

Health Services Directory 2017

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Health Services

Aged Care Services

HACC Dementia Respite - CHSP

Phone: 1800 826 166 **Fax:** 02 9825 2856
Level 1, The Village Centre, Hammondville NSW 2170
Mail to: HammondAtHome, 11-23 Judd Ave,
Hammondville NSW 2170
Email: swsahcreception@hammond.com.au
Web: www.hammond.com.au
Service Description: In Home Respite, including accessing the community for people living with Dementia. The Care recipient must live within the Bankstown, Liverpool, Fairfield, Campbelltown, Camden or Wollondilly local government area. HammondCare provides a quality & flexible in-home respite service and aims to help ease the demands of the caring responsibilities.
Hours: Monday - Friday 6am - 6pm
Fees: As negotiated with the service Manager
Transport: Yes
Disability Access: Yes
Referral: Referral can be from the carer or an organisation. Aged Care Gateway
Languages spoken: Various
Area Served: Liverpool, Bankstown, Fairfield, Campbelltown, Camden; Wollondilly
Parent Organisation: HammondCare
last updated 26Oct15.

Home Care Package Level 1, Level 2, Level 3 and Level 4

Phone: 1800 826 166 **Fax:** 02 9825 2856
Level 1, The Village Centre, Hammondville NSW 2170
Mail to: HammondAtHome, 11-23 Judd Ave,
Hammondville NSW 2170
Email: swsahcreception@hammond.com.au
Web: www.hammond.com.au
Service Description: Clients must reside in Liverpool, Bankstown, Fairfield, Campbelltown or Camden LGA's. Home Care Packages provide assistance to aged people and people living with dementia at home. Assistance can include personal care, social support, transport, meals and prep and domestic assistance dependant on the persons needs.
Hours: Monday - Friday 7am - 9pm
Fees: As negotiated with the service Manager
Transport: Can be provided under package
Disability Access: Yes
Referral: Via Aged Care Assessment Team
Languages spoken: Various
Area Served: Liverpool, Bankstown, Fairfield, Campbelltown, Camden
Parent Organisation: HammondCare
last updated 26Oct15.

Liverpool/ Fairfield Aged Care Assessment Team

Phone: 02 9828 4868 **Fax:** 02 9828 4818
Level 3, Health Services Building, Liverpool Hospital, Cnr Goulburn & Campbell St, Liverpool NSW 2170
Mail to: Locked Bag 7103, Liverpool NSW 1871
Service Description: Provides assessment for people having difficulties managing at home who require assistance to remain at home. Also provides assessment for those wishing to enter residential aged care either permanently or for respite. Will see non-indigenous people younger than 70 years or indigenous people younger than 50 years, in specific circumstances.
Hours: Mon - Fri, 8am-4.30pm
Contact: Rosemary Moubarak - Team Leader- 9828 4868; Debbie Atherton Service Manager 0457 522271
Fees: No
Transport: Not required as assessments conducted at home or in hospital
Disability Access: Yes (Access)
Eligibility: From 65 years.
Referral: Contact the triple iii to make a referral or for information about community support services. Ph: 1800 455 511 Fax: 02 4621 8799 Email: tripleiii@sswahs.nsw.gov.au
Languages spoken: Health Care Interpreter Service Available
Area Served: Liverpool, Fairfield
Parent Organisation: South West Sydney Local Health District
last updated 10Dec13.

National Respite for Carers Program

Phone: 1800 826 166 **Fax:** 02 9825 2856
HammondAtHome Level 1, 11-23 Judd Av, Hammondville NSW 2170
Mail to: HammondAtHome, 11-23 Judd Ave,
Hammondville NSW 2170
Email: swsahcreception@hammond.com.au
Web: www.hammond.com.au
Service Description: In Home Respite, including accessing the community for carers of people over 65 year, people living with Dementia and peoples who carers are employed or studying. The Care recipient must live within the Bankstown, Liverpool, Fairfield, Campbelltown local government area. HammondCare provides a quality & flexible in-home respite service and aims to help ease the demands of the caring responsibilities.
Hours: 7 days a week from 6am to 10pm
Fees: As negotiated with the service Manager
Disability Access: Yes
Referral: Referral can be from the carer or an organisation - Aged Care Gateway.
Languages spoken: Various

Area Served: Liverpool, Bankstown, Fairfield; Campbelltown
Parent Organisation: HammondCare
last updated 26Oct15.

Allied Health Services

Adult and Children's Services - Community Counselling Team

Phone: 02 9828 4844 **Fax:** 02 9828 4800
Health Services Building, Level 3, Cnr Campbell and Goulburn St, Liverpool NSW 2170
Mail to: PO Box 3084, Liverpool NSW 2170
Service Description: Provides counselling to adults and children, their families as well as some group programmes. Please contact intake officer for details.
Hours: Intake workers available Mon, Wed, Fri 9am-12:45pm; Service Hours are 8:30am - 5pm Mon - Fri
Contact: Intake Worker available Mon, Wed & Fri, 9am-12:45pm. Ph. 9828-4844
Fees: No
Disability Access: Yes
Eligibility: Children up to 12yrs old & adults 18yrs and over. Must live in Liverpool LGA. From 12 to 18 years.
Area Served: Liverpool
Parent Organisation: South West Sydney Area Health Service
last updated 11Oct12.

Advanced Personnel Management (APM) - Employment Services

Phone: 02 9602 3744 **Fax:** 02 9602 3788
Suite 303, Lvl 3, 13-15 Moore St, Liverpool NSW 2170
Email: liverpool.es@apm.net.au
Web: www.apm.net.au
Service Description: Disability Employment Services Provider assisting people with disability, injury or health condition gain employment. Can offer government subsidies to employers for recruiting APM clients.
Hours: Mon-Fri 8:30am-5pm
Fees: Nil for the job seeker or employer
Eligibility: From 16 to 65 years.
Referral: Centrelink
Area Served: Liverpool
last updated 13Dec16.

Anglicare Family Services

Phone: 02 8784 1300 **Fax:** 02 9608 1899
1 Spica St, Sadleir NSW 2168
Mail to: PO Box 3180, Liverpool NSW 2170
Email: ggray@anglicare.org.au
Web: www.anglicare.org.au
Service Description: We provide family support to families with children in the Liverpool LGA through visiting, emergency relief, referral, advocacy and group work. Our programs focus on early intervention/prevention and crisis intervention covering a range of multifaceted and complex issues such as: Isolation, parenting skills and behavioural management, emotional support, relationship issues, family violence, child abuse and neglect, financial

difficulties, grief and loss, disabilities, alcohol and other drugs, housing, mental health, legal, self-esteem, stress, employment, home management. Group works e.g. Playskills, 123 magic, Triple P, Circle of security
Hours: M-F, 9am-5pm
Contact: Prue White & Toni Callaghan
Fees: no
Transport: Can be arranged for clients
Disability Access: Yes (Being Addressed)
Eligibility: Families with children living at home aged 0-17 years. Up to 13 years.
Referral: Contact intake on 02 8784 1300
Languages spoken: Serbian, Italian, Chinese (Mandarin)
Area Served: Liverpool
Facilities: No Meeting Room available for public use
Volunteering: Yes - Regular volunteer training offered
Parent Organisation: Sydney Home Mission Society T/As Anglicare
last updated 8Apr16.

Anglicare South West Community Care Centre - Family Support Program

Phone: 02 9824 0822 **Fax:** 02 9600 7938
9 Northumberland St, Liverpool NSW 2170
Mail to: PO Box 3180, Liverpool NSW 2170
Web: www.anglicare.org.au/
Service Description: ANGLICARE South West Community Care Centre, Family Support Program offers support to vulnerable & disadvantaged families with children 0-12years, living in the Liverpool LGA through home visiting, referral, advocacy, emergency relief & group work. Our programs focus on early intervention/prevention & crisis intervention covering multifaceted & complex needs including family violence, alcohol & other drugs, child abuse or mental health. Issues such as isolation, parenting skills & behavioural management, housing & relocation, financial difficulties, depression, relationship issues, grief & loss, legal matters, disabilities, emotional support, self-esteem issues, stress management, home management, employment & study are often seen in the work we do at ANGLICARE.
Hours: Mon - Fri, 9am - 5pm
Contact: Michael Mittwollen, Regional Manager 02 9821 1014
Fees: No
Transport: Transport can be arranged
Disability Access: Yes
Eligibility: Up to 12 years.
Referral: Gina 02 8784 1300
Languages spoken: Italian, Chinese (Cantonese)
Area Served: Liverpool
Facilities: Facilities are available for public by booking meeting room
Volunteering: Opportunity for volunteers in admin support, emergency relief, interviewing and family work.
Parent Organisation: Anglicare
last updated 17Sep15.

Anglicare South West Community Care Centre - Family Support Program

Phone: 02 8784 1300 **Fax:** 02 9600 7938

1 Spica St, Sadleir NSW 2168

Mail to: PO Box 3180, Liverpool NSW 2170

Web: www.anglicare.org.au/

Service Description: ANGLICARE South West Community Care Centre, Family Support Program offers support to vulnerable & disadvantaged families with children 0-17years, living in the Liverpool LGA through home visiting, referral, advocacy, emergency relief & group work. Our programs focus on early intervention/prevention & crisis intervention covering multifaceted & complex needs including family violence, alcohol & other drugs, child abuse or mental health. Issues such as isolation, parenting skills & behavioural management, housing & relocation, financial difficulties, depression, relationship issues, grief & loss, legal matters, disabilities, emotional support, self-esteem issues, stress management, home management, employment & study are often seen in the work we do at ANGLICARE.

Hours: Mon - Fri, 9am - 5pm

Contact: Michael Mittwollen, Regional Manager 02 8784 1300

Fees: No

Disability Access: Yes

Eligibility: Up to 17 years.

Referral: Gina 02 8784 1300

Languages spoken: Italian, Chinese (Cantonese)

Area Served: Liverpool

Volunteering: Opportunity for volunteers in admin support, emergency relief, interviewing and family work.

Parent Organisation: Anglicare

last updated 22Oct15.

Auslan Friendship Group

Phone: 02 9821 9450; 02 9821 9460 **Fax:** 02 9821 9456

Liverpool City Library, 170 George St, Liverpool NSW 2170

Email: c.martin@liverpool.nsw.gov.au

Web: mylibrary.liverpool.nsw.gov.au

Service Description: Provides an opportunity for AUSLAN practitioners to improve their signing skills. Booking is not required. Just turn up. Also provides FREE Internet lessons to Deaf seniors.

Hours: Fri 10:00am-12nn

Contact: Carmel Martin, Access Services Librarian 9821 9450

Fees: No

Disability Access: Yes (Access & Parking)

Languages spoken: AUSLAN

Area Served: Liverpool

Parent Organisation: Liverpool Library

last updated 15Dec16.

Australian Hearing

Phone: 02 9612 3700 **Fax:** 02 9600 6782

Ground Floor, 13-15 Moore St, Liverpool NSW 2170

Mail to: PO Box 956, Liverpool BC NSW 1871

Email: info@hearing.com.au

Web: www.hearing.com.au

Service Description: Commonwealth funded organisation providing hearing assessment, hearing technology (includes digital hearing aids and other listening devices), hearing aid fitting and repair, sale of accessories and hearing rehabilitation and counselling.

Hours: Mon-Fri 8:30am-5pm

Contact: Other phone: 02 9600 6682 (TTY)

Fees: Contact for details

Transport: Close to trains (Liverpool station)

Disability Access: Yes (toilet)

Eligibility: Aged pensioners, veterans, war widows, children and young people under 21 years of age with permanent hearing loss

Referral: Contact for details

Languages spoken: Spanish, Cantonese, Mandarin and Turkish

Area Served: Liverpool LGA

Parent Organisation: Department of Health and Ageing

last updated 9Oct15.

Brighter Futures

Phone: 02 8778 0600 **Fax:** 02 9734 6588

Level 1, 50 Macquarie St, Liverpool NSW 2170

Mail to: Locked Bag 7456, Liverpool NSW 1871

Web: www.benevolent.org.au

Service Description: Brighter Futures is a voluntary, strengths based program that recognises the parents' motivation to change. Brighter Futures provides integrated service delivery for families with at least one child under 9 years old, or expecting a child. Our staff qualified and experienced social workers, psychologists, early childhood workers and/or occupational therapists. Service Description The Brighter Futures program provides services and targeted support for children aged under 9 years old and their families as they address challenges that might otherwise place the children or family at risk. The program also works with families where they are expecting a child. We aim to encourage children's healthy development and resilience, build strong relationships between children and their families, build parenting skills and increase children's safety to essentially keep them from entering the Statutory Child Protection System.

Hours: Mon-Fri 8.30am - 5pm

Fees: NIL

Transport: Public Transport close by

Disability Access: Yes (Ramps, Lift)

Eligibility: Live in Liverpool LGA, at least one child under 9 years (or expecting a child), requiring home visiting, parenting programs and case management. Up to 9 years.

