

WOLLONDILLY HEALTHY LIFESTYLE GUIDE

A handy guide for local support services & community groups within the Wollondilly Shire





Acknowledgement of Country*

Wollondilly Shire Council acknowledges the traditional custodians of the land in Wollondilly, the Dharawal and Gundungurra peoples.

We acknowledge the living culture and spiritual connections to the land for the Dharawal and Gundungurra people and all Aboriginal Nation Groups that may have connections to the area; and that Wollondilly is remarkably placed as the intersection of many tribal lands.

We recognise the traditional Custodians who have occupied and cared for this Country over countless generations and celebrate their continuing contributions to the Shire.

We also acknowledge and remember the Dharawal and Gundungurra peoples who were killed in the Appin Massacre on 17 April 1816.

*We acknowledge our continuing collaboration with the Tharawal Local Aboriginal Land Council



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ABOUT THIS GUIDE

This guide has been developed and produced by Wollondilly Shire Council. Council is committed to ensuring that our residents are informed and regularly updated on how to access services and resources available to them to live a safe and healthy lifestyle in Wollondilly.

Organisations and programs listed are either located in the Wollondilly Local Government Area or service residents from the LGA. For more information about the organisations/ services listed, please contact the service directly on the number provided. Every effort has been taken to ensure this directory is accurate at the time of printing.

To advise of incorrect information or to obtain additional guides please contact Wollondilly Shire Council's Community Projects Officers:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au



CONTACTS **LIST**

SERVICE	DEPARTMENT	CONTACT NUMBER	
EMERGENCY			
Fire, Police and Ambulance	Emergency contact	000	
Police	Camden Police Area Command	02 4632 4499	
	Nepean Police Area Command	02 4721 9444	
	Campbelltown Police Area Command	02 4620 1199	
State Emergency Service (SES)	Wollondilly/Macarthur Unit	132 500	
Rural Fire Service (RFS)	Bushfire Information Line	1800 679 737	
Hospitals	Camden Hospital	02 4634 3000	
	Campbelltown Hospital	02 4634 3000	
	Bowral Hospital	02 4861 0200	
	Wollongong Hospital	02 4222 5000	
	Nepean Hospital	02 4734 2000	
My Aged Care	Support for Older Australians	1800 200 422	
UTILITIES			
Endeavour - Emergency 24hr line	Gas & Electricity	131 003	
Endeavour - General Enquires	Gas & Electricity	133 718	
Sydney Water	Water	132 092	
Before You Dig Australia	Underground infrastructure	1100	
Wollondilly Shire Council	Customer Service (eg. report an issue, rates enquiry, DA enquiry)	02 4677 1100	
QUICK REFERENCE IMPORTANT NUMBERS			
Crime Stoppers		1800 333 000	
Domestic Violence Helpline		1800 737 732	
Mens Line Australia		1300 789 978	
National Debt Helpline		1800 007 007	
WIRES (NSW Wildlife Information, Rescue and Education Service)		1300 094 737	
NSW Poisons Information Centre		131 126	
AIDER Service RFS	Support for elderly residents in bushfire prone areas	02 8741 4955	

GOVERNMENT SERVICES			
Australian Taxation Office (ATO)		132 861	
Services Australia	Centrelink (families)	136 150	
Translating and Interpreting Service (TIS)		1800 131 450	
Health Direct		1800 022 222	
Department of Veteran Affairs		1800 838 372	
Services Australia	Medicare	132 011	
National Relay Service (TTY for hearing impaired)		1800 555 660	
Service NSW		137 788	
My Gov Help Desk		132 307	
National Disability Insurance Scheme (NDIS)		1800 800 110	
HEALTH & WELLBEING NUMBERS AND HELPLINES			
Arthritis & Osteoporosis NSW		1800 011 041	
Asthma Australia		1800 278 462	
Beyond Blue		1300 224 636	
Better Hearing Australia		02 9744 0167	
Cancer Council NSW		131 120	
Carers NSW		02 9280 4744	
National Continence Foundation Helpline		1800 33 00 66	
Diabetes NSW & ACT		1800 177 055	
Fight Dementia NSW		1800 100 500	
Heart Foundation		131 112	
Lifeline		131 114	
Multiple Sclerosis (MS) Australia		1300 010 158	
Palliative Care After Hours Helpline		1800 548 225	
Parkinson's NSW		1800 644 189	
Stroke Foundation		1800 787 653	
IDEAS Disability Information		02 6947 3377	
South Western Sydney Primary Health Network (PHN)		02 4632 3000	
Wollondilly Community Health Centre	Tahmoor	02 4633 0000	

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WOLLONDILLY SHIRE COUNCIL SERVICES

CUSTOMER SERVICE

In person/Address: 62-64 Menangle Road, Picton NSW 2571

Operating Hours: 8.30am to 5.00pm Monday to Friday

Mail: PO Box 21, Picton NSW 2571

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

Website: wollondilly.nsw.gov.au

CUSTOMER PORTAL

Our Customer Portal is a one stop shop to lodge requests, report an issue, manage rates and make bookings anywhere, anytime, on any device. Creating an account will ensure your interactions through the Customer Portal are tracked against your name to easily access for future reference.

To find out more about the services available visit:

Website: portal.wollondilly.nsw.gov.au/s/

COMMUNITY PROJECTS TEAM

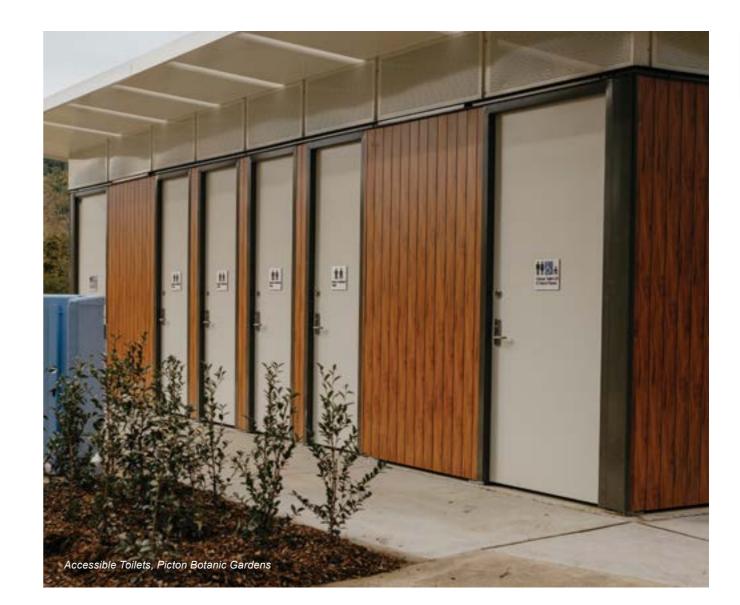
Council's Community Projects Team focus on connecting community with local services alongside facilitating programs and activities that support the wellbeing of Wollondilly residents.

The Community Projects Team support a wide range of target groups. The team consists of a Youth and Community Safety Officer, Ageing and Disability Officer, Community Recovery and Resilience Officer, Community Development & Cultural Programs Officer, Community Outreach Worker and Residential Growth Officer.

Contact the Community Projects Team:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au



PUBLIC TOILETS & MLAK SYSTEM

The Master Locksmith Access Key (MLAK) system offers 24/7 access to public facilities for people with disabilities.

