

# INNER WEST

Seniors  
Directory

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## 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), 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)

Information correct at June 2020.

## Emergency and Safety Information

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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 Assist Line: 13 14 44

State Emergency Service: Phone: 02 9797 6852 for 24-hour emergency assistance for flood, wind and storm damage.

## Aquatic Centres

### Annette Kellerman Aquatic Centre

Facilities include: Three pools, swim classes, gym, fitness classes, creche, cafe, meeting room.  
Phone: 9565 1906  
Web: [www.akac.com.au](http://www.akac.com.au)  
Address: Enmore Park, Black Street, Marrickville

### Ashfield Pool

Closed for major renovations until late 2020.  
Phone: 9797 8420  
Web: [www.innerwest.nsw.gov.au/explore/aquatic-centres/ashfield-aquatic-centre](http://www.innerwest.nsw.gov.au/explore/aquatic-centres/ashfield-aquatic-centre)

### Dawn Fraser Baths

Currently closed for renovations  
Facilities include: Tidal salt water pool, change rooms, hot showers, kiosk.  
Phone: 9555 1903  
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

### Fanny Durack Aquatic Centre

Facilities include: Two pools, swim classes, aqua aerobics classes.  
Phone: 9550 9145  
Web: [www.fdac.com.au](http://www.fdac.com.au)  
Address: Station Street, Petersham

### Leichhardt Park Aquatic Centre

Facilities include: Six pools, swim classes, gym, fitness classes, creche, cafe.  
Phone: 9555 8344  
Web: [www.innerwest.nsw.gov.au/places-spaces/aquatic-centres](http://www.innerwest.nsw.gov.au/places-spaces/aquatic-centres)  
Address: Mary Street, Lilyfield

## Community Centres and Partners

Community Centres host a variety of activities. 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.

### 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: 9660 2828  
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

### Canterbury City Community Centre

Includes a garden care service, support at home such as shopping or a suite of services, social inclusion and wellness service, volunteer opportunities, room hire and training.  
Phone: 9750 9344  
Web: [www.4cs.org.au](http://www.4cs.org.au)

### 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: 9810 2536  
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

### Jimmy Little Community Centre

A local facility that supports classes, programs and support groups. Also available for hire.  
Phone: 9810 1622  
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

### Newtown Neighbourhood Centre

A local centre that supports activities, programs, information and referral, homelessness and boarding house specialist. Also rooms available for hire.  
Web: [www.newtowncentre.org](http://www.newtowncentre.org)  
Address: 1 Bedford Street, Newtown

### 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: 9556 9500  
Web: [www.rozellecentre.org.au](http://www.rozellecentre.org.au)  
Address: 756 Darling Street, Rozelle

### Summer Hill Community Centre

Provides information and assistance to local residents and implements programs to meet community needs. Also rooms available for hire.  
Phone: 9799 5800  
Web: [www.summerhillcommunitycentre.org.au](http://www.summerhillcommunitycentre.org.au)  
Address: 131 Smith Street, Summer Hill

## Council Buses and Services

### Bus hire

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

Phone: 9392 5000

Web: [www.innerwest.nsw.gov.au/about/forms/forms-by-category/other-general-forms-inner-west-council/community-bus-application-19-and-21-seater-bus](http://www.innerwest.nsw.gov.au/about/forms/forms-by-category/other-general-forms-inner-west-council/community-bus-application-19-and-21-seater-bus)

### Connect Inner West

Services both the Leichhardt and Marrickville areas.

Phone: 9558 6500

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

### Inner West Community Buses

A free community bus to help people access local services such as Leichhardt Park Aquatic Centre, doctors and health services, transport, community facilities, shopping precincts and high streets. The bus runs between 8.30am and 2.45pm on Mondays and Thursdays.

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

### Seniors Bus Outings

Free bus outings are available for active senior residents who live in the LGA. There are two outings each month on a Wednesday. There is walking involved in all bus outings. Bookings are essential and via a partnership arrangement are now available through Access Sydney Community Transport. Carers can attend if there are spaces available. Each trip also has a bus assistant trained in First Aid.

Phone: 8241 8000

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

## Grants

### Inner West Council Grants Program

The grants provide 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: 9392 5000

Web: [www.innerwest.nsw.gov.au/community/get-involved/grants](http://www.innerwest.nsw.gov.au/community/get-involved/grants)

## Home Maintenance and Modifications

For home modification services visit the My Aged Care website or phone.