Referral: Any community organisation or Facs.

Self-referral also accepted. Brighter Futures is funded by Family and Community Services and all referrals are screened for eligibility through FaCS.

Languages spoken: Italian, Tamil, Arabic. Interpreters used where necessary

Area Served: Liverpool

Facilities: Nil

Volunteering: Yes (contact head office on 9339 8000)

Parent Organisation: The Benevolent Society

last updated 11May15.

Cerebral Palsy Alliance – Employment Solutions - Liverpool

Phone: 02 9635 7600 **Fax:** 02 9635 7800
Regus, 2nd Floor, 215-219 George St, Liverpool NSW
2170

Mail to: Suite 1, Level 1 Lachlan Tower, 17-21
Macquarie St, Parramatta NSW 2150

Email: ahousbey@cerebralpalsy.org.au

Web: www.cerebralpalsy.oprg.au/CPAsolutions

Service Description: Employment assistance through the Open Employment Program (OEP). The program provides comprehensive support to job seekers with physical, intellectual and multiple disabilities, enabling them to find and maintain employment.

Hours: M-F 9am-5pm

Contact: Audrey Housbey - 02- 9635 7600

Fees: No

Transport: Walking distance to Liverpool bus & rail interchange

Disability Access: Yes (No Parking facilities)

Eligibility: From 15 years.

Languages spoken: Arabic; Phillo; UDRV

Area Served: Liverpool

Volunteering: Yes, we welcome volunteers

Parent Organisation: CEREBRAL PALSY ALLIANCE
last updated 23Apr15.

Child and Family Psychology Team - Liverpool Primary and Community Health

Phone: 02 8738 4844 **Fax:** 02 8738 4800
Health Services Building, Level 3, Cnr Campbell &
Goulburn St, Liverpool NSW 2170

Mail to: PO Box 3084, Liverpool NSW 2170

Web: www.sswahs.nsw.gov.au

Service Description: Provides a counselling service to children and families on a broad range of issues. Children up to 12 years and their families. Children attending High School are not accepted

Hours: Mon - Fri, 8:30am - 5pm

Contact: Intake Officer 02 8788 4200

Fees: No

Disability Access: Yes (Yes)

Eligibility: From 12 years.

Referral: We DO NOT accept referrals for Autism spectrum disorder or moderate - profound developmental delay for treatment

Languages spoken: Nil - Interpreters can be accessed for NESB clients

Area Served: Liverpool
last updated 22Jul16.

Combative Fitness

Phone: 0414 617 382

Memorial Ave, Liverpool NSW 2170

Email: nickligopantis@combativefitness.com.au

Web: www.combativefitness.com.au

Service Description: Combative Fitness offers, Boxercise, Kickboxing fitness, Group Fitness, Bootcamp and Private Lessons. This is the ultimate boxing

workout. Expect to achieve extraordinary results: Weight Loss, Toning, Muscular Strength, Muscle Endurance, it also help reducing general health illnesses; (Obesity, Hypertension, Diabetes, Stress) Activities include: Walking, Jogging, Skipping, Plyometrics, Callisthenics, Boxercise, Kickboxing Circuit Training and Military Style Training. With a professional trainer to motivate you, and your commitment, I guarantee you all these results and much more. Don't waste time, phone now!!

Hours: Wed 7-8pm; Sat 10.30-11.30am

Contact: Nick Ligopantis

Area Served: Liverpool

last updated 8Apr16.

Community Health Psychology

Phone: 02 8788 4200 **Fax:** 02 9828 4800

Level 3, Health Services Building, Cnr Campbell and
Goulburn St, Liverpool NSW 2170

Mail to: PO Box 3084, Liverpool NSW 2170

Service Description: Counselling for adults on a range of problems including anxiety, depression, self-esteem issues, post-separation, victims of domestic violence. Counselling for children for behavioural and emotional problems. The service also runs groups for adults and children.

Hours: Mon-Fri, 8:30am-5pm

Contact: Intake Counsellor

Fees: Nil

Transport: Short walk from Liverpool bus & railway station

Disability Access: Yes (Access and Parking)

Languages spoken: Nil - Interpreters can be accessed for NESB clients

Area Served: Liverpool

last updated 11Dec12.

Community Vegetarian Cooking and Health Program

Phone: 0413 041 476

355 Hoxton Park Rd, Hoxton Park NSW 2171

Service Description: Provides a range of health promotion programs including smoking cessation, vegetarian cooking classes, promotion of better nutrition, stress management, depression recovery seminars and heart health lifestyle programs.

Hours: Tuesday Evenings - 7:30pm - 9pm

Contact: Jim 0413 041 476

Fees: FREE

Area Served: Liverpool

last updated 5May14.

Curves Liverpool – Women's Weight Loss and Fitness

Phone: 02 9602 4567 **Fax:** 02 9602 4570

Unit 4, 605 Hume Hwy, Casula NSW 2170

Mail to: PO Box 81, Luddenham NSW 2745

Email: info@curvesliverpool.com.au

Web: www.curves.com.au

Service Description: Curves is a weight loss centre specially designed for women featuring Curves Complete, the only program that includes exercise, meal plans and coaching – all in ONE place. Curves works because it provides you with a complete cardio and strength training

workout in just 30 minutes. With a system that can burn up to 500 calories and work every major muscle group, you get an efficient and effective workout every visit. All with a qualified coach to train and motivate. It's no wonder over 4 million women have chosen Curves to meet their health goals. And with a Curves trainer to teach and motivate, you're sure to reach your fitness goals in no time. Whether you want to lose weight and inches, gain energy or tone up, the Curves circuit will work for you.

Hours: Mon - Fri 6:00am - 1:30pm and 3pm - 8pm; Thursday 7am - 12noon, 3pm - 8pm; Sat 8am - 12.00noon

Contact: Narelle Kennedy, Owner; Robyn Teasel, Manager

Fees: YES

Transport: parking on premises; bus stop at door; see curvesliverpool.com.au

Referral: Women only; girls welcome on assessment of ability/height to safely use equipment. Referral not required although common from doctors, physios and chiropractors

Area Served: Liverpool

Facilities: Change rooms, toilets, air conditioned available to members and guests.

Parent Organisation: Curves for Women International (Franchisor); Kennedy Wellbeing Pty Ltd trading as Curves Liverpool

last updated 28May15.

Curves Prestons/Hoxton Park Road – Women's Weight Loss and Fitness

Phone: 02 9607 5500

Unit 4, 380 Hoxton Park Rd, Hoxton Park NSW 2171

Mail to: PO Box 81, Luddenham NSW 2745

Email: info@curvesliverpool.com.au

Web: www.curves.com.au

Service Description: Curves is a weight loss centre specially designed for women featuring Curves Complete, the only program that includes exercise, meal plans and coaching – all in ONE place. Curves works because it provides you with a complete cardio and strength training workout in just 30 minutes. With a system that can burn up to 500 calories and work every major muscle group, you get an efficient and effective workout every visit. All with a qualified coach to train and motivate. It's no wonder over 4 million women have chosen Curves to meet their health goals. And with a Curves trainer to teach and motivate, you're sure to reach your fitness goals in no time. Whether you want to lose weight and inches, gain energy or tone up, the Curves circuit will work for you.

Hours: Mon - Fri 6:00am - 1:30pm and 3pm - 8pm; Thursday 7am - 12noon, 3pm - 8pm; Sat 8am - 12.00noon

Contact: Narelle Kennedy, Owner; Robyn Teasel, Manager

Fees: YES

Transport: parking on premises; bus stop at door; see curvesliverpool.com.au

Referral: Women only; girls welcome on assessment of ability/height to safely use equipment. Referral not required although common from doctors, physios and chiropractors

Area Served: Liverpool

Facilities: Change rooms, toilets, air conditioned available to members and guests.

Parent Organisation: Curves for Women International (Franchisor); Kennedy Wellbeing Pty Ltd trading as Curves Liverpool
last updated 28May15.

Deaf and Hearing Impaired Student Services - Miller College of TAFE

Phone: 02 9825 7290, 02 9825 7396(TTY) **Fax:** 02 9825 7290

Building MG15, Cnr Banks & Hoxton Park Rd, Miller NSW 2168

Mail to: Locked Bag 4, Miller NSW 2168

Email: doug.bowers@tafensw.edu.au

Web: www.swsi.tafensw.edu.au

Service Description: Provides educational support services for students who wish to undertake pre-vocational and vocational training.

Hours: Mon - Fri, 8:30am - 4:30pm

Contact: Doug Bowers, Teacher/Consultant Deaf & Hearing Impaired Students

Disability Access: Yes (Access & Parking)

Languages spoken: Auslan

Area Served: Liverpool

last updated 1Jul14.

Defence Community Organisation (DCO)

Phone: 02 8782 4864 **Fax:** 02 8782 4866

Liverpool Military Area, Moorebank Ave, Holsworthy NSW 2174

Email: dco.liverpool@defence.gov.au

Web: www.defence.gov.au/dco

Service Description: Provides a broad range of services for the Australian Defence Force community and family members. The services and programs provided are by professional social workers, military support officers, education officer. We also distribute a bi-monthly newsletter "DCO Liverpool Bulletin".

Hours: Mon - Fri, 8:30am - 5pm

Fees: No

Transport: Bus service from Liverpool or Holsworthy Station (private transport would be easier)

Disability Access: Yes (ramps)

Eligibility: Full-time Australian Defence Force members and their immediate families

Area Served: Liverpool LGA

Facilities: NO

Volunteering: YES

last updated 13Jun14.

Diabetes Information

Phone: 02 9608 8920 **Fax:** 02 8783 0149

Miller Square, Woodward Cres, Miller NSW 2168

Mail to: PO Box 202, Miller NSW 2168

Service Description: Learn more about diabetes including cooking tips. Get along to FREE diabetes meetings every Thursday.

Hours: Thursdays 10am-12noon

Contact: Lynda Johnson

Fees: FREE

Transport: bus stop & taxi adjacent to centre

Disability Access: Yes (Ramp, toilet)
Area Served: Liverpool
Volunteering: We welcome volunteers
Parent Organisation: Liverpool Health Service - Community Health
last updated 2Dec14.

Drug and Alcohol Multicultural Education Centre (DAMEC)

Phone: 02 8706 0150 **Fax:** 02 8706 0154
Suite 15, Level 4, 13-15 More St, Liverpool NSW 2170
Email: info@damec.org.au
Web: www.damec.org.au
Service Description: Provides an outpatient drug and alcohol counselling service in Liverpool, also conducts research and health promotion. Also provides information and referral to appropriate services as well as bilingual counselling. Works with the drug and alcohol sector to increase service capacity to clients from Culturally and Linguistically Diverse (CALD) backgrounds.
Hours: Mon-Fri 9am-5pm
Transport: Close to buses and trains (Liverpool station)
Disability Access: Yes (lift and parking)
Eligibility: CALD Background
Languages spoken: Vietnamese; Cantonese; Mandarin; Khmer; Arabic
Area Served: NSW
last updated 13May16.

EMMAUS COUNSELLING

Phone: 0437 885 848
6A/1-3 Whyalla Pl, Prestons NSW 2170
Email: emmaus.counselling5@gmail.com
Web: www.emmauscounselling.com.au
Service Description: Relationship Counsellor. Work Cover Register. Providing professional and confidential Counselling services to couples, families and individuals.
Hours: By appointment
Contact: Wendy Estall
Fees: Yes
Area Served: Liverpool LGA
last updated 1Dec16.

Fernwood Womens Health Club

Phone: 02 9602 1700 **Fax:** 02 9602 1711
3 Kelso Cres, Moorebank NSW 2170
Email: liverpool@fernwoodfitness.com.au
Web: www.fernwoodfitness.com.au
Service Description: We aim to provide you with personalised programs, group fitness classes, weight management, personal training and childcare. Our caring and passionate staff are ready to assist and motivate you to achieve your health and fitness goals. Come in and see our friendly staff and make a start to the new you.
Hours: 6am-9pm Monday to Thursday, 6am-7pm Friday, 8am-1pm Saturday, 9am-12.00pm Sunday
Contact: Sylvia Balen - Club Manager
Fees: Yes
Disability Access: Yes (Access, toilet, shower)
Eligibility: From 16 years. Female Only.
Languages spoken: Arabic, Spanish
Area Served: Liverpool

last updated 12Aug14.

Food and Fitness

Phone: 02 9608 4969 **Fax:** 02 9608 4934
Busby Primary School, Cnr South Liverpool & Busby Rds, Busby NSW 2168
Email: busby-p.school@det.nsw.edu.au
Service Description: Women nutrition and fitness class. K - 6 School
Hours: 9:30am
Contact: ADMIN
Fees: Nil; Fitness class \$5
Area Served: Liverpool
last updated 28Oct14.

