

CARER SUPPORT GROUPS IN NORTHERN SYDNEY REGION 2024

Meeting Days / Times	Venue Address	Contact Details / Group Leader	Target Audience	Other Information
Berowra Male Carers Cooking Support Group Second Thurs of the month, 10:30am–2pm	Berowra Community Health Centre 123 Berowra Waters Rd, Berowra	Mary Beijerinck-Gooley on M: 0434 323 411 or E: mary.beijerinckgooley@health.nsw.gov.au NSLHD Carer Support	For male carers caring for a loved one with chronic illness, disease or disability. The group provides the opportunity to connect with other male carers, make friends, as well as learn how to make (and eat) some delicious and nutritious meals.	Spots limited, so registration essential to Mary.
Richard Geeves Dementia Carers Support Group Third Wed of the month, 10:30am-12pm	Richard Geeves Centre, 10 Murrua Rd, North Turramurra	Mary Beijerinck-Gooley on M: 0434 323 411 or E: mary.beijerinckgooley@health.nsw.gov.au NSLHD Carer Support	Come along, meet other carers on similar journeys as you, connect, learn, share, laugh and discover new ways to ride the tides of dementia and change. Facilitated by NSLHD Carer Support Service.	Contact Mary for further details or to register.
Berowra and Upper North Shore Carers Support Group First Wed of the month, 10:30am-12pm	Berowra Community Health Centre 123 Berowra Waters Rd, Berowra	Mary Beijerinck-Gooley on M: 0434 323 411 or E: mary.beijerinckgooley@health.nsw.gov.au NSLHD Carer Support	For carers in Upper North Shore/Berowra areas who want to connect with other carers, learn new ways to manage carer stress. Morning tea provided.	Morning tea provided. RSVP to Mary.
Meeting Days / Times	Venue Address	Contact Details/Group Leaders	Target Audience	Other Information
Pennant Hills Carers Yoga Group Every Wednesday 10.30 & Friday 10am	Pennant Hills Community Health Centre, Fischer Street Pennant Hills. (Opposite council car park)	Bookings essential. Call Lynette Brakell (teacher) directly M: 0424 232 342	Yoga and relaxation for carers. Please bring your own Yoga mats, towels, bottle of water. Further information please contact Lynette directly.	Dru Yoga focuses on relaxation and gentle exercise. Classes are run by small payment, strictly for carers.

Farsi Carer Support Group Third Monday of the month, 1:30-4:30pm	Hornsby Leisure Learning Centre, 25 Edgeworth David Ave, Hornsby	Contact Behnaz Nesvadarani M: 0425 477 003	Farsi-speaking carers / Dari carers	Come along and connect with other Farsi/Dari carers.
Gift Finders Third Saturday of the month, 5:30pm – 8pm, (February till November)	St Andrew's Uniting Church, Corner of Chisholm and Vernon Streets, South Turramurra	Contact Bruce Grime, Church Council M: 0402537480	Gift Finders is a program for people with a disability and their carers.	Whole-group and small-group activities according to the interests of members. The program is for people aged over 16 years.
Mosman Carers' Group Every Wednesday, 10am-12pm	Mosman Municipal Council Community Services Harnett Room, Mosman Council	Contact Liz Nagel, Carers Program Coordinator P: 99784089 E: l.nagel@mosman.nsw.gov.au	Family carers living in the Mosman area looking to connect with other carers in a friendly and relaxed environment.	Weekly guest speakers covering a range of topics, plus regular full-day bus outings.
Northern Beaches Community Connect runs a variety of Carer Support Groups - Call 8229 0949 for further information				
Meeting Days / Times	Venue Address	Contact Details / Group Leaders	Target Audience	Other Information
Art Fun & Connection Wednesdays, 10.30am – 12pm and 1pm – 2.30pm	Unit 1/5 Vuko Place, Warriewood	Contact Northern Beaches Community Connect M: 0426 933 133 https://www.norbeachconnect.com.au/latest/news/111-schoolart.html	For carers and seniors, people living with dementia and other health conditions.	Dementia-friendly activities. No previous art experience required. Connect with others while participating in creative activities.
General Support, Mental Health & Dementia Support Group First Wednesday of the month, 1pm – 3pm	New Life Baptist Church, 28 Fisher Road, Dee Why	Social Support Program Manager To enquire or register contact Northern Beaches Community Connect on 8229 0949 https://www.norbeachconnect.com.au/our-services/carers.html	For carers and seniors with specific needs, including those caring for someone with dementia, a disability, mental health or chronic condition.	Monthly group meetings encourage seniors to come together to discuss their situation, socialise, share information and experiences, and offer each other support.
General Support	Unit 1, 5 Vuko Place,	Social Support Program	Seniors living in the Northern	Monthly group meetings encourage

Information correct as at 16/1/2024.

