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**DISCLAIMER:** Every effort has been taken to ensure the accuracy, completeness and reliability of the information at the time of printing. However all information is subject to change without notice. Sutherland Shire Council does not endorse or recommend any of the facilities or services listed or advertised in this directory. The material within this directory is made available for general use and information purposes only. Users should use their own skill and care with respect to the use of material. Whilst Sutherland Shire Council attempts to ensure the accuracy and currency of all information within the directory, it is not verified information and Council does not guarantee the accuracy and currency of the information.

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Sutherland Shire is a unique community with a collective vision for a connected and safe community that respects people and nature, enjoying active lives in a strong local economy.

**POPULATION**

The Shire’s population is 223,192 residents, including 31,419 people (15%) over 65 years - the largest proportion of 65+ age cohort in any local government area in Sydney. A 90% increase in 85+ age group and 65% increase in 65-84 age group is predicted by 2031.

While the number of people living in the area has not grown significantly, the age of the residents living in the Sutherland Shire has increased.

**THE ‘AGEING WELL STRATEGY’**

Active ageing, encouraging early life-planning, and ensuring there are facilities and services available for older residents are all important to maintaining an inclusive, connected and healthy community.

The ‘Ageing Well Strategy’ 2008-2018 proactively plans for the changing or different needs of an ageing population and includes actions that Council, service providers and residents can undertake to collaboratively provide for the best community possible.

Council understands the importance of providing information, resources, services and programs that facilitate
active and healthy ageing, with the aim for older residents to maintain independence over important decisions that can affect the quality of their lives.

ACCESSING INFORMATION
Making sure that people have current and relevant information is essential. This directory aims to provide information to ensure people can access transport, housing, care and support, and community groups, together with activities and events that will enable them to remain independent, engaged and included.

The information in this directory is not exhaustive. More information on community services, government organisations and social groups in Sutherland Shire can be found in the Community Directory on Council’s website.

CONTACT COUNCIL
Council hopes you find this directory useful. For any questions or concerns don’t hesitate to contact Council on 9710 0333 or email to ssc@ssc.nsw.gov.au.
The Sutherland Shire ‘Ageing Well Strategy’ (2008-2018) plans for the needs of the Shire’s ageing population. It was developed in consultation with residents, service providers and community organisations and sets out actions that can be undertaken to provide for an active, healthy and engaged community. Council has achieved many of the strategy’s outcomes and is committed to continuing to provide support, information, resources, services and facilities that help meet the changing and different needs of our older community.

COUNCIL’S KEY ACHIEVEMENTS (2008–2014):

- Provided over $17 million worth of voluntary rate rebates for pensioners.
- Provided almost $6 million in subsidies to local community organisations that provide services for older residents.
- Promoted volunteering with Council and local community organisations, including National Volunteer Week and volunteer expos.
- Undertaken regular engagement with service providers and older residents to understand changing needs and ensure representation through community projects and networks.
- Developed collaborative partnerships with service providers to support healthy active ageing, early life-planning and independent choice for older people.
- Provided over $600,000 worth of grants for projects/programs involving older people.
- Dedicated staff to provide information, resources, referrals and support to older residents, including Council’s website and Seniors Services Directory.
- Events and activities provided to over 6,000 residents in Seniors Week and throughout the year, including Healthy, Active Ageing seminars, Active Seniors program at leisure centres, Taming Technology series at libraries, Seniors Lunch, movie days and Christmas Concert at Sutherland Entertainment Centre; and programs at Hazlehurst Regional Gallery & Arts Centre.
- The Development Control Plan that will accompany the forthcoming Local Environmental Plan will increase adaptable housing provision to 30% in all new multi-dwellings and residential flat buildings.
- Supported the increase of residential aged care places in Sutherland Shire to meet Australian Government benchmarks.
✓ Won the 2014 NSW Australian Property Institute Excellence in Property Award for best-practice and innovation for Engadine town centre upgrade that housed a residential aged care facility near Engadine Community Centre, shops and medical facilities.

✓ Bus and rail interchange upgrades at Cronulla, Caringbah, Sutherland and Woolooware to meet accessibility standards for those with limited mobility.

✓ Nine new accessible drop-off zones near shopping/medical centres for private and community transport to improve access for people with limited mobility.

✓ Community centres and halls upgraded to be accessible and meet the needs of older residents and community groups.

✓ Developed a succession plan strategy for local business to maintain and drive sustainable economic growth and respond to new business opportunities.

✓ Lobbied State and Federal Government for increased funding and services.

✓ Over $9 million spent on footpath upgrades to enhance accessibility.

✓ 2014 review of ‘Ageing Well Strategy’ through a ‘Roundtable’ discussion between Councillors, Ministers, service providers and community groups, aiming to maximise opportunities for community based initiatives and partnerships to create strong, connected and involved communities.

Council has achieved much in collaboration with the community over the past six years. It can only continue to achieve the outcomes of the Ageing Well Strategy, and respond to emerging opportunities and challenges with continuous support, input and partnerships with service providers and residents. Check out Council’s Ageing Well Strategy at sutherlandshire.nsw.gov.au.
ACCESSIBILITY:
MAKING PHONE CALLS

There is help available if you are deaf, have a hearing or speech impairment, or require an interpreter.

The National Relay Service

P Voice: 1800 555 660 (free from landlines)
P TTY (Teletypewriter): 1800 555 630 (free)
W www.relayservice.gov.au for more information and additional call options

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service:
Monday–Friday 8am–6pm (Eastern Standard Time)

Interpreter Service

P 131 450 (within Australia)
P +613 9268 8332 (outside Australia)
W www.tisnational.gov.au

The Translating and Interpreting Service (TIS National) is an interpreting service for people who do not speak English and for agencies and businesses that need to communicate with clients who do not speak English.

The TIS National immediate phone interpreting service is available 24 hours a day, every day of the year for the cost of a local call for any person or organisation in Australia who needs an interpreter.
Sutherland Shire has a vibrant, diverse and active community of older people. Sometimes people require care and support in order to maintain their independence, remain living in their own home and be involved and active in the community.

Family and friends can provide caring roles but sometimes need a helping hand, and that is where home and community care services can assist.

Services available to assist eligible older people include installing ramps or rails to help with mobility, transport to medical appointments or social activities, home nursing or personal care such as bathing, meals, and respite care for people with dementia.

Sutherland Shire is fortunate to have a range of affordable services that can help you to maintain your independence, health and well being. Getting help is just a phone call away.

**MY AGED CARE**

P 1800 200 422  
P TTY (Teletypewriter): 133 677  
W www.myagedcare.gov.au

My Aged Care is a ‘gateway’ to give people more choice, more control and easier access to a full range of aged care services. It is an Australian Government initiative that consists of a website and a national call centre.

If you are getting older and need help, or if you are caring for someone who does, My Aged Care provides information you need to know to start planning and talking about aged care with your family and loved ones. My Aged Care is a great starting point to understand how to navigate the aged care landscape and find out what local services are available.

**Home and Community Care Services**

Help at home may include transport to medical appointments, installation of handrails or ramps, or domestic assistance with housework.

**Home Care Packages**

These are available for those that require case management or have more complex needs.

**Residential Care Homes**

Information on these is available for those that need more help with day-to-day tasks or health care.

Read the flow chart on the next page for information about the levels of care available.

‘As I get older, I want to have choice and control.’
## LEVELS OF CARE AND SUPPORT

More information on care and support options and local service providers is available from My Aged Care - Ph: 1800 200 422 www.myagedcare.gov.au

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<tr>
<th>Level</th>
<th>Services</th>
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<td>1</td>
<td><strong>Home and Community Care Services (HACC)</strong>&lt;br&gt;To help you stay living in your own home, you can currently access services directly through the Home and Community Care Program (HACC).&lt;br&gt;Contact organisations in your local area directly to apply for individual services. Organisations will assess your eligibility, talk with you about the kind of help you need and any costs involved.&lt;br&gt;Services may include transport, domestic assistance and meals.</td>
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<td>2</td>
<td><strong>Home Care Packages (HCP)</strong>&lt;br&gt;If you have more complex needs, a Home Care Package (HCP) may be right for you. HCP provides a co-ordinated package of services tailored to meet your specific care needs. Services may include case management, personal care, additional support services, and medical care.&lt;br&gt;There are four levels of HCPs which are designed to give you the care you need:&lt;br&gt;• level 1 supports people with basic care needs&lt;br&gt;• level 2 supports people with low-level care needs&lt;br&gt;• level 3 supports people with intermediate care needs&lt;br&gt;• level 4 supports people with high-level care needs&lt;br&gt;All people receiving care under a HCP must be offered a Home Care Agreement. An agreement between you and your home care provider that sets out what care and services you will receive.&lt;br&gt;You can find more information about providers of the above packages via My Aged Care:&lt;br&gt;W  <a href="http://www.myagedcare.gov.au">www.myagedcare.gov.au</a>&lt;br&gt;Council of the Ageing (COTA) has Home Care Today resources that provide more information:&lt;br&gt;W  <a href="http://www.homecaretoday.org.au">www.homecaretoday.org.au</a></td>
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<tr>
<td>3</td>
<td><strong>Residential Care Homes</strong>&lt;br&gt;If you need a high level of support then moving into residential aged care may be a consideration.&lt;br&gt;There are a number of steps that need to be undertaken and considered when entering residential aged care and a variety of facilities that offer different levels of services and programs (see Housing section on page 46 for more detailed information).</td>
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Aged care is currently under significant reform and subject to change. From 1 July 2015 Commonwealth Home Support Program will be in place to provide services accessed via My Aged Care:

**P** 1800 200 422  

To receive services under a Home Care Package (HCP) you must have an assessment undertaken by the Aged Care Assessment Team (ACAT) at Southcare:

**P** 9540 7540

If you are assessed as eligible for a package, you will be put in touch with HCP providers in your area.

To enter a residential aged care home you must have an assessment undertaken by the Aged Care Assessment Team (ACAT) at Southcare:

**P** 9540 7540

If you are assessed as eligible, you will be put in touch with residential aged care providers in your area.
CARE AT HOME

There are a wide range of low cost support services available to older people, people with a disability and their carers in Sutherland Shire. These services aim to help people to remain independent in their own home for as long as possible. Eligibility and costs differ according to the service and level of home care package.

Please note: This list is compiled from information available at the time of going to print, is not exhaustive and is subject to change.

SERVICE PROVIDERS

3Bridges Community
P 9543 5115 or 8558 4000
W www.3bridges.org.au
Social support, shopping, home modifications and maintenance, and Home Care Packages.

Anglican Retirement Villages Home Care Services
P 1300 111 278 or 9421 5560
W www.arv.org.au
Personal care services, domestic assistance, respite, social support and Home Care Packages.

Anglicare
P 8539 7022
W www.anglicare.org.au
Provides personal care services, domestic assistance, shopping assistance, social and dementia monitoring, medication prompting and assistance, social support, home maintenance and modification, day care centre, podiatry and clinical services. Provides Home Care Packages. Includes:

Anglicare - Day Centre - Dementia
Day care/respite for people with dementia. Social support, a hot meal and a range of gentle activities are provided. Service held Monday-Fridays 10am-2pm. Transport available if required 10am-2pm

Anglicare Jannali Social Centre:
Recreational activities and outings for older people with dementia, designed to restore, maintain and support independent living through social interaction in a centre-based environment during the day.
Social evenings are another opportunity for clients, carers, family and friends to come together to share an evening of fun and enjoyment with food, music, singing, dancing and laughter in a safe and friendly centre-based environment. Meals and transport provided.

**Anglicare Respite:**
In home flexible respite for carers of older people. Three hours per week.

**Anglicare Social Support Monitoring:**
In-home monitoring service for people with dementia, who live alone, with emphasis on monitoring medication and nutrition as well as health and wellbeing. Up to two hours assistance per week with limited provision for emergency care.

**Alliance Health**
P 9310 6511
W www.alliance.com.au
Personal care services, domestic assistance and Home Care Packages.

**Baptist Care**
P 1300 275 227
W www.baptistcare.org.au
Provides personal care services, domestic assistance, and respite.

**Benevolent Society/ Benevolent Society Respite**
P 1800 052 222 or 1800 917 139
P 9504 6670 - St George & Sutherland
W www.benevolent.org.au
Case management and home care package services for people with multiple disabilities.

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**3 Bridges Community**
WWW.3BRIDGES.ORG.AU

- Social Connections
- Help at Home
- Carers Support
- Internet Shopping
- Day Programs
- Home Modification and Maintenance

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<tr>
<td>Carss Park</td>
<td>8558 4000</td>
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<tr>
<td>Menai</td>
<td>9543 5115</td>
</tr>
<tr>
<td>Penshurst</td>
<td>9580 0688</td>
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<tr>
<td>Home</td>
<td>Modifications</td>
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or complex needs for people to remain in their home. Respite is available for carers of older people, people with disability, people with mental illness or people with a chronic illness living in south east Sydney and provides assistance with planned short term respite, emergency respite, after-hours emergency respite and residential respite bookings.

**Care Connect**
P  1800 116 166  
W  www.careconnect.org.au  
Providing case management to help to navigate, plan and connect with the care you need to continue living independently at home.

**Calvary Silver Circle**
P  1300 660 022  
W  www.calvarysilvercircle.org.au  
Provides care and support services for older people, people with a disability, family carers, people coping at home after hospital or illness, or anyone who need help at home.

**Calvary Health Care Sydney Ltd**
P  9553 3111  
W  www.calvary-sydney.org.au  
91-111 Rocky Point Road, Kogarah  
Calvary provides an 88-bed palliative care and geriatric rehabilitation facility. Palliative care provides in-patient and care in the community for patients in later stages of their illness. Support is provided to relatives through social workers, bereavement counselling, pastoral care, physiotherapists, occupational therapists and trained volunteers. The Rehabilitation and Geriatric Service facilitates clients’ independence in both the Geriatric Rehabilitation Unit, Community Team and outpatient facilities.

**Carers NSW**
P  Carers Line: 1800 242 636  
P  Emergency Respite: 1800 052 222  
W  www.carersnsw.org.au  
An association for relatives and friends who are caring for people with a disability, mental illness or older people with a chronic condition. The Older Parent Carers Project is for carers who are 65 years and over or 45 years and over for Aboriginal and Torres Strait Islanders.  
This project delivers a flexible, family-centred case management service to older parent carers and their son or daughter living with disability/long-term illness.