Gandangara Employment and Training Services Limited (GETS)

Phone: 02 9602 5280 **Fax:** 02 9602 2741
Level 1., 103 Moore St, Liverpool NSW 2170
Mail to: PO Box 1038, Liverpool BC NSW 1871
Email: admin@sasl.org.au
Web: www.gandangara.org.au
Service Description: GETS provides Training and recruitment for employments, Cultural Respect Training for Employers and HR Teams, GETS "Burawa" Mentoring Program, Resume Writing, Vocational (work) Training, Job Ready Training and Various Workshops. GETS also runs Gandangara Supported Playgroups in various locations.
Hours: 9:00am - 5:00pm, Monday - Friday
Area Served: Liverpool
Parent Organisation: Gandangara Local Aboriginal Land Council, Gandangara Management Services Limited
last updated 16Jun15.

Green Valley Liverpool Domestic Violence Service

Phone: 1800 111 146 **Fax:** 02 9608 8017
Service Description: This is a service designed for women, children, young people and families who have or are experiencing domestic violence. Services include counselling, advocacy, support, referral to other services when needed and a variety of groups and activities.
Hours: 08:30 - 17:00
Fees: FREE
Eligibility: Service for residents living in the Liverpool LGA
Referral: Anyone can refer
Languages spoken: We use Health Services Interpreters
Area Served: Liverpool
Parent Organisation: Local Health District
last updated 26Feb14.

Headspace - Liverpool

Phone: 02 8785 3200; 1800 026 517 **Fax:** 02 8568 7932
Level 1, 50 Macquarie St, Liverpool NSW 2170
Email: headspaceliverpool@benevolent.org.au
Web: www.headspace.org.au/search?q=liverpool
Service Description: Provides services to young people aged 12 to 25 including; mental health; alcohol and other drug services; physical health; education and employment services. Services are provided by a range of health

professionals including Clinical Psychologists, Psychiatrists, Social Workers, Occupational Therapists, Nurses, GPs and educational specialists.

Hours: Monday-Friday 9:00am-5:00pm

Fees: Free or bulk billed with Medicare card

Eligibility: From 12 to 24 years.

Area Served: Liverpool

Parent Organisation: Headspace

last updated 25Nov14.

Healthy Easy Cooking

Phone: 02 8784 1310; 02 9732 6503

Anglicare, 1 Spica St, Sadleir NSW 2168

Service Description: Come and join our fun group and discover new recipes and tips on healthy cooking on a budget

Hours: 9:30am - 12pm

Contact: Gina - 02 8784 13100 or Letica 02 9732 6503

Fees: FREE - Bookings Essential

Area Served: Liverpool

Parent Organisation: Anglicare; Mission Australia

last updated 20May14.

Hudson Barry Pilates Studio

Phone: 02 9600 6676 **Fax:** 02 9600 6976

4/43 Heathcote Rd, Moorebank NSW 2170

Email: misspilates@me.com

Web: www.hudsonbarry.com.au

Service Description: Use Pilates to achieve a leaner, stronger & younger body. Classes for beginners to advanced levels using matwork, small apparatus & reformer. Work with the naturopath & learn strategies utilising food & supplements to improve energy, reduce fatigue, increase vitality and burn fat. Bookings are essential.

Hours: By appointment

Contact: Melissa Hudson Barry

Area Served: Liverpool

last updated 1Jul14.

Inspire Church Limited

Phone: 02 9826 0300 **Fax:** 02 9826 0389

Cnr Hoxton Park Rd & Spire Ct, Hoxton Park NSW 2171

Mail to: PO Box 439, Hoxton Park NSW 2171

Email: info@inspirechurch.com.au

Web: www.inspirechurch.org

Service Description: Sunday Church Services: every Sunday 9am, 10.45am, 6pm. We also offer a Youth program Friday night (School years 6-8 at 6pm; and School Years 9-12 at 6.30pm). Young Adults (18-30years) Connect Groups run every Wednesday. Women's groups meet on Wednesdays at 10am. Playgroup meet every second Thursday 10am-12nn. Parenting courses; new mothers support group

Hours: Mon - Fri, 9am-5pm

Contact: Gabriella McCutcheon

Fees: No

Transport: We have a bus service for 10:45 service on Sundays; please contact church for more details.

Disability Access: Yes (Ramps, toilets)

Languages spoken: Spanish

Area Served: Liverpool

Volunteering: Yes - we welcome volunteers

last updated 30Sep15.

Inspire Community Services – Sadleir Family Resource Centre

Phone: 02 8783 5788 **Fax:** 02 8783 5799

52-54 Celebration Rd, Sadleir NSW 2168

Mail to: PO Box 55, Hoxton Park NSW 2171

Email: info@inspirecommunity.org.au

Web: www.inspirecommunity.org.au

Service Description: The centre offers Emergency Relief which provides food and clothing assistance, as well as vouchers for gas, water and energy bills. (Criteria applies); Inspire Fashion sells a variety of pre owned clothing for low prices. Play groups are also available as families with children are our priority, and we provide educational programs to empower parents with a positive attitude, encouragement to put more focus on their families.

Hours: Mon 9am - 12pm; Tues -Fri, 9am-5pm

Contact: Mike Meyer - Director

Transport: Bus 842, 861, 852 from Liverpool Station

Eligibility: Receiving any benefits from Centre Link. Up to 99 years.

Referral: Other Community Organisations

Languages spoken: English

Area Served: Liverpool

Facilities: Computers with Internet Access

Volunteering: We welcome volunteers for admin, reception, shop assistance, employment skills

Parent Organisation: Inspire Church

last updated 18Aug14.

Jade Wellness Centre

Phone: 02 9730 1446 **Fax:** 02 9730 1446

177 Elizabeth Dr, Liverpool NSW 2170

Email: jade_wellness@yahoo.com.au

Service Description: Counselling (for depression, anxiety, grief, anger management, etc). by PsychologistsSpeech therapy by Speech PathokogistsAll services at NO COST to the clients with a Doctor's referral.All covered by MEDICARE as we charge no gap fee.

Hours: 4 - 8pm

Referral: Need Doctor's referral (or call us)

Area Served: Liverpool

last updated 3Jun15.

Joan Harrison Support Services for Women Inc

Phone: 1800 656 463 (24 Hour Domestic Violence Line)

Fax: 02 9602 9172

Mail to: PO Box 727, Liverpool BC NSW 1871

Service Description: Provides emergency accommodation for up to 3 months, counselling, referral, outreach and advocacy. The aim is to assist single women to return to the community. Transitional supported accomodation

Hours: Mon & Fri 8am-8pm. Tue, Wed & Thu 8-6pm

Staff are on call after hours

Contact: This refuge has a silent phone number. Initial contact is via 24 Hour Domestic Violence Line - 1800 656 463; LINK 2 HOME - 1800 152 152

Fees: For rent 15% income if applicable

Disability Access: No

Eligibility: Women without dependent children in their care. From 18 years. Female Only.

Referral: Referral via Police or domestic violence agencies Line; Self referral or other Agencies; Link 2 Home, Hospital

Languages spoken: Turkish

Area Served: NSW

Parent Organisation: Department of Community Services (DoCS)

last updated 21Aug14.

Karitane Liverpool Parenting Centre

Phone: 02 9821 4555 **Fax:** 02 9821 4559

10 Murphy St, Liverpool NSW 2170

Mail to: PO Box 241, Villawood NSW 2163

Web: www.karitane.com.au

Service Description: Day service which provides support and education for families with children aged from 0-5. Caters for families with special needs. Varied programs including: counselling for post natal depression and anxiety, sleep and settling education, emotional and psychological difficulties, toddler and sibling management, lactation, women's groups for first time mothers, Triple P groups. Registered nurses specialising in child and family health. Home visits are provided and offer of Circle of Security groups.

Hours: Mon-Fri, 8:30am-5pm

Fees: Groups Only

Transport: 15 minutes walk from Liverpool Bus & Train Station

Disability Access: Yes (& parking available)

Eligibility: Up to 5 years.

Referral: A health professional need to refer or an NGO

Area Served: Liverpool

Facilities: Meeting/Group Room (Fee applies)

Volunteering: Yes, Volunteers sought. Training provided

Parent Organisation: KARITANE

last updated 25Aug16.

Learning Links (South West Sydney)

Phone: 02 8525 8280

Shop 1, 100 Terminus St, Liverpool NSW 2170

Email: liverpool@learninglinks.org.au

Web: www.learninglinks.org.au

Service Description: Learning Links is a charitable, not-for-profit organisation that offers information, support and specialist services for children who have difficulty learning and their families. Services include comprehensive assessments; early childhood intervention; an inclusive preschool; playgroups; specialist literacy and numeracy classes for school age children; therapy (occupational and speech); family counseling and support as well as professional development and learning. Sydney metropolitan branches include Peakhurst, Maroubra, Oatley and Liverpool.

Hours: Mon-Fri 9am-5pm (office), some services on Sat and out-of-hours.

Fees: Varies according to service. Some services are fully funded, financial assistance may be available for others.

Transport: Depends on location

Referral: Not required

Languages spoken: Please contact office

Area Served: Liverpool; South Western Sydney

Volunteering: This service welcomes the assistance of volunteers, please contact for details.

last updated 21Sep16.

Life coaching and Herbal Medicine

Phone: 0414 946 741

Service Description: Personal and motivational training and support for clients wishing to change or improve any aspect of their life including health, career, relationships and finances.

Hours: Mon- Fri 1pm- 7pm.

Contact: Evie Maiolo 0414 946 741

Fees: Yes

Area Served: Liverpool

last updated 2Jul14.

Liverpool Child and Family Nursing Service

Phone: 02 8788 4288 **Fax:** 02 8788 4289

Hoxton Park Community Health Centre, 153-155 George St, Liverpool NSW 2170

Mail to: PO Box 54, Hoxton Park NSW 2171

Service Description: Provides advisory service for parents and carers, education on health, growth and development, nutrition, management of children 0-5 years.

Hours: Tuesday, Friday by appointment

Contact: Enquiries 9827 2222

Fees: NA

Disability Access: Yes (Access)

Languages spoken: Interpreter service available. Prior arrangement needed

Area Served: Liverpool

last updated 8Apr13.

Liverpool Domestic Violence Liaison Committee

Phone: 02 9602 7795 **Fax:** 02 9600 6244

Mail to: LDVLC, PO Box 1042, Liverpool Bc NSW 1871

Email: liverpooldvlc@gmail.com

Web: www.swslc.org.au

Service Description: Develop effective liaison between groups or individuals involved in domestic violence work. Promote cooperation between police, government and non government organisations. To assist and enable workers to support each other in their work. Raise community awareness about domestic violence. Lobby/advocate for services. To monitor at a local level enforcement, effectiveness of domestic violence legislation and associated policies.

Hours: Monthly meeting

Contact: Joyce Asencio

Disability Access: Yes

Area Served: Liverpool

last updated 25Jun14.

Liverpool Hospital

Phone: 02 8738 3000 **Fax:** 02 8738 6318

Cnr Elizabeth & Goulburn St, Liverpool NSW 2170

Mail to: Liverpool Hospital, Locked Bag 7103, Liverpool BC NSW 1871

Email: LiverpoolGMU@sswahs.nsw.gov.au

Web: www.swslhd.nsw.gov.au/liverpool/

Service Description: The Hospital is the major health service for south-western Sydney, providing services to the local government area of Liverpool City Council as well as district services to residents and visitors in the area. It also provides a range of state-wide services in areas such as critical care and trauma, neonatal intensive care and brain injury rehabilitation. Liverpool City and south-western Sydney is home to people from diverse cultures, religious and languages, making our community vibrant and exciting. We are situated in one of the fastest-growing regions in Australia and sit within an education and health precinct which includes the Ingham Institute of Applied Medical Research, a Clinical Skills and Simulation Centre, the Clinical Schools of the University of NSW and University of Western Sydney, South West Private Hospital and South Western Sydney TAFE. Evening visiting hours 3pm - 8pm

Hours: The Hospital operates 24 hours a day. However general visiting hours are: Morning visiting hours: 10.00am - 1.00pm Rest period (no visitors allowed)

Fees: For more information on Liverpool Hospital fees and charges, please contact our Admissions and Pre-admissions Department

Transport: : Liverpool Hospital is a five to 10 minute walk from Liverpool train station or bus interchange and a 15 to 20 minute walk from Warwick Farm train station.

Disability Access: Yes (Accessible toilets for people with disabilities are available on all floors of the Hospital)

Languages spoken: If you do not speak English well, we can arrange an interpreter for you through the Health Language Service. Auslan (sign interpreters) are also available on request for people with a hearing impairment

Area Served: Liverpool

Facilities: The Hospital has universal signage wherever it is applicable. All other signage is to the Australian Standards requirements.

Volunteering: If you would like to support Liverpool Hospital as a volunteer, please contact the Volunteer Coordinator on 02 8738 7644

Parent Organisation: South Western Sydney Local Health District.

last updated 30Jun14.