Eligible Wollondilly residents can purchase the MLAK Key for \$10.00. Eligibility includes individuals with special needs, their carers, disability organisations, community health centres, and owners/managers of buildings with MLAK-enabled toilets, Changing Places facilities, or Liberty Swings.

MLAK keyholders gain access to designated accessible public toilets across Wollondilly LGA and over 350 facilities across NSW displaying the MLAK symbol.

To find out more information or apply for a MLAK key contact the Ageing & Disability Officer at Wollondilly Council:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

LIBRARY SERVICES

Visit us at Wollondilly Library, membership is free and everyone is welcome.

Wollondilly Library members can borrow books, DVDs, audiobooks, magazines, large print books and more!

The Library collection includes adult fiction & non-fiction, young adult & junior fiction, picture & board books, legal & drug information, local studies, graphic novels, HSC resources, and beginner & decodable readers.

Check the library catalogue for available titles www.library.wollondilly.nsw.gov.au

FREE ONLINE ENTERTAINMENT

You can access our wide range of digital books, audiobooks and magazines, as well as movies, music, TV series and online tools from anywhere—home, work or your smartphone. Just go to www.library.wollondilly.nsw.gov.au/borrow/read-and-stream/

HOME LIBRARY SERVICE

There is a fortnightly Home Library Service for those who cannot access the Library due to age, illness or disability. The Home Library Service is designed to ensure each customer receives items to suit their individual preferences. For further details on how to apply, contact Wollondilly Library. Conditions apply.

MOBILE LIBRARY SERVICE

Our Mobile Library vans visit 14 stops around the Shire on a weekly basis, running every Monday, Tuesday, Wednesday and Friday.

The Mobile Library stops at the following locations: Appin, Bargo, Bingara, Buxton, Douglas Park, Menangle, Mount Hunter, Oakdale, The Oaks, Silverdale, Tahmoor, Thirlmere, Warragamba & Yanderra.

Head down to your nearest stop to become a Library member, browse the collection or make a reservation for specific items today!

DIGITAL SERVICES

If you are looking to enhance your digital skills, Wollondilly Library, located in Picton, provides several digital skills workshops including one-to-one technology help sessions. There is also assistive technology, including high contrast keyboards, trackball mice, height adjustable desks and text zoom and text-to-speech software on the publicly accessible computers. Library staff are happy to assist with your printing, photocopying, device and Wi-Fi needs.

WOLLONDILLY LIBRARY BOOK CLUBS & SOCIAL GROUPS

BOOK CLUB

If you love reading and talking about books, why not join or start a book club? We have kits ready to go.

KNITTING AND YARN CLUB & CWA CRAFT CIRCLE

For our Knit and Yarn club, you only need to bring your needles, crochet hook and wool, and be ready to yarn away!

There is also a monthly social craft group, CWA Craft Circle. Bring along your current creative project and make new friends. Suitable for everyone, every age and all abilities.

REGULAR EVENTS

Wollondilly Library hosts events such as author talks, digital skills classes, school holiday programs, Bookbubs and Storytime.

To find out more or book into an activity get in touch with the Library Services Team:

Telephone: 02 4677 8300

Email: library@wollondilly.nsw.gov.au

Website: library.wollondilly.nsw.gov.au

PERFORMING ARTS CENTRE

The Wollondilly Performing Arts Centre (PAC) in Picton is a multi-format facility that provides a state-of-the-art local venue for music, theatre, exhibitions and civic events.

The auditorium can be configured in different layouts for live performances, corporate events and functions and will host an annual program of high-quality professional performances – everything from orchestras to contemporary dance and music, circus, drama, puppetry and seniors and children's programming.

Telephone: 02 4677 1100

Email: pac@wollondilly.nsw.gov.au

Website: https://www.wollondillypac.com.au/

Facebook: https://www.facebook.com/profile.php?id=61556292077458



COMMUNITY FACILITIES

Council has a number of facilities available for hire for personal, business or community use. If you want to use a Council facility it is essential to book ahead.

COMMUNITY HALLS

Council has 10 community halls available for regular and casual hire in Wollondilly.

SPORTSGROUNDS

There are 14 sportsgrounds located in the Wollondilly Shire. All are available for hire for sporting and recreational activities.

To find out more information, check availability or hire a facility visit www.wollondilly.nsw. gov.au/customer-service/customer-portal/hire-a-facility/

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

SWIMMING POOLS

WOLLONDILLY LEISURE CENTRE

Wollondilly Leisure Centre has an Indoor Aquatic Centre, Outdoor Swimming Pool, Two Court Indoor Stadium, Gymnasium and Kiosk.

Address: 434 Argyle Street, Picton NSW 2571

Telephone: 02 4677 1251

Email: wollondillyclc@belgravialeisure.com.au

Website: wclc.com.au

WARRAGAMBA SWIMMING POOL

Outdoor Swimming Pool

Address: Corner Farnsworth Avenue & Warradale Road, Warragamba NSW 2752

Telephone: 02 4774 1775

Email: warragambapool@wollondilly.nsw.gov.au

Website: warragambaswimmingpool.com.au



CEMETERIES

Council maintains cemeteries in the townships of Bargo, Picton and Thirlmere. All cemeteries cater for the internment of ashes and grave burials.

For more information, contact Council's Cemeteries Operations Officer:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

ANIMAL SHELTER

Looking to adopt a pet, or find your lost pet? Wollondilly Animal Shelter has many loving cats and dogs looking for their forever home. Residents are able to surrender their pet dogs and cats to council for a fee. However please note there are times when the Council Shelter is at capacity.

For more information or to book an appointment to visit the shelter contact the Animal Shelter:

Address: Wonga Road, Picton NSW 2571

Telephone: 02 4677 1100

Website: wollondilly.nsw.gov.au/animals-and-pets/animal-shelter



WASTE SERVICES

Council has a range of services to support waste disposal, including:

- Twice Yearly Clean Up
- Waste Collection Services (Green, Yellow and Red Bins) & Local Waste Facilities
- Community Recycling Centres
- · Battery and Chemical Recycling
- Medicines and Sharps Disposals
- Clothing and Textiles Recycling
- · Food Waste and Composting
- · Tips on how to reduce waste

For more information:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

Website: wollondilly.nsw.gov.au/waste-services

ENVIRONMENT, BIODIVERSITY & SUSTAINABILITY

Council has a range of information and initiatives to care for our unique environment. These include:

- The Robin Davis Community Nursery
- Water Management & General Approval to Burn
- Tree and Vegetation Management
- Weed Management
- Sustainable Living Events and Workshops
- Wildlife, Nature and Bushcare Programs

For more information:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

Website: wollondilly.nsw.gov.au/environment-biodiversity-and-sustainability



VISIT WOLLONDILLY

The Dilly, as it is affectionately referred to, presents a wonderful story of the past captured in its architecture, picturesque agricultural land and significant footprint in locomotive history. So close to Sydney, yet so many worlds apart. Visitors to our rural region enjoy the change of pace, country charm and unique experiences unlike anywhere else. Wherever you are in the Dilly, you will be surrounded by beautiful countryside, friendly faces and the feeling of a home away from home.

