

# Support Groups



[www.shoalhaven.nsw.gov.au](http://www.shoalhaven.nsw.gov.au)

*Shoalhaven*  
City Council



**February 2015**

A service guide for people with health issues and their carers living in the Shoalhaven.

For further information:  
Community Development Officer  
Ageing and Disability  
Shoalhaven City Council  
Phone: 4429 3411

For more detailed contacts please use the electronic community directory

<http://shoalhaven.nsw.gov.au/MyCommunity/Communitydirectory.aspx>

Translating and interpreting services can be arranged to assist with information in this brochure by calling the telephone interpreter service (TIS) on 13 14 50

This project is funded by Shoalhaven City Council  
***Information correct at time of printing, subject to change without notice***

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The logo for Shoalhaven City Council, featuring the word "Shoalhaven" in a stylized, cursive font above the words "City Council" in a simpler, sans-serif font.

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## **Adolescent Pregnancy**

**Adolescent Pregnancy /Parenting Support** (02) 4423 9207

**Location:** Crossroads Youth Health Centre

**Time:** 1pm – 3pm school terms

**When:** Tuesday

**Description:** The group caters for pregnant women up to the age of 24 years. Information: on pregnancy, healthy lifestyles, improving comfort through exercise, financial advice, practical parenting and breastfeeding, labour and birth.

## **Acquired Brain Injury**

**Acquired Brain Injury** 0412 870 421

**Location:** The Tea Community Café, Bomaderry Plaza

**Time:** 9.30 am – 11.00 am

**When:** First Thursday of the month.

**Description:** The group is run by carers.

## **Arthritis**

**Ulladulla/Milton Arthritis Support Group**

(02) 4454 0205

**Location:** Ulladulla Community Resources Centre

**Time:** 9.30 am

**When:** Third Wednesday of the month Feb-Nov

**Description:** Support group for people with arthritis. We provide information and education on how to cope with arthritis.

**Nowra Support Group****(02) 4421 2953****Location:** Cafe Nowra which is next to the Red Cross Centre in Stewart Place**Time:** 10am**When:** 1st Thursday of the month**Description:** Support, discussion for people with arthritis.

## **Autism**

**Shoalhaven Autism Support Group****(02) 4428 9002****Location:** Sanctuary Point Connect**Time:** 10.00 am**When:** First Monday**Description:** The group aims to raise awareness and provide support for families/carers/educationalists dealing with Autism Spectrum including Asperger Syndrome and PDD. Phone advice given as well as news and conference information.

## **Babies**

**Nowra New Mothers****Bookings Essential****(02) 4424 6300****Location:** Community Health Centre Nowra, 5-7 Lawrence Ave**Time:** 10-12**When:** Usually Mondays**Description:** Group 0-4 month (no toddlers) for 5-6 weeks

Topics include adjusting to parenting, sleep, growth &amp; development, early childhood illnesses, good venue for meeting other new mothers.

**Drop in Breast Feeding Group (02) 4424 6460**

**Location:** Family Care Centre Nowra, 66 Berry St

**Description:** Support for new and experienced breast feeding mothers with feeding issues. Lactation consultant usually present. No need to book.

**Nowra Mothers Walking Group (02) 4424 6300**

**Location:** Scenic Drive car park opposite swimming pool

**Time:** 9:30am

**When:** Wednesday

**Description:** Early Childhood Nurse usually present. Will be cancelled on rainy days.

**Shoalhaven Heads Walking Group (02) 4424 6300**

**Location:** Shoalhaven Heads Community Centre.

**Time:** 9:30am

**When:** Wednesday

**Description:** Early Childhood Nurse usually present. Will be cancelled on rainy days.

**St George Basin New Mothers Group**

**Bookings Essential**

**(02) 4447 8646**

**Time:** 10-12

**When:** Usually Mondays

**Description:** Run periodically as need arises in the area

Group 0-4 month (no toddlers) for 5-6 weeks

Topics include adjusting to parenting, sleep, growth & development, early childhood illnesses, good venue for meeting other new mothers.

## **Bereavement Support**

**The Compassionate Friends N.S.W. Inc. - Nowra Chapter**

**(02) 9290 2355**

**When:** 4<sup>th</sup> Friday East Nowra Neighbourhood Centre

## **Cancer**

### **Multiple Myeloma Support**

**(02) 4423 4205**

**Location:** Bomaderry Bowling Club

**Time:** 10.00am – 12.00 noon

**When:** Second Monday

### **Breast Cancer Support Group**

**(02) 4464 2555**

**Location:** Shoalhaven Ex-servicemen's Club Nowra

**Time:** 10.30

**When:** 1<sup>st</sup> Thursday

### **Bay & Basin Cancer Support**

**(02) 4443 3275**

**Location:** St Georges Basin Country Club

**Time:** 10.00 am – 12.00 noon

**When:** Second Thursday

**Description:** A group formed to give help and support to cancer sufferers both male and female.

### **Shoalhaven Prostate Cancer Support Group**

**(02) 4421 2543**

**Location:** Bomaderry Bowling Club

**Time:** 10.00 am

**When:** Fourth Thursday

**Description:** Provide a safe place where men affected by prostate cancer (and their wives and partners) can support each other, develop friendships, share ideas and thoughts, obtain information from health professionals, and learn coping skills in a non-judgemental and caring atmosphere.