Phone: 1800 200 422

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

## Libraries

There are eight libraries across the inner west: Ashfield, Balmain, Dulwich Hill (Emanuel Tsardoulis Community), Haberfield, Leichhardt, Marrickville, Stanmore, 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:

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

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

### Ashfield Library

Phone: 9392 5588

Address: Level 3, 260 Liverpool Road, Ashfield

### Balmain Library

Phone: 9392 5588

Address: 370 Darling Street, Balmain

### Dulwich Hill Library

(Emanuel Tsardoulis)

Phone: 9392 5588

Address: 362–372 New Canterbury Rd, Dulwich Hill

### Haberfield Library

Phone: 9392 5588

Address: 78 Dalhousie Street, Haberfield

### Leichhardt Library

Phone: 9392 5588

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

### Marrickville Library

Phone: 9392 5588

Address: 313 Marrickville Road, Marrickville

### Stanmore Library

Phone: 9392 5588

Address: Stanmore Reserve, Douglas Street, Stanmore

### Sydenham Library

Phone: 9392 5588

Address: 39 Unwins Bridge Road, Sydenham  
Web: [www.rozellecentre.org.au/](http://www.rozellecentre.org.au/)  
Address: 756 Darling Street, Rozelle

## Accommodation

### Aboriginal Corporation for Homeless and Rehabilitation

For women with children. Limited beds for single women. No single women under 18 years of age.  
**Phone:** 9799 8446  
**Web:** [www.facs.nsw.gov.au/housing/help/ways/services/aboriginal-corporation-community-service](http://www.facs.nsw.gov.au/housing/help/ways/services/aboriginal-corporation-community-service)

### After Care Stride

Programs for people with a psychiatric disability. Training, support and education for people with an intellectual disability living in their own home.  
**Phone:** 8572 3770  
**Web:** [www.stride.com.au](http://www.stride.com.au)

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

**Phone:** 1800 200 422  
**Web:** [www.myagedcare.gov.au/help-home/commonwealth-home-support-programme/help-older-people-homeless-or-at-risk](http://www.myagedcare.gov.au/help-home/commonwealth-home-support-programme/help-older-people-homeless-or-at-risk)

### Care Connect

Individual support and brokerage for people who are financially disadvantaged and/or at risk of homelessness.  
**Phone:** 9690 3100  
**Web:** [www.careconnect.org.au](http://www.careconnect.org.au)

### Domestic Violence Line

Telephone counselling, information and referrals (including accommodation) for people who are experiencing or have experienced domestic violence.  
**Phone:** 1800 656 463  
**TTY:** 1800 671 442  
**Web:** [www.community.nsw.gov.au/parents,-carers-and-families/domestic-and-family-violence/domestic-violence-line](http://www.community.nsw.gov.au/parents,-carers-and-families/domestic-and-family-violence/domestic-violence-line)

### Family and Community Services

Housing assistance in NSW is provided under Housing Pathways. This means that assistance is delivered by Housing NSW and participating community housing providers (together referred to as social housing providers).  
**Phone:** 1800 422 322  
**Web:** [www.housingpathways.nsw.gov.au/ways-we-can-help/are-you-homeless](http://www.housingpathways.nsw.gov.au/ways-we-can-help/are-you-homeless)

### 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.housing.nsw.gov.au/help-with-housing/specialist-homelessness-services/find-a-service/link2home](http://www.housing.nsw.gov.au/help-with-housing/specialist-homelessness-services/find-a-service/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:** 9564 7333  
**Web:** [www.newtowncentre.org/outreach-service.html](http://www.newtowncentre.org/outreach-service.html)

### The Exodus Foundation

Exodus provides help and support services such as social workers, chaplaincy, counselling, food parcel assistance and welfare assistance to homeless persons.  
**Phone:** 8752 4600  
**Web:** [www.exodusfoundation.org.au](http://www.exodusfoundation.org.au)

### Uniting Care Supported Living

Case management for people with a disability and their carers, independent living programs and accommodation support.  
**Phone:** 8752 3700  
**Web:** [www.uniting.org/services/disability-services/accommodation-supports-ndis](http://www.uniting.org/services/disability-services/accommodation-supports-ndis)

## Advocates, 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:** 9268 5544  
**TTY:** 9268 5522  
**Web:** [www.lawlink.nsw.gov.au/adb](http://www.lawlink.nsw.gov.au/adb)

### Australian Financial Complaints Authority (AFCA)

Complaints about banking, super and financial planning.  
**Phone:** 1300 931 678  
**Web:** [www.afca.org.au/make-a-complaint](http://www.afca.org.au/make-a-complaint)

### Australian Human Rights Commission

Independent body which investigates and resolves complaints about unlawful sex, race, disability and age discrimination.  
**Phone:** 1300 656 419 or 9284 9888  
**Web:** [www.humanrights.gov.au/complaints\\_information](http://www.humanrights.gov.au/complaints_information)

### Burwood Legal Aid

**Phone:** 9747 6155

### Combined Pensioners and Superannuants Association of NSW Inc

Advocating for people on low incomes in areas of consumer rights, housing, aged services, cost of living and income.  
**Phone:** 1800 451 488  
**Web:** [www.cpsa.org.au](http://www.cpsa.org.au)

### 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)  
**TTY:** 9235 2674  
**Web:** [www.ncat.nsw.gov.au](http://www.ncat.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:** 9286 3860  
**Web:** [www.cotansw.com.au](http://www.cotansw.com.au)

