

CARER SUPPORT GROUPS IN NORTHERN SYDNEY REGION 2023

Meeting days/times	Venue Address	Contact details/group leader	Target Audience	Other Information
1 <sup>st</sup> Wednesday of Month 11:00-12:30	Venue Pending (Hornsby Area)	Mary Beijerinck-Gooley on 0434 323 411 NSLHD Carer Support	For Carers of people with chronic illness, children with additional needs, frail aged, mental health and disability Please contact Mary on 0434 323411 if you are interested in attending a group.	Support Group meets for Carers, Morning tea provided. Phone 0434 323 411 Email <a href="mailto:Mary.BeijerinckGooley@health.nsw.gov.au">Mary.BeijerinckGooley@health.nsw.gov.au</a> for further details or to register.
Zoom Meetings 'Conversations with Carers' 1 <sup>st</sup> and 3 <sup>rd</sup> Wednesdays of the Month 10:00am-11:00am	Online Via Zoom Contact Mary on 0434 323 411 for details	Mary Beijerinck-Gooley on 0434 323 411 NSLHD Carer Support	Available to all Carers. This is based upon Carer interest, and will only be operational if there are enough Carers.	Phone 0434 323 411 Email <a href="mailto:Mary.BeijerinckGooley@health.nsw.gov.au">Mary.BeijerinckGooley@health.nsw.gov.au</a> for further details or to register.
2 <sup>nd</sup> Wednesday of the month 10.00-11:30 morning tea and presentations BEROWRA	Berowra Community Health Centre 123 Berowra Waters Road. Berowra	Mary Beijerinck-Gooley on 0434 323 411 NSLHD Carer Support	For Carers of people with chronic illness, children with additional needs, frail aged, mental health and disability	Phone 0434 323 411 Email <a href="mailto:Mary.BeijerinckGooley@health.nsw.gov.au">Mary.BeijerinckGooley@health.nsw.gov.au</a> for further details or to register.
Male Carers Cooking Group Berowra – day and times pending This is on hold at the moment due to the impact of Covid-19.	Berowra Community Health Centre 123 Berowra Waters Road. Berowra	Mary Beijerinck-Gooley on 0434 323 411 NSLHD Carer Support	Open to male carers only. A place for Male carers to come together, share & cook new and exciting meals	Phone 0434 323 411 Email <a href="mailto:Mary.BeijerinckGooley@health.nsw.gov.au">Mary.BeijerinckGooley@health.nsw.gov.au</a>

Information correct as at 13/1/2023

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Meeting Days and Times	Venue Address	Contact Details/Group Leaders	Target Audience	
Every Wednesday 10.30 & Friday 10am– please contact Lynette on 0424 232 342	Pennant Hills Community Health Centre, Fischer Street Pennant Hills. (opposite Car council park)	Bookings Essential. Please be sure to book call: Lynette Brakell (teacher) directly m: 0424 232 342	Yoga relaxation for Carers  Further information please contact Carer Support t: 9462 9488 or Lyn direct. Please bring your own Yoga mats, towels, bottle of water	Dru Yoga focuses on relaxation and gentle exercise. Classes are run by small payment, strictly for Carers..
3 <sup>rd</sup> Monday of the Month 1:30-4:30pm	Hornsby Leisure Learning Centre 25 Edgeworth David Ave Hornsby	Behnaz Nesvadarani m. 0425 477 003	Farsi Carer support Group for Farsi/Dari Carers	Farsi Carer support Group for Farsi/Dari Carers
Anglicare Dementia Carer Support Group 10am- 11:30am 2 <sup>nd</sup> Friday of the Month	1 Lober Drive Castle Hill	Kylee Holmes (Anglicare) Ph. 8624 8751	Carers of people with dementia and the frail aged	Please contact Kylee on 8624 8751 for registration and further details.
Gift Finders is on the 3 <sup>rd</sup> Saturday of the month from 5:30pm – 8pm, February till November	St Andrew's Uniting Church Corner of Chisholm and Vernon Streets, South Turramurra	Bruce Grime Church Council. 0402537480	Gift Finders is a program for people with a disability and their Carers.	whole group activity and small group activities according to the interests of members. The program is for people aged over 16 years
Every Wednesday 10am-12noon	Mosman Municipal Council community services Harnett Room, Council	Liz Nagel 99784089	Guest speaker list on council website <a href="http://www.mosman.nsw.gov.au">www.mosman.nsw.gov.au</a>	