### **The Triple C Club**

**0417 686 028**

**(Cancer, Compassion & Confidence)**

**Location:** Milton/Ulladulla Community Cancer Centre

**Time:** 1.00 pm – 3.00 pm

**When:** Last Thursday of the month.

**Description:** Milton/Ulladulla general cancer support group.

**Sussex Inlet Cancer Support Group** (02) 4441 0155

**Location:** Sussex Inlet Neighbourhood Centre

**Time:** 10.00 am – 12.00 noon

**When:** Second Friday

**Description:** The group provides both emotional and practical support to all cancer patients, family and friends regardless of gender or particular cancer illness. Anyone is welcome to attend. The group is registered with the Cancer Council of NSW.

## **Carers**

**Illawarra Shoalhaven Local Health District Carer Program**

(02) 4424 6357

**Location:** Nowra Community Health

Provides information, education and support to carers of people with a chronic illness, mental illness, disability, frail aged, or has a drug or alcohol addiction. It also has a free counselling service on 1300 792 755.

**Ulladulla Carers Support Group**

(02) 4455 5366

**Location:** Ulladulla Community Health Centre

**Time:** 10.30 am – 12.30 pm

**When:** Fourth Monday

**Shoalhaven Carers Group**

(02) 4424 7100

**Location:** Anglicare Shoalhaven Community Care  
47 West St Nowra

**Time:** 10.00 am – 12.00 noon

**When:** Second Tuesday

**Description:** Open to all carers.



**Nowra Carers Support Group** (02) 4421 0975

**Location:** 39 Holloway Rd East Nowra

**Time:** 10.30 am – 12.30 pm

**When:** Fourth Wednesday

**Description:** Support group for people who are caring for or have cared for someone with dementia. Resource library is available for information. We offer support, referrals by qualified staff and from other members of the group in a similar situation.

**Bay & Basin Carers Group** (02) 4443 3275

**Bay and Basin Community Resources**

**Location:** St Georges Basin Country Club

**Time:** 10.00 am – 12.00 pm

**When:** Every 2nd Thursday.

**Sussex Inlet Carer Connect** 1800 052 222

**Location:** Sussex Inlet Neighbourhood Centre

**Time:** 10am-12 noon

**When:** 1<sup>st</sup> Friday of the month

**Carer Support** (02) 4422 4905

**Location:** 3/98 Worrigea St Nowra

**Time:** 1pm

**When:** Weekly Thursdays

## **Coeliac**

**Coeliac Shoalhaven** (02) 9487 5088

**Location:** Nowra Library Meeting Room

**Time:** Please ring for details

**Description:** Provides support to those diagnosed with coeliac disease, dermatitis herpetiformis or those who medically require a gluten free diet for another reason.

# Crohn's and Colitis

## **Crohn's and Colitis Support Group**

**0413 747 394**

**Location:** A coffee shop in Nowra phone for details

**When:** 3rd Tuesday of every third month

**Description:** This support group is for people with Crohn's Disease and Ulcerative Colitis (an inflammatory bowel disease). The purpose of the group is for people to come together and discuss their experiences, support each other and share information and resources in a mutually supportive environment.

# Diabetes

## **Diabetes Australia NSW - Milton/Ulladulla Branch**

**(02) 4455 2452**

**Location:** Ulladulla Bowling Club Auditorium

**Time:** 1.00 pm

**When:** First Wednesday of the Quarter.

**Description:** Support and education group for all people with diabetes and their carers. Lobby group for support services for people with diabetes. Special guest arranged as necessary, regular guests and diabetes educator available.

# Disability

## **Shoalhaven Self Advocacy Group**

**(02) 4226 1597**

**Location:** Please call

**Time:** 11.30 – 1.30pm

**When:** 1<sup>st</sup> Saturday of each month

**Description:** Supports people to increase their skills, knowledge and confidence so they can speak up for themselves. Guest speakers, share information, social outings and activities, free lunch provided

## **Education/Resources**

### **Aftercare's Family and Carers Education and Support Program (02) 4422 1547**

The Family and Carers Education and Support (FACES) Program includes a range of support services for families and carers of people with a mental illness. FACES program offers education to carers in the form of workshops and education programs including web-based, self-directed exercises. FACES provide practical support to carers and outreach support to families and friends via the telephone or face to face.

### **Carers NSW (02) 4285 0155**

### **Carer Line 1800 242 636**

**Web:** [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

Carers NSW provides general family and carer support as well as specific support for families of people caring for someone with a mental illness. Carers NSW provides information and referral, support and counselling, education and training, policy analysis and development, systemic advocacy and lobbying.

**Referral:** Service or self

**Fee:** No charge

## **Grandparents Raising Grandchildren**

**Grandparents Raising Grandchildren** (02) 4448 2000

**Location:** Ulladulla and Nowra meetings

**Time:** Ring for location and times

**Description:** Support group under the auspices of Mission Australia. Provide advocacy, support, referral and information, for grandparents raising their grandchildren.