**Co.As.It. Multicultural Aged Day Care**
P  9564 0744  

**The Cottage (Day Care Centre)**
P  9540 7348  
The Cottage is a day care centre for people with dementia. It provides social activities in a secure group environment and regular respite for carers.

**Dementia Home Monitoring (provided by Southcare)**
P  9525 6388  
Practical in-home support, seven days a week, for people with a dementing illness and their carers, including meal and medication supervision, assistance with personal care, shopping and transport to appointments, supervised outings and carer support to complement existing services.
Feros Care
P  1300 851 771
W  www.feroscare.com.au
Providing My Health Clinic at Home program.

Home-Care Service of NSW – Sydney
P  1800 000 201 or 1800 350 792
W  www.adhc.nsw.gov.au
Provides assistance to older people and their carers. Service is provided to HACC eligible clients. Services provided include personal care, respite care and housework as the core services. Assistance with unaccompanied shopping and lawn mowing is also available.

Gymea Multicultural Day Care
P  9524 9559

Hammond Care
P  1300 426 666
W  www.hammond.com.au
Provides case management and a variety of home care packages, including for people with high-care needs.

John Paul Village
P  8508 3300
W  www.johnpaulvillage.com.au
Catholic retirement village which includes a residential facility.

Karimbla Restaurant
P  9526 2077
W  www.karimblarestaurant.com.au
Provides good quality, low cost meals. Please notify your requirements such as space for wheelchairs.

KinCare
P  1300 733 510
W  www.kincare.com.au
Personal Care and Domestic Assistance.

Kurranulla Aboriginal Corporation
P  9528 0287
W  www.kurranulla.org.au
A drop-in centre for local Aboriginal residents that aims to develop closer ties between Aboriginal and non-Aboriginal groups and assist in reconciliation. It acts as a referral for Aboriginal people who require information and services within the community or advice on cultural issues. In addition, it funds the Gnarra HACC Aboriginal Project and provides advice to councils on cultural issues.

NSW Neighbourhood Aid & Social Support Association (NASSA)
W  www.nswnassa.org.au
NASSA has a membership of over 100 community organisations working together to provide support and information, promotion and advocacy.

In-home care specialists
When you want choice and freedom to do what you love
Domestic Assistance - Personal Care - Social Support Respite - Dementia Respite...
1300 733 510
nsw@kincare.com.au
Choose to be with KinCare
and to share resources. Social support activities are organised for enhancing a person’s independence, dignity and self worth.

Contact your local Neighbour Aid for details of services and activities to help older people remain in their homes longer. Services vary between centres and may include shopping assistance or a shopping bus, transport services, social and leisure activities, support groups, exercise groups, computer help, tax help and more. Includes:

**Caringbah Neighbour Aid Inc**  
P 9525 6806  
W [www.cbahnaid.org.au](http://www.cbahnaid.org.au)

**Cronulla Neighbour Aid**  
P 9544 0104

**Essential Community Solutions (Engadine)**  
P 9520 7022  
W [www.essentialcommunitysolutions.com](http://www.essentialcommunitysolutions.com)

**Gymea Community Aid and Information Service Inc**  
P 9524 9559  
W [www.gymeacommunityaid.org.au](http://www.gymeacommunityaid.org.au)

**Miranda District Neighbour Aid**  
P 9540 2633

**Jannali Neighbourhood Aid**  
P 9528 6299  
W [www.jna.org.au](http://www.jna.org.au)

**Majestic Health Care (name will be changed to RSL Lifecare)**  
P 9588 9000

**Palliative Care NSW**  
P 9206 2094  
W [www.palliativecarensw.org.au](http://www.palliativecarensw.org.au)

**Resourceful Australian Indian Network (RAIN)**  
P Penshurst - 8068 0877

**Salvation Army Aged Care Plus**  
P 9556 6900  
Domestic assistance and personal care.

**Southcare – South Eastern Sydney and Illawarra Area Health**  
P 9540 7540  
Southcare is an integrated health care centre offering a range of services predominantly for frail older people and those with a disability living in the Sutherland Shire. Southcare Aged & Extended Community Care is a division of the Sutherland Hospital and Community Health Service. Includes:

**Southcare Nurses**  
P 9540 8718  
Extensive health care provided in clients’ homes by Registered and Enrolled Nurses. Service includes holistic general assessments, wound management, supervision of medications, injections and intravenous therapy, short term personal care, palliative care, diabetes management, health education, referral.

**Southcare Podiatry**

**Southern Cross Community Healthcare**  
P 1800 989 000  
Services to support older people and people with a disability to remain living independently at home.

**Southern Sydney Trusted Care, Miranda**  
P 9540 3011  
W [www.sstc.org.au](http://www.sstc.org.au)
Sutherland Shire Seniors Services Directory

FLEXIBILITY CHOICE CONVENIENCE

Sutherland Food Services is a great option for your meal choice. We provide an extensive range of main, mini, hot meals, soups and desserts as well as breakfast and lunch packs available for pickup or delivery for a small fee.

For frail aged clients we also provide a Meals on Wheels service which incorporates a subsidised delivery fee.

Affordable and convenient payment options. Gourmet menu available on request.

☎ 9540 7365
www.mealsonwheelssutherland.com.au

Located in the grounds of Sutherland Hospital
430 Kingsway Caringbah NSW 2229
PO Box 2497 Taren Point NSW 2229 | Fax 9526 6121

Do you care for a family member or a friend?

Sutherland Shire Carer Support Service Inc.

Do you look after a relative or friend who has a disability, chronic illness or is frail and older?

Supporting unpaid carers in the Sutherland Shire for over 19 years! Local knowledge & experience!

Call 95426292 for support.

www.scss.org.au

Sutherland Shire Seniors Services Directory 15
**Wesley Mission helps you stay at home longer**

We provide a range of personalised home support services including:

- Home Care Packages
- Social Support
- Personal Care
- Respite for Carers
- National Respite for Carers.

For more information and eligibility requirements please call (02) 8522 2200

**Wesley Help at Home Services**
St George, Sutherland Shire and Illawarra—Wollongong
Level 2, 29–31 Croydon Street, Cronulla NSW 2230
(02) 8522 2200
wesleymission.org.au

---

**St George Migrant Resource Centre Multicultural Carers Support Program**

P 9597 5455
W www.sgmrc.org.au

Information, support, counselling and advocacy to carers from culturally and linguistically diverse backgrounds living in St George and Sutherland Shire areas. Facilitates language specific carers support groups in Arabic, Greek, Chinese, Italian and Macedonian through bilingual workers and produces a quarterly newsletter translated into these languages. Organises joint activities, events and bus outings.

**The Retreat**

P 9540 7915

A day care for the frail and aged with low-level needs, Monday–Friday. Transport, morning tea and lunch provided ($15).

**Thomas Holt – Supported Home Living**

P 9545 4799
W www.thomasholt.org.au
E info@thomasholt.org.au

A range of care and support services including home meal service, home care, transport and shopping, podiatry and lifestyle programs.

**Wesley**

P 8522 2200
W www.wesleymission.org.au

Domestic assistance, personal care and carer support.

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**HOSPITALS**

**The Sutherland Hospital and Community Health Service**

P 9540 7111
W www.seslhd.health.nsw.gov.au
Location: 430 Kingsway, Caringbah
St George Hospital and Community Health Service
P 9113 1111 (main switchboard)
P Breast Screen: 9113 3630
P Cancer Care Centre: 9113 3909
W www.seslhd.health.nsw.gov.au
Location: Gray Street, Kogarah 2217

Kareena Private Hospital
P 9717 0000
P Kareena After Hours General Practice: 9717 0070
W www.kareenaprivate.com.au
Location: 86 Kareena Road, Caringbah

President Private Surgical/ Medical and Rehabilitation Hospital
P 9521 7788
Location: cnr President Ave and Hotham Road, Kirrawee

St George Private Hospital
P 9598 5555
W www.stgeorgeprivate.com.au
Location: 1 South Street, Kogarah

GOVERNMENT AGENCIES

These are some of the key government agencies that provide information and funding for the community services for older people located in Sutherland Shire.

My Aged Care
P 1800 200 422
W www.myagedcare.gov.au
Australian government’s online source of information which provides the community with home-care and residential aged care information and services.

Commonwealth Respite and Carelink Centres (CRC)
P 1800 052 222
W www.commcarelink.health.gov.au
These centres provide information for older people, people with a disability, carers and those who provide care and services. The centres provide free and confidential information on community aged care, disability and other support services available locally, interstate, or anywhere within Australia.

Department of Veterans’ Affairs (DVA)
P 133 254
W www.dva.gov.au
Provides support and information for veterans and their dependants, Australian Defence Force personnel, war widows/widowers, members of the Australian Federal Police, and students, teachers and historians.

National Dementia Helpline
P 1800 100 500
W www.fightdementia.org.au
Confidential helpline offering support and counselling for people suffering from dementia and their carers.

NON-GOVERNMENT AGENCIES

Council on the Ageing (COTA)
P 9286 3860
P Membership / Insurance Enquiries: 1300 140 050
W www.cotansw.com.au
COTA (NSW) is a peak body providing leadership in social policy and community information and education for all older persons in NSW and Australia.
Staying healthy is crucial to ageing well. It’s definitely true that ‘prevention is better than cure’; there are many simple things you can do to remain healthy and reduce your risk of illness. Your regular doctor is one of the best sources of information and support for of staying healthy.

There’s a lot you can do to help yourself: eating a balanced diet, exercising regularly, limiting alcohol consumption, quitting smoking and having regular health checks.

Sutherland Shire has many beautiful natural and built recreational spaces to enable you to get out and be active. You can walk in the park or bush, cycle, play golf or swim in many locations. You can even use outdoor gym equipment and walking tracks in many Shire parks.

Exercise is a great way to stay healthy and connected with the local community. There are many local clubs and community organisations, as well as Sutherland Shire Council’s own leisure centres, that provide exercise programs designed specifically for older people. Remember to consult your doctor if you are starting any new exercise program or activity.

**ARTHRITE**

Arthritis is an umbrella term for more than 100 medical conditions that affect the musculoskeletal system, specifically joints where two or more bones meet.

**Arthritis Australia**

P 1800 011 041  
W www.arthritisaustralia.com.au  
Provides information, news, reports and policy.

**Osteoporosis Australia**

P 9518 8140 or 1800 2420 141  
W www.osteoporosis.org.au  
Provides information about osteoporosis, risk factors, prevention, and living with osteoporosis.

**The ‘Stepping On’ Program**

P 1800 823 002  
W www.activeandhealthy.nsw.gov.au  
E steppingon@sesiachs.health.nsw.gov.au  

The ‘Stepping On’ program is a free evidence-based falls prevention program facilitated by the South Eastern Sydney Local Health District (SESLHD) Health Promotion Service. Located locally in Carinbah.

‘Stepping On’ is designed for people who are:

• aged 65 years and older
• living independently at home and can walk unassisted
• have fallen or are fearful of falling
CANCER SUPPORT

Sutherland Shire Cancer Support Group
P  9522 2774
W  www.sutherlandshirecancersupportgroup.com.au
A support group for those with cancer, their friends, families and volunteers. Weekly meetings held at the Parish Centre Hall of the Miranda Catholic Church, 50 Kiora Road, Miranda.

Cancer Council Support Groups
P  131120
W  www.cancercouncil.com.au
Call the Cancer Council to find a support group near you.

COMMUNITY HEALTH SERVICES

Caringbah Women’s Health Information Centre
P  9525 2058
W  www.caringbahwomenscentre.org.au
Offers health information and preventative health care, including information, referral and education on women’s health issues, pap tests and breast checks, massage services, and domestic violence support.

Southcare (Aged and Extended Care)
P  9540 7175 or 9540 7540
Integrated multidisciplinary health care centre offering a range of services predominantly for older people and people with a disability.

The Sutherland Aged Care Assessment Team (ACAT) is a multidisciplinary team of health professionals who comprehensively assesses the care and support needs of frail older people requiring Commonwealth Government subsidised aged care services. If eligible, these services may include Home Care Packages and/or residential respite or permanent care. ACAT will also provide advice regarding appropriate Southcare and/or Home and Community Care (HACC) and other services.

See also the Care and Support section of this Directory

CONTINENCE

Continence Nurse Adviser Service
P  9540 7540
W  www.continence.org.au
Offers advice and assistance to anyone who has experienced incontinence.

National Continence Helpline
P  1800 33 00 66
W  www.continence.org.au
Assists people who experience incontinence, their families and carers as well as health professionals, by improving access to and availability of services, information and advice and promoting education, support and research.

DEMENTIA

More than 332,000 Australians are living with dementia—a number expected to increase to 400,000 in less than a decade. Worldwide, at least 44 million people are living with dementia, making the disease a global health crisis that must be addressed. A diagnosis of dementia is life changing, for the individual as well as for their family and friends, but information and support are available. No one has to face these diseases alone.
Alzheimers Australia
P  1800 100 500 National Dementia Helpline
W  https://fightdementia.org.au
Offers a comprehensive website with services, counselling and support, help sheets, support groups, what's on, newsletters, and information about all forms of dementia.

Alzheimers and Dementia Resources
P  Helpline: 1800 272 3900 operates 24 hours, 7 days per week
W  www.alz.org
Provides education and resources to those living with Alzheimers and dementia.

Dementia Advisory Service, Sylvania
P  9531 1928
Provides information, support, advice, and links to appropriate services. Also provides the Café Connect Program, which connects people with dementia and their carers to the local community.

DENTAL SERVICES

Special Needs Dental Service
P  Clients' phone: 9356 0621
P  Case workers' phone: 1300 134 226
Free service for people with particular needs, including homelessness, drug and alcohol issues, and mental health issues. Located at the Mission Australia Centre, corner Denham and Campbell Streets, Surry Hills.

Sutherland Dental Clinic
P  1300 134 226
W  www.seslhd.health.nsw.gov.au
When phoning for an appointment please have your Medicare and Centrelink Card details available. All adults must hold Health Care Card, Commonwealth Seniors Card or Pension Card. At Sutherland Hospital Dental Clinic, Kingsway, Caringbah.

