, Artarmon 2064

Web: www.nsgpn.org.au

Support and education for GP's.

Child & Family Health Services

Early Childhood Health Centres

Provide support for parents of young children in areas such as feeding, behaviour, support groups, educations, growth and development checks, and information regarding other children's services. Services are free to Medicare card holders, and available for children 0 – 5 years.

Centres are located at:

■ Cremorne

Phone: 9953 7042

108 Parraween St, Cremorne 2090

Drop-in Hours: 9am-12.30pm, Mon & Fri.

Closed Mon afternoon.

Appointments: Tue, Wed & Thu 9am-12pm & 2-5pm.
Fri 2-5pm.

■ Crows Nest

Phone: 9438 3019

Crows Nest Centre, 2 Ernest Pl, Crows Nest 2065

Drop-in Hours: 9am-12.30pm, Mon, Wed & Fri.

Appointments: 2pm-5pm, Mon, Wed & Fri.

Groups & appointments: Tue & Thurs.

Early Education (EarlyEd) Inc

Phone: 9923 2727

3 Cunningham St, North Sydney 2060

Web: www.earlyed.com.au

Early childhood intervention services for children with a disability or difficulty (physical, intellectual, communication, play, sensory, social, emotional, behaviour).

LNS Child & Family Health Centre

Phone: 9448 3155

44 Hercules St, Chatswood 2067

Multi-disciplinary child and family health services. Paediatric consultations, speech and language assessments, hearing clinic, occupational therapy, physiotherapy and speech pathology.

North Sydney Immunisation Clinic

See Page 5

Tresillian Family Care Centre

Phone: 9432 4000

25 Shirley Rd, Wollstonecraft 2065

Web: www.tresillian.net

Parenting assistance and support services for families with children 0-3.

Family Support Services

AI Anon Family Groups

See Page 9

Australian Breastfeeding Association

See Page 10

Bradfield Park Community Centre Carers Program

See Page 17

Centacare Naremburn

Phone: 8425 8700

40 Merrenburn Avenue,
Naremburn 2065

Support for families where children are at risk of abuse or neglect.

FAMI Club

Phone: 8877 5283

Locked Bag 2220, Macquarie Hospital, North Ryde

Support for families with children 0-18 years where a parent has mental health issues.

Family Assistance Office

Phone: 13 6150

Shop P40, Ground Floor, North Point Shopping Centre,
100 Miller St, North Sydney 2060

Web: www.familyassist.gov.au

Financial assistance with child care, family payments and family tax benefit.

Family Relationship Centre

Phone: 8874 8088

Unit 1 North RydeLink Business Park,
277 Lane Cove Rd, North Ryde 2113

Web: www.familyrelationships.gov.au

Information and support with family relationships or separating families.

Grandparents Raising Grandchildren NSW

Phone: 9286 3860 or 1800 449 102 Level 4,
280 Pitt St, Sydney 2000

Web: www.raisinggrandchildren.com.au

Information and support for grandparents raising grandchildren.

Kids Helpline

24-Hour Phone: 1800 551 800

Web: www.kidshelp.com.au

Telephone, email and web-based counselling service for young people.

LNS Multiple Birth Association

Phone: 9882 2713

PO Box 717, Chatswood 2057

Support and social activities for families of multiple birth children.

Mosman Lane Cove Division of Sydney Legacy

Phone: 8423 5900

Legacy House, 308 Miller St,
North Sydney 2060

Web: www.legacy.com.au

Support for dependants of deceased Australian war veterans and service personnel.

National Council of Single Mothers and their Children

Phone: 08 8226 2505

Web: www.ncsmc.org.au

Lobby group can provide local contacts.

NSW Department of Community Services Helpline

24-Hour Helpline: 132 111

Web: www.community.nsw.gov.au

Helpline for people with child protection issues or concerns.

Parent Line

24-Hour Phone: 13 2055

PO Box 1507, Neutral Bay 2089

Web: www.parentline.org.au

Advice and information service for parents of children aged 0-18 years.

Parents Without Partners

Phone: 9411 1858

PO Box 60, Brookvale 2100

Web: www.sydneysingleparents.org.au

Social group providing support and companionship for lone parents.

Single with Children

Phone: 1300 300 496

Web: www.singlewithchildren.com.au

Social activities for single parents and their children.

Tresillian Family Care Centre

See Page 20

Hearing Services**Aussie Deaf Kids**

Phone: 9960 2401

Web: www.aussiedeafkids.com

Online support and resources for parents of deaf and hearing impaired children.

Australian Hearing

Phone: 9411 4533

398 Victoria Av, Chatswood 2067

Web: www.hearing.com.au

Commonwealth funded hearing assessment, fitting and repair service.