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Northern Beaches -Community Connect - a variety of Carer Support groups - Call 8229 0949 for further information. Due to changes please phone Northern Beaches-Community Connect for up to date details and information on their Support Groups. The following details were current in 2022, however changes may have been made for 2023. Upon receipt of these details, this list will be updated.				
Day and Times	Venue	Contact Details	Target Audience	Other details
Last Thursday of each month Dee Why 10am-12pm	New Life Baptist Church 28 Fisher Road Dee Why	To enquire or register contact Northern Beaches Community Connect on 8229 0949 <a href="http://www.norbeachconnect.com.au">www.norbeachconnect.com.au</a>  To enquire or register contact Northern Beaches Community Connect on 8229 0949 <a href="http://www.norbeachconnect.com.au">www.norbeachconnect.com.au</a>	Please contact Northern Beaches Community Connect for up to date information  To enquire or register contact Northern Beaches Community Connect on 8229 0949 <a href="http://www.norbeachconnect.com.au">www.norbeachconnect.com.au</a>	To enquire or register contact Northern Beaches Community Connect on 8229 0949 <a href="http://www.norbeachconnect.com.au">www.norbeachconnect.com.au</a>
3 <sup>rd</sup> Thursday of each month Dee Why 1pm-3pm	New Life Baptist Church 28 Fisher Road Dee Why			
1st Wednesday of month Dee Why 1pm-3pm	New Life Baptist Church 28 Fisher Road Dee Why			
1 <sup>st</sup> Monday of Month 10:30am-12:30pm	Meetings held at member's homes, please contact NBCC for details			
2 <sup>nd</sup> Monday of month Mona Vale 10am-12noon	Meetings held at member's homes, please contact NBCC for details			
3 <sup>rd</sup> Monday of month Warriewood 10 am-12noon	Unit1/5 Vuko Place, Warriewood			
Last Monday of the Month	Unit1/5 Vuko Place, Warriewood			
Special Language support groups conducted by Northern Beaches -Community Connect - a variety of Carer Support groups - Call 8229 0949 for further information				
Meeting days and times	Venue Address	Contact Details/Group Leaders	Other relevant information	
2 <sup>nd</sup> Tuesday month Dee Why 10-12	New Life Baptist Church 28 Fisher Road Dee Why	Angelina	Free Morning Tea, Guest speakers – please contact Northern Beaches Community	

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2 <sup>nd</sup> Thursday of month Dee Why 10-12	New Life Baptist Church 28 Fisher Road Dee Why	Elba	Connect to confirm the days/times and other details.	
3 <sup>rd</sup> Thursday of month Dee Why 10-12	New Life Baptist Church 28 Fisher Road Dee Why	Mel		
Last Wednesday of the Month Dee Why 1-3pm	New Life Baptist Church 28 Fisher Road Dee Why	Smilija		
1st Thursday of month Warriewood 10am-12pm	Unit 1, 5 Vuko Place, Warriewood	Nada		
Samarpan Support Group	Please contact Uday Shah on 0438 272 023 for further details	Please contact Uday Shah on 0438 272 023 for further details <a href="http://samarpan.org.au/">http://samarpan.org.au/</a>	Samarpan is one of the first organization of its kind with a focus on people with disability (pwd) in the Indian/South Asian community and with a focus on supporting pwd and their families	Please contact Uday Shah on 0438 272 023 for further details <a href="http://samarpan.org.au/">http://samarpan.org.au/</a>  Indian and South Asian Support Group