Liverpool Neighbourhood Connections (LNC)

Phone: 02 9600 0600 **Fax:** 02 9602 2514

11 Gallop St, Warwick Farm NSW 2170

Email: info@lnc.org.au

Web: www.lnc.org.au/

Service Description: Active over 50's groups; Art & Craft, Gentle exercise; Chiropractic Care; Clinic; Coffee Shop; Computer Cafe; Counselling; Disability Support Groups; Discussion Groups; First Aid Courses; Homework Help; Living Skills; Meditation; Mobile Child Care; Nutrition; Playgroups; Seniors Groups; TAFE Outreach Courses; Tai Chi; Tax Help; Men's Groups; Tutoring; Vacation Care Activities; Yoga; Youth Groups

Hours: 9am - 4pm

Contact: Patricia Hall - Manager

Fees: Some small fees apply

Disability Access: Yes

Languages spoken: Hindi, Serbian, Croatian and Bosnian

Area Served: Liverpool

Facilities: Yes

Volunteering: Yes

Parent Organisation: LNC (Liverpool Neighbourhood Connections)

last updated 15Feb16.

Liverpool Opioid Treatment Program

Phone: 02 8738 4635 **Fax:** 02 9828 4518

Liverpool Hospital, Health Services Building, Cnr Goulburn & Campbell St, Liverpool NSW 2170

Mail to: Locked Bag 7103, Liverpool NSW 1871

Web: www.health.nsw.gov.au

Service Description: Public Pharmacotherapy Services

Days For Dosing 8am - 11:00hrs and 8am - 12noon

Hours: Office Hours - 8.30am-5pm

Contact: (patients enter via Goulburn St entrance)

Fees: Nil

Transport: Train or Bus

Disability Access: Yes (ramps)

Eligibility: Opioid dependent

Languages spoken: By full time professional staff

Area Served: Liverpool, Fairfield

Volunteering: No

last updated 13Dec16.

Liverpool Sexual Health Service

Phone: 02 9827 8022 **Fax:** 02 9602 4352

13 Elizabeth St, Liverpool NSW 2170

Mail to: Locked Bag 7103, Liverpool Bc NSW 1871

Service Description: Provides testing for sexually transmitted disease and H.I.V. Also provides community education and counselling.

Hours: Monday – Wednesday 8.30am – 5.00pm. Thursday

: 11am -7.30pm. Friday : 8.00am -4.30pm

Contact: Director - Dr. Christopher Carmody.

Fees: No Charge; No Medicare. Appointment necessary

Transport: Near Liverpool Train Station and Bus Stop

Disability Access: Yes (Access & Parking)

Referral: No referral necessary

Languages spoken: Interpreter Service

Area Served: Liverpool

Facilities: Needle exchange program. Free Condoms and vaccination

Parent Organisation: Community Health South Western Sydney Local Health District

last updated 7Nov14.

Liverpool Women's Health Centre (LWHC)

Phone: 02 9601 3555 **Fax:** 02 9824 0448

26 Bathurst St (Crn Campbell St), Liverpool NSW 2170

Mail to: PO Box 65, Liverpool Bc NSW 1871

Email: lwhc@sswahs.nsw.gov.au

Web: www.liverpoolwomenshealth.org.au

Service Description: Liverpool Women's Health Centre is a community service operated by women, for women.

We offer a women-only safer space for women of all ages, cultures, ethnicities, abilities and sexual identities. We believe that women are entitled to the resources they need to make informed, autonomous decisions about their own health and lives. All of our services are free or low-cost, and no-one will be turned away for lack of funds. The Centre is wheelchair accessible, and interpreters for most languages are available by arrangement.

Hours: Mon - Fri, 9am - 5pm (closed 1-2pm for lunch)

Fees: Medical services bulk billed

Transport: Bus, Train, Taxi or Car

Disability Access: Yes (Yes, through access ramps, elevators and electric examination tables)

Eligibility: Female Only.

Referral: Self Referral: Medical, Counselling, Naturopathy and Accupuncture. Internal Referral only: massage therapy

Languages spoken: Arabic, Khmer, Lao and Thai with telephone and in-person interpreter services available on requests for all languages

Area Served: South Western Sydney LHD

Facilities: We have rooms available on request for women's groups or services.

Volunteering: We do not have capacity to take on volunteers at this time.

last updated 29Nov16.

Liverpool/Fairfield/Bankstown Sexual Assault Service

Phone: 02 8738 4844, 02 9828 4804 (TTY), **Fax:** 02 8738 4800

Liverpool Community Health Centre , Level 3, Cnr Campbell & Goulburn St, Liverpool NSW 2170

Mail to: PO Box 3084, Liverpool NSW 2170

Service Description: The Liverpool/Fairfield Sexual Assault Service is a Community Health based team providing services to children, young people and adults who have been sexually assaulted. The team is staffed by Counsellors (Social Workers, Psychologists and related disciplines) and Medical Officers. The services provided are for a wide range of emotional, psychological, behavioural, medical and legal aspects following sexual assault. The team is responsible for the provision of the After Hours Crisis Service to children and adults who have been recently sexually assaulted. Interpreters are available on request.

Hours: 8:30am-5pm for counselling. 24 hour crisis and medical service.

Contact: Service Manager, 02 8738 4844; 02 8738 4804, 02 8738 3000 (After Hours)

Fees: No

Transport: Train Station is 15minutes walk (Liverpool)

Disability Access: Yes (Access, parking & TTY)

Referral: Do not see offenders; Self or any Agency.

Languages spoken: Khmer, Russian and Spanish, Interpreter service also available.

Area Served: Liverpool, Fairfield; Bankstown

Facilities: Paid parking at Liverpool Hospital; 3hr FREE parking at Westfield Liverpool - 10minutes walk.

last updated 2Sep15.

Miller Community Health Centre

Phone: 02 9608 8920 **Fax:** 02 8783 0149

Miller Square, Woodward Cres, Miller NSW 2168

Mail to: PO Box 202, Miller NSW 2168

Service Description: We offer a range of services throughout the week eg. Aboriginal child & family clinic, diabetes clinic, aboriginal vascular health clinic, information/referral, early childhood home visiting program.

Hours: Mon-Fri 9am-4pm

Contact: Lynda Johnston

Fees: nil

Transport: bus stop & taxi adjacent to centre

Disability Access: Yes (Ramp, toilet)

Area Served: Liverpool

Volunteering: We welcome volunteers

Parent Organisation: Liverpool Health Service - Community Health

last updated 1Jul14.

Mission Australia - Men's Crisis Accommodation

Phone: 02 9822 4903 **Fax:** 02 9822 5029

55 Lachlan St, Liverpool NSW 2170

Web: www.missionaustralia.com.au

Service Description: Provides short term crisis accommodation for adult males, help or referrals with immediate homelessness issues and assistance toward independent housing through a case management model.

Hours: 24 Hours

Transport: NO

Disability Access: Yes (Access)

Eligibility: Homeless. From 18 years. Male Only.

Referral: Assessment

Languages spoken: English, interpreter services available where required

Area Served: Liverpool

Facilities: No

Volunteering: Yes

Parent Organisation: Mission Australia

last updated 4Nov15.

Mission Providence - Miller

Phone: 02 9732 6400 **Fax:** 02 9607 2252

66 Shropshire St, Miller NSW 2168

Mail to: PO Box 273, Miller NSW 2168

Email: miller@missionprovidence.com.au

Web: www.missionprovidence.com.au

Service Description: Job placement centre for unemployed people. Services are free and participants must be registered with the Centerlink. Must be 16yrs+

Hours: Mon - Fri, 9am - 5pm

Contact: Amanda Lee - Client Support Coordinator

Fees: No

Transport: Public transport available

Disability Access: Yes (Access)

Referral: Referral from CENTRELINK

Languages spoken: Vietnamese

Area Served: Liverpool

Facilities: Only for Job Seekers with JSID (Jobseek ID)

Volunteering: No

last updated 6Oct15.

Moorebank Early Childhood Health Centres

Phone: 02 9601 3257

109 Nuwarra Rd, Cnr Maddecks & Lucas Av, Moorebank NSW 2170

Service Description: Provides a range of services to assist with the growth and development of children aged 0-5 by providing advice and referring to appropriate services. Immunisation clinic 4th Tuesday of the month 10am-12nn.

Hours: Thursday 9.30am-12noon

Area Served: Liverpool

last updated 17Aug15.

Motivate You Disability Fitness Services

Phone: 02 8001 6506

Meets at: 8 Woodside Ave, West Hoxton NSW 2171

Email: info@motivateyou.com.au

Web: www.motivateyoudisabilityfitness.com.au

Service Description: Qualified personal training company which runs programs tailored for individuals or groups (8-12 people) in accommodation or day programs for people with disabilities: physical (like cerebral palsy, acquired brain injury, quadriplegia, paraplegia), Down's Syndrome, Autism, mental illness. Programs include: Fun-Fit", individual fitness for those with significant health support needs, activity and nutrition seminars and workshops, healthy lifestyles (meal planning, reading shopping labels, food preparation, exercise). Also training programs for agency staff, and consultancy services for management. All available at your premises. Australian Fitness Accreditation Council accreditation, Exercise Physiology accreditation. BA (Psychology). Member of National Disability Services. Accredited After-Schools Care Provider.

Hours: Mon-Sat 9am-5pm

Contact: 0419 403 915 (Ariel - Director)

Fees: Contact for details

Referral: Via referral form that we provide

Area Served: Sydney Metro; Central Coast; Wollongong

Volunteering: Unable to accept volunteers

Parent Organisation: Motivate You Disability and Community Group Pty Ltd and Motivate You Fitness and Personal Training

last updated 7Jun16.

Neonatal Intensive Care Unit

Phone: 02 8738 5602 **Fax:** 02 8738 5582

Cnr Elizabeth & Goulburn St, Liverpool NSW 2170

Mail to: Liverpool Hospital, Locked Bag 7103, Liverpool BC NSW 1871

Web: www.swslhd.nsw.gov.au/liverpool/newborn

Service Description: The Neonatal Intensive Care Unit at Liverpool Hospital opened in 1994. Currently we are funded for 12 Intensive Care Beds and 19 Special Care Beds and are part of the Statewide Network that provides advanced care for sick newborns. Although we aim to predominantly look after the babies from our region in Southwest Sydney we frequently have babies transported from other areas including regional NSW.

Hours: The Hospital operates 24 hours a day. However general visiting hours are: Morning visiting hours: 10.00am - 1.00pm Rest period (no visitors allowed)

Fees: For more information on Liverpool Hospital fees and charges, please contact our Admissions and Pre-admissions Department

Transport: Liverpool Hospital is a five to 10 minute walk from Liverpool train station or bus interchange and a 15 to 20 minute walk from Warwick Farm train station.

Disability Access: Yes (Accessible toilets for people with disabilities are available on all floors of the Hospital)

Languages spoken: If you do not speak English well, we can arrange an interpreter for you through the Health Language Service. Auslan(sign interpreters) are also available on request for people with a hearing impairment

Area Served: Liverpool

Facilities: The Hospital has universal signage wherever it is applicable. All other signage is to the Australian Standards requirements.

Volunteering: If you would like to support Liverpool Hospital as a volunteer, please contact the Volunteer Coordinator on 02 8738 7644

Parent Organisation: South Western Sydney Local Health District.

last updated 12Oct15.

Neuro-Audiology Clinic - Liverpool Hospital

Phone: 02 8738 3646 **Fax:** 02 8738 3648

Liverpool Hospital, Clinical Building, Neurophysiology Dept. 8 Goulburn St, Liverpool NSW 2170

Mail to: Liverpool Hospital, Neurophysiology Dept, 8 Goulburn St, Liverpool NSW 2170

Service Description: Provides balance assessment for adults, hearing assessments for adults and children (3.5 years and above).

Hours: Mon - Fri, 8.30am - 4pm

Contact: 02 8738 3646

Fees: Medicare fund with referral

Disability Access: Yes (Parking & Access)

Referral: Required for G.P or Specialist

Languages spoken: Interpreter service available. - Must be requested at the time of booking appointment.

Area Served: Liverpool

last updated 14Jun16.

Occupational Therapy - Liverpool Hospital

Phone: 02 9828 4703 **Fax:** 02 9828 4744

Liverpool Hospital, Cnr Elizabeth St & Goulburn St, Liverpool NSW 2170

Mail to: Locked Bag 7103, Liverpool BC NSW 1871

Service Description: An Occupational Therapist that specialises in helping an individual person who has an injury, illness or a disability which affects their ability to undertake tasks of everyday life such as eating, showering, shopping, going to work etc.

Hours: 8am-4.30pm

Disability Access: Yes (Ramp, toilet)

Area Served: Liverpool

last updated 8Aug14.

Ostara PRA

Phone: 1300 334 497, 02 9612 9000, 02 9393 9360 **Fax:** 02 9602 9727

Lvl 2 Suite 5, 224 George St, Liverpool NSW 2170

Mail to: PO Box 209, Liverpool NSW 1871

Email: liverpooldes@pra.org.au

Web: www.pra.org.au

Service Description: Provides training, support and individual assistance for people with mental health issues or who are recovering from mental illness, to find and maintain open employment (award-wage).