Better Hearing Australia Inc

Phone: 9744 0167

Dougherty Community Centre,
7 Victor St, Chatswood 2067

Web: www.betterhearingsydney.org.au

Self-help organisation for hearing impaired.

Connect Hearing

Phone: 1300 656 858

Suite 2, 101 Union St, North Sydney 2060

Web: www.connecthearing.com.au

Retail network of hearing healthcare centres.

Deaf Society of NSW

Phone: 9893 8555

PO Box 1060, Parramatta 2124

Web: www.deafsocietynsw.org.au

Services and support for people who are deaf & of hearing impaired.

Hearing Information Line

Phone: 1800 500 726

Web: www.health.gov.au/hear

Information about the Commonwealth Hearing Services Program.

National Relay Service Outreach

Phone: 1800 555 660

Web: www.relayservice.com.au

Telephone relay service for people who are deaf or have a hearing or speech impairment.

North Shore Deaf Children's Association

Phone: 9181 5330

PO Box 533, Chatswood 2057

Parent support group.

NSW Association of the Deaf Inc

TTY Phone: 9871 8400

PO Box 4681, North Rocks 2151

Web: www.nswad.org.au

Political lobby group deaf people who use Australian Sign Language.

SHHH Australia

See Page 10

The Shepherd Centre

Phone: 9412 2666

19 Bancroft Av, Roseville 2069

Auditory early intervention program to teach deaf children to speak.

Hospitals

Greenwich Hospital

Phone: 9903 8333
97-115 River Rd, Greenwich 2065
Web: www.hopehealthcare.com.au

Mater Hospital

Phone: 9900 7300
Rocklands Rd, North Sydney 2060
Web: www.matersydney.com.au

North Shore Private Hospital

Phone: 8425 3000
3 Westbourne St, St Leonards 2065
Web: www.northshoreprivate.com.au

Royal North Shore Hospital

Phone: 9926 7111
Pacific Hwy, St Leonards 2065
Web: www.nscchahs.health.nsw.gov.au
24-hour emergency service.

Mental Health Services

Northern Suburbs Mental Health Hotline:
1300 302 980

Assertive Outreach Team North Shore

See Page 7

Australian Mental Health Suicide Consumer Alliance Inc

See Page 9

C.R.E.A.T.E

See Page 16

Community Mental Health Centres

Assessment, crisis intervention, treatment, counselling and support for adults with psychiatric or mental health problems.

Centres located at:

■ Chatswood

Phone: 9448 3250
Building 10, Level 2, Royal North Shore Hospital,
Pacific Hwy, St Leonards

■ Cremorne

Phone: 9904 1700
231 Military Rd, Cremorne 2090

LNS Adolescent Service

Phone: 9926 8905
Level 2, Building 36, Ninth Ave,
Royal North Shore Hospital,
Pacific Hwy, St Leonards 2065
Web: www.nscchahs.health.nsw.gov.au
Counselling and therapy service for adolescents with emotional, behavioural or mental health problems.

Macquarie Hospital

Phone: 9888 1222
Wicks Rd, North Ryde 2113
Web: www.nscchealth.nsw.gov.au
Short, medium and long-term rehabilitation & psychiatric care for people with a mental illness.
North Sydney Community Services Guide

Northside Clinic

Phone: 9433 3555
2 Greenwich Rd, Greenwich 2065
Web: www.ramsayhealth.com.au
Psychiatric hospital.

Mental Health Support Groups

Anxiety Disorders Alliance Support Group

Phone: 1300 794 992
Venue: Warringah Mall Library, Level 2, Arena Cove,
Warringah Mall, Brookvale
Web: www.mentalhealth.asn.au/ada

ARAFMI (NSW) Inc

Phone: 9332 0700
Suite 501, 80 William St, East Sydney
Web: www.arafmi.org
Support with mental illness.

Australian Mental Health Suicide Consumer Alliance Inc

See Page 9

Baby & Beyond Supported Playgroup

Phone: 02 9957 5858
Venue: Kirribilli Neighbourhood Centre, 16-18 Fitzroy
St, Kirribilli NSW 2061
Web: www.babyandbeyond.net.au

Professionally facilitated playgroup for parents experiencing difficulty with parenting and those with perinatal mood disorders.

Beyond Blue: the National Depression Initiative

Phone: 1300 22 4636
Web: www.beyondblue.org.au
Youth Web: www.youthbeyondblue.org.au

Information and resources for people living with depression. Information only - crisis services are not provided.

Bradfield Park Community Centre Carers Program

See Page 17

Club SPERANZA

Phone: 9908 1233
PO Box 96, Neutral Bay 2089
Web: www.clubsperanza.org
Support people with suicidal thoughts.

FAMI Club

See Page 20

GROW Support Groups

Phone: 9569 5566
Venue: Youth Services Bldg,
64 Albert Ave, Chatswood 2067
Web: www.grow.net.au
Free community 12-step program for adults recovering from mental illness.

