

# Sutherland Shire **SENIORS SERVICES DIRECTORY**



## ACKNOWLEDGEMENT OF COUNTRY

Sutherland Shire Council acknowledges the Dharawal people as the Traditional Custodians of the land within Sutherland Shire. We value and celebrate the Dharawal culture and language, and acknowledge the Dharawal people’s continuing connection to the land, the sea and the community. We pay respect to the Elders and their families, past, present and emerging, and through them, to all Aboriginal and Torres Strait Islander peoples.



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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.

Designed and published by Sutherland Shire Council.

# AGEING WELL IN SUTHERLAND SHIRE

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.

## Ageing Population

The Sutherland Shire has an ageing population, with 23% of the population aged over 60 years. By 2036 this group is anticipated to increase 26% – representing a 53% increase in the 85+ year age group and 56% increase in the 70-84 year age group.

## Active Ageing

We want all people in Sutherland Shire to live more vibrant, healthy, active and happy lives as they age by creating a local environment that supports our seniors to live longer and better than ever before.

We recognise our senior's community is constantly changing. We strive to focus on enhancing health and wellbeing by enabling seniors to come together, participate and engage with the local community supporting them to stay informed, build resilience and better navigate and negotiate change.

Facilitating active ageing through building strong connections, encouraging early life-planning, and ensuring there are facilities and services available for older residents are important factors in maintaining an engaged, inclusive, caring and supportive community.

Council understands the importance of providing information, resources,

services, programs and facilities that provide for active and healthy ageing, with the aim for older residents to maintain independence over important decisions that can affect the quality of their lives.

The Sutherland Shire 2025 Seniors Service Directory aligns with council's Community Strategic Plan to provide for a caring, supportive and liveable community enhancing health and wellbeing and fostering opportunities that build and strengthen community connections.

## 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.

**P** 02 9710 0333

**E** [ssc@ssc.nsw.gov.au](mailto:ssc@ssc.nsw.gov.au)

# ACCESSIBILITY: MAKING PHONE CALLS



## National Relay Service (NRS)



An Australian Government Initiative



Is a phone solution for people who are d/Deaf, hard of hearing, or have a speech/communication difficulty.

The NRS is **free** and **confidential**.

The NRS provide a range of different types of call services, depending on your needs and preferences.

The NRS facilitate phone communication across individuals, businesses and communities via a Relay Officer or Interpreter.

Relay Officers or Interpreters are specially trained staff who help with every call. They will:

- Change voice to text or voice
- Change Auslan to English or English to Auslan
- Stay on the line throughout the call to help you
- Ensure calls run smoothly but will not change or interfere with what is being said.

The NRS is available 24/7 (excluding Video Relay). Video Relay calls are available Monday to Friday 7am to 6pm (AEST) and Saturday 8am to 12pm (AEST) excluding national public holidays.

<b>P</b>	1800 555 660
<b>TTY</b>	1800 555 630
<b>F</b>	1800 555 690
<b>SMS</b>	0416 001 350
<b>E</b>	helpdesk@relayservice.com.au
<b>Post</b>	PO Box 99, Mount Clear VIC 3350
<b>Chat</b>	nrschat.nrscall.gov.au/nrs/ internetrelay
<b>Video</b>	nrschat.nrscall.gov.au/nrs/ contactus

An Australian Government Initiative

National Relay Service

Scan to know more

Communicate with your loved ones using the National Relay Service (NRS).

Bill, 72 years old  
Deaf in both ears

Contact us  
Voice - 1800 555 660  
SMS - 0416 001 350  
TTY - 1800 555 630  
Email: helpdesk@relayservice.com.au

## Translating and Interpreting Service

**P** 13 14 50

**W** [tisnational.gov.au](http://tisnational.gov.au)

The Translating and Interpreting Service (TIS) is an interpreting service provided by the Department of Home Affairs for people with limited English proficiency and for agencies and businesses that need to communicate with their non-English speaking clients.

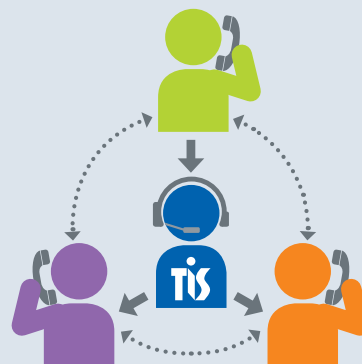
The TIS immediate phone interpreting service is available 24 hours a day, every day of the year.



Australian Government  
Department of Home Affairs



# Need an interpreter? Call 131 450



24 hours a day, every day of the year



[www.tisnational.gov.au](http://www.tisnational.gov.au)

# NAVIGATING MY AGED CARE

## 1. ELIGIBILITY

Visit the My Aged Care eligibility checker online or call My Aged Care at 1800 200 422. Once your eligibility is confirmed, you can arrange a FREE home assessment.

## 2. DETERMINE NEEDS

Assess your needs (Personal care, Domestic assistance etc) Visit My Aged Care for full list of services.

## 3. APPLY FOR A MY AGES CARE ASSESSMENT

Contact My Aged Care 1800 200 422.

## 4. AGED CARE ASSESSMENT

An assessor will visit your home to determine your eligibility and needs.

## 5. FIND OUT YOUR ASSESSMENT OUTCOME

After your assessment, you will be notified of your outcome.

## 6. FIND SERVICES AND CHOOSE A PROVIDER

Refer to the Care and Support Section of this directory.

# CARE AND SUPPORT



Sutherland Shire has a vibrant, diverse, and active community of older people. At times, individuals need care and support to stay independent. While family and friends often help, professional services can provide essential assistance.

My Aged Care is an Australian Government initiative that helps older individuals access aged care services. It provides information on available support options, including in-home care, community services, and residential aged care. Through its website and phone line, My Aged Care connects users with resources to maintain independence and enhance quality of life.

Active ageing is about being prepared, having choice and flexibility. Sutherland Shire is fortunate to have a range of services that can help you to maintain your independence, health and well-being.

## MY AGED CARE

**P** 1800 200 422

TIS: 131 450

**W** [myagedcare.gov.au](http://myagedcare.gov.au)

My Aged Care is an Australian Government website and phone line to help you find out what aged care services may be available to help you.

If you are getting older and need help at home, 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.

My Aged Care provides information on services, eligibility, assessments, fees, and referrals to access local services.

If your care needs change significantly, you can request a new assessment through My Aged Care.

## SUPPORT AT HOME

What you need to know about the changes to the My Aged Care Program.

The New Support at Home Program will be rolled out in 2 Stages.

From 1 July 2025, Support at Home will replace the existing Home Care Packages (HCP) Program and Short-Term Restorative Care (STRC) Programme.

From no earlier than 1 July 2027, the Commonwealth Home Support Programme (CHSP) will transition to the new program.

To stay up to date with the changes, please refer to the Support at Home webpage.



Subject to changes, scan for updated information

**[health.gov.au/our-work/support-at-home](http://health.gov.au/our-work/support-at-home)**

## SERVICES AUSTRALIA

**P** 1800 227 475

**W** [servicesaustralia.gov.au/  
myagedcarefacetoface](https://servicesaustralia.gov.au/myagedcarefacetoface)

Aged Care Specialist Officers.

You, your family, or a representative may be able to speak Face to Face, or via Video Conferencing, to an Aged Care Specialist Officer.

This is a free service available in selected Services Australia service centres, to assist with your aged care enquiries.

- Providing in-depth information supporting you to navigate the My Aged Care journey.
- Appointing a representative for My Aged Care and Centrelink.
- Checking your eligibility for government-funded services.
- Making a referral for an aged care assessment or review.
- Providing financial information about aged care services.
- Connecting you with local support services.

To book an appointment with an Aged Care Specialist Officer:

Call 1800 227 475.

Ask at your local Service Australia service centre.

For more information, visit our website.



## CARER SUPPORT

### Carer Gateway

**P** 1800 422 737

**W** [carergateway.gov.au](https://carergateway.gov.au)

If you provide unpaid care to someone with disability, long-term chronic illness, mental health condition or someone who is frail because they are older then you may be considered a carer.

You may be looking after a parent or other family member, a spouse or partner, or a friend.

The Carer Gateway is a national on-line and regional service which provides practical information and resources to support carers. As a carer, you may be eligible to access a wide range of help – from counselling, coaching sessions, peer support groups, short-term services and emergency respite.

### Carers NSW

**P** 9280 4744

**W** [carersnsw.org.au](https://carersnsw.org.au)

Providing information, education, resources and referrals to support carers.

### Carer Finder

**W** [cesphn.org.au/general-practice/  
help-my-patients-with/aged-care/  
care-finder#Eligibility](https://cesphn.org.au/general-practice/help-my-patients-with/aged-care/care-finder#Eligibility)

The care finder program provides support for vulnerable older people to interact with My Aged Care to access local aged care services.





## Where carers can find support

Connecting carers ●●● to support services



[carergateway.gov.au](http://carergateway.gov.au)

1800 422 737 Monday-Friday 8am-5pm

## Home Care Packages for Sutherland Shire

Live at home for longer

CALL NOW



Latrobe Community Health Service has worked as a trusted provider of Home Care Packages for 23 years. If you live in the Sutherland Shire or the surrounding area, **we can help you live at home for longer.**



Lawn mowing



Home cleaning



Personal care



Help with technology



Transport for medical appointments



Home nursing services

Call: 1800 242 696  
or visit [lchs.com.au/hcp](http://lchs.com.au/hcp)



## SERVICE PROVIDERS

The list of providers is compiled from information available at the time of print, is not exhaustive and is subject to change.

### 3Bridges Community

**P** 1300 327 434  
**E** clientconnections@3bridges.org.au  
**W** 3bridges.org.au

Social support, shopping, home modifications and maintenance, domestic assistance, meals, respite, home care packages and dementia day programs.

### Advance Diversity Services

**P** 9597 5455  
**W** advancediversity.org.au

Support, information and referral service for non-English speaking people, people with a disability, and their carers. Social Support, respite and Home Care Packages.

### Anglicare

**P** 1300 111 278  
**W** anglicare.org.au

Our trained team is here to support you with a wide range of services. This includes assistance from registered nurses, physiotherapists, occupational therapists, and other healthcare professionals. We offer help around the home, meal support, transport services, shopping assistance, personal care, dementia care, pastoral care, respite and social support, nursing and allied health services, and cognitive programs.

### A.P. Care Services

**P** 9520 2966  
**E** info@apcare.com.au  
**W** apcare.com.au

A.P. Care Services provide in home support to the frail, aged and disability

sector through assisting with activities of daily living, such as domestic assistance, social support, personal care, community access, running errands and transportation. Services are tailored to individual needs and services may vary as required with improvement in the client's abilities.

### Australian Unity Home Care Services

**P** 1300 159 460  
**W** [australianunity.com.au/home-services](http://australianunity.com.au/home-services)

Provides assistance to older people and their carers, including: personal care, respite, meals, nursing, shopping transport, domestic assistance and home maintenance.

### BaptistCare

**P** 1300 275 227  
**W** [baptistcare.org.au](http://baptistcare.org.au)

Personal care services, meals, transport, nursing, domestic assistance, and respite.

### Better Connected Community Services Inc.

**P** Caringbah: 9525 6806  
Cronulla: 9544 0104  
Miranda: 9540 2633  
Jannali: 9528 6299  
**W** [betterconnected.org.au](http://betterconnected.org.au)


Providing services to our local aged care community, both in home and community settings. We offer an extensive range of client-directed services, including social support: individual and group, personal care, home maintenance, domestic assistance, all to support our local residents to maintain a healthy lifestyle and connection to the community.




 3BRIDGES

# REDEFINING SUPPORT AT HOME


**CONTACT US TODAY!**


 **Home Support**

 **Domestic Assistance**

 **Social Groups**

 **Home Maintenance & Modification**

 **Mindful Dementia Care**

 **My Aged Care Specialists**

 1300 327 434  [clientconnections@3Bridges.org.au](mailto:clientconnections@3Bridges.org.au)  [3Bridges.org.au](http://3Bridges.org.au)



## BETTER CONNECTED COMMUNITY SERVICES

### HOME CARE PACKAGES

We deliver home care on a client-direct basis. Services available:

- Personal Care including: social support, dementia monitoring, transport etc.
- Domestic Assistance
- Home Maintenance
- Respite Care
- Nursing Services

### COMMONWEALTH HOME SUPPORT SERVICES

- Social Support - Individual: assistance with everyday tasks such as banking, medical appointments, shopping or a trip to the local cafe.
- Social Support - Groups: group bus outings, Active Minds program, Zumba, Men's Group, Games Group, Tai Chi to name a few.
- Flexible Respite: our flexible respite programs provide support to the primary carers of frail aged people.
- Home Maintenance: we provide assistance with garden maintenance enhancing the client's independence and security.

**Caringbah**  
9525 6806

**Cronulla**  
9544 0104

**Jannali**  
9528 6299

**Miranda**  
9540 2633

**Rockdale**  
9024 5500

To find out more go to our website: [www.betterconnected.org.au](http://www.betterconnected.org.au)

## Benevolent Society

**P** 1800 236 762

**E** [customercare@benevolent.org.au](mailto:customercare@benevolent.org.au)

**W** [benevolent.org.au](http://benevolent.org.au)

The Benevolent Society provides a range of services under the Commonwealth Home Support Program (CHSP) or Home Care Packages to enable eligible people to remain living at home and in their community.

Services may include domestic assistance, personal care, social support individual and allied health therapy services, respite services for older people to allow carers to take a break.