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Mental Health Based Carer Support Groups				
Mental Health Carer Support Groups –Mental Health Support Groups conducted by Uniting – Email <a href="mailto:fcmhinfo@uniting.org.au">fcmhinfo@uniting.org.au</a> They also provide Education Sessions throughout the year for Carers of person who has Mental Illness Please RSVP attendance to Uniting on 85994855				
4 <sup>th</sup> Monday of each month 6:00-8:00pm CHATSWOOD Chatswood Evening	Chatswood Evening Group (please phone for further details)	Registration required. Please phone or email. t: 8599 4855 or 0439 703 452 <a href="mailto:fcmhinfo@uniting.org.au">fcmhinfo@uniting.org.au</a> <a href="mailto:Ambika.verma@uniting.org.au">Ambika.verma@uniting.org.au</a>	Carer Support Group	Registration required. Please phone or email. t: 8599 4855 or 0439 703 452 <a href="mailto:fcmhinfo@uniting.org.au">fcmhinfo@uniting.org.au</a> <a href="mailto:Ambika.verma@uniting.org.au">Ambika.verma@uniting.org.au</a>
1 <sup>st</sup> Monday of the Month 12:00-2:00pm Ryde Support Group	Ryde Carers Support Group (please phone for further details)	<a href="https://www.uniting.org/services/mental-health/facility/family-and-carers-mental-health-program-fcmh-northern-sydney">https://www.uniting.org/services/mental-health/facility/family-and-carers-mental-health-program-fcmh-northern-sydney</a>	Carer Support Group	Registration required. Please phone or email. t: 8599 4855 or 0439 703 452 <a href="mailto:fcmhinfo@uniting.org.au">fcmhinfo@uniting.org.au</a> <a href="mailto:Ambika.verma@uniting.org.au">Ambika.verma@uniting.org.au</a>
2 <sup>nd</sup> Tuesday of the month 3pm-4:30pm Hornsby Information Session	Information Session for carers Hornsby Hospital Adult Mental Health Unit (Family Room) (operating via MS Teams until further notice)		Information sessions for Carers	Registration required. Please phone or email. t: 8599 4855 or 0439 703 452 <a href="mailto:fcmhinfo@uniting.org.au">fcmhinfo@uniting.org.au</a> <a href="mailto:Ambika.verma@uniting.org.au">Ambika.verma@uniting.org.au</a>
3 <sup>rd</sup> Thursday of the Month- commencing January 26 2023 1pm-2-pm via Microsoft Teams	Dual Diagnosis Carer Support Group		Social Group	Registration required. Please phone or email. t: 8599 4855 or 0439 703 452 <a href="mailto:fcmhinfo@uniting.org.au">fcmhinfo@uniting.org.au</a> <a href="mailto:Ambika.verma@uniting.org.au">Ambika.verma@uniting.org.au</a>

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One Door Mental Health Carer Support Groups and Consumer Social Groups hugh.worrall@onedoor.org.au phone 0466 306 206 (Hugh Worrall)				
2 <sup>nd</sup> Tuesday of the Month 2 pm please contact Hugh Worrall)	Currently meeting as a social group at Dee Why RSL.	Hugh Worrall hugh.worrall@onedoor.org.au mob:0466 306 206	Social group for carers and people with lived experience of mental health	Hugh Worrall hugh.worrall@onedoor.org.au mob:0466 306 206
1 <sup>st</sup> Thursday of the Month 7:30 Pm Chatswood, Hercules House	North Shore Mental Health Support Group.	Hugh Worrall hugh.worrall@onedoor.org.au mob:0466 306 206	1st Thursday of each month, 7pm Hercules House, 49 Hercules St, Chatswood Zoom connection for the meeting	This group is most suitable for older, experienced carers who are looking to connect with like- minded people. Topic driven discussion often by an invited guest speaker followed by supper and socializing
Ryde Bipolar Support Group 1st Sunday each month, 2pm.	Currently meeting via Zoom		People with lived experience and Carers	Please contact Hugh for further details. Hugh Worrall hugh.worrall@onedoor.org.au mob:0466 306 206
2nd Tuesday & 4th Wednesday each month catch-up, 7pm on Zoom	Strong and Social Mutual Support Catch-ups online		Fortnightly Catch-up for Mutual Support, peer led by Hanh For people who have experienced mental health problems. Carers and support people are welcome.	Please contact Hugh for further details. Hugh Worrall hugh.worrall@onedoor.org.au mob:0466 306 206

