

## Disability Services - Wingecarribee

<u>SERVICE PROVIDED</u>	<u>PROVIDER</u>	<u>SERVICES PROVIDED</u>	<u>CONTACT DETAILS</u>	<u>AGE/CLIENT</u>
<b><u>AUTISM SERVICES</u></b>				
<b>SW Sydney Commonwealth Carer - Respite Centre - Mental Health Respite Program</b>		Assisting with Short Term or Emergency respite program for Carers of people with a Mental Illness, Intellectual Disability or Autism. Services include: assistance with domestic services, daily living skills, in-home respite/supervision, carer training, travel.	<b>Tel: 9728 0290 9728 0252 southwestccrc@anglicare.org.au www.anglicare.org.au</b>	Carers 55 YO & over
<b>SW Sydney Commonwealth Carer - Respite Centre - Mental Health Respite Program</b>		Assisting with Short Term or Emergency respite program for Carers of people with a Mental Illness, Intellectual Disability or Autism. Services include: assistance with domestic services, daily living skills, in-home respite/supervision, carer training, travel.	<b>Tel: 9728 0290 9728 0252 southwestccrc@anglicare.org.au www.anglicare.org.au</b>	Carers 55 YO & over
<b>Wingecarribee/Wollondilly Respite House The Disability Trust - SH Shop 5&amp;7, Ward Lane MITTAGONG NSW 2575</b>		Wheelchair accessible Respite House in Bowral for short-term breaks for people with a disability and their carers. Several hours or several days may be booked.	<b>Tel: 4872 4975 The Disability Trust - SH Fax: 4871 2848 <a href="mailto:joanne@disabilitytrust.org.au">joanne@disabilitytrust.org.au</a> <a href="mailto:mareec@disabilitytrust.org.au">mareec@disabilitytrust.org.au</a></b>	Persons 6-64 years with a disability
<b>Bargo Respite House The Disability Trust - SH Shop 5&amp;7, Ward Lane MITTAGONG NSW 2575</b>		Tranquil & picturesque retreat for individuals and their families - short term respite	<b>Tel: 4872 4975 The Disability Trust - SH Fax: 4871 2848 <a href="mailto:joanne@disabilitytrust.org.au">joanne@disabilitytrust.org.au</a> <a href="mailto:mareec@disabilitytrust.org.au">mareec@disabilitytrust.org.au</a></b>	Individuals & their families
<b>A S Assist - Asperger's Syndrome Interchange Wingecarribee Inc. (IWI) 59 Kirkham Road BOWRAL NSW 2576</b>		Case Management. Advice and support to families and children who are on the scale of Autism. Includes individual sessions with the child and their families.	<b>Tel: 4862 2644 <a href="mailto:info@iwi.org.au">info@iwi.org.au</a> <a href="http://www.iwi.org.au">www.iwi.org.au</a></b>	Children - 18 years and their families
<b><u>MENTAL HEALTH SERVICES</u></b>				
<b>Transcultural Mental Health Centre Bldg 53, Cumberland Hospital Campus 5 Fleet Street NORTH PARRAMATTA NSW 2124 Locked Mail Bag 7118 PARRAMATTA BC NSW 2150</b>		Information and consultation about mental health and cultural issues. Information about Government and non-Government health and welfare services for people of Clinical intervention through 125 bilingual mental health clinicians speaking 50 languages - social workers, Psychologists, mental health nurses, occupational therapists, Psychiatrists.	<b>Tel: 1800 648 911 02 9840 3800 Fax: 02 9840 3755 <a href="mailto:tmhc@swahs.health.nsw.gov.au">tmhc@swahs.health.nsw.gov.au</a> <a href="http://www.dhi.gov.au">www.dhi.gov.au</a></b>	All