## Bolton Clarke

**P** 1300 665 444

**E** [packagedcaresw@boltonclarke.com.au](mailto:packagedcaresw@boltonclarke.com.au)

**W** [boltonclarke.com.au](http://boltonclarke.com.au)

Home and Community Support - provides Home Care Packages, retirement living and residential aged care. Be Healthy and Active program, and diverse resources. Fee for services.

## Calvary Home Care

**P** 1300 797 522

**W** [calvaryhomecare.org.au](http://calvaryhomecare.org.au)

Calvary Home Care supports older Australians to live independently in their own homes and communities.

We deliver a range of aged care, disability and after hospital services through in-home and respite care.



## Living independently at home is important for Older Australians.

If you need some extra support at home call our dedicated team to find out more.

Contact us on  
[benevolent.org.au/agedcare](http://benevolent.org.au/agedcare)

Or call us at  
**1800 236 762**

**benevolent**  
SOCIETY  
Your life. Your way.



The Benevolent Society acknowledges the Traditional Owners of Country throughout Australia and recognises Aboriginal & Torres Strait Islander continuing connection to land, waters and community. We pay our respects to Elders both past and present.

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## Calvary Health Care Kogarah

**P** 9553 3111

**W** calvarykogarah.org.au

Calvary Health Care Kogarah is a rehabilitation, palliative care and community care organisation. Our hospital provides quality, compassionate health care to the most vulnerable, including patients approaching end of life.

## CatholicCare

**P** 13 18 19

**E** connect@catholiccare.org

**W** catholiccare.org

CatholicCare Sydney offer comprehensive in-home support services, clinical care, and volunteer connections to help our clients live safely and comfortably in their own homes.

Our services include: domestic assistance, in-home respite, personal care, health and wellness activities, allied health and clinical support services, transport and social support, light gardening, masterclass programs.

## Civic

**P** 1300 692 484

**E** enquiries@civic.org.au

**W** civic.org.au

Civic Aged Care provides Cottage Respite services that offers a caring and supportive environment for you to stay and recharge.

Civic staff are professional and experienced aged care workers and are available to support you 24/7. We are located in Sutherland Shire, just a stone's throw from the beach.



**We'll support you**  
*to live the way you choose*

We offer overnight and emergency Cottage Respite in a supportive and caring environment, located in Sutherland Shire..

 **Emergency Respite**  **Cottage Respite**

**Contact our experienced Aged Care team today**

Phone: 1300 692 484 Email: agedcare@civic.org.au

**CIVIC**

## Clever Care Now (formerly Nurses on Wheels)

**P** 1300 663 434

**W** [clevercarenow.org.au](http://clevercarenow.org.au)

Provides nursing care, personal care, physiotherapy and occupational therapy in the home to enable people to stay in their homes and retain their independence longer.

## Co.As.It.

**P** 9564 0744

**W** [coasit.org.au](http://coasit.org.au)

Co.As.It. offers a Social Support Group in Sutherland Shire for older consumers to socialise with their peers to foster connections. Co.As.It. also provides Home Care Packages (HCP) program in Sutherland Shire and in-home Commonwealth Home Support Program (CHSP) services.

## Engadine Community Services

**P** 9520 7022

**W** [ecs.org.au](http://ecs.org.au)

Engadine Community Services provides Social Support for Individual and Group activities.

For people with My Aged Care Referrals:

Social Support Groups include social craft, fitness classes and bus outings.

Social Support Individual includes home visiting, friendly phone calls and shopping.

Mind and body include Tai Chi, volunteering and social outings. Social includes 50+ club.

## Gymea Community Aid and Information Service

**P** 9524 9559

**E** [seniors@gcais.org.au](mailto:seniors@gcais.org.au)

**W** [gymeacommunityaid.org.au](http://gymeacommunityaid.org.au)

Enjoy a great range of social activities when you join our programs. Activities include Keeping Active exercise, men's group, walking groups, day outings and community choir. Our workers help with shopping, getting to appointments, and transport. Domestic assistance and a Healthy Ageing Advisor service is also available.

## HammondCare

**P** 1800 826 166

**W** [hammondcareathome.com.au](http://hammondcareathome.com.au)

Home Care Packages, Commonwealth Home Support Programs, volunteer and pastoral care support services, aged and dementia care and care management.

## Home Instead

**P** 1300 791 172

**E** [shire@homeinstead.com.au](mailto:shire@homeinstead.com.au)

**W** [homeinstead.com.au](http://homeinstead.com.au)

At Home Instead, we pride ourselves on our extensive experience and hands-on approach to assisting those in Aged Care. We are deeply committed to the welfare and wellbeing of all our clients.

We would be delighted to arrange an appointment for you or your loved one with one of our experienced Service Managers.





**Helping you to navigate your senior years and live *your life to the fullest.***

**See how we can help you:**



[gymeacommunityaid.org.au](http://gymeacommunityaid.org.au)



**9524 9559**



**GYMEA**  
COMMUNITY AID  
& INFORMATION SERVICE



**Home  
Instead®**

**Personalised  
in-home care**

**Home Instead provides high-quality, relationship-based care to help you remain living independently at home.**

### *Our Services*

- ✓ Home Help
- ✓ Personal Care
- ✓ Companionship
- ✓ Meal Preparation
- ✓ Transport Support
- ✓ 24 Hour Care
- ✓ Dementia Care
- ✓ Hospital To Home
- ✓ Respite Care

**Supporting seniors across the Sutherland Shire  
1300 79 11 72 | [HomeInstead.com.au](http://HomeInstead.com.au)**

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## OUR SERVICE IS YOUR SOLUTION

**Home Modification Solutions are your  
'Whole of Home' specialists.**

We are a not for profit organisation with over 35 years of experience empowering people to live independently at home.

- Major and minor home modifications
- Plumbing and electrical
- Handyman services and ongoing home maintenance - inside and outside the home

**Contact us to discuss your home modification and maintenance needs.**



**1300 638 669**

**homemods.org.au**

**admin@homemods.org.au**

### Home Modification Solutions

**P** 1300 638 669

**E** admin@homemods.org.au

**W** homemods.org.au

Empowers people to live independently in their home by providing home modifications and maintenance solutions etc ramps, rails, minor repairs.

### IRT Home Care

**P** 13 44 78

**W** irt.org.au

IRT Home Care provides quality and personalised home care services to help older Australians live in the comfort of their own home for longer. We offer personal care, domestic assistance, transport, social support, allied health services, home maintenance & modifications and nursing services.

### Karimbla Restaurant

**P** 9526 2077

**P** 0403 241 872

**E** manager@karimblarestaurant.com.au

**W** karimblarestaurant.com.au

Come to lunch in a relaxed, air-conditioned venue with a choice of 3 mains and desserts. Low-Cost good quality meals with a weekly menu change.

Our restaurant provides a social meeting place for an everyday lunch or special occasion. A home delivery of frozen meals is also available.

We pride ourselves on giving attention to needs and dietary requirements.





**A neighbour when you need  
someone you can count on**

### IRT Home Care

Whether you need a little help or someone to drop by everyday, IRT Home Care gets to know you to make independence easy. Get in touch today.

**134 478 | [irt.org.au](http://irt.org.au)**



**KCS**  
KOGARAH COMMUNITY SERVICES

**Kogarah Community Services Inc.**  
**Approved Provider of**  
**Aged Care Services**

Our services support you to remain living independently at home for as long as you choose to.

**For all enquiries please contact:**

- 📞 02 9553 6506
- 📍 49 English St, Kogarah, NSW 2217
- 🌐 [www.kogarahcommunity.org.au](http://www.kogarahcommunity.org.au)
- 👤 Member

- Home Care Packages (all levels)
- Commonwealth Home Support Program
- Private services
- Social and lifestyle activities
- Services in your own home
- Specialised dementia care
- Experienced and qualified bilingual workers

### Kogarah Community Services

**P** 9553 6506

**E** [admin@kcs.org.au](mailto:admin@kcs.org.au)

**W** [kogarahcommunity.org.au](http://kogarahcommunity.org.au)

Kogarah Community Services (KCS) has been a trusted provider in the local community for 50 years.

KCS delivers quality Children's Services, Community Engagement activities, and personalised in-home services and care to support older people in living independently longer in their own homes.

## Kurranulla Aboriginal Corporation

**P** 9528 0287

**E** enquiries@kurranulla.org.au

**W** kurranulla.org.au

Kurranulla Aboriginal Corporation are dedicated to providing individually tailored and culturally appropriate services for Aboriginal and/or Torres Strait Islander peoples living within South-East Sydney.

The Gnarra CHSP Aboriginal Program is supported with financial assistance from the Australian Government and provides the following service types:

- Assistance with Care and Housing
- Social Support – Group
- Social support – Individual
- Transport

We acknowledge that some older people need extra, intensive support

to access aged care services and other supports in the community. In these situations, the Kurranulla Care Finder service may be able to assist. The Care Finder service is FREE with funding provided by the Central and Eastern Sydney Primary Health Network (PHN).

## Latrobe Community Health Service

**P** 1800 242 696

**E** info@lchs.com.au

**W** lchs.com.au

Latrobe Community Health Service is a secular and charitable, not-for-profit health service. Our footprint spans regional Victoria, Melbourne, Western Australia, and Sydney. With 24 years of aged care experience, we are an accredited Home Care Package provider. We're big enough to support you, and small enough to offer the personalised service you expect.

# Home Care Packages for Sutherland Shire

Live at home for longer

CALL NOW



Latrobe Community Health Service has worked as a trusted provider of Home Care Packages for 23 years. If you live in the Sutherland Shire or the surrounding area, **we can help you live at home for longer.**



Lawn mowing



Home cleaning



Personal care



Help with technology



Transport for medical appointments



Home nursing services

**Call: 1800 242 696**  
or visit [lchs.com.au/hcp](http://lchs.com.au/hcp)



## Mable

**P** 1300 736 573

**W** [mable.com.au](http://mable.com.au)

Mable is the online platform to provide or receive support your way. Choose a local independent support worker that matches your personality and needs, to provide support for yourself or your family member. Check support worker profiles to find their qualifications, reviews and indicative rates.

For more information or to sign up for the platform visit [mable.com.au](http://mable.com.au)

## The Salvation Army Aged Care

**P** 1300 111 227

**E** [agedcare.enquiries@salvationarmy.org.au](mailto:agedcare.enquiries@salvationarmy.org.au)

**W** [agedcare.salvos.org.au](http://agedcare.salvos.org.au)

The Salvation Army Aged Care offers tailor-made residential aged care, home

care and retirement living solutions. Our in-home care services include domestic assistance, home maintenance, gardening and allied health services (e.g. physiotherapy). Our residential aged care services include short-term and permanent care, dementia care and palliative care.

## Southern Cross Community Healthcare

**P** 1800 989 000

**W** [scch.com.au](http://scch.com.au)

Provides domestic assistance, nursing, and personal care.

## St Basil's Miranda

**P** 8543 2060

**W** [stbasils.org.au](http://stbasils.org.au)

Day centre social group for people with low to moderate dementia on Saturdays and monthly outings. Transport provided. Home Care Packages available.

## St Vincents Care Services

**P** 1800 778 767

**W** [svcs.org.au](http://svcs.org.au)

Catholic community offering retirement living, in-home & residential aged care.

## Sutherland Food Services (Meals on Wheels)

**P** 1300 637 301

**W** [sutherlandfoodservices.com.au](http://sutherlandfoodservices.com.au)

Meals delivered to approved older Australians who meet the criteria of the Commonwealth Home Support Program.

Meals can be provided frozen or hot at lunchtime. With over 60 choices including different sizes, desserts, soups, snacks and modified meals.

Call to order, or online.  
Easy payment options.



**Eat healthier with delicious, nutritious meals, delivered.**

*Sutherland Food Services has been the prominent provider of meals to the community for over 50 years. We are a name you can trust!*

At times, preparing healthy meals can seem more effort than it's worth. It's nice to know there's someone you can rely on to bring a healthy and satisfying meal to your door at an affordable price, without sacrificing your independence.

*Sutherland Food Services don't just look after your nutrition. Our team is focused on the bigger picture of your health, home and happiness. Our extensive menu has meals to suit all tastes, lifestyles and dietary needs. Meals are delivered with a smile and a chat Monday to Friday, frozen or ready-to-eat. No contracts, no minimum orders.*

***We're all about what works best for you.***

Did you know you can use part of your home care packaged funds on nutrition?

**SUTHERLAND FOOD SERVICES**

**100% COVID-19 VACCINATED**

**Call 1300 637 301**  
Visit [sutherlandfoodservices.com.au](http://sutherlandfoodservices.com.au)

SERVICING THE SUTHERLAND SHIRE FOR 50+ YEARS

## Wesley Mission Home Care and Support

**P** 8522 2200

**W** wesleymission.org.au

Domestic assistance, personal care, social support. Home Care Packages, and carer support services.

## PERSONAL ALARMS

Personal alarms are devices designed to alert others - such as relatives, neighbours, friends or monitoring center - in case of emergency. They can boost your confidence when you're alone at home or out and about. It also provides peace of mind for family and friends.

### LiveLife Alarms

**P** 1800 936 774

**W** livelifealarms.com.au

### VitalCALL

**P** 1300 848 252

**W** vitalcall.com.au

## PET SERVICES

### Pet Taxi

**P** 1300 667 785

**W** petcloud.com.au/pet-taxi

### RSCPA NSW

**P** 9770 7555

**W** rspcansw.org.au

Cares for, treats, protects and rehomes animals across the state.

## RSPCA - Home Ever After

**P** 9782 4419

**E** hea@rspcansw.org.au

**W** rspcansw.org/hea

If something happens to you what happens to your pet? A future care plan that is simple to enrol your pet in, to safeguard their future should they ever lose you.

