

# INNER WEST

## Seniors Directory

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Council acknowledged the Gadigal and Wangal peoples of the Eora Nation, who are the traditional custodians of the lands in which the Inner West Local Government Area is situated.



## LGA Wards

- Balmain Ward – Baludarri (Leather Jacket)
- Leichhardt Ward – Gulgadya (Grass Tree)
- Ashfield Ward – Djarrawunang (Magpie)
- Stanmore Ward – Damun (Port Jackson Fig)
- Marrickville Ward – Midjuburi (Lillypilly)



## Mayor's Message

Inner West Council is committed to supporting our older residents and helping them to age well.

Many of the seniors in the Inner West are long term residents who have helped build the Inner West into the place that it is today. I thank all our seniors for their continued contribution to our community.

This Seniors Directory aims to help Inner West seniors remain independent, healthy, and productive members of our community.

With information on not for profit, government, and charity organisations, this easy to navigate directory will help you to connect with a range of local support services and programs that help seniors get the most out of life.

Whether you're after health, financial or legal advice – or perhaps day-to-day support at home – it's all here.

We think that this Directory will not only be a great resource for older residents, but a useful tool for carers, family members and service providers.



Clr Darcy Byrne  
Inner West Mayor

To contact a member of the Healthy Ageing Team please email: [seniors@innerwest.nsw.gov.au](mailto:seniors@innerwest.nsw.gov.au) or leave a message by phoning (02) 9392 5863. Staff review messages regularly so leave your name and contact phone number. You can also call Inner West Council Customer Service on Ph: 9392 5000 or visit [www.innerwest.nsw.gov.au/seniors](http://www.innerwest.nsw.gov.au/seniors).

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## Emergency and Safety Information

In an EMERGENCY Dial 000 (24-hour service)

The operator will ask what service you require (Fire, Police, Ambulance) then the location of the emergency and the nearest cross street.

For NON-EMERGENCY situations phone  
Police Assistance Line T: 131 444

### Police Area Commands

Campsie Police Station: 9784 9399

Leichhardt Police Station: 9552 8099

Inner West Police Station: 9568 9299

Burwood Police Station: 9745 8499

Ashfield Police Station: 9797 4099

### State Emergency Service

Flood, Storm, and Tsunami: 132 500

### Covid-19 safety for older people

The risk of serious illness from COVID-19 increases with age. The rate is higher for those with other serious health conditions or a weakened immune system.

### To stay COVID-Safe:

When you are out it is recommended you wear a mask, stay 1.5m away from other people and maintain good hand hygiene.

Get tested if you have any symptoms, even if they are only mild, and speak to your GP. Make sure you continue to attend any medical appointments you may have.

For more information visit this website below:  
[www.nsw.gov.au/covid-19/stay-safe/higher-risk-groups/seniors](http://www.nsw.gov.au/covid-19/stay-safe/higher-risk-groups/seniors)

### National Coronavirus Helpline

Phone: 1800 020 080

## Aquatic Centres

Access to five aquatic centres and three gyms on one universal card. Find out more and sign up today through the Inner West Fitness Pass page. Discounts for seniors, conditions apply.

[www.innerwest.nsw.gov.au/explore/aquatic-centres/inner-west-fitness-pass/inner-west-fitness-pass](http://www.innerwest.nsw.gov.au/explore/aquatic-centres/inner-west-fitness-pass/inner-west-fitness-pass)

### Annette Kellerman Aquatic Centre

Facilities include: Three pools, swim classes, gym, fitness classes, creche, cafe, meeting room.

Phone: (02) 9392 5400

Web: [www.innerwest.nsw.gov.au/explore/aquatic-centres/annette-kellerman-aquatic-centre](http://www.innerwest.nsw.gov.au/explore/aquatic-centres/annette-kellerman-aquatic-centre)

Address: Enmore Park, Black Street, Marrickville NSW 2204

### Fanny Durack Aquatic Centre

Facilities include: Two pools, aqua aerobics classes.

Phone: (02) 9392 5400

Web: [www.innerwest.nsw.gov.au/explore/aquatic-centres/fanny-durack-aquatic-centre](http://www.innerwest.nsw.gov.au/explore/aquatic-centres/fanny-durack-aquatic-centre)

Address: Petersham Park, Station Street, Petersham NSW 2049

### Ashfield Aquatic Centre

Facilities include: Five pools, swim classes, group fitness classes, personal training, creche, café, spa, sauna, steam room.

Phone: (02) 9392 5400

Web: [www.innerwest.nsw.gov.au/explore/aquatic-centres/ashfield-aquatic-centre](http://www.innerwest.nsw.gov.au/explore/aquatic-centres/ashfield-aquatic-centre)

Address: Frederick and Elizabeth Street, Ashfield NSW 2131

### Leichhardt Park Aquatic Centre

Facilities include: Six pools, swim classes, gym, fitness classes, creche, cafe.

Phone: (02) 9392 5400

Web: [www.innerwest.nsw.gov.au/explore/aquatic-centres/leichhardt-park-aquatic-centre](http://www.innerwest.nsw.gov.au/explore/aquatic-centres/leichhardt-park-aquatic-centre)

Address: Leichhardt Park, Mary Street, Lilyfield NSW 2040

### Dawn Fraser Baths

Facilities include: Tidal saltwater pool, change rooms, hot showers, kiosk.

Phone: (02) 9392 5400

Web: [www.innerwest.nsw.gov.au/explore/aquatic-centres/dawn-fraser-baths](http://www.innerwest.nsw.gov.au/explore/aquatic-centres/dawn-fraser-baths)

Address: Elkington Park, Fitzroy Avenue, Balmain NSW 2041

## Community Centres and Partners

Community Centres host a variety of activities and, while not all centres offer the same services, collectively they offer programs, home services, individual support, community groups, environmental and artistic pursuits. Visit the website or call for up-to-date information about the specific programs available and opening hours.

### Addison Road (Addison Road Community Organisation)

Phone: (02) 9569 7633

Web: [www.addiroad.org.au](http://www.addiroad.org.au)

Address: 142 Addison Road, Marrickville NSW 2204

### Annandale Community Centre

A local facility that delivers a broad range of activities and programs, and supports local community groups.

Also available for hire.

Phone: (02) 9392 5419

Web: [www.innerwest.nsw.gov.au/explore/venues-for-hire/community-centres/annandale-community-centre](http://www.innerwest.nsw.gov.au/explore/venues-for-hire/community-centres/annandale-community-centre)

Address: 79 Johnston Street, Annandale NSW 2038

### Canterbury City Community Centre

Includes a garden care service, support at home, social inclusion and wellness service, volunteer opportunities, training and education. Please note there is no longer a Justice of the Peace service.

Phone: (02) 9750 9344

Web: [www.4cs.org.au](http://www.4cs.org.au)

Address: 130 Railway Parade, Lakemba NSW 2195

### Hannaford Community Centre

A local facility that delivers a broad range of activities and programs, and supports local community groups.

Also available for hire.

Phone: (02) 9392 5869

Web: [www.innerwest.nsw.gov.au/places-spaces/community-facilities-and-town-halls/hannaford-community-centre#activities](http://www.innerwest.nsw.gov.au/places-spaces/community-facilities-and-town-halls/hannaford-community-centre#activities)

Address: 608 Darling Street, Rozelle NSW 2039

### Jimmy Little Community Centre

A local facility that supports classes, programs and support groups, also available for hire.

Phone: (02) 9392 5000 (Inner West Council Customer Service)

Web: [www.innerwest.nsw.gov.au/places-spaces/community-facilities-and-town-halls/jimmy-little-community-centre](http://www.innerwest.nsw.gov.au/places-spaces/community-facilities-and-town-halls/jimmy-little-community-centre)

Address: 19 Cecily Street, Lilyfield NSW 2040

### Newtown Neighbourhood Centre

A local centre that supports seniors' activities, programs, information and referrals, homelessness, and boarding house specialist. Also has rooms available for hire.

Phone: (02) 9564 7333

Web: [www.newtowncentre.org](http://www.newtowncentre.org)

Address: 11-13 Darley Road, Newtown NSW 2042

### Summer Hill Community Centre - 3Bridges

Provides information and assistance to residents and implements programs to meet community needs.

Also has rooms available for hire.

Phone: 1300 327 434

Web: [3bridges.org.au](http://3bridges.org.au)

Address: 131 Smith Street, Summer Hill NSW 2130

### Together2 (formerly Rozelle Neighbourhood Centre)

Provides a range of drop-in services and a meeting place for individuals and groups, as well as community projects, events and services.

Phone: (02) 9556 9500

Web: [together2.org.au](http://together2.org.au)

Address: 754 Darling Street, Rozelle NSW 2039



## Council buses

### Bus Hire

Inner West Council provides several different buses for hire by community groups.