### DO NOT CALL Register

**Phone:** 1300 792 958

### Dying with Dignity NSW

An advocacy organisation pursuing a change in the law that will enhance choice at the end of life.  
**Phone:** 9212 4782  
**Web:** [www.dwdnsw.org.au](http://www.dwdnsw.org.au)

### 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)

## Health Care Complaints Commission

Complaints about any health service in NSW: doctors, nurses, dentists, pharmacists, psychologists, chiropractors, podiatrists and others.  
**Phone:** 1800 043 159 or 9219 7444  
**Web:** [www.hccc.nsw.gov.au](http://www.hccc.nsw.gov.au)

## Justice Connect

A charity providing free legal help to community organisations and social enterprises.  
**Phone:** 8599 2100  
**Web:** [www.nfplaw.org.au](http://www.nfplaw.org.au)

## Law Access

Free legal helpline.  
**Phone:** 1300 888 529  
**Web:** [www.lawaccess.nsw.gov.au](http://www.lawaccess.nsw.gov.au)

## Marrickville Legal Centre

Free advice on many types of legal problems including: fines, employment issues, debt, tenancy, consumer complaints, discrimination, victim's compensation, minor criminal charges, complaints about police or government agencies, and car accidents.  
**Phone:** 9559 2899  
**Web:** [www.mlc.org.au](http://www.mlc.org.au)

## NSW Ageing and Disability Abuse Helpline

Previously known as the Elder Abuse Helpline and Resource Unit (EAHRU), this is 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. Offers a free service that provides information, support and referrals relating to the abuse of older people and adults with a 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 and Administrative Tribunal

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 Ombudsman

Independent and impartial government agency and watchdog for community services and government authorities in NSW.  
**Phone:** 9286 1000  
**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 364 103  
**Web:** [www.tag.nsw.gov.au/about-us-2.html](http://www.tag.nsw.gov.au/about-us-2.html)

## OPAN

The Older Persons Advocacy Network that delivers advocacy, information and education services to older people. Free services support older people and their representatives to address issues related to Commonwealth-funded aged care services.  
**Phone:** 1800 237 981, 6am–10pm (AEDT) 7 days a week  
**Web:** [www.opan.com.au](http://www.opan.com.au)

## Scam Watch

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)

## Seniors Rights Service

A legal centre that provides telephone advice, advocacy, legal advice and education about: elder abuse, rights living in nursing homes, hostels and retirement villages, and other legal issues for seniors.  
**Phone:** 1800 424 079  
**Web:** [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)

## STARTTS

NSW Service for the treatment and rehabilitation of torture and trauma survivors.  
**Web:** [www.startts.org.au](http://www.startts.org.au)

## Tenants Union of NSW

Provides free telephone advice to tenants on their rights and responsibilities.  
**Web:** [www.tenants.org.au/home](http://www.tenants.org.au/home)

# Aged Care Access Points

## Access Care Team

Contact point for aged care and rehabilitation services in Sydney Local Health District and community nursing referrals for Camperdown, Concord and Canterbury only. Up to 40 teams including case management, home and day therapy teams, day centres and continence nurses. GP referral letter required.  
**Phone:** 1300 722 276  
**Web:** [www.slhd.nsw.gov.au/acrs/ACCT.html](http://www.slhd.nsw.gov.au/acrs/ACCT.html)

## My Aged Care Free Call

The referral point for accessing aged care assessment, community aged care, residential accommodation, disability, respite and other support services. Information is available for Indigenous and vision-impaired clients and in community languages.  
**Phone:** 1800 200 422

## For Emergency Respite Support (After Hours) Free Call

**Phone:** 1800 059 059  
**Web:** [www.myagedcare.gov.au](http://www.myagedcare.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)

## Carers

### Carers NSW Australia

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.

Phone: 1800 422 737

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

### Carer NSW Line

Delivers services and supports for carers.

Phone: 02 9280 4744

Web: [www.carersnsw.org.au/how-we-help/support/carer-line](http://www.carersnsw.org.au/how-we-help/support/carer-line)

### Commonwealth Respite and Carelink Centres

Commonwealth Respite and Carelink Centres (CRCCs) provide free and confidential information on local carer support, disability and community services. CRCCs aim to contribute to the support and maintenance of caring relationships by facilitating access to information, respite care and other support appropriate to carers' needs and circumstances and the needs of the people they care for.

Phone: 1800 052 222

### Multicultural Carer Support Groups

Arabic Day Care	9518 0222
Ashfield Activity Group	9789 4587
Community and Cultural Connections Inc.	9518 0222
Greek Speaking Seniors Groups	9564 7304
Greek Welfare Centre	9516 2188
Former Yugoslavia Seniors Day Care	9564 7305
Leichhardt Seniors Italian Group	9564 0744
CASS Korean Seniors Group	9718 8350
Portuguese Carers	0405 284 733
Turkish Women's Health Group	9562 0539
Vietnamese Carer Support	9558 5183
Ethnic Community Services Cooperative (Turkish, Portuguese, Indonesian, Multicultural, Vietnamese)	9569 1288

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

### Support Groups

Carers NSW (main phone line)	9280 4744
Inner West Carer Support Group	9708 2670
Inner West (Haberfield) Carer Dementia Support Group	9767 5953
Balmain Mental Health Carers	9810 5328

## Community Groups

### ACON

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

Phone: 9206 2000

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

### Addison Rd Community Centre

Home to more than 20 community organisations and artists, galleries, a theatre, radio station, park, organic gardens and Sunday market.