Mental Health Consumer Participation Network - LNS

Phone: 9448 3261

51 Hercules St, Chatswood 2067

Information service for consumers of mental health services.

Obsessive Compulsive Disorder (OCD) Support Group

See Page 10

Schizophrenia Fellowship of NSW - North Shore Support Group

Phone: 9879 2600

Locked Bag 5014, Gladesville 1675

Web: www.sfnsw.org.au

Transcultural Mental Health Centre

Phone: 9840 3767

Locked Bag 7118, Parramatta BC 2150

Web: www.dhi.gov.au/tmhc/

Promotes access to mental health services for people from culturally and linguistically diverse backgrounds.

Triumph Over Phobia

Phone: 9339 6093

80 William St, East Sydney 2011

Web: www.mentalhealth.asn.au/ada

12 week self-help program for people with obsessive compulsive disorder, agoraphobia and other phobias.

Northern Sydney Sexual Assault Service

See Page 9

Area Women's Health

Phone: 8877 5346 or 8877 5345

The Lodge, Macquarie Hospital,
cnr Twin Rd & Badajoz Rd, North Ryde

Telephone information and referral service about women's health issues.

Women's & Reproductive Health Services

BreastScreen NSW

Appointments Phone: 13 20 50

The Cottage, Royal North Shore Hospital, Pacific Hwy,
St Leonards

Web: www.bsnsnsw.org.au

Free breast screening for women aged 50 – 69 years.



Childbirth & Early Parenting Education Unit

Phone: 9926 7248

Building 36, Royal North Shore Hospital,
Pacific Hwy, St Leonards

Web: www.nsccha.health.nsw.gov.au

Labour preparation and fitness classes.

Information & Referral Services

Community Settlement Service Scheme

See Page 14

Greenway Tenants Group

Phone: 9922 3129

A Block, Greenway, Ennis Rd,
Milsons Point 2061

Advice and information for Greenway tenants.

Kirribilli Neighbourhood Centre

Phone: 9922 4428

16-18 Fitzroy St, Kirribilli 2061

Web: www.kncsydney.org

Information and referral available, as well as access to a number of printed resources and internet access. Help with tax, financial or accommodation issues available by appointment.

Community Information Online

Phone: 9936 8100

Web: www.northsydney.nsw.gov.au

The LINCS online community directory is a fast and efficient way to find detailed information about services, events and activities in your local area, such as childcare, festivals, sports and social clubs and support services. LINCS provides location maps and links to websites and email addresses for thousands of services. To search, visit Council's website and click "Community Directory". Public access points available at North Sydney Council's Customer Service Centre and Stanton Library.

Northern Sydney Commonwealth Respite and Carelink Centre

See Page 17

Planet X Youth Centre

See Page 8

Seniors Information Service

Phone: 13 12 44

PO Box 1332, Crows Nest 1585

Web: www.seniorsinfo.nsw.gov.au

Information and resources about services, events and activities for older people.

Stanton Library

Phone: 9936 8400

234 Miller St, North Sydney 2060

Web: www.northsydney.nsw.gov.au

Stanton has a number of information resources and access to information databases, internet and the North Sydney online Community Directory.

Hours: 9am - 9pm, Mon - Thurs.

9am - 6pm, Fri.

10am - 5pm, Sat & Sun



Financial Advice & Assistance

CCA Financial Counselling Service

Phone: 9858 1377

2 Dickson Ave, West Ryde 2114

Web: www.ccas.org.au

Free financial counselling service and free fax help program.

Centrelink

General Phone: 13 10 21

Appointments line: 13 1021

Multilingual service: 13 1202

Family Assistance Office: 13 6150

Employment Services: 13 2850

Youth & Students: 13 2490

Retirement Payments: 13 2300

Disability Payments: 13 2717

56-64 Archer St, Chatswood 2067

Web: www.centrelink.gov.au

Centrelink Financial Information Service

Phone: 13 23 00

56-64 Archer St, Chatswood 2067

Web: www.centrelink.gov.au

Free information about financial options, investment products, financial planning, social security entitlements, taxation provisions and general financial affairs. Hold regular seminars and workshops covering topical financial issues.

Family Assistance Office

Phone: 13 6150 Hotline

56-64 Archer St, Chatswood 2067

One-stop shop for families eligible for Commonwealth Government family assistance payments.

Financial Planning Association of Australia

Phone: 9220 4500

GPO Box 4285, Sydney 2001

Web: www.fpa.asn.au

Advice on selecting a financial planner, and a directory of members.

Payments Assistance Scheme

Phone: 132 092

PO Box A82, Sydney South 1231

Web: www.sydneywater.com.au

Vouchers are available from selected community service groups. Eligibility will be assessed by these groups.

