

# Disability Services

Shoalhaven



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



For further information:

Community Development Officer

Ageing and Disability

Shoalhaven City Council

Phone: 4429 3411

For more detailed contacts please use the electronic community directory

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

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

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# INFORMATION

## **Shoalhaven City Council Community Development Officer (Disability) (02) 4429 3411**

Provide assistance and information on disability services and organisations in the Shoalhaven.

## **Centrelink 132 717**

Deliver services, programs and payments for Government Departments.

## **Disability Assistance for Shoalhaven Inc. (DASI) (02) 4421 4861 0402 136 691**

We offer free support and assistance for people with an intellectual disability.

## **IDEAS 1800 029 904**

(Disability Advocacy Brokerage Service)

Information and referral service for people with a disability and the elderly. An Advocate will assist and support your decisions and represent your interests.

## **Illawarra Family Referral Service (Barnardos) 1800 663 863**

8-6pm Monday - Friday

Information and referral service for families and young people under 18years.

We will listen to your needs and refer you to the right service

**Shoalhaven Information & Advocacy (02) 4428 9002  
(The Disability Trust)**

Information and referral service for people with a disability, family and carers or service providers and includes access to carer counselling.

## **ACCOMMODATION**

**Ageing, Disability and Home Care Central Intake**

**1300 841 566**

Provide permanent accommodation for people with an intellectual disability.

**CareSouth**

**(02) 4423 6833**

CareSouth provides support for individuals and families in the Illawarra and Shoalhaven LGA's.

Services include crisis accommodation for 15 - 18 years, residential and in home accommodation support for people living with disability in the Community. Programs include independent supported living, intensive family support service, out of home care for children and young people, Aunties and Uncles programme, supervised contact and transport service. Support is provided by trained staff and volunteers/foster carers.

**Department of Housing**

**(02) 4423 9111**

Provides affordable housing to people on low incomes and assists those with priority needs. Manage Department and Aboriginal Housing Office properties.

## **Disability Services Australia**

### **Service Access Team**

**1300 372 121**

Moss Vale Office (covers Shoalhaven) **(02) 4869 4877**

Accommodation and Lifestyle support for people with a disability.

## **House With No Steps – Southern Region**

### **Nowra Independent Living Support Initiative**

**Nowra (02) 4423 2076**

**Ulladulla (02) 4454 1930**

This program is designed for people with disability aged between 18 and 65, who live at home with Ageing Parents or Carers (either 65 and over, or 45 and over for people Aboriginal or Torres Strait Islander backgrounds) with a primary goal should to move out of home into their own accommodation. The program offers up to 35hrs per week of support which includes training and support of the carers.

## **Independence Ulladulla Inc**

**(02) 4455 4954**

Provide accommodation and residential support for adults with a disability

## **Ulladulla Multipurpose Service**

**(02) 4454 1930**

In-home support service, Post School Options/ATLAS and accommodation support, day program.

# Case Management

## **Community Gateway**

**Northern Shoalhaven**

**(02) 4421 4234**

**Southern Shoalhaven**

**(02) 4454 1701**

Programs: Case management and brokerage service, emergency respite, coordination of the older parent carers and the ComPacks. Support coordination for older carers provides support and networking resourcing for older parent carers and futures planning for their children with a disability. The ComPacks program allows access to six weeks of support following an admission to acute care in a public hospital.

## **Community Support Team (ADHC)**

**Central Intake 1300 841 566**

Community Management for children with developmental delay, and adults with intellectual disability

**Disability Services Australia**

**(02) 4429 4900**

**Service Access Team**

**1300 372 121**

**Moss Vale Office (Covers Shoalhaven)**

**(02) 4869 4877**

Case Management and Brokerage Service for People with a Disability

## **Illawarra Brain Injury Service**

**(02) 4464 2891**

A Community case management service for people who have experienced traumatic brain injury.

**Mission Australia****(02) 4448 2000****Therapy and Intervention Program**

Case Management Service offered to families who have a child from the age of 0-8 years with a diagnosed disability, disorder or developmental delay. Referrals can be made directly to the service.

**Mission Australia****(02) 4267 6609****Early Links Program**

Case management Service offered to families who have a child between the ages of 0-8years who have just been diagnosed, or in the process of being diagnosed with a disability, disorder or a developmental delay. Referrals can be made directly to the service.

**Northcott Disability Services****(02) 4256 7600**

Case Management Service: Priority given to people with physical disabilities, neurological & degenerative conditions, acquired brain injury, and people who have ageing carers.

## **Criminal Justice Support Network**

**Intellectual Disability Rights Service (02) 4228 4040**

Provide support and information for people with intellectual disability who are in the criminal justice system as victims, witnesses and offenders. We offer indirect support to agencies and individual support people.



# **Employment & Training**

## **Campbell Page**

**(02) 4429 4991**

Help people who have a disability gain and maintain employment within their local community. To find out if we can help you, an assessment needs to be completed to ensure you are eligible. Campbell Page can help you find out if you are eligible for assistance. All you need to do is contact Campbell Page and we can discuss your individual circumstances and get the paperwork started!

## **CRS Australia**

**(02) 4428 8650**

CRS Australia is a Disability Employment Services provider that assists people with a disability, injury or health condition to locate and maintain employment. CRS Australia also provides tailored injury prevention and management services to keep workplaces safe and help injured workers back to work. Job in Jeopardy programs are provided for employees at risk of losing their job due to an injury, disability or health condition. CRS Australia is part of the Australian Government Department of Human Services.

## **Essential Personnel**

**(02) 4423 1191**

Disability Employment Services (DES)

Assists people with injury, illness and/or a disability to secure and maintain sustainable employment by providing training and ongoing support to both the employee and employer. We assist special school leavers transitioning into employment.

## **Essentra**

**(02) 4423 1191**

A Registered Training Organisation

Training designed for people with a disability including Certificate 1 in Employability, Becoming a Worker (BAW), Community Care Training & School-Based traineeships. We also provide Student Mentoring Program - Assisting school leavers with barriers to employment. Our Refresh Community Café also provides students with practical work experience.

## **Flagstaff Shoalhaven**

**(02) 4423 3630**

Flagstaff Shoalhaven is an Australian Disability Enterprise

Flagstaff offers supported employment in a range of roles including recycling, grounds maintenance, commercial cleaning, driving, assembly, packaging and light manufacturing.

Flagstaff also offers a range of Training and Development programs allowing people with a disability to gain on the job training, skills and the chance to gain a Nationally Recognised Qualification.

## **Focas Shoalhaven Inc**

**(02) 4423 4820**

Key objectives of the service are providing opportunities to participate in both vocational and educational settings, life skills development, recreational