## **Men**

**MEN4LIFE – Nowra** 0431 549 593

**Location:** Nowra Youth Centre – Cnr Kinghorne and Plunkett

**Time:** 6pm

**When:** Tuesday

**Description:** A support group for men with any problems relating to personal problems, relationship breakdown, separation, child contact, loneliness, workplace issues, money hassles, just to name a few. A support group for men. Caring and understanding.

## **Mental Health**

**Carers Morning Tea** (02) 4422 1547

**Location:** Aftercare/FACES office 52a Worrigea Street Nowra

**When:** 3rd Wednesday of each month 10.00-11.30

**Description:** Megan Green, Carer Consultant, with Family and Carer Mental Health Program NSW will be available to talk with carers about any concerns.

**Carer Morning Tea Group** (02) 4422 1547

**Location:** Aftercare/FACES office 52a Worrigea Street Nowra

**When:** 2nd Friday of each month 10.00-11.30

**Description:** Specifically for carers who are supporting someone who has a personality disorder.

## **Myositis**

### **Myositis Support Group**

**(02) 4464 2043**

**Location:** Phone for information.

**Description:** A support group for people suffering from all forms of Myositis through meetings, seminars and newsletters.

## **Pain**

### **Shoalhaven Pain Support Group**

**(02) 4421 0650**

**Location:** AFL Hall, Artie Smith Oval, Cambewarra Rd, Bomaderry

**Time:** 10.00 am most arrive 9.15am

**When:** Second and Fourth Friday.

**Description:** Support group for people with longstanding pain and their carers. Guest speakers are invited to each meeting and outings are held every 6 weeks from a picnic in the park to lunch at a club.

## **Parkinson**

### **Carers of People with Parkinson Support**

**(02) 4424 6341**

**Location :** Nowra Community Health Centre

**Time:** 10am – 12 pm

**When:** Every 3rd Monday of the month

**Description:** The new Carers of People with Parkinson's, Parkinsonism or Parkinson's Plus Conditions Support Group.

**Parkinson Support Shoalhaven Shakers** (02) 4441 7825

**Location:** Nowra Masonic Hall, Moss St, Nowra

**Time:** 10.00 am

**When:** First Wednesday

**Description:** Provide support to Parkinson's disease sufferers and their carers through meetings in Nowra and Ulladulla and other services.

**Parkinson Support Shoalhaven Shakers** (02) 4454 0747

**Location:** St Vincent's Church Hall, Ulladulla

**Time:** 10.00 am

**When:** Third Wednesday

**Description:** Provide support to Parkinson's disease sufferers and their carers through meetings in Nowra and Ulladulla and other services.

**Carers of People with Parkinson Support** (02) 4424 6341

**Location :** Ulladulla Community Health Centre

**Time:** 10am – 12 pm

**When:** 1<sup>st</sup> Thursday of the month

**Description:** The new Carers of People with Parkinson's, Parkinsonism or Parkinson's Plus Conditions Support Group.

## **Poliomyelitis/Post Polio**

**Poliomyelitis/Post Polio Support Group** (02) 4448 5005

**Location:** Meeting Room, Nowra Library, Berry St, Nowra

**Time:** 2.00pm – 4.00pm

**When:** Third Friday

**Description:** This group holds meetings to support and offer friendship to post polio survivors.

## Stroke

### **Nowra Stroke and Carers Group**

**(02) 4422 1353**

**Location:** West St Tennis Rooms Nowra

**Time:** 10.00 am – 12.00 noon

**When:** 3rd Wednesday of the month

**Description:** Support for stroke survivors and their carers through meetings, outings, guest speakers and activities.

### **Ulladulla Stroke Recovery Club**

**1300 650 594**

**Location:** Catholic Hall, Green St, Ulladulla

**Time:** 10.00 am – 12.00 noon

**When:** Third Friday

**Description:** The Ulladulla Stroke Recovery Club conducts meetings to support stroke survivors and their carers through meetings, outings, guest speakers and activities.

## Vision

### **Vision Impaired**

**(02) 4455 2861**

**Location:** Meals on Wheels office St Vincent's Street Ulladulla

**Time:** 10am to 12.30

**When:** Last Friday of the month

**Description:** Discussions, exchange of information, social activities, guest speakers.

## Useful Contacts

<b>Alzheimer Association</b>	1800 100 500
<b>Dementia Association</b>	1800 100 500
<b>Cancer Council</b>	131 120
<b>CatholicCare Counselling</b>	(02) 4424 6300
<b>Commonwealth Care Link</b>	1800 052 222
<b>Home and Community Care</b>	(02) 4429 3411

Services are for the elderly and people with a disability who live at home and their carers.

- Personal Care
- Domestic
- Respite
- Social Support
- Transport
- Dementia Support
- Case Management

<b>Lifeline</b>	131 114
<b>National Disability Services</b>	(02) 9256 3100
<b>NSW Carers</b>	1800 242 636
<b>Problem Gambling Help Line</b>	1800 858 858
<b>Shoalhaven Information &amp; Advocacy</b>	(02) 4428 9000

(The Disability Trust)