DIABETES

Diabetes Australia NSW Branch
P  1300 136 588
W  www.diabetesnsw.com.au
Consultant dieticians available to answer questions. An interpreter can be arranged.

Engadine Diabetes Support Group
P  9520 9347
Meets fourth Thursday monthly at 10am.

DOCTOR AND NURSING SERVICES

For more after hours services visit www.sesml.org.au/afterhours

After Hours GP Helpline
P  1800 022 222
Provides you access to a nurse or GP who will provide you information and advice so that you can treat the condition at home until you see your regular GP (after hours and evening service).

Kareena GP Afterhours Service - Caringbah
P  9717 0070
Kareena Private Hospital, Kareena Rd, Caringbah. Mon-Fri 7-10pm; Sat 1-9pm; Sun/public hols 9am-5pm. No appointment necessary. Private billing with instant Medicare Rebates. Aged Pensioners and Health Care Card holders. Bulk billing for Veterans Affairs Card holders.

National Home Doctor Service
P  137 425 (13 SICK)
W  www.homedoctor.com.au
Visiting doctors, bulk billed, to your home, available weeknights, weekends and public holidays.
Southcare Aged and Extended Community Care - Community Nurses

P  9540 7540

Extensive health care provided in clients’ homes by Registered and Enrolled Nurses. Service includes holistic general assessments, wound management, supervision of medications, injections and intravenous therapy, short term personal care, palliative care, diabetes management, health education, referral.

Southern Cross Community Health Care

P  1800 989 000
W  www.scch.com.au

Nursing services including simple and complex wound dressing, urinary catheterization and care, administering and monitoring medications, monitoring oxygen levels and attending to service users with complex care needs.

EXERCISE

YMCA Caringbah

P  9524 1800
W  www.ymcansw.org.au/centres/caringbah

The YMCA (the ‘Y’) is a community not-for-profit organisation committed to connecting people to their communities to live healthier and happier lives. PrYme Movers Member Base is a 200-strong group of +55s which participates in health and group fitness training at Caringbah Centre. It is a powerful social network for its member who also enjoy regular outings and excursions.

“So a bulk billed doctor will see me at home just like they used to?
And they’ll update my GP within 24 hours? Really?”

If your GP is closed, we’re open. National Home Doctor Service is Australia’s biggest network of visiting doctors. We’re available on weeknights, weekends and public holidays, and it’s bulk billed. To arrange a doctor to come to your home after hours, make the call on 13SICK. homedocto.com.au

Bulk billed. In home. Out of hours.
GP Exercise Referral Scheme

Specifically designed for people referred by a GP or Health Professional to prevent or manage certain medical conditions. Get moving and stay well. The scheme operates at Sutherland Leisure Centre and Engadine Leisure Centre.

**Sutherland Leisure Centre**

- **P** 8536 9777
- **W** www.sslc.com.au

An indoor/outdoor complex operated by Council. Includes a 50m outdoor heated pool and heated outdoor program pool, a 25m indoor heated pool and heated indoor program pool. Activities include Tai Chi, aquarobics and fitness classes. Access facilities include a hoist, aqua wheelchair, ramp access for entry and exit of centre and pool, change room facilities and hand railing support.

Caringbah Leisure Centre

- **P** 9525 6777
- **W** www.sslc.com.au

An outdoor complex operated by Council. Mobile hoist available to help people with disabilities enter the pools. The pool is heated year round and offers aquarobics classes and walking lanes. Phone or see website for details of opening hours, which are seasonal.

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“I encourage other men to come to the aqua aerobics class. It’s a wonderful thing to do.”

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**GP EXERCISE REFERRAL SCHEME**

Get moving, stay well!

**WHO IS IT FOR?**

People with or who suffer from:
- Diabetes
- Clinical Obesity (BMI >30)
- Hypertension
- Raised Cholesterol
- Polycystic Ovarian Syndrome
- Osteoarthritis (Mild - Moderate)
- Osteoporosis
- Waist Circumference > 94cm (Male)
- Waist Circumference > 80cm (Female)

**HOW TO REGISTER**
Visit [www.sesml.org.au](http://www.sesml.org.au) to download a referral form or call South Eastern Medicare Local on 02 9330 9900. Once you have been referred you need to contact the Sutherland or Engadine Leisure Centre to make an appointment.

**BOOKING AND ENQUIRIES**
Please phone Sutherland Leisure Centre on 02 8536 9706 or Engadine Leisure Centre on 02 9548 4236

For more information or to see if you are eligible, please visit your GP.
Engadine Leisure Centre
P 9548 4200
W www.sslc.com.au
This is an indoor fitness and outdoor pool complex operated by Council. Includes a 50m heated pool and heated outdoor program pool. Activities include aquarobics and deep water classes, learn to swim and squad classes as well as fitness classes suitable for older people and Tai Chi.

Menai Indoor Sports Centre
P 9532 0444
W www.sslc.com.au
Menai Indoor Sports Centre offers Gentle Exercise and Tai Chi classes. Undercover parking with lift access to all levels.

SHARE Inc
P 9533 4422
W www.share.org.au
Provides low-cost, gentle exercise programs for older adults including: Tai Chi, gentle stretch, and gentle aqua fitness. Classes held at several venues in Sutherland Shire and St George areas.

Sutherland Bushwalkers
P 9990 5876 (answer service)
W www.sutherlandbushwalkers.org.au
Walking, cycling, kayaking: safe bush sports activities in the company of 300 like-minded members. Membership $30 per annum, visitors welcome to come walking prior to joining. Club meetings last Wednesday of the month at 7pm at Hall 2 Stapleton Ave Community Centre, Belmont St, Sutherland.

Sutherland Shire Group of Physical Culture
P 9524 6010
Low cost fitness classes for older women in the Shire including stretching and strengthening exercises, plus ‘Physi for Fun’ on Fridays. Groups are held in Cronulla, Caringbah and Gymea.

Sutherland Shire Water Polo Association
P 0425 214 343
W www.waterpolo.asn.au
E rego@waterpolo.asn.au
Water polo for all ages. Based at Sutherland Shire Leisure Centre.

GRIEF AND COUNSELLING

Beyondblue
P 1300 22 4636
P TTY (Teletypewriter): 133 677
W www.beyondblue.org.au
Support service and information on anxiety, depression and suicide prevention, or talk through your concerns. The trained mental health professionals will listen, provide information and advice.

Calvary Bereavement Counselling Services
P 9553 3025
W www.calvary-sydney.org.au
Free counselling service to residents living in Sutherland Shire or for people whose loved ones have passed away in a local hospital.

‘Being in the water is good for body and soul.’
Grief Support Inc
P 9489 6644
W www.nalag.org.au
Confidential telephone support service operated by trained volunteers. Callers can be referred to community services and agencies.

Lifeline
P 13 11 14
W www.lifeline.org.au
Providing crisis support and suicide prevention services. Lifeline is staffed by trained volunteer telephone counsellors who take calls 24-hours a day, seven days a week, from anywhere in Australia.

Solace Association Inc
P 9519 2820 (24hr volunteer phone)
W www.solace.org.au
Support group for people grieving the death of a partner. The Miranda Bereavement group meets at the Miranda Community Centre, corner of Kiora and Karimbla Roads, on the second and fourth Tuesday of each month at 10 am.

CARERS SUPPORT

Sutherland Shire Carers Support Service
P 9542 6292
W www.scsss.org.au
Provides support for unpaid carers and raises awareness of their important role in enabling frail older people and people with disability to remain living in the community.

Benevolent Society Respite for Carers
P 1800 052 222
W www.benevolent.org.au
Community Care to help older people to stay in their own home helping with cooked meals, housekeeping, cleaning and laundry, nursing care, transport and social activities and outings.

HEARING

Australian Government Hearing Services Program
P 1800 500 726
P TTY (Teletypewriter): 1800 500 496
A voucher is available for eligible people to obtain a hearing assessment, hearing rehabilitation and selection and fitting of hearing aids free of charge. Voucher can be used at any accredited hearing services provider. Australian Government Hearing Services assistance from Australian Hearing available for eligible people.

Australian Hearing
P 1300 412 512
W www.hearing.com.au
Provides hearing assessment, hearing technology, including digital hearing aids and other listening devices, hearing aid fitting and repair, sale of accessories and hearing rehabilitation and counselling. Centres in Sutherland, Miranda, Engadine, Caringbah, and Cronulla.

Australian Tinnitus Association (NSW)
P 8382 3331
W www.tinnitus.asn.au
Provides support, information and phone counselling to people affected by tinnitus, their families and the wider community.

Better Hearing Australia Inc
Lip-reading Classes
P 9744 0167
P TTY (Teletypewriter) 9744 0124
W www.betterhearingsydney.org.au
Helping people in Australia with hearing impairment.
Concerned about your hearing?

Hearing loss is more common than you think. It affects one in six Australians.

Australian Hearing can help you take the first step to better hearing with a **FREE** hearing check. A hearing check is a quick and easy way to find out more about your hearing and what can be done to help. Call **(02) 9526 4300** to book your spot today.

Australian Hearing is the largest provider of government services and provides subsidised hearing care for eligible people, including pensioners and most veterans. Our specialist services also include:

- Hearing assessments
- Fitting of the hearing devices
- Access to the latest in hearing technology
- Guidance on managing a hearing impairment
- Hearing device repair service
- Wide range of Assistive Listening Devices

ALSO WITH YOUR HEARING CENTRE, LOCATED AT THE KIORA CENTRE, 29 KIORA ROAD, MIRANDA WE HAVE VISITING SITES IN SUTHERLAND, ENGADINE, CARINGBAH, CRONULLA AND SANS SOUCI

**HEART HEALTH**

**Heart Support Australia**

P  1800 432 732
W  www.heartnet.org.au

A national organisation with volunteers who provide support and information to people with a heart condition.

**National Heart Foundation of Australia**

P  1300 36 27 87
W  www.heartfoundation.com.au

Aims to improve the heart health of all Australians through health promotion and research activities.

They provide education for health professionals and operate Heartline resources and information on heart health.

**STROKE**

**National Stroke Foundation**

P  StrokeLine: 1800 787 653
W  www.strokefoundation.com.au

The National Stroke Foundation offers information and support to prevent stroke, and recover after a stroke.

**MENTAL HEALTH**

**South Eastern Sydney Partners in Recovery - Sutherland Shire and St George Areas**

P  9330 9999
W  www.sespir.com.au

Partners in Recovery (PIR) works to improve pathways to accessing supports and also to ensure that the services supporting a person, are working together in a coordinated and recovery orientated...
way, meeting the full range of their support needs. Partners In Recovery is available to people who:
• experience ongoing serious mental illness
• find it difficult to access the services and supports they want and need
• want to improve their wellbeing and autonomy.

For more information about the PIR program, or to fill out our online referral form please go to our website www.sespir.com.au
• You can refer yourself.
• You can refer someone else if they have given you consent to share their information.

Sutherland Hospital Mental Health Unit
P 1800 011 511
P 9540 7490
W www.sesiahs.health.nsw.gov.au

OCCUPATIONAL THERAPY
Southcare Occupational Therapy Service
P 9540 7175 or 9540 7540

A home-visiting service that provides assessment of the individual at home in order to promote independence primarily through equipment prescription, home modification and education to client and/or carer.

PARKINSON’S DISEASE
St George and Sutherland Support Group of Parkinson’s NSW
P 9525 7215
Activities include talks and presentations by Parkinson’s disease specialists and allied health providers to keep up to date with knowledge and support and how to accept and deal with the disease. The group also provides opportunities for people to socialise and learn from each other about Parkinson’s disease.

Parkinson’s NSW
P 1800 644 189
W www.parkinsonsnsw.org.au
Parkinson’s NSW Inc is a non-profit community providing people with Parkinson’s disease, their family, carers and friends with information, education and support.

PERSONAL ALARM
VitalCall
P 1300 360 808
W www.vitalcall.com.au
Provides medical response units: a water resistant, lightweight pendant worn around the neck, connected to the telephone. Consumers can contact VitalCall 24 hours a day by activating the pendant.

PODIATURE
Anglicare Podiatry Service
P 8539 7022
W www.anglicare.org.au
E jcs@anglicare.org.au
Professional assessment and ongoing treatment for HACC clients attending day

‘It’s very important to have a positive attitude to life.’
centres and/or living at home who are in need of professional podiatry or basic foot care, as well as information to assist in maintaining mobility.

**Southcare Podiatry Service**

P  9540 7540  

Provides podiatry for people with a disability and older people who meet the medical criteria for high risk feet disorders, in order to maintain their independence and mobility.

**VISION**

**Guide Dogs NSW/ACT - Head Office**

P  9412 9300  
W  www.guidedogs.com.au

A range of mobility and orientation services to people with vision impairment or low vision. Also a neurological vision impairment program, ‘Pets as Therapy’ project and a weekly low vision clinic.

**Gymea Viscare Day Centre**

P  0412 339 132

Activities for visually impaired residents, every Thursday, 9.30am-1.30pm, 39 Gymea Bay Rd. Crafts, exercises, indoor bowls, bingo, includes morning tea and lunch ($10). Occasional bus trips ($15).

**Vision Australia**

P  1300 84 74 66 or 02 8525 9085 (Caringbah)  
P  TTY (Teletypewriter): 02 9334 3260  
E  info@visionaustralia.org  
W  www.visionaustralia.org

Vision Australia supports people who are blind or have low vision to live the life they choose. If you are having trouble reading your mail, getting out and about confidently, or would like to participate fully in the community, contact Vision Australia today to find out how we can help.

Vision Australia also offers local book clubs and walking groups in the Sutherland Shire. For more information call our Caringbah centre directly.

**Macular Disease Foundation Australia**

P  Support line: 1800 1110709  
W  www.mdfoundation.com.au

Macular Disease Foundation Australia is committed to reducing the incidence and impact of macular disease in Australia through education and awareness programs, research, provision of support services and representing the best interests of the macular disease community.

**Fred Hollows Foundation**

P  1800 335 236  
W  www.hollows.org.au

Continues Fred Hollows’ important work to improve the eye health and wellbeing of Aboriginal and Torres Strait Islander people.

‘Coming here broadens our horizons in many different ways, as well as the exercise.’
Being active and connected with the community brings many benefits, especially personal wellbeing. The Sutherland Shire offers a great variety of affordable social, recreational and leisure opportunities.