<b>Mental Health Team - (Wingecarribee)</b> Bendooley Place BOWRAL NSW 2576	Team of Mental health nurses and workers operating from Community Health Centre and BDH - liaison and rehabilitation services.	<b>Tel: 4861 8000</b> <b>Fax: 4861 4956</b> <b>Kevin.O'Neill@sswahs.nsw.gov.au</b> <b>www.nsw.gov.au/health</b>	All
<b>Mental Health Accommodation Support The Disability Trust - SH</b> Shop 5&7, Ward Lane MITTAGONG NSW 2575	Non-clinical support to persons with Mental Health Issues and are living independently in the Community. Support with household routines, transport/support to regular appointments, vocational, recreational, social and health programs. Liaison or advocating with Government and non-Government agencies on behalf of client.	<b>Tel: 4884 4495</b> <b>The Disability Trust - SH</b> <b>Tel: 4872 4975</b> <b>Fax: 4871 2848</b>	People with mental health issues living independently
<b>Active Learning Initiative (ALI) The Disability Trust - SH</b> Shop 5&7, Ward Lane MITTAGONG NSW 2575	Activities provided to residents of Sunshine Lodge, the Cottages and Rosnel. Requests from residents base for choice. Staff and volunteer facilitated. Funding through ALI Program.	<b>Tel: 4884 4495</b> <b>The Disability Trust - SH</b> <b>Fax: 4871 2848</b>	Residents of lodges attached to program
<b>House With No Steps</b> 100-102 Auburn Street WOLLONGONG NSW 2500	Supporting children and adults with an intellectual, physical, sensory and/or psychiatric disability to live, learn, work and connect in the community. Accommodation: 1 Group Home in the Southern Highlands, 2 in Goulburn.	<b>Tel: 4221 4030</b> <b>Fax: 4227 1042</b> <a href="mailto:southernsw@hwns.com.au">southernsw@hwns.com.au</a>	Children and adults with a physical or mental disability
<b>Welby Garden Centre</b> Berrima Street WELBY NSW 2575	"Challenge Southern Highlands" to provide vocational training and supported employment to people with disabilities. Supported employees at the centre are involved in all aspects of nursery work. Jobs are carried out in small groups under the supervision of a Training Supervisor.	<b>Tel: 4872 1244</b>	Adults with a Disability

## INDIGENOUS SERVICES

<b>Aboriginal Home Care Service</b> 93 George Street PARRAMATTA NSW 2124 PO Box 3004 PARRAMATTA NSW 2124	Domestic Assistance and personal care Shopping and food preparation Home & Garden Maintenance Financial contribution towards provision of services Respite Referral to meal preparation services	<b>Tel: 1300 797 606</b> <b>Fax: 1300 881 960</b> <b>AboriginalRAC@dadhc.nsw.gov.au</b>  <b>Thelma</b>	Frail & Aged Younger people with a Disability
<b>Northcott Disability Services</b> 99 Rose Street LIVERPOOL NSW 2170	Respite for indigenous older carers (45 years and over) who are caring for a person with a disability	<b>Tel: 9600 3923</b> <b>Fax: 9600 3954</b> <b>silvana.baute@northcott.com.au</b> <b>savannah.finlay@northcott.com.au</b> <b>Silvana Baute</b>	Older carers

Savannah Finlay

**Aboriginal Mental Health Worker**  
Wingecarribee Community Health Centre  
Bendooley Place, Bendooley Street  
BOWRAL NSW 2576

Advisor on Aboriginal cultural matters to Mental Health Workers, Drug & Alcohol Workers & Adolescent Workers. Direct support to Aboriginal and TSI Families (esp. DV)

**Tel: 4861 8000**  
**Fax: 02 4861 4956**

Aboriginal Families

**Home-Start**  
PO Box 2271  
56 Wingecarribee Street  
BOWRAL NSW 2576

Supporting families with children under 8 years in Shire. Practical support includes spending time with children, helping with daily life, connecting with other Aboriginal families. Accessing other agencies. Pregnant mums group.

**Tel: 4861 4030**  
**Fax: 4862 5080**  
**Mob: 0427 466 846**

Aboriginal families  
with young children

**Marie Barbaric - Aboriginal  
Co-ordinator**

**AGED/FRAIL  
CARE SERVICES**

**Macarthur Disability Services Ltd**  
Level 8, 138 Queen Street  
PO Box 284  
CAMPBELLTOWN NSW 2560

Recreational Programs - *Mark Donachie*  
Behaviour and Intervention - *Angela Wilson*  
Personal Help and Mentoring - *Linda Perry*  
Community Development - *Patricia Vasquez*  
Home & Community Care (HACC) -  
*Development Officer for Macarthur and Wingecarribee*

**Tel: 1800 683 232**  
**4621 8400**  
**Fax: 4628 4006**  
**www.mdservices.com.au**  
**Various contacts**

Frail & Aged  
Younger people with a  
Disability

**Wingecarribee Aged Care  
Assessment Team (ACAT)**  
Bendooley Place  
Bendooley Street  
BOWRAL NSW 2576

Multidisciplinary Assessment Team provides assessment of need for referral to appropriate community/residential services. Helping individuals and their carers.