Address: 142 Addison Rd, Marrickville

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

### Australian Seniors Computer Clubs

Facilitate computer skill development for seniors.

Phone: 9286 3871

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

### Chinese Australian Services Society (CASS)

Offers a variety of leisure activities for seniors including Chinese chess and line dancing.

Phone: 9789 4587

Web: [www.cbdvds.com.au/chinese-australian-services-society-cass](http://www.cbdvds.com.au/chinese-australian-services-society-cass)

### Centro Recreation

Bingo every second Friday from 9am–1pm.

Phone: 9798 8827

Address: Mervyn Fletcher Hall, 81 Dalhousie Street, Haberfield

### Co.As.It Italian Seniors Groups

Phone: 9564 0744

Address: 67 Norton Street, Leichhardt

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

### Country Women's Association (CWA)

Meets 4th Tuesday of the month from 10am–4pm.

Phone: 8337 0200

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

Address: Mervyn Fletcher Hall, 81 Dalhousie Street, Haberfield

### Greek Older Women's Network

Greek women's group meets every Wednesday from 9.30am–11.30am.

Phone: 9519 8044

Address: 8–10 Victoria Street, Newtown

### Gruppo Pensionati

Social group and bingo for Italian seniors meeting every second Friday from 9am–1pm.

Phone: 9798 8598

Address: The Haberfield Centre, 78–80 Dalhousie Street, Haberfield

### Haberfield Ladies Probus

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

Phone: 9713 6689

Address: St. David Church, 51 Dalhousie Street, Haberfield

### Inner West Neighbour Aid

Social outings for frail and older people with disability and their carers.

Phone: 9799 5099

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

### Irish Australian Welfare and Resource Centre NSW

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

Phone: 9300 8019

### Liberi

Social group for Italian seniors which meets every Wednesday 10.30am–1pm (school terms only) and Friday from 7pm–10pm.

Phone: 9564 0744

Address: The Haberfield Centre, 78–80 Dalhousie Street, Haberfield

### Marrickville Probus

A newly formed club. Call to find out meeting times.

Phone: 9590 3618

Address: 12–14 Seaview Street, Dulwich Hill

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

### Men's Shed (Ashfield)

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: 8752 2500

Address: Mary MacKillop Outreach Centre, 1–5 Rogers Avenue, Haberfield

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

### Men's Shed Leichhardt

Address: Blackmore Oval, Canal Rd, Leichhardt

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

### Men's Shed Marrickville

Phone: 9568 6280

Address: 34/142 Addison Rd, Marrickville

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: 9793 1331

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

### National Seniors Australia (Sydney Inner West Branch)

Part of a national membership of 280 thousand seniors, this group meets on the second Wednesday of the month from 10am–12pm. Guest speakers, group outings, with a bistro lunch also available. Entry \$5.

Phone: 9763 5373

Address: Club Ashfield, 7 Charlotte Street, Ashfield

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

### Older Women's Network (Newtown)

Activities and advocacy on issues of concern to older women.

Phone: 9519 8044

Address: 8–10 Victoria Street Newtown

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

### PAWA Community Care

(originally the Polish–Australian Welfare Association) was established in 1974 as a not-for-profit charitable organisation providing community-based care and support services to older Australians and their carers.

Phone: 1300 22 72 92

Web: [www.polishwelfare.org.au/index.php/about-pawa](http://www.polishwelfare.org.au/index.php/about-pawa)

### Polish Senior Citizens Club

Last Thursday of the month is a large group gathering at 11am.

Phone: 9744 6148

Address: 73 Norton St, Ashfield

Web: [www.polishclub.net.au](http://www.polishclub.net.au)

### Senior Chinese Carefree Group

Social group for senior Chinese residents meets each Tuesday morning.

Phone: 9798 4414

### Sydney Shaoxing Opera Troupe

Social and choir group meeting, Sundays from 1.30pm–5pm.

Phone: 0408 649 591

Address: Civic Centre Ground Floor

Inner West Council Service Centre,

260 Liverpool Street, Ashfield

### University of the Third Age (U3A)

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

Phone: 9252 2033

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

### War Widows Guild (Petersham Branch)

Meets fourth Thursday of the month at 10.30am.

Phone: 9267 6577

Address: Petersham RSL Club, 7A Regent Street, Petersham

### West Region Chinese Association

Social group for senior Chinese residents providing a variety of social and recreational activities, information and seminars.

