

## Carer Support Groups & Dementia Café Groups in Northern Sydney Region 2021

Meeting days/times	Venue address	Contact details - group leader	Target audience	Any other details
Suburbs in Upper Northern Sydney region				
To be advised 1 <sup>st</sup> Wednesday of the Month 11:0	Creative Carers Hornsby	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	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.	Online Zoom Webinars and Podcasts open to all Carers. Mary Beijerinck-Gooley on 0434 323 411 NSLHD Carer Support
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	NSLHD Carer Support t: 9462 9488 Mary BG 0434323411	Open to   Carers	Sharing and discussion group, Health and Wellbeing, Mindfulness, Education, Frail Aged Care, Disability, Mental Health, Dementia carers

Information correct as at 9/3/2021

All support groups are also promoted on NSLHD Carer Support website. [www.nscarer support.com.au](http://www.nscarer support.com.au) <https://www.facebook.com/NSLHDcarersupport/>  
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3 <sup>rd</sup> Tuesday of the Month Male Carers Cooking Group 10:00am-11:30pm	Berowra Community Health Centre 123 Berowra Waters Road. Berowra	NSLHD Carer Support t: 9462 9488 Mary BG 0434323411	<i>Open to male carers only. A place for Male carers to come together</i>	<i>Contact Mary on 0434 323 411 for more information, or to register your interest.</i>
Every Wednesday 10.30 and Friday 10am TURRAMURRA	Hillview Community Health Centre, 1334 Pacific Highway. Entry at rear off Boyd St, Turrumurra parking on site	Bookings Essential. Please be sure to book call: Lynette Brakell (teacher) directly m: 0424 232 342	<i>Yoga relaxation for Carers</i>	<i>Dru Yoga focuses on relaxation and gentle exercise. Classes are run by small payment, strictly for Carers. Further information please contact Carer Support t: 9462 9488 or Lyn direct. Please bring your own Yoga mats, towels, bottle of water.</i>
3 <sup>rd</sup> Wednesday of the Month 10-2pm (except Public Holidays)	Hornsby (Venue to be advised) contact Mary for details 0434 323 411	NSLHD Carer Support Mary Beijerinck-Gooley 0434 323 411 9462 9488 Mary.BeijerinckGooley@health.nsw.gov.au	Open Carers group, focusing on health and wellbeing, creativity, education and information, support and connection	Social support. All Carers welcome. Morning tea provided. Health and Wellbeing with a creative twist.  <u>Looking for participants.</u> <a href="mailto:Mary.BeijerinckGooley@health.nsw.gov.au">Mary.BeijerinckGooley@health.nsw.gov.au</a>
3 <sup>rd</sup> Monday of the Month 1:30-4:30pm	Hornsby Leisure and Learning Centre at 25 Edgeworth David Ave, Hornsby NSW 2075	Behnaz Nesvadarani m. 0425 477 003	Farsi Carer support Group for Farsi/Dari Carers	Physical disability Vision impairment or blindness Hearing impairment or deafness Family or friends caring for people living with a range of conditions

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Gift Finders is on the 3rd 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.	The planned program includes a shared meal, a whole group activity and small group activities according to the interests of members. The program is for people aged 16 years and over.
Samarpan Support Group	Please contact Uday Shah on 0438 272023	Please contact Uday Shah on 0438 272 023 for further details <a href="http://samarpan.org.au/">http://samarpan.org.au/</a>	Indian/South Asian	Samarpan is one of the first organization of its kind with a focus on people with disability (pwd) in the Indian/South Asian community
<b>Mosman Lower North Shore</b>				
Every Wednesday 10am-12noon	Mosman Municipal Council community services Harnett Room, Council	Liz Nagel 99784089	Open group all carers welcome	Guest speaker list on council website <a href="http://www.mosman.nsw.gov.au">www.mosman.nsw.gov.au</a>
	Venue address	Contact details group leader	Target audience	Any other details
<b>Northern Beaches -Community Connect - a variety of Carer Support groups - Call 8829 0949 for further information</b>				
Last Thursday of each month Dee Why 10am-12pm	New Life Baptist Church 28 Fisher Road Dee Why	To enquire or register contact Robyn Brooks 8829 0949	Dementia Carers group	Face to face meetings
3 <sup>rd</sup> Thursday of each month Dee Why 1pm-3pm	New Life Baptist Church 28 Fisher Road Dee Why		General Carers group	To enquire or register contact Robyn Brooks 8829 0949
1st Wednesday of month Dee Why 1pm-3pm	New Life Baptist Church 28 Fisher Road Dee Why		Mental Health Carers group	To enquire or register contact Robyn Brooks 8829 0949