Phone: (02) 9392 5000

Web: [www.innerwest.nsw.gov.au/explore/getting-around/community-buses](http://www.innerwest.nsw.gov.au/explore/getting-around/community-buses)

## Grants

### Inner West Council Grants Program

The grants supply financial assistance for innovative, creative and sustainable initiatives that support and develop the local community. There are several Grant streams within the Inner West Council. To access information about the various grants available, visit the Inner West Council Grants page:

Phone: (02) 9392 5000

Web: [www.innerwest.nsw.gov.au/contribute/grants](http://www.innerwest.nsw.gov.au/contribute/grants)

## Libraries

There are eight libraries across the inner west: Ashfield, Balmain, Dulwich Hill (Emanuel Tsardoulis Community), Haberfield, Leichhardt, Stanmore, St Peters/Sydenham, and Council's historical archive centre in Petersham. Each library is unique with community language collections, author talks and other presentations, historical archives and more. Libraries deliver community initiatives and home library services. It is worth finding out more by visiting:

Web: [www.innerwest.nsw.gov.au/explore/libraries/find-a-library](http://www.innerwest.nsw.gov.au/explore/libraries/find-a-library)

Contact: [library@innerwest.nsw.gov.au](mailto:library@innerwest.nsw.gov.au)

### Ashfield Library

Phone: (02) 9392 5588

Address: Level 3, 260 Liverpool Road, Ashfield NSW 2131

### Balmain Library

Phone: (02) 9392 5588

Address: 370 Darling Street, Balmain NSW 2041

### Dulwich Hill Library (Emanuel Tsardoulis)

Phone: (02) 9392 5588

Address: 362-372 New Canterbury Road, Dulwich Hill NSW 2203

### Haberfield Library

Phone: (02) 9392 5588

Address: 78 Dalhousie Street, Haberfield NSW 2045

### Leichhardt Library

Phone: (02) 9392 5588

Address: Piazza Level, Italian Forum, 23 Norton Street, Leichhardt NSW 2040

### Marrickville Library

Phone: (02) 9392 5588

Address: Patyegarang Place, 313 Marrickville Road, Marrickville NSW 2204

### Stanmore Library

Phone: (02) 9392 5588

Address: Stanmore Reserve, Douglas Street, Stanmore NSW 2048

### St Peters/Sydenham Library

Phone: (02) 9392 5588

Address: St Peters Town Hall, 39 Unwins Bridge Road, St Peters NSW 2044

## Accommodation

### Aboriginal Corporation for Homeless & Rehabilitation Community Services

Telephone help-line service offering support and referrals for Aboriginal people who are homeless or facing homelessness.

Phone: (02) 9799 8446

Web: [www.achrcs.org.au](http://www.achrcs.org.au)

### Assistance with Care and Housing Services for the Aged

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/help-at-home](http://www.myagedcare.gov.au/help-at-home)

### Care Connect

Individual support and brokerage for people who are financially disadvantaged and/or at risk of homelessness.

Phone: 1800 692 464

Web: [www.careconnect.org.au](http://www.careconnect.org.au)

### Community Services and Justice

Housing Pathways is the way applications for housing assistance are managed in NSW. It is a partnership between the DCJ, including the AHO and the Housing Contact Centre, and participating community housing providers.

Phone: 1800 422 322 (Housing Contact Centre)

Web: [www.facs.nsw.gov.au/housing/help/applying-assistance](http://www.facs.nsw.gov.au/housing/help/applying-assistance)

### Link2Home

Information about local services, assessment of needs, referrals to specialist homelessness and support services, temporary accommodation and other services.

Phone: 1800 152 152

Web: [www.dcj.nsw.gov.au/contact-us/helplines.html#link2home](http://www.dcj.nsw.gov.au/contact-us/helplines.html#link2home)

### My Aged Care

Access to a range of residential and respite accommodation.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/aged-care-homes](http://www.myagedcare.gov.au/aged-care-homes)

### Newtown Neighbourhood Centre

Boarding house services and assistance for those who are homeless.

Phone: (02) 9509 1800 (Boarding House Outreach Service)

Web: [www.newtowncentre.org/outreach-service.html](http://www.newtowncentre.org/outreach-service.html)

### Stride

Accommodation, support services and leisure programs under the NDIS program for adults with a psychiatric disability. Training, support and education for people with an intellectual disability living in their own home.

Phone: 1300 00 1907

Web: [www.stride.com.au](http://www.stride.com.au)

Address: Level 2, Building 125, Corner Church and Glover Streets, Lilyfield NSW 2040

### The Rev. Bill Crews Foundation and Exodus Foundation

Provides help and support services such as social workers, chaplaincy, counselling, food parcel and welfare assistance.

Phone: (02) 8752 4600

Web: [www.billcrews.org](http://www.billcrews.org)

Address: 180 Liverpool Road, Ashfield NSW 2131

### UnitingCare

Case management for older people and their carers, independent living programs, supported living and accommodation support.

Phone: 1800 864 846

Web: [www.unitingcare.org.au](http://www.unitingcare.org.au)

### Wesley Homeless Services

Phone: 1300 259 789

Web: [www.wesleymission.org.au/about-us/contact-us](http://www.wesleymission.org.au/about-us/contact-us)

## Advocacy, legal rights and information

### Anti-Discrimination Board of NSW

For people who have been discriminated against due to their gender, pregnancy, race, age, sexual preference, marital or domestic status, disability, or personal associations.

Phone: 1800 670 812

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

### Australian Human Rights Commission

Independent body which investigates and resolves complaints about unlawful sex, race, disability and age discrimination.

Phone: 1300 656 419 or (02) 9284 9888

Web: [www.humanrights.gov.au/complaints](http://www.humanrights.gov.au/complaints)

### Capacity Australia

A resource portal for people with a decision-making disability and for service providers.

Web: [www.capacityaustralia.org.au/about-capacity-australia](http://www.capacityaustralia.org.au/about-capacity-australia)

### Commonwealth Ombudsman

Complaints about Australian Government Departments.

Phone: 1300 362 072

Web: [www.ombudsman.gov.au](http://www.ombudsman.gov.au)

### Community Justice Centres

A free government service that helps people resolve disputes through mediation.

Phone: 1800 990 777

Web: [www.cjc.justice.nsw.gov.au](http://www.cjc.justice.nsw.gov.au)

### Complaints via My Aged Care

If you have concerns about any aspect of your aged care experience (or a loved one's), you can raise them through My Aged Care.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/contact-us/complaints](http://www.myagedcare.gov.au/contact-us/complaints)

### Council of the Ageing (COTA)

A peak organisation for people over 50. Consumer based and non-government, it advocates to make sure the views of older people are heard.

Phone: (02) 9286 3860/1800 449 102

Web: [www.cotansw.com.au](http://www.cotansw.com.au)

### Combined Pensioners and Superannuants

Advocating for people on low incomes in areas of consumer rights, housing, aged services, cost of living and income.

Phone: 1800 451 488/(02) 8836 2100

Web: [www.cpsa.org.au](http://www.cpsa.org.au)

### DO NOT CALL Register

A free service where consumers can securely register their home, mobile or fax numbers to reduce unsolicited telemarketing calls.

Phone: 1300 792 958

### Energy and Water Ombudsman NSW

If you have problems with electricity, gas, or water supply.

Phone: 1800 246 545

Web: [www.ewon.com.au](http://www.ewon.com.au)

### Financial Rights Legal Service

Financial services: consumer credit; banking; debt recovery and insurance. Telephone assistance and financial counselling with legal advice and representation.

Phone: 1800 007 007 (National Debt Helpline)

Phone: 1800 844 949 (Legal Advice Line)

Web: [www.financialrights.org.au/about-us/contact-us](http://www.financialrights.org.au/about-us/contact-us)

## Health Care Complaints Commission

Complaints can be made about any health service provider in NSW including doctors, nurses, dentists, pharmacists, psychologists, chiropractors, podiatrists and others.

Phone: 1800 043 159/(02) 9219 7444

TTY: (02) 9219 7555 (or via NRS 133 677)

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

## Justice Connect

A legal charity helping people across a wide range of areas of law and at all stages of legal issues including elder abuse.

Phone: (02) 8599 2100

Web: [www.justiceconnect.org.au](http://www.justiceconnect.org.au)

## LawAccess NSW

Free legal information and referral service.

Phone: 1300 888 529

Live Chat: Available through our website

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

## Legal Aid

Provides free legal advice to disadvantaged people across NSW and representation in some cases.

Factsheets and resources to help with legal problems in several community languages.

Phone: 1300 888 529

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

Burwood Legal Aid

Phone: (02) 9747 6155

## Marrickville Community Legal Centre

A not-for-profit community legal centre providing free and accessible legal and related services to people who experience social and economic disadvantage, such as Inner West Tenants Advice Service and more.

Phone: (02) 9889 2899

Web: [www.mlc.org.au/contact](http://www.mlc.org.au/contact)

## National Seniors Australia

We fight hard to achieve better outcomes for all older Australians.

Phone: 1300 76 50 50

Web: [www.nationalseniors.com.au](http://www.nationalseniors.com.au)

## NSW Ageing and Disability Abuse Helpline

The NSW Ageing and Disability Commission (ADC) has been established to prevent and better protect older people and adults with disability from abuse, neglect and exploitation. Offers a free service that provides information, support and referrals relating to the abuse of older people and adults with disability living in the community across NSW. Anyone can make the call.

Phone: 1800 628 221

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

## NSW Civil & Administrative Tribunal (NCAT)

Reviews decisions made by State government agencies in the Community Services sector. Topics NCAT looks after include tenancy issues and building works, decisions on guardianship and administrative review of government decisions.

Phone: 1300 006 228

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

## NSW Fair Trading

Promotes a fair marketplace for consumers and traders via compliance and safeguarding the community.

Phone: 13 32 20

Web: [www.fairtrading.nsw.gov.au/about-fair-trading](http://www.fairtrading.nsw.gov.au/about-fair-trading)

## NCAT Guardianship Division

Makes decisions about people who have a decision-making disability. Protects the rights and independence of older people with a disability and/or chronic illness.

Phone: 1300 006 228 and press 2 for Guardianship Division matters.