Seniors Card Program

Phone: 1300 364 758

Locked Mail Bag 16, Kingsgrove 2208

Web: www.seniorcard.nsw.gov.au

Entitles seniors to discounts and special prices on goods and services.

St Vincent De Paul Society

Phone: 9436 0725

60 Alexander St, Crows Nest 2065

Web: www.vinnies.org.au

Financial and material assistance, counselling, advice, information and referral. 2nd hand shops are operated at this address and at 6 Bay Rd North Sydney and 148 Military Rd Neutral Bay.



Kirribilli Neighbourhood Centre

Kirribilli Neighbourhood Centre

See Page 8

Legal Advice & Assistance

Anti-Discrimination Board

Phone: 9268 5555

PO Box A2122, Sydney South 1235

Web: www.lawlink.nsw.gov.au/adb

Investigates and conciliates complaints relating to discrimination on the grounds of sex, race, disability, carers responsibilities, age, marital status, homosexuality or transgender.

Chatswood Legal Advice Service

Phone: 9777 7800

Dougherty Community Centre,
7 Victor St, Chatswood 2067

Legal advice, guidance and referral for people who cannot afford a solicitor. 20 minute interviews.

Child Support Service

Phone: 9633 9916

PO Box 165, Parramatta 2124

Web: www.legalaid.nsw.gov.au

Legal advice and information about child support and related issues.

Kirribilli Neighbourhood Centre

Phone: 9922 4428

16-18 Fitzroy St, Kirribilli 2061

Web: www.kncsydney.org

Free legal advice, by appointment.

Law Society of NSW - Community Referral Service

Phone: 9926 0300

5th Floor, 170 Phillip St, Sydney 2000

Web: www.lawsociety.com.au

Telephone service refers to private solicitors who are prepared to receive referrals in certain areas of law, and co-ordinates a pro bono scheme for people who are ineligible for Legal Aid and unable to afford a private solicitor.

Legal Aid Commission of NSW

Phone: 9219 5000

PO Box K847, Haymarket 1238

Web: www.legalaid.nsw.gov.au

Free legal information, advice and minor assistance, grants of legal aid, a duty solicitor service at local courts, dispute resolution and domestic violence.

Legal Aid Hotline for Young People

Tollfree Phone: 1800 101 810

323 Castlereagh St, Sydney 2000

Web: www.legalaid.nsw.gov.au

Telephone advice for under 18's involved in police and court matters.

Lone Fathers Association

Phone: 6239 4650

PO Box 492, Canberra ACT 2601

Web: www.lonefathers.com.au

Family law advice organisation for lone fathers. Branches throughout Australia.

North Sydney Local Court

Phone: 9463 3800

Court House, 94 Pacific Hwy,
North Sydney 2059

Web: lawlink.nsw.gov.au

Local Court can provide information about legal and court procedures and options. Specific legal advice is not provided.

Leisure

Community Events

Amateur Chamber Music Society

Phone: 9498 1197

Venue: Kirribilli Neighbourhood Centre, 16-18 Fitzroy St, Kirribilli 2061

Web: www.acms-sydney.org

Occasional concert series open to the public.

Australia Day Celebrations

Phone: 9936 8100

Web: www.northsydney.nsw.gov.au

A number of events are held throughout the day. Check Council's website and noticeboards for more information.

Bill Coppel Young Writers' Award

Phone: 9936 8400

Venue: Stanton Library, 234 Miller St, North Sydney NSW 2059

Web: www.northsydney.nsw.gov.au

Writing competition for young people aged between 11 and 18 years. For more information visit the website or telephone the library. Entries close early May.

Changeable Art

Phone: 9922 2299

Venue: 220 Miller St, North Sydney 2060

Web: www.northsydneycentre.com.au

Monthly public art space for local artists and designers.

Classical Guitar Society

Phone: 9453 3113

Venue: The Independent Theatre, 269 Miller St, North Sydney 2060

Web: www.classicalguitarsydney.org.au

Annual concert series featuring professional Australian and international musicians.

Live Poets at Don Bank

Phone: 9896 6956

Venue: Don Bank Museum, 6 Napier St, North Sydney 2060

Performance space and open section for poets and unplugged musicians.

North Sydney Art Prize

Phone: 9936 8100

Venue: 200 Miller St, North Sydney 2060

Web: www.northsydney.nsw.gov.au

Non-acquisitive art competition held in July each year. Entries must depict an aspect of North Sydney: its people, landscape, character or spirit. For details and conditions of entry contact Council or visit the website.

North Sydney Celtic Festival

Phone: 9968 1854

Venue: Bradfield Park, Alfred St South, Milsons Point 2061

Festival held on Australia Day each year. Stalls, bands and entertainment.