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Dementia Cafes in Northern Sydney Health District				
St Ives DCaf Wednesdays 10am – 12pm	KNC Please contact Linda on 0408 546 325 for venue details during Covid- 19	Coordinator: Linda Wake (KNC)	Carer and care- recipient living with dementia	Contact and coordinator: Linda Wake 0408 546 325 <a href="mailto:AdminGalston@KNC.org.au">AdminGalston@KNC.org.au</a>
West Pymble DCaf Tuesdays 9:30 - 11am (face to face)	West Pymble DCaf Tuesdays 9:30 - 11am (face to face)	Ku-ring-gai Rotary contact: Ann Maslin 0409 468 852 Coordinator: Ann Maslin 0409 468 852	Carer and care- recipient living with dementia	Rotary: Ku-ring-gai Community partners: YMCA & KNC
Galston DCaf Mondays 10:30am – 11:30pm (via Zoom at present)	Galston Community Health Centre 17 Arcadia Road Galston NSW 2159	Galston and Glenhaven Rotary clubs.	Carer and care- recipient living with dementia	Linda Wake 0408 546 325 <a href="mailto:AdminGalston@KNC.org.au">AdminGalston@KNC.org.au</a> Glenhaven & Galston Rotary Clubs.
Ryde DCaf Tuesdays 10am – 12pm	Clive Austen Centre Royal Ryde Rehab 235	Rotary Club of Ryde John Dodd Debbie Price (coordinator) 0449 546 771	Carer and care- recipient living with dementia	
Crows Nest DCaf Please contact Denise Ward to confirm day and time of DCaf meetings- changes due to Covid-19.	Crows Nest Centre 2 Ernest Pl Crows Nest NSW 2065	Denise Ward Ph. 9439 8608 Email <a href="mailto:d.ward@crowsnestcentre.org.au">d.ward@crowsnestcentre.org.au</a>	Carer and care- recipient living with dementia	Crows Nest Rotary Club North Sydney Rotary Club North Sydney Sunrise Rotary Club
Good Life Chorus The choir meets every Wednesday	West Ryde Community Hall from 1:30 to 2:30pm. Meetings held during School terms	Contact details <a href="mailto:enquiries@goodlifechorus.org">enquiries@goodlifechorus.org</a> Ph. 9808 3080 <a href="http://www.goodlifechorus.org">www.goodlifechorus.org</a>	Carer and care- recipient living with dementia	West Ryde Community Hall 3/5 Anthony Road. West Ryde

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Dementia Cafes in Northern Sydney Health District				
Upper North Shore Carer and dementia coffee and chat group. (waiting for day and time, once Covid-19 restrictions ease)	Berowra Community Health Centre 123 Berowra Waters Road Berowra Heights 2082	Please contact Mary Beijerinck-Gooley on 0434 323 411 NSLHD Carer Support <a href="mailto:Mary.BeijerinckGooley@health.nsw.gov.au">Mary.BeijerinckGooley@health.nsw.gov.au</a>	A community space for Carers and their loved ones with dementia to come and enjoy a relaxed atmosphere, with morning tea.	Small donation/cost to cover the expenses An inclusive dementia friendly space
Lane Cove Dementia Café (dates pending due to Covid) 10-12 Tuesdays	NiBu Café The Village Shopping Centre 43-45 Burns Bay Road, Lane Cove (near the post Office and opposite Coles)	For further information contact lane Cove Council's Senior and Disability Officer on 9911 3593 Ruth Jacka Burns bay road exercise equipment	A social gathering for people living with dementia, their Carers, family and friends.	Food and drink available at own cost
Mosman Council 'Sketch Class' Every 3rd Tuesday of the Month 10:00am-12:00pm	Mosman Seniors Centre Mosman Square Spit Junction	Contact: Linda or Sally on 9978 4119 (Mosman Council)	\$10 cost, includes a light lunch	The group is aimed at providing a space for people living with dementia to come, be creative, and enjoy a light lunch and gain advice and information for people living with memory loss. Open to carers, please RSVP Linda or Sally on 9978 4119