Web: [www.ncat.nsw.gov.au/ncat/how-ncat-works/ncat-divisions-and-appeal-panel/guardianship-division.html](http://www.ncat.nsw.gov.au/ncat/how-ncat-works/ncat-divisions-and-appeal-panel/guardianship-division.html)

## NSW Ombudsman

Independent and impartial government agency and watchdog for community services and government authorities in NSW.

Phone: 1800 451 524

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

## NSW Trustee and Guardian

NSW Trustee and Guardian's role is to act as an independent and impartial Executor, Administrator, Attorney and Trustee for the people of NSW. It also provides direct financial management services and authorisation and direction to private financial managers.

Phone: 1300 109 290

Web: [www.tag.nsw.gov.au/about-us](http://www.tag.nsw.gov.au/about-us)

## Office of the NSW Legal Services Commissioner

The NSW Legal Services Commissioner receives all complaints about solicitors and barristers in New South Wales.

Phone: 1800 242 958

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

## OPAN: The Older Persons Advocacy Network

A national network comprised of nine State and Territory organisations that have been successfully delivering advocacy, information and education services to older people in metropolitan, regional, rural and remote Australia for over 25 years. Free services support older people and their representatives to address issues related to Commonwealth-funded aged care services.

Phone: 1800 700 600, 8am–8pm Mon–Fri, 10am–4pm Sat

Website: [www.opan.com.au](http://www.opan.com.au)

## Redfern Legal Centre

We provide free legal advice and casework, deliver community legal education and engage in law reform.

Phone: (02) 9698 7277

Web: [www.rlc.org.au](http://www.rlc.org.au)

## Seniors Rights Service

A community legal centre that supplies telephone advice, advocacy, legal advice and education to older people in NSW on a range of topic areas: elder abuse, rights of people living in nursing homes, hostels and retirement villages, strata issues and other legal issues for seniors.

Phone: 1800 424 079/(02) 9281 3600

Web: [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

## Silver Rainbow

The Silver Rainbow project is designed to improve the experiences of LGBTI people as they age and enter the Australian aged care system.

Phone: (02) 7209 6301

Address: LGBTIQ+ Health Australia, Gadigal Land of the Eora Nation, Suite 2101, Level 21, 233 Castlereagh Street, Sydney NSW 2000

Web: [www.lgbtiqhealth.org.au/silver\\_rainbow](http://www.lgbtiqhealth.org.au/silver_rainbow)

## The Australian Financial Complaints Authority (AFCA)

Complaints about banking, superannuation and financial planning.

Phone: 1800 931 678

Web: [www.afca.org.au/make-a-complaint](http://www.afca.org.au/make-a-complaint)

## Tenants Union of NSW

Tenancy information, advice and online resources.

Phone: 1800 251 101 (Advice Line: Mon 10am-1pm, Thu 2pm-5pm) or (02) 8117 3700 for referrals to local services.

Web: [www.tenants.org.au](http://www.tenants.org.au)

## Women's Legal Services NSW

Legal information, advice and referrals for women

Phone: 1800 801 501

- Domestic Violence Legal Advice Line – 1800 810 784
- Women's Legal Advice Line – 1800 801 501
- First Nations Women's Legal Program – 1800 639 784

Web: [www.wlsnsw.org.au](http://www.wlsnsw.org.au)



## Aged care and disability access points

### Aged Health Chronic Care and Rehabilitation Services – Access Care Team

Contact point for aged care and rehabilitation services in the Sydney Local Health District and community nursing referrals for Camperdown, Concord and Canterbury only. Up to forty teams including case management, home and day therapy teams, day centres and continence nurses. Referral form required.

Phone: 1300 722 276

Web: [www.slhd.nsw.gov.au/ACRS/ACCT.html](http://www.slhd.nsw.gov.au/ACRS/ACCT.html)

### Care Finder Service Inner West

Care Finder can provide free support for vulnerable older people to access Australia's aged care system, help them understand what services are available to support them to live in the community and at home, set up an assessment, and find and choose services. The general phone line can assist them to find a local service as funding changes.

Phone: 1800 346 337

Web: [www.cesphn.org.au/community/services-in-your-region/aged-care/care-finder-2](http://www.cesphn.org.au/community/services-in-your-region/aged-care/care-finder-2)

### Sydney Local Health District

All referrals – gateway to services

Phone: (02) 9767 6050

Email: [SLHD-carefinders@health.nsw.gov.au](mailto:SLHD-carefinders@health.nsw.gov.au)

### The Benevolent Society

All referrals with a focus on homelessness and housing support

Phone: 1800 236 762

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

### Uniting (NSW ACT)

All referrals with a focus on homelessness and housing support

Phone: 1800 411 817

Email: [CarefindersNetwork@uniting.org](mailto:CarefindersNetwork@uniting.org)



## Cass Care Ltd

Cultural and linguistic diversity specific focus

Phone: (02) 9789 4587

Email: [carefinderservice@cass.org.au](mailto:carefinderservice@cass.org.au)

## Relationship Australia

Care Leaver specific focus

Phone: (02) 9687 3636

Email: [carefinder@ransw.org.au](mailto:carefinder@ransw.org.au)

## Healthy Ageing Hub

For less intensive enquiries and practical advice on healthy ageing – Newtown Neighbourhood Centre.

Phone: (02) 9564 7333

Address: 11-13 Darley Street, Newtown, NSW 2042

Web: [www.newtowncentre.org.au](http://www.newtowncentre.org.au)

## My Aged care

A government portal to access care to assist you find services to live at home and in the community independently

Phone: 1800 200 422

Web: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

## National Disability Insurance Scheme

The NDIS provides funding to eligible people with disability to gain more time with family and friends, greater independence, access to new skills, jobs, or volunteering in their community, and an improved quality of life by connecting them with services, groups, clubs, allied health, and provision of information.

Phone: 1800 800 110

Web: [www.ndis.gov.au](http://www.ndis.gov.au)

## Ageing and Disability Commission

The ADC has been established to prevent and better protect older people and adults with disability from abuse, neglect, and exploitation.

Phone: 1800 628 221

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

## The DPS Aged Care Guide

This resource provides information about home care, retirement villages and residential care.

Web: [www.agedcareguide.com.au](http://www.agedcareguide.com.au)

## Active and connected in the community

Also see sections on Community Centres and Multicultural Service Providers, which deliver groups and activities in the Community.

### Inner West Council

The Healthy Ageing team promotes a range of wellbeing activities and other events, services, initiatives and information available in the community:

- Exercise and dance classes
- Creative groups
- Aquatic centres, libraries, community centres
- Social groups
- Opportunities to volunteer
- Aged services support at home

Campaigns and information on such topics as dementia, safety, financial help, annual events, Seniors Festival and much more.

Email: [seniors@innerwest.nsw.gov.au](mailto:seniors@innerwest.nsw.gov.au)

Phone: (02) 9392 5863 – message service only

Web: [www.innerwest.nsw.gov.au/live/community-well-being/seniors](http://www.innerwest.nsw.gov.au/live/community-well-being/seniors)

### Other Councils

The Inner West Council has neighbouring councils whose websites are listed below:

- [www.burwood.nsw.gov.au/For-Residents/Our-Community/Seniors](http://www.burwood.nsw.gov.au/For-Residents/Our-Community/Seniors)
- [www.canadabay.nsw.gov.au/community/community-services/seniors](http://www.canadabay.nsw.gov.au/community/community-services/seniors)
- [www.strathfield.nsw.gov.au/live/seniors-and-disability-services](http://www.strathfield.nsw.gov.au/live/seniors-and-disability-services)
- [www.cbcity.nsw.gov.au/community/community-services/seniors](http://www.cbcity.nsw.gov.au/community/community-services/seniors)
- [www.bayside.nsw.gov.au/seniors](http://www.bayside.nsw.gov.au/seniors)
- [www.cityofsydney.nsw.gov.au/community-centres](http://www.cityofsydney.nsw.gov.au/community-centres)

### ACON

Offers support, companionship and advice for older members of the LGBTI community (50+), LOVE program.

Phone: (02) 9206 2000

Web: [www.acon.org.au/who-we-are-here-for/older-people/#undefined](http://www.acon.org.au/who-we-are-here-for/older-people/#undefined)

### Active & Healthy Program

Government-run web-based resource directory of community physical activity, fall prevention programs and general physical activity programs for adults aged 50 years and over.

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

### Heart Foundation Walking

Heart Foundation Walking is Australia's largest free walking network. It is a social, fun and easy way for people to walk and be active.

Walking groups are also promoted on the Inner West Council website.

Phone: 13 11 12

Web: [www.walking.heartfoundation.org.au](http://www.walking.heartfoundation.org.au)

### Irish Support Agency NSW

Confidential, sympathetic, caring support service to individuals and groups in the extended Irish community.

Phone: 1800 186 966

Address: 64 Devonshire Street, Surry Hills, NSW 2010

Web: [www.irishsupportagency.org.au](http://www.irishsupportagency.org.au)

## Leichhardt Women's Community Health Centre

A variety of programs and courses for women, in addition to health appointments.

Phone: (02) 9560 3011

Web: [www.lwchc.org.au](http://www.lwchc.org.au)

## Marrickville Men's Shed

Phone: 0414 620 519 (Stuart Grigg)

Address: 107 Redfern Street Redfern NSW 2204

Web: [www.mensshed.org/find-a-shed](http://www.mensshed.org/find-a-shed)

## Men's Shed Haberfield

Social group for men who make woodwork products as individual projects, as well as items donated to local community groups. No woodwork experience necessary.