Phone: 9789 4587

## Day Centre Respite

### Referrals to go through My Aged Care

Use the service finder to locate the complete list of respite services. Respite can be in the home, in a centre and with flexible options. Listed below are some centre-based local services.

Phone: 1800 200 422

### Australian Unity Home Care Service Aboriginal

Centre-based respite options.

Phone: 1300 160 170

Web: [www.australianunity.com.au/assisted-living/aboriginal-home-care](http://www.australianunity.com.au/assisted-living/aboriginal-home-care)

### Catholic Care

Flexible Respite Inner West and Norma Parker Respite Centre.

Phone: 8778 4234

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

### Chinese Australian Services Society (CASS)

Aged Day Care Centre.

Phone: 9718 4566

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

### Commonwealth Respite and Carelink Centres

Respite is short-term care that allows the carer to have a break from their usual caring responsibilities. Emergency respite support is provided for carers in some instances. For example, a carer may be hospitalised or too ill to carry out their caring role.

Phone: 1800 052 222



### Community and Cultural Connections

Offers Arabic centre-based day care; Vietnamese centre-based day care, social groups, other support services and activities across the inner west.  
**Phone:** 8507 2027  
**Web:** [www.ccci.org.au](http://www.ccci.org.au)

### Elderly Australian Chinese Homes

A centre for people over 60 years of age from Chinese, Indo-Chinese and/or Vietnamese backgrounds.  
**Phone:** (02) 9680 8330  
**Web:** [www.each.org.au](http://www.each.org.au)

### Ella Community Centre

Day centre for people who are frail-aged or have mild dementia.  
**Phone:** 9798 5140  
**Web:** [www.ella.org.au](http://www.ella.org.au)

### Ethnic Community Services Cooperative

Centre-based and flexible respite service for Culturally and Linguistically Diverse (CALD) older persons and their carers.  
**Phone:** 9569 1288  
**Web:** [www.ecsc.org.au](http://www.ecsc.org.au)

### Greek Welfare Centre

Centre-based respite.  
**Phone:** 9516 2188  
**Web:** [www.gwccservices.org](http://www.gwccservices.org)

### Kalparrin Dementia Day Centre

Respite care for people who have moderate to severe dementia and carer support.  
**Phone:** 9562 5495  
**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

For frail older people and people with dementia. Multicultural groups (Italian, Greek and Russian) and carer supports including transport.  
**Phone:** 9564 2022  
**Web:** [www.facebook.com/pages/Lucan-Care-Community-Centre/292025571391111?rf=652952254844161](http://www.facebook.com/pages/Lucan-Care-Community-Centre/292025571391111?rf=652952254844161)

### Newtown Neighbourhood Centre

Multicultural programs including Greek and communities from the former Yugoslavia.  
**Phone:** 9564 7303  
**Web:** [www.newtowncentre.org](http://www.newtowncentre.org)

### PAWA Community Care

Polish and Eastern European Specialist Respite Service offering a range of flexible respite options.  
**Phone:** 9716 0036  
**Web:** [www.polishwelfare.org.au](http://www.polishwelfare.org.au)

### Presbyterian Aged Care Day Therapy Centre

Centre based respite options, therapy and recreation-based programs, dementia-specific social support and programs.  
**Phone:** 9690 9333  
**Web:** [www.pacnsw.org.au](http://www.pacnsw.org.au)

### Rozelle Neighbourhood Centre

Hosts family day or overnight respite, in-home respite and other options.  
**Phone:** 9556 9500  
**Web:** [www.rozellecentre.org.au](http://www.rozellecentre.org.au)

### So Wai Lifestyle Activity Centre

Dementia respite and day care. Long day respite care services in a purposely built home-like environment for people with dementia from South East Asian backgrounds. Monday, Wednesday, Friday and Saturday, 8:30am–5:30pm. Fees apply. Transport is available to care recipients within 10km radius of the Centre.  
**Phone:** 8741 0228

### Wesley Mission

Various flexible respite options.  
**Web:** [www.wesleymission.org.au/find-a-service/seniors-and-aged-care](http://www.wesleymission.org.au/find-a-service/seniors-and-aged-care)

## Domestic and Family Violence

### 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 656 463  
**Web:** [www.community.nsw.gov.au/parents,-carers-and-families/domestic-and-family-violence/domestic-violence-line](http://www.community.nsw.gov.au/parents,-carers-and-families/domestic-and-family-violence/domestic-violence-line)

### The Ageing and Disability Abuse Helpline

Previously known as the Elder Abuse Helpline and Resource Unit (EAHRU), this is 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)

### 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)

## Exercise and Activities

### 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)

### Inner West Council for Local Program Information

Inner West Council offers a range of free or low-cost activities for seniors: gentle exercise, arts, intellectual fitness and more.  
**Phone:** 9392 5863  
**Web:** [www.innerwest.nsw.gov.au/community/who-we-are/seniors](http://www.innerwest.nsw.gov.au/community/who-we-are/seniors)