Hours: Mon-Fri 9am-5pm

Transport: Close to trains and buses

Disability Access: Yes (lift and toilet)

Eligibility: From 15 to 65 years.

Referral: Referral required for some services, contact for further details

Area Served: Bankstown; Camden; Campbelltown; Fairfield; Liverpool; Wingecarribee

Parent Organisation: Psychiatric Rehabilitation Australia (PRA)

last updated 27Jul16.

Pregnancy Help Sydney Inc.

Phone: 1300 792 798

Mail to: PO Box 366, Liverpool BC NSW 1871

Email: pregnancyhelp@optusnet.com.au

Web: www.unplannedpregnancysupport.com.au

Service Description: Counselling information on decisions concerning pregnancy, post abortion counselling. Help with baby clothes and equipment. Information on fertility awareness.

Hours: 24/7 telephone counselling. Face to face by appointment

Fees: no

Disability Access: Yes

Area Served: Macarthur; Liverpool LGA

last updated 3Jun16.

Pregnancy Help

Phone: 1300 792 798 (QLD, NSW, VIC and ACT callers), 02 9602 6543 (Sydney Callers)

Mail to: PO Box 366, Liverpool NSW 1871

Email: pregnancyhelp@optusnet.com.au

Web: www.unplannedpregnancysupport.com.au

Service Description: Provides telephone counselling for anyone involved in an unplanned pregnancy. Also provides post abortion counselling. Face to face counselling by appointment.

Hours: 24 hours 7 days

Contact: 1300 655 156 (SA, TAS, WA and NT callers)

Area Served: NSW

last updated 12Sep16.

PsychCentral Psychological and Counselling Services

Phone: 1300 856 779 **Fax:** 02 9793 7925

2/279 Macquarie St, Liverpool NSW 2170

Email: info@psychcentral.com.au

Web: www.psychcentral.com.au

Service Description: PsychCentral provides a professional psychological and consulting service in the areas of Clinical, Forensic, Educational and Developmental

areas of expertise. We specialise in delivering high quality psychological and counselling services to Culturally and Linguistically Diverse (CALD) individuals, couples, and families. PsychCentral also consults for organisations and runs organisational training programs from a positive psychology framework.

Hours: Monday - Saturday 9am-5pm

Contact: info@psychcentral.com.au

Fees: Bulk-Billing available with a GP Mental Health Treatment Plan MBS Item 2710

Referral: GP Referral, Private Health Fund, Compensation and Legal referrals, Victims Services

Languages spoken: Arabic, Assyrian, Hindi, Urdu, Mandarin, Cantonese

Area Served: Liverpool

last updated 31Mar16.

Rainbow Cottage Physiotherapy

Phone: 02 9616 4405 (Intake) **Fax:** 02 9601 1021

20-22 Bigge St, Liverpool NSW 2170

Mail to: Liverpool Hospital, Locked Bag 7103, Liverpool BC NSW 1871

Service Description: Paediatric outpatient physiotherapy, occupational therapy and speech pathology - practice includes children with cerebral palsy.

Hours: Mon-Fri 8am-4:30pm

Transport: Bus, train

Disability Access: Yes (wheelchair accessible)

Eligibility: Primarily residents of Liverpool local government area; mild-moderate developmental delay. Up to 14 years.

Referral: Will accept referral from any source with parent permission. Physio 0-14 years. OT accepts referrals to year 3. Speech accepts referrals to Kindergarten.

Languages spoken: Interpreters available if required

Area Served: South West Sydney HACC

Parent Organisation: Liverpool Health Service

last updated 16Nov16.

Rosebank Child Sexual Abuse Service Inc.

Phone: 02 9601 3790 **Fax:** 02 9601 3676

Mail to: PO Box 869, Liverpool BC NSW 1871

Email: info@rosebankcsa.org.au

Web: www.rosebankcsa.org.au

Service Description: Rosebank assists children, young people and their families to overcome the effects of sexual abuse. We do this by providing specialist trauma informed counseling to children, carers, youth and families who have been referred for counseling as a result of physical and sexual abuse. Our services are free and confidential.

Hours: Mon - Thurs, 9am - 5pm

Contact: Helen Spark, Service Coordinator 9601 3790

Fees: No

Disability Access: No (ramp for wheelchair users)

Referral: Call for more information. Self referral welcome.

Area Served: Liverpool, Campbelltown, Camden, Fairfield

last updated 14Jun16.

Roses (Reducing Overweight Safely Ensures Slimness) - Lurnea Neighbourhood Centre

Phone: 02 9600 0600 **Fax:** 02 9602 2514

Cnr Hill & Wonga Rd, Lurnea NSW 2170

Mail to: 11 Gallop St, Warwick Farm NSW 2170

Email: info@lnc.org.au

Web: www.lnc.org.au

Service Description: ROSES stands for Reducing Overweight Safely Ensures Slimness. A support group where meetings, activities & guest speakers take place.

Hours: Mon, 4.30- 6.30pm

Contact: Sharon Ward, Community Project Worker 02 9600 0600

Fees: \$4 per week.

Disability Access: Yes (Access & Parking)

Area Served: Liverpool

Parent Organisation: Liverpool Neighbourhood Connection

last updated 7Apr16.

Salvation Army Community Services - Doorways Centre

Phone: 02 9601 2813 **Fax:** 02 9824 1788

51-55 Memorial Ave, Liverpool NSW 2170

Email: greaterliverpool@ae.salvationarmy.org

Web: salvationarmy.org

Service Description: Financial Counselling; Clinical Counselling; Advocacy; Case Management. Cafe; Breakfast; lunch on Mon, Wed & Fri. Emergency Relief Centre by Government 1300 371 288

Hours: 10am-2pm - Mon-Wed-Fri. & Sun - 10am Church Service;+ Kids Church

Contact: Major Balindo Spicer; Mrs Dee Kelleher; Ms Tiba Ruda

Transport: Sunday Church Transport 0419 293 938

Disability Access: No

Referral: Phone for appointment - 9601 2813

Languages spoken: English, Arabic

Area Served: Liverpool

Facilities: Happy Hour: Fri - 11am - 12noon. Free Cappuccinos

Volunteering: Help needed for community aid and living skills. Cafe volunteers

Parent Organisation: Salvation Army

last updated 20Jul16.

Security & First Aid Training

Phone: 0412 409 596 **Fax:** 02 9229 4165

2/61 Scott St, Liverpool NSW 2170

Email: ehabw@optusnet.com.au

Service Description: We offer high quality First Aid Training that is nationally recognised & accredited. Security Training; RSA; RCG and White Card.

Hours: Mon-Fri 8am-10pm

Fees: Yes

Transport: Short walk from Liverpool bus & rail interchange

Disability Access: Yes

Eligibility: From 18 years.

Languages spoken: Arabic and English

Area Served: Liverpool

last updated 23Sep15.

Service for the Treatment and Rehabilitation of Torture and Trauma Survivors

Phone: 02 8778 2000 **Fax:** 02 8778 2020

3rd Floor, 157-161 George St, Liverpool NSW 2170

Mail to: PO BOX 203, Fairfield NSW 2165

Email: startts@sswahs.nsw.gov.au

Web: www.startts.org

Service Description: Provides a range of support services for individuals or families who have been exposed to torture or refugee related traumas.

Hours: Mon - Fri:- 8:30am - 5pm

Referral: for referral details - Call the Carramar office on 9794 1900.

Languages spoken: Arabic, Bosnian, Croatian, Dari, Farsi, French, Khmer, Kihunde, Kindande, Kurdish, Lingala, Murkish, Persian, Portuguese, Serbian, Spanish, Swahili, Vietnamese

Area Served: Liverpool

Parent Organisation: Sydney South West Area Health Service (SSWAHS)

last updated 13Aug14.

Slim and Trim - Warwick Farm Neighbourhood Centre

Phone: 02 9600 0600 **Fax:** 02 9602 0600

11 Gallop St, Warwick Farm NSW 2170

Email: info@lnc.org.au

Web: www.lnc.org.au/

Service Description: Dietary support group and social morning for local residents. Learn how to lose weight in a healthy manner.

Hours: Wed, 9am-10.30am

Contact: Sharon Ward, Co-ordinator 9602 0298; sharon@lnc.org.au

Fees: Yes, \$5 to join; \$2 per week

Disability Access: Yes (Access & Parking)

Area Served: Liverpool

Parent Organisation: Liverpool Neighbourhood Connections

last updated 15Feb16.

South West Child Adolescent and Family Services (CAFS)

Phone: 02 9607 5649; 02 9608 1337 **Fax:** 02 9607 9172

Green Valley District Centre, 179-183 Wilson Rd, Green Valley NSW 2168

Mail to: PO Box 1066, Green Valley NSW 2168

Email: cafs@cafs.com.au

Web: www.cafs.com.au

Service Description: The Counsellor program offers support and confidential counselling to families with children and young people under 18 years of age in centre or as home visitation. CAFS also offers: Arabic family support; generalist family support; adolescent and family counselling. Any gender children or young people under 18 years. Any gender parents/carers all ages

Hours: Mon - Fri, 10am - 6pm (appointments necessary) hours flexible

Contact: Counselling & Case work - Families
Fees: CAFS services are free of charge.
Transport: Bus from Liverpool station
Disability Access: Yes (Access & Parking)
Eligibility: Families with children and young person's up to 18 years old. Family Support Counselling Services. Up to 18 years.
Referral: Self referral; government departments/agencies or non-government agencies referrals are accepted where families have given consent to be referred to CAFS.
Languages spoken: Spanish
Area Served: Liverpool; Fairfield; Bankstown
Volunteering: Yes we welcome volunteers - Contact - 9607 8833
Parent Organisation: South West Child Adolescent and Family Services (CAFS)
last updated 21Jul16.

South West Child Adolescent and Family Services - Adolescent & Family Team

Phone: 02 9826 8077 **Fax:** 02 9607 9172
179-183 Wilson Rd, Green Valley NSW 2168
Email: cafs@cafs.com.au
Web: www.cafs.com.au
Service Description: Offers confidential counselling and support to adolescents aged 12 to 18 years experiencing conflict that has, or is likely to cause, breakdown within the family. Also work with young adults aged 18 to 25 years where there are issues of homelessness, and with families where there is crisis and stress and children under 18 years of age.
Hours: By appointment
Fees: Nil.
Disability Access: Yes (ramps)
Referral: Can be self referred
Languages spoken: Interpreters used when needed
Area Served: Bankstown LGA; Liverpool; Fairfield
Parent Organisation: Child Adolescent and Family Services
last updated 22Jul16.

South West Metropolitan Division of Sydney Legacy

Phone: 02 9825 2321
Club Liverpool, George St, Liverpool NSW 2170
Mail to: 176 Heathcote Rd, Hammondville NSW 2170
Email: normathome315359@bigpond.com
Service Description: Services to Widows & Children of Injured and Deceased Military Personnel from all conflicts. All Ages
Hours: Meeting 4th Wednesday each month, Club Liverpool 5pm
Contact: Legatee June Young OAM, JP
Area Served: Liverpool
Parent Organisation: Sydney Legacy
last updated 20May15.

South Western Sydney Mental Health - Gambling Help Service

Phone: 02 9616 4060 (Intake) **Fax:** 02 9602 9240

Mental Health Building, Liverpool Hospital, Elizabeth St, Liverpool NSW 2170
Mail to: South Western Sydney Mental Health - Gambling Help Service, Locked Bag 7103, Liverpool BC NSW 1871
Service Description: Outpatient gambling treatment service that provides psychological assessment, individual programs based on principles of Cognitive Behavioural Therapy. Aims to assist clients to identify specific difficulties associated with gambling, understand how problem gambling develops, learn coping skills and strategies and where necessary, provide referral to financial counsellors to assist with serious financial problems. Counselling for family members or partners affected by a person with a gambling problem is also available. No appointments will be taken after 3:30pm. Please leave message on voicemail system if staff are unable to answer the phone.
Hours: Mon-Fri 8.30am-5.00pm
Disability Access: Yes (ramps, lifts and toilets)
Eligibility: Anyone with a gambling problem or who is affected by the gambling of others
Referral: Anyone can refer, however the client must be informed about the referral on 02 9616 4060
Languages spoken: Interpreter services can be arranged
Area Served: Sydney South West AHS
Parent Organisation: South Western Sydney Local Health District (SWSLDH)
last updated 26Sep16.

Sports Focus Podiatry

Phone: 02 9734 6930
110 Moore St., Liverpool NSW 2170
Email: sportsfocuspodiatry@bigpond.com
Web: sportsfocuspodiatry.com.au/
Service Description: Podiatry practice whose service provides diagnoses, treatment and prevention of foot and lower limb issues.
Hours: Monday, Wednesday 9am-7pm
Fees: Fees apply, EPC Medicare available, EFPOS
Referral: Self referral
Area Served: South West Sydney HACC
last updated 25Jan16.