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DCaf Connections - Warrawee weekly social café.  Thursdays 10.00am- 12:00pm	The Warrawee Club 1479 Pacific Highway, Warrawee	Bookings are essential as spaces are limited.  Please contact Fiona Jenkins on 0402 837 877 or <a href="mailto:feeshal@optusnet.com.au">feeshal@optusnet.com.au</a> We also enjoy a wide variety of indoor and outdoor activities (including weekly memory/ balance exercises), monthly speakers/ activity providers.	Social café for people living with declining memory and/or dementia and their family carers. More than a cuppa and chat!	Independently run by volunteers and families of people living with dementia
1 <sup>st</sup> Thursday of the month 11.00am-12.00pm	DCaf Connections- Warrawee Monthly Carer's discussion Group Meeting The Warrawee Club 1479 Pac Hwy Warrawee	Bookings are essential as spaces are limited. Please contact Fiona Jenkins on 0402 837 877 or <a href="mailto:feeshal@optusnet.com.au">feeshal@optusnet.com.au</a>	Monthly discussion group for carers of people living with declining memory and/or dementia.	Separate discussion/activities provided for their loved ones living with declining memory and/or dementia.
CCNB Chatter' Cino 1 1st Tuesday of the Month 10:00am-12:00pm	Tastebuds Terry Hills Flower Power	Contact: 1300 002 262 Contact Name Annie Bartholomeusz (CCNB) Email: <a href="mailto:ccnb@ccnb.com.au">ccnb@ccnb.com.au</a>	Open to Carers, care- recipients and the public	CCNB 1300 002 262 (CCNB) Email: <a href="mailto:ccnb@ccnb.com.au">ccnb@ccnb.com.au</a>
CCNB Belong Online Support Register Online at <a href="https://ccnb.com.au/belong-club/">https://ccnb.com.au/belong-club/</a>	Online Group – will be meeting Face-to-face in 2023	Contact: 1300 002 262 Contact Name Annie Bartholomeusz (CCNB) Email: <a href="mailto:ccnb@ccnb.com.au">ccnb@ccnb.com.au</a>	Open to Carers, care- recipients	Contact: 1300 002 262 Contact Name Annie Bartholomeusz (CCNB) <a href="https://ccnb.com.au/belong-club/">https://ccnb.com.au/belong-club/</a>
Killara Community Café Thursday 10:00am- 12:00pm	Killara Uniting Church Cnr of Arnold St & Karranga Ave, Killara	Contacts: Julie 0400631739 Judy: 0401 005 114	Open to Carers and Care- recipients	Gold coin donation required. Killara Uniting Church

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Miscellaneous Group				
<p>North Shore Prostate Cancer Support Group Monthly Meetings</p> <p><b>When:</b> 3<sup>rd</sup> Thursday of each month (except December and January) 5pm start</p>	<p><b>Where:</b> Level 5, Kolling Building (diagonally opposite North Shore Private Hospital), corner Reserve Road and Westbourne Street, St Leonards</p>	<p>This location is within the campus of Royal North Shore Hospital. It is recommended you park in car park P2</p>	<p>Light refreshments are provided at each meeting, and everyone is invited to stay on after the guest speaker's presentation to enjoy a chat. Meetings are free and a contribution towards the groups operating cost is welcomed.</p>	<p><a href="#">North Shore PCSG   PCFA</a>  <b>John Fullagar</b> <i>Convenor</i>            02 9498 1984  <a href="mailto:john.fullagar@bigpond.com">john.fullagar@bigpond.com</a></p> <p><b>John Goodall</b> <i>Secondary contact</i>            0404 944 751  <a href="mailto:jgoodalldundas@hotmail.com">jgoodalldundas@hotmail.com</a></p>
<p>Dural Carers Prostate Cancer Support Group</p> <p>Every 3<sup>rd</sup> Monday 10:30am</p>	<p>Anglican Retirement Village            Green - Blue Gum Centre            599/607 Old Northern Rd            Glenhaven 2156</p>	<p>Contact through the <a href="#">Dural PCSG   PCFA website</a></p>	<p>Meetings Feb-Nov with a Christmas celebration held in December.</p>	<p><a href="#">Dural PCSG   PCFA</a></p>

Carer Support Service NSLHD – connecting carers throughout the region.  
 Check out our website! There are many organisations providing carer education and support. Including many special focus groups to meet the needs of Carers in our region. We update these regularly on our website. Please look out for education courses offered.  
 Phone: 9462 9488 or visit [www.nscarersupport.com.au](http://www.nscarersupport.com.au)

Carer Support Northern Sydney LHD is committed to responding to the needs of Carers. For example, you may need younger spouse support for those in younger age groups caring for a spouse. If there is a group that you would like to have set up in our region, please give us a call on 9462 9488 to discuss further.  
*If there are other support groups in the Northern Sydney region, not listed above please let us know so we can include it on this listing. You can contact us on 94629488.*

The NSLHD Carer Support Service is also available free of charge to assist carers at a time of crisis to access appropriate services and support. We provide information and guidance to all Carers accessing Northern Sydney Local Health District services, and carers within our region.