For more information about Visit Wollondilly contact the Tourism and Small Business Team:

Telephone: 02 4677 1100

Website: visitwollondilly.com.au

YOUR SAY WOLLONDILLY

Your Say Wollondilly allows you to easily access information about Council projects and activities and make sure your voice is heard on the things that matter most to you. It's important to Council that our community has the opportunity to be involved in our decision-making processes, so we can work together to ensure better outcomes for the Wollondilly community.

For more information and to get involved contact the Community Engagement Team:

Telephone: 02 4677 1100

Website: yoursay.wollondilly.nsw.gov.au

Email: council@wollondilly.nsw.gov.au

THE DILLY WANDERER

The Dilly Wanderer van brings child development activities, interactive learning and play to children in the Wollondilly. Funded by the Department of Communities and Justice, the Dilly Wanderer is a free mobile community information van that visits the following 15 villages: Appin, Bargo, Buxton, Bingara Gorge, Camden Park, Douglas Park, Menangle, Oakdale, The Oaks, Picton, Tahmoor, Thirlmere, Warragamba, Wilton and Yanderra. The Dilly Wanderer is a great way to meet new people, participate in children's activities and find out more about local services. The Dilly Wanderer supports young families, single parents, Aboriginal families and local communities.

For more information contact:

Telephone: 02 4677 1100

Website: wollondilly.nsw.gov.au/events-and-community/dilly-wanderer/

Facebook: https://www.facebook.com/dillywanderer/

Email: council@wollondilly.nsw.gov.au



MY AGED CARE STEP BY STEP GUIDE

My Aged Care is the Australian Government's starting point on your aged care journey to find and access the government-funded services you need. The Aged Care sector is going through reform/changes. To stay informed please visit the Aged Care Engagement Hub agedcareengagement.health.gov.au

COMMONWEALTH HOME SUPPORT PROGRAMME

Funded by the Australian Government, the Commonwealth Home Support Programme (CHSP) provides a range of entry-level Aged Care Services for older people who need assistance to enable them to continue to live independently in their home and community. The program is for people aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islander people), or 50 years and over for people on a low income and homeless, or at risk of being homeless (45 years and over for Aboriginal and Torres Strait Islander people).

STEP 1 // CONTACT MY AGED CARE AND REGISTER

- You can contact My Aged Care on 1800 200 422.
- · Your partner, carer, family member or friend can also contact My Aged Care on your behalf.
- · Your Doctor can contact My Aged Care on your behalf.
- You can also contact My Aged Care on their website www.myagedcare.org.au.
- You will need to have your Medicare card number and answer some screening questions during the phone call.

STEP 2 // GETTING YOUR NEEDS ASSESSED BY HAVING A HOME SUPPORT ASSESSMENT

- After your call to My Aged Care, if eligible you will be referred for a face-to-face assessment, which will take place in your own home.
- The assessor will contact you to book a time that suits and inform you of what to expect during the assessment.
- To prepare for your assessment it is important to think about what services you might need so you can discuss these with your assessor, such as domestic help, personal care, transport to appointments and activities, home modifications and social support activities.
- Think about what is most important to you in life, those things that you might have once
 enjoyed and now might be easier if you had some support. This could be anything that gives
 you a sense of joy or satisfaction.
- You are welcome to have someone with you during this assessment.
- The assessor will leave some information for you and your family to read and then will send more information to you about the services.

STEP 3 // AGREE ON A HOME SUPPORT PLAN

- At the visit you will be able to agree on a Home Support Plan.
- You will still be able to choose what services you wish to have.
- The assessor will send you details of the services and service providers available in your local area.
- · My Aged Care will also send your details to service providers in your local area.

STEP 4 // SELECT SERVICE PROVIDERS AND WORK OUT ANY FEES

- Once your Home Support Plan has been approved, you will be sent details of local services that you can contact to get your assistance.
- You or your family can also use the My Aged Care website to find lists of service providers in the area.
- · Services providers will also give you written information about their costs.
- They will give you a written service agreement and then begin your services for you.

STEP 5 // MANAGE YOUR SERVICES

- Your In-home CHSP services are chosen and managed by you.
- The agency that you choose will appoint a service coordinator who will look after your support services and that person will be able to assist you with any changes that you may need for the future.
- You are able to change service providers if you wish to and My Aged Care staff can
 usually answer any questions that you have.

THE COMMONWEALTH HOME SUPPORT PROGRAMME PROCESS



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NATIONAL DISABILITY INSURANCE SCHEME (NDIS)

WHAT IS THE NDIS?

The National Disability Insurance Scheme (NDIS) is Australia's national scheme for people with disability. The NDIS can:

- connect people with disability to supports in their local community
- provide funding for eligible people with disability

HOW DOES THE NDIS SUPPORT PEOPLE LIVING WITH DISABILITY?

The NDIS can help you connect with NDIS, mainstream, community and informal supports, as well as help you to make the most of your existing supports. The NDIS can also provide funding for eligible people with disability to access NDIS supports.

HOW TO APPLY FOR THE NDIS: A STEP-BY-STEP GUIDE

Step 1: Check Your Eligibility

The first step to applying for the NDIS is to check your eligibility. To be eligible for the NDIS, you must be an Australian citizen, permanent resident, or hold a Protected Special Category Visa. You must also be under 65 years old on the day you apply and have a permanent disability that significantly impacts your daily life.

Step 2: Gather Your Information

Before you start your NDIS application, it's important to gather all the necessary information. This includes medical reports, assessments and any other documentation that supports your application.

Step 3: Contact the NDIS

To apply for the NDIS, you need to contact the National Disability Insurance Agency (NDIA). You can do this by calling the NDIS hotline on **1800 800 110** or by visiting their website **www.ndis.gov.au**

Step 4: Attend a Planning Meeting

The planning meeting is where you will discuss your needs and goals with a planner from the NDIA.

Step 5: Receive Your Plan

After the planning meeting, you will receive a copy of your NDIS plan.

NATIONAL DISABILITY INSURANCE AGENCY

Website: www.ndis.gov.au

Telephone: 1800 800 110

Webchat: www.ndis.gov.au

For people who need help with English:

TIS: 131 450

For people who are deaf or hard of hearing:

TTY: 1800 555 677

Voice relay: 1800 555 727

National Relay Service: www.accesshub.gov.au





DISASTER **PREPAREDNESS**

Wollondilly residents have been impacted by a number of natural disasters over the years. Being prepared for severe weather is part and parcel of living. Here are some ways that you can prepare yourself if disaster strikes.

PREPARE AN EMERGENCY PLAN

Emergencies can happen at any time. You can reduce the impact of emergencies by being prepared. Your emergency plan is tailored to you and covers the steps you need to take if you receive an emergency warning or are impacted by a disaster or emergency.

- The Australian Red Cross has a range of useful emergency management resources that can help you prepare including RediPlan. RediPlan has been designed to provide an easy-to-follow set of actions to help you plan for emergencies.
- Person-Centred Emergency Preparedness (P-CEP) is a conversation guide used by people living with disability to tailor emergency preparedness to their individual support needs.
- Don't forget to plan for your pets in an emergency.
- Always ensure you are planning for your personal medical needs.