## Sutherland Shire Council's Animal Shelter

**P** 9710 0401

**W** sutherlandshire.nsw.gov.au

8 Production Road, Taren Point

Houses dogs and cats which are strays, abandoned or seized. If the animal cannot be returned to its owner, the shelter seeks new homes for them.

## Wires

**P** 1300 094 737

**W** wires.org.au

Australia's largest wildlife rescue organisation.





## HOSPITALS

The list of healthcare services is compiled from information available at the time of print, is not exhaustive and is subject to change.

### The Sutherland Hospital and Community Health Service

**P** 9540 7111

**W** [seslhd.health.nsw.gov.au](http://seslhd.health.nsw.gov.au)

Cnr Kingsway & Kareena Rd, Caringbah

### St George Hospital and Community Health Service

**P** 9113 1111

**W** [seslhd.health.nsw.gov.au](http://seslhd.health.nsw.gov.au)

Gray Street, Kogarah

### Kareena Private Hospital

**P** 9717 0000

**W** [kareenaprivate.com.au](http://kareenaprivate.com.au)

86 Kareena Road, Caringbah

### President Private Hospital

**P** 9521 7788

**W** [presidentprivate.com.au](http://presidentprivate.com.au)

Cnr President Ave and Hotham Rd, Kirrawee

### St George Private Hospital

**P** 9598 5555

**W** [stgeorgeprivate.com.au](http://stgeorgeprivate.com.au)

1 South Street, Kogarah

### South Eastern Sydney Local Health District (SESLHD) Southcare and The Sutherland Hospital

**P** 9540 7175 or 9540 7855

**W** [seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care](http://seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care)

Southcare is an integrated community health service providing a 'one stop shop' for the provision of quality services and care to older people and people with disability who are residents of Sutherland Shire.

Health services at Southcare include; nursing, continence nurses, allied health services (including Occupational Therapy, Physiotherapy, Social Work, Dieticians, Pharmacy, Sutherland Heart and Lung Team (SHALT), Respiratory Coordinated Care Program (RCCP) and Geriatricians.

Other specialist programs also exist at Southcare such as Transitional Aged Care (hospital discharge program for patients with goals) and SOS (for clients at risk of hospital admission that need a multidisciplinary approach).

Many Southcare services require a referral through My Aged Care or your General Practitioner, although some services can be referred directly. Please refer to your GP in the first instance.

## NON URGENT CARE

### Urgent Care Service Caringbah

**P** 1800 022 222

**P** TIS: 13 14 50

**W** [urgentcarenetworkaustralia.com.au](http://urgentcarenetworkaustralia.com.au)

42 President Ave, Caringbah

Call Healthdirect on 1800 022 222 to get urgent care. If you need language support, call TIS National on 13 14 50 and ask for Healthdirect.

## AFTER HOURS AND MEDICAL INFOLINES

### Healthdirect Australia

**P** 1800 022 222

**W** [healthdirect.gov.au](http://healthdirect.gov.au)

### Medicare General Enquiries

**P** 13 20 11

### Medicines Enquiry Line

**P** 1300 633 424

**W** [1300medicine.com.au](http://1300medicine.com.au)

Free information and advice on medications.

### Poisons Information Line

**P** 13 11 26



# HEALTH AND SUPPORT SERVICES



## Arthritis Australia

**P** 1800 011 041

**W** [arthritisaustralia.com.au](http://arthritisaustralia.com.au)

## Asthma Australia

**P** 1800 278 462

**W** [asthma.org.au](http://asthma.org.au)

## Bowel Cancer Australia Helpline

**P** 1800 727 336

**W** [bowelcanceraustralia.org](http://bowelcanceraustralia.org)

## Sutherland Shire Breast Cancer Support Group

**P** Melissa 0405 643 833  
Kristen 0409 657 768

**E** [ssbcsg@outlook.com](mailto:ssbcsg@outlook.com)

**W** Facebook Sutherland Shire Breast Cancer Support Group (Public FB page and private group page)

Offers an opportunity to meet other women with breast cancer, at any time in their life, in a friendly environment. Meet at club Tradies Gynea, the first Wednesday of every month 6:30pm - 8:30pm (except Jan.) and 9:45am - 11:45am on the third Saturday of the month (except Dec.)

## Cancer Council NSW

**P** 13 11 20

**W** [cancercouncil.com.au](http://cancercouncil.com.au)

## CanCare Prostate and Breast Cancer Foundation

**P** 8058 9060

**W** [pbcf.org.au](http://pbcf.org.au)

## Continence Nurse Adviser Service

**P** 1800 200 422 for over 65  
My Aged Care  
9540 7956 for 3 - 64 years

**W** [seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care](http://seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care)

Offers advice and assistance to anyone who has experienced incontinence. All referrals to be made through My Aged Care.

## National Continence Helpline

**P** 1800 330 066

**W** [continence.org.au](http://continence.org.au)

## Dementia Australia

**P** 1800 100 500

**W** [dementia.org.au](http://dementia.org.au)

## Special Needs Dental Service

**P** 9356 0621

**W** [seslhd.health.nsw.gov.au](http://seslhd.health.nsw.gov.au)

## Sutherland Dental Clinic

**P** 1800 679 336

**W** [seslhd.health.nsw.gov.au](http://seslhd.health.nsw.gov.au)

## Diabetes NSW & ACT

**P** 1800 177 055

**W** [diabetesaustralia.com.au/nsw-act](http://diabetesaustralia.com.au/nsw-act)

## Gambling Help Online

**W** [gamblinghelponline.org.au](http://gamblinghelponline.org.au)

## NSW Gambling Helpline

**P** 1800 858 858

## HEARING

### Amplifon (formerly National Hearing Care)

**P** 1800 676 518

**W** [amplifon.com.au](http://amplifon.com.au)

Hearing aids and assistive listening devices.

### Australian Government Hearing Services

**P** 1800 500 726

**W** [health.gov.au/our-work/hearing-services-program/about](http://health.gov.au/our-work/hearing-services-program/about)

A voucher is available for eligible people for a hearing assessment, rehabilitation, selection and fitting of hearing aids free of charge; can be used at any accredited hearing services provider. Assistance from Australian Hearing available for eligible people.

### Australian Tinnitus Association

**P** 8339 1899

**W** [tinnitus.asn.au](http://tinnitus.asn.au)

### Hearing Australia

**P** 13 44 32

**W** [hearing.com.au](http://hearing.com.au)

### Heart Support Australia

**P** 6253 0097

**W** [heartsupport.org.au](http://heartsupport.org.au)

### National Heart Foundation

**P** 13 11 12

**W** [heartfoundation.org.au](http://heartfoundation.org.au)

### Kidney Health Australia

**P** 1800 454 363

**W** [kidney.org.au](http://kidney.org.au)





## Lung Foundation Australia

**P** 1800 654 301

**W** [lungfoundation.com.au](http://lungfoundation.com.au)

## Sutherland Lymphoedema Support Group

**P** 0403 200 105

**E** [chermozzle5@gmail.com](mailto:chermozzle5@gmail.com)

**W** [lymphaustralia.org.au](http://lymphaustralia.org.au)

Meets bimonthly on the third Thursday of the month on odd numbered months Jan, Mar, May, July, Sept, Nov. 1:00pm -2:30pm at Tradies Gynea. Downstairs lounge area.

## Multiple Sclerosis (MS) Australia

**P** 1300 010 158

**W** [msaustralia.org.au](http://msaustralia.org.au)

## Occupational Therapy Service (Southcare)

**P** 9540 7540

**W** [seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care](http://seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care)

## Osteoporosis (Healthy Bones) Australia

**P** 1800 242 141

**W** [healthybonesaustralia.org.au](http://healthybonesaustralia.org.au)

## Orana Woman's Health

**P** 9525 2058

**W** [oranansw.org.au](http://oranansw.org.au)

Offers health information, referral and education for women and girls, domestic violence support and social inclusion groups.

## Pain Management Network

**P** 9464 4666

**W** [aci.health.nsw.gov.au/networks/pain-management](http://aci.health.nsw.gov.au/networks/pain-management)

## Parkinson's NSW

**P** 1800 644 189

**W** [parkinsonsnsw.org.au](http://parkinsonsnsw.org.au)

## Parkinson Fitness Group

**P** 9520 7022

**W** [ecs.org.au](http://ecs.org.au)

## Physiotherapy Service (Southcare)

**P** 9540 7540

**W** [seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care](http://seslhd.health.nsw.gov.au/sutherland-hospital/services-clinics/directory/southcare-aged-and-extended-community-care)

## Stroke Foundation

**P** 1800 787 653

**W** [strokefoundation.org.au](http://strokefoundation.org.au)

## BEREAVEMENT SERVICES

### Calvary Bereavement Counselling Services

**P** 9553 3025

**W** [calvarycare.org.au](http://calvarycare.org.au)

### National Association for Loss and Grief

**P** 6882 9222

**W** [nalag.org.au](http://nalag.org.au)

### Solace Association

**P** 9519 2820

**W** [solace.org.au](http://solace.org.au)

Support Group for people grieving the death of their partner. The Miranda Bereavement Group meets monthly.



## MENTAL HEALTH AND COUNSELLING

If you are experiencing mental health issues, such as anxiety or depression, contact your General Practitioner and ask for a GP Mental Health Treatment Plan and referral to see a local psychologist.

### **Beyondblue**

**P** 1300 224 636

**W** [beyondblue.org.au](http://beyondblue.org.au)

### **NSW Mental Health Access Line**

**P** 1800 011 511

### **Lifeline**

**P** 13 11 14

**W** [lifeline.org.au](http://lifeline.org.au)

### **MensLine Australia**

**P** 1300 789 978

**W** [mensline.org.au](http://mensline.org.au)

### **Mentoring Men**

**P** 1300 583 925

**W** [mentoringmen.org.au](http://mentoringmen.org.au)

### **Open Arms (Veterans and Families Counselling)**

**P** 1800 011 046

**W** [openarms.gov.au](http://openarms.gov.au)

## St George - Older Persons Mental Health Service

**P** 9113 2035  
1800 011 511

## Suicide Call Back Service

**P** 1300 659 467  
**W** [suicidecallbackservice.org.au](http://suicidecallbackservice.org.au)

## Sutherland Hospital Mental Health Service

**P** 9540 7800  
1800 011 511

## Transcultural Mental Healthline

**P** 1800 648 911

## VISION

### The Fred Hollows Foundation

**P** 1800 352 352  
**W** [hollows.org.au](http://hollows.org.au)

### Guide Dogs NSW/ACT

**P** 1800 436 364  
**W** [guidedogs.com.au](http://guidedogs.com.au)

### Macular Disease Foundation Australia

**P** 1800 111 709  
**W** [mdfoundation.com.au](http://mdfoundation.com.au)

### Vision Australia

**P** 1300 847 466 or 8525 9085  
(Caringbah)  
**W** [visionaustralia.org](http://visionaustralia.org)



# STAYING HEALTHY



Staying healthy is crucial to ageing well. It's definitely true that 'prevention is better than a 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 staying healthy.

There's a lot you can do to help yourself: eat a balanced diet, exercise regularly, limit alcohol consumption, quit smoking and have 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 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 Leisure Centres, which provide exercise programs designed specifically for older people.

## SERVICE PROVIDERS

### Active and Healthy Website

**E** MOH-ActiveAgeing@health.nsw.gov.au

**W** activeandhealthy.nsw.gov.au

The Active and Healthy website hosts an online exercise directory and free self-directed education modules to support healthy ageing and falls prevention.

Through the exercise directory, older adults can find local physical activity programs, including falls prevention programs tailored to those over the age of 50.

### Get Healthy Service

**P** 1300 806 258

**W** gethealthynsw.com.au

The Get Healthy Service provides free, evidence-based phone or online health coaching to support healthy lifestyle changes. Choose a brief intervention or book regular calls with a dedicated health coach.

Support from Aboriginal and bilingual health coaches, interpreter services, and the National Relay Service is available.

## EXERCISE PROGRAMS

### Cor Phys Allied Health

**P** 9618 7327

**W** corphys.com.au

Empowering health, elevating performance. Your partner in recovery. Exercise physiology, physiotherapy, dietitian, and hydrotherapy. Located at Sutherland Leisure Centre.

### Older Women's Network NSW

**P** 0416 304 352 or 0421 287 721

**E** ownsutherland@ownnsw.org.au

**W** ownnsw.org.au

Affordable physical activities which include chair yoga, exercise, feldenkrais, dance moves, and meditation.

The Centre is committed to flexible drop-in attendance, learning from each other, involvement and participation for older women.

Open Mondays and Wednesdays at 749A Old Princes Highway, Sutherland.



### The Y Caringbah

**P** 9524 1800

**W** ymcansw.org.au/centres/caringbah-ymca/

A community recreation centre and gymnasium committed to connecting people to their communities to live healthier and happier lives. Includes:

**In Balance:** Improve gross and fine motor skills, cognitive development, balance, gait and coordination while building social connection and belonging.

**Heart Movers:** This program requires a referral from a GP and are supervised classes which improve cardiovascular health and muscular strength.

### SHARE SMR Inc

**P** 8580 0628

**W** share.org.au

Low-cost, gentle exercise programs for older adults including: Tai Chi, gentle stretch, and gentle aqua fitness. Classes at several venues in Sutherland Shire.