**Tel: 1800 728 968**  
**Fax: 4861 4956**

Frail & Aged including  
age related illness

**Wingecarribee Adult Care Centre**  
Carribee Centre, 3 Hansen Street  
BOWRAL NSW 2576

Provides companionship for frail, aged, lonely and disabled with activities including games, crafts, films, discussions, BBQ's, outings. Bus transport available. Demential specific program conducted 3 days a week.

**Tel: 4862 1774**  
**Fax: 4861 4757**  
**Michelle Lindau**

Adults - Frail & Aged,  
Lonely

**INS Health Care Group**  
Suite 4, 407-409 Bong Bong Street  
BOWRAL NSW 2576

Community Aged Care packages to older persons to assist with remaining in their own home. Services accessed - Personal care, Meal provision, Light housework & Shopping, transport, personal health and Security monitoring.

**Tel: 4862 2338**  
**Fax: 4861 5335**

GP or individual Referral  
Frail/Aged persons  
living at home

**Interchange**  
59 Kirkham Road  
BOWRAL NSW 2576

Helping aged/frail persons to remain at home. Assistance with Domestic activities, personal care, social activities and *assisted shopping.*

**RESPITE**

**Northcott Disability Services**

Respite for older carers (60 years and over) who are caring

**Tel: 9600 3923**

Older carers

<p>99 Rose Street LIVERPOOL NSW 2170</p>	<p>for a person with a disability Respite for indigenous older carers (45 years and over) who are caring for a person with a disability</p>	<p><b>Fax:</b> 9600 3954 <a href="mailto:silvana.baute@northcott.com.au">silvana.baute@northcott.com.au</a> <a href="mailto:savannah.finlay@northcott.com.au">savannah.finlay@northcott.com.au</a> Silvana Baute Savannah Finlay</p>	
<p><b>SW Sydney Commonwealth Carer Respite Centre</b> Level 1, Anglicare Migrant Services Building 40 Cumberland Street CABRAMATTA NSW 2166</p>	<p>Servicing Carers of people who are Frail, Aged, have a Disability, Mental Illness, or Chronic Illness. Provides information, support, about Respite options available to Carers including residential and ongoing support. Also Emergency and short term/temporary Respite both in and out of home. Training in Carer Skills, Counselling and Referral.</p>	<p><b>Tel:</b> 9728 0290 9728 0252</p>	<p>Frail, Aged, Disability, Mental or Chronic Illness</p>
<p><b>SW Sydney Commonwealth Carer - Respite Centre - Mental Health Respite Program</b></p>	<p>Assisting with Short Term or Emergency respite program for Carers of people with a Mental Illness, Intellectual Disability or Autism. Services include: assistance with domestic services, daily living skills, in-home respite/supervision, carer training, travel.</p>	<p><b>Tel:</b> 9728 0290 9728 0252 <a href="mailto:southwestccrc@anglicare.org.au">southwestccrc@anglicare.org.au</a> <a href="http://www.anglicare.org.au">www.anglicare.org.au</a></p>	<p>Carers 55 YO &amp; over</p>
<p><b>Wingecarribee/Wollondilly Respite House</b> <b>The Disability Trust - SH</b> Shop 5&amp;7, Ward Lane MITTAGONG NSW 2575</p>	<p>Wheelchair accessible Respite House in Bowral for short-term breaks for people with a disability and their carers. Several hours or several days may be booked.</p>	<p><b>Tel:</b> 4872 4975 <b>The Disability Trust - SH</b> <b>Fax:</b> 4871 2848 <a href="mailto:joanne@disabilitytrust.org.au">joanne@disabilitytrust.org.au</a> <a href="mailto:mareec@disabilitytrust.org.au">mareec@disabilitytrust.org.au</a></p>	<p>Persons 6-64 years with a disability</p>
<p><b>Bargo Respite House</b> <b>The Disability Trust - SH</b> Shop 5&amp;7, Ward Lane MITTAGONG NSW 2575</p>	<p>Tranquil &amp; picturesque retreat for individuals and their families - short term respite</p>	<p><b>Tel:</b> 4872 4975 <b>The Disability Trust - SH</b> <b>Fax:</b> 4871 2848 <a href="mailto:joanne@disabilitytrust.org.au">joanne@disabilitytrust.org.au</a> <a href="mailto:mareec@disabilitytrust.org.au">mareec@disabilitytrust.org.au</a></p>	<p>Individuals &amp; their families</p>
<p><b>Care Solutions</b> <b>The Disability Trust - SH</b> Shop 5&amp;7, Ward Lane MITTAGONG NSW 2575</p>	<p>Respite provided to carers of people with a Disability. <i>Options include:</i> In-home, Centre Based, Assistance with Access to Community Activities or Emergency Care. <i>Flexibility.</i></p>	<p><b>Tel:</b> 4872 4975 <b>The Disability Trust - SH</b> <b>Fax:</b> 4871 2848 <a href="mailto:joanne@disabilitytrust.org.au">joanne@disabilitytrust.org.au</a> <a href="mailto:mareec@disabilitytrust.org.au">mareec@disabilitytrust.org.au</a> Joanne Hodder Maree Crosbie</p>	
<p><b>Respite for Older Carers</b> <b>The Disability Trust - SH</b></p>	<p>Older Carer support - over 60 years (Indigenous carers over 45 years)</p>	<p><b>Tel:</b> 4872 4975 <b>The Disability Trust - SH</b></p>	<p>Carers over 60 years (Indigenous -over 45 year</p>