North Sydney Children's Festival

Phone: 9936 8100

Venue: Civic Park, 200 Miller St, North Sydney 2060

Web: www.northsydney.nsw.gov.au

Annual festival features rides, games and activities, food and entertainment.

North Sydney Community Carols

Phone: 9936 8100

Venue: Civic Park, 200 Miller St, North Sydney

Web: www.northsydney.nsw.gov.au

Annual event for children and families.

North Sydney Seniors Week

Phone: 9936 8100

Venue: 200 Miller St, North Sydney 2059

Web: www.northsydney.nsw.gov.au

Activities held throughout the week. Visit the website or ring Council for a program of events.

Ride to Work Challenge

Phone: 9936 8100

Destination: Bradfield Park, Milsons Point

Web: www.ride2work.com.au

Event to encourage people to cycle to work. Free breakfast for cyclists.

Royal Art Society of NSW

Phone: 9955 5752

Venue: Lavender Bay Gallery, 25-27 Walker St, North Sydney 2060

Web: www.royalart.com.au

Gallery and art school offering classes and exhibitions.

Starlight Cinema

Phone: 9976 0699

Venue: North Sydney Oval, Miller St, North Sydney 2060

Web: www.starlightcinema.com.au

Outdoor cinema screening popular new-release films. A range of seating options and food and drink available.

Sydney Jazz Club Picnics

Phone: 9719 3876

Venue: Berry Island Reserve, Shirley Rd, Wollstonecraft 2065

Web: www.sydneyjazzclub.com

Monthly jazz picnics at Berry Island reserve. Bring a rug, food and drink.

The Actors' Forum

Phone: 9300 9007

Venue: PO Box 203, Cammeray 2062

Professional actors' forum, with regular professionally performed play readings.

Hobbies & Interest Groups

Australian Plants Society, Harbourside Group

Phone: 9953 7498

Lane Cove Tennis Club, Central Park, Kenneth St,
Longueville 2066

Web: www.austplants-nsw.org.au

Promotes the study, growth and propagation of
Australian plants.

Australian Sewing Guild

Phone: 9415 1357

19 Reid Drive, Chatswood West 2067

Meet monthly. All types of sewing welcome.

Australian Society of Calligraphers

Phone: 9959 6489

Primrose Park Art & Craft Centre, Matora Lane,
Cremorne 2090

Web: www.australiansocietyofcalligraphers.com.au

Information and calligraphy classes and workshops for
all age levels.

Australian Society of World War One Aero Historians

Phone: 9451 7972

Venue: The North Sydney Club,
88 Berry St, North Sydney 2060

Web: asww1ah.0catch.com

Society for people interested in World War I aviation.

Bonsai Society of Australia Inc.

Phone: 9489 3156

Web: www.bonsai.asn.au

Meetings, displays and demonstrations.

Botanical Art Society of Australia

Phone: 9487 4204

to: PO Box 499, Turrumurra 2074

Web: www.botanicalartsocietyaustralia.com

Annual exhibitions, meetings and activities for
members.

Creating Wellbeing

See Page 16

Jane Austen Society of Australia

Phone: 9380 5894

Venue: Uniting Church Hall,
Lord St, Roseville 2069

Web: www.jasa.net.au

Meetings with guest speakers, study days and country
weekends.

Leisure-Time

Phone: 9901 4299

Baptist Centre, 65 Willoughby Rd, Crows Nest 2065

Web: www.northsidebaptist.org.au

Social group for seniors offering craft, games and bus
outing.

Neutral Bay Seniors Centre

See Page 8

North Shore Historical Society

Phone: 9955 1921

Venue: Stanton Library,

234 Miller St, North Sydney 2059

Web: www.photosau.com/stantonhistsoc

Meetings and historical walks.

North Sydney Leagues Chess Club

Phone: 0431 234 741

Venue: North Sydney Leagues Club,
12 Abbott St, Cammeray 2062

Web: www.northsydneychess.org

Welcomes all age groups and abilities.

North Sydney Leagues Club

Phone: 9245 3000

12 Abbott St, Cammeray 2062

Web: www.norths.com.au

The Club hosts a number of interest clubs including
cards, photography, chess, cricket, darts and fishing.
Visit the website or call for details.

North Sydney Leagues Photographic Society

Phone: 9428 1271

Venue: Kamaraigal Room,
North Sydney Leagues Club,
20 Abbott St, Cammeray 2062

Web: www.nslps.com.au

Photography demonstrations, lectures and
competitions. Members range from beginners to
professionals.

Primrose Park Art & Craft Centre

See Page 8

Royal Art Society of NSW

See Page 27

The Early Dance Consort

Phone: 9416 5765

Venue: Presbyterian School Hall,
181 Blues Point Rd, North Sydney

Web: www.earlydanceconsort.com

Classes in early European Court Dance from the
Renaissance and Baroque eras.