The flyer features a decorative border of colorful flowers and leaves. At the top center is the logo for the Older Women's Network (OWN) Sutherland Centre, which includes a stylized 'OWN' in a circle with 'SUTHERLAND CENTRE' written below it. The main title 'Wellbeing for Women over 50' is written in a large, pink, sans-serif font. Below the title, the text reads: 'You are warmly invited to join the Older Women's Network Sutherland Wellness Centre's range of affordable classes offered in a supportive & friendly environment.' Further down, it lists 'Classes include Tai Chi, Qi Gong, other exercise, meditation, etc.' and 'Mondays & Wednesdays (9am - 2pm)'. The location is given as 'Where: 749A Old Princes Highway, Sutherland.' and contact information as 'Contact Pat 0416 304 352 or call in for a program.' The website 'www.ownnsw.org.au' is at the bottom.



### Strengthening for over 60's program

**E** [SESLHD-Strength@health.nsw.gov.au](mailto:SESLHD-Strength@health.nsw.gov.au)

**W** [seslhd.health.nsw.gov.au/st-george-hospital/services-clinics/directory/healthy-ageing-program-exercise-classes](https://seslhd.health.nsw.gov.au/st-george-hospital/services-clinics/directory/healthy-ageing-program-exercise-classes)

Strengthening for over 60s program is designed to help you build strength, balance, and maintain your bone density to remain independent for longer.

Delivered by experienced exercise professionals who ensure the program is safe and effective by tailoring the exercises to suit different needs and goals and provides encouragement and support to make it fun!

### Sutherland Bushwalkers

**W** [sutherlandbushwalkers.org.au](http://sutherlandbushwalkers.org.au)

Walking, cycling, kayaking, and safe bush sports activities in the company of 300 like-minded members. Membership fees apply. Meets monthly at Sutherland.

### LowImpact/Walking Netball - Sutherland Shire Netball Association

**P** 0414 837 333

**E** [walkingnetball@netballnsw.com](mailto:walkingnetball@netballnsw.com)

My regulars like to call it Low Impact/Walking Netball.

We come together every Monday night, except school holidays. 7pm-8pm at the Miranda Bellingara courts. Pay as you go.

All welcome. Don't have to have played netball, just come along move, laugh and have fun.



## COUNCIL LEISURE AND SPORT CENTRES

### Sutherland Shire Leisure Centres

**P** 8536 9777

**W** sslc.com.au

Improve your mental wellbeing, general fitness and build social connections with Sutherland Shire Leisure Centres health and fitness offerings!

Our centres offer 250 Group Fitness classes (across our 3 locations), personal training services and multiple weight and cardio areas, available 7 days a week.

Access to multiple heated indoor and outdoor pools as well as splash and play areas for the children. Take the time to recharge and unwind at

Sutherland Centre's spa and steam room - enjoy the ultimate sense of wellbeing! Facilities have a range of accessibility support including pool hoists, aqua wheelchairs, ramp access, change room facilities and hand railing support.

Find us at:

#### **Sutherland Shire Leisure Centre**

Rawson Avenue, Sutherland

#### **Engadine Leisure Centre**

111 Anzac Ave, Engadine

#### **Caringbah Leisure Centre**

5 Jacaranda Rd, Caringbah

#### **Menai Indoor Sports Centre**

98 Alison Cres, Menai



**KEEP ACTIVE  
AND STAY  
CONNECTED**

Join our community today!

sslc.com.au

**SUTHERLANDSHIRE**  
**LEISURE  
CENTRES**

# BEING INVOLVED



Being active and connected with the community brings many benefits, especially personal wellbeing. Sutherland Shire offers a 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 and learn a language. Maybe you're interested in theatre or writing, but never had the time. Whatever your interests, there's something for everyone in Sutherland Shire.

## **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. You can also get involved in local decision making groups and really 'have your say' through Join the Conversation.

## JOIN THE CONVERSATION

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

**W** To register go to Council's website [sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au). At the top click 'Join the Conversation'. On the next page, at the top click 'Register' and enter your details. You can use any device: mobile phone, tablet or computer.

**E** For help to register online email: [jointheconversation@ssc.nsw.gov.au](mailto:jointheconversation@ssc.nsw.gov.au). Council will also continue to offer focus groups and face to face opportunities for the community to discuss their views.





## ARTS AND CRAFTS

### Continuum Art Society Inc.

**P** 0410 582 064

**W** [continuumartsociety.com](http://continuumartsociety.com)

Their aim is to further the love of art using all mediums and to encourage art development and discussion by regular workshops & demonstrations.

### Hazelhurst Arts Centre, Gymea

**P** 8536 5700

**W** [www.hazelhurst.com.au](http://www.hazelhurst.com.au)

Set in beautiful gardens Hazelhurst is a leading gallery and arts centre with changing exhibitions of national significance presented alongside exhibitions by leading local artists. A vibrant arts centre with six studios offering workshops and classes, including ceramics, printmaking, painting and jewellery for all skill levels and ages.

### Friends of Hazelhurst Arts Centre

**W** [friendsofhazelhurst.org](http://friendsofhazelhurst.org)

Join Friends of Hazelhurst and be part of a vibrant, artistic community at Hazelhurst Arts Centre and contribute to enriching the local cultural landscape while forging lasting friendships, enjoying exclusive benefits and unforgettable artistic experiences and events.

### Moran Gallery Sylvania

**P** 9532 6222

**W** [moranarts.org.au/moran-gallery-sylvania](http://moranarts.org.au/moran-gallery-sylvania)

Hosts exhibitions to enrich the lives of residents in Sutherland Shire. Located in Sylvania. Free entry. Please phone prior to visiting to check opening times.

# HAZELHURST ARTS CENTRE

Set amid landscaped gardens, Hazelhurst Arts Centre offers a wide range of activities and events for you to enjoy.



Exhibitions / Art classes / Weekend workshops / Art Engage: Art and Dementia Program  
Guided tours / Auslan tours / Film Club / Friends of Hazelhurst / Gallery Shop / Café

782 Kingsway Gymea  
T 02 8536 5700  
[hazelhurst.com.au](http://hazelhurst.com.au)



Images L to R: Christina Huynh, *Frangipani Tea Time*; New South: *Recent Painting from Southern Australia* (installation view), photographs by Silversalt Photography; Art class photography by Flore Vallery-Radot.

# Hazelhurst

SUTHERLANDSHIRE  
ARTS  
CENTRE

## Port Hacking Camera Club

**P** 0411 700 665

**E** secretary@phcc.club

**W** phcc.club

The Club aims to educate and encourage amateur photographers in Sutherland Shire and surrounds. Regular presentations and competitions held at Cronulla Arts Theatre, 6 Surf Rd, Cronulla every 2nd Monday of the month at 7.30pm. Visitors welcome.

## Port Hacking Potters Inc.

**P** 0407 229 151

**E** pottersgroup@hotmail.com

**W** porthackingpotters.blogspot.com.au

Meetings are held monthly at the Scout Hall, 5 Gibbs Street, Miranda. Meetings include lectures, demonstrations and hands on workshops.

Membership gives access to a monthly newsletter, sales events, kiln hire and more. New members welcome.

Please don't hesitate to send us an email for information.

## Shire Amateur Photographers' Society

**P** 0415 412 244

**W** sutherlandshirephotography.com.au/photographic-society

Monthly meetings at Tradies (GyMEA), on the 1st Thursday each month (Elouera Room). Active group with over 60 attending meetings.

Keen amateur photographers enjoying each other's company at meetings, webinars & outings.

## Southern Printmakers Association

**E** southernprintmakers@gmail.com

**W** southernprintmakersassociation.com

Members enjoy observing the night sky at the Green Point Observatory and with their own telescopes at local bush sites. Lectures are held monthly and an Introduction Course annually

## Sutherland Astronomical Society

**E** honsecretary@sasi.net.au

**W** sasi.net.au

Members enjoy observing the night sky at the Green Point Observatory and with their own telescopes at local bush sites. Lectures are held monthly and an Introduction Course annually.

## Sutherland Shire Art Society

**P** 0432 833 696

**E** shireart2226@gmail.com

Promotes visual arts in the general community and to provide a mutually supportive environment for members to enhance their artistic skills.

## EDUCATION

### St George and Sutherland Community College

**P** 9528 3344

**W** sgsc.edu.au

SGSCC is focused on providing quality Vocational Training, Disability Services, Tutoring, Leisure and English Classes in Sutherland Shire and St George Region.

## University of Wollongong, Sutherland

**P** 8536 2000

**E** [ssydney-enquiries@uow.edu.au](mailto:ssydney-enquiries@uow.edu.au)

**W** [uow.edu.au/about/locations/sutherland](http://uow.edu.au/about/locations/sutherland)

Thinking about going back to university? The Sutherland campus of the University of Wollongong at Loftus 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.

## Orana Adult Learning

**P** 9521 8280

**W** [oranansw.org.au](http://oranansw.org.au)

Social classes in a fun relaxed atmosphere where you can meet new people and make life-long friends. Classes include history, arts and crafts, line dancing, computer classes and much more. Small fees apply.

## FAMILY AND GRANDCHILDREN

### Children's Services at Sutherland Shire Libraries

**P** 9710 0351

**W** [libraries.sutherlandshire.nsw.gov.au/whats-on/kids-and-families](http://libraries.sutherlandshire.nsw.gov.au/whats-on/kids-and-families)

Bring your grandchild to the library: enjoy Rhymetime, Storytime, Together Time and other literacy, literary and educational activities for children 0 to 12. Contact us or visit our website for more information, including school holiday activities.

## Grandparents Support Group

**P** 9521 8280

**W** [oranansw.org.au](http://oranansw.org.au)

For grandparents caring for their grandchildren full-time or part-time. Come for a cup of tea and a relaxed chat with other grandparents in a similar situation. Guest speakers and fun activities. Meets monthly at Sutherland.



## Sutherland Shire Toy Library

**P** 9520 7022

**W** [ecs.org.au](http://ecs.org.au)

Over 600 toys to assist you to care for grandchildren for a small annual fee. Concessions available.

## GARDENING AND BEEKEEPING

### Australian Plants Society, Sutherland

**P** 0491 629 760

**E** [sutherland@austplants.com.au](mailto:sutherland@austplants.com.au)

**W** [austplants.com.au](http://austplants.com.au)

Monthly meetings with guest speakers, flowers, plants for sale and books to borrow, plus bushwalks and outings and Bushcare at Joseph Banks Native Plants Reserve at Kareela.

## Bushcare

**P** 9524 5672

**W** [sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au)

Join over 480 volunteers currently caring for 104 Shire bushland sites. The quarterly Bushcare Bulletin also details volunteer workdays, locations and community activities.

## Caringbah Garden Club

**P** 9525 9613 or 0407 106 718

**E** [wanderer7@bigpond.com](mailto:wanderer7@bigpond.com)

Daytime meetings on the third Wednesday monthly 10.30am. (Not December)  
Floral art classes on the fourth Wednesday 9.30am monthly (Not December) Both held in Council Hall at 184 Gannons Road, Caringbah South.

## Illawarra Beekeepers Association

**W** [illawarrabeekeepers.org.au](http://illawarrabeekeepers.org.au)

Located at Sutherland. We run courses, have practical activities at our field days, 10am-12pm, last Sunday of the month, guest speakers at our night meetings, 7pm-9pm, second Thursday of the month. Visitors most welcome. Our shop is open during the field days, night meetings plus Wednesdays 9am-12pm. Honey is for sale. Times vary over Christmas and New Year.

## Menai Wildflower Group

**P** 0408 600 521

**E** [menaiwildflower@ausplants.com.au](mailto:menaiwildflower@ausplants.com.au)

Learn to appreciate and grow native plants. Free propagation days open to the public. Meetings 2nd Saturday each month. Visit facebook page for more dates and times.

# BUSHCARE



Join Bushcare, a community based program supported by Sutherland Shire Council which offers free training and technical assistance for volunteers. Bushcare volunteers are enthusiastic people of all ages and walks of life who share a concern for the natural environment.

4-20 Eton Street,  
Sutherland NSW 2232  
T 02 9710 0333  
[sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au)

**SUTHERLANDSHIRE**



## Miranda Community Garden

**P** 9528 6634 or 0421 868 030

**E** mirandacommunitygarden@gmail.com

**W** mirandacommunitygarden.org.au

A garden for everyone. Meets weekly to grow veggies, fruit, herbs and flowers. Produce and labour is shared. 'Enjoy the harvest and enjoy the company too'.

## Sutherland Shire Council Nursery

**P** 9524 5672

**W** sutherlandshire.nsw.gov.au

Stocks a variety of plants Indigenous to Sutherland Shire at wholesale prices. Open to the public 7am-3pm weekdays, at 345 The Boulevard, Gymea

## The Sutherland Shire Orchid Society

**W** ssos.org.au

Welcomes new members who love orchids and are keen to learn. Monthly meetings and classes.

## GENEALOGY AND HISTORY

### Botany Bay Family History Society

**P** 9523 8948

**W** botanybayfhs.org.au

Research Centre and Library located at Port Hacking Community Centre, 184 Gannons Rd Caringbah. Assists with family history research. Resources, education classes and interest groups. Formal monthly meetings held via Zoom with international, interstate and specialist guest speakers. Additional informal midmonth Zoom meetings also held.

## Sutherland Shire Historical Society Inc

**E** shirehistory@gmail.com

**W** shirehistory.org

The Sutherland Shire Historical Society & Museum is located at 88 Venetia Street (cnr Holt Rd), Sylvania. NSW. The Society is active in promoting Sutherland Shire history and is committed to the respectful acknowledgement of Aboriginal heritage. Regular cultural activities and local site visits. Monthly meetings with speakers in Sutherland. New members welcome.