PUT TOGETHER A HOME EMERGENCY KIT

A Home Emergency Kit has items you may need if you have to evacuate your home in an emergency. A Home Emergency Kit can help save precious time in an emergency situation. It provides items you might need if you lose power or need to leave your home in a hurry. Here is a suggested list of items for your Home Emergency Kit:

- Portable radio with spare batteries
- Torch with spare batteries
- First aid kit (with supplies necessary for your household)
- Candles and waterproof matches
- Important papers including emergency contact numbers
- Copy of any Home Emergency Plans
- Waterproof bag for valuables

WHEN LEAVING OR EVACUATING YOUR PROPERTY, PLACE IN YOUR HOME EMERGENCY KIT:

- 2 weeks supply of your required medications
- · Appropriate clothing and footwear
- · Fresh food and drinking water

Keep your Home Emergency Kit in a waterproof storage container!

WEBSITES TO HELP YOU PREPARE AND PLAN

Red Cross RediPlan:

www.redcross.org.au/globalassets/cms/downloads/pdfs/disaster-plan/red-cross-rediplan-disaster-preparedness-guide.pdf

Person-Centred Emergency Preparedness (P-CEP):

collaborating4inclusion.org/pcep

Planning for your pets with the RSPCA:

rspcansw.org.au/what-we-do/care-for-animals/owning-a-pet/disaster-management-plans

SES Emergency Kit:

ses.nsw.gov.au/storm-resources/before-a-storm/put-together-an-emergency-kit/

Wollondilly Emergency Dashboard:

emergency.wollondilly.nsw.gov.au/dashboard/overview



SUPPORT SERVICES **DIRECTORY**

Aboriginal Employment Strategy (AES)

(Aboriginal Service)

The AES works with First Nations Australians seeking to gain employment. We provide support services in sourcing employment opportunities, applying for employment, ongoing mentoring and support and other employment related activities required to secure employment.

Address

1/208 Queen Street, Campbelltown

Telephone

02 4621 5900

Email

ctown@aes.org.au

Website

www.aes.org.au

BaptistCare

(Mental Health, Domestic Violence Support)

Baptist Care deliver support services that are person-centred and tailored to meet local needs. We respect and care for each person as a valued individual, placing their health and wellbeing above all else.

Our support services include:

- · Domestic and Family Violence
- Women's Safe Spaces
- Counselling and Group Work
- No Interest Loans

Address

Level 1, 101 Queen Street, Campbelltown

Telephone

1300 275 227

Email

ask@baptistcare.org.au

Website

baptistcare.org.au

BCD Better Care Delivered

(Seniors, Disability)

At BCD our vision of locals supporting locals helps to support people living with a disability and seniors to choose the right care they want when and where they need it most throughout their disability and ageing journey. We are your local disability and aged care service provider with over 20 years experience, providing care services across Macarthur, Camden, Campbelltown, Wollondilly, Fairfield. Liverpool, Wingecarribee, Marulan and Goulburn local government areas. Our focus is always quality care and creating human connection with the services we provide, including:

- Personal Care
- Social Support & Respite
- Domestic Assistance
- Community Access
- Short-Term Accommodation
- Nursing & Clinical Care Services
- Support Coordination
- Plan Management

Address

The Vue, Level 1/1 Centennial Drive, Campbelltown

Telephone

1800 275 223

Email

info@bcdcci.org.au

Website

www.bcd.org.au

Big Yellow Umbrella

(Aboriginal Service, Seniors, Housing, Mental Health, Disability, Child & Family, Culturally and Linguistically Diverse, Youth)

Big Yellow Umbrella is a locally based not for profit organisation funded by Department of Communities and Justice to deliver Targeted Early Intervention programs across Camden, Campbelltown and Wollondilly. Our aim is to support children and families to access appropriate programs, workshops and supports through internal and external referrals, information and advice. Our team are qualified and passionate. Our vision is to create strong and empowered communities, where people of all ages and backgrounds are supported to actively participate in community life, reducing isolation and disadvantage and improving overall quality of life. We work with stakeholders, schools, corporates, land developers and other not for profit organisations in collaboration to ensure high quality service delivery and deduction of duplication across the sector.

Address

16-24 Queen Street, Narellan

Telephone

02 4647 1283

Email

info@yellowumbrella.org.au

Website

www.yellowumbrella.org.au

Community Links Wellbeing

(Aboriginal Service, Mental Health, Child & Family, Culturally and Linguistically Diverse, Youth, Seniors)

Community Links Wellbeing is a notfor-profit Non-Government community organisation working in Wollondilly, Camden and Wingecarribee LGA's. The service supports all members of the community and provides resources to help achieve positive personal and community outcomes through community development, events, groups, workshops, youth programs, crisis support, carer support, family support, Allied Health and Mental Health Services. Community Links Wellbeing supports the community by providing services for individuals, families, young people and seniors. We provide programs and opportunities for social connection for community members across their lifespan. Our organisation works closely with other specialists such as disability, mental health and counselling services. We can refer individuals and families to these services or advocate on your behalf. Programs including New Access, Kaleidoscope, Reframe and You In Mind can be accessed at Community Links.

Address

6 Harper Close, Tahmoor

Telephone

02 4683 2776

Email

info@communitylinks.org.au

Website

www.communitylinks.org.au

Dementia Australia

(Carers, People Living with Dementia)

We run a social group out of Wollondilly Shire Hall every 6 weeks on a Thursday. This group is for people living with dementia and their carers. We have structured activities and a morning tea together. Friendships are made outside the group which offer great support within their community.

Address

Building 15, 120 Coxs Road, North Ryde

Telephone

0482 188 147

Email

NSW.memorylanecafe@dementia.org.au

Website

www.dementia.org.au

EACH, Connect

(Seniors)

Connect is a Care finder service. It is a service to assist older people that need intensive support to access aged care and other services. It is free and staff are able to meet with people face to face. It is funded by PHN SWS. Connect covers Wollondilly, Wingecarribee and Camden.

Address

16 Warby Street, Campbelltown

Telephone

1300 003 224

Email

info@each.com.au

Website

www.each.com.au/care-finder-programenhances-seniors-care-experience

EACH, Early Childhood Approach

(Aboriginal Service, Disability, Child & Family, Culturally and Linguistically Diverse)

EACH is the NDIS partner in the community delivering the Early Childhood Approach in South West Sydney including Canterbury City, SNSW, Greater Ipswich QLD and ACT. We work with families and children aged birth to 8 years with a disability or delay in their development. EACH Early Years Specialists use observations, conversations with the important people in the child's life and functional assessments to learn about the child's development and how they participate in everyday life. They work in partnership with the family to work out the right supports to help the child and family achieve their goals. The supports EACH provide include:

- Practical information about child development
- Connections to local mainstream and community services such as playgroups, childcare, parent support groups, parent education workshops and community activities

- Practical strategies for families to support children's play, communication, social skills and behaviour during daily routines
- Working with families, carers and mainstream services to prepare for significant transitions e.g. starting school
- Building the skills and capacity of mainstream services to include children with developmental delay and disability
- Applying for access to the National Disability Insurance Scheme (NDIS), if the child needs longer term support

Please note children do not need a diagnosis or GP referral to get support. Families and referrers can call our Family Engagement Team on 1300 003 224 or fill out our online referral form below: https://each.snapforms.com.au/form/ndis-referral-to-early-childhood-partners

Address

1 Centennial Drive, Campbelltown

Telephone

1300 003 224

Email

info@each.com.au

Website

www.each.com.au/service/earlychildhood-early-intervention

Firebird Support Services

(Aboriginal Service, Seniors, Mental Health, Disability)

Disability support services such as cleaning, lawn / garden care, transport, social support, personal care etc. for clients with NDIS funding, My Aged Care packages & private funding.