The Men's Shed

See Page 8

The Tapestry Guild Inc

Phone: 9953 7026

Web: www.tapestryguildinc.50megs.com

Regular meetings and advice on lessons.

Wollstonecraft Bridge Club

Phone: 9436 2141

7 Russell St, Wollstonecraft 2065

Web: www.wollstonecraft.bowling-club.org

Markets & Fairs

Baby & Kids Market

Phone: 03 9517 1315

Venue: St Ignatius' College,
Tambourine Bay Rd, Riverview 2066

Web: www.babykidsmarket.com.au

Quality pre-loved and new baby & kids goods at bargain
prices.

Crows Nest Fair

Phone: 9439 8220 (after June only)
Venue: Willoughby Rd, Crows Nest
Annual street fair held around October.

Crows Nest Markets

Phone: 0412 210 084
Venue: Crows Nest Centre,
2 Ernest Place, Crows Nest 2065
9am - 4pm, 3rd Saturday of the month.

Kirribilli Art & Design Markets

Phone: 9922 4428
Venue: Burton St Tunnel,
Burton St, Milsons Point 2061
Web: www.kncsydney.org
9am-3pm, 2nd Sunday of the month.

Kirribilli Markets

Phone: 9922 4428
Venue: Kirribilli Bowling Club, cnr Fitzroy & Alfred Sts,
Milsons Point 2061
Web: www.kncsydney.org
7am-3pm, 4th Saturday of the month.

Neutral Bay Fair

Phone: 9953 0133
Venue: Rangers Rd, Neutral Bay 2089
Spring fair held in October/November.

North Sydney Markets

Phone: 9922 2299
Venue: Civic Park, Miller St,
North Sydney 2060
Web: www.northsydneycentre.com.au
9am - 4pm, 2nd Saturday of the month.

North Sydney Night Markets

Phone: 9451 1730
Venue: Civic Centre Park,
200 Miller St, North Sydney 2060
Web: www.tlpcorp.com
Weather permitting, held on Friday evenings in summer
(daylight saving).

Northside Produce Market

Phone: 9922 2299
Venue: Civic Centre Park,
Miller St, North Sydney 2060
Web: www.northsydneycentre.com.au
8am - 12noon, 3rd Saturday monthly.



Places to Visit

Don Bank Museum

Phone: 9936 8400
6 Napier St, North Sydney 2060
Web: www.northsydney.nsw.gov.au
Local museum with regular exhibitions housed in an early 19th century timber slab cottage. Group tours available.



Independent Theatre

Phone: 9955 6580
269 Miller St, North Sydney 2060
Web: www.theindependent.org.au
A wide range of theatre, music and cultural events for people of all ages are held throughout the year.

Luna Park Sydney

Phone: 9922 4464
1 Olympic Dr, Milsons Point 2061
Web: www.lunaparksydney.com
Iconic 1930s amusement park.

Mary MacKillop Place Museum

Phone: 8912 4878
7 Mount St, North Sydney 2060
Web: www.marymackillopplace.org.au
Museum dedicated to the life of Mary MacKillop. School tours available.

May Gibbs' Nutcote

Phone: 9953 4453
Nutcote, 5 Wallaringa Ave,
Neutral Bay 2089
Web: www.maygibbs.com.au
Gallery and museum displaying works by children's author and illustrator, May Gibbs. Exhibitions, events and children's parties.

North Sydney Parks & Playgrounds

See Page 4

Royal Art Society of NSW

See Page 27

Sexton's Cottage Museum & St Thomas Rest Park

Phone: 9957 1557
250 West St, Crows Nest 2065
Web: www.northsydney.nsw.gov.au
Museum and Rest Park. Group tours by appointment.

Social Clubs & Groups

Business & Professional Groups

Cammeray Chamber of Commerce

Phone: 0419 770 848
PO Box 167, Cammeray 2062
Web: www.northsydneychamber.com.au

Cremorne Chamber of Commerce

Phone: 9953 1725
350 Military Rd, Cremorne 2090

Crows Nest Chamber of Commerce

Phone: 0416 057 993
Suite 11, 110 Willoughby Rd, Crows Nest 2065
Web: www.gocrowsnest.com

Neutral Bay Chamber of Commerce

Phone: 9453 3511
PO Box 268, Belrose West 2085
Web: www.northsydneychamber.com.au

North Sydney Chamber of Commerce

Phone: 9453 3511
PO Box 268, Belrose West 2085
Web: www.northsydneychamber.com.au

Zonta Club of Sydney North Inc

Phone: 9808 2932
PO Box 623, North Sydney 2059
Web: www.zonta.com.au
Past and present executives and professionals work together to advance the status of women worldwide.