## Sutherland Shire Museum

**P** 0424 600 150 (please leave a message)

**E** shiremuseumvisitors@gmail.com

The story of Sutherland Shire's heritage is told in various ways:

- Collecting artefacts for display in the Society's Museum.
- Researching and publishing histories for our quarterly bulletin, our website and other publications.
- Work to help preserve the Shire's natural and built heritage.
- Facilitate booked visits to the Museum by various groups.
- Snapshot Tour for community Groups
- Self-guided Resource Pack for primary schools.
- Mini Explorer's Museum for pre-schools and under 5's.

**Museum Highlights** include the Matson Collection of Dharawal stone and bone artefacts, indigenous full size bark canoe replica, authentic ballast from the HMS Endeavour, extensive items tracing 20th century Shire history and 1920's horse drawn cart as well as a number of unique outside artefacts.

## Sydney Tramway Museum

**E** enquiries@sydneytrams.org.au  
groupbookings@sydneytrams.org.au

**W** sydneytrams.org.au

Adjacent to Loftus train station. The Museum runs historic trams towards Sutherland and to Royal National Park. Display Hall has over 40 tramcars and other displays. Tickets include unlimited tram rides, exhibits, picnic area, access to kiosk and souvenir shop. Open Wednesdays & Sundays. Limited accessibility facilities. Group bookings a must.

## INTERNET AND WEB TRAINING

### Australian Seniors Computer Club Association

**P** 0434 857 222

**E** office@ascca.org.au

**W** ascca.org.au

Provides information on what is on offer for seniors at the many computer clubs in Sutherland Shire. Is the Peak Body for Seniors in Technology support computer clubs Australia wide.

### Engadine Community Services Computers for Seniors - Basic Technology Help

**P** 9520 7022

**E** admin@ecs.org.au

**W** ecs.org.au

Would you like to learn how to use a computer or mobile device? Need some tips about day-to-day uses? Engadine Community Service can help, with lessons by and experienced computer helpdesk person.

## GyMEA Community Aid & Information Service

**P** 9524 9559

**E** reception@gcais.org.au

**W** gymeacommunityaid.org.au

Computer Program iPhone / iPad  
Group sessions for anyone.

## COUNCIL LIBRARY SERVICES

All Libraries can be contacted by the one phone number and website address.

**P** 9710 0351

**W** libraries.sutherlandshire.nsw.gov.au

Sutherland Shire Council has nine local libraries where you can borrow from their extensive collection of physical and digital items, including books, eBooks, audiobooks, magazines, board games and more. Sutherland Shire Libraries runs programs and events, such as author and technology talks, craft, book and knitting groups, or you can drop in to access the free Wi-Fi, computers, or use a free iPad for the afternoon.

### Bundeena Library

Bundeena Public School,  
Scarborough Street, Bundeena

### Caringbah Library

376-378 Port Hacking Road, Caringbah

### Cronulla Library

Located inside Cronulla Central.  
Entrance via Cronulla Plaza or via  
Croydon Street.

## Engadine Library

116E Caldarra Avenue, Engadine

## Kirrawee Library

South Village Shopping Centre,  
580 Princes Highway, Kirrawee.

## Menai Library

Menai Centre, Allison Crescent, Menai

## Miranda Library

31 Wandella Road, Miranda

## Sutherland Library

30-36 Belmont Street, Sutherland

## Sylvania Library

Southgate Shopping Centre, Princes  
Highway, Sylvania

## Home Library Service

**P** 9710 0459

The Home Library Service delivers books and other materials to the homes of residents who are unable to visit the library, each fortnight. Customers can join the service on a permanent or temporary basis, but a referral may be required.

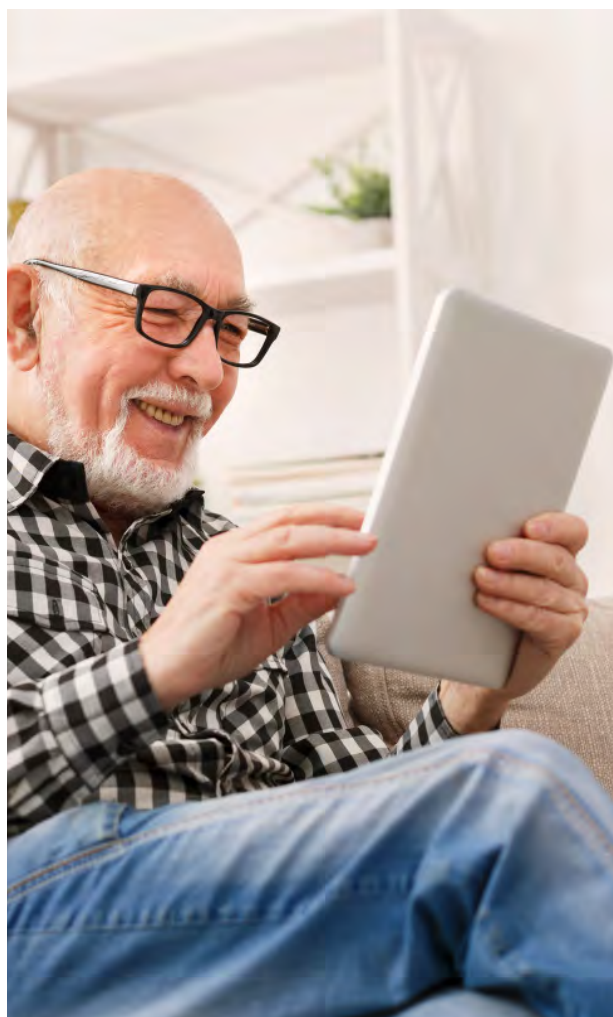
## LIONS CLUBS

### Lions Club of Sutherland Shire

**P** 0475 858 096

**E** sutherlandshire\_president@lions.  
sydney

**W** lionsclubs.org.au



# WHAT'S ON AT YOUR LIBRARY?

Sutherland Shire Libraries host a diverse range of activities, from author talks by bestselling writers, lifestyle workshops and technology lectures, as well as craft groups, film discussion and book groups.

To find out what's on at the library, visit:  
[libraries.sutherlandshire.nsw.gov.au](http://libraries.sutherlandshire.nsw.gov.au)



**SUTHERLANDSHIRE**  
LIBRARIES

## MEN'S SHEDS

### Bosco Men's Shed

**P** 9520 7263 or 0412 079 692  
Located at 35A Waratah Rd, Engadine.

### Bundeena Men's Shed

**P** 0409 326 595  
**E** bundeenamensshed49@gmail.com  
**W** facebook.com/groups/bundeenamenshed/

Bundeena Men's Shed is located at 49 Liverpool St, Bundeena 2230 (far end of Bundeena Bowling Club). We are open Tuesday, Thursday and Saturday mornings.

### Menai Men's Shed

**P** 0435 575 388  
Located in Recreation Drive, Barden Ridge, open weekdays. Drop into the shed and introduce yourself. Our address is 30 Recreation Drive, Barden Ridge.

### Kurnell Men's Shed

**P** 0419 802 030  
**W** mensshed.org/sheds/kurnell-mens-shed-inc/



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**Community**  
RADIO STATION

FOR MUSICAL HITS,  
MEMORIES AND  
WHAT'S ON  
IN THE SHIRE!

So tune in to...

**99.7** FM  
Sound of the Shire

[WWW.2SSR.COM.AU](http://WWW.2SSR.COM.AU)

## PERFORMING ARTS: THEATRE, MUSIC, DANCE

### 2SSR Sound of the Shire – 99.7FM: Sutherland Shire Community Radio Association Inc.

**P** 9545 1800  
**E** info@2ssr.com.au  
**W** 2ssr.com.au

2SSR 99.7M is a local community radio station for the Sutherland Shire area; "THE SOUND OF THE SUTHERLAND SHIRE." Streaming across the world.



## Arts Theatre Cronulla

**P** 9523 2779

**E** publicity@artstheatrecronulla.com.au

**W** artstheatrecronulla.com.au

The Arts Theatre Cronulla is a community theatre located in the heart of Cronulla. We are dedicated to providing high quality theatre. We present an annual season of four productions selected from the best of Australian and international theatre. Each production runs for 21 performances over 6 weeks. The auditorium seats 120 and most productions play to full houses.

## Engadine Musical Society

**P** 1300 616 063

**E** mail@engadinemusicalsociety.com.au

**W** engadinemusicalsociety.com.au

Performs two shows annually. Opportunities to perform, help front of house, or support and attend as a patron. Theatre parties have book now, pay later.

## Miranda Musical Society

**P** 0403 052 994

**W** mirandamusicaltheatrecompany.com.au

We are a community non-profit organisation whose aim is to stage high musical productions for Sutherland Shire. Members contribute to all facets of stage productions. We rehearse in Como School of Performing Arts and perform at The Pavilion and Sutherland Arts Theatre, New members are always welcome. Please do not hesitate to call me to discuss further.

## Southern Brass

**P** 0408 525 848

**E** southernbrassau@gmail.com

**W** southernbrass.info

Community Brass Band rehearsing Monday nights in Sutherland. All ages and musical abilities welcome, regular engagements including Anzac Day, entertainment concerts and competitions. Available for engagements. Nominal memberships fees include instrument hire.

## Sutherland Music Club

**P** 9548 0860

**E** sutherlandmusicclub@outlook.com

**W** sutherlandmusicclub.org.au

Five concerts per year (various musical genres): a concert for seniors as part of Heritage Week; annual Youth Music Awards competition for performers aged 13 -18 and composers aged 13 - 21.

## Sutherland Shire Choral Society

**P** 0421 320 069

**W** sutherlandshirechoralsociety.com

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

## Square Dancing 4 Beginners

**P** 0415 222 150

**E** shiredancelessons@gmail.com

Dance in sets of 8 people (4 pairs). Sutherland Uniting Church (Corner of Flora/Merton Streets) Weekly Classes - singles & couples welcome.

## Social Dancing 4 Beginners

**P** 0415 222 150

**E** shiredancelessons@gmail.com

Latin/Ballroom/Rock & Roll/Jive  
Sutherland Uniting Church  
(Corner of Flora/Merton Streets)  
Weekly classes - singles and couples  
welcome.

## The Shire New Horizons Band

**P** 0421 329 002

The Shire New Horizons Band  
rehearses Thursday mornings during  
school terms. Enables seniors who have  
never learnt a concert band instrument  
or who wish to return to an instrument  
with the opportunity to do so in a  
structured group learning environment.

## PLAYGROUNDS IN SUTHERLAND SHIRE

**W** [sutherlandshire.nsw.gov.au/  
play-and-explore/the-outdoors/  
playgrounds/accessible-play](http://sutherlandshire.nsw.gov.au/play-and-explore/the-outdoors/playgrounds/accessible-play)

There are approximately 150  
playgrounds of all sizes throughout  
Sutherland Shire. They range from  
small playgrounds that cater for local  
residents and often for a specific age  
group, through to regional 'destination'  
playgrounds with multiple types of  
equipment and designed for longer  
visit. Visit Council's website to search  
playgrounds near you.

### Accessible Play

Accessible footpaths from the car park  
to the playground.

- Barden Ridge Park, Barden Ridge
- Bona Point Reserve, Kurnell
- Bundeena Oval, Bundeena
- Burnum Burnum Sanctuary,  
Woronora

- Cassandra Crescent Reserve,  
Heathcote
- Cooper St Reserve, Engadine
- Cronulla Plaza Playground (South)
- Daniella St Reserve, Caringbah
- Kalang Lane Reserve, Yowie Bay
- Old School Park, Gymea Bay
- Parc Menai, Menai
- Shelly Park, Cronulla
- Salmon Haul Reserve, Cronulla
- Sandy Point Reserve, Sandy Point
- Waratah Park, Sutherland

## PROBUS CLUBS

**P** 1300 630 488

**W** [probussouthpacific.org](http://probussouthpacific.org)

Probus is all about fun, friendship,  
and fellowship in retirement. Probus  
provides retirees and semi-retirees  
with the opportunity to meet on a  
regular basis, listen to interesting guest  
speakers and enjoy trips and outings  
together. Join your local Probus Club  
today and enhance your retirement.

## ROTARY CLUBS

### Rotary Club of Caringbah

**P** 0413 447 184

**W** [caringbahrotary.org.au](http://caringbahrotary.org.au)

### Rotary Club of Cronulla

**P** 0408 244 468

**E** [secretary@cronullarotary.org.au](mailto:secretary@cronullarotary.org.au)

**W** [cronullarotary.org.au](http://cronullarotary.org.au)

### Rotary Club of Sutherland

**P** 0499 160 844

**E** [info@sutherlandrotary.org.au](mailto:info@sutherlandrotary.org.au)

**W** [sutherlandrotary.com.au](http://sutherlandrotary.com.au)

## SENIORS CLUBS AND ASSOCIATIONS

### Cronulla RSL 55 and Over Club

**P** 9668 8089 or 0423 911 511

Men and Women are welcome. Day tours and extended tours, theatre outings and luncheons.

Bingo Mondays except public holidays. Books on sale 11.30am. Monthly meetings held 2nd Thursday of every month except January.

### Kurnell Pensioners Group

**P** 0416 340 762

**E** meandtink500@gmail.com

## STAMP COLLECTING/ PHILATELY

### Sutherland Shire Philatelic Society

**P** 0408 383 442

Monthly meeting group to discuss matters relating to philately (stamp collecting) discuss new stamp issues and matters of philatelic interest, view displays of specialised philatelic materials swap and buy philatelic and materials.

Meetings are held on the second Tuesday of each month at Miranda Uniting Church Hall, Central Road, Miranda.

Doors open at 7.00pm, meetings commence at 7.45pm. Visitors are most welcome.

## VOLUNTEERING

There are a broad range of opportunities to volunteer in Sutherland Shire. These organisations may be able to help.

### Sutherland Shire Council

**P** 9710 0333

**W** [sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au)

Council offers many opportunities for seniors to volunteer, including events, bushcare, graffiti removal and animal shelter.