**How do I meet new people?** Join a group of like-minded people, perhaps a gardening group, learn a language or get fit together in an exercise class. Maybe you are interested in theatre or writing, but have never had the time? Whatever your interests, there is something going on in the Sutherland Shire to suit the interests and needs of everyone.

**What about volunteering?** You have a lifetime of skills and experience that would be very welcome in the local community. There’s always a need for people willing to lend a hand, and it’s a great way to meet people of all ages. You can also get involved in local decision making groups and really ‘have your say’.

**JOIN THE CONVERSATION**

‘Join the Conversation’ is Council’s refreshed community engagement strategy. When you register you can participate in surveys, and lodge comments and submissions on a wide range of interesting issues open for consultation.

To register go to Council’s website www.sutherlandshire.nsw.gov.au and click on the ‘Join the Conversation’ logo. When you get to the page you will see a Registration tab, click on the tab and enter your details.

Council will also continue to offer focus groups and face to face opportunities for the community to discuss their views.

You can register on any device - a mobile phone, tablet or computer.

For help to register online email: jointheconversation@ssc.nsw.gov.au
‘Maxi my cat loves and trusts me.’

**ANIMALS AND PETS**

**Assistance Dogs Australia (ADA), Engadine**

*P* 1800 688 364 or 9548 3355  
*W* www.assistancedogs.org.au  
ADA is a non-profit organisation committed to enhancing the quality of life, confidence and level of independence of people with physical disabilities, and relieve their loneliness and social isolation, by using dogs to assist in specific tasks.

**Sutherland Shire Council Animal Shelter**

*P* 9710 0401  
*P* After-hours emergencies: 9710 0333  
*W* www.sutherlandshire.nsw.gov.au  
At Production Avenue, Taren Point.  
The shelter houses dogs and cats who are strays, abandoned, or seized. If the animal cannot be returned to its owner, the shelter seeks new homes for them.  
Volunteers welcome: the shelter always needs people willing to help. If you want to volunteer, visit our website and download an application form.

**ARTS AND CRAFTS**

**The Art Trail, Bundeena**

*P* 0418 250 800  
*W* www.arttrail.com.au  
Diverse group of artists who exhibit their work in their own studio on the 1st Sunday of every month.

**Calligraphy Southscribes**

*P* 9580 1361 or 9525 5360  
*W* www.calligraphysouthscribes.blogspot.com  
Learn the art of beautiful writing. All levels catered for at monthly workshops.

**Continuum Art Society Inc**

*P* 0419 262 178  
Continuum Art Society Inc. is a group of artists who meet in Sylvania and Gymea. They hold regular bi-monthly members’ meetings with an expert demonstrator, Saturday workshops with recognised artists, monthly discussion groups and annual ‘week away’ painting trip.

‘Council needs to rely on us out there, we have all the contacts, we believe in what we are doing, and we are always out there wanting to do things better for Sutherland Shire people.’  
(A volunteer on Council’s Seniors Activities Unit.)
Hazelhurst Regional Gallery and Arts Centre, Gymea
P  8536 5700
W  www.hazelhurst.com.au
A leading regional gallery and art centre, set in beautiful gardens with changing exhibitions of national significance and leading local artists presented, as well as art for sale. Vibrant arts centre with seven studios offering workshops and classes in ceramics, printmaking, painting, jewellery and new media for everyone from beginners to the practising artist. Hazelhurst Café is a popular meeting place for breakfast, lunch and high teas.

Friends of Hazelhurst Regional Gallery and Arts Centre Inc,
P  8536 5700
Enjoy functions based at Hazelhurst and other social events, whilst raising funds for the gallery. Membership benefits include discounts on classes and art supplies, bi-monthly newsletters and invitations to all openings. Fees apply.

Porcelain Dollmakers Guild of Sydney Southern Districts, Sutherland
P  9520 7030
E  margaretglass@bigpond.com.au

‘There’s a nice friendly atmosphere, and it’s surrounded by gardens.’
Information on doll making, bear making, craft, miniatures and associated topics. Bus trips, guest speakers, craft shows, competitions. Meetings at 2pm, every 3rd Saturday monthly at ‘Club on East’, Sutherland, upstairs in Function Room 2.

**Port Hacking Camera Club, Cronulla**

P 0418 429 986  
E rod.foulcher@bigpond.com

The Camera Club aims to educate and encourage amateur photographers in Sutherland Shire. Regular meetings, presentations and competitions. Beginners and visitors welcome.

**Port Hacking Potters Group, Cronulla**

P 9520 7945  

Pottery lectures and informal meetings held in Cronulla. Exhibitions held every second year at Hazelhurst Regional Gallery & Arts Centre. New members welcome.

**Shire Amateur Photographers’ Society, Sutherland**

P 9528 3475  

Monthly meetings, activities, photographic tasks, presentations and outings, as well as Mystery Night and day trips and photographic tours and trips away.

**Southern Printmakers Association**

W [www.southernprintmakersassociation.com](http://www.southernprintmakersassociation.com)  
E southernprintmakers@gmail.com

Local printmakers meet, exchange views, increase knowledge of specialist techniques and arrange exhibition of their works. Membership $40 per year. Print making experience is necessary.

**Southern Region Woodturners Inc, Como**

P 9528 8885 or 9587 1396  

Members believe there is no greater joy than turning a blank piece of timber and finishing up with a beautifully crafted piece of art. Regular meetings, anyone over 14 years of age is welcome to join.

**Sutherland Astronomical Society, Oyster Bay**

P 0422 902 730  
P Group Bookings 9543 2299 (after business hours)  
W [www.sasi.net.au](http://www.sasi.net.au)

The society has its own observatory with two large telescopes. Visitors welcome. Public education courses in introductory astronomy conducted and public open nights held annually.

**Sutherland Plastic Model Club, Caringbah**

P 9524 7021  

Plastic model making including war gaming, aviation, military and civilian vehicles, ships and military uniforms. Meetings 2nd Saturday each month at 14 Ash Avenue, Caringbah.

**Sutherland Shire Art Society Inc, Jannali**

W [www.shireart.com](http://www.shireart.com)

Enquire online. The society promotes the enjoyment of the visual arts in the general community. Art demonstrations, workshops, painting for beginners. Visitors welcome. Annual membership $25 per person, or $35 for 2 people.
‘Check-mate! Join our Chess Club.’

Sutherland Shire Creative Art School, Miranda
P  9526 5665 or 0402 400 107
Free art class introductory offer to anyone just wishing to try art-making with all materials supplied. Small groups paint in a relaxing, friendly atmosphere, with many classes day and night covering oils, watercolours and acrylics, as well as drawing. Private classes are available on request. Everyone welcome.

CHESS AND BRIDGE

Cronulla Chess Club
P  9542 4142
W  www.chess.com/club/cronulla-chess-club
Meets at School of Arts, Cronulla (upstairs) on Mondays at 7.30pm

Port Hacking Bridge Club, Gymea
P  9520 5651

Sylvania Social Bridge Group, Sylvania
P  9520 5651

Tradies Bridge Club, Gymea
P  9522 0932

COLLECTING

NSW Coaster Collectors Club Inc, Mortdale
P  4731 1146
Do you collect drink coasters? The Coaster Club meets on the 1st Sunday of each month at 10 am at the Mortdale RSL. New members and visitors welcome. The coasters museum comprises all categories of coasters.

Port Hacking Lapidary Club Inc, Gymea
P  9526 1106
Fully equipped workshop, for jewellery making, faceting, enamelling, lapidary work. Workshops held Wednesdays, Thursdays, Fridays (daytime); Wednesdays (evening); Saturdays (morning). Location: Gymea (northern end of Gymea Community Centre).

Sutherland Shire Philatelic Society
W  www.philas.org.au/sutherland
We have something for everyone interested in stamps. New members welcome. Location: Club on East, 1st floor, 7 East Pde, Sutherland. Meets: 2nd Tuesday each month, 7.30 pm.

Waratah Spoon Club, Kirrawee
P  9520 8619, 9521 3523, 9520 8624 or 9520 8765
Meet fellow spoon collectors – every spoon tells a story! Meet at Kirrawee Public School, Bath Road, on first Saturday of every other month, doors open at 1pm. (2nd Saturday in January only).

‘You don’t have to collect spoons. Just come along for the friendship. It really is more of a friendship club. It’s a very caring club. If someone is sick, we check up on them.’
EDUCATION

St George and Sutherland Community College
P 9528 3344
W www.sgscc.edu.au
Offers a wide range of leisure, hobby, literacy, computer and work skills courses as well as English classes, programs for people with a disability and seniors programs. Day, evening and weekend classes held at more than 30 venues.

Sutherland Shire Adult Leisure Learning Centre Inc
P 9521 8280 or 8539 7114
W www.sutherlandlearning.com.au
Classes include: arts and crafts, calligraphy, crochet and dressmaking, easy exercise, Tai Chi, line dancing, yoga and belly dancing. Fees apply.

University of the Third Age Endeavour Campus (U3A), Sutherland Shire
P 9262 2702 (Central Office)
W www.sydneyu3a.org
Voluntary organisation with no entry requirements and no exams, self-supporting and run by its members, U3A offers a wide range of free courses for people over 55 years of age. It provides intellectually stimulating programs for learning and social contact for people in partial or complete retirement. Two free visits before joining. $10 joining fee, $50 annual subscription.

University of Wollongong, Loftus Campus
P 8536 2000
W www.uow.edu.au
E ssydney-enquiries@uow.edu.au
Thinking about going back to school? The Loftus Education Centre brings university education to the local community. Take advantage of a qualification from an internationally recognised institution without leaving the local area. UOW provides programs at both undergraduate and postgraduate level.

FAMILY AND GRANDCHILDREN

Centrelink – Grandparent Advisor
P 1800 245 965
W www.humanservices.gov.au
Grandparents who are primary carers of their grandchildren may be eligible for Centrelink payments and services. Information about relevant government agencies and community organisations also available.

Children’s Services at Sutherland Shire Libraries
P 9710 0178
Bring your grandchild to the library: enjoy literacy based activities, storytimes, events and educational games for children 0-12 years. Contact us for more including what’s on in school holidays.

Grandparents Play and Support Group (Engadine)
P 9520 7022
W www.essentialcommunitysolutions.com
Meet and interact with other grandparents and children, organised by Essential Community Solutions.

‘It’s more than a class – you make friends and you end up going out together socially.’
Grandparents Support Group (Sutherland)
P  9521 8280

For grandparents parenting their grandchildren. Meets last Thursday monthly, 10am-12noon, Stapleton Ave Community Centre, 3a Stapleton Ave Sutherland.

Come for a cup of tea and a relaxed chat with others in a similar situation.

Grandparents Raising Grandchildren NSW
P  9286 3860 or 1800 449 102 (for regional callers only)
W  www.cota.nsw.com.au

Represents an alliance of grandparents who have full-time care and responsibility of their grandchildren across New South Wales. It is an initiative of Council of the Ageing (COTA) in NSW in collaboration with grandparent support groups and community service representatives.

GARDENING

Australian Plants Society (Sutherland Group)
P  95891363
W  www.sutherland.austplants.com.au

Guest speakers, discussions, plants for sale, library books to borrow, bushwalks with day trips and group tours, working bees, open days at Joseph Banks Reserve.

Bushcare
P  9524 5672
W  www.sutherlandshire.nsw.gov.au

Join over 655 volunteers currently caring for 100 Shire bushland sites. Details,
including how to become a volunteer, are on Council’s website; just search for ‘Bushcare’. The quarterly Bushcare Bulletin (that can be downloaded from the website) also details volunteer workdays, locations and community activities, as well as lots of interesting content.

Caringbah Garden Club
P 95256152 or 9545 0996
Daytime meetings, 3rd Wednesday of each month except December, and floral art meetings 4th Wednesday of each month. Held at Caringbah Community Centre, Gannons Rd, Caringbah.

Engadine Home Gardeners Club Inc, Yarrawarraw
P 9520 9524
Daytime meetings, 4th Thursday of each month, at the Scout Hall, Old Bush Rd, Yarrawarra. Annual Flower Show in September.

Garden Clubs Australia
W www.gardenclubs.org.au
A non-profit organisation that provides a range of services to its members (affiliated clubs). New members always welcome. Find your local club on the website.

Illawarra Beekeepers Association Inc, Sutherland
P 9528 4292
W www.beekeeperssutherland.org.au
Information on beekeeping, honey extraction, regular guest speakers and films on beekeeping and related subjects. Field days held in Sutherland every month. Honey for sale.

Menai Wildflower Group
P 9771 9789 or 9543 1490
W www.facebook.com/pages/Menai-Wildflower-Group
W www.menaiwildflower.austplants.com.au

Local group of the Australian Plant Society. Learn to appreciate, identify and grow native plants.

Guest speakers, bushwalks, garden visits and free monthly propagation days. Monthly meetings held at Illawong Rural Fire Station, Old Illawarra Road, adjacent to roundabout.

Miranda Community Garden
P 9522 9466 or 9527 0259
A garden for everyone. Meets on Saturdays and Wednesdays, to grow vegies, fruit, herbs and flowers. Produce and labour is shared. ‘Enjoy the harvest and enjoy the company too’.

Sutherland Shire Orchid Society
P 02 9520 2784
W www.ssos.org.au
Welcomes new members who love orchids and are keen to learn. We have monthly meetings and classes for new members.

Sutherland Shire Council Nursery
P 02 9524 5672
W www.sutherlandshire.nsw.gov.au
Open to the public. Stocks a variety of plants Indigenous to Sutherland Shire at wholesale prices. Open Monday-Friday 7am-3pm, at 345 The Boulevarde, Gymea.

‘If it’s growing well, it’s a weed!’
GENEALOGY AND LOCAL HISTORY

Birth, Death & Marriage Certificate Transcription Service
P 4658 1206
W www.transcriptions.com.au

Order BDM transcriptions and certificates online or browse the site to find out more about services and links to other service providers.

Botany Bay Family History Society Inc
P 9523 8948
W www.bbfhs.org.au

The Research Centre and Library is at Port Hacking Community Centre, 184 Gannons Road, (South) Caringbah. Assists members and the community with family history research. Education classes and interest groups are provided. Extensive resources with a list of publications held are on the website. Meets monthly (except January), Gymea Tradies, 57 Manchester Road, Gymea, with guest speakers.