Address

26 Menangle Street, Picton (by appointment)

Telephone

0493 286 543

Email

info@firebird.services

Website

firebirdsupportservices.com.au

GambleAware

(Mental Health, Other)

GambleAware provide confidential and free counselling and financial counselling for anyone impacted by gambling harm.

Address

15 Harper Close, Tahmoor

Telephone

1800 482 482

Email

psychology.gtc@sydney.edu.au

Website

www.gambleaware.nsw.gov.au

Get Healthy in Pregnancy

(Child & Family)

Get Healthy in Pregnancy is a free NSW Government service for all pregnant women in NSW. Professional phone and online-based health coaches provide support and tools to help women stay healthy during their journey from pregnancy, to birth and beyond.

The Get Healthy in Pregnancy service can help pregnant women:

- Set and achieve goals
- Eat well and keep active

- Avoid alcohol
- · Stay within a health weight range
- Keep on track and motivated
- Return to a healthy weight after birth

Sign up online and ask your health professional for a referral, or call 1300 806 258 Monday to Friday, 8am to 8pm and Saturday 9am to 5pm.

Visit gethealthynsw.com.au/program/ get-healthy-in-pregnancy for more information.

Get Healthy Service

(Child & Family)

The Get Healthy Service is a free phone and online-based health coaching service aimed at supporting people over 16 years of age living in NSW to make lifestyle changes.

The program can support people to:

- · Eat healthy
- Get active
- Reduce alcohol
- Reach and stay at a healthy weight
- Gain a healthy amount of weight in pregnancy
- Stay active during and after cancer treatment

Sign up online, ask your health professional for a referral, or call 1300 806 258 Monday to Friday, 8am to 8pm and Saturday 9am to 5pm.

Visit **gethealthynsw.com.au** for more information.

Go4Fun (NSW Health)

(Child & Family)

Go4Fun is a free healthy lifestyle program for children aged 7-13 years who are above a healthy weight range, and their families. Programs are offered across the state at various locations and times. Programs run for 10 weeks alongside the school term for two hours a week. Each session consists of an hour of nutritional education and an hour of play-based physical activity for the children. It is a family-based program so siblings are welcomed. A parent or carer must attend the program each week with the child. During the second hour whilst the children are playing, the adults have their own discussion.

Address

1 Bolger Street, Campbelltown

Telephone

1800 780 900

Email

swslhd-go4fun@health.nsw.gov.au

Website

go4fun.com.au

Growing Healthy Kids in South West Sydney Website

(Child & Family)

The South West Sydney community is strong, vibrant, and diverse. The Growing Healthy Kids website is committed to supporting our community and making sure our kids have the best possible start in life. The website is filled with health information to support families throughout the first 2000 days of their children's lives and beyond. Explore a range of articles on various health topics, helpful videos, and find recipes for nutritious and simple meals.

You can even stay informed about events taking place in your area. Additionally, new content is frequently added to the site.

Visit **growinghealthykids.com.au** to learn more.

Headspace Campbelltown

(Youth, Mental Health, Culturally and Linguistically Diverse)

Headspace provides information, support and services to young people aged 12-25, and their families and friends. We can help with mental health, general health, alcohol and other drug services as well as employment support. If you're 12-25 all you need to do is give us a call to find out how you can access our services FREE of charge.

Address

Level 8, 171-179 Queen Street, Campbelltown

Telephone

02 4627 9089

Email

headspace.campbelltown@onedoor.org.au

Website

headspace.org.au/headspace-centres/campbelltown/

IC Care

(Seniors, Disability)

We are a not for profit organisation providing Meals on Wheels, Social Support Individual and Social Support Group for people over the age of 65 or 50 if they are Aboriginal or Torres Strait Islander living in the Wollondilly Shire (excluding Warragamba and Silverdale). We also provide NDIS services for participants.

Address

65 Menangle Street, Picton

Telephone

02 4677 2524

Email

enquiries@iccare.org.au

Website

www.iccare.org.au

Lifeline Macarthur & Western Sydney

(Mental Health)

Lifeline Macarthur and Western Sydney is part of a national network providing all Australians experiencing emotional distress with access to 24-hour crisis support and suicide prevention services.

We exist to ensure that no person in Australia has to face their darkest moments alone and are committed to empowering Australians to be suicide-safe through connection, compassion and hope.

We are available to listen, without judgment, to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard.

Address

13 McPherson Road, Smeaton Grange

Telephone

02 4645 7200

Email

admin@lifelinemws.org.au

Website

www.lifelinemws.org.au

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Macarthur Disability Services

(Mental Health, Disability)

MDS is a not-for-profit community organisation operating for over 40 years and provides services, activities and connections to people with a disability, mental illness, their families and carers.

Our services are designed to meet the needs of each individual with a focus on the person achieving their goals and support tailored to their needs.

MDS runs a centre-based community inclusion and support service in Tahmoor and Mittagong with over 50 different activities to take part in; our experienced staff will develop group and individual schedules and training opportunities. Each centre is a hive of activity that can be used as a base for community outings or on-site structured programs, aimed at achieving participant goals.

Address

Level 8, 138 Queen Street, Campbelltown

Telephone

02 4621 8400

Email

enquiries@mdservices.com.au

Website

www.mdservices.com.au

Macarthur Women's Domestic Violence Court Advocacy Service

(Women, Domestic Violence, Aboriginal Service, Seniors, Housing, Mental Health, Disability, Child & Family, Culturally and Linguistically Diverse, Youth)

Macarthur Women's Domestic Violence Court Advocacy Service is a Domestic Violence (DV) specialist service for women. This service supports women in all complexities of DV - attending court, support at hearings, referrals, advocacy, information around DV, free safe phones, vouchers (when available) and casework. We have specific supports for the following communities: Aboriginal & Torres Strait Islander, Multicultural, Disability, Youth and LGBTQIA+.

Address

317 Queen Street, Campbelltown

Telephone

02 4640 7333

Email

macarthurwdvcas@maclegal.net.au

Website

www.maclegal.net.au

Myrtle Cottage Group Inc

(Seniors, Disability)

For people with living with Dementia e.g. Alzheimer's that are living in the Wollondilly and Camden Region. This program provides activities and outings to maintain skills and community connections while providing respite for the carer to assist them to continue their caring role and meeting their own needs. Program operates from Mt Annan with transport provided to and from your home.

Address

6 Bosci Road, Ingleburn

Telephone

02 9426 3100

Email

info@myrtlecottage.org.au

Website

www.myrtlecottage.org.au

Nepean Food Services

(Aboriginal Service, Seniors, Disability, Culturally and Linguistically Diverse)

Nepean Food Services can provide meals on wheels and social support activities for all eligible people who are in our target group. Meals can be supplied for all special requirements including vegetarian, purees etc. Social support activities include outings, luncheon day outs, community restaurants, and games days.