### Volunteering Websites:

**W** [volunteering.nsw.gov.au](http://volunteering.nsw.gov.au)

**W** [govolunteer.com.au](http://govolunteer.com.au)

**W** [volunteer.com.au](http://volunteer.com.au)

**W** [dosomethingnearyou.com.au](http://dosomethingnearyou.com.au)

## WEAVING, KNITTING AND NEEDLEWORK

### Southern Quilters

**P** 0409 608 446

Meets on Mondays at Gynea Community Hall. Members work on their own quilts or other handwork projects and share knowledge. Morning tea provided. New members welcome.

### Sutherland Shire Spinners and Weavers

**P** 0419 273 193

**E** [sutherlandspinners@gmail.com](mailto:sutherlandspinners@gmail.com)

**W** [sutherlandspinnersandweavers.org.au](http://sutherlandspinnersandweavers.org.au)

Group of Spinners, Weavers, Knitters, Felters and Crochet we meet at Como School of Arts, Novara Cres Como every Tuesday 10am to 2pm.

## WRITING

### Sutherland Shire Fellowship of Australian Writers

**P** 9501 2348

**E** sutherlandshirefaw@gmail.com

**W** sutherlandshirefaw@gmail.com

Provides meetings and support for writers at all levels. Sutherland Multi-Purpose Centre, 123 Flora Street, Sutherland.

Please email for further information.



## WOODWORK AND WOODTURNING

### Shire Woodworking Club Inc

**P** 9145 0308 or 0490 861 606

**E** info@shirewoodworking.com.au

**W** shirewoodworking.com.au

Fully equipped workshop with huge range of high quality woodworking machines. Friendly men and women members who will provide you with all the support you need. The Club makes toys and other items for donation to the Sydney Children's Hospital and Shire charities or you "do your own thing".

No woodworking experience necessary. Located at 2B Turriell Bay Road, Lilli Pilli.

## WHAT'S ON

Scan QR codes for more information.

### Sutherland Shire Council



**W** [sutherlandshire.nsw.gov.au/play-and-explore/whats-on](https://sutherlandshire.nsw.gov.au/play-and-explore/whats-on)

### Hazelhurst



**W** [hazelhurst.sutherlandshire.nsw.gov.au/whats-on](https://hazelhurst.sutherlandshire.nsw.gov.au/whats-on)

### Libraries



**W** [libraries.sutherlandshire.nsw.gov.au/whats-on](https://libraries.sutherlandshire.nsw.gov.au/whats-on)

### Bushcare Events



**W** [sutherlandshire.nsw.gov.au/your-environment/bushcare/bushcare-events](https://sutherlandshire.nsw.gov.au/your-environment/bushcare/bushcare-events)

### Leisure Centres



**W** [leisure.sutherlandshire.nsw.gov.au](https://leisure.sutherlandshire.nsw.gov.au)

# HOUSING



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, location, closeness of family members or carers, and support services available.

## **What are my options?**

If you can live independently, there's a variety of in-home and community care services you can access for support so you can stay in your home (see Care and Support section).

If you need additional care and support services now, you may consider residential aged care for respite or on a more permanent basis.

## **What should I know?**

Whatever you decide there are important legal, social and financial issues you need to know, understand and agree to before signing an agreement, lease or contract.



## STAYING IN YOUR OWN HOME

### My Aged Care

**P** 1800 200 422

TIS: 131 450

**W** [myagedcare.gov.au](http://myagedcare.gov.au)

My Aged Care is an Australian Government website and phone line to help you find out what aged care services may be available to help you.

If you are getting older and need help at home, 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.

My Aged Care provides information on services, eligibility, assessments, fees, and referrals to access local services.

If your care needs change significantly, you can request a new assessment through My Aged Care.

## MOVING TO A RETIREMENT VILLAGE

### Aged Care Guide

**P** 1300 186 688

**W** [agedcareguide.com.au](http://agedcareguide.com.au)

This service can help you locate retirement communities, help at home supports and aged care options. Provides information about how to access supports, what it costs, organising your finances and much more.

### Downsizing.com.au

**W** [downsizing.com.au](http://downsizing.com.au)

Provides a listing of retirement villages located in Sydney and Australia.



## HOUSING & LOW COST ACCOMMODATION

### Homes NSW - Department of Family and Community Services

**P** 1800 422 322

**W** [nsw.gov.au/departments-and-agencies/homes-nsw](http://nsw.gov.au/departments-and-agencies/homes-nsw)

Offers low cost accommodation for older people and services to assist existing tenants. Miranda Service Centre is located at Miranda Westfield Shopping.

## LEGAL HELP

### Seniors Rights Service

See listing under Legal Matters in the Financial and Legal Matters section.

### Legal Aid NSW

**P** 9521 3733

**W** [legaid.nsw.gov.au](http://legaid.nsw.gov.au)

Legal advice to eligible older persons.

## HOW DO I MAKE COMPLAINTS?

### Aged Care Quality and Safety Commissioner

**P** 1800 951 822

**W** [agedcarequality.gov.au](http://agedcarequality.gov.au)

Whether you're concerned about quality of your care, how you're treated by staff, the accuracy of invoices, or choice of activities provided by your aged care provider, you have the right to make a complaint.

## HOMELESS OR AT RISK

### Link2Home

**P** 1800 152 152

**W** [facs.nsw.gov.au/housing](http://facs.nsw.gov.au/housing)

Homelessness information and referral telephone service.

## RETIREMENT VILLAGES

### Fatima Court

**P** 1800 870 426

**W** [sccliving.org.au/our-services/retirement-communities/find-a-community/fatima-court](http://sccliving.org.au/our-services/retirement-communities/find-a-community/fatima-court)

127 Caringbah Rd, **Caringbah**

A sense of calm and safety greets you and the courtyard gardens offer space to relax. This close-knit community of spacious, modern, self-contained units provides independence and many opportunities to connect with your community. The modern recreation centre is a perfect hub for growing connections with like-minded neighbours, family, and friends.

### St Vincent's Retirement Village Heathcote

**P** 1800 718 528

**W** [svcs.org.au/retirement-living/nsw/sydney/heathcote](http://svcs.org.au/retirement-living/nsw/sydney/heathcote)

15 The Avenue, **Heathcote**

With all the peaceful perks of being 'in the middle of nowhere' and all the groups, joy and liveliness of a communal retirement village, residents come to Heathcote for the lifestyle but stay for the surrounds that give them life. Heathcote's homes really 'feel' like a village with community groups that bring everyone together, spaces and services that help you to thrive, connect and live an engaged and full life.

## Donald Robinson Village

**P** 1300 111 278

**W** [anglicare.org.au/seniors/retirement-living/locations/kirrawee](http://anglicare.org.au/seniors/retirement-living/locations/kirrawee)

81 Flora St, **Kirrawee**

Donald Robinson Village at Kirrawee offers a welcoming community near the beautiful Sutherland Shire. Enjoy a café, craft room, workshop, and chapel. Join exercise classes, fellowship groups, or outings with friends. Plus, Kirrawee shops and train station are just a short walk from your new home.

## IRT Thomas Holt Kirrawee

**P** 9545 4799

**W** [irt.org.au/kirrawee-rv](http://irt.org.au/kirrawee-rv)

1-25 Acacia Rd, **Kirrawee**

Located in Kirrawee with easy access to health services, public transport and shopping. Offering 2 bedroom and 2 bedroom + study units and villas, this private and spacious retirement community also provides an on-site café, well stocked library, secure parking, community bus and community centre, hairdresser, BBQ areas visitor parking, and beautifully maintained gardens.

## Thomas Dunlea Court

**P** 1800 870 426

**W** [sccliving.org.au/our-services/retirement-communities/find-a-community/thomas-dunlea-court](http://sccliving.org.au/our-services/retirement-communities/find-a-community/thomas-dunlea-court)

88-90 Flora St, **Kirrawee**

Lead a fully independent lifestyle and make friends for life in this small but cozy Village. Conveniently located, you're just a short walk from South Village and Kirrawee railway station should you wish to head into the city and beyond. All units include generous living spaces, fully renovated with newly installed bathrooms and kitchens.

## HammondGrove Miranda

**P** 1800 206 456

**W** [hammondcare.com.au](http://hammondcare.com.au)

86-110 Bellingara Rd, **Miranda**

Comprises: 2 bedroom, 2bed plus study, 3 bedroom apartments and villas. Ten penthouses. HammondGrove is an "ageing in place" village with ongoing tiers of care on site.

## Elysium Independent Living by St. Basil's

**P** 1300 368 131

**W** [stbasils.org.au/independent-living/aged-care-apartments/](http://stbasils.org.au/independent-living/aged-care-apartments/)

29H Wandella Rd, **Miranda**

Seniors living as you have never seen it before. Welcome to Elysium Independent Living Units by St. Basil's in Miranda. It offers a lifestyle that truly promotes independence and active living in a safe and secure environment. The Independent Living Units consist of one- and two-bedroom units, whilst some units also include a study room.

## Bupa Sutherland Retirement Village

**P** 1800 224 755

**W** [bupa.com.au/retirement-villages/sutherland](http://bupa.com.au/retirement-villages/sutherland)

101 Acacia Rd, **Sutherland**

Ready for a healthier, happier retirement in the heart of the Shire? Live independently in a safe & friendly community in 1, 2 & 3 bedroom apartments with balconies or terraces. Enjoy the on-site cafe, swimming pool, cinema and adjoining park/playground with family and friends. With our aged care home next door, we have your future needs covered.





### **IRT Thomas Holt Kilpatrick Court**

**P** 9545 4799

**W** [irt.org.au/kilpatrickcourt](http://irt.org.au/kilpatrickcourt)

539 The Boulevard, **Sutherland**

Located within the relaxing suburban setting of Sutherland, just a few minutes' drive from the town centre and all its facilities. This boutique retirement community offers 2 bedroom and 2 bedroom + study villas and units, and provides secure parking, BBQ areas, a community bus and community centre, visitor parking plus beautifully landscaped gardens.

### **Frank Vickery Village**

**P** 9532 8000

**W** [wesleymission.org.au/wesleyretirementliving](http://wesleymission.org.au/wesleyretirementliving)

101-151 Port Hacking Rd, **Sylvania**

Enjoy independent retirement living in the heart of Sylvania at Frank Vickery Village, surrounded by a supportive and friendly community. Choose from a variety of spacious open plan unit layouts, perfect for downsizing.

### **Woolooware Shores**

**P** 1300 111 278

**W** [anglicare.org.au](http://anglicare.org.au)

2 Alexander Ave, **Taren Point**

Experience the beauty of the Sutherland Shire at Woolooware Shores, where you can enjoy stunning bay views, scenic walks, and sunsets. Our seniors living community offers premium amenities, including a wellness centre, indoor pool, gym, clinic, and salon. With 24/7 on-site care and nursing staff, we're here to support your daily needs and help you feel at home.

### **Ardency Aroona**

**P** 9541 3000

**W** [keyton.com.au/ardency-aroon](http://keyton.com.au/ardency-aroon)

19 Wyralla Rd, **Yowie Bay**

Welcome to Aroona, an exclusive Retirement Resort encompassed by exceptional service and deluxe amenities that enhance every day. Amenities and services on offer, 24/7 concierge, restaurant, piano bar, wellbeing centre with indoor heated pool, spa and gymnasium. Outdoor entertainment area with barbecue and alfresco dining terraces, on-site beauty salon.

## Group Homes Australia

**P** 1300 015 406

**E** info@grouphomes.com.au

**W** grouphomes.com.au

At GHA, we do dementia differently. We create small household environments within local communities, where residents can cherish life's moments & live well with dementia.

We offer 24/7 care with Flexible Respite, long-term stays & end of life care.

Our 5-day government funded retreat provides people in the early stages of dementia & their support partner hope beyond a diagnosis.



## Proudly caring for residents

and supporting families in the Sutherland Shire and St George communities.

A beautiful aged care home awaits, with:

- ✓ 24/7 healthcare
- ✓ A vibrant leisure and lifestyle program
- ✓ Freshly prepared nutritious meals
- ✓ Manicured gardens and spacious rooms
- ✓ Single rooms and shared rooms
- ✓ Caring dedicated staff
- ✓ Supporting high care and low care needs

Learn more about Ibis Care by visiting [www.bis.care](http://www.bis.care) or calling 02 8080 3850

BEXLEY | BLAKEHURST | KIRRAWEE | MIRANDA | MORTDALE

## MORAN Sylvania & Engadine

☎ 02 9548 7780



Permanent Care • Respite Care • Specialised Dementia Care

Book a tour today and discover what makes Moran Aged Care the choice for over 300 Sutherland Shire families.