Sutherland Shire Historical Society Inc, Sutherland
P 0405 493 187
W www.shirehistory.org

The Society is active in the preservation of historic properties throughout the area. Members regularly visit local sites and hold monthly meetings. New members welcome. Location: Stapleton Centre, 3A Stapleton Ave, Sutherland.

Sutherland Shire Historical Society Museum, Sutherland
P 0424 235 885 (Curator)

The Society maintains this museum of historical photographs, memorabilia and

TAMING TECHNOLOGY AT THE LIBRARY

Taming Technology is a free series of lectures for older people aiming to demystify technology topics such as cloud computing, social media, apps and more. Bookings are essential.

WHEN 2nd Thursday of the month
10.30am - 11.30am

WHERE Sutherland Library
30-36 Belmont Street

Find out first about upcoming talks and events. Subscribe to email updates on the What’s On page of the library website or pick up a printed copy from the library.

LIBRARY SERVICES
items used by early local pioneering families. Museum tours, guest speakers, historical exhibits. Ideal activity for group days out. Sutherland School of Arts, 25 East Parade, Sutherland.

Sutherland Shire Library Local Studies Collection
P  9710 0351

Information on the history, environment and development of the Sutherland Shire. Sources include histories, reports, journals, magazines. Historical photos available for viewing on library website. Maps, loose leaf information and newspapers, all indexed for information on the lives of local people, places and events. Oral history recordings, Council and community archives can be used for research. Donations of historical material or loan of material for copying can be arranged: contact the Local Studies Librarian 9710 0225.

INTERNET AND WEB TRAINING

Australian Seniors Computer Club Association
P  9286 3871
W  www.ascca.org.au

Provides information on what is on offer for seniors at the many computer clubs in the Sutherland Shire. Free computer classes run by volunteers.

Endeavour Seniors Computer Club Inc, Sylvania
P  9522 6087
W  www.endeavourweb.org.au

Wide range of classes, from basic courses for beginners to Internet/email and other courses depending on your needs and interests. Classes held during the day. Monthly meeting, with a guest speaker, held 3rd Monday monthly, 10am at Sylvania Community & Youth Club.

Sutherland Shire Library Technology Access Centre
P  9710 0351
W  www.library.sutherland.nsw.gov.au

PCs for internet access and Microsoft Office applications. Bookings can be made up to seven days in advance. Online courses are available through the Sutherland Internet Training Centre.

COUNCIL LIBRARY SERVICES
W  www.sutherlandshire.nsw.gov.au

Activities and events for older people. Sutherland Shire Council has eight local libraries where you can borrow books and other materials. There are various activities, such as author talks, book clubs, computer classes. The libraries offer internet access, access to computers, audio books for people with low vision, and a home library service.

All libraries closed on public holidays. Only Sutherland Library is open Sundays.

Bundeena Library
P  9523 0932
Bundeena Public School, Scarborough Street, Bundeena.

Caringbah Library
P  9524 3803
376-378 Port Hacking Road, Caringbah.

Cronulla Library
P  9523 4980
Cronulla Central, Entrance via Cronulla Plaza.

Engadine Library
P  9548 6003
116E Caldarra Avenue, Engadine.

Menai Library
P  9543 5747
Menai Centre, Allison Crescent, Menai.
Miranda Library
P  9524 8217
31 Wandella Road, Miranda.

Sutherland Library
P  9710 0351
30-36 Belmont Street, Sutherland.

Sylvania Library
P  9522 7544
Southgate Shopping Centre, Princes Highway, Sylvania.

Home Library Service
P  9710 0459
Delivers library materials to housebound readers on a regular day each fortnight.
This service is available to temporarily or permanently incapacitated persons with suitable referral and also caters for residential aged care facilities.

Sutherland Shire Library Local Studies Collection
P  9710 0351
Information on the history, environment and development of the Sutherland Shire.

Lioness Club of the Sutherland Shire
P  9525 7404
W  www.sutherlandshirelioness.org.au

LIONS/LIONESS CLUBS
Non-profit fund-raising and community service club open to mature adult men and women. Ring for times, fees and conditions.

Lions Club of Caringbah
P  9525 1862
W  www.caringbahhlions.org.au
E  caringbah@lionsclubssydney.org.au

Lions Club of Engadine
P  9548 2009
W  www.e-clubhouse.org/sites/engadinensw
E  engadinelions@gmail.com

Lions Club of Menai Inc
P  0401 966 989

Sylvania Library
P  9522 7544

LIONS/LIONESS CLUBS
Non-profit fund-raising and community service club open to mature adult men and women. Ring for times, fees and conditions.

Lions Club of Caringbah
P  9525 1862
W  www.caringbahhlions.org.au
E  caringbah@lionsclubssydney.org.au

Lions Club of Engadine
P  9548 2009
W  www.e-clubhouse.org/sites/engadinensw
E  engadinelions@gmail.com

Lions Club of Menai Inc
P  0401 966 989

MEN’S SHEDS
Safe, friendly, inclusive meeting place where men gather and work on meaningful projects. The primary objective is to advance members’ health and well being.

Bosco Men’s Shed, Engadine
P  9520 7263
Located at 35A Waratah Rd, Engadine.

Bundeena Men’s Shed
P  9523 2016 or 0408258129
W  www.mensshed.bundeena.com.au
Located at Liverpool St, Bundeena.

Menai Men’s Shed
P  0405 275 513 or 0407 536 508
Located in Coachwood Crescent, Alfords Point, open Monday-Friday, 9am-2.30pm. Drop into the shed and introduce yourself.

Shire Wood Workers
P  9522 7674
2B Turriell Bay Road, Lilli Pilli. Meetings Tuesday and Wednesday 9am-3pm

Sutherland Shire Toy Restoration Centre, Jannali
P  9528 4024
Fully equipped workshop where 40 volunteers repair and recycle donated toys, which are then given away or sold. The Centre makes cash and in-kind donations to services which support local women and children. Donations of old toys gratefully accepted.

‘Every man needs a shed.’
PARENTING COURSES

Sutherland Shire Council

P 9710 0466
W www.sutherlandshire.nsw.gov.au/Community/Childcare/Parenting-Workshops

Council provides regular parenting courses throughout the year which are open to all parents, grandparents and carers of children.

PERFORMING ARTS: THEATRE AND MUSIC

Sutherland Shire Choral Society Inc

P 9522 7289
W www.sutherlandshirechoralsociety.com

Develops excellence and enjoyment of choral singing and promotes good choral music. Community choir, no auditions held. Performs three concerts per year.

Sutherland Entertainment Centre

P 9521 8888
W www.suthentcent.com.au
E info@suthentcent.com.au

Full service performing arts venue and function centre. Entertainment, cultural and civic events and expos, including Seniors Week concert and luncheon in March; the Seniors Christmas concert in late November; Shorts Film Festival in March, and many other events, all publicised on Council’s website and in ‘Our Shire’ magazine.

Sutherland Shire Symphony Orchestra

P 9521 8888
W www.sssso.org

Quarterly Symphonic concerts at the Sutherland Entertainment Centre.

Proudly supported by

Presenting four fantastic classical music concerts in the heart of the Shire every year. Save by subscribing to all four concerts at the Sutherland Entertainment Centre. Book in person, by phone on 9521 8888, or online at www.suthentcent.com.au

Salute to the Brave
15 March 2015
2.30pm

From Russia with Love
14 June 2015
2.30pm

Spectacularly Symphonic
29 August 2015
7.00pm

An Australian Christmas
13 December 2015
2.30pm
Sutherland Shire Brass Inc  
P 0418 644 035 or 0402 354 695  
Practises in Sutherland. The band performs at local shopping centres, holds concerts at Sutherland Entertainment Centre and is available for engagements. Come and play with us! New members welcome. Membership is $120, and instrument hire is $100 for 12 months.

New Horizons Concert Band, Sutherland  
P 9520 3044 (John, Murray or Mike)  
P 0421 328 647 (John)  
E newhorizonssutherland@gmail.com  
Band program for retirees and people over 50: for absolute beginners who want to learn to play an instrument, or resume playing after many years. All welcome - no auditions, instrument hire available. Tuition provided. Meets every Thursday 9.30am during school terms. Location: Sutherland Shire Brass Band Hall, Eton St, Sutherland (north side of railway line).

Engadine Musical Society  
P 0402 024 449  
W www.engadinemusicalsociety.com.au  
Performs two shows yearly. Opportunities for people of any age to perform or get involved in backstage crew, light and sound technicians, and front of house staff.

Miranda Musical Society Inc, Jannali  
P 8814 5827  
Sutherland Music Club  
P 9521 7170  
W www.sutherland.fmca.org.au  
Five musicals per year, Seniors concert, youth music awards.

Sutherland Theatre Company  
W www.thesutherlandtheatrecompany.com.au  
Get involved on stage, or have a night out at reasonably priced performances in Sutherland.

Arts Theatre Company, Cronulla  
P 9523 2779  
W www.artstheatrecronulla.com.au  
Acting classes, auditions, performances.

PLAYGROUNDS IN SUTHERLAND SHIRE  
W www.sutherlandshire.nsw.gov.au  
Council playgrounds are located at:
- Alfords Point  
- Bangor  
- Barden Ridge  
- Bonnet Bay  
- Bundeena  
- Caringbah  
- Como  
- Cronulla  
- Engadine  
- Grays Point  
- Gymea  
- Gymea Bay  
- Heathcote  
- Illawong  
- Jannali  
- Kareela  
- Kirrawee  
- Kurnell  
- Lilli Pilli  
- Loftus  
- Menai  
- Miranda  
- Oyster Bay  
- Sandy Point  
- Sutherland  
- Sylvania  
- Sylvania Waters  
- Taren Point  
- Waterfall  
- Woolooware  
- Woronora  
- Woronora Heights  
- Yarrawarrah  
- Yowie Bay.

‘Age isn’t a number but how you feel inside.’
Many of the Probus clubs in the Shire are listed below. To find one near you see the website or call the number above. Probus is an association for active members of the community, and those no longer working full time, to join together in clubs for a new lease of life. Its basic purpose is to advance intellectual and cultural interests amongst adult persons; to provide regular opportunities to progress healthy minds and active bodies through social interaction and activities, expand interests and to enjoy the fellowship of new friends. Probus offers many member benefits to keep you young, including international and domestic travel, daytrip excursions, luncheons and opportunities to meet new friends.

Caringbah Ladies Probus Club (Sylvania)
P 9522 9345

Caringbah Probus Club Inc (men and women)
P 9531 1641

Combined Probus Club of Menai
P 9541 2264

Como Probus Club
P 9528 7080

Ladies Probus Club of Cronulla Inc
P 95245 259
Meets 2nd Monday of the month at 10am.

Men’s Probus Club of Cronulla Inc
P 0409 071 375
W www.probussouthpacific.org/microsites/cronulla
E cronullaprobus@gmail.com
Meetings: Cronulla Golf Club at 10.00 am on the 3rd Monday of each month.

Cronulla South Probus Club
P 0419 282 254
Meetings: South Cronulla Bowling Club 10.00 am on 3rd Friday of each month.

Dolans Bay Combined Probus Club Inc
P 9533 5863

Engadine Probus Club Inc
P 9520 0202
W Engadineprobus.org.au

Gymea Men’s Probus Club
P 9524 6338

Gymea Combined Probus Club
P 9589 1727

Kirrawee Combined Probus Club
P 9524 2453
Meets 4th Wednesday monthly, January to November, 10am at Kareela Golf Club.

Loftus Probus Club
P 95425154

The Probus Club of Kirrawee Inc (men and women)
P 9542 4330 or 0421 020 200
Meets on 2nd Thursday of the month at 9.30am at Gymea Bowling Club (behind Tradies). New members very welcome.

Loftus Probus Club
P Secretary: 0425 272 147
P President: 0408 297 435
P Membership: 9545 0030
Meetings: 3rd Wednesday of each month at Club on East, Sutherland.

Miranda Probus Club
P Phone: 8544 8544
Meetings are held the 3rd Monday of each month at 9.30 am at Sylvania Bowling Club (Holt Road).
Rotary Club of Engadine  
P 0455 199 584  
W www.rotarynews.info/club4415

Rotary Club of Menai  
P 0407 278 904  
W www.menairotary.websyte.com.au

Rotary Club of Sutherland Inc  
P 8230 1078  
W www.sutherlandrotary.org.au

Rotary Club of Sylvania Inc  
P 9522 0319  
Meets every Tuesday at 7.30am for breakfast at Moran Aged Care Centre in Sylvania.

SENIORS CLUBS AND ASSOCIATIONS

Bundeena Branch of Combined Pensioners and Superannuants Association  
P 1800 451 488  
W www.cpsa.org.au  
E cpsa@cpsa.org.au  
Cards, games, social outings.

Bulbuwil: Aboriginal and Torres Strait Islander Outreach Centre, Miranda  
A free, drop-in centre. Located at the Miranda Community Centre, 97 Karimbla Road. Held every Monday 10.30am to 3pm. Health screenings, activities and lunch.

Cronulla RSL 55 and Over Club  
P 9523 6664  
Day tours and extended tours, theatre outings and luncheons. Bingo on Monday at 1:15 pm.

‘Clubs are good. If you join them, you’ve paid money so you’ve got to go! I go to Trivia at Taren Point. It exercises my brain and it’s a social outing.’
Essential Community Solutions (Engadine)

P  9520 7022
W  www.essentialcommunitysolutions.com
E  admin@ecs.org.au

Variety of services on offer including social group ‘New Seniors’ every fortnight on Thursday 10am-12pm, with outings planned every 2nd meeting. Also ‘Tuesday Group’ held first and third Tuesday of each month. Meets in Engadine Community Services meeting room.

Kurranulla Aboriginal Corporation

P  9258 0287

A drop-in centre in Jannali for local Aboriginal residents.

Kurnell Pensioner Club

P  9668 8015

Meet every other Wednesday, 1pm-3pm at Marton Hall, Captain Cook Drive, Kurnell.

Miranda RSL Senior Members Association

P  9526 2572

Location: Miranda RSL Club, 615 Kingsway, Miranda. Reasonably priced monthly bus trips and twice yearly extended holidays.