Phone: (02) 8752 2500 (Mary MacKillop)

Address: Mary MacKillop Outreach Centre,  
1-5 Rogers Avenue, Haberfield NSW 2045

## Men's Shed Leichhardt

Address: Blackmore Oval, Canal Rd, Leichhardt NSW 2045

Email: [info@lcmsi.com](mailto:info@lcmsi.com)

Web: [www.mensshed.org/find-a-shed](http://www.mensshed.org/find-a-shed)

## Musical Society (Ashfield)

Twice-yearly performances at Ashfield Town Hall.

Phone: (02)9793 1331

Web: [www.facebook.com/AshfieldMusicalSociety](http://www.facebook.com/AshfieldMusicalSociety)

## My Aged Care

You can register for My Aged Care if you want to access a social support group, including bus outings.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

## National Seniors

Meet-up group for older Australians.

Phone: 1300 76 50 50

Web: [www.nationalseniors.com.au](http://www.nationalseniors.com.au)

## NSW Office of Sport

For information about exercise organisations and programs in your local area.

Phone: 13 13 02

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

## Older Women's Network (Newtown)

Activities and advocacy on issues of concern to older women.

Phone: (02) 9519 8044

Address: 8-10 Victoria Street, Newtown NSW 2042

Web: [www.ownnsw.org.au](http://www.ownnsw.org.au)

## Probus

Probus is a system of recreational clubs for retired or semi-retired people. Its motto is fun, friendship and fellowship.

### Probus Club – Ashfield 5/10

General meetings held 3rd Monday of each month at 10am. Activities include walking group, Scrabble Club, Coffee Club, weekly park meetings, BBQs, outings, guest speakers and yearly holidays.

Phone: 0405 327 447 (President); (02) 9797 9455/0403 882 451 (Secretary)

Address: 1st Floor, Club Ashfield, 1-11 Charlotte Street, Ashfield NSW 2131

Web: [www.ashfieldprobus@hotmail.com](http://www.ashfieldprobus@hotmail.com)

### Probus Club – Balmain Combined

Meets 2nd Thursday of each month at 10am (come early).

Phone: 1300 630 488

Email: [smroll86@gmail.com](mailto:smroll86@gmail.com) (Secretary: Sue Roll)

Email: [margaretdunn@bigpond.com](mailto:margaretdunn@bigpond.com) (President: Margaret Dunn)

Address: Balmain Town Hall Meeting Room, 370 Darling St, Balmain NSW 2041

### Probus Club – Balmain East Mixed

Meets 1st Wednesday of each month at 11am.

Phone: 0414 709 149 (President)

Address: Cat & Fiddle Hotel, 456 Darling Street, Balmain NSW 2041

Email: [presidentprobus.balmaineast@gmail.com](mailto:presidentprobus.balmaineast@gmail.com)

[Membership.bempc@gmail.com](mailto:Membership.bempc@gmail.com)

Web: [www.probusouthpacific.org/microsites/balmaineastmixed](http://www.probusouthpacific.org/microsites/balmaineastmixed)

### Probus Club – Haberfield Ladies

Meets 3rd Friday of each month from 10am–12pm.

Phone: (02) 9713 6689

Address: St David's Uniting Church, 51 Dalhousie Street, Haberfield NSW 2045

### Probus Club – Leichhardt

Meets 3rd Thursday of each month from 11am–1pm, followed by an optional lunch. Includes Book Group, Walking Group and Dinner Group.

Phone: 1300 630 488 (Probus South Pacific)

Address: Leichhardt Bowling Club, 88-92 Piper Street, Lilyfield NSW 2040

Web: [www.probusouthpacific.org/microsites/leichhardt](http://www.probusouthpacific.org/microsites/leichhardt)

### Probus Club – Marrickville

Meets 3rd Monday of each month at 10am.

Phone: 1300 630 488 (Probus South Pacific)

Address: Marrickville Golf Club, Wharf Street, Marrickville NSW 2204

## Sydney Shaoxing Opera Troupe

Social and choir group. Meets Thursdays from 1.30pm–4:30pm.

Phone: 0408 649 591

Address: Civic Centre, Ground Floor, Inner West Council Service Centre, 260 Liverpool Street, Ashfield NSW 2131

## Uniting Seniors Health Hub

Health and wellbeing programs to stay active and connected.

Phone: 1800 864 846

Web: [www.uniting.org/services/senior-health-hub.html](http://www.uniting.org/services/senior-health-hub.html)

## University of the Third Age (U3A)

Informal daytime education for anyone no longer working full time, presented by members.

Phone: (02) 9252 2033

Web: [www.sydneyu3a.org](http://www.sydneyu3a.org)

## Wesley School for Seniors

Offers over 100 courses to help seniors learn new skills and socialise in an environment that is safe and supportive. Classes are held Monday to Friday.

Phone: (02) 9263 5416

Email: [schoolforseniors@wesleymission.org.au](mailto:schoolforseniors@wesleymission.org.au)

Web: [www.wesleymission.org.au/schoolforseniors](http://www.wesleymission.org.au/schoolforseniors)



## Carers

### Carers NSW

Carers NSW works with all carers regardless of their age, location, life-stage or circumstances. This includes those caring for individuals with support needs relating to ageing, disability, health and mental illness. For carer information, support and counselling, contact between 9am and 5pm.

Phone: (02) 9280 4744

Web: [www.carersnsw.org.au/about-us](http://www.carersnsw.org.au/about-us)

### Carer Gateway

A national online and phone service that provides practical information and resources to support carers, such as respite, peer support, support groups, counselling and more.

Phone: 1800 422 737

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

### My Aged Care

To access respite in your home or in a centre, and for flexible options, visit the My Aged Care website and enter your postcode.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/find-a-provider](http://www.myagedcare.gov.au/find-a-provider)



## Computer help

### Australian Seniors Computer Clubs Association

Facilitates computer skill development for seniors.

Phone: 0434 857 222

Web: [www.ascca.org.au](http://www.ascca.org.au)

### Be Connected Program

A government program helping Australians online.

Learn at your own pace with free courses on everything from how to access the internet, make video calls or set up your device.

Phone: 1300 795 897

Web: [www.beconnected.esafety.gov.au](http://www.beconnected.esafety.gov.au)

### Hannaford Computer Club

Sit down with a tutor for one-on-one assistance.

Learn basic or sophisticated computer skills, using iPads and other tablets, smartphones, laptops, notebook computers, PCs and Macs. Catering for a range of skills with friendly volunteer tutor support. For people aged 55 or over. Bookings are essential. For all inquiries and bookings please contact the office. \$10 annual membership.

Address: 608 Darling Street, Rozelle NSW 2039

Phone: (02) 9392 5869

Web: [www.innerwest.nsw.gov.au/explore/venues-for-hire/community-centres/hannaford-community-centre](http://www.innerwest.nsw.gov.au/explore/venues-for-hire/community-centres/hannaford-community-centre)

### Inner West Council Libraries

One-to-one computer help by students, and formal programs over the year across inner west libraries.

#### Teen Tech Program

Teen Tech Tutors brings together high-school students and adults in an intergenerational technology support program. Student tutors will assist adults with common technology questions and help them solve their digital issues.

#### Tech Savvy Seniors

Free introductory computer classes for seniors. This program assists seniors with little or no digital experience to develop skills and confidence in using technology for socialising, accessing services, or conducting personal business.

Web: [www.innerwest.nsw.gov.au/explore/libraries](http://www.innerwest.nsw.gov.au/explore/libraries)

#### Other Tech Savvy Seniors Programs

Tech Savvy Seniors is funded through a partnership between the NSW Government and Telstra. There are several types of formal free training courses for seniors, ranging from introductory to more specific.

Web: [www.telstra.com.au/tech-savvy-seniors](http://www.telstra.com.au/tech-savvy-seniors) or [www.sydneycommunitycollege.edu.au](http://www.sydneycommunitycollege.edu.au)

See pages 18-19 for Probus, U3A and Wesley School for Seniors.

## Dementia

Some services are accredited to provide support by the Department of Health and National Disability Insurance Scheme. Eligibility criteria may apply.

### Access Care Team – Sydney Local Health District

Intake for Aged Chronic Care and Rehabilitation  
Outpatient, Ambulatory and Community Based Services.  
Phone: 1300 722 276  
Web: [www.slhd.nsw.gov.au/acrs/ACCT.html](http://www.slhd.nsw.gov.au/acrs/ACCT.html)

### Artful: Art and Dementia Toolkit (Museum of Contemporary Art)

An online resource designed for people living with dementia and their support network. \$60 for individual purchase.  
Web: [www.mca.com.au/learn/art-dementia/artful-online-toolkit](http://www.mca.com.au/learn/art-dementia/artful-online-toolkit)

### Baptist Care

A dementia advisory service for the inner west.  
Email: [ask@baptistcare.org.au](mailto:ask@baptistcare.org.au)  
Phone: 1300 275 227

### Brain and Mind Centre (part of Sydney University)

Phone: (02) 9351 0774

### Carer Gateway

A government program supplying free services and support for carers.  
Phone: 1800 422 737  
Web: [www.carergateway.gov.au](http://www.carergateway.gov.au)

### Dementia Australia

A national organisation providing information, education and support to healthcare professionals and carers of Australians living with dementia, a 24/7 Dementia Helpline, carer workshops, a resource library and Dementia Design team offering in-home, respite and residential centre advice.  
Phone: 1800 100 500

### National Dementia Helpline during business hours

Email: [helpline@dementia.org.au](mailto:helpline@dementia.org.au)  
Webchat: [dementia.org.au/helpline/webchat](http://dementia.org.au/helpline/webchat)  
Website: [www.dementia.org.au](http://www.dementia.org.au)

### Ella Centre

The Ella Centre provides a day centre and support for people with dementia.  
Address: 58A Dalhousie Street, Haberfield, NSW 2045  
Phone: (02) 9798 5140  
Web: [www.ella.org.au](http://www.ella.org.au)

### Group Homes Australia

Provides a different model of accommodation and funded for 5-day retreats (Rementia Together). Accommodation, food, and all retreat inclusions in the program, which accommodates five people and their support partners, provides innovative dementia education, shares tools and strategies to help you live well, and the opportunity to connect with others in a supportive and caring environment at the retreat and into the future.  
Phone: 1300 015 406  
Web: [www.grouphomes.com.au](http://www.grouphomes.com.au)



## Inner West Neighbour Aid – Living Well with Dementia

A series of workshops and morning teas held at the 5 Senses Garden in Concord West, held on the 1st and 3rd Wednesday of the month from 11am-1pm.