All support groups are also promoted on NSLHD Carer Support website. 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.

Group	Warriewood	Manager	Beaches area.	seniors to come together to discuss their situation, socialise, share information and experiences, and offer each other support.
Third Monday of the month, 10am – 12pm		To enquire or register contact Northern Beaches Community Connect on 8229 0949 https://www.norbeachconnect.com.au/our-services/carers.html		
Warriewood Dementia Support Group	Unit 1, 5 Vuko Place, Warriewood	Social Support Program Manager	For carers caring for someone with dementia and seniors living with dementia	Monthly group meetings encourage seniors to come together to discuss their situation, socialise, share information and experiences, and offer each other support.
Fourth Monday of the month, 10am – 12pm		To enquire or register contact Northern Beaches Community Connect on 8229 0949 https://www.norbeachconnect.com.au/our-services/carers.html		
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	Target Audience	Other Information
SAMARPAN – Mitralay, Indian and South Asian Support Group	Different locations within the community	Please contact Uday Shah M: 0438 272 023 http://samarpan.org.au/	Indian and South Asian support group for carers of people with disabilities.	SAMARPAN focuses on people with disability in the Indian/South Asian community and supporting their families/carers
Meets monthly				
Mental Health Based Carer Support Groups				
Mental Health Carer Support Groups – run by Uniting. Email fcmhinfons@uniting.org.au to find out about groups in your area. They also provide Education Sessions for carers of people with a mental health condition. For more information and to RSVP attendance, call Uniting on 85994855.				
Meeting Days / Times	Venue Address	Contact Details / Group Leaders	Target Audience	Other Information
Mental Health Carers – Chatswood Evening Group	Chatswood	Registration required. Please phone or email. P: 8599 4855 or 0439 703 452 fcmhinfons@uniting.org.au Ambika.Verma@uniting.org.au	People caring for someone living with a mental health condition.	Local support groups for people who are caring for someone living with a mental health condition or experiencing symptoms of mental ill health. Connect with other carers who
Fourth Monday of the month, 6pm – 8pm				

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				understand and share some of your experiences.
Mental Health Carers – Ryde Support Group First Monday of the month 12pm – 2pm	Ryde	Registration required. Please phone or email. P: 8599 4855 or 0439 703 452 fcmhinfons@uniting.org.au Ambika.verma@uniting.org.au	People caring for someone living with a mental health condition.	Local support groups for people who are caring for someone living with a mental health condition or experiencing symptoms of mental ill health. Connect with other carers who understand and share some of your experiences.
Dual Diagnosis Carer Support Group Third Thursday of the month, 1pm – 2pm	Online via Teams/Zoom	Registration required. Please phone or email. P: 8599 4855 or 0439 703 452 fcmhinfons@uniting.org.au Ambika.verma@uniting.org.au	Carers or someone with multiple conditions or comorbidities.	Social group connecting carers of people with multiple conditions.
Information Session for Mental Health Carers Second Tuesday of the month, 3pm – 4:30pm	Hornsby Hospital Adult Mental Health Unit (Family Room)	Registration required. Please phone or email. P: 8599 4855 or 0439 703 452 fcmhinfons@uniting.org.au Ambika.verma@uniting.org.au	Carers of people living with a mental health condition.	Uniting organise guest speakers and it's a chance to meet and connect with support services and other carers.
Mental Health Carers Monthly BBQ First Friday of the month, 12.30pm	Hercules House, 47 Hercules St, Chatswood	RSVP to fcmhinfons@uniting.org	Carers of people living with a mental health condition and the person they're caring for.	Art activities, lawn games, a sensory corner and food. A space for conversations and activities for carers and their loved ones.
Local Support Groups Various days/times	Various locations in Northern Sydney	Contact Uniting to find out about local support groups run in your area. P: 8599 4885 E: fcmhinfons@uniting.org	Local support groups for people who are caring for someone living with a mental health condition or experiencing symptoms of mental ill health.	Local support groups for people who are caring for someone living with a mental health condition or experiencing symptoms of mental ill health. We organise guest speakers and it's a chance to meet and connect with