St Aloysius Over 55 Social Club

P  8522 0300

Social activities, such as indoor bowls, crafts, cards etc.

COUNCIL EVENTS FOR SENIORS

HEALTHY, ACTIVE AGEING SEMINARS
Topics vary throughout the year, including healthy ageing (preventing dementia, vision loss, or stroke), local activity expos, theatre, new ways to get connected and more.

AT COUNCIL FACILITIES
Sutherland Shire Libraries, Leisure Centres, Bushcare, Hazelhurst Regional Gallery & Arts Centre and Sutherland Entertainment Centre all have activities of interest to seniors.

SENIORS WEEK IN MARCH
• Seniors Luncheon that celebrates our Centenarians
• Seniors Concerts packed with great entertainment
• Free entry to classes and trial seniors classes at Shire Leisure Centres
• Bushcare guided walks and picnics to enjoy our local natural environment
• Talks at the Libraries covering anything from authors, craft, fashion, to learning new technologies.

SENIORS CHRISTMAS CONCERT IN NOVEMBER
Held annually for more than two decades - entertainment and afternoon tea for more than 800 older residents (small ticketed fee applies).
‘Volunteers are welcome at 3Bridges, Menai Aged Care. It’s an opportunity to meet new people and have fun, contributing to programs for our seniors.’

**VOLUNTEERING**

There are a broad range of opportunities to volunteer in Sutherland Shire. For an initial point of contact the following organisations may be able to help.

**Sutherland Shire Council**

P 9710 0333  
W www.sutherlandshire.nsw.gov.au  
Council offers many opportunities for seniors to volunteer, including at events, bushcare, graffiti removal, animal shelter and Council committees.

**Volunteer Link – 3Bridges Community**

P 8558 4000  
W www.3bridges.org.au  
Brings volunteers and volunteering opportunities together. Volunteer Link is committed to best practice in the provision of our volunteer recruitment and training services, which contribute to the growth and development of the community.

**Volunteering NSW**

Volunteer doing something you love, find out more at:  
W www.volunteering.nsw.gov.au  
W www.govolunteer.com.au  
W www.volunteer.com.au

**Joshua’s Kitchen, Jannali**

P 9528 3379  
W www.jannali.unitingchurch.org.au  
Provides free nutritious meals every Wednesday to the community. Managed entirely by volunteers who prepare and serve meals.

**RecAbility (Parent to Parent Association Inc)**

P 9522 8016  
W www.recability.org.au  
E admin@recability.org.au  
Recreation, information and support service for people with disability and their families. Opportunities for volunteers to help out in social programs, hobby groups, catering, transport and maintenance.

**Sydney Tramway Museum**

P 9542 3604  
W www.sydneytramwaymuseum.com.au  
Wholly a volunteer organisation. Jump on board!

‘Volunteering – a wonderful way to meet new people.’
WIRES
W www.wires.org.au
Non-profit organisation where animal welfare comes first. Training courses are available for volunteers who want to rescue or foster animals. Opportunities for volunteers also in admin, fundraising and community awareness raising.

WEAVING, KNITTING AND NEEDLEWORK

Chatelaine Quilters, Sutherland
P 9522 7691 (day)
P 9543 5847 (evening)
Meets 2nd and 4th Wednesday monthly at Sutherland Uniting Church, Flora Street, Sutherland, 7.15pm-9.30pm. Also meets 1st and 3rd Wednesday of the month at Sylvania Community Centre, 18 Canberra Road, Sylvania, from 10am to 2pm. $60 annual membership.

Nifty Knitters
P 95252905
Knitting groups.

Sutherland Shire Spinners and Weavers Inc, Como
P 0419 273 193
W www.spinnersandweavers.asn.au
Spinning and weaving and allied crafts. Meets every Tuesday 10am-2pm at Como School of Arts, Novara Crescent, Como.

WOMEN’S GROUPS

Sutherland Older Women’s Network Wellness Centre
P 9545 3489
W www.ownnsw.org.au
749A Old Princes Highway, Sutherland. Affordable physical activities, performance, drumming, book club and computer classes. The Centre is committed to flexible drop-in attendance, learning from each other, consumer involvement and participation. Open Mondays 9.00am-3.30pm and Wednesdays 9.00am-2.00pm.

WRITING

Sutherland Shire Fellowship of Australian Writers
P 9501 2348
W www.fawnsw.org.au
E sutherlandshirefaw@gmail.com
Provides meetings and support for writers at all levels.

Sutherland Shire Writers Group
P 9546 5284
Writers’ support group. Poems, stories, articles, novels, family histories. Share in friendly discussions, peer editing, group activities. Beginners and experienced writers welcome.

‘We need people to join us volunteering at Sutherland Hospital.’
As people get older, housing needs can change. Some people wish to stay in their family home; others want to downsize to a smaller house, villa or unit. There’s also the option of moving to a retirement village with medical services and social opportunities on site.

People requiring greater support may consider residential aged care. There are steps involved to enter residential aged care and it is preferable for people to plan ahead and research their options to make sure their choices are met. Deciding where to live as you get older is a major decision needing careful thought: you need to consider the costs involved, the location, closeness of family members or carers, and support services available.

**What are my options?** If you can live independently, there are a variety of home and community care services you can access if/when you need them to support you so you can stay in your home (See Care and Support). If you need care and support services now, then residential aged care may be the best option to consider.

**What should I to know?** Whatever you decide there are important legal, social and financial issues you need to know about, understand and agree to before signing any agreement, lease or contract.

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**HOUSING**

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**STAYING IN YOUR OWN HOME**

**My Aged Care**

P 1800 200 422  
W www.myagedcare.gov.au

A Government initiative that provides information on home and community care services available for low and high needs individuals and local organisations to help you to remain independently at home for as long as possible.

Services include:

- domestic assistance
- food services
- home modifications and maintenance
- community transport
- personal care
- community nursing
- respite
- social support.

There are also additional case management services and support services available for people with higher needs requiring a Home Care Package.

---

‘Home is where the heart is.’
MOVING TO A RETIREMENT VILLAGE

Retirement Living Council
P  02 6276 3603
W  www.retirementliving.org.au

DPS Guide to Aged Care
P  1300 186 688
W  www.agedcareguide.com.au
This service can help you locate local retirement villages and provide information about costs, contracts and agreements and village lifestyle. You can search online or call to request an Aged Care Guide be posted to you.

Seniors Housing Online
W  www.seniorshousingonline.com.au
Provides a listing of retirement villages located in Sydney.

PUBLIC HOUSING OR LOW COST ACCOMMODATION

Housing NSW
P  1300 468 746
W  www.housing.nsw.gov.au
Housing NSW offers low cost accommodation for older people and services to assist existing tenants.

HOMELESS OR AT RISK

Link2Home
P  1800 152 152
Homelessness information and referral telephone service.

LEGAL HELP

The Aged-care Rights Service (TARS)
P  9281 3600
W  www.tars.com.au
A community legal centre that that protects the rights of older people. TARS provides telephone and legal advice and advocacy for the residents of aged care facilities.

Legal Aid NSW - Sutherland
P  9521 3733
W  www.legalaid.nsw.gov.au
Provides legal advice to eligible older persons.

HOW DO I MAKE COMPLAINTS?

Aged Care Complaints Scheme
P  1800 550 552
E  www.complaintsschemeresources@dss.gov.au
Each aged care facility should make readily available a Charter of Rights and Responsibilities. If you are concerned about the care or service you, or someone you care for, is receiving you have the right to raise a concern with the facility. If the issue is not resolved you can contact the Aged Care Complaints Scheme.

‘I love my new neighbours.’
Alkira Gardens

Let us Care for You!

- New State of the Art aged care home
- Full Spectrum of Aged Care Services

2 Animbo St, Miranda NSW
info@ourladyofchina.org.au
Enquiry: (02) 9153 0965
People  Passion  Professionalism

THE PALMS AGED CARE, KIRRRAWEE
Proudly located in ‘The Shire’ for the past 30 years The Palms caters for both high and low care needs, permanent and respite residents. Chef prepared meals, on-site laundry service, exercise programs, hairdressing salon and weekly bus trips are all part of The Palms experience.

Our beautifully appointed common dining and lounge areas offer access to WiFi and Foxtel. Our facility is fully air-conditioned to ensure comfort all year round. Please phone Emma Alexander for a tour or more information.

P: 9521 2963  F: 9521 5885
www.thepalms.net.au

Moran Residential Aged Care Homes

ENGADINE & SYLVANIA

OFFERING A UNIQUE LIFESTYLE OPTION FOR RESIDENTS REQUIRING

- Premium aged care services
- Low & High care
- Single suites with ensuite
- Dementia Care
- Couples Rooms
- Respite care

Engadine: 02 9548 7777
Email: engadine@morangroup.com.au
Sylvania: 02 9532 6222
Email: sylvania@morangroup.com.au

For more information visit www.morangroup.com.au

Woolooware Shores is the perfect place to commence or continue your retirement with first class facilities designed to improve and maintain your health and wellbeing.

On-site you will find The Reef Centre, a multi-purpose community building featuring a café, library, computer room and games area, as well as the Lagoon Wellness Centre which contains a gym, heated pool, consulting rooms and hairdressing salon. There is also a state of the art residential care community on site, should your future needs change.

For more information please call us on 1300 111 278 or visit us at arv.org.au

Our Services
A range of options tailored to your individual needs:

- 24 Hour Care
- Memory Care
- Respite Care
- Boutique Style
- Companionship
- Home Care
- Home Meal Service
- Supported Home Living
- Independent/Retirement Living
- Physio Rehabilitation
- Palliative / End of Life Care
- High Level Residential Care

At Thomas Holt, we understand it’s your life so it should be your choice.

Head Office:
123 Acacia Rd Nth, Kurnell NSW 2232
Phone: (02) 9545 4799

KIRRRAWEE | SANS SOUCI

Sans Souci Gardens:
169 Clutter Ave, Sans Souci NSW 2219
Phone: (02) 9529 2130
www.thomasholt.org.au
REGISTERED RESIDENTIAL AGED CARE FACILITIES IN SUTHERLAND SHIRE

As listed on My Aged Care in March 2015.

<table>
<thead>
<tr>
<th>Facility</th>
<th>Location</th>
<th>Tel</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>BaptistCare Warena Centre</td>
<td>Bangor</td>
<td>9575 3300</td>
<td><a href="http://www.baptistcare.org.au">www.baptistcare.org.au</a></td>
</tr>
<tr>
<td>Advantage Aged Care - Barden Lodge</td>
<td>Barden Ridge</td>
<td>9532 2888</td>
<td><a href="http://www.advantagedcare.com.au">www.advantagedcare.com.au</a></td>
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<tr>
<td>Pathways Cronulla Seaside</td>
<td>Cronulla</td>
<td>9523 3430</td>
<td><a href="http://www.pathways.com.au">www.pathways.com.au</a></td>
</tr>
<tr>
<td>Stella Maris Aged Care</td>
<td>Cronulla</td>
<td>8522 1200</td>
<td>n/a</td>
</tr>
<tr>
<td>Moran Aged Care</td>
<td>Engadine</td>
<td>9548 7777</td>
<td><a href="http://www.morangroup.com.au">www.morangroup.com.au</a></td>
</tr>
<tr>
<td>Gymea Bay Aged Care</td>
<td>Gymea Bay</td>
<td>9524 4954</td>
<td>n/a</td>
</tr>
<tr>
<td>John Paul Village</td>
<td>Heathcote</td>
<td>8508 3300</td>
<td><a href="http://www.johnpaulvillage.com.au">www.johnpaulvillage.com.au</a></td>
</tr>
<tr>
<td>Sir Thomas Mitchell Residential</td>
<td>Illawong</td>
<td>9543 7333</td>
<td>n/a</td>
</tr>
<tr>
<td>Anglicare Chesalon Care</td>
<td>Jannali</td>
<td>8543 7200</td>
<td><a href="http://www.anglicare.org.au">www.anglicare.org.au</a></td>
</tr>
<tr>
<td>The Palms Aged Care</td>
<td>Kirrawee</td>
<td>9521 2963</td>
<td><a href="http://www.thepalms.net.au">www.thepalms.net.au</a></td>
</tr>
<tr>
<td>Percy Miles Villa</td>
<td>Kirrawee</td>
<td>1800 551 834</td>
<td><a href="http://www.catholichealthcare.com.au">www.catholichealthcare.com.au</a></td>
</tr>
<tr>
<td>Thomas Holt Villages</td>
<td>Kirrawee</td>
<td>9545 4799</td>
<td><a href="http://www.thomasholt.org.au">www.thomasholt.org.au</a></td>
</tr>
<tr>
<td>Alkira Garden</td>
<td>Miranda</td>
<td>9153 0965</td>
<td><a href="http://www.ourladyofchina.org.au">www.ourladyofchina.org.au</a></td>
</tr>
<tr>
<td>Hammondcare</td>
<td>Miranda</td>
<td>1800 776 112</td>
<td><a href="http://www.hammond.com.au">www.hammond.com.au</a></td>
</tr>
<tr>
<td>Hellenic Village</td>
<td>Miranda</td>
<td>8543 2000</td>
<td><a href="http://www.stbasilshomes.org.au">www.stbasilshomes.org.au</a></td>
</tr>
<tr>
<td>IBIS Care Big Sister</td>
<td>Miranda</td>
<td>9540 4799</td>
<td><a href="http://www.ibis.com.au">www.ibis.com.au</a></td>
</tr>
<tr>
<td>Juliana Village</td>
<td>Miranda</td>
<td>9541 3400</td>
<td><a href="http://www.julianavillage.com.au">www.julianavillage.com.au</a></td>
</tr>
<tr>
<td>Miranda Aged Care Facility</td>
<td>Miranda</td>
<td>9525 3210</td>
<td><a href="http://www.dohertycare.com.au">www.dohertycare.com.au</a></td>
</tr>
<tr>
<td>Wesley Foreman Miranda</td>
<td>Miranda</td>
<td>9522 6181</td>
<td><a href="http://www.wesleymission.org.au">www.wesleymission.org.au</a></td>
</tr>
<tr>
<td>BUPA</td>
<td>Sutherland</td>
<td>8536 1600</td>
<td><a href="http://www.bupaagedcare.com.au">www.bupaagedcare.com.au</a></td>
</tr>
<tr>
<td>Lark Ellen Aged Care</td>
<td>Sutherland</td>
<td>9521 2339</td>
<td>n/a</td>
</tr>
<tr>
<td>Southern Cross Nagle Apartments</td>
<td>Sutherland</td>
<td>9632 3144</td>
<td><a href="http://www.sch.org.au">www.sch.org.au</a></td>
</tr>
<tr>
<td>Pacific Heights Nursing Home</td>
<td>Sylvania</td>
<td>9522 8581</td>
<td><a href="http://www.pacificheightsnursinghome.com.au">www.pacificheightsnursinghome.com.au</a></td>
</tr>
<tr>
<td>Wesley Vickery Lodge</td>
<td>Sylvania</td>
<td>9522 2997</td>
<td><a href="http://www.wesleymission.org.au">www.wesleymission.org.au</a></td>
</tr>
<tr>
<td>Moran Aged Care</td>
<td>Sylvania</td>
<td>9532 6222</td>
<td><a href="http://www.morangroup.com.au">www.morangroup.com.au</a></td>
</tr>
<tr>
<td>ARV Goodhew Gardens</td>
<td>Taren Point</td>
<td>9710 7333</td>
<td><a href="http://www.arv.org.au">www.arv.org.au</a></td>
</tr>
</tbody>
</table>
Residential aged care can assist those who can no longer live at home due to illness, disability, bereavement or emergency or simply because residential aged care suits their changing needs. Facilities can help with day-to-day living, such as cleaning, cooking, laundry, personal care, medical and nursing care, and offer a range of social and recreational activities.