Children & Families

Girl Guides Association NSW

Phone: 9698 3322
Locked Bag 950, Strawberry Hills 2012
Web: www.guidesnsw.org.au
Ring for details of local clubs.

LNS Multiple Birth Association

See Page 21

North Sydney PCYC

Phone: 9955 2944
224-230 Falcon St, North Sydney 2060
Web: www.pycnsw.org/northsydney
Activities for young people.

Scouts Australia - Sydney North

Phone: 9411 4088
2 Ellis St, Chatswood 2067
Web: www.sydneynorthscouts.com
Ring for details of local clubs.

Community Service Groups

Amnesty International Australia

Phone: 9438 4073
Web: www.amnesty.org.au

Works for the release of prisoners of conscience, fair trials for political prisoners, and other human rights.

Probus Clubs

Probus clubs are for retired or semi-retired people. They meet regularly and arrange guest speakers, outings, luncheons and other activities. Local clubs are located at:

■ Neutral Bay

Phone: 9953 1916
Venue: North Sydney Leagues Club,
12 Abbott St, Cammeray 2062
Web: www.probusneutralbay.org

■ North Sydney

Phone: 9929 0436
Venue: North Sydney Leagues Club,
Abbott St, Cammeray 2062

Rotary Clubs

Rotary clubs are community service groups which raise funds and provide assistance to local and international causes. Local clubs:

■ Neutral Bay

Phone: 9232 6731
PO Box 212, Neutral Bay Junction
Organises the annual Neutral Bay Fair.

■ North Sydney Sunrise

Phone: 9452 5717
PO Box 360, St Leonards 2065
Web: www.rotaryclubofnorthsydney.sunrise.org.au

■ North Sydney

Phone: 9489 4519
PO Box 674, North Sydney 2059
Web: www.rotarnet.com.au

Zonta Club of Sydney North Inc

See Page 30

Interest & Action Groups

Australians for Reconciliation Group

Phone: 9904 1732 or 9456 1460
Dougherty Community Centre,
7 Victor St, Chatswood 2067
Residents group meets to discuss reconciliation and organise community events and projects.

EcoTransit Sydney Inc.

Phone: 0438 523 022
PO Box 630, Milsons Point 1565
Web: www.ecotransit.org.au
Advocates for sustainable transport policies.

Friends of Graythwaite

PO Box R224, Royal Exchange 1225
Web: graythwaite.org.au
Community group dedicated to keeping the Graythwaite Estate for public use.

Friends of the ABC**Phone:** 9909 0600

PO Box 1391, North Sydney 2059

Web: www.fabcnsw.org.au

Works to support the ABC as an independent national broadcaster.

Lane Cove Residents for Reconciliation**Phone:** 9428 1197 or 9428 1150**Venue:** Lane Cove Civic Centre.

48 Longueville Rd. Lane Cove

Web: www.nswrecon.com

Local reconciliation group working to raise awareness of Aboriginal cultures and history.

Lane Cove Women's Action & Information Group**Phone:** 9428 3317

The Meeting House,

25 Stokes St, Lane Cove 2066

Web: www.waig.org.au

Activities include a discussion program covering social, cultural and political issues, and a book discussion group.

Women into Politics Inc**Phone:** 9437 6916

PO Box 1144, North Sydney 2060

Web: www.womenintopolitics.org.au

Aims to increase the number of women standing for local, state and federal government, and for appointment to statutory bodies and boards. Information, education and training.

Older People**Combined Pensioners Association****Phone:** 9437 7510**Venue:** Crows Nest Centre,

2 Ernest Pl, Crows Nest 2065

Web: www.cpsa.org.au

Information, referral and social activities.

Crowies Craft**Phone:** 9901 4299

Baptist Centre, 65 Willoughby Rd, Crows Nest 2065

Web: www.northsidebaptist.org.au

Craft and activities. Limited childcare available.

Crows Nest Centre Computer Club

See Page 16

Leisure-Time

See Page 28

Mosman Lane Cove Division of Sydney Legacy

See Page 21

Neutral Bay Seniors Centre

See Page 8

People with a Disability**Guides NSW & ACT, Disability Program****Phone:** 9698 3322

Locked Bag 950, Strawberry Hills 2012

Web: www.guidesnsw.org.au

Contact the Special Needs Consultant for the details of local groups.

Mosman Saturday Youth Group**Phone:** 9978 4013

Mosman Youth Centre, 30 The Crescent, Mosman

Web: www.mosman.nsw.gov.au

Social and recreational group for young people who have a disability.

Northern Area Recreation Association Inc**Phone:** 9452 4993

PO Box 101, Belrose West 2085

Sporting group for people with an intellectual disability.