### NSW Department of Sport and Recreation

For information about exercise organisations and programs in your local area.  
**Phone:** 13 13 02  
**Web:** [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)

## Falls Prevention

### 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:** 9391 9000  
**Web:** [www.health.nsw.gov.au/Pages/default.aspx](http://www.health.nsw.gov.au/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)

## Financial Support

### Australian Taxation Office

The ATO is the Government's principal revenue collection agency. Its 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)

### Centrelink (Older Australians)

Delivers a range of payments and services for older people:  
**Phone:** 132 300  
 Pensions, bereavement, health care cards, concessions. Multilingual  
**Phone:** 131 202  
**Local Offices:**  
**Address:** 23 Balmain Rd, Leichhardt  
**Address:** 314 Marrickville Rd, Marrickville  
**Address:** 56 Railway Pde, Burwood  
**Web:** [www.servicesaustralia.gov.au/individuals/centrelink](http://www.servicesaustralia.gov.au/individuals/centrelink)

### NILS Loans

The No Interest Loan Scheme (NILS) provides individuals and families on low incomes with access to safe, fair and affordable credit.  
**Phone:** 8577 6000  
**Address:** MTC Australia, 334-336 Illawarra Rd, Marrickville  
**Web:** [www.nils.com.au](http://www.nils.com.au)

### 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)

## Food

### Food Pantry

For people on a low income, who are unemployed or struggling to get by, shopping at the Food Pantry will help stretch your budget.  
**Phone:** 9569 7633  
**Address:** Hut 9, 142 Addison Road Community Centre, Marrickville  
**Web:** [www.addiroad.org.au/the-food-pantry](http://www.addiroad.org.au/the-food-pantry)

### Lentil As Anything

A social enterprise that provides wholesome meals. You pay what you can afford.  
**Address:** 391 King Street, Newtown  
**Web:** [www.lentilasanything.com/contact](http://www.lentilasanything.com/contact)

### My Aged Care

For other organisations that service the Inner West providing food in the home or at centres, including Chinese and Kosher meals, use the My Aged Care service finder.  
**Phone:** 1800 200 422  
**Web:** [www.myagedcare.gov.au/service-finder/help-at-home](http://www.myagedcare.gov.au/service-finder/help-at-home)

### The Staples Bag

A social enterprise started by Settlement Services (SSI) providing access to low-cost and high-quality food staples for people on low incomes.  
**Phone:** 9787 6832  
**Address:** 449 Canterbury Road, Campsie  
**Web:** [www.thestaplesbag.ssi.org.au](http://www.thestaplesbag.ssi.org.au)

## Health Services

### 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)

### ACON

Supporting people living with HIV to live healthy and connected lives remains core to our work.  
**Phone:** 9206 2000  
**Web:** [www.acon.org.au/about-acon/who-we-are](http://www.acon.org.au/about-acon/who-we-are)

### Alcohol and Drug Information Service

Assessment, referral, counselling and drug education.  
**Phone:** 1800 250 015  
**Web:** [www.yourroom.health.nsw.gov.au/Pages/home.aspx](http://www.yourroom.health.nsw.gov.au/Pages/home.aspx)

### Australian Hearing

Hearing specialists and funders of subsidised hearing aids.  
**Phone:** 134 432  
**Web:** [www.hearing.com.au](http://www.hearing.com.au)

### Bright Sky Australia

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; mobility and respiratory aids.  
**Phone:** 1300 88 66 01  
**Web:** [www.brightsky.com.au](http://www.brightsky.com.au)

### Cancer Council

Helps 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)

## Community Health Services

Croydon

Phone: 9378 1100

Web: [www.slhd.nsw.gov.au/Communityhealth/transport.html](http://www.slhd.nsw.gov.au/Communityhealth/transport.html)

Marrickville

General nursing and community health services such as mental health, dental, family services.

Phone: 9562 0500

Web: [www.slhd.nsw.gov.au/CommunityHealth/SydneyDistrictNursing/locations.html](http://www.slhd.nsw.gov.au/CommunityHealth/SydneyDistrictNursing/locations.html)

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

## Community Mental Health

Provides assessment, case management, referral and acute crisis. Community Mental Health Centres are located at Camperdown, Canterbury, Croydon, Marrickville and Redfern. They provide a variety of services and teams based in the community.

Phone: 1800 011 511

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

## Drug Health – Sydney Local Health District

Phone: 1800 793 466

## GP Helpline (After Hours)

A registered nurse assesses your condition and provides you with health information and assistance. If necessary, the nurse will transfer you to a GP on the telephone.

Phone: 1800 022 222

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

## Hospitals – Sydney Local Health District

Emergency, casualty, admissions, aged care, rehabilitation, transitions, equipment loans, outpatients, clinics, GP service (Balmain), hospital in the home.

Balmain

Phone: 9395 2111

Address: 29 Booth Street, Balmain

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

Canterbury

Phone: 9787 0000

Address: 575 Canterbury Road, Campsie

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

Concord

Phone: 9767 5000

Address: Hospital Road, Concord

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

Royal Prince Alfred

Phone: 9515 6111

Address: Missenden Road, Camperdown 2050

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

## Leichhardt Women's Health Centre

Low-cost and affordable medical, allied and complementary health care and education.