Address

16 Jeanette Street, Regentville

Telephone

02 4733 7200

Email

admin@nepeanfoodservices.org.au

Website

nepeanfoodservices.org.au

NSW Health

(Youth, Mental Health)

Traxside Youth Health Service is a free and confidential service for young people aged 12 - 24 years of age who live in the Macarthur area, extending from Glenfield down to Bargo and Appin across to Warragamba. Traxside is part of the South Western Sydney Local Health District and can provide services at locations other than our Campbelltown premises by arrangement. We also provide outreach appointments at other community health centres in Macarthur.

Address

4 Langdon Avenue, Campbelltown

Telephone

0473 187 772

Email

SWSLHD-YouthHealthService@health. nsw.gov.au

Website

www.swslhd.health.nsw.gov.au/ communityhealth/centres_traxside. html

People with Disability Australia

(Disability)

People with Disability Australia (PWDA) is a national peak disability rights and advocacy organisation made up of and led by people with disability. PWDA represents the interests of people with all kinds of disability. We're a not-for-profit community-based organisation and our members comprise a diverse range of individuals and organisations from across Australia.

Our vision is for a socially just, accessible and inclusive community, in which the human rights, belonging, contribution, potential and diversity of all people with disability are recognised, respected and celebrated with pride.

We work both nationally and internationally, and our work is grounded in a human rights framework that recognises the United Nations human rights conventions and related mechanisms as fundamental tools for advancing the rights of people with disability. We deliver our programs, services and activities in partnership with our members and supporters as well as a variety of stakeholders across the government, disability, education and research sectors. We receive funding from a range of sources including the Australian Government, the New South Wales and

Queensland Governments, and donations from our supporters

Address

Level 8, 418A Elizabeth St, Surry Hills

Telephone

1800 422 015

Email

pwd@pwd.org.au

Website

www.pwd.org.au

Personal Support Solutions

(Aboriginal Service, Seniors, Housing, Mental Health, Disability, Child & Family, Culturally and Linguistically Diverse)

We are a locally owned and run business with over 30 years' experience working within the Disability, Mental Health and Community Services Sector. We are held in high regard within the community for our high-quality service delivery. Here at Personal Support Solutions we are dedicated and passionate about making a difference. We work from a personcentred, recovery-orientated practice model. This ensures a strength-based approach, making all goals achievable. Personal Support Solutions are dedicated to making a difference in the Disability and Psychosocial sector to increase inclusion for all.

Address

113 Sunrise Road, Yerrinbool

Telephone

02 4811 1562

Email

rebecca@personalsupportsolutions. com.au

Website

www.personalsupportsolutions.com.au

River Road Creative Communities Inc

(Seniors, Mental Health, Disability, Child & Family)

River Road Creative Communities is focused on providing regional communities free creative education and experiences, enabling social connectedness with fellow community members and engagement with highly experienced and local creative artists and mentors. We are based in Tahmoor and include the following community initiatives and projects:

- Creative Youth Drop In Sessions -Tuesday 7pm
- Men's Music Cave Last Sunday morning of the Month
- Dilly Choir Wednesday 7pm
- Ramshackle Orkestra Mondays 7pm
- Creative Dilly Bus various Wollondilly locations and days

Address

2/143 Remembrance Driveway, Tahmoor

Telephone

0408 617 143

Email

patrick@riverroad.edu.au

Website

riverroad.edu.au/creativecommunities

Scope

(Housing, Mental Health, Disability)

Through Scope, you can access a wide range of disability support services from therapy and communication support, and employment options to accommodation and social programs. All our services are led by friendly, caring specialists who are dedicated to working in partnership with you.

Address

21 Kirkham Street, Moss Vale

Telephone

1300 472 673

Email

contact@scopeaust.org.au

Website

www.scopeaust.org.au

Seniors Rights Service

(Seniors)

Seniors Rights Service is a not-for-profit community organisation that champions the rights of older people. They provide accessible legal services, aged care advocacy, information sessions, forums, and tailored advice to serve the community's needs.

Address

201/418a Elizabeth Street, Surry Hills

Telephone

02 9281 3600

Email

info@SeniorsRightsService.org.au

Website

seniorsrightsservice.org.au

South West Community Transport Ltd

(Seniors, Disability, Culturally and Linguistically Diverse, Aboriginal and Torres Strait Islanders)

South West Community Transport provides transport services to the elderly 65 years and over (50 years and over for Aboriginal and Torres Strait Islanders), NDIS Participants, their carers and those who may be transport disadvantaged. We offer services for residents living within the Camden, Campbelltown, Fairfield, Liverpool, Wollondilly and Wingecarribee local government areas.

We provide safe, reliable door to door transport to:

- · Medical and doctors appointments
- Hospital visits
- Shopping
- · Visiting family and friends
- Social outings both individual and group
- Exercise classes, church services and much more

We can also take you to medical appointments as far as the City. SWCT also holdings weekly exercise classes EMAA-Easy Moves for Active Ageing. Many of the exercises can be done in a seated position and can easily be replicated at home. All moves are modified to suit your ability level.

Address

10 Cary Grove, Minto

Telephone

02 9603 2106

Email

transport@swct.com.au

Website

swct.com.au

SSI

(Disability, Culturally and Linguistically Diverse)

SSI works with people to understand, access and navigate the NDIS and disability support in the community. We provide tailored support for people with disability based on your unique circumstances and needs, to help you reach your goals. Collectively, our staff speak over 100 languages and can often provide support in the language of your choice.

Address

26 Menangle Street, Picton

Telephone

1800 960 975

Email

ssilac@ndis.gov.au

Website

www.ssi.org.au/our-services/disability/local-area-coordination

Tender Loving Care Aged Care & Paramedical Health

(Aboriginal Service, Seniors, Mental Health, Disability)

TLC have taken over Paramedical Health. We service the community for people living with a disability and Aged Care. We will be commencing day programs in the near future.

Address

Unit 4, Level 1/152-158 Remembrance Driveway, Tahmoor

Telephone

1300 745 768

Email

reception@paramedicalhealth.com.au

Website

www.paramedicalhealth.com.au or www.tenderlovingcare.com.au

Uniting

(Housing, Mental Health, Disability, Child & Family, Culturally and Linguistically Diverse, Youth)

Uniting NSW.ACT (Uniting) provides care and support for people through all ages and stages of life. In the Wollondilly Shire, Uniting provide services in the areas of family support, youth services, early learning, disability, community and mental health services. With our values: Compassionate, Respectful, Bold, and Imaginative we work to inspire people, enliven communities and confront injustice.

Address

6-8 Iolanthe Street, Campbelltown

Telephone

1800 864 846

Email

www.uniting.org/home

Website

www.ssi.org.au/our-services/disability/local-area-coordination

Uniting Doors for Youth, Transitional & Residential

(Housing, Mental Health, Disability, Child & Family, Culturally and Linguistically Diverse, Youth)

The program covers the Campbelltown, Macarthur and Wollondilly district with offices in Campbelltown and Tahmoor. We provide specialist homelessness services for Young People aged between 12 and 24 years, who are homeless or at risk of homelessness. The program focuses on building a young person's capacity and skills so they can live independently with confidence. Our staff provide ongoing casework, advocacy, emotional support, practical help and referral to education, employment, health, mental health, drug and alcohol, legal and financial support services.