Additional Supports and Services that may be assistance	
Autism Community Network Hornsby and Ku ring-gai For Autism carer support groups please contact the organisation directly. Membership is required, which will entitle you to joining support groups and accessing other supports, events and services. (requires a paid membership)	Website: <a href="https://www.autismcommunity.org.au/support-groups.html">https://www.autismcommunity.org.au/support-groups.html</a> Phone: 02 9543 9036 Mon - Fri 9 am to 5 pm 0431 724 229 Saturday 9 am to 5 pm Email: <a href="mailto:info@autismcommunity.org.au">info@autismcommunity.org.au</a>
Dementia Australia- Carer support groups meet in a wide variety of locations throughout the country, <a href="#">contact your local state or territory office</a> to find out if one operates in your local area. Membership is required to access Dementia Australia support groups. Dementia Australia provides a free National Dementia Helpline, which can assist carers with information, advice and support. (Requires membership)	Website: <a href="https://www.dementia.org.au/">https://www.dementia.org.au/</a> Phone: National Dementia Helpline Call <a href="tel:1800100500">1800 100 500</a>
Stroke NSW Stroke Recovery Clubs are a meeting place for people to share their knowledge and experiences of Stroke. They provide an opportunity for group activities, speech practice, exercises, and outings. Clubs are an excellent source of companionship for all those affected by Stroke including family and carers.	Please contact the Association on 1300 650 594 for the most up-to-date contact information for a Stroke Recovery Club in your area.)  Phone. 1300 650 594 <a href="http://www.strokensw.org.au/support/stroke-recovery-clubs/">http://www.strokensw.org.au/support/stroke-recovery-clubs/</a>
Parkinsons NSW Support group meetings range from group discussions, to educational sessions by guest speakers, social outings or just sharing a cuppa. A Parkinson's support group usually meets monthly.	<a href="https://www.parkinsonsnsw.org.au/services/support-groups/">https://www.parkinsonsnsw.org.au/services/support-groups/</a> Offer support, advice, information, resources and shared experience. Want to be connected with your local support group? Call Parkinson's NSW InfoLine 1800 644 189
Fragile X Association of Australia Fragile X Association of Australia is a member-based organisation which serves as the peak body for the Fragile X community across Australia. They offer information, support, education, advocacy and referrals to individuals who are impacted by Fragile X-associated disorders and to their families, carers and health and disability service provider	<ul style="list-style-type: none"> <li>• Helpline 5 days per week</li> <li>• Support to individuals and families</li> <li>• Counselling</li> <li>• Information and referrals</li> </ul> Helpline 1300 394 636 <a href="mailto:support@fragilex.org.au">support@fragilex.org.au</a> <a href="https://www.fragilex.org.au">https://www.fragilex.org.au</a>
MND Australia The State MND Association provides individualised support to people living with motor neurone disease (MND). Together with MND Australia, the state MND associations work as a network to promote best practice in MND care, and encourage and promote equitable state-based services to help people with MND	<a href="https://www.mndnsw.asn.au/">https://www.mndnsw.asn.au/</a> Jo Fowler p. 8877 0909 The Northern Beaches Support Group meets bi-monthly on a Monday at Mona Vale. The group exchange information and support. A 'cuppa' and light refreshments are served in the Cora Adcock Centre for Palliative Care at Mona Vale Hospital. Parking is available nearby and a free parking voucher can be obtained

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<p>and their carers live better. Contact State MND to access your local MND Support Group Services, this includes family and carers.</p>	<p>from Sue Clains at the Centre reception desk. We welcome you to join us. For more information and to confirm dates, times and your attendance contact Jo Fowler ph. 8877 0909 or, if not available, contact the <a href="#">MND NSW Info Line</a>. (sourced from MND NSW website)</p>
<p>The Carer Gateway</p> <p>By calling Carer Gateway, you will be connected with an Australia-wide network of Carer Gateway service providers. They will talk through what you need and help you to find local services and support to help you.</p>	<p><a href="https://www.carergateway.gov.au/">https://www.carergateway.gov.au/</a> ph.: 1800 422 737</p>
<p>Cancer Support groups - Royal North Shore CanSupport has a variety of information sessions for patients and their Carers. You can call them on 94631195 or visit their website at <a href="http://www.cansupport.org/newcansupport/">http://www.cansupport.org/newcansupport/</a></p> <p>Sydney Adventist Hospital Cancer Support Centre - The SAH Cancer Support Centre provides support groups for patients, some of which include family members. You can call them on 9487 9061 for information or further details can be found on their website <a href="http://www.sah.org.au/Support-Groups">http://www.sah.org.au/Support-Groups</a></p>	

Information correct as at 13/1/2023

All support groups are also promoted on NSLHD Carer Support website. [www.nscarerssupport.com.au](http://www.nscarerssupport.com.au) <https://www.facebook.com/NSLHDcarersupport/>

Please note there may be changes to group details throughout the year, dependent upon any changes made by individual groups and or facilitators. Please contact groups directly for details.