Shop 5&7, Ward Lane  
MITTAGONG NSW 2575

*Caring for persons over 25 years.*

Combination of Centre-based overnight respite, In-home  
community access/recreational activities, Day centre services,  
Emergency respite, Holiday services and Peer support.

Fax: 4871 2848

[joanne@disabilitytrust.org.au](mailto:joanne@disabilitytrust.org.au)  
[mareec@disabilitytrust.org.au](mailto:mareec@disabilitytrust.org.au)

Joanne Hodder  
Maree Crosbie

*Persons cared for over 25 year*

### **INTERCHANGE (IWI)**

518 Moss Vale Road  
BURRADOO NSW 2576  
(Springett House)

IWI provides respite for persons with a Disability  
using a range of different models:

*Host Family Respite -*

Person spends a period of time day or night in the home  
of a volunteer family

*Flexible Respite -*

short term and a care plan is developed with the carer.  
may consist of a combination of own-home, centre-based  
and host family care.

*Centre Based Respite -*

Respite is provided in the *IWI Springett House.*  
with day and overnight programs being offered.

Tel: 4862 2644

Fax: 4862 1563

[info@iwi.org.au](mailto:info@iwi.org.au)  
[www.iwi.org.au](http://www.iwi.org.au)

Children, teens, adults

## **EMPLOYMENT SERVICES**

### **Essential Personnel**

Shop 7 Beaumont Gardens  
60 Bowral Road  
MITTAGONG NSW 2575

Opportunities sought for Employment for people with  
barriers - Casual, Part-time and Work Experience.

Assistance for Job-Seekers with on-site training and support.  
Resumes, employment preparation, skills assessment,  
workplace modifications.

Government Incentives available.

Tel: 4872 3891

Fax: 4872 3892

[Jane@essentialpersonnel.com](mailto:Jane@essentialpersonnel.com)  
Jane Worden

Youth, adult

### **Essential Personnel - Transition to Work Program**

Shop 8, Beaumont Gardens  
60 Bowral Road  
MITTAGONG NSW 2575

Access for Eligible School Leavers to Employability and  
Workplace Experience, Job Search Skills.

Assessment conducted whilst student still at school.

Tel: 4872 4122

[amandacarkagis@essentialpersonnel.com](mailto:amandacarkagis@essentialpersonnel.com)  
[kate@essentialpersonnel.com](mailto:kate@essentialpersonnel.com)

Amanda Carkagis  
Kate

Eligible School Leavers  
Assessment based  
(DADHC)

### **Macarthur Disability Services Ltd**

Level 8, 138 Queen Street  
PO Box 284  
CAMPBELLTOWN NSW 2560

Employment Services - Neisha Eckersley  
Transition to Work - Jaye Toole

Tel: 1800 683 232  
4621 8400

Fax: 4628 4006  
[www.mdservices.com.au](http://www.mdservices.com.au)  
Various contacts

Frail & Aged  
Younger people with a D

### **CRS Mittagong**

56 Hume Highway  
MITTAGONG NSW 2575

Vocational Rehabilitation services assisting people with a  
Disability to return to work.