Phone: 9560 3011

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

## Medicare

Payments and services for health care and medicine.

Phone: 132 011

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

## My Aged Care

Use the My Aged Care service finder for other health services you can access at home.

Phone: 1800 200 422

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

## NSW Death and Bereavement Service

Information on what to do when losing someone close.

Phone: 13 77 88

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

## Office of Hearing Services

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.

Phone: 9370 3100

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

## Presbyterian Aged Care – Inner West Home and Community Podiatry Service

Services Ashfield, Leichhardt, Marrickville, Burwood, Canada Bay, Strathfield and Canterbury.

Phone: 9911 9939

Web: [www.pacnsw.org.au/home-care/pac-inner-west-home-community-podiatry-service](http://www.pacnsw.org.au/home-care/pac-inner-west-home-community-podiatry-service)

## Public Oral Health Clinic

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

Phone: 9293 3333

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

## Relationships Australia

Assists older people and their families to prevent and resolve family conflict.

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)

## Respite

Commonwealth Respite and Carelink Centres (CRCCs) aim to contribute to the support and maintenance of caring relationships by facilitating access to information, respite care and other support appropriate to carers' needs and circumstances, and the needs of the people they care for.

Phone: 1800 052 222 or 1800 059 059 (emergency)

## Sexual Assault Service – Sydney Local Health District

Phone: 9515 9040

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

## Social Workers

Phone: 132 850

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

## Sydney Local Health District Podiatry

Intake for Inner West Area Health Podiatry Clinics. Clients must have a pension card.

Phone: 9767 7395

Web: [www.slhd.nsw.gov.au/Concord/pod\\_about.html](http://www.slhd.nsw.gov.au/Concord/pod_about.html)

## Vision Australia

NSW spectacles program.

Phone: 1300 847 466

Web: [www.visionaustralia.org/referral/benefits-and-funding/nsw-spectacles](http://www.visionaustralia.org/referral/benefits-and-funding/nsw-spectacles)

## Help and Support at Home

The gateway for many services is via the My Aged Care portal with many listed services, such as domestic assistance and more. 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.

### My Aged Care

If you need help with basic tasks at home (Commonwealth Home Support Scheme) or more intensive aged care services, My Aged Care can help you. A national online and phone service and one-stop portal for all aged care services, it includes an initial assessment to find: domestic help, respite, home maintenance, meals, social support, transport, assistive technology, and allied health services such as podiatry, nursing, physiotherapy etc.  
**Phone: 1800 200 422**

### Telecross – Australian Red Cross

Volunteers make a morning phone call to elderly people living alone in their own home.  
**Phone: 1800 733 276**  
**Web: [www.redcross.org.au/get-help/community-services/telecross](http://www.redcross.org.au/get-help/community-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/newsroom/latest-news-veterans/home-care-visits-and-veterans](http://www.dva.gov.au/newsroom/latest-news-veterans/home-care-visits-and-veterans)**

## Interpreters and Translators

### Centrelink Multilingual

Centrelink Hotline for people who speak a language other than English.  
**Phone: 13 12 02**  
**Web: [www.humanservices.gov.au/individuals/services/centrelink/multicultural-service-officers](http://www.humanservices.gov.au/individuals/services/centrelink/multicultural-service-officers)**

### Inner West Interpreting Service

Individual, group and conference interpreting, telephone and face-to-face, document translation, medical and legal issues.  
**Phone: 9798 1400**  
**Web: [www.anglicare.org.au](http://www.anglicare.org.au)**

### Multicultural NSW

Interpreting and translation language services.  
**Phone: 8255 6767**  
**Web: [www.multicultural.nsw.gov.au](http://www.multicultural.nsw.gov.au)**

### Translation and Interpreting Service

Telephone, face-to-face interpreting and translation services.  
**Phone: 13 14 50**  
**Web: [www.tisnational.gov.au](http://www.tisnational.gov.au)**

## Legal Services

### Community Justice Centres

Dispute resolution services for minor matters.  
**Phone: 1800 990 777**  
**Web: [www.cjc.justice.nsw.gov.au](http://www.cjc.justice.nsw.gov.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**  
**Web: [www.financialrights.org.au/about-us/contact-us](http://www.financialrights.org.au/about-us/contact-us)**

### LawAccess NSW

Free legal information and referral. Limited free legal advice.  
**Phone: 1300 888 529**  
**Web: [www.lawaccess.nsw.gov.au](http://www.lawaccess.nsw.gov.au)**

### Legal Aid

Provides services to disadvantaged people; access to topical information, policies and links. Multi-language support for information on legal aid services.  
**Phone: 9219 5000**  
**Web: [www.legalaid.nsw.gov.au](http://www.legalaid.nsw.gov.au)**