Address

6 Harper Close, Tahmoor

Telephone

(02) 4629 5159

Email

doorwaysfamilymac@uniting.org

Uniting Doorways for Men & Families

(Men, Child & Family, Homelessness, Mental Health)

The program covers the Campbelltown, Macarthur and Wollondilly district with offices in Campbelltown and Tahmoor. We provide specialist homelessness services for Men with families, including couples with families. We work to prevent homelessness and support families to become housed when they are homeless. Our staff provide ongoing casework, advocacy, emotional support, practical help and information to assist families access a broad range of services to address issues impacting on them including financial, legal, debts, rental arrears, health, substance use, mental health, family issues, social and educational issues and employment.

Address

6 Harper Close, Tahmoor

Telephone

02 4629 5159

Email

doorwaysfamilymac@uniting.org

Warragamba Silverdale Neighbourhood Centre

(Aboriginal Service, Seniors, Child & Family, Youth, Culturally and Linguistically Diverse)

We can help with Community Events, Community Programs, Early Intervention Programs, Information and Referral, Supported Playgroups, Crisis Assistance, Food Bank, Energy Account Payment Assistance, Daycare, and Computer Internet Access and Printing.

Address

Corner Weir Road & Fourteenth Street, Warragamba

Telephone

02 4774 1273

Email

community@wsnc.org.au

Website

www.facebook.com/wsncinc

Youth Solutions (Youth)

Youth Solutions delivers health promotion and substance use prevention programs, outreach work and campaigns to young people aged 12 - 25 years across Macarthur and Wingecarribee. Through our work we seek to empower young people to make informed choices for good health and build their capacities to access support for alcohol and other drug issues.

Address

Suite 13, Level 4 Macarthur Square Shopping Centre, Gilchrist Drive, Campbelltown

Telephone

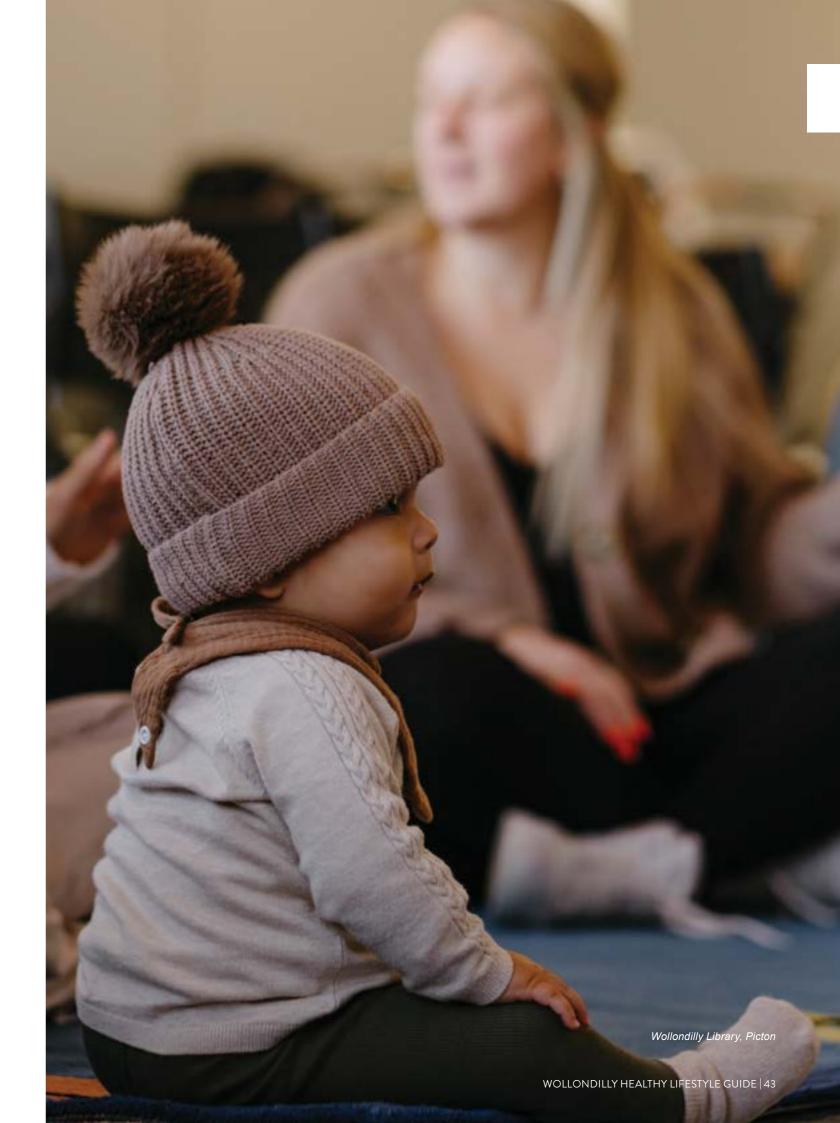
02 4628 2319

Email

info@youthsolutions.com.au

Website

youthsolutions.com.au



VOLUNTEERING, SOCIAL GROUPS & COMMUNITY WELLBEING DIRECTORY

Appin Men's Shed Inc

(Community Wellbeing, Social Group)

Appin Men's Shed is a friendly place that provides support and activities for men of the Community. All men over 18 who have a little time on their hands are welcome to join and share their skills, learn more skills or just sit and talk to other men.

Address

40 Sportsground Parade, Appin

Telephone

Paul Parkes 0466 391 508 Raymond Slee 0417 485 037

Email

rayslee@bigpond.net.au

Fee

Yes

Bargo Men's Shed

(Community Wellbeing, Social Group)

Caring for men's health whilst building mateship and support. Activities: Woodwork, metal work, fund raising, excursions and community projects. We also meet every Friday for the Coffee Club. We just catch up for a chat and a coffee from 11.00am at the Bargo Sports Club, Bargo.

Address

237 Great Southern Road, Bargo

Telephone

0402 078 106

Email

bargomensshed@outlook.com

Fee

\$50.00 per year and a gold coin donation when you visit the shed

Greyhound Rescue

(Community Wellbeing, Social Group and Volunteering)

Volunteers are the very backbone of what we do at Greyhound Rescue, and we are always grateful for more help. Our kennel volunteers care for the hounds at Greysland, our facility in Sydney's southern rural fringe.

In this role you will provide basic care to greyhounds and attend to their daily needs, including cleaning kennels and performing animal handling duties. You will be part of a fun, welcoming and dedicated team who share a commitment to helping and caring for greyhounds. To volunteer you must:

- Have a love of greyhounds and a commitment to their welfare
- Complete online training and attend an induction shift
- Be available for a minimum of one, 4-hour shift per month and commit to the shifts you have agreed to, communicating any changes or cancellation in advance (where possible)
- Have your own transport; Greysland is not accessible by public transport

Address

Bargo

Email

info@greyhoundrescue.com.au

Website

www.greyhoundrescue.com.au

Fee

N/A

Menangle Men's Shed Association Inc

(Community Wellbeing, Social Group)

A meeting of men of all ages to join in various activities such as woodwork, metal work or just having a chat and a cup of tea. The Menangle Men's Shed aims to support men's health and wellbeing. Operating hours are Monday, 8.30am to 12pm.