Rainbow Club**Phone:** 0418 963 087

Warringah Aquatic Centre,

Aquatic Drive, Frenchs Forest 2086

Web: www.rainbowclubaust.com.au

Swimming club for children and young people with a disability.

Recreation Rendezvous**Phone:** 9420 8555

Lane Cove Seniors Centre,

180 Longueville Rd, Lane Cove 2066

Web: www.recrend.org.au

Assists adults with moderate to high support needs to access mainstream sporting and recreation activities.

Respite Recreation Network - Saturday Activities**Phone:** 9346 1429

Iliffe Centre, 157 Balaclava Rd, Marsfield 2122

Web: www.bcs.org.au

Saturday activities for children with disabilities aged 5 - 12 years.

Sailability Middle Harbour**Phone:** 0416 009 482**Sail from:** Middle Harbour Yacht Club, Lower Parriwi Rd, The Spit, Mosman**Web:** www.sailability.org.au

Sailing for people with disabilities at all levels, in modified boats.

Scouts with Special Needs**Phone:** 9735 9000 or 1800 726 887

PO Box 125, Lidcombe 1825

Web: www.scouts.com.au

Scouting activities for young people with disabilities. Call for details of local groups.

Social Club for Young Adults with Aspergers**Phone:** 0410 376 882

PO Box 770, Seven Hills 1730

Web: www.autismspectrum.org.au

Social club for young people with Asperger's or similar.

Sunnyfield Club Rec & RAGE**Phone:** 8977 2753

PO Box 886, Brookvale NSW 2100

Web: www.sunnyfield.com.au

Recreational activities and outings for young people and adults with disabilities.

Licensed Clubs

Kirribilli Club

Phone: 9955 2245

11 Harbourview Crescent, Lavender Bay 2060

Web: www.kirribillclub.com.au

North Sydney ANZAC Club

Phone: 9923 1942

cnr Miller & Ernest Streets, Cammeray 2062

Web: www.anzacclub.com.au

North Sydney Club

Phone: 9955 2384

88 Berry St, North Sydney 2059

Web: thenorthsydneyclub.com.au

North Sydney Leagues Bowling Club

Phone: 9245 3099

Ridge St, St Leonards Park, North Sydney 2060

Web: www.norths.com.au

North Sydney Leagues Club

Phone: 9245 3000

12 Abbott St, Cammeray 2062

Web: www.norths.com.au

Royal Sydney Yacht Squadron

Phone: 9955 7171

33 Peel St, Kirribilli 2061

Web: www.rsys.com.au

Wollstonecraft Bowling & Recreation Club

Phone: 9436 2141

7 Russell St, Wollstonecraft 2065

Web: www.wollstonecraft.bridge-club.org

Young People

North Sydney PCYC

See Page 30

Planet X Youth Centre

See Page 8

Shout Out

See Page 10

Transport Services

Community Transport

Crows Nest Transport Service

Phone: 9439 5122

Level 2, 2 Ernest Pl, Crows Nest 2065

Web: www.crowsnestcentre.org.au

Transport to and from medical and related appointments and social outings.

Crows Nest Centre Shopping Services

See Page 17

Easy Rider Bus Service

See Page 4

LNS Community Transport

Phone: 9438 3504

Level 3, Crows Nest Centre,
2 Ernest Pl, Crows Nest 2065

Transport services for people with disabilities, frail older people and their carers. Assisted shopping trips, social outings and transport to appointments.



Public Transport

Passes & Concessions Office

Phone: 9379 4441

490 Pitt St, Sydney 2000

GPO Box K349, Haymarket 1238

Web: www.railcorp.nsw.gov.au

Concession passes for visual impairment, ex-service personnel, full-time school and tertiary students.

Sydney Transport Information

Infoline: 131 500

Web: www.131500.com

Timetables and route information for bus, train and ferry services.

Motor Vehicles

NRMA

Phone: 13 21 32

1 Spring St, Chatswood 2067

Web: www.nrma.com.au

Motoring, health and home insurance services, and roadside assistance.

Roads & Traffic Authority

Phone: 132 213

154 Pacific Hwy, North Sydney 2060

Web: www.rta.nsw.gov.au

Processes registration of motor vehicles and licences. Ring for details of baby capsule hire services and authorised fitting stations.

Volunteering

Centrelink Employment Services

Phone: 132 850

Voluntary work is available through Centrelink for people who wish to develop work force skills and help in the community.

GoVolunteer

Phone: 03 9820 4100

Web: www.govolunteer.com.au

National volunteer matching website.

Bushcare

See Page 4

The Centre for Volunteering

Phone: 9261 3600

Level 2, 228 Pitt St, Sydney 2000

Web: www.volunteering.com.au

Volunteer referral service which matches people to volunteer work.



*North Sydney Mayor, Cr Genia McCaffery
on National Tree Planting Day*

Notes