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				other carers who understand and share some of your experiences.
One Door Mental Health Carer Support Groups and Consumer Social Groups hugh.worrall@onedoor.org.au phone 0466 306 206 (Hugh Worrall)				
Meeting Days / Times	Venue Address	Contact Details / Group Leaders	Target Audience	Other Information
Dee Why Social Group for Carers Second Tuesday of the month, 2pm	Dee Why RSL, 932 Pittwater Rd, Dee Why	Contact oragniser, Hugh Worrall hugh.worrall@onedoor.org.au M:0466 306 206	Social group for carers and people with lived-experience of mental health	Connect with like-minded carers in your local area.
North Shore Mental Health Support Group First Thursday of the month, 7:30pm	Hercules House, 47 Hercules St, Chatswood	Contact oragniser, Hugh Worrall hugh.worrall@onedoor.org.au M:0466 306 206	For carers who are older and are experienced / have been performing their caring role for long time.	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 socialising.
Ryde Bipolar Support Group First Sunday of each month, 2pm	Ryde	Contact oragniser, Hugh Worrall hugh.worrall@onedoor.org.au M:0466 306 206	The group is for people living with bipolar disorder, their carers, families and friends.	Connect with others who have lived-experience of caring for someone with bipolar disorder.
Strong and Social Mutual Support Group Second Tuesday & fourth Wednesday each month, 7pm	Online via Zoom	Contact oragniser, Hugh Worrall hugh.worrall@onedoor.org.au M:0466 306 206	For people who have experienced mental health conditions and their carers.	Fortnightly catch-ups for mutual support, peer led for people who have experienced mental health problems. Carers and support people are welcome.

Dementia Support Groups in Northern Sydney Local Health District (NSLHD)				
Meeting Days / Times	Venue Address	Contact Details / Group Leaders	Target Audience	Other Information
St Ives Dementia Café (DCaf)	KNC	Contact and coordinator:	Carer and care-recipient living	

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Wednesdays, 10am – 12pm	Please contact Linda on 0408 546 325 for venue details during Covid- 19	Linda Wake M: 0408 546 325 AdminGalston@KNC.org.au	with dementia	
West Pymble DCaf Tuesdays, 9:30 - 11am	West Pymble DCaf Tuesdays 9:30 - 11am (face to face)	Ku-ring-gai Rotary Club. Contact: Ann Maslin M: 0409 468 852	Carer and care-recipient living with dementia	
Galston DCaf Mondays, 10:30 – 11:30am	Galston Community Health Centre 17 Arcadia Road Galston NSW 2159	Galston and Glenhaven Rotary clubs. Contact: Linda Wake M:0408 546 325 AdminGalston@KNC.org.au	Carer and care-recipient living with dementia	
Ryde DCaf Tuesdays, 10am – 12pm	Clive Austen Centre Royal Ryde Rehab 235	Rotary Club of Ryde Debbie Price (coordinator) M: 0449 546 771	Carer and care-recipient living with dementia	
Crows Nest DCaf	Crows Nest Rotary Club	Denise Ward Ph. 9439 8608 Email d.ward@crowsnestcentre.org.au	Carer and care- recipient living with dementia	
Good Life Chorus Choir meets every Wednesday during school terms 1:30 – 2:30pm	West Ryde Community Hall 3/5 Anthony Road, West Ryde	Contact details enquiries@goodlifechorus.org Ph. 9808 3080 www.goodlifechorus.org	Carer and care-recipient living with dementia	
Dementia Cafes in Northern Sydney Health District				
Meeting Days / Times	Venue Address	Contact Details / Group Leaders	Target Audience	Other Information
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)	A social gathering for people living with dementia, their carers, family and friends.	Food and drink available at own cost.
Mosman Council 'Sketch Class'	Mosman Seniors Centre Mosman Square	Contact: Linda or Sally P: 9978 4119 (Mosman	For people living with dementia and their carers to come, be	\$10 cost, includes a light lunch. The group is aimed at providing