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1 <sup>st</sup> Monday of Month 10:30am-12:30pm	Meetings held at member's homes, please contact Robyn for details	To enquire or register contact Robyn Brooks 8829 0949	Grief & Loss Self-Supporting Dee Why	To enquire or register contact Robyn Brooks 8829 0949
2 <sup>nd</sup> Monday of month Mona Vale 10am-12noon	Meetings held at member's homes, please contact Robyn for details.		Dementia Carers Self-Supporting Mona Vale	To enquire or register contact Robyn Brooks 8829 0949
3 <sup>rd</sup> Monday of month Warriewood 10 am-12noon	Unit1/5 Vuko Place, Warriewood		General Carers group	To enquire or register contact Robyn Brooks 8829 0949
Last Monday of the Month	Unit1/5 Vuko Place, Warriewood	Robyn Brooks 8829 0949	Dementia Carers Warriewood	To enquire or register contact Robyn Brooks 8829 0949
Special Language support groups conducted by Northern Beaches -Community Connect - a variety of Carer Support groups - Call 8829 0949 for further information				
2 <sup>nd</sup> Tuesday month Dee Why 10-12	New Life Baptist Church 28 Fisher Road Dee Why	Angelina	ITALIAN	Free Morning Tea, Guest speakers
2 <sup>nd</sup> Thursday of month Dee Why 10-12	New Life Baptist Church 28 Fisher Road Dee Why	Elba	SPANISH	Free Morning Tea, Guest speakers
3 <sup>rd</sup> Thursday of month Dee Why 10-12	New Life Baptist Church 28 Fisher Road Dee Why	Mel	CHINESE	Free Morning Tea, Guest speakers
Last Wednesday of the Month Dee Why 1-3pm	New Life Baptist Church 28 Fisher Road Dee Why	Smilja	SERBIAN	Free Morning Tea, Guest speakers
1st Thursday of month Warriewood 10am-12pm	Unit 1, 5 Vuko Place, Warriewood	Nada	CROATIAN	Free Morning Tea, Guest speakers and occasional bus outings. Starts back Thursday 6 <sup>th</sup> of February 2020

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Mental Health Carer Support Groups –Mental Health Support Groups are conducted by Parramatta Mission T: 8599 4855 – Email [familycarernscc@parramattamission.org.au](mailto:familycarernscc@parramattamission.org.au)

They also provide Education Sessions throughout the year for Carers of person who has Mental Illness  
Please RSVP attendance to Parramatta Mission on 8599 4855

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 m 0439 703 452 <a href="mailto:fcmhinfons@parramattamission.org.au">fcmhinfons@parramattamission.org.au</a> or <a href="mailto:Ambika.verma@parramattamission.org.au">Ambika.verma@parramattamission.org.au</a>		Carer Support Group
1 <sup>st</sup> Monday of the Month 12:00-2:00pm Ryde Support Group	Ryde Carers Support Group (please phone for further details)	Registration required. Please phone or email. t: 8599 4855 m 0439 703 452 <a href="mailto:fcmhinfons@parramattamission.org.au">fcmhinfons@parramattamission.org.au</a> or <a href="mailto:Ambika.verma@parramattamission.org.au">Ambika.verma@parramattamission.org.au</a>		Carer Support Group
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

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3 <sup>rd</sup> Thursday of the Month- commencing January 28 <sup>th</sup> 2021 1pm-2-pm via Microsoft Teams	Dual Diagnosis Carer Support Group	Registration required. Please phone or email. t: 8599 4855 m 0439 703 452 <a href="mailto:fcmhinfons@parramattamission.org.au">fcmhinfons@parramattamission.org.au</a> or <a href="mailto:Ambika.verma@parramattamission.org.au">Ambika.verma@parramattamission.org.au</a>	Dual Diagnosis Carer Support Group Online (Drug & Alcohol and Mental Health Group)	
2 <sup>nd</sup> Tuesday of the Month ,7pm (currently via Zoom 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	Northern Beaches Mental Health Support Group	Hugh Worrall hugh.worrall@onedoor.org.au mob:0466 306 206
Hornsby Kuringai Association (HKA)	Currently working on restarting in-person meetings at the Hornsby Learning and Leisure Centre. Join the email list for newsletters and updates.	Hornsby Ku-ring gai Association/Onedoor	Carers, people recovering from mental illness and those who are interested in providing support	Call for information about the next meeting and to get on the mailing list. Hugh - 0466 306 206 <a href="mailto:hugh.worrall@onedoor.org.au">hugh.worrall@onedoor.org.au</a>
Ryde Bipolar Support Group 1st Sunday each month, 2pm.	Currently meeting via Zoom	Hugh Worrall (Onedoor) hugh.worrall@onedoor.org.au mob:0466 306 206	People with lived experience and Carers	Please contact Hugh for further details.