Address

1 Stevens Road, Menangle

Telephone

0409 246 117

Email

mensshedmenangle@gmail.com

Fee

\$40 annually

Oakdale Men's Shed

(Community Wellbeing, Social Group)

Oakdale Men's Shed is a friendly place that provides support and activities for men of the Community. All men over 18 who have a little time on their hands are welcome to join and share their skills, learn more skills or just sit and talk to other men.

Address

1605 Burragorang Road, Oakdale

Telephone

0428 596 383

Email

Phillip.laurettehughes@gmail.com

Fee

Yes

One Stop Community Assistance (OSCA)

We are strong believers of the POWER OF COMMUNITY to deliver positive outcomes.

We are here to provide:

- Help for victims of natural / civil disasters
- Relief of old age / disabled where there is no financial need
- Conserve and protect the natural environment
- Provide recreational facilities which are open to everyone
- Provide recreational facilities for particular beneficiary groups such as people with disabilities or the elderly
- Other similar purposes benefiting the general public

Telephone

0413 003 601

Email

oscainc2021@gmail.com

Picton and District Historical & Family History Society Inc

(Community Wellbeing, Social Group)

The Picton and District Historical and Family History Society promote the history of Picton and District through research and writing, and gathering information to make available to the public. We also are a family history society who work to assist members in family history research not specific to the area. The Picton and District Historical and Family History Society produce a Journal three times per year.

Address

Wollondilly Library, 42 Menangle Street, Picton

Email

pictonheritage@outlook.com

Website

www.pictonheritage.org.au

Fee

\$15 annual for concession

Picton District Country Women's Association

(Community Wellbeing, Social Group and Volunteering)

Country Women's Association of NSW has been supporting women, children and their communities for over 100 years. The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children. We reach that aim in various ways including lobbying for change, helping the local community, creating a network of support and meeting together in towns and cities. The Picton District Country Womens Association meets on the 3rd Friday of the month

Address

Wollondilly Community Nursery Meeting Room, Wonga Rd, Picton

Telephone

0413 038 662

Email

myrtleandme@hotmail.com

Website

www.cwaofnsw.org.au

Fee

Annual membership charge of \$47

Picton District PROBUS Club Inc

(Community Wellbeing, Social Group)

Picton District PROBUS meets at the Picton Bowling Club on the 4th Tuesday of the month at 11am. We have morning tea, our meeting and a guest speaker. We also have several activities during the month, such as lunch, that members can attend. Our aim is to provide fun, friendship and fellowship. Our members are from all areas in the Wollondilly Shire.

Address

PO Box 614 Picton 2571 (Post)

Telephone

0405 420 438

Email

robert wynne@bigmail.com

Website

www.probussouthpacific.org/ microsites/pictond

Fee

After attending several meetings if someone wants to join the club there is an annual membership cost of \$35

Stratford Garden

(Seniors)

We are creating a beautiful over 55's lifestyle community with resort like facilities located in Tahmoor. We are within walking distance to supermarkets, shops, train station and all your local amenities.

We will offer 220 homes with a state-of-the-art country club including a cinema room, lounge with fireplace, dining room, commercial kitchen, bar, sports / games area, multi-purpose room, consulting room, indoor pool, sauna, wellness area with gym to name a few. There will also be a bowling green and pickleball courts along with an outdoor firepit and BBQ facilities. We are also a pet friendly community for those who have pets within their homes.

Our community is the only land lease community in the south western corridor. There are many advantages for you within a land lease community such as no stamp duty, no entry or exit fees, 100% capital gains to you as the home owner, and no refurbishment costs to name a few.

Address

20 Rockford Road, Tahmoor

Telephone

0477 083 688

Email

Sales@stratfordgardens.com.au

Website

vivacityproperty.com.au/stratford-gardens/

Tahmoor Uniting Men's Shed Inc

(Community Wellbeing, Social Group)

The purpose of Tahmoor Uniting Men's Shed is to promote fellowship, social harmony, and a focus on keeping an active mind by sharing skills and promoting ideas in an informal community environment for men. The shed opening hours are Tuesday & Thursday 8.30 - 2.30 at 110 Thirlmere Way Tahmoor.

Address

110 Thirlmere Way, Tahmoor

Telephone

02 4681 8442

Email

tahmoorunitingmensshedinc@gmail.com

Fee

To become a member of Men's Shed a fee will apply, \$30 per year. To be involved in using equipment and building projects a cost of \$50 per year applies, individuals may have to supply their own materials.

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Warradale Men's Shed Inc

(Community Wellbeing, Social Group)

Warradale Men's Shed is a community, Not for Profit Men's Shed operating to provide to men of the community a safe place for them to join with other men to learn skills, share skills and to provide a place to relieve social isolation. Members find that it is a place where they can repair items and make items, both in the woodworking workshop and metal workshop or just come and talk about life experiences and health problems to help the mental health of the community. The Shed has extensive workshops of quality tools and some existing members have extensive skills in using them to share. The tools allow for quality repairs and we make quality items for the Community. The cost of membership is low. We are affiliated with the Australian Men's Shed Association (AMSA). The Shed is set up in a safe manner for operation and has safety protocols in place. We have a Committee and a Constitution and are a registered Charity and have a Deductive Gift Recipient (DGR) Status. Our operations are strongly supported by Wollondilly Shire Council and by all levels of Government. We provide facilities for use by those with a disability and have suitable disability access.

Address

10 Eighteenth Street, Warragamba

Telephone

0493 847 191

Email

warradalemensshed4@gmail.com

Website

www.warradalemensshed.org.au

Fee

\$25 annual membership

Wilton Anglican Church

(Community Wellbeing, Social Group and Volunteering)

We run weekly activities for the community of Wilton:

Youth Group: Fridays 6:30 - 9pm for high school aged youth. All welcome. With friendship, mentoring, games, supper and Christian teaching. \$5pp

Kids Club: Thursdays 4 - 5:30pm for primary school aged children. All welcome. With afternoon tea, games, Christian teaching, and craft. \$3pp.

Playtime: Thursdays 9:30 - 11am for ages 0-5 and their carers. With play experiences, craft, stories, singing and more. \$3pp.

Address

Argyle St, Wilton

Telephone

02 4630 8888

Email

hello@pwac.org.au

Website

pwac.org.au/wilton

Fee

see above

Wollondilly Heritage Centre & Museum

(Community Wellbeing, Social Group and Volunteering)

The Heritage Centre has many volunteer roles and if you like local history then this is the place for you. The Oaks Historical Society trained volunteers provide visitors with a unique insight into Wollondilly's local history. Research, tours, talks, morning teas, exhibition developments, generally helping out to keep the centre open. You can choose what you enjoy doing and meet a very inclusive and friendly group of people.

The Oaks Historical Society Inc holds its meetings on the first Monday of each month (except January) at the Wollondilly Heritage Centre, 43 Edward Street, The Oaks, starting at 7:00pm. Guest Speakers are invited each month. Visitors are very welcome.

Address

43 Edward Street, The Oaks

Telephone

02 4657 1796 or 0414 703 204

Email

tohs1988@bigpond.net.au

Website

www.wollondillymuseum.org.au

Fee

N/A

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