### Marrickville Legal Centre

Free legal advice on many types of problems: family, tenancy, strata, domestic violence.  
**Phone: 9559 2899**  
**Web: [www.mlc.org.au](http://www.mlc.org.au)**

### Office of the Legal Services Commissioner

Complaints about lawyers and conveyancers.  
**Phone: 1800 242 958**  
**Web: [www.olsc.nsw.gov.au](http://www.olsc.nsw.gov.au)**

### Redfern Legal Centre

We provide free legal advice and casework, deliver community legal education and engage in law reform.  
**Phone: 9698 7277**  
**Web: [www.rlc.org.au](http://www.rlc.org.au)**

### Seniors Rights Service

Free and confidential legal and advocacy service for anyone over 60. Including general legal, retirement village advice, strata advice, education. Advocacy support and assistance for those receiving community or residential aged care. Education for anyone in the community.  
**Phone: 1800 424 079**  
**Web: [www.seniorsrightsservice.org.au](http://www.seniorsrightsservice.org.au)**

### Women's Legal Services NSW

Legal information, advice and referrals for women.  
**Phone: 1800 801 501**  
**Web: [www.wlsnsw.org.au](http://www.wlsnsw.org.au)**

## Mental Health Support

### Aged Care Assessment Team (ACAT)

Provides information on aged care options and community care services for people with complex care needs.

Phone: 1800 200 422

Web: [www.myagedcare.gov.au/eligibility-and-assessment/acat-assessments](http://www.myagedcare.gov.au/eligibility-and-assessment/acat-assessments)

### 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: 9382 4523

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

### Community Mental Health Services

Day program of outings and activities for people with a mental illness. Referral required.

Phone: 1800 011 511

Web: [www.slhd.nsw.gov.au/MentalHealth/consumer.html](http://www.slhd.nsw.gov.au/MentalHealth/consumer.html)

### 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/family-drug-help](http://www.sharc.org.au/family-drug-help)

### Lifeline

Mental Health Support/Suicide prevention.

Phone: 13 11 14

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

### MensLine Australia

Unique telephone support, information and referral service, helping men to deal with relationship problems in a practical 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/Pages/mental-health-line.aspx](http://www.health.nsw.gov.au/mentalhealth/Pages/mental-health-line.aspx)

### 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: 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)

### Mental Health Coordinating Council

A peak body for mental health: policy and advocacy.

Phone: 9060 9627

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

### Mental Health Information Service

Provides information and assistance regarding mental health information and services.

Phone: 1300 794 991

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

### Mental Health Services for Older People

A 24-hour mental health line.

Phone: 1800 011 511

Web: [www.slhd.nsw.gov.au/MentalHealth/emergency.html](http://www.slhd.nsw.gov.au/MentalHealth/emergency.html)

### 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)

## Multicultural Service Providers

Also see Carers section of this directory

### Centrelink Multilingual Services

Phone: 13 12 02

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

### Chinese Australian Services Society (CASS)

Settlement, health, ageing, vocational services and more.

Phone: 9789 4587

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

### Ethnic Community Services Cooperative

Delivers support services and multicultural projects in the community.

Phone: 9569 1288

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

### Greek Welfare

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

Phone: 9516 2188

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

### Italian Organisation of Assistance (Co.As.It)

Serves the Italian/Australian Community, values culture, offers community services and education.

Phone: 9564 0744

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

### 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: 9789 3744

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

### Polish Australian Welfare Association

Specialists in caring for Eastern Europeans.

Phone: 1300 22 72 92

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

### STARTTS

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

Phone: 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: 9663 3922

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

## 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:** 8241 8000  
**Web:** [www.accesssydney.org.au](http://www.accesssydney.org.au)

### Connect Inner West

Formerly Leichhardt Marrickville Community Transport Group.  
 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:** 9558 6800  
**Web:** [www.connectinnerwest.org.au](http://www.connectinnerwest.org.au)

### Leichhardt Local Link FREE

Community transport designed to assist 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.  
**Phone:** 9367 9043  
**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)

### 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)

### 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)

### 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

### Inner West Council Volunteering Opportunities

Contact Inner West Council to discuss a range of ways to volunteer in community activities, projects and more.  
**Phone:** 9392 5000  
**Web:** [www.innerwest.nsw.gov.au/contribute/community-participation/volunteer-with-us/community-volunteering](http://www.innerwest.nsw.gov.au/contribute/community-participation/volunteer-with-us/community-volunteering)

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

Resource centre for people wishing to volunteer.  
**Phone:** 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)

### The Centre for Volunteering

Resource and referral centre for those wishing to volunteer.  
**Phone:** 9261 3600  
**Web:** [www.volunteering.com.au](http://www.volunteering.com.au)

### Volunteer Network

Volunteer support and training service for people wishing to do volunteer work for services that support people who are frail-aged and/or people with a disability.  
**Phone:** 9911 9856  
**Web:** [www.volunteernetwork.org.au](http://www.volunteernetwork.org.au)

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)