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## Dementia Cafes and groups Northern Sydney District Health Area.

Meeting days/times	Venue Address	Contact Details	Target Audience	Any other details/Organisation
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.	Rotary: St Ives Community Partner : KNC KNC Contact and coordinator: Linda Wake 0408 546 325 AdminGalston@KNC.org.au
West Pymble DCaf Tuesdays 9:30 - 11am (face to face)	YMCA Lofberg Rd West Pymble NSW 2073	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.	KNC Contact and coordinator: Linda Wake 0408 546 325 AdminGalston@KNC.org.au Glenhaven & Galston Rotary Clubs.
Ryde DCaf Tuesdays 10am – 12pm	Clive Austen Centre Royal Ryde Rehab 235 Morrison Road Ryde NSW 2112	Rotary Club of Ryde  John Dodd Debbie Price (coordinator) 0449 546 771	Carer and care-recipient living with dementia.	Rotary Club of Ryde
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 Place Crows Nest NSW 2065	Contact person: Denise Ward Ph. 9439 8608 Email d.ward@crowsnestcentre.org.au	Carer and care-recipient living with dementia	Rotary: Crows Nest Rotary Club North Sydney Rotary Club North Sydney Sunrise Rotary Club Community partner: Crows Nest Centre

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DCaf Connections- Warrawee Monthly Carer's discussion Group Meeting 1 <sup>st</sup> Thursday of the month 11:00am-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>	Monthly discussion group for carers of people living with declining memory and/or dementia.	Started in 2020. Now welcoming new people. Separate discussion/activities provided for their loved ones living with declining memory and/or dementia.
CCNB Chatter' Cino 1 1 <sup>st</sup> Tuesday of the Month 10:00am-12:00pm	Tastebuds Terry Hills Flower Power	Contact: Michele Ferris 1300 002 262 (CCNB) Email: <a href="mailto:ccnb@ccnb.com.au">ccnb@ccnb.com.au</a>	Open to Carers, care- recipients and the public	CCNB Michele Ferris 1300 002 262
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
CCNB Chatter' Cino 2	The Blend Café, Dougherty Centre 7 Victor St, Chatswood	Contact: Michele Ferris 1300 002 262 (CCNB) Email: <a href="mailto:ccnb@ccnb.com.au">ccnb@ccnb.com.au</a>	Open to Carers, care- recipients and the public	CCNB Michele Ferris

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Mosman Council 'Sketch Class' Every 3 <sup>rd</sup> 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 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
Anglicare Dementia Carer Support Group 10am- 11:30am 2 <sup>nd</sup>	1 Lober Drive Castle Hill	Kylee Holmes (Anglicare) Ph. 8624 8751	Carer Support Group for Dementia and Frail Aged	Please contact Kylee on 8624 8751 for registration and further details

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 - visit [www.nscarersupport.com.au](http://www.nscarersupport.com.au) or Phone: 9462 9488 or facebook [www.facebook.com/NSLHDcarersupport/](https://www.facebook.com/NSLHDcarersupport/)

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.

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## Other organisations which facilitate specific Support Groups

<p>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)</p>	<p>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></p>
<p>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)</p>	<p>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></p>
<p>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.</p>	<p>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></p>
<p>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.</p>	<p><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</p>
<p>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</p>	<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> <p>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></p>

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<p><b>MND Australia</b>  The <b>NSW MND Association</b> 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 and their carers live better. Contact State MND to access your local MND Support Group Services, this includes family and carers.</p>	<p><a href="https://www.mndnsw.asn.au/">https://www.mndnsw.asn.au/</a>  p. 8877 0909  The Northern Beaches MND 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 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 MND NSW Info Line. (sourced from MND NSW website)</p>
<p><b>The Carer Gateway</b>  By calling Carer Gateway, you will be connected with a new 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>  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>	

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