For people living with dementia and carers.

Phone: (02) 9799 5099

Email: [maja@iwna.com.au](mailto:maja@iwna.com.au)

Web: [www.iwna.com.au](http://www.iwna.com.au)

## Kalparrin Dementia Day Centre

Respite care seven days per week for people who have moderate to severe dementia, and carer support.

Phone: (02)9743 6549

Web: [www.yourcare.org/supplier/profile/kalparrin-day-care-centre-inner-west](http://www.yourcare.org/supplier/profile/kalparrin-day-care-centre-inner-west)

## Lucan Care Community Centre

Day centre services for frail older people and people with dementia. Multicultural groups (Italian, Greek and Russian) and carer supports, including transport.

Phone: (02)9564 2022

Address: 158 Lilyfield Road, Lilyfield NSW 2040

Web: [www.unitingcare.org.au](http://www.unitingcare.org.au)

## 3Bridges – Mindful Dementia Care Program

3Bridges has a focus on addressing challenges faced by people living with dementia, their family carers, as well as community care and health care professionals.

Phone: 1300 327 434

Address: 320 Liverpool Road, Ashfield NSW 2131

Web: [3bridges.org.au](http://3bridges.org.au)

## Memory Cafes

- DeCafe Leichhardt – other support 1800 486 484 or email: [ask@uniting.org](mailto:ask@uniting.org)
- Canterbury Bankstown Dementia Café – email: [CBDeMentiacafe@gmail.com](mailto:CBDeMentiacafe@gmail.com)
- [dementiacarersaus@gmail.com](mailto:dementiacarersaus@gmail.com)

## Sydney Local Health District

Aged Health Medical Specialist

Phone: 1300 722 276

## The Connection – male dementia carers group

First Friday of the month in Five Dock.

Email: [anne.tunks@health.nsw.gov.au](mailto:anne.tunks@health.nsw.gov.au)

Phone: (02) 9767 5953

## Dementia Support Carers Group

On the morning of the last Wednesday of each month.

Email: [SLHD-DementiaSupport@health.nsw.gov.au](mailto:SLHD-DementiaSupport@health.nsw.gov.au)

Phone: (02) 9562 5495

## Domestic and family violence Falls prevention

### Ageing and Disability Abuse Helpline

Part of the NSW Ageing and Disability Commission (ADC). The ADC has been established to prevent and better protect older people and adults with disability from abuse, neglect, and exploitation.

Phone: 1800 628 221

Web: [www.facs.nsw.gov.au/resources/statistics/ageing-and-disability-abuse-helpline](http://www.facs.nsw.gov.au/resources/statistics/ageing-and-disability-abuse-helpline)

### NSW Domestic Violence Line

The Domestic Violence Line provides telephone counselling, information and referrals for women and same-sex partners who are experiencing or have experienced domestic violence. Trained female caseworkers are sensitive to the needs of people who have experienced domestic violence. Domestic Violence Line staff are aware of the special needs of Aboriginal women and women from other cultures, as well as those living in rural and remote areas.

Phone: 1800 65 64 63

Web: [www.facs.nsw.gov.au/domestic-violence/helpline](http://www.facs.nsw.gov.au/domestic-violence/helpline)

### 1800 Respect

Provides 24/7 telephone and online crisis counselling for anyone – women and men – in Australia who has experienced or is at risk of sexual assault, family or domestic violence and their non-offending supporters.

Phone: 1800 737 732

Web: [www.1800respect.org.au](http://www.1800respect.org.au)

### NSW Health

Provides information and links to public health services within NSW, and access to health professionals such as community nurses, dentists, dieticians, doctors, occupational therapists, optometrists, pharmacists, physiotherapists, podiatrists, and psychologists.

Phone: (02) 9391 9000

Web: [www.health.nsw.gov.au/falls/Pages/default.aspx](http://www.health.nsw.gov.au/falls/Pages/default.aspx)

### Staying Active and On Your Feet

Resources from NSW Health.

Web: [www.activeandhealthy.nsw.gov.au/assets/pdf/stayactive\\_web\\_final.pdf](http://www.activeandhealthy.nsw.gov.au/assets/pdf/stayactive_web_final.pdf)

### Stepping On Program

Stepping On is a FREE 7-week fall prevention program for adults aged 65 years and over and Aboriginal adults aged 50 years and over.

Phone: 1800 255 774

Email: [SLHD-Heal@health.nsw.gov.au](mailto:SLHD-Heal@health.nsw.gov.au)

Web: [www.activeandhealthy.nsw.gov.au/home/stepping-on](http://www.activeandhealthy.nsw.gov.au/home/stepping-on)

## Financial support and literacy

### Australian Energy Regulator

Assists vulnerable customers experiencing payment difficulties.

Phone: 1300 585 165 (call costs may apply)

Monday to Friday, 10am–4pm (AEST/AEDT)

Web: [www.aer.gov.au](http://www.aer.gov.au)

### Australian Taxation Office

The ATO is the Government's principal revenue collection agency. The role is to manage and shape the tax, excise and superannuation systems that fund services for Australians.

Phone: 13 28 65

Web: [www.ato.gov.au](http://www.ato.gov.au)

### Burwood Community Welfare Services

Assistance with electricity, water and bills

Phone: (02) 9744 1866

### Energy and Water Ombudsman

Need help to pay your energy and water bills?

Phone: 1800 246 545

Web: [www.ewon.com.au](http://www.ewon.com.au)

### Dept of Climate Change, Energy, the Environment and Water

Guide to savings, rebates, and other resources for seniors.

Web: [www.energy.gov.au/households/household-guides/life-stages-advice/seniors-guide-energy-saving](http://www.energy.gov.au/households/household-guides/life-stages-advice/seniors-guide-energy-saving)

### National Debt Helpline

Free and confidential services from professional financial counsellors.

Phone: 1800 007 007

Web and Live Chat: [www.ndh.org.au](http://www.ndh.org.au)

### NILS Loans

The No Interest Loans Scheme (NILS) provides individuals and families on low incomes with access to safe, fair, and affordable credit. There are several local providers.

Phone: 1300 232 663

Address: MTC Australia 334–336 Illawarra Rd, Marrickville NSW 2204

Web: [www.mtcaustralia.com.au/support/nils](http://www.mtcaustralia.com.au/support/nils)

### Savings Finder

Helping you find NSW Government rebates and vouchers relevant to you.

Web: [www.service.nsw.gov.au/campaign/savings-finder](http://www.service.nsw.gov.au/campaign/savings-finder)

### Seniors Card

An annual program that supports seniors with discount cards and an associated directory.

Phone: 13 77 88

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

### Services Australia

Support for older Australians. You can book in to see a Financial Information Services Officer or Aged Care Specialist. Free webinars about retirement, aged care and more.

Phone: 1800 227 475 (Aged Care Line)

Web: [www.servicesaustralia.gov.au/ageing](http://www.servicesaustralia.gov.au/ageing)

### Services NSW

Rebate scheme – and you can book an appointment with a savings finder specialist.

Phone: 13 77 88

Web: [www.service.nsw.gov.au/services/concessions-rebates-and-assistance](http://www.service.nsw.gov.au/services/concessions-rebates-and-assistance)

## Food

### All Saints Anglican Church, Petersham

Community BBQ and meals, including frozen and takeaway.

Address: 325 Stanmore Road, Petersham NSW 2049

Web: [www.allsaintspetersham.org.au/hub-of-hope](http://www.allsaintspetersham.org.au/hub-of-hope)

### Ask Izzy

Ask Izzy is a free and anonymous way to find national and local support. It includes services such as housing, meals, healthcare, counselling, legal advice and much more.

Web: [www.askizzy.org.au/food/personalise/page/sub-food](http://www.askizzy.org.au/food/personalise/page/sub-food)

### Anglicare

Various community food pantries and information and support

Phone: 1300 111 278

Web: [www.anglicare.org.au](http://www.anglicare.org.au)

### Food Pantries

An updated list of local community food pantries:

Web: [www.innerwest.nsw.gov.au/live/community-well-being/community-support-and-food-service](http://www.innerwest.nsw.gov.au/live/community-well-being/community-support-and-food-service)

#### Addi Road Food Pantry

Two locations: Marrickville and Camperdown.

For people on a low income, who are unemployed, or struggling to get by, shopping at the Food Pantry will help stretch your budget.