ELIGIBILITY

You must undertake a free assessment of your care needs by an Aged Care Assessment Team (ACAT) to enter into an aged care home (Southcare ACAT is located at Sutherland Hospital - Ph: 9540 7540). After the assessment you will be given a letter if you are approved as eligible for subsidised aged care services.

FINDING AN AGED CARE HOME

My Aged Care will provide you with the contact details of aged care homes in different locations via the Aged Care Home Finder. Contact the homes you are interested in and ask for information about their fees, services and facilities. The best way to be sure a home suits your needs is to visit and compare homes yourself. Make sure you make a list of all your requirements and bring your ACAT letter. Talk to your family, or carers who may be assisting you, about your requirements and wishes for an aged care home.

FEES AND CHARGES

The Government subsidises residential aged care, however aged care residents are expected to contribute towards the cost of their care according to their means. There are fees charged for care, accommodation and daily living costs. You will need to go to the Department of Human Services (Centrelink) to undertake a means-tested assessment of your combined income and assets. You should ask aged care facilities to provide you with a complete list of fees in writing, along with any information on payment dates and plans they may offer. You can contact My Aged Care to help estimate the fees and charges you may have to pay towards residential aged care – this is recommended before negotiating or signing any agreements.

APPLYING FOR AN AGED CARE HOME

You can apply for as many homes as you like and when a place is available they will contact you. After accepting a place at a home you will need to fill in an application form that will be specific to the facility. You will need to fill in an income and asset assessment form with Centrelink and will then be asked to sign an agreement with the aged care home.

RESIDENT AGREEMENT

As each aged care home is different, each agreement will be different. Agreements are legally binding and cover services, fees, rights and responsibilities, and when you could be asked to leave. Make sure you fully understand all of the components and conditions in the agreement before signing it. You can request some advice from a lawyer, My Aged Care, Legal Aid NSW or The Aged Care Rights Service if something in the agreement is unclear to you.

MORE INFORMATION

My Aged Care
P 1800 200 422
W www.myagedcare.gov.au
Travelling easily to the services and facilities you need and enjoy is vital to remaining independent and active as you get older.

Sutherland Shire has good public transport including trains, ferries, buses and private taxis. All can accommodate people with limited mobility.

Sutherland Shire Community Transport is available for eligible older residents to provide individual or group transport to medical appointments, shopping, and social activities.

Wheelchair accessible taxis can be booked in advance and on a regular basis. Reduced travel rates for eligible people with a severe disability are available through the Taxi Transport Subsidy Scheme.

Mobility scooters are convenient for short trips. Check with the Roads and Maritime Services Office about regulations to help you decide if this transport will suit you.

Mobility aids such as walking sticks, walkers and wheelchairs can assist those with limited mobility to keep active.

Walking or cycling are great alternatives and have the benefit of maintaining good health and fitness. There are cycleways, bush walking and gentle walking tracks available in the Sutherland Shire.

**MOTOR VEHICLES**

**Can I keep driving my own car?**

You can attend driver training and skills testing to help you keep up to date with road rules and retain your licence for as long as possible. Roads and Maritime Services may at times require older drivers to have regular medical or eyesight tests or sit a driving test; you can also speak to your GP about any concerns. A good resource is ‘A Guide to Older Driver Licensing’ at

W www.rms.nsw.gov.au

**Calvary Sydney Driver Assessment and Training Service**

P 9553 3000

W www.calvary-sydney.org.au

Aims to promote independence in driving for older people and can provide assessment, rehabilitation and retraining.

**NRMA Driver Education Program**

P 1300 696 762

P Deaf or hearing impaired enquiries 0437 13 11 11 (SMS text message only)

W www.nrmasaferdriving.com.au

Whether you are learning to drive or need a confidence boost or refresher on the road rules, or are approaching your Older Driver Driving Assessment, the NRMA Safer Driving team deliver driver training.
Roads and Maritime Services -
Unsafe Driving Report

P 132 213
health/fit-to-drive.html

Are you fit to drive? For more information contact the RMS.
If you’ve been reported as an unsafe driver you may wish to seek advice from The Aged Care Advocacy Service (see the Legal and Financial section of this directory).

How do I get a disabled parking sticker?

Drivers with a disability or carers of a person with a disability may be eligible for a Mobility Parking Permit. Contact the Mobility Parking Scheme at your local Roads and Maritime Services Office for an application form.

Mobility Parking Scheme
P 13 22 13
W www.rms.nsw.gov.au

Provides parking permits for people with a permanent or temporary physical mobility disability.

Roads and Maritime Services
P 132 213
W www.rms.nsw.gov.au

Provides information and services relating to drivers licences, photo cards, vehicle registration, boat licences and other registrations.

Miranda Registry Office
P 13 22 13
W www.service.nsw.gov.au
Kiora Road, Shops 7-9, Kiora Mall, Miranda.

Engadine Registry Office
P 13 22 13
W www.service.nsw.gov.au
Shop 3-5, Engadine Court Shopping Centre, 101 Caldarra Avenue, Engadine.

TRAINS, BUSES AND FERRIES

OPAL Card for Seniors
P 13 67 25
W www.opal.com.au

Pensioners can still purchase and travel with Pensioner Excursion Tickets or you can purchase a reusable Gold Senior/Pensioner Opal Card which also provides unlimited travel on public transport for $2.50 per day. These are available from newsagents and local shops.

Transport Infoline
P 131 500
P TTY (teletypewriter): 1800 637 500
W www.transportnsw.info

Transport Infoline makes it easy for you to receive reliable and accurate timetable, route, ticket and fare information for trains, buses and ferries in the greater Sydney area.

TRAINS

Sutherland Shire railway stations
P 131 500 (Transport Infoline)
W www.sydneytrains.info

Railway stations are located at:
- Caringbah
- Como
- Cronulla
- Engadine
- Gymea
- Heathcote
- Jannali
- Kirrawee
- Loftus
- Miranda
- Sutherland
- Waterfall
- Woolooware.

Timetables are available from the Transport Infoline.
If you need help to board the train, contact your departure station and let staff know your needs and travel plans so they are ready to assist you. Arrive at the station well before your train is due and make yourself known to staff.

**BUSES**

**Caringbah Bus Service**

P 9524 6636
W www.caringbahbus.com.au

Routes include:
- 977: Miranda – Caringbah - Lilli Pilli
- 978: Miranda – Caringbah - Port Hacking

**Maianbar Bundeena Bus Service Pty Ltd**

P 9523 8819
W www.maianbarbundeenabus.com

Routes include:
- Bundeena – Maianbar
- Bundeena Loop
- Bundeena – Engadine
- Bundeena – Miranda.

Charter buses also available.

**FERRIES**

**Cronulla Ferries**

P 9523 2990
W www.cronullaferries.com.au

Ferries to Bundeena and cruises on the Port Hacking River.

**Sydney Ferries**

P 131 500
W www.transportnsw.info

**COMMUNITY TRANSPORT**

**Sutherland Shire Community Transport**

P 9548 0133 Group transport
P 9548 0122 Individual transport
W www.sutherland.org.au

Community transport for eligible older people and people with disability to medical appointments, shopping and social activities. Bus hire is also available to community groups.

‘Many Shire clubs operate their own shuttle buses – it’s worth asking at the venue.’
SHUTTLE BUS

The Shire Shuttle
W  www.shireshuttle.com.au
Free safe late night transport on Friday and Saturday nights 11.15pm to 3.30am.

TAXIS

Taxi ranks are located outside most stations.
Secure night taxi ranks are located at Sutherland and Cronulla.

Taxi Transport Subsidy Scheme
P  1800 623 724
Administered by NSW Transport, the TTSS provides subsidised travel, allowing approved participants to travel by taxi at half fare, up to a maximum subsidy of $30 per trip.

The scheme assists NSW residents who are unable to use public transport because of a qualifying severe and permanent disability.

Wheelchair Accessible Taxis
P  8332 0200
This is the central booking office for all private and fleet operated wheelchair accessible cabs, and covers the entire Sydney metro area.
When calling to book, you need to advise wheelchair type and number of passengers so that correct type of cab can be booked.

Complaints about taxi services
P  9020 2727 or 1800 648 478.

Sutherland Shire Community Transport

Sutherland Shire Community Transport can assist residents of the Sutherland Shire living independently, with restricted mobility due to age or disability and who are unable to access public or private transport.

For convenient, easy and affordable transport, contact: 9548 0133
‘Subject to eligibility’

Supported by South Eastern Sydney & Illawarra Area Health Service

HEALTH AND WELLBEING
Convenient door to door transport to:
• medical appointments
• social activities

LIVING ACTIVITIES
• shopping centres
• banking
• errands

OUT AND ABOUT
Provides fun-filled transport to a variety of venues:
• entertainment
• art
• culture
• activities
• visits to Caring Centre venues
CYCLING

Roads and Traffic Authority Cycling Maps
W www.bicycleinfo.nsw.gov.au

Sutherland Shire Australia Cycling Maps

Cycleway maps and directions are available for the following routes:
- Barden Ridge, Illawong, Menai and Sutherland
- Sutherland to Taren Point.

Sutherland Shire Council Cycleway Guides
P 9710 0333

An excellent resource for cyclists including cycling maps, videos of selected routes, tips and clubs.

Austcycle
P 0414 755584
W www.austcycle.com.au
E completecyclecoach@hotmail.com

Whether for fitness, fun or transport, AustCycle gives you the skills and confidence to get on your bike and ride.

ACCESSIBLE PUBLIC TOILETS

Master Locksmiths’ Association of Australia (MLAA)
P 1800 810 698
W www.masterlocksmiths.com.au

The Master Locksmiths Access Key (MLAK) is a universal lock and key to allow people with disabilities 24 hour access to accessible public toilets fitted with the lock. To purchase a key contact the number above.

National Public Toilet Map Website and Hotline
P 1800 990 646 Toilet Map Hotline
W www.toiletmap.gov.au

This website, maintained by the Federal Department of Health and Ageing, provides public toilet locations across Australia including Sutherland Shire and the location of MLAK facilities.
It’s a good idea to carry an extra tube.’

‘It’s a good idea to carry an extra tube.’

WALKING

W www.sutherlandshireaustralia.com.au
W www.wildwalks.com

Walking for just 15 minutes a day has proven health benefits so make your feet your mode of transport whenever you can.

If you are looking for longer strolls, there are many beautiful walks around the Sutherland Shire. For suggested routes, including estimated times, distances, and degrees of difficulty see the website links above.

MOBILITY SCOOTERS

Road Safety NSW
P 132 213
W www.roadsafety.transport.nsw.gov.au

Information about motorised wheelchairs.

ACCESSIBLE PARKS IN SUTHERLAND SHIRE

P 9710 0333

There is also a number of low impact or accessible walking tracks in the Shire.

Parks that have paved walking paths include:
- Cooper Street Reserve, Engadine
- Sutherland Shire Centenary Park, Miranda
- Karimbla Road, Miranda
- Parc Menai, Menai
- Sunnyside Reserve, Caringbah.

WHEELCHAIR ASSISTANCE

Beach Wheelchair – Cronulla Beach
P 9544 5399 (Cronulla Lifeguard)

Sutherland Shire Council has a beach wheelchair available for community use. The wheelchair gives access to the beach for people who use wheelchairs or who find the beachfront difficult to negotiate.

The chair is available free of charge for up to four hours, seven days a week 8am-4pm in summer and 10am-2pm in winter for use at South Cronulla Beach. Conditions apply.

NRMA Wheelchair Assistance Scheme
P 131 111
W www.ilcnswnsw.asn.au

Emergency service for all wheelchair users in NSW, even if not an NRMA member. Includes repairing flat tyres (user pays for the cost of the tube if required), electrical or wiring repairs, and jumpstarts. No welding work.

Wheelchair users are entitled to free towing for 8km in metropolitan Sydney, Wollongong, Newcastle and Canberra. It is advisable to obtain an unregistered vehicle permit for wheelchairs used on the road.
There are many places you can go to for free, confidential legal and financial help.

- Find out about discounts to make life more affordable (such as the Senior’s Card).
- Take the headache out of tax returns by letting the very efficient Tax Help volunteers help you fill in the forms.
- Know where to go for free legal advice.
- Find out how to spot a scam.
- Figure out how to fix your finances.

If you’ve got a finance or legal question, the organisations on the following pages are there to help.

**FINANCIAL COUNSELLING**

**Centrelink Financial Information Service (FIS)**

P 132 300  

The FIS is a free information service provided by the federal government and can help you make informed decisions about investment and financial issues. FIS does not provide financial planning, advice or counselling. An appointment should be made where possible. You may be eligible for:

**Seniors Card**

A free discount card providing members with access to NSW Government transport concessions, travel and business discounts.