St Marks Anglican Church - Sadleir

Phone: 02 9607 7547
1 Spica St, Sadleir NSW 2168
Mail to: PO Box 1047, Green Valley NSW 2168
Web: www.sadleiranglican.org.au
Service Description: Provides church services, women's and youth and children's ministries, also healing ministries. E.S.L. English as a second language, Playgroup, craft group. Free community BBQ 2nd Tuesday of the month 3:00pm- Traditional service- 8am. 10am - Family Service. Informal family service 4:30pm, Evening Service 6:30pm. Youth group - Friday night 6.00pm. School Hall.
Contact: The Rector
Disability Access: Yes (Access & Parking)
Area Served: Liverpool
Volunteering: Liverpool Day Centre
last updated 30Aug16.

Sydney Southwest Clinic

Phone: 02 9600 4000 **Fax:** 02 9600 4100

40 Bigge St, Liverpool NSW 2170

Web: www.healthscope.com.au

Service Description: Provides day, evening and weekend programs for people wanting assistance with drug and alcohol abuse. The program is designed to provide our clients with skills to prevent relapse and beat their addiction.

Fees: Yes

Disability Access: Yes (Access & Parking)

Languages spoken: Interpreter service available

Area Served: Liverpool

Volunteering: N/A

Parent Organisation: Healthscope Limited
last updated 8Jun16.

TAFE International Education Centre

Phone: 02 9827 8457 **Fax:** 02 9827 8458

Liverpool TAFE Campus, 140 Bigge St, Liverpool NSW 2170

Mail to: PO Box 319, Liverpool BC NSW 1871

Email: leslee.kiefer@tafensw.edu.au

Web: www.tafensw.edu.au/TIEC/

Service Description: Provides a variety of intensive English programs for international students. Students who successfully complete their English course can then enrol into TAFE NSW vocational courses approved for international students.

Hours: 8.00am-3:30pm

Contact: Leslee Kiefer, Information Officer

Fees: Yes

Transport: Next to Liverpool bus and train station

Disability Access: Yes (Access & Parking)

Eligibility: From 15 to 100 years.

Area Served: Liverpool

Parent Organisation: TAFE NSW
last updated 8Jun12.

TAFE NSW, Counselling Unit

Phone: 02 9825 7453 **Fax:** 02 9825 7304

Cnr Banks & Hoxton Park Rd, Miller NSW 2168

Mail to: Locked Bag 4, Miller NSW 2168

Web: www.tafensw.edu.au

Service Description: Provides career & personal counselling for TAFE students & prospective students

Hours: Mon-Fri, 9am-5pm

Contact: Thelma Hutchins

Fees: Nil

Transport: Local T Way service outside college

Eligibility: Prospective TAFE student or currently enrolled

Languages spoken: Hindi (Mon & Wed)

Area Served: Liverpool

Parent Organisation: TAFE NSW
last updated 2Jul14.

The Annette Shepherd Centre

Phone: 02 9822 2299 **Fax:** 02 9822 2288

43 Graham Av, Casula NSW 2170

Email: enquiries@shepherdcentre.org.au

Web: www.shepherdcentre.org.au

Service Description: Offers auditory/verbal early intervention and pre-school programs for hearing-impaired children and their parents that focus on developing their listening and spoken skills.

Hours: Mon-Fri 8:30am-4:30pm (Office) Mon- Tue -Thurs -Fri 9am-3pm (Preschool)

Contact: Centre Manager

Fees: Contact for details

Transport: Close to buses (route 867)

Disability Access: Yes (ground floor entry and toilets)

Eligibility: Auditory-Verbal Therapy - must wear hearing device or be currently monitored by Australian Hearing. Up to 6 years.

Area Served: Auburn; The Hills; Blacktown; Blue Mountains; Campbelltown; Hawkesbury; Liverpool; Parramatta; Penrith (and Holroyd)

Volunteering: This organisation welcomes volunteers to assist with playgroup and child minding, contact for further details

last updated 14Nov16.

Vietnam Drug and Alcohol Professionals Inc. (VDAP)

Email: info@vdap.org.au

Web: www.vdap.org.au

Service Description: Provide Vietnamese youth and families access to help for Drug, Alcohol and Gambling Abuse. Advise and promote Alcohol and Drug issues and concerns related to the Vietnamese community

Contact: Telephone Information Services (TIS): 131 450
Phone Vietnamese guide information on tobacco, alcohol and drugs: 02 9616 8884

Area Served: Sydney Metro; Sydney South West AHS
last updated 29Jun16.

Alternative Therapies

Arts on Prescription: Free classes in all areas of Arts

Phone: 02 8788 3900 **Fax:** 02 9731 1235

4 Spicer Ave, Hammondville NSW 2170

Email: aop@hammond.com.au

Web: www.hammond.com.au

Service Description: 2hr classes a week (for 10 weeks). Max 6 participants. Professional Artists run class in area of choice. Classes in music, singing, Drama, Photography, Movement, Art (various)

Hours: Dependant on class - 2hrs weekly for 10 weeks

Fees: FREE

Transport: Can be discussed

Disability Access: Yes (Lift; Toilets; drive to the front door.)

Area Served: Liverpool; Bankstown

Facilities: Toilets and Refreshments

Volunteering: Yes

Parent Organisation: HammondCare: An independent Christian Charity

last updated 12Jul16.

Gym and Fitness - LCC Sports Complex

Phone: 02 8784 4800 **Fax:** 02 8784 4806

Cnr Hoxton Park & Joadja Rd, Hoxton Park NSW 2171

Mail to: PO Box 305, Liverpool BC NSW 1871

Email: sports@liverpoolcatholic.com.au

Web: www.liverpoolcatholic.com.au

Service Description: State-of-the-art gym & fitness centre comprising resistance equipment, free & pin loaded weights & cardio theatre. Group Fitness Classes. Plus Spin, Boxercise, Yoga, Outdoor Fitness Club and Circuit. For more info please call us on 02 8784 4800 or visit our website.

Hours: Mon-Thur 5.30am-10pm; Fri 5.30am-9pm; Sat & Sun 7am-8pm

Contact: StephenA@liverpoolcatholic.com.au

Fees: Variety of memberships ranging from \$80-\$660

Eligibility: Parents required if under 18yrs. Must be financial member of LCC to hold membership (\$7 per year). From 15 years.

Area Served: Liverpool

Facilities: Yes

Parent Organisation: Liverpool Catholic Club
last updated 6Nov15.

Gymbaroo - Sydney West

Phone: 0425 378 252

Seton Recreational Hall, Swain St, Moorebank NSW 2170

Mail to: PO Box 627, Springwood NSW 2777

Email: info@gymbaroosydneywest.com

Web: www.gymbaroosydneywest.com

Service Description: At Gymbaroo, parents are shown how to involve their babies and children in activities that will provide them with a solid foundation in development and learning. Age appropriate lessons offering a wide range of fun sensory stimulation and motor opportunity activities. Activities include:- music, dance, exercise and word visualisation

Hours: ring or check website

Eligibility: Up to 5 years.

Area Served: Liverpool

last updated 9Mar16.

Liverpool Neighbourhood Connections (LNC)

See Page 10

Liverpool Women's Health Centre (LWHC)

See Page 10

Michael Wenden Aquatic and Recreation Centre - Rooms for Hire

Phone: 02 9607 6598 **Fax:** 02 9826 7038

62 Cabramatta Ave, Miller NSW 2168

Email: wenden@belgravialeisure.com.au

Web: www.wendenpool.com.au

Service Description: One meeting room for hire, two full size basketball court and stadium for hire, one

aerobic/programs room for hire. Facilities Available for Public Use: Fitness Club, heated 50 metre outdoor pool, heated 12 meter indoor pool (Learn to Swim and Hydrotherapy, fitness classes, aqua classes and sports hall.

Contact: Centre Manager 9607 6598

Fees: Yes

Disability Access: Yes (Access & Parking)

Area Served: Liverpool

last updated 9Dec15.

Motivate You Disability Fitness Services

See Page 12

Organic Vegetable and Herb Seedlings

Phone: 02 9606 8410

220 Eighth Ave, Austral NSW 2179

Email: sales@australseedlings.com.au

Web: www.australseedlings.com.au

Service Description: Get your Spring Seedlings direct to you. (Public and Schools). Broccoli, Lettuce, Onions, Fennel, Parsley, Beetroots, Cauliflower, Bok Choy, Artichokes, Cabbages, Shallots, Plus Many More Seedlings.....

Area Served: Liverpool

last updated 29Nov16.

Yoga and Meditation

Phone: 0414 970 979

Liverpool City Library, 170 George St, Liverpool NSW 2170

Email: darshna@darshnasiva.com

Web: www.darshnasiva.com

Service Description: Yoga and Meditation for the mind, body and emotions. Why Yoga? Using postures and breathing yoga can help release pent up stress, aches and pains in the body whilst strengthening and toning, both the inside and out. Why Meditate? - Brings a sense of calm and peace, allows the mind to slow down and the body to catch up. Aides better and more clarity as well as help alleviate tension and stress. Children from age of 8yrs up are allowed.

Hours: 6:30 to 7:30pm

Contact: Darshna Siva

Fees: \$80 per term

Transport: Train and Bus close by

Area Served: Liverpool

last updated 2Mar16.

Yoga, Meditation, Yoga Therapy Workshops

Phone: 0414 970 979; 02 9606 9688

Unit 12B, 633-639 Hume Hwy, Casula NSW 2170

Email: darshna@darshnasiva.com

Web: www.darshnasiva.com

Service Description: Yoga classes for all levels with meditation and breathing. Monthly workshops on various topics

Hours: Tues & Thurs- 12:45 - 6:30pm

Contact: Darshna Siva

Fees: Class Passes + Private

Area Served: Liverpool
last updated 2Mar16.

Child Health Services

Moorebank Early Childhood Health Centres

See Page 12

Community Health Services

Aboriginal Health Service - Division of Population Health Planning and Performance

Phone: 02 9828 6941 **Fax:** 02 9828 6940

Bangala Aboriginal Health Unit Liverpool Hospital, Elizabeth St, Liverpool NSW 2170

Mail to: Locked Bag 7017, Liverpool NSW 1871

Email: Nathan.Jones@sswahs.nsw.gov.au

Web: www.sswahs.nsw.gov.au

Service Description: The Bangala Aboriginal Health Unit provides strategic and leadership advice and guidance for Aboriginal Health across SSWAHS and the state. The ALO located within Liverpool hospital supports Aboriginal peoples stay in hospital by way of facilitating and accessing services, Aboriginal programs provide outreach services, home visiting, advocacy, health promotion. A key strategy of Aboriginal Health is working in partnerships with Government and Non Government Departments to ensure the needs of the Aboriginal community are met.

Hours: 8.30am-5pm

Contact: Nathan Jones

Fees: Nil

Transport: Available upon request

Disability Access: Yes (Ramps, toilets)

Area Served: Liverpool

Parent Organisation: Sydney South West Area Health Service (SSWAHS)

last updated 16Mar16.

Child and Family Psychology Team - Liverpool Primary and Community Health

See Page 5

Community Market Stalls

Phone: 02 9608 8920 **Fax:** 02 8783 0149

Miller Square, 16 Woodward Cres, Miller NSW 2168

Mail to: PO Box 202, Miller NSW 2168

Email: evan.giannakis@sswahs.nsw.gov.au

Web: www.sswahs.nsw.gov.au

Service Description: Have you got things you need to sell, bring it down to sell for extra cash? Tables and chairs are available at the HUB for a coin donation. All welcome.

Hours: Thursdays 9am-3:30pm

Contact: Evan Giannakis

Fees: Nil

Transport: Bus stop & taxi rank nearby

Disability Access: Yes (Toilets, ramps)

Referral: By Appointment

Languages spoken: Interpreter service available by appointments

Area Served: Liverpool

Facilities: Meeting rooms for community groups free of charge, Free use of phone, fax, photocopier, internet for people looking for work

Volunteering: Opportunities available

Parent Organisation: South West Local Health District
last updated 24Aug15.

Diabetes Information

See Page 6

Hoxton Park Community Health Centre

Phone: 02 9827 2222 **Fax:** 02 9827 2200

596 Hoxton Park Rd, Hoxton Park NSW 2171

Mail to: PO Box 54, Hoxton Park NSW 2171

Service Description: Offers a variety of services including. Community Health Palliative Care Nursing, C+ FH Nursing; CH Nursing. All referrals and bookings for Nursing Teams - ring 1800 455 511(Aged Care; Day Care); Counselling; Hearing Clinic; Antenatal Clinic -Booked via Liverpool Hospital - Tues & Thurs. Procedure and wound Clinic - Mon to Fri. 02 8738 3000.

Hours: Mon - Fri, 8:30am - 5pm

Contact: For Dental Health Intake - 1300 559 393 - No Dental at this Centre RG

Fees: No

Disability Access: Yes (Access & Parking)

Referral: Ring Tripple 1; 1800 455 511.

Languages spoken: Interpreters must be booked before appointment date. No Interpreter on site.