*Assessment of Disability.*

Tel: 4861 8000

Fax: 4860 4655

[Lorette.waugh@crsaustralia.gov.au](mailto:Lorette.waugh@crsaustralia.gov.au) Centrelink Endorsement

Australian Citizens  
14-65 years.

Identification of suitable employment and appropriate training; [www.crsaustralia.gov.au](http://www.crsaustralia.gov.au)  
 to obtain or retain employment.  
*Costs may be born by Centrelink or 3rd party*  
*(eg: Workers Compensation.)*

required

## CHILDRENS/YOUTH

<p><b>Macarthur Wingecarribee Therapy Transition Project</b>  <b>(Northcott Disability Services)</b>          99 Rose Street          LIVERPOOL NSW 2170</p>	<p>Therapy for 4-6 YO for transition to school</p>	<p><b>Tel: 4625 1060</b>  <b>Fax: 4625 6389</b>  <a href="mailto:macarthurcm@northcott.com.au">macarthurcm@northcott.com.au</a>  <b>Team Leader</b></p>	<p>4-6 year olds starting school following year</p>
<p><b>Centre of Youth</b>          Wingecarribee Community Health Centre          Bendooley Place, Bendooley Street          BOWRAL NSW 2576</p>	<p>Mental Health Counselling including stress .          Drug health counselling.          Sexual health and relationship counselling.          Information and referral.</p>	<p><b>Tel: 4861 8000</b>  <b>Fax: 4861 4956</b></p>	<p>Youth          Self or GP Referral</p>
<p><b>After School and Vacation Care The Disability Trust - SH</b>          Shop 5&amp;7, Ward Lane          MITTAGONG NSW 2575</p>	<p>Based at Tangara School in Mittagong.          After school activities and care suitable to young persons with a disability.          (Also at Beverley Park School Campbelltown)</p>	<p><b>Tel: 4872 4975</b>  <b>The Disability Trust - SH</b>  <b>Fax: 4871 2848</b></p>	<p>12-18 Years</p>
<p><b>Australian Sports Commission Active School Communities The Disability Trust - SH</b>          Shop 5&amp;7, Ward Lane          MITTAGONG NSW 2575</p>	<p>"Sports Ready" - is a sporting skill development program targeting children with a disability in special schools.          8 week program during school term.</p>	<p><b>Tel: 1300 797 443</b>  <b>4872 4975</b>  <b>The Disability Trust - SH</b>  <b>Fax: 4871 2848</b></p>	<p>Children in Special Schools in Wingecarribee</p>
<p><b>A S Assist - Asperger's Syndrome Interchange Wingecarribee Inc. (IWI)</b>          59 Kirkham Road          BOWRAL NSW 2576</p>	<p>Case Management.          Advice and support to families and children who are on the scale of Autism.          Includes individual sessions with the child and their families.</p>	<p><b>Tel: 4862 2644</b>  <a href="mailto:info@iwi.org.au">info@iwi.org.au</a>  <a href="http://www.iwi.org.au">www.iwi.org.au</a></p>	<p>Children - 18 years and their families</p>
<p><b>Home-Start</b>          PO Box 2271          56 Wingecarribee Street          BOWRAL NSW 2576</p>	<p>Home visit service supporting families with at least one child under the age of five in practical ways. Volunteer program of visits to families to assist with day to day living, addressing difficulties that may be experienced during those early years due to various issues. Early intervention and</p>	<p><b>Tel: 4861 4030</b>  <b>Fax: 4862 5080</b></p>	<p>Families with young children 5 years and under</p>

preventative program.

**Triple Care Farm (Mission Australia)**  
Knights Hill  
ROBERTSON NSW 257

Residential and vocation Drug and Alcohol Treatment program for homeless and disadvantaged Youth. Located at Knights Hill in Robertson NSW.  
Triple Care Farm provides residential living skills, counselling and vocational training programs such as metalwork, woodwork and farming. Sports and recreation activities are also available at the farm.  
Students at Triple Care Farm receive one-on-one support, personal counselling, drug and alcohol counselling and group counselling sessions.  
At the end of an average three month stay, students continue to be supported for up to 18 months through our Stepping Out Program.

**Tel: 4885 1265**  
**0406 135 362**

Young people aged 16-24 years.