Web: [www.addiroad.org.au/the-food-pantry](http://www.addiroad.org.au/the-food-pantry)

#### Marrickville Food Pantry

Opens each day from 12pm and closes at 4pm, except Wednesday until 7pm.

Address: Hut 1, 142 Addison Road Community Centre, Marrickville NSW 2204

Phone: (02)9569 7633

#### Camperdown Food Pantry

Opens Monday to Friday from 12pm and closes at 4pm.

Address: 31 Pyrmont Bridge Road, Camperdown NSW 2050

Phone: (02)9569 7633

#### Foodbank NSW and ACT

Distributes food to where it's needed most.

Phone: (02) 9756 3099

Web: [www.foodbank.org.au/contact-us](http://www.foodbank.org.au/contact-us)

## My Aged Care – Meals and Food Preparation

There are many services that offer food under the My Aged Care System, both in-home and centre-based. Services funding changes from time to time and you need to be registered. Listed below are some local services. For other organisations that service the inner west providing food, including Chinese and Kosher meals, use the My Aged Care service finder or contact Meals On Wheels and provide your My Aged Care or NDIS number.

Phone: 1800 200 422 My Aged Care or Meals on Wheels NSW 1300 679 669

Web: [www.myagedcare.gov.au/aged-care-services/meals-and-food-preparation](http://www.myagedcare.gov.au/aged-care-services/meals-and-food-preparation) or [www.nswmealsonwheels.org.au](http://www.nswmealsonwheels.org.au)

## Australian Unity

This service covers the Marrickville and Leichhardt areas.

Phone: 1300 160 170 (option 2)

## Australian Unity Aboriginal Home Care

Phone: 1300 271 415

## Inner West Meals on Wheels

Covers Ashfield and some other government LGAs.

Phone: (02) 8745 0086

## Newtown Mission – Jordan Café

Address: 280A King Street, Newtown NSW 2042

Web: [www.newtownmission.org.au](http://www.newtownmission.org.au)

## Oz Harvest

Australia's leading food rescue organisation. If you need food relief, please use the search bar below to find services providing food help near you.

Phone: (02) 9516 3877

Web: [www.ozharvest.org/food/receive-food-individuals](http://www.ozharvest.org/food/receive-food-individuals)

## The Rev Bill Crews Foundation – Loaves and Fishes Restaurant

Offers a range of services including free meals to the homeless and hungry at several sites, including Ashfield.

Address: 180 Liverpool Rd, Ashfield NSW 2131

Phone: (02) 8752 4600

Web: [www.billcrews.org/free-meals-sydney](http://www.billcrews.org/free-meals-sydney)

## Together 2

Based out of Rozelle Neighbourhood Centre. Local partners and volunteers helping those in need with odd jobs, groceries and phone calls.

Address: 754 Darling Street, Rozelle NSW 2039

Phone: (02) 9556 9550 (Rozelle Neighbourhood Centre)

Web: [www.Together2.org.au](http://www.Together2.org.au)

## Second Bite

While Second Bite does not provide food relief directly to individuals, if you or someone you know is seeking food relief, we recommend using our food finder to locate services near you.

Phone: 1800 263 283

Web: [www.secondbite.org/food-finder](http://www.secondbite.org/food-finder)

## The Staples Bag

A social enterprise started by Settlement Services International (SSI), providing access to low cost and high-quality food staples for people on low incomes, operating an affordable supermarket in Campsie.

Phone: (02) 9787 6832

Address: 449 Canterbury Road, Campsie NSW 2194

## Garden care

### My Aged Care

Use the My Aged Care service finder for other providers that may include garden or home maintenance services in your suburb. May include providers in this section.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/find-a-provider](http://www.myagedcare.gov.au/find-a-provider)

### Aboriginal Home Care

Garden maintenance, minor home maintenance and major home maintenance and repairs.

Phone: 1300 271 415

Web: [www.australianunity.com.au](http://www.australianunity.com.au)

### Australian Unity – Burwood

Garden maintenance, minor home maintenance and major home maintenance and repairs.

Phone: 1300 160 170

Web: [www.australianunity.com.au](http://www.australianunity.com.au)

### Inner West Neighbour Aid

Low-maintenance gardening and subsidised lawn mowing service in the Ashfield area.

Phone: (02) 9799 5099

Web: [www.iwna.com.au](http://www.iwna.com.au)

### Canterbury City Community Centre

Low-maintenance gardening and lawn mowing service in the inner west area.

Phone: (02) 9799 9344

Web: [www.4cs.org.au/garden](http://www.4cs.org.au/garden)

## Health services

### Aboriginal Medical Service Cooperative Ltd (AMS Redfern)

Offers a range of culturally appropriate health care services to Aboriginal and Torres Strait Islander people, with a multidisciplinary team.

Phone: (02) 9319 5823

Address: 36 Turner Street, Redfern NSW 2016

Web: [www.amsredfern.org.au](http://www.amsredfern.org.au)

### Access Care Team – Sydney Local Health District

Intake for Aged Health, Chronic Care and Rehabilitation Services – Outpatient, Ambulatory and Community Based and allied health services.

Phone: 1300 722 276

Web: [www.slhd.health.nsw.gov.au/aged-health](http://www.slhd.health.nsw.gov.au/aged-health)

### ACON

We're here for community health, inclusion and HIV responses for people of diverse sexualities and genders.

Phone: (02) 9206 2000

Web: [www.acon.org.au](http://www.acon.org.au)

### Alcohol and Drug Information Service

Assessment, referral, counselling and drug education.

Phone: 1800 250 015

Web: [www.yourroom.health.nsw.gov.au](http://www.yourroom.health.nsw.gov.au)

### Australian Hearing

Hearing specialists and funders of subsidised hearing aids.

Phone: 13 44 32

Web: [www.hearing.com.au](http://www.hearing.com.au)

### Brain Injury Australia

Brain Injury Australia (BIA) is the central clearinghouse of information and the gateway to nationwide referral for optimising the social and economic participation of all Australians living with brain injury.

Phone: (02) 9808 9390

Web: [www.braininjuryaustralia.org.au](http://www.braininjuryaustralia.org.au)

### Bright Sky Australia

A one-stop shop for specialist health care products: personal care – disposable and washable pads, pants and all-in-ones, catheters, leg bags, urinals and other continence aids; wound care – advanced and traditional; nutrition, enteral feeds, supplements and vitamins; skin care; bowel care; pressure management and bedding; support and mobility aids; and respiratory.

Phone: 1300 88 66 01

Web: [www.brightsky.com.au](http://www.brightsky.com.au)

### Cancer Council

Cancer Council is the only charity in Australia to work across every area of every cancer, from research to prevention and support. We help people from the point of diagnosis through to treatment and survivorship.

Phone: 13 11 20

Web: [www.cancer.org.au](http://www.cancer.org.au)

### Deaf Connect

A whole-of-life service provider and social impact organisation for deaf, deafblind and hard of hearing Australians. If you are over 65, or over 50 for Aboriginal and Torres Strait Islander peoples, you can book a free sign language interpreter and live captioning – only through Deaf Connect.

Web: [www.deafconnect.org.au](http://www.deafconnect.org.au)

## Health services (continued)

### GP Helpline (after hours)

Call Health Direct for free and a registered nurse will assess your condition and provide you with health information and assistance. If necessary, the nurse will transfer you to a GP on the telephone.

Phone: 1800 022 222

Web: [healthdirect.gov.au/after-hours-gp-helpline](http://healthdirect.gov.au/after-hours-gp-helpline)

### Hospitals – Sydney Local Health District

A variety of services depending on which hospital: emergency, casualty, admissions, aged care, rehabilitation, transitions, equipment loans, outpatients, clinics, GP service (Balmain), hospital in the home.

#### Balmain

Phone: (02) 9395 2111

Address: 29 Booth Street,  
Balmain NSW 2041

Web: [slhd.health.nsw.gov.au/  
Balmain](http://slhd.health.nsw.gov.au/Balmain)

#### Canterbury

Phone: (02) 9153 2000

Address: 575 Canterbury Road,  
Campsie NSW 2194

Web: [www.slhd.nsw.gov.au/  
canterbury](http://www.slhd.nsw.gov.au/canterbury)

#### Concord

Phone: (02) 9767 5000

Address: Hospital Road,  
Concord NSW 2139

Web: [www.slhd.nsw.gov.au/  
concord](http://www.slhd.nsw.gov.au/concord)

#### Royal Prince Alfred

Phone: (02) 9515 6111

Address: Missenden Road,  
Camperdown  
NSW 2050

Web: [www.slhd.nsw.gov.au/rpa](http://www.slhd.nsw.gov.au/rpa)



## Sydney Dental Hospital

Phone the Centralised Oral Health Intake and Information service (COHIS) for all appointments.

Phone: (02) 9293 3200

Address: 2 Chalmers Street, Surry Hills NSW 2010

Web: [www.slhd.nsw.gov.au/OralHealth/patients\\_contacts.html](http://www.slhd.nsw.gov.au/OralHealth/patients_contacts.html)

## Leichhardt Women's Community Health Centre

Provides low-cost and affordable medical, allied and complementary health care and education to improve women's health.

Phone: (02) 9560 3011

Web: [lwchc.org.au](http://lwchc.org.au)

## Medicare

Payments and services for health care and medicine.

Phone: 132 011

Web: [www.servicesaustralia.gov.au/medicare](http://www.servicesaustralia.gov.au/medicare)

## My Aged Care

Use the My Aged Care service finder for other health services you can access at home and in the community, such as allied health services, nursing, podiatry and more.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/find-a-provider](http://www.myagedcare.gov.au/find-a-provider)

## NSW Death and Bereavement Service

Information on what to do when losing someone close to you.