Area Served: Liverpool

Facilities: n/a

Parent Organisation: Primary & Community Health
last updated 25Nov16.

Macarthur Respite Services - Flexible Respite Program, In Home & Centre Based

Phone: 02 9827 2233 **Fax:** 02 9827 2200

Hoxton Park Community Health Centre, 596 Hoxton Park Rd, Hoxton Park NSW 2171

Email: Elayne.Armer@sswahs.nsw.gov.au

Service Description: Allows for the placement of bi lingual workers in day centres to assist with the language and cultural needs of group members.

Hours: Thursdays and Fridays 9:30am-2:30pm

Contact: Leanne Jervies

Fees: Yes

Disability Access: Yes

Eligibility: For carers of people with dementia and challenging behaviour.

Referral: Phone: 1800 200422

Languages spoken: Spanish, Italian, Macedonian, Polish, Croatian, Serbian, Greek

Area Served: Macarthur; Liverpool LGA; Wingecarribee LGA; Fairfield; Bankstown

Volunteering: South West Sydney Volunteer Training Program for all volunteers wishing to work in aged care or dementia care services.

Parent Organisation: Sydney South West Local Health District

last updated 15Sep16.

Miller Community Health Centre

See Page 11

Miracle Babies Foundation

Phone: 02 9724 8999 **Fax:** 02 9724 8900

6/21 Governor Macquarie Dr, Chipping Norton NSW 2170

Mail to: PO Box 95, Moorebank NSW 1875

Email: info@miraclebabies.org.au

Web: www.miraclebabies.org.au

Service Description: Miracle Babies Foundation support premature and sick newborns, their families and the hospitals that care for them. Facebook -

<http://www.facebook.com/group.php?gid=36308561823>

Hours: 7 days, 24 hours

Contact: Kylie Pussell

Disability Access: No

Area Served: Liverpool

Facilities: NurtureGroups – in community play and support groups.

Volunteering: We welcome volunteers for various activities. Please download a volunteer application form from our website.

last updated 7May15.

Moorebank Early Childhood Health Centres

See Page 12

Occupational Therapy - Liverpool Hospital

See Page 12

Medical Services

Prestons Medical Practice

Phone: 02 9607 8588 **Fax:** 02 9607 8688

1 Yerona St, Prestons NSW 2170

Email: prestonsmedicalpractice@hotmail.com

Service Description: General Medical Practice.

Antenatal shared care, childhood and adult immunisations, Baby clinics, Women's health. Workcover; Post natal care.

Hours: Mon-Thurs 9am - 12:30pm and 2pm - 6pm; Sat 9am-12noon; Fri 9am-3pm

Contact: After hours 02 8724 6300 (LOCUM)

Fees: Bulk Billing

Languages spoken: Hindi

Area Served: Liverpool

last updated 12Jul16.

Hospitals

Liverpool Hospital

See Page 9

Neonatal Intensive Care Unit

See Page 12

Prestons Medical Practice

See Page 19

Quota International of Liverpool INC - Women's Day Breakfast

Phone: 0407 061 226

Hunt's Function Centre, Hume Hwy, Prestons NSW 2170

Email: beryls45@live.com.au

Service Description: Service Organisation serving Liverpool Community, Schools, Hospitals, Disadvantaged Women and Children. Guest Speaker is Ngaire Breen, Community Engagement and Education Officer for SITA

Hours: 7:15AM

Contact: Beryl Lucas

Fees: \$20 (Full Breakfast)

Area Served: Liverpool

Parent Organisation: Quota International of Liverpool Inc

last updated 31Mar16.

South Western Sydney Local Health District

Phone: 02 9828 6000 **Fax:** 02 9828 6001

Eastern Campus Liverpool Hospital, Lachlan & Hart Sts, Liverpool NSW 2170

Mail to: Locked Bag 7279, Liverpool NSW 1871

Email: swslhd.esu@sswahs.nsw.gov.au

Web: www.swslhd.nsw.gov.au

Service Description: Health care administration for Bankstown, Bowral, Campbelltown and Camden, Fairfield and Liverpool hospitals.

Hours: Mon-Fri 7.30am-6pm

Disability Access: Yes (ramps, accessible toilets)

Languages spoken: Interpreter Service is available for all major languages

Area Served: Sydney South West AHS

Volunteering: Opportunities for volunteers, please contact for details

Parent Organisation: NSW Health Department

last updated 30Oct12.

South Western Sydney Mental Health - Gambling Help Service

See Page 15

Sydney Southwest Clinic

See Page 16

Sydney Southwest Private Hospital

Phone: 02 9600 4000 **Fax:** 02 9600 4100

40 Bigge St, Liverpool NSW 2170

Web: www.sydneysouthwestprivatehospital.com.au

Service Description: General medical surgical services, maternity services, icu, oncology, pathology, cardiac catheter laboratory, day surgery, mental health unit and Radiology. General visiting hours: 10-8pm, rest period encouraged between 12noon - 2pm; Maternity visiting hours: 11am-12pm & 3pm-8pm, rest period 12-3pm (Fathers may visit anytime).

Hours: 24 Hour Service

Contact: www.healthscope.com.au

Fees: Yes

Transport: Close to Public transport - Bus & Train

Disability Access: Yes (Access & Parking)

Referral: GPs/ Surgeons/ Specialist

Languages spoken: Interpreter service available upon request

Area Served: Liverpool

Facilities: Gloria Jeans, Pharmacy

Volunteering: YES

Parent Organisation: Healthscope Limited
last updated 9Jun15.

Triple P - Positive Parenting Program * Mail Returned*

Phone: 02 9723 4581

1/7 Willan Dr, Cartwright NSW 2168

Email: Joanne.Perry@inspirecommunity.org.au

Service Description: Parents always try to do the best for their child. The Triple P Program aims to help parents help their children's development and enhance co-operative behaviour. It acknowledges the challenges of parenting, yet recognises the importance of parents enjoying their children too. You will learn how to enhance your child's development; learn how difficult behaviours can develop; discuss ways to develop a positive relationship with your child; get tips on managing strong-willed behaviour and how to plan and prepare to prevent problem behaviours occurring.

Contact: Joanne Perry

Area Served: Liverpool

Parent Organisation: Inspire; Mission Australia
last updated 20May14.

Triple P - Positive Parenting Program

Phone: 02 9723 4581

1A Spire Ct, Hoxton Park NSW 2171

Email: Joanne.Perry@inspirecommunity.org.au

Service Description: Parents always try to do the best for their child. The Triple P Program aims to help parents help their children's development and enhance co-operative behaviour. It acknowledges the challenges of parenting, yet recognises the importance of parents enjoying their children too. You will learn how to enhance your child's development; learn how difficult behaviours can develop; discuss ways to develop a positive relationship with your child; get tips on managing strong-willed behaviour and

how to plan and prepare to prevent problem behaviours occurring.

Hours: Mondays @ Heckenberg and Green Valley Community Hall

Contact: Joanne Perry

Area Served: Liverpool

Parent Organisation: Inspire; Mission Australia
last updated 24Aug15.

Mental Health Services

Flowerdale Cottage

Phone: 02 9393 9152 **Fax:** 02 9600 7387

19 Flowerdale Rd, Liverpool NSW 2170

Email: flowerdale@richmondpra.org.au

Web: www.flourishaustralia.org.au

Service Description: We are a community based program for individuals who wish to maintain their mental wellness. As such we are an NDIS provider's who offers support around individual recovery in the area of psychosocial issues, community engagement, psychoeducation and around general lifeskills. We offer a monthly program.

Hours: Mon – Thurs 8.30 am – 4pm; Fri 8.30 am. – 3pm.

Contact: Anne-Marie Goes

Fees: Depending on Program attended

Transport: We assist with transport for outing, however don't pick up/deliver

Disability Access: Yes (along with on street parking.)

Eligibility: All sexes are welcome – age from 18yrs – 65yrs. From 18 to 65 years.

Referral: By our Referral forms via self, GP, Hospital, Psychiatrist and PIR

Languages spoken: English, Hungarian

Area Served: South West Sydney HACC

Facilities: Only via members as we are not a drop in centre.

Volunteering: Yes, subject to resume and interview with manager/ submission to head office.

Parent Organisation: PRA

last updated 29Nov16.

Happy Healthy Minds Program Mission Australia - Miller

Phone: 02 9732 6505 **Fax:** 02 9608 9485

88 Shropshire St, Miller NSW 2168

Email: miller@missionaustralia.com.au

Web: www.missionaustralia.com.au

Service Description: The program aims to enable vulnerable people including children and their families/carers whose lives are affected by mental illness to be accepted and participate in their community. A key focus of the program is an emphasis on improving capacity for prevention and early intervention of mental illness that includes an increased awareness and understanding of mental health issues in the community.

Hours: Mon - Fri, 9am - 5pm

Contact: Service Team Leader - 02 9732 6507; Service Family Support Worker - 02 9732 6504

Fees: No

Transport: Public transport available

Disability Access: Yes (Access)

Languages spoken: Vietnamese

Area Served: Liverpool

last updated 27May14.

Headspace - Liverpool

See Page 7

Liverpool Family Mental Health Support Service

Phone: 02 9732 6500 **Fax:** 02 9608 9485

88 Shropshire St, Miller NSW 2168

Mail to: PO Box 338, Miller NSW 2168

Email: LFMHSS@missionaustralia.com.au

Web: www.missionaustralia.com.au

Service Description: Service include: Short term and long term early intervention for children and young people identified as being at risk of the development of mental health issues; information and referrals for families requiring short term immediate assistance; Long term case management involving a whole of family approach; Community outreach, mental health promotion and community development activities available, including group work with children and young people in local schools. 0-18 years

Hours: Mon-Fri 8am-5pm

Contact: Maree Collins, Program Manager

Fees: Nil

Transport: Bus from Liverpool station

Disability Access: Yes (Access & parking)

Referral: Self referral, or referral from local services/agencies; Residency: Liverpool LGA

Languages spoken: Malay; Serbian; Croatian; Bosnian

(Interpreting service available on request)

Area Served: Liverpool

Parent Organisation: Mission Australia

last updated 15Jul16.

Liverpool Mental Health Services

Phone: 02 9616 4354 **Fax:** 02 9602 5087

Mental Health Centre, Liverpool Hospital, Elizabeth St,

Liverpool NSW 2170

Mail to: Locked Bag 7103, Liverpool BC NSW 1871

Service Description: Supports people with a serious or acute episode of mental illness. Provide assessment and management recommendations. Weekends and public

holidays 8:30am-10pm.

Hours: Mon - Sun, 8:30am - 10pm.

Disability Access: Yes (Access & Parking)

Eligibility: From 15 to 64 years.

Referral: 02 9616 4354

Languages spoken: Interpreter Services Available for

All Languages

Area Served: Liverpool

Parent Organisation: South Western Sydney Local

Health District

last updated 30Aug16.

Miller Pathways - Happy Healthy Minds program

Phone: 02 9732 6500 **Fax:** 02 9732 6500

88 Shropshire St, Miller NSW 2168

Mail to: PO Box 338, Miller NSW 2168

Email: millerpathways@missionaustralia.com.au

Web: www.missionaustralia.com.au

Service Description: (Liverpool Family Mental Health Support Service), early intervention is available for children and youth aged 0-18 years old, who have, or are at risk of developing mental health issues. Case management is provided, both long term and short term. While the Happy Healthy Minds Program is available to 0-18 years old, the focus is on 0-12 year old children and their parents/carers. Group workshops are delivered in schools within the Liverpool Council area. The workshops are prepared in consultation with school personnel based on the needs of the school community.

Hours: Mon-Fri 8:30am-4:30pm

Contact: Maree Collins, Program Manager

Fees: Nil

Disability Access: Yes (Access & parking)

Referral: Self referral, or referral from agencies

Languages spoken: Malay; Serbian; Croatian; Bosnian

(Interpreting service available on request)

Area Served: Liverpool

Parent Organisation: Mission Australia

last updated 15Jul16.

Ostara PRA

See Page 13

South Western Sydney Mental Health - Gambling Help Service

See Page 15

Nursing

Casey Centre

Phone: 02 8778 7777 **Fax:** 02 8778 7788

445 Hume Hwy, Casula NSW 2170

Email: reception@caseycentre.com.au

Web: www.caseycentre.com.au

Service Description: Provides home nursing services from 1-24hrs a day. We provide services to meet a wide range of individual needs. Some of our services include care of the aged care, veterans, post-surgical, complex care, physical disabilities, intellectual disabilities & palliative care nursing. Domestic assistance and transport can also be included. We have a range of experienced care staff including registered, enrolled and assistant nurses.

Hours: 24 hours

Fees: yes

Transport: Available

Disability Access: Yes

Referral: Can arrange anytime of the day

Languages spoken: A Large variety

Area Served: Macarthur, Liverpool LGA

Facilities: Parking.

Volunteering: Yes

last updated 7Dec16.

