

## NSLHD Stepping On Groups, Term 3 2024

To register: Visit <https://nshp.com.au/SteppingOn> or call 9450 7050

For enquiries: Email – [steppingon@royalrehab.com.au](mailto:steppingon@royalrehab.com.au) or call 0401 715 845

### Stepping On North Epping (Wednesday) PHN

**Commences** Wednesday 17<sup>th</sup> July (concludes 28<sup>th</sup> August)

**Time** 10:00 am – 12:00 noon

**Venue** All Saints Anglican Church, 295 Malton Road, North Epping

**Leader** Julie Wakeman

### Stepping On RNSH (Wednesday)

**Commences** Wednesday 17<sup>th</sup> July (concludes 28<sup>th</sup> August)

**Time** 10:00 am – 12:00 noon

**Venue** RNS Community Health Centre, Level 3 2C Herbert Street, St Leonards

**Leader** Clare Fish, Annalise Parrott-Iles

### Stepping On Wahroonga (Thursday) CHC

**Commences** Thursday 25<sup>th</sup> July (concludes 5<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** McQuoin Park Leisure and Wellness Club 35 Pacific Hwy, Wahroonga

**Leader** Catholic Health Care

### Stepping On Cammeray (Monday) SGCH

**Commences** Monday 29<sup>th</sup> July (9<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** St George Community Housing, 45 Amherst Street, Cammeray

**Leader** Kerry Silver

### Stepping On Kirribilli (Monday)

**Commences** Monday 29<sup>th</sup> July (concludes 9<sup>th</sup> September)

**Time** 10:00 am – 12:00 noon

**Venue** Kirribilli Neighbourhood Centre, 16-18 Fitzroy Street Kirribilli

**Leader** Nadia Williams

### Stepping On Lane Cove (Tuesday)

**Commences** Tuesday 30<sup>th</sup> July (concludes 10<sup>th</sup> September)

**Time** 10:00 am – 12:00 noon

**Venue** Living & Learning Centre, 180 Longueville Rd, Lane Cove

**Leader** Nadia Williams

### Stepping On Turramurra (Tuesday) CHC

**Commences** Tuesday 30<sup>th</sup> July (concludes 10<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** The Landings, 440 Bobbin Head Road, North Turramurra

**Leader** Kerry Silver

### Stepping On Thornleigh (Tuesday) CHC

**Commences** Tuesday 30<sup>th</sup> July (concludes 10<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** Thornleigh Community Baptist Church, 15-17 Duffy Ave, Thornleigh

**Leader** Catholic Health Care

### Stepping On Mosman (Tuesday) PHN

**Commences** Tuesday 30<sup>th</sup> July (concludes 10<sup>th</sup> September)

**Time** 10:00 am – 12:00 noon

**Venue** The Melody Room, Mosman Art Gallery, 1 Art Gallery Way, Mosman

**Leader** Anna Stackpool

### Stepping On Pennant Hills (English) Link Wentworth

**Commences** Wednesday 31<sup>st</sup> July (concludes 11<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** Pennant Hills Community Health Centre, 5 Fisher Ave, Pennant Hills

**Leader** Nadia Williams

### Stepping On Manly Vale (Thursday) PHN

**Commences** Thursday 1<sup>st</sup> August (concludes 12<sup>th</sup> September)

**Time** 10:00 am – 12:00 noon

**Venue** St Kierans Hall, 1 King St, Manly Vale

**Leader** Anna Stackpool

### Stepping On Royal Rehab (Thursday) PHN

**Commences** Thursday 1<sup>st</sup> August (concludes 12<sup>th</sup> September)

**Time** 10:00 am – 12:00 noon

**Venue** Clive Austin Conference Centre, Royal Rehab, 235 Morrison Rd, Ryde

**Leader** Kerry Silver

### Stepping On Forestville (Thursday)

**Commences** Thursday 1<sup>st</sup> August (concludes 12<sup>th</sup> September)

**Time** 12:00 noon – 2:00 pm

**Venue** Forest Arts Community Centre, 6 Darley Street, Forestville

**Leader** Tricia Rooney

### Stepping On St Ives (Friday) KNC

**Commences** Friday 2<sup>nd</sup> August (concludes 13<sup>th</sup> September)

**Time** 12:15 – 2:15 pm

**Venue** St Ives Library Meeting Room, St Ives Shopping Village, via Village Green Pde (*enter via the gate and path on right of KNC entrance*)

**Leader** Lisa Newell

### Stepping On Pennant Hills (Mandarin) Link Wentworth

**Commences** Friday 2<sup>nd</sup> August (concludes 13<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** Pennant Hills Community Health Centre, 5 Fisher Ave, Pennant Hills

**Leader** Christina Liu

### Stepping On Berowra (Monday)

**Commences** Monday 5<sup>th</sup> August (concludes 16<sup>th</sup> September)

**Time** 10:00 am – 12:00 noon

**Venue** Berowra Community Health Centre, Activity room 4, 123 Berowra Waters Rd, Berowra Heights.

**Leader** Lisa Newell

### Stepping On Willoughby (Monday) CHC

**Commences** Monday 5<sup>th</sup> August (concludes 16<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** Willoughby Day Centre, 114 Sydney St, North Willoughby

**Leader** Catholic Health Care

### Stepping On Marsfield (Wednesday) CHC

**Commences** Wednesday 7<sup>th</sup> August (concludes 18<sup>th</sup> September)

**Time** 1:00 – 3:00 pm

**Venue** Marsfield Community Centre, 1A Trafalgar Place, Marsfield

**Leader** Catholic Health Care

### Stepping On Hunters Hill (Wednesday) CHC

**Commences** Wednesday 7<sup>th</sup> August (concludes 18<sup>th</sup> September)

**Time** 10:00 am – 12 noon

**Venue** Anglican Parish of Hunters Hill, Cnr Ferry St & 2 Ambrose St, Hunters Hill

**Leader** Catholic Health Care

### Stepping On North Turrumurra (Friday) CHC

**Commences** Friday 9<sup>th</sup> August (concludes 27<sup>th</sup> September \*no class 30-Aug)

**Time** 10:00 am – 12 noon

**Venue** Huon Park Retirement Village, 381 Bobbin Head Rd, North Turrumurra

**Leader** Catholic Health Care

**IF ANYBODY IS INTERESTED IN GROUPS THAT ARE YET TO BE CONFIRMED OR FULL, PLEASE PROVIDE REGISTRATION DETAILS TO THE LEADER FOR INCLUSION IN FUTURE GROUPS.**

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