AGED CARE EXCELLENCE SINCE 1956

[morangroup.com.au](http://morangroup.com.au)

# STEPS FOR MOVING TO A RESIDENTIAL AGED CARE FACILITY

Residential aged care can assist those who can no longer live at home due to illness, disability, bereavement or emergency, respite, 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 - call 1800 200 422. 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 Seniors 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](http://www.myagedcare.gov.au)

## REGISTERED RESIDENTIAL AGED CARE FACILITIES

Registered Residential Aged Care Facilities In Sutherland Shire as listed on My Aged Care website. For more facilities visit [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

Location	Facility	Address	Tel
Bangor	BaptistCare Warena Centre	15 Bangaroo Rd, Bangor	9575 3300
Barden Ridge	Advantaged Care at Barden Ridge	11 Barden Rd, Barden Ridge	9532 2888
Cronulla	Pathways Cronulla Pines	35 Sturt Rd, Cronulla	8522 1000
Cronulla	Stella Maris Aged Care	6 Coast Ave, Cronulla	8522 1200
Engadine	Moran Engadine	99 Caldarra Ave, Engadine	9548 7777
Heathcote	St Vincent's Aged Care Heathcote	15 The Avenue, Heathcote	8331 6666
Jannali	Mildred Symonds House	15 Lenna Pl, Jannali	1300 111 278
Kirrawee	The Palms Ibis Care Kirrawee	454 President Ave Kirrawee	9521 2963
Kirrawee	Percy Miles Villa	227-235 Forest Rd, Kirrawee	8513 0800
Kirrawee	IRT Thomas Holt Aged Care Centre	1-25 Acacia Road, Kirrawee	9545 4799
Miranda	Akira Gardens	2 Animbo St, Miranda	8578 1688
Miranda	HammondCare Miranda	19 Kiama St, Miranda	1800 776 112
Miranda	St Basils Miranda	29H Wandella Road, Miranda	8543 2000
Miranda	Ibis Care Miranda	2C Karimbla Rd, Miranda	9540 4799
Miranda	Juliana Village	58 Miranda Rd, Miranda	9541 3400
Miranda	Miranda Aged Care	268 Port Hacking Road, Miranda	9124 9231
Sans Souci	IRT Thomas Holt Aged Care Centre	188 Chuter Avenue, Sans Souci	9529 2130
Sutherland	Bupa Sutherland Age Care	42 Auburn St , Sutherland	8536 1600
Sutherland	Southern Cross Care (NSW & ACT) - Nagle Residential Care	144-150 Flora Street, Sutherland	1800 959 982
Sylvania	Carino Care Sylvania	406 Princes Highway, Sylvania	9522 8581
Sylvania	Moran Sylvania	29 Sylvania Rd, Sylvania	9532 6222
Taren Point	BayBreeze	2 Alexander Ave, Taren Point	1300 111 278
Taren Point	Goodhew Gardens	2 Alexander Ave, Taren Point	1300 111 278
Waterfall	Garrawarra Centre	Princes Highway, Waterfall	8545 4700

Permanent Care  
 Respite Care  
 Transitional Care  
 High Care  
 Low Care  
 Single Room  
 Couples room  
 Specialised  
 Dementia Care  
 Specialised  
 Palliative Care  
 Secured Garden  
 Pets on premises

Website	Permanent Care	Respite Care	Transitional Care	High Care	Low Care	Single Room	Couples room	Specialised Dementia Care	Specialised Palliative Care	Secured Garden	Pets on premises
baptistcare.org.au	✓	✓		✓		✓	✓	✓	✓	✓	
advantagedcare.com.au	✓	✓		✓	✓	✓			✓	✓	
pathways.com.au/ cronullapines/ stellamaris.org.au	✓	✓		✓		✓		✓	✓	✓	
morangroup.com.au	✓	✓		✓	✓	✓	✓	✓	✓	✓	
svcs.org.au/residential-aged-care/nsw/sydney/heathcote	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓
anglicare.org.au	✓	✓		✓	✓	✓		✓	✓		
ibis.care	✓	✓	✓	✓	✓	✓	✓	✓		✓	
catholichealthcare.com.au	✓	✓	✓		✓	✓			✓	✓	
irt.org.au/kirrawee	✓	✓		✓	✓	✓		✓	✓	✓	
olccare.com.au	✓	✓		✓	✓	✓	✓	✓	✓		
hammond.com.au/location/ hammondcare-miranda	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
stbasils.org.au	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	
ibis.care	✓	✓	✓	✓	✓	✓	✓	✓		✓	
julianavillage.com.au/	✓	✓	✓	✓	✓	✓	✓		✓	✓	
jesmondgroup.com.au	✓	✓				✓	✓	✓	✓	✓	
irt.org.au/sanssoucigardens	✓	✓		✓		✓			✓		
bupaagedcare.com.au/ aged-care-homes/bupa-sutherland	✓	✓	✓	✓	✓	✓		✓	✓	✓	
sccliving.org.au/our-services/residential-aged-care/find-a-community/nagle-residential-aged-care	✓			✓	✓	✓		✓	✓	✓	
carino.care	✓	✓	✓	✓	✓	✓	✓		✓	✓	
morangroup.com.au	✓	✓		✓	✓	✓	✓	✓	✓	✓	
anglicare.org.au	✓	✓		✓	✓	✓		✓			
anglicare.org.au	✓	✓		✓	✓	✓		✓			
seslhd.health.nsw.gov.au/ garrawarra-centre	✓	✓				✓		✓		✓	

# TRANSPORT



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.

Activus Transport (Community Transport) is available for eligible older residents to provide individual or group transport to medical appointments, shopping, social activities, and more.

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 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.

## 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'



**W** [rms.nsw.gov.au](http://rms.nsw.gov.au)

### Calvary Driver Assessment and Training Service

**P** 9553 3000

**W** [calvarycare.org.au](http://calvarycare.org.au)

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

### NRMA - Safer Driving

**P** 1300 696 762

**W** [mynrma.com.au/cars-and-driving/driver-training-and-licences/seniors](http://mynrma.com.au/cars-and-driving/driver-training-and-licences/seniors)

Whether you need a confidence boost, a refresher on the road rules or are approaching your older driver driving assessment, the NRMA deliver training to suit your needs.

## Roads and Maritime Services - Unsafe Driving Report

**P** 13 22 13

**W** [service.nsw.gov.au/transaction/  
report-erratic-or-unsafe-driving-  
practices](http://service.nsw.gov.au/transaction/report-erratic-or-unsafe-driving-practices)

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 Seniors Right Service.

**See Legal and Financial Section.**

## 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 Miranda Service Centre for an application form.

## Miranda Service Centre

**P** 13 77 88

**W** [service.nsw.gov.au](http://service.nsw.gov.au)

Miranda Service Centre offers many NSW Government services. You can complete transactions relating to RMS at this centre. Located at Westfield Miranda, 600 Kingsway, Miranda

## Mobility Parking Scheme

**P** 13 77 88

**W** [service.nsw.gov.au](http://service.nsw.gov.au)

Provides parking concessions to people with mobility disability.

## Roads and Maritime Services

**P** 13 77 88

**W** [service.nsw.gov.au](http://service.nsw.gov.au)

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

# TRAINS, BUSES, COMMUNITY TRANSPORT, TAXIS AND FERRIES

## COMMUNITY TRANSPORT

### Activus Transport

**P** 8555 0000

**E** [info.transport@activus.org.au](mailto:info.transport@activus.org.au)

**W** [activustransport.org.au](http://activustransport.org.au)

Door-to-door transport for eligible residents to medical appointments, shopping and social activities.

A diverse suite of social support programs is available and delivered by experienced and caring professionals.



**Much more than  
just door to door.**

Stay connected with friends, family and the community with transport that suits *your everyday needs.*

- Medical or personal appointments
- Group outings, shopping shuttles and leisure trips
- Pet transit and vet visits
- Easy, reliable and affordable

**Wherever you need to go we can help you to get there.**



— 8555 0000 —  
[www.activustransport.org.au](http://www.activustransport.org.au)

## ALL TRANSPORT

### OPAL Card for Seniors

**P** 13 67 25

**W** [opal.com.au/en/get-an-opal-card/](http://opal.com.au/en/get-an-opal-card/)

Purchase a reusable Gold Senior/ Pension Opal Card for unlimited travel on public transport.

### Transport Infoline

**P** 13 15 00

**W** [transportnsw.info](http://transportnsw.info)

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

## TRAINS

### Sutherland Shire Railway Stations

**P** 13 15 00

**W** [transportnsw.info/routes/trains](http://transportnsw.info/routes/trains)

Stations at Caringbah, Como, Cronulla, Engadine, Gymea, Heathcote, Jannali, Kirrawee, Loftus, Miranda, Sutherland, Waterfall and Woollooware.

Timetables available from the Transport Infoline.

### Hidden Disabilities Sunflower

**P** 03 8888 6000

**E** [help@hiddendisabilitiesshop.com.au](mailto:help@hiddendisabilitiesshop.com.au)

**W** [hdsunflower.com/au/](http://hdsunflower.com/au/)

The Hidden Disabilities Sunflower is a simple tool for you to voluntarily share that you have a disability or condition that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.

## BUSES

### Maianbar Bundeena Bus Service

**P** 9523 8819

**W** [maianbarbundeenabus.com](http://maianbarbundeenabus.com)

Routes include Bundeena–Maianbar, Bundeena Loop, Bundeena–Engadine, and Bundeena–Miranda.

Charter buses also available.

### U-Go Mobility (formerly Transdev)

**W** [u-gomobility.com](http://u-gomobility.com)

Bus services for South and Southwest Sydney, including night-time services.

### Sydney Bus Service Routes

**W** [transportnsw.info/routes/bus](http://transportnsw.info/routes/bus)

Download timetables, see route maps and stop information.

## FERRIES

### Cronulla Ferries

**P** 9523 2990

**W** [cronullaferries.com.au](http://cronullaferries.com.au)

Ferries to Bundeena and cruises on the Port Hacking River.

### Sydney Ferries

**P** 13 15 00

**W** [transportnsw.info](http://transportnsw.info)

Timetables and Maps

## TAXIS

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

### Taxi Transport Subsidy Scheme

**P** 1800 623 724

**W** [transport.nsw.gov.au/ttss](http://transport.nsw.gov.au/ttss)

Administered by Transport for NSW. Provides subsidised travel, allowing



approved participants to travel by taxi at half fare, up to a maximum subsidy of \$60 per trip.

The scheme assists NSW residents who are unable to use public transport due to a disability.

## Wheelchair Accessible Taxis

**P** 13 22 27

**W** [13cabs.com.au/zero200](http://13cabs.com.au/zero200)

The central booking office for wheelchair accessible taxis. When calling to book you need to advise wheelchair type and number of passengers so that correct type of taxi can be booked.

## Complaints about taxi services

**P** Taxi Fare Hotline – 1800 500 410

**W** [nswtaxi.org.au/complaints-feedback](http://nswtaxi.org.au/complaints-feedback)

For any issues during your taxi ride call your taxi provider first. If you wish to escalate the issue register your complaint through Complaint hotline.

## ACTIVE TRANSPORT

Many Australians are not getting sufficient physical exercise and as a consequence are increasingly at risk of heart disease and other diseases which can shorten life expectancy.

The Heart Foundation ([www.heartfoundation.org.au/active-living/get-active](http://www.heartfoundation.org.au/active-living/get-active)) recommends that 30 - 45 minutes of moderate-intensity physical activity most days of the week.

Being active will make you feel more energetic, have stronger bones and muscles, make you feel happier and more relaxed. Sutherland Shire offers many beautiful walks and cycling routes to help you keep active.

## CYCLING

Sutherland Shire Council Cycling

**W** [sutherlandshire.nsw.gov.au/play-and-explore/the-outdoors/cycling/cycling](http://sutherlandshire.nsw.gov.au/play-and-explore/the-outdoors/cycling/cycling)

This webpage provides comprehensive information with regard to community cycling events, places to ride, clubs, videos of selected routes, maps etc.

## LEARN TO RIDE A BIKE

### Rideability

**E** [info@rideability.com.au](mailto:info@rideability.com.au)

**W** [rideability.com.au](http://rideability.com.au)

Want to learn how to ride a bike or ride more confidently and safely? Rideability provides courses in Sutherland Shire.

## WALKING

### Sutherland Shire Council

**P** 9710 0333

**W** [sutherlandshire.nsw.gov.au/play-and-explore/the-outdoors/walking-trails](http://sutherlandshire.nsw.gov.au/play-and-explore/the-outdoors/walking-trails)

Cronulla Coastal Walkway, Como Heritage and Environment Trail, Woolooware Bay Shared Pathway, Menai Bushwalk.

### Heart Foundation Walking

**W** [walking.heartfoundation.org.au](http://walking.heartfoundation.org.au)

Walking plans, benefits of walking or join a walking group.

### Royal National Parks

**W** [royalnationalpark.com.au/royal-national-park-walks/](http://royalnationalpark.com.au/royal-national-park-walks/)

Information on a multitude of walking and hiking trails.

## Walking Coastal Sydney

**W** [sydneycoastalcouncils.com.au/projects/walking-coastal-sydney/](http://sydneycoastalcouncils.com.au/projects/walking-coastal-sydney/)  
Series of brochures/walking maps.

## WHEELCHAIR ASSISTANCE

### Free Beach Wheelchair: Cronulla Beach

**P** 8522 2100 (Lifeguard Headquarters)

**W** [sutherlandshire.nsw.gov.au/play-and-explore/beaches-and-waterways/beaches/accessible-beaches](http://sutherlandshire.nsw.gov.au/play-and-explore/beaches-and-waterways/beaches/accessible-beaches)

Sutherland Shire Council has 3 beach wheelchairs available for community use. This gives access to the beach for people who use wheelchairs or who find the beachfront difficult to negotiate. Available at Cronulla Beach (South). Bookings are required. Summer season (September to April) 8:00am - 4:00pm. Winter Season (May to August) 10:00am-2:00pm. Subject to change.

### Free Mobi-Mat

**P** 8522 2100 (Lifeguard Headquarters)

In addition to the beach wheelchairs, council also has a Mobi-mat that can be rolled over the sand and reach the water's edge. They can only be used when lifeguards are on duty and the weather and beach conditions permit. Available at Cronulla Beach (South) Bookings are required. Summer season (September to April) 8:00am - 4:00pm. Winter Season (May- August) 10:00am - 2:00pm. Subject to change.