## SPORT AND RECREATION

**Australian Sports Commission Active School Communities**  
**The Disability Trust - SH**  
Shop 5&7, Ward Lane  
MITTAGONG NSW 2575

### **Program**

"Sports Ready" - is a sporting skill development program targeting children with a disability in special schools.  
8 week program during school term.

**Tel: 1300 797 443**  
**4872 4975**

**The Disability Trust - SH**  
**Fax: 4871 2848**

Children in Special Schools in Wingecarribee

**INTERCHANGE (IWI)**  
59 Kirkham Road  
BOWRAL NSW 2576

Day programs for the following persons with a disability - *various life stages* -  
Post School (following year 12)  
Life Choices (25-54 years)  
Active Ageing (55-65 years)

**Tel: 4862 2644**  
**Fax: 4862 1563**  
**[info@iwi.org.au](mailto:info@iwi.org.au)**  
**[www.iwi.org.au](http://www.iwi.org.au)**

Assessment Based  
Persons with a disability  
Post School until 65 year:

**Leisure Link**  
**INTERCHANGE (IWI)**  
59 Kirkham Road  
BOWRAL NSW 2576

Out of hours recreation and leisure for peoples with a disability - includes sports, social activities, movies and camps  
Also services Teens with Challenging behaviour.  
\*\*\*Also offering Peer Support including outings and program formulated with client input - individual plans put in place

**Tel: 4862 2644**  
**Fax: 4862 1563**  
**[info@iwi.org.au](mailto:info@iwi.org.au)**  
**[www.iwi.org.au](http://www.iwi.org.au)**

All - including Teens

## MS SUPPORT

**Highlands MS Peer Support Group**  
55 Bowral Street  
WELBY NSW 2575

Peer support via bi-monthly meetings at Bowral BDCU involving sufferers and invited guest speakers.  
Wheelchair access to BDCU rooms.  
2 meetings held at private residences in informal setting.

**Tel: 4868 2391**  
**4869 2266**

All ages

**GENERAL SUPPORT**

**(INCLUDES HOME SUPPORT AND PROGRAMS FOR PEOPLE WITH A SEVERE DISABILITY)**

**Home Care Service of NSW**  
Shop 1, 44-48 Bowral Street  
BOWRAL NSW 2576

Assistance with general housework, and personal routines, meal preparation, home respite, essential shopping.

**Tel: 4861 9820**  
**Fax: 4861 2530**  
**hannah.wanless@dadhc.nsw.gov.au**  
**www.dadhc.nsw.gov.au**

HACC target

**Southern Highlands Community Transport**  
Unit 1, 18 Priestly Street  
MITTAGONG NSW 2575

Travel, training, public buss, taxi vouchers.  
Providing a network of community buses, wheelchair modified van/bus, individual cars for door to door service.  
*Regular social outings to interesting places both local and out of the area.*

**Tel: 4872 3722**  
**Fax: 4872 1036**  
**shct@bigpond.net.au**  
**www.shct.com.au**

Frail/Aged, persons with a disability and their carers, pensioners, low income earners, parents with youngsters and no transport

**Wingecarribee Food Services Co Op**  
Queen Street  
MOSS VALE NSW 2577

Delivering cooked fresh chilled meals to clients at home.  
*Aims to assist with independence by daily supplementation.*

**Tel: 4869 4032**  
**Fax: 4869 4032**  
**wfsco-op@acenet.com.au**

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**Wingecarribee Family Support Service**  
6 Mount Road  
BOWRAL NSW 2576

*Broad range of support services to families with Dependent Children for whom they have full time or partial care or working towards restoration.*  
Services include: Parenting classes, pregnancy support, mothers/infants group, children's activities.

**Tel: 4862 1777**  
**Fax: 4862 1714**  
**admin@wfss.ngo.org.au**

Families, Individuals with Dependant children, Expectant Mothers

**Berrima Legacy**  
Shop 2, 399-405 Bong Bong Street  
BOWRAL NSW 2576

Range of services provided to Widows & Dependants of Ex-servicemen

**Tel: 4862 2099**  
**Fax: 4862 2061**  
**berrima@sydney-legacy.com.au**  
**www.legacy.com.au**

Widows & Dependants of Ex-servicemen

**Occupational Therapy Service**  
Bowral Hospital  
Mona Road  
BOWRAL NSW 2576

OT's specialising in Assessment & Treatment of clients experiencing change due to illness or disability.  
Clients seen as in/out patients. Home Interventions with advice on performing everyday tasks including use of specialised equipment and home modifications.  
Liaison with medical support agencies.