CatholicCare Community Options

Phone: 02 8778 4222 **Fax:** 02 8778 4200

Level 2, 45-47 Scott St, Liverpool NSW 2170

Mail to: PO Box 419, Liverpool BC NSW 1871

Email: intake@catholiccare.org

Web: www.catholiccare.org

Service Description: Case management service for younger people with a disability who are at risk of placement in residential care. Program has brokerage funds to purchase services needed, that are not available in the community

Hours: Mon-Fri 9am-5pm

Contact: Intake Co-ordinator

Fees: fee for service

Disability Access: Yes

Referral: Anyone can refer

Languages spoken: Spanish, Italian, Croatian, Vietnamese, Tagalog, Hindi, Polish; Arabic, Ukrainian; Chinese

Area Served: Liverpool, Fairfield, Bankstown

Parent Organisation: CatholicCare

last updated 8Jul16.

Flexible Respite Program

Phone: 02 8778 4222 **Fax:** 02 8778 4200

Level 2, 45-47 Scott St, Liverpool NSW 2170

Mail to: PO Box 419, Liverpool BC NSW 1871

Email: livinfo@catholiccare.org

Web: www.catholiccare.org

Service Description: • The service provides a flexible model of respite within a community setting. Respite can be provided on weekdays, weeknights, and weekends or as a block respite; as one-on-one or in a group setting; in the community or as in home-respite. Carer or client can change the time and the form of respite at any one time to suit their current needs. • Clients pay for personal costs incurred while on respite (eg. lunch, movie tickets) and are asked to contribute \$20.00 per month (billed monthly). No client or carer is denied the service due to financial constraints. • Clients and carers have access to 24/7 emergency ON Call service.

Hours: Mon-Fri 9.00-5.00

Contact: Respite Co-ordinator

Fees: \$20.00 per Month (negotiable)

Transport: Close to public transport (bus and train station)

Disability Access: Yes (Parking)

Eligibility: Clients eligible to receive the services:

- Must live with a primary carer;
- any disability and any age (Flexible Respite);
- Be aware of the initial referral and want to access the service;
- Live in the South West, Inner West or Macarthur area. Up to 65 years.

Referral: Priority is given to ageing, working or single carers; carers/clients with insufficient services to meet their needs; clients with high support/challenging behaviour needs or dual diagnosis: clients at risk of institutional care; clients/carers from CALD (Culturally and Linguistically Diverse) and Aboriginal. Torres Strait Island background

Languages spoken: Co-ordinators – English, Cantonese, Bosnian, Croatian, Serbian Community Support Workers – English, Spanish, Vietnamese, Italian, Arabic, Croatian/Serbian/Bosnian

Area Served: South Western Sydney

Facilities: Training Room (Subject to prior booking and availability)

Volunteering: N/A

Parent Organisation: CatholicCare Sydney

last updated 9Jul14.

Hoxton Park Community Health Centre

See Page 18

KARI Aboriginal Resources Incorporated

Phone: 02 8782 0300 **Fax:** 02 8782 0353

Level 3, 131-135 George St, Liverpool NSW 2170

Mail to: PO Box 207, Liverpool BC NSW 1871

Web: www.kari.org.au

Service Description: Not for profit organisation. Community Service and Out of Home Care Service for Aboriginal Australians. Child Protection.

Hours: 8.45am-5pm

Transport: Train and bus line

Disability Access: Yes (Access, lift, Lift available)

Eligibility: Aboriginal. Working with Children Check Clearance

Area Served: South West Sydney HACC

last updated 17Jul15.

Karitane Liverpool Parenting Centre

See Page 9

Miracle Babies Foundation

See Page 19

Moorebank Early Childhood Health Centres

See Page 12

Nursing Group

Phone: 02 8778 7777 **Fax:** 02 8778 7788

445 Hume Highway, Casula NSW 2170

Mail to: PO Box 862, Nowra NSW 2541

Email: contact@nursinggroup.com.au

Web: www.caseycentre.com.au/nursing-group/

Service Description: 24 hour nursing care who specialise in physical disability. Services offered are private home nursing, specialising in 24 hour care, nursing agency Vet affair community nursing, clinical assessments, case management, respite care, patient transport, domestic assistance, counselling and facilitators. NDIS Provider.

Hours: 24 hour care

Contact: 1800 257 000 (Freecall); 02 8778 7777 (Casula Office);

Transport: Client Transport available

Eligibility: Anyone wanting nursing care

Referral: Anyone may refer

Area Served: NSW

Parent Organisation: Casey Centre

last updated 29Aug16.

Respite Options Program

Phone: 02 8778 4222 **Fax:** 02 8778 4200

Level 2, 45-47 Scott St, Liverpool NSW 2170

Mail to: PO Box 419, Liverpool BC NSW 1871

Email: livinfo@catholiccare.org

Web: www.catholiccare.org

Service Description: • The service provides a flexible model of respite within a community setting. Respite can be provided on weekdays, weeknights and weekends or as a block respite; as one-on-one or in a group setting; in the community or as in home-respite. Carer or client can change the time and the form of respite at any time to suit their current needs. • Clients pay for personal costs incurred while on respite (eg. lunch, movie tickets) and are asked to contribute \$20.00 per month (billed monthly). No client or carer is denied the service due to financial constraints. • Clients and carers have access to 24/7 emergency ON Call service.

Hours: Mon-Fri 9am-5pm
Contact: Respite Co-ordinator
Fees: \$20.00 per month
Transport: Close to public transport (bus and train station)

Disability Access: Yes (Parking)
Eligibility: Adults with an intellectual disability. From 18 years.

Referral: Intake Officer

Languages spoken: Cantonese, Mandarin, Spanish, Vietnamese, German, Arabic, Portuguese & Serbian/Croatian and few others

Area Served: Fairfield LGA, Liverpool LGA, Bankstown LGA

Parent Organisation: CatholicCare Community Services
last updated 11May15.

Parent Organisation: CatholicCare Community Services
last updated 11May15.

Referral: Clients eligible to receive the services:- Must live with a primary carer;- Have an moderate to severe intellectual disability and be over 18;- Be aware of the initial referral and want to access the service;- Live in the Liverpool, Bankstown & Fairfield LGAPriority is given to ageing, working or single carers; carers/clients with insufficient services to meet their needs; clients at risk of institutional care; clients/carers from CALD (Culturally and Linguistically Diverse) and Aboriginal. Torres Strait Island background.

Languages spoken: Co-ordinators – English, Cantonese, Bosnian, Croatian, Serbian Community Support Workers – English, Spanish, Vietnamese, Italian, Arabic, Croatian/Serbian/Bosnian

Area Served: Liverpool; Fairfield; Bankstown

Facilities: Training Room (subject to prior booking and availability)

Volunteering: N/A

Parent Organisation: CatholicCare Sydney
last updated 9Jul14.

St. Saviours

Phone: 02 9612 3900

1/110 Moore St, Liverpool NSW 2170

Mail to: GPO Box 69, Liverpool NSW 1871

Web: www.stsaviours.org.au

Service Description: Out of Home Care

Hours: 09:00 - 17:00

Contact: Admin

Area Served: Liverpool

last updated 26Feb15.

SWS Carer Support Project - CALD

Phone: 02 8778 4222 **Fax:** 02 8778 4200

Level 2, 45-47 Scott St, Liverpool NSW 2170

Mail to: PO Box 419, Liverpool BC NSW 1871

Web: www.catholiccare.org

Service Description: Individual support for carers (advocacy, information, education, referral) from CALD

background; Community Development; Research related to caring role, support groups.

Hours: Mon-Fri 9am-5pm (Office)

Contact: Please contact In-take Officer

Fees: Free to Carers

Transport: Respite can be provided

Disability Access: Yes (Parking)

Eligibility: Carer must live in geographical area. Up to 99 years.

Referral: Intake Officer

Languages spoken: Cantonese, Mandarin, Spanish, Vietnamese, German, Arabic, Portuguese & Serbian/Croatian and few others

Area Served: Fairfield LGA, Liverpool LGA, Bankstown LGA

Parent Organisation: CatholicCare Community Services

last updated 11May15.

Rehabilitation Services

Aged Care Assessment Team (ACAT)

Phone: 02 8738 4868 **Fax:** 02 8738 4818

Level 3, Health Services Building, Cnr Goulburn & Campbell St, Liverpool BC NSW 1871

Mail to: Locked bag 7103, Liverpool BC NSW 1871

Service Description: Provides assessment of needs of physical, social and medical conditions and provides rehabilitation where appropriate.

Hours: Mon - Fri, 8am - 6:00pm; Sat - Sun 08:00 - 16:00

Contact: Intake office 1800 455 511

Fees: No

Disability Access: Yes (Access & Parking)

Area Served: Liverpool, Fairfield

last updated 9Jun15.

Arts on Prescription: Free classes in all areas of Arts

See Page 16

Dr A Veerabangsa, Rehabilitation Medicine Physician

Phone: 02 9828 5495 **Fax:** 02 9828 5497

Brain Injury Rehabilitation Unit, Liverpool Hospital, Elizabeth St, Liverpool NSW 2170

Mail to: Brain Injury Rehabilitation Unit, Liverpool Hospital, Locked Bag 7103, Liverpool NSW 1871

Service Description: Physician, whose practice includes the therapeutic use of Botulinum Toxin Type A for the management of spasticity in adults.

Fees: Bulk billing available

Disability Access: Yes (Parking, ramp, lift, toilet, examination table)

Eligibility: From 18 years.

Referral: GP referral

Area Served: South West Sydney

last updated 12Apr16.

Flowerdale Cottage

See Page 20

GROW NSW - Residential Rehabilitation Program

Phone: 1800 558 268, 02 9606 0579 **Fax:** 02 9606 9311

Lot 1, Twentyfourth Av, West Hoxton NSW 2171

Mail to: PO Box 3168, Austral NSW 2179

Email: community@grow.org.au

Web: www.grow.net.au

Service Description: Live-in rehabilitation program for people with a mental illness alone or mental illness coupled with a drug or alcohol problem. The program is based on GROWS 12-Step Program of Recovery or Growth to Maturity through shared learning and mutual help.

Hours: Mon-Fri 9am-5pm (Office)

Fees: For board and lodging

Disability Access: No

Eligibility: From 18 years.

Area Served: National

Volunteering: This service accepts the assistance of volunteers, please contact 9606 0879 for details

Parent Organisation: GROW

last updated 29Jun16.

Life Resolutions Liverpool

Phone: 1300 659 067 **Fax:** 02 9600 6620

Suite 4, Level 2, 224-238 George St, Liverpool NSW 2170

Email: jgale@liferesolutions.com.au

Web: www.liferesolutions.com.au/liverpool

Service Description: We provide psychological services treating clients for depression, anxiety, panic attacks, pain management amongst many others. We also provide court reports.

Hours: 9am to 6pm Mon-Fri; Thurs 9am - 9pm; Sat 9am-4pm

Fees: Yes

Disability Access: Yes (Lift Access; Disable Toilets)

Referral: Drs. Referrals (Private) Adolescents to Adults

Languages spoken: Italian

Area Served: Liverpool

last updated 21Sep15.

Liverpool/ Fairfield Aged Care Assessment Team

See Page 2

Magistrates Early Referral Into Treatment (MERIT)

Phone: 02 8778 0700 **Fax:** 02 8778 0768

Sydney South West Area Health Service, Liverpool NSW 2170

Mail to: PO Box 7279, Liverpool NSW 1871

Service Description: MERIT is a special program based in Local Courts that provides the opportunity for adult defendants with drug problems to work, on a voluntary basis, towards rehabilitation as part of the bail process.

Hours: Mon- Fr: 9:00am-4:30pm

Fees: None

Transport: Train & Bus

Disability Access: Yes

Eligibility: From 18 years. Based on assessment, to be released on bail, no current serious violent offences, and being an adult with a demonstrable illicit drug problem. From 18 years.

Referral: Participants can be referred by the Magistrate, solicitor, police, or themselves.

Area Served: Fairfield, Liverpool, Camden, Campbelltown

last updated 23Nov16.

Strong Fathers, Strong Families

Phone: 02 9602 9677 **Fax:** 02 9600 9577

Hoxton Park Community Health Centre, Hoxton Park NSW 2171

Mail to: 114 Moore St, Liverpool NSW 2170

Service Description: Aboriginal Men / Dads, Uncles, Grandfathers, Brothers, & Role models who are looking after a young aboriginal children. Having a holistic approach to the Men's needs such as parenting, men's health, family law, referral services, cultural activities. We provide a service where men can express and discuss concerns regarding their lives. Creating healthy active role models for our community. In partnership with NSW Local Health District and Gandangara Health Service. Covering South Western Sydney area.

Hours: Thursdays - 10am - 2pm

Contact: Jarrod Wicks- Project Manager - mob. 0458 661 594

Fees: Free

Transport: Transport is available if needed.

Disability Access: Yes

Referral: Self Referral

Area Served: South West Sydney HACC

Parent Organisation: South Western Sydney Local Health District

last updated 9Sep15.

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