Phone: 13 77 88 (Service NSW)

Web: [www.service.nsw.gov.au/guide/death-and-bereavement](http://www.service.nsw.gov.au/guide/death-and-bereavement)

## Hearing Services Program (Dept of Health and Aged Care)

Subsidised hearing aids

Phone: 1800 500 726

Web: [www.hearingservices.gov.au](http://www.hearingservices.gov.au)

## People With Disabilities Australia

Rights-related information, advice and referral services for people with disability and their associates.

Also offers individual and group advocacy.

Phone: (02) 9370 3100

Web: [www.pwd.org.au](http://www.pwd.org.au)

## Positive Life NSW

A peer-led and run body for all people living with HIV in Australia, based in NSW. Information, referral and advice.

Phone: (02) 8357 8386

Web: [www.positivelife.org.au](http://www.positivelife.org.au)

## Health services (continued)

### Public Oral Health Clinic

Public oral health services are available to some people who meet the criteria.

Phone: (02) 9293 3333

Web: <https://www.health.nsw.gov.au/oralhealth/Pages/default.aspx>

### Relationships Australia

Assists older people and their families to prevent and resolve family conflict, have difficult conversations, plan (including medical, health, financial and living arrangements), improve communication skills, make decisions that protect the interests, rights and safety of family members, and reduce the risk of elder abuse, including emotional and financial abuse.

Phone: 1300 364 277

Web: [www.relationshipsnsw.org.au/support-services-category/senior-relationship-services](http://www.relationshipsnsw.org.au/support-services-category/senior-relationship-services)

### Sexual Assault Service – Sydney Local Health District

Phone: (02) 9515 9040

Web: [www.slhd.nsw.gov.au/communityhealth/SexualAssault/services.html](http://www.slhd.nsw.gov.au/communityhealth/SexualAssault/services.html)

### Social workers – Services Australia

Phone: 132 850

Web: [www.servicesaustralia.gov.au/social-work-services](http://www.servicesaustralia.gov.au/social-work-services)

### Sydney Inner West Stroke Club

A place for stroke survivors and their networks to connect, get social and inform. Meets 1st Tuesday of each month 10.30am–12.30pm. For further details, contact the Stroke Recovery Association NSW.

Phone: 1300 650 594

Address: Five Dock RSL, Great North Road,  
Five Dock NSW 2046

Web: [www.strokensw.org.au](http://www.strokensw.org.au)

### The Gender Centre

Information, accommodation, counselling and mental health, plus a range of other support services for transgender, gender-diverse and gender-exploring people to make informed decisions.

Phone: (02) 9519 7599 or (02) 9569 2366

Web: [www.gendercentre.org.au](http://www.gendercentre.org.au)

### Vision Australia

The NSW Spectacles Program provides government-funded glasses and vision aids to eligible recipients.

Phone: 1300 847 466

Web: [www.visionaustralia.org/services/funding/other-funding/nsw-spectacles](http://www.visionaustralia.org/services/funding/other-funding/nsw-spectacles)

## Help at home and in the community

### My Aged Care

The gateway for many services is via the My Aged Care portal with many listed services. Choose what help-at-home service you need and input your postcode, or you can call the 1800 number listed below or visit the website. Includes an initial assessment to find domestic help, respite, home maintenance, meals, social support, transport, assistive technology, and allied health services.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

### Telecross – Australian Red Cross

Volunteers make a morning phone call to elderly people living alone in their own home.

Phone: 1800 733 276 (Customer Care team)

Web: [www.redcross.org.au/services/telecross](http://www.redcross.org.au/services/telecross)

### Veterans Home Care

Low-level home care services for eligible veterans, war widows and widowers.

Phone: 1300 550 450

Web: [www.dva.gov.au](http://www.dva.gov.au)

## Hoarding and squalor

### Catholic Health Care

Hoarding and Squalor support services and Buried in Treasure program. A range of services to help you at home, and specialising in decluttering. They deliver a program called "Buried in Treasure".

Phone: 1300 931 638

Web: [www.catholichealthcare.com.au/hoarding-squalor-support-services](http://www.catholichealthcare.com.au/hoarding-squalor-support-services)

### CareFinder

Free support to vulnerable people who need help at home, to find housing or who are finding it difficult to cope. To find what service provider is in the inner west call the gateway number below.

Phone: 1800 356 337

## Home maintenance and modifications

### My Aged Care

Use the My Aged Care service finder for other providers that may include garden or home maintenance services in your suburb. May include providers in this section.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/find-a-provider](http://www.myagedcare.gov.au/find-a-provider)

### Aboriginal Home Care

Garden maintenance, minor home maintenance and major home maintenance and repairs.

Phone: 1300 271 415

Web: [www.australianunity.com.au](http://www.australianunity.com.au)

### Australian Unity – Burwood

Garden maintenance, minor home maintenance and major home maintenance and repairs.

Phone: 1300 160 170

Web: [www.australianunity.com.au](http://www.australianunity.com.au)

### Inner West Neighbour Aid

Low-maintenance gardening and subsidised lawn mowing service in the Ashfield area.

Phone: (02) 9799 5099

Web: [www.iwna.com.au](http://www.iwna.com.au)

### Canterbury City Community Centre

Low-maintenance gardening and lawn mowing service in the inner west area.

Phone: (02) 9799 9344

Web: [www.4cs.org.au/garden](http://www.4cs.org.au/garden)

### Uniting

Provides maintenance services in the home and garden to make the home safer and accessible, such as ramps. Government funded under My Aged Care, plus private available.

Phone: 1800 864 846

Web: [www.uniting.org](http://www.uniting.org)

## Interpreters and translators

### Centrelink Multilingual

Centrelink Hotline for people who speak a language other than English

Phone: 13 12 02

Web: [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

### Inner West Interpreting Service

Individual, group and conference interpreting, telephone and face-to-face, document translation, medical and legal issues.

Phone: (02) 9798 1400 (Anglicare)

Web: [www.anglicare.org.au](http://www.anglicare.org.au)

### Multicultural NSW

Interpreting and translation language services.

Phone: (02) 8255 6767

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

### Translation and Interpreting Service (TIS)

Telephone, face-to-face interpreting and translation services run by the Department of Home Affairs.

Phone: 13 14 50

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

### National Relay Service

There are several ways to connect.

Voice Relay: 1300 555 727

TTY Type and read: 133 677. For 1800 calls: 1800 555 677

NRS Chat: 1300 553 467

SMS Relay: 1300 149 715

NRS Captions: 1300 018 342

Web: [www.accesshub.gov.au](http://www.accesshub.gov.au) for the full list of numbers and information

## Mental health support

### Anglicare Counselling and Support

Help with food, housing, money, family and relationships and mental health

Phone: 1300 111 278

Web: [www.anglicare.org.au](http://www.anglicare.org.au)

### Beyond Blue

Information and programs on depression, anxiety, bipolar disorder and postnatal depression.

Phone: 1300 224 636

Web: [www.beyondblue.org.au](http://www.beyondblue.org.au)

### Black Dog Institute

Educational, research, clinical and community-oriented facility offering specialist expertise in depression and bipolar disorder.

Phone: (02) 9382 4530 (Reception)

Web: [www.blackdoginstitute.org.au](http://www.blackdoginstitute.org.au)

### Family Drug Help

Confidential telephone service which provides support and information about drugs and their effects to family members.

Phone: 1300 660 068

Web: [www.sharc.org.au](http://www.sharc.org.au)

### Hindu Benevolent Council

Phone: [Information missing]

Web: [www.hinducouncil.com.au](http://www.hinducouncil.com.au)

### Lifeline

Mental Health Support/Suicide prevention

Phone: 13 11 14

Web: [www.lifeline.org.au](http://www.lifeline.org.au)

### Mensline

Unique telephone support, information and referral service, helping men to deal with relationship problems in a practical and effective way.

Phone: 1300 789 978

Web: [www.mensline.org.au](http://www.mensline.org.au)

### Mental Health Line

Phone: 1800 011 511

Web: [www.health.nsw.gov.au/mentalhealth](http://www.health.nsw.gov.au/mentalhealth)

### Mental Health Coordinating Council

A peak body for mental health: policy and advocacy.

Phone: (02) 9060 9627

Web: [www.mhcc.org.au](http://www.mhcc.org.au)

### Mental Health Information Service

Provides information and assistance regarding mental health and services.

Phone: 1300 794 991

Web: [www.wayahead.org.au](http://www.wayahead.org.au)

### Neami

A not-for-profit providing mental health, homelessness and suicide prevention services. Supports people to live independently through telehealth, walk-in and residential support.

Web: [www.neaminational.org.au](http://www.neaminational.org.au)

### New Horizons

Provides information and assistance regarding mental health and services.

Phone: 1300 726 372

Web: [www.newhorizons.org.au/contact](http://www.newhorizons.org.au/contact)

## Mental health support (continued)

### One Door Mental Health

Through One Door, people living with mental illness and their families can find an inclusive community, innovative services and advocacy support.

Phone: 1800 843 539

Web: [www.onedoor.org.au](http://www.onedoor.org.au)

### The Mental Health Advocacy Service

Legal aid for people wanting help or advice about mental health matters.

Phone: (02) 9745 4277

Web: [www.legalaid.nsw.gov.au/what-we-do/civil-law/mental-health-advice](http://www.legalaid.nsw.gov.au/what-we-do/civil-law/mental-health-advice)

### Partners in Recovery

For people with severe or persistent mental health issues or carers.