**Tel: 4861 0370**  
**4861 0299**  
**Fax: 4861 0251**

Seriously ill or persons with a disability requiring adjustments to daily living as a result

**Attendent Care**  
**The Disability Trust - SH**  
Shop 5&7, Ward Lane  
MITTAGONG NSW 2575

Daily living assistance to people with a severe disability.

**Tel: 1300 797 443**  
**Tel: 4872 4975**  
**The Disability Trust - SH**  
**Fax: 4871 2848**

Adult - People with a severe disability

**ComPacks**  
**INTERCHANGE (IWI)**

6 week case managed package of care after discharge from Public Hospital.

**Tel: 4862 2644**  
**Fax: 4862 1563**

Post hospital patients

59 Kirkham Road  
BOWRAL NSW 2576

Arranged from hospital and may include a combination of:  
domestic assistance, meals, respite, transport, social support and lawn maintenance  
[info@iwi.org.au](mailto:info@iwi.org.au)  
[www.iwi.org.au](http://www.iwi.org.au)

**Argyle Community Housing**  
Suite 1, 86-90 Merrigang Street  
PO Box 1026  
BOWRAL NSW 2576

Argyle Community Housing is a Non Profit Organisation that provides rebated rent, and medium to long term accommodation for people in financial crisis.  
Generation of secure, affordable housing options for people on low to moderate income.  
**Tel: 4861 2753**  
**Fax: 4861 2592**

Families, singles, young or older persons persons with special needs, indigenous and TSI, non-English speaking background (min age 16 and meet Dept Housing income and asset criteria)

**Tadpoles - Southern Highlands**  
MOSS VALE NSW 2577

Ongoing monitoring of stroke victims, carer respite, social interaction for victims and regular meetings convened by volunteers. Also providing emotional support to victims and education to the wider community.  
**Tel: 4868 3090**  
**Robyn Ferguson**  
**Tel: 4869 2023**  
**Sonja Worthington**

Stroke victims

**House With No Steps**  
100-102 Auburn Street  
WOLLONGONG NSW 2500

Supporting children and adults with an intellectual, physical, sensory and/or psychiatric disability to live, learn, work and connect in the community.  
Accommodation: 1 Group Home in the Southern Highlands, 2 in Goulburn.  
**Tel: 4221 4030**  
**Fax: 4227 1042**  
[southernsw@hwns.com.au](mailto:southernsw@hwns.com.au)

Children and adults with a physical or mental disability

**Gambling Treatment Clinic**  
University of Sydney  
Nepean Hall Bldg CO5  
Camden Campus  
\* 335 Werombi Road  
CAMDEN NSW 2570

Self or family referral. Intake over telephone. Counselling sessions for problem gamblers and those affected by their actions. Referral must be voluntary.  
**Tel: 9351 1708**  
**Marjo - Manager**  
**Alise Gail**

Problem Gamblers and those affected (eg family)  
*\* NB: Only provide address when appointment made.*

**ADDITIONAL CONTACT INFORMATION:**

**INTERCHANGE:**

**Anne Adam**  
**Tel: 4862 2644**  
**Fax: 4862 1563**  
[info@iwi.org.au](mailto:info@iwi.org.au)  
**Springett's house is located at:**

**518 Moss Vale Road BURRADOO 2576**

IWI Respite services aim to provide a break that gives recipients a positive experience, the opportunity for social interaction and to improve the carers ability to cope with daily caring responsibilities.

**THE DISABILITY TRUST:**

**Maree Crosby  
Joanne Hodder  
Tel: 4872 4975  
Fax: 4871 2848  
[joanne@disabilitytrust.org.au](mailto:joanne@disabilitytrust.org.au)  
[mareec@disabilitytrust.org.au](mailto:mareec@disabilitytrust.org.au)**

**DEPT AGEING, DISABILITY &  
HOMECARE (DADHC):  
Shops 1-3 44/48 Bowral Street  
PO Box 2719  
BOWRAL NSW 2576**

**Tel: 4861 9800  
Fax: 4861 9829**

**DEPT OF COMMUNITY SERVICES Tel: 4254 0313**

**ST VINNIES PATHWAYS:**

**Tel: 4869 5873  
0407 200 391  
[pathways@svdpwgong.org.au](mailto:pathways@svdpwgong.org.au)**