## NRMA Wheelchair Assistance

**P** 13 11 11

**W** [mynrma.com.au](http://mynrma.com.au)

Emergency service for all wheelchair and motor scooter users in NSW (even if you are not a member of NRMA). For flat tyres only and you must have a repair kit on hand.

## ACCESSIBLE PUBLIC TOILETS

### Master Locksmiths' Association of Australia (MLAA)

**P** 1800 810 698

**W** [masterlocksmiths.com.au/mlak/](http://masterlocksmiths.com.au/mlak/)

The Master Locksmiths Access Key (MLAK) system is an MLAA initiative that allows people with disability access to dedicated public facilities, including facilities in National Parks and many Council municipalities, elevators at railway stations, the new Changing Places facilities throughout Australia, disabled toilets that are locked, and even the Liberty Swing.

To apply for a key you can download the application form from the website or contact the number above.

### National Public Toilet Map

**P** 1800 990 646

**W** [toiletmap.gov.au](http://toiletmap.gov.au)



This website, maintained by the Department of Health and Aged Care. Provides public toilet locations across Australia including Sutherland Shire and the location of MLAK facilities.

Abuse of older people and people with disability is unacceptable.

Together we can prevent it.

Has someone ever tried to...

- Control your money or actions?
- Force you to sign papers against your will?
- Make you feel unsafe?
- Touch you in ways that you did not want?
- Hurt you physically?
- Deny you food, clothing, medication, medical care or proper shelter?
- Hurt your assistance animal?
- Damage or withhold a device you depend on for daily activities?
- Stop you from seeing family or friends?
- Threaten to abandon you or send you to a care facility?

To report something that is happening to you or someone you know, call:

000 - Triple Zero  
for emergencies or life-threatening situations

131 444 - Police Assistance Line  
for non-emergencies

1800 333 000 - Crime Stoppers  
to provide information (it can be anonymous)

1800 628 221 NSW Ageing & Disability Abuse Helpline  
for information, support and referrals



National Relay Service - 1800 555 660

Telephone Interpreter Services - 131 450

Protecting  
vulnerable  
communities  
ageing | disability | homelessness





NSW Police Force

## NEXT OF KIN PROGRAM

*Developed by NSW Police Force*

**Next of Kin is the person you would like police to contact in case of an emergency.**

### WHAT IS THE NEXT OF KIN PROGRAM?

The Next of Kin Program helps people living alone to have the contact details of their nominated person recorded at a local police station.

The contact details of the Next of Kin, as well as the nominated doctor, dentist and any medical alerts that would help in an emergency situation will be entered onto a register. Any information provided will be securely stored and only accessed by NSW Police.

This information may assist the police and emergency services to contact a relative or other nominated person if needed in an emergency situation.

### HOW DO I REGISTER?

Contact your local police station and ask to speak with the Crime Prevention Officer about the Next of Kin Program.

The Next of Kin Program is a **FREE** to join.

### NSW Elder Abuse Helpline & Resource Unit

**P** 1800 628 221

**W** [elderabusehelpline.com.au](http://elderabusehelpline.com.au)

A free and confidential service that provides information, support and referrals relating to the abuse of older people living in the Community.

### Domestic Violence Line

**P** 1800 656 463

State-wide free-call number available 24 hours, seven days a week to assist people experiencing domestic violence.

### Compass Info

**P** 1800 353 374

**W** [compass.info](http://compass.info)

Information on understanding and preventing elder abuse.



# ADVOCACY, FINANCIAL AND LEGAL MATTERS



There are many places you can go to for free, confidential, legal and financial help.

- Find out about discounts, subsidies and pensions to make life more affordable.
- Take the headache out of tax returns with Tax Help.
- Know where to go for free legal advice.
- Find out how to spot a scam.
- Figure out how to plan for your financial future.
- Get information on guardianship so that your wishes can be identified and followed in case of accident or illness.
- Make plans so your financial and legal affairs can be managed if you are unable to do so.

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

## CONSUMER INFORMATION

### Companion Card

**P** 1800 893 044

**W** [nsw.gov.au/community-services/companion-card](https://nsw.gov.au/community-services/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.

### Seniors Card

**P** 13 77 88

**W** [nsw.gov.au/community-services/seniors-card](https://nsw.gov.au/community-services/seniors-card)

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

## COMPLAINTS

### Aged Care Quality and Safety Commission

**P** 1800 951 822

**W** [agedcarequality.gov.au](http://agedcarequality.gov.au)

Free Australian Government service to protect and improve the safety, health, wellbeing and quality of life for people receiving aged care services.

### Australian Financial Complaints Authority

**P** 1800 931 678

**W** [afca.org.au](http://afca.org.au)

A free dispute resolution scheme, with information about what you do if you are having problems meeting credit repayments due to financial difficulty.

### Do Not Call Register

**P** 1300 792 958

**W** [donotcall.gov.au](http://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.

### Energy and Water Ombudsman NSW

**P** 1800 246 545

**W** [ewon.com.au](http://ewon.com.au)

A free and independent dispute resolution service for all electricity and gas customers in NSW, and some water customers.

### Health Care Complaints Commission

**P** 1800 043 159

**W** [hccc.nsw.gov.au](http://hccc.nsw.gov.au)

Is an independent organisation that acts to protect public health and safety by resolving, investigating and

prosecuting complaints about health care.

### Telecommunications Industry Ombudsman

**P** 1800 062 058

**W** [tio.com.au](http://tio.com.au)

A free dispute resolution service for people who have complaints about their telephone or internet service.

## FINANCIAL SERVICES

### Centrelink Financial Information Service

**P** 13 23 00

**W** [servicesaustralia.gov.au/financial-information-service](http://servicesaustralia.gov.au/financial-information-service)

A free information service provided by the federal government to help you make informed decisions about investment and financial issues. FIS does not provide financial planning, advise or counselling.

### Centrelink Bereavement Allowance

**P** 13 23 00

**W** [servicesaustralia.gov.au](http://servicesaustralia.gov.au)

Short-term income support for someone whose partner has recently died.

### Energy Accounts Payment Assistance Scheme (EAPA)

**P** 13 77 88

**W** [service.nsw.gov.au/transaction/energy-accounts-payment-assistance-eapa-scheme](http://service.nsw.gov.au/transaction/energy-accounts-payment-assistance-eapa-scheme)

Helps people who are experiencing a short-term financial crisis or emergency to pay their electricity or gas bill through a voucher system. Subject to eligibility.

## MoneySmart (ASIC)

**P** 1300 300 630

**W** moneysmart.gov.au

Information on budgeting, saving and managing debt. You can find lost or unclaimed money from bank accounts, life insurance policies, superannuation, company shares and other sources through MoneySmart. The government website has information involving investments, superannuation, managed funds, financial advice or insurance.

## SCAMwatch

**W** scamwatch.gov.au

Providing information about how to recognise, avoid and report scams.

## FINANCIAL COUNSELLING SERVICES

### National Debt Helpline

**P** 1800 007 007

**W** ndh.org.au

Helps people experiencing financial problems by referring them to free financial counsellors.

### Wesley Mission Financial Counselling

**P** 1300 827 638 (Sutherland)

**W** wesleymission.org.au

Wesley Mission provides financial counselling to help with developing budget skills, managing debts, assessing your financial situation and negotiation/advocacy to creditors for those affected by gambling debts. This is a free face-to-face, confidential and professional financial counselling service.

### Salvation Army

**P** 13 72 58

**W** salvationarmy.org.au

The Salvation Army's Moneycare service provides free and confidential financial counselling. Help clients in financial crisis situation or who wish to avoid financial difficulties.

## LEGAL MATTERS

### Advocacy

### Council of Ageing (COTA)

**P** 9286 3860

**W** cota.org.au

COTA is an organisation dedicated to supporting older Australians, particularly in areas related to aged care, advocacy and services for seniors.

### National Aged Care Advocacy Program (NACAP)

**E** nacap@health.gov.au

**W** health.gov.au/our-work/national-aged-care-advocacy-program-nacap

NACAP is funded by the Australian Government and provides free, independent and confidential advocacy support and information to older people (and their representatives) receiving, or seeking to receive, Australian Government funded aged care services.

### Older Persons Advocacy Network (OPAN)

**P** 1800 700 600

**W** opan.com.au

The Older Persons Advocacy Network is the single national provider to deliver the National Aged Care Advocacy Program. OPAN is a free aged care advocacy service that is independent and confidential.

## Seniors Rights Service

**P** 1800 424 079

**W** seniorsrightsservice.org.au

Seniors Rights Service is a community legal centre that provides advocacy, legal advice and education services. It provides advocacy for recipients of all aged care services. The legal services provides advice to older people in NSW area such as consumer rights, human rights, elder abuse, financial exploitation, planning for later life, retirement villages, aged care and strata collective sales.

## Welfare Rights Centre

**P** 9211 5300

**W** welfarerightscentre.org.au

An independent community legal centre specialising in social security, policy and administrative practice. They provide free information, advice and advocacy.

## Guardianship

### Guardianship Division - NSW Civil and Administrative Tribunal

**P** 9556 7600 or 1300 006 228

**W** ncat.nsw.gov.au

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

### NSW Trustee and Guardian

**P** 1300 109 290

**W** service.nsw.gov.au/transaction/find-nsw-trustee-and-guardian-services

Promotes and supports the rights of the people in NSW. Provides assistance with Wills and estate

planning, deceased estates, financial management and guardianship.

## Legal

### Aboriginal Legal Advice Services

**P** 9213 4100

**W** alsnswact.org.au

Deliver free, culturally appropriate legal advice.

### LawAccess NSW

**P** 1300 888 529

**W** legalaid.nsw.gov.au

LawAccess NSW is a free information service run by Legal Aid NSW, providing legal information, referrals and advice for people who have a legal problems in NSW. It can be a starting point to help with your legal problem.

### Legal Aid NSW

**P** 9521 3733 (Sutherland Office)

**W** legalaid.nsw.gov.au

Legal advice for criminal, family and civil law. Representation in criminal matters in Sutherland Local Court.

### Law Society of NSW - Community Referral Service

**P** 9926 0333

**W** 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 ineligible for Legal Aid who are unable to pay for legal help.

### Sutherland Local Court

**P** 1300 679 272

Sutherland Local Court deals with



court attendance notices, traffic infringements, general list matters, apprehended violence orders, civil claims and family law.

## QR LINKS FOR FURTHER INFORMATION

### Online Information Directories

Scan each QR code for more information.

#### Ask Izzy



**W** [askizzy.org.au](http://askizzy.org.au)

A digital directory that connects people in Australia with a range of services.

#### The CESP HN Service Directory



**W** [servicedirectory.cesphn.org.au](http://servicedirectory.cesphn.org.au)

The CESP HN Service Directory is a free, comprehensive resource offering access to a wide range of health and well-being services across Central and Eastern Sydney. It's designed to help community members easily explore and understand the various programs, services, and groups available within the CESP HN region. Access the directory online at [servicedirectory.cesphn.org.au](http://servicedirectory.cesphn.org.au) or by scanning the QR code to take a step toward improving your health and well-being today.

#### NSW Health



**W** [health.nsw.gov.au](http://health.nsw.gov.au)

Information on healthcare services, public health advice.

#### Seniors/NSW Government



**W** [nsw.gov.au/community-services/seniors](http://nsw.gov.au/community-services/seniors)

Useful information, guides and support services for seniors in NSW.

#### Safety Information Guide for Older Adults



**W** [police.nsw.gov.au/safety\\_and\\_prevention/crime\\_prevention/senior\\_safety](http://police.nsw.gov.au/safety_and_prevention/crime_prevention/senior_safety)

A guide which encompasses a range of key safety areas and initiatives ranging from personal and property safety through the use of technology and staying safe online.

# EMERGENCIES



## EMERGENCY CONTACTS

### EMERGENCY PHONE:

<b>Police, Fire or Ambulance</b>	000	Mobile phone 112
<b>Police Assistance Line</b>	For non-life threatening or critical emergencies	13 14 44
<b>SES</b>	Storms and floods	13 25 00
<b>Bushfire Information Line</b>		1800 679 737
<b>Poisons Information Line</b>		13 11 26
<b>Sutherland Hospital</b>		9540 7111
<b>Crime Stoppers</b>		1800 333 000
<b>Health Direct Australia</b>		1800 022 222
<b>AUSGRID 24hr Emergency</b>	Power outages, hazards and emergencies	13 13 88
<b>Elder Abuse Helpline</b>		1800 628 221
<b>Lifeline</b>		13 11 14
<b>2SSR - 99.7FM</b>	Local radio - for local emergency warnings and alerts	9545 1800

## EMERGENCY INFORMATION

Council works with emergency services and other agencies to deal with all types of emergencies. Scan QR codes for more information.

### Be prepared

It is important to be prepared for whenever an emergency occurs. The Australian Red Cross provides a template for you to use to create your own emergency preparedness plan.

### Create Your Own Redi Plan Template



**W** [redcross.org.au/globalassets/cms-assets/documents/emergency-services/rediplan-lite-interactive.pdf](https://redcross.org.au/globalassets/cms-assets/documents/emergency-services/rediplan-lite-interactive.pdf)

### In case of an emergency, please visit the Disaster Dashboard

#### Disaster Dashboard



**W** [sutherland.disasterdashboards.com/dashboard/overview](https://sutherland.disasterdashboards.com/dashboard/overview)

Our Sutherland Shire dashboard provides local, real-time incident and emergency information. You'll also find resources to help you prepare for and respond to emergencies.

The site is hosted on Disaster Dashboards and pulls information from all major agencies.

# Sutherland Shire **SENIORS SERVICES DIRECTORY**



4-20 Eton Street, Sutherland NSW 2232  
P 9710 0333 F 9710 0265

[sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au)