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Every third Tuesday of the month 10am – 12pm	Spit Junction	Council)	creative, and enjoy a light lunch and gain advice and information for people living with memory loss.	a space to support carers and their care recipient, please RSVP Linda or Sally on 9978 4119.
DCaf Connections - Warrawee Weekly social café. Thursdays, 10am – 12pm	The Warrawee Club 1479 Pacific Highway, Warrawee	Bookings are essential as spaces are limited. Please contact Fiona Jenkins on 0402 837 877 or feeshal@optusnet.com.au	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. We also enjoy a wide variety of indoor and outdoor activities (including weekly memory/ balance exercises), monthly speakers/ activity providers.
DCaf Connections- Warrawee Monthly Carer's discussion First Thursday of the month 11am – 12pm	The Warrawee Club 1479 Pacific Highway, Warrawee	Bookings are essential as spaces are limited. Please contact Fiona Jenkins on 0402 837 877 or feeshal@optusnet.com.au	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 First Tuesday of the month 10:00am-12:00pm	Tastebuds Terry Hills Flower Power	Contact: 1300 002 262 Annie Bartholomeusz (CCNB) Email: ccnb@ccnb.com.au	Open to carers, care- recipients and the public	CCNB 1300 002 262 (CCNB) Email: ccnb@ccnb.com.au
CCNB Belong Online Support	Online support group	Contact: 1300 002 262 Annie Bartholomeusz (CCNB)	Open to carers, care- recipients	Contact: 1300 002 262 Contact Name Annie Bartholomeusz

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Register online at https://ccnb.com.au/belong-club/		Email: ccnb@ccnb.com.au		(CCNB) https://ccnb.com.au/belong-club/
Killara Community Café Thursdays, 10am – 12pm	Killara Uniting Church Corner 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
Miscellaneous Groups				
North Shore Prostate Cancer Support Group Meetings on third Thursday of each month (except December and January), 5pm start	Level 5, Kolling Building (diagonally opposite North Shore Private Hospital), corner Reserve Road and Westbourne Street, St Leonards	North Shore PCSG PCFA John Fullagar Convenor 02 9498 1984 john.fullagar@bigpond.com John Goodall Secondary contact 0404 944 751 jgoodalldundas@hotmail.com	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.	This location is within the campus of Royal North Shore Hospital. It is recommended you park in Car Park P2
Dural Carers Prostate Cancer Support Group Every third Monday, from 10:30am	Anglican Retirement Village Green - Blue Gum Centre 599/607 Old Northern Rd Glenhaven 2156	Contact through the Dural PCSG PCFA website	For carers and people with prostate cancer	Meetings Feb-Nov with a Christmas celebration held in December.

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

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.

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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	
<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: https://www.autismcommunity.org.au/support-groups.html Phone: 02 9543 9036 Mon - Fri 9 am to 5 pm 0431 724 229 Saturday 9 am to 5 pm Email: info@autismcommunity.org.au</p>
<p>Dementia Australia Carer support groups meet in a wide variety of locations throughout the country, contact your local state or territory office 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: https://www.dementia.org.au/ Phone: National Dementia Helpline Call 1800 100 500</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.)</p> <p>Phone. 1300 650 594 http://www.strokensw.org.au/support/stroke-recovery-clubs/</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>https://www.parkinsonsnsw.org.au/services/support-groups/ 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 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"> • Helpline 5 days per week • Support to individuals and families • Counselling • Information and referrals <p>Helpline 1300 394 636 support@fragilex.org.au https://www.fragilex.org.au</p>
<p>MND Australia The State MND Association provides individualised support to</p>	<p>https://www.mndnsw.asn.au/ Jo Fowler p. 8877 0909</p>

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<p>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>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 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>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>https://www.carergateway.gov.au/ 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 http://www.cansupport.org/newcansupport/ 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 http://www.sah.org.au/Support-Groups</p>	

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