Web: [www.newhorizons.net.au/temp/pir](http://www.newhorizons.net.au/temp/pir)

### Stride – Mental Health Service

Phone: 1300 00 1907

Web: [www.stride.com.au](http://www.stride.com.au)

### St John of God Burwood

Counselling and therapy.

Phone: (02) 9715 3643

## Multicultural service providers

Also see section on Active and Connected in the Community.

### Centrelink Multilingual Phone Service

Phone: 13 12 02

Web: [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

### Chinese Australian Services Society (CASS)

Offers a variety of leisure activities for seniors, including singing and gentle exercise and settlement, health, ageing, vocational services and more.

Phone: (02) 9789 4587

Web: [www.cass.org.au](http://www.cass.org.au)

### Co.As.It Italian Seniors Groups

Phone: (02) 9564 0744

Address: 67 Norton Street, Leichhardt NSW 2040

Web: [www.coasit.org.au](http://www.coasit.org.au)

### Community and Cultural Connections Inc

Offers Arabic, Vietnamese and other multicultural support groups, women's senior groups, other support services and activities across the inner west.

Phone: (02) 8507 2028/(02) 8507 2027

Web: [www.ccci.org.au](http://www.ccci.org.au)

### Ethnic Community Services Cooperative

Delivers support services and multicultural projects in the community.

Phone: (02) 9569 1288

Web: [www.ecsc.org.au](http://www.ecsc.org.au)

### Greek Welfare Centre

Offers a wide range of services including health and information and counselling, aged, education, mental health, community visitors and more.

Phone: (02) 9516 2188

Web: [www.gwccservices.org](http://www.gwccservices.org)

### Metro Assist

Formerly Metro Migrant Resource Centre. Provides a range of community services including migrant settlement, family support and early intervention, emergency relief, tenancy services and community development.

Phone: (02) 9789 3744

Web: [www.metroassist.org.au](http://www.metroassist.org.au)

### PAWA Community Care Inc

Multicultural Home Care Services Provider. Specialists in caring for Polish Eastern Europeans.

Phone: (02) 9716 0036

Web: [www.pawacc.org.au](http://www.pawacc.org.au)

### STARTTS

NSW Service for the treatment and rehabilitation of torture and trauma survivors. Services provided to older refugees include individual counselling, support and self-support groups. This is done at one of STARTTS' offices or at one of our various outreach locations.

Phone: (02) 9646 6700

Web: [www.startts.org.au](http://www.startts.org.au)

### Sydney Multicultural Community Services

Sydney MCS provides a range of community services in response to identified needs of people from Culturally and Linguistically Diverse (CALD) backgrounds.

Phone: (02) 9663 3922

Web: [www.sydneymcs.org.au](http://www.sydneymcs.org.au)

## Scams and cyber safety

### Australian Competition & Consumer Commission Scamwatch

Scamwatch is run by the Australian Competition and Consumer Commission (ACCC). It provides information to consumers and small businesses about how to recognise, avoid and report scams. Provides information, tools and resources.

Web: [www.scamwatch.gov.au/about-scamwatch](http://www.scamwatch.gov.au/about-scamwatch)

### Australian Financial Complaints Authority

Dispute resolution for consumers and financial services providers.

Phone: 1800 931 678

Web: [www.afca.org.au](http://www.afca.org.au)

### Australian Tax Office – Scam Alerts

Phone: 1800 008 540

Web: [www.ato.gov.au/General/Online-services/Identity-security-and-scams/Scam-alerts](http://www.ato.gov.au/General/Online-services/Identity-security-and-scams/Scam-alerts)

### Banking

Safe and Savvy – Publication

Web: [www.ausbanking.org.au/wp-content/uploads/2019/11/Safe-and-Savvy-web.pdf](http://www.ausbanking.org.au/wp-content/uploads/2019/11/Safe-and-Savvy-web.pdf)

### Fair Trading

Phone: 13 32 20

Web: [www.fairtrading.nsw.gov.au/buying-products-and-services/scams](http://www.fairtrading.nsw.gov.au/buying-products-and-services/scams)

### Online safety

eSafety Commissioner has a portal for seniors and lots of useful information.

Web: [www.esafety.gov.au/seniors](http://www.esafety.gov.au/seniors)

### Police Assistance Line (PAL) – non-emergency

For non-urgent police assistance, reporting minor crime and all general enquiries.

Phone: 131 444

### Services Australia – Scams and Identity Theft

Phone: 1800 941 126 (Helpdesk: Mon-Fri 8am– 5pm)

Web: [www.servicesaustralia.gov.au/scams-and-identity-theft](http://www.servicesaustralia.gov.au/scams-and-identity-theft)

### The Little Black Book of Scams

A print and digital publication from the Australian Competition and Consumer Commission.

Phone: 1300 302 502

Web: [www.accc.gov.au/publications/the-little-black-book-of-scams](http://www.accc.gov.au/publications/the-little-black-book-of-scams)



## Transport

### Access Sydney Community Transport

Support with shopping, individual transport needs and social outings. Information and referral service and bus hire. Transport to medical appointments such as hospitals. Delivers monthly bus trips for Ashfield residents.

Phone: (02) 8241 8000

Web: [www.accesssydney.org.au](http://www.accesssydney.org.au)

### Connect Inner West

Support with shopping, individual transport needs, group and social outings. Includes services to key shopping districts on certain days. Information and referral service and bus hire. Transport to medical appointments such as hospitals. Provides bus outings each month. Bookings essential via phone.

Phone: (02) 9558 6800

Web: [www.connectinnerwest.org.au](http://www.connectinnerwest.org.au)

### Leichhardt Local Link (Free)

Community transport designed to aid community members to access a range of local services such as Leichhardt Park Aquatic Centre, doctors and health services, major transport hubs, community facilities and services, shopping precincts and high streets.

Web: [www.innerwest.nsw.gov.au/explore/getting-around/community-buses](http://www.innerwest.nsw.gov.au/explore/getting-around/community-buses)

### My Aged Care

Use the service finder for all transport options in your postcode area.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/service-finder/help-at-home](http://www.myagedcare.gov.au/service-finder/help-at-home)

### Pick Me Up Service

Free service driving the seriously ill, elderly, needy and disabled to and from medical appointments.

Phone: 1300 747 763

Web: [www.sirroden.org.au](http://www.sirroden.org.au)

### Opal Cards

Opal cards are smartcard tickets that you keep, reload and reuse to pay for travel on public transport. Simply add value to your Opal card then tap-on and tap-off to pay your fares on trains, buses, ferries, and light rail – anywhere within the Opal network. The Opal network includes train, bus, ferry and light rail services in Sydney, the Blue Mountains, Central Coast, Hunter, Illawarra, and Southern Highlands.

Web: [www.opal.com.au/en/about-opal](http://www.opal.com.au/en/about-opal)

### Public Transport

Rail, light rail, buses, ferries and more.

Phone: 131 500

Web: [www.transportnsw.info](http://www.transportnsw.info)

### Taxi Transport Subsidy Scheme

NSW Department of Transport

Phone: 1800 623 724

Web: [www.transport.nsw.gov.au/projects/programs/point-to-point-transport/transport-disability-incentives-and-subsidies](http://www.transport.nsw.gov.au/projects/programs/point-to-point-transport/transport-disability-incentives-and-subsidies)

## Volunteering opportunities

### Go Volunteer

A non-profit initiative to make volunteering easier.

Web: [www.govolunteer.com.au](http://www.govolunteer.com.au)

### Inner West Council Volunteering Opportunities

Council has a range of volunteering opportunities available. Contact Inner West Council to discuss a range of ways to volunteer with community activities, projects and more. Volunteering is a great way to become involved in your local area, learn new skills and make new friends. Opportunities to volunteer are updated on the council's web page when they arise.

Phone: (02) 9392 5000

Web: [www.innerwest.nsw.gov.au/contribute/community-participation/volunteer-with-us](http://www.innerwest.nsw.gov.au/contribute/community-participation/volunteer-with-us)

Visit Council's Community Group Register to get involved with one that interests you:

[www.innerwest.nsw.gov.au/contribute/community-participation/community-group-register](http://www.innerwest.nsw.gov.au/contribute/community-participation/community-group-register)

### NSW Volunteering

Resources and advice for people and organisations about volunteering. Learn how to find volunteer roles as well as how to recruit and manage volunteers.

Web: [www.nsw.gov.au/community-services/volunteering](http://www.nsw.gov.au/community-services/volunteering)

### The Centre for Volunteering

Resource and referral centre for those wishing to volunteer.

Phone: (02) 9261 3600

Web: [www.volunteering.com.au](http://www.volunteering.com.au)

### Skills, Training & Resource Service (STARS)

Resource centre for people wishing to volunteer.

Phone: (02) 9750 9344

Web: [www.4cs.org.au/what-we-do/learning-and-development/stars-training](http://www.4cs.org.au/what-we-do/learning-and-development/stars-training) and [www.4cs.org.au/stars-volunteer-opportunities](http://www.4cs.org.au/stars-volunteer-opportunities)



To contact a member of the Healthy Ageing Team please email: [seniors@innerwest.nsw.gov.au](mailto:seniors@innerwest.nsw.gov.au),  
phone 02 9392 5000 or 9392 5863  
or visit: [www.innerwest.nsw.gov.au/  
community/who-we-are/seniors](http://www.innerwest.nsw.gov.au/community/who-we-are/seniors)

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