P 137 788  

**Companion Card**

For people who always require a companion to help them to get to venues and events, the Companion Card enables free entry for a companion with the purchase of one ticket at selected venues and facilities around NSW.

P Free call 1800 893 044  
W [www.nswcompanioncard.org.au](http://www.nswcompanioncard.org.au)

‘Money makes the world go around.’
Aged Pensions and Allowances
P 132 300
W www.humanservices.gov.au
Find out about financial support available.

Centrelink Bereavement Allowance
P 132 300
W www.humanservices.gov.au
Short-term income support for someone whose partner has recently died.

Financial Counselling Services
Financial Counsellors Association of NSW (FCAN)
P 1300 914 408
W www.fcan.com.au
Helps people experiencing financial problems by referring them to free financial counsellors.

Wesley Mission
P 02 9545 5164 (Sutherland Branch)
W www.wesleymission.org.au
Wesley Mission provides financial counselling to help with developing budgeting skills, managing debts, assessing your financial situation and negotiation/advocacy with creditors for those affected by gambling debts. This is a free face-to-face, confidential and professional financial counselling service.

Consumer Information
Seniors Guide: Consumer information for older Australians
P 133 220
W www.fairtrading.nsw.gov.au
A free publication on how to deal with door-to-door sales and telemarketing, unordered goods, unsolicited services, direct marketing, internet and television shopping and scams. Download and print this information or order a free copy.

FREE ADMISSION FOR YOUR CARER
For more information contact us on:
FREECALL 1800 893 044
www.nswcompanioncard.org.au

- Companion Cards are FREE
- FREE entry for your carer to ticketed events
- See more shows, movies, concerts, events
- Companion Card is not means tested
- Family members or paid carers can use the card

Companion Cards are for people who always need a carer to access the community. The Companion Card allows carers free entry into participating venues and events, promoting the rights of people with disability to fair ticketing, making community access more affordable.

Joan is 87 and can no longer access the community independently. She requires a carer to assist her with mobility and decision making. With Companion Card, Joan’s carer is given free entry at participating venues, making community access more affordable for Joan.
The Financial Services Ombudsman (FOS)
P  1300 780 808
W  www.fos.org.au
A free dispute resolution scheme, FOS has a factsheet for seniors including information about what to do if you are having problems meeting credit repayments due to financial difficulty.

Credit Ombudsman Service Limited (COSL)
P  1800 138 422
W  www.cosl.com.au
Offers a free impartial dispute resolution scheme to assist consumers to resolve complaints with participating financial services providers.

The Telecommunications Industry Ombudsman (TIO)
P  1800 062 058
W  www.tio.com.au
A free dispute resolution service for people who have complaints about their telephone or internet service.

The Energy and Water Ombudsman NSW (EWON)
P  1800 246 545
W  www.ewon.com.au
A free and independent dispute resolution service for all electricity and gas customers in NSW, and some water customers. If you can’t sort out the problem with your supplier you can contact EWON.

Energy Accounts Payment Assistance (EAPA) Scheme
P  137 788
W  www.resourcesandenergy.nsw.gov.au
Helps people who are experiencing a short term financial crisis or emergency to pay their electricity or gas bill through a voucher system.

MoneySmart
P  1300 300 630
W  www.moneysmart.gov.au
You can try to find lost or unclaimed money from bank accounts, life insurance policies, superannuation, company shares and other sources through MoneySmart.
It’s a government website that also has information about scams involving investments, superannuation, managed funds, financial advice or insurance as well as other types of scams and what to do if you’ve been scammed.

SCAMwatch
W  www.scamwatch.gov.au
Providing information about how to recognise, avoid and report scams.

Do Not Call Register
P  1300 792 958
W  www.donotcall.gov.au
The Federal Government has set up a ‘Do Not Call’ Register to prevent telemarketers from calling you.
You can ask to be added to the register by phoning or registering online.

PENSIONS AND RETIREMENT

Department of Veterans’ Affairs - Sydney
P  133 254
W  www.dva.gov.au
Provides income support, compensation and health care to entitled veterans and their dependents and acts as a referral agency to other community service providers.
War Widows Pension – Department of Veterans Affairs
P  133 254
W  www.dva.gov.au

**TAXATION ADVICE**

**Australian Tax Office**
P  132 861 for Tax Concessions
P  131 020 for Superannuation
W  www.ato.gov.au

**Tax Help Program**
P  132 861
W  www.ato.gov.au

Tax Help is a network of community volunteers who provide a free and confidential service to help people complete their tax returns. In most places the service is available from July to October. Phone to make an appointment. There is also a shopfront location for face to face assistance for ATO enquiries. The nearest is Rockdale Centrelink Service Centre, 75 Railway St, Rockdale. Open 8.30am-4.30pm weekdays.

**LEGAL MATTERS**

**Advocacy**

**Aged Care Advocacy Service**
P  02 9281 3600 (NSW Aged Care Advocacy Line)
P  1800 200 422 (My Aged Care Information Line)
W  www.myagedcare.gov.au

Independent advice about your rights and responsibilities. Advocacy services are available to existing or potential recipients of Australian government-funded aged care services or their representatives. My Aged Care provides a general information and referral service for government-based services including eligibility, assessment and costs for aged care services.

**The Aged Care Rights Service Inc (TARS)**
P  9281 3600 or 1800 424 079
P  Teletypewriter (TTY) users call 13 36 77 (then ask for 02 9281 3600)
P  Interpreter Service (TIS) 13 14 50
W  www.tars.com.au

TARS is an independent and confidential service that provides advocacy for residents of Commonwealth funded hostels and nursing homes, self-care retirement villages and recipients of in-home aged care in NSW. The service gives information on the costs associated with entering an aged care facility and advice on retirement village contracts. TARS educates residents and staff of aged care facilities and retirement villages, professional groups that work in aged care and community groups of seniors interested in learning about the rights of people receiving aged care services.

**Welfare Rights Centre**
P  02 9211 5300 (Surry Hills, Sydney)
P  02 4276 1939 (Illawarra Centre)
P  Teletypewriter (TTY): 9211 0238
W  www.welfarerights.org.au

An independent community legal centre specialising in Social Security and Centrelink law, policy and administrative
practice. They provide free information, advice and advocacy. Volunteers welcome to provide phone advice following training.

**Guardianship**

**Guardianship Division - NSW Civil and Administrative Tribunal (NCAT)**

- **P** (02) 9556 7600
- **P** 1300 006 228
- **P** Toll free 1800 463928
- **P** TTY (Teletypewriter): 9556 7634
- **W** www.ncat.nsw.gov.au

The Guardianship Division is a specialist division within NCAT. The Division conducts hearings to determine applications about adults who have difficulty making decisions and who may require a legally appointed substitute decision maker.

**Office of the Public Guardian**

- **P** 02 8688 6070
- **P** TTY (Teletypewriter): 1800 882 889
- **W** www.publicguardian.justice.nsw.gov.au

Can be appointed as a person’s guardian and, depending on the guardianship order, may make decisions on behalf of the person in areas such as accommodation, medical treatment, dental treatment or services. The Public Guardian is a substitute decision maker, not a substitute caregiver or case manager. A decision made by a legally appointed guardian should be treated as if it were a decision made by the person under guardianship. The Public Guardian will also advocate for the services and supports needed by the person under guardianship. Also provides an information and support service for private guardians.

**Legal Services**

**LawAccess NSW**

- **P** 1300 888 529
- **P** Teletypewriter (TTY): 1300 889 529.
- **W** www.lawaccess.nsw.gov.au

A free government telephone service that provides legal information, referrals and in some cases, advice for people who have a legal problem in NSW. It is a starting point to help with your legal problem.

**Law Society of NSW - Community Referral Service**

- **P** 9926 0300 (Referrals)
- **W** www.lawsociety.com.au

A telephone service that provides the names of private solicitors who are accredited specialists and prepared to receive referrals in certain areas of law. The service also coordinates the Pro Bono Scheme, which refers people who are ineligible for Legal Aid and who cannot afford a private solicitor to firms willing to assist eligible people. This service does not provide legal advice.

**Legal Aid Commission of NSW**

- **P** 9521 3733 (Sutherland Legal Aid Office)
- **P** Law Access Line: 1300 888 529
- **W** www.legalaid.nsw.gov.au

Legal advice for criminal and family law matters, with representation in criminal matters at Kogarah and Sutherland Local Courts and in family proceedings in Sutherland Local Court and in the Family Court in Sydney.

**Sutherland Local Court**

- **P** 9542 0200 or 1300 679 272

Sutherland Local Court deals with a range of matters including Court Attendance Notices (Adult and Children’s Court), Traffic Infringement Court Attendance Notices, General Applications, Civil Claims cases, Apprehended Violence Applications and Family Law Applications. Interpreters are available. There is no longer a Chamber Registrar’s Service available – clients should contact Law Access on 1300 888 529 as an alternative (see above).
AGEING WELL CHECKLIST

Don’t let accidents and emergencies force hurried decision-making - take control and plan early! This checklist will guide you when planning your future needs. Add or change the questions to suit your individual circumstances.

CARE AND SUPPORT

☐ Did you know older people can get help at home with housework, cleaning, meals and personal care? (Eligibility criteria apply.)

☐ If you are caring for someone, did you know there are respite services to help give carers a break?

☐ Do you know where to go for low cost home modifications and maintenance (e.g. installing handrails or ramps and maintaining your home)?

STAYING HEALTHY

☐ Keeping healthy can be fun, social, and low-cost. There are exercise options specifically designed for seniors, such as Tai Chi, stretch classes and walking groups. Do you know what is available locally?

☐ Do you know Council runs free seminars on many health-related topics, such as dementia, stroke, diabetes, vision, hearing, falls prevention and many more?

☐ Do you know where to find information to prevent or slow down the progression of age-related diseases?

BEING INVOLVED

☐ Feeling blue? Social isolation can lead to poor health and depression. Do you know there are many services, groups and activities available to get involved in?

☐ Sutherland Shire needs your help! Everyone has skills and expertise they can offer through volunteering. There’s something for everyone and it’s a great way to keep connected. Volunteer for Council or a local community group near you.

☐ Did you know there are many hobby and recreational groups in your local area, from gardening to woodwork, or craft to computer clubs - they are always looking for new members.
TRANSPORT

☐ Have you thought about how you might get around when you can no longer drive?
☐ Did you know there are community transport options to help eligible people get to medical appointments, shopping, or social activities?
☐ Do you know that Pensioner Excursion Tickets or Gold Senior/Pensioner Opal Card holders can go anywhere in a day for $2.50 by train, bus and ferry? Have you thought about your next adventure?
☐ Walking and cycling are free, fun, and healthy transport options. Have you thought about how you could incorporate these activities into your weekly routine?

HOUSING

☐ How suitable is your house in meeting your needs as you get older? Have you considered downsizing to a villa or unit?
☐ Have you considered retirement living? It could suit your needs and even improve your social life.
☐ Do you know what the steps are to enter residential aged care? Have you planned ahead to make sure you have choice and control?

FINANCE AND LEGAL

☐ Do you know what financial advice and support is available to help you plan for the retirement you want?
☐ Is your will current? Have you made provisions for enduring guardianship and enduring power of attorney? Do people know what you want and when?
☐ Do you know your rights and responsibilities as an older person, and where to go for independent advice, advocacy and support?
☐ Do you have an Emergency Plan? Complete the Emergency Plan on page 65 in this Directory and be prepared!

Early life-planning strategies ensure you retain independence and choice over important decisions that, inevitably, we all have to make. Be prepared and informed.
## EMERGENCY CONTACTS

<table>
<thead>
<tr>
<th>EMERGENCY PHONE</th>
<th>Description</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Police, Fire or Ambulance</td>
<td>For non-life threatening or critical emergencies</td>
<td>000</td>
</tr>
<tr>
<td>Police Assistance Line</td>
<td></td>
<td>131 444</td>
</tr>
<tr>
<td>SES</td>
<td>Storms and floods</td>
<td>132 500</td>
</tr>
<tr>
<td>Bushfire Information Line</td>
<td></td>
<td>1800 679 737</td>
</tr>
<tr>
<td>Poisons Information Line</td>
<td></td>
<td>13 11 26</td>
</tr>
<tr>
<td>Sutherland Hospital</td>
<td></td>
<td>9540 7111</td>
</tr>
<tr>
<td>Crime Stoppers</td>
<td></td>
<td>1800 333 000</td>
</tr>
<tr>
<td>Health Direct Australia</td>
<td></td>
<td>1800 022 222</td>
</tr>
<tr>
<td>Elder Abuse Helpline</td>
<td></td>
<td>1800 628 221</td>
</tr>
<tr>
<td>Lifeline</td>
<td></td>
<td>13 11 44</td>
</tr>
<tr>
<td>2SSR</td>
<td>Local radio - for local emergency warnings and alerts</td>
<td>99.7FM</td>
</tr>
</tbody>
</table>
MY EMERGENCY PLAN

Do you have a plan for what to do in the case of a flood, storm, bushfire or other disaster? Take five minutes and complete this list to make sure you are prepared for an emergency. It could save your life!

☐ Do you know what to do in an emergency? Are you prepared?
☐ Do you know who to contact in an emergency?
☐ Do you know where to go for up to date information? (About emergency warnings or alerts.)
☐ Are you prepared to leave your house quickly? (First-aid kit, fire extinguisher and emergency survival kit packed and ready to go?)
☐ Do you know where you are going to go if you need to evacuate?

____________________________________________________

How are you going to get there?

____________________________________________________

☐ Who are you going to tell? (Family, carer, friend, and/or neighbours.)

Person:____________________________Tel: ______________

☐ Do you have limited mobility or special needs and require assisted evacuation? If yes, have you made arrangements for help to evacuate?

Person:____________________________Tel: ______________

☐ What is your plan for anyone you care for?

____________________________________________________

☐ What is your plan for your pet/s?

____________________________________________________

☐ Know your neighbours: (Have you connected with your neighbours and have their contact details?)

Person:____________________________Tel: ______________

☐ Do you have a back-up plan? (Do you have contingency plans for you/your family?)

☐ Have you shared this plan with others? (Family, friends, carers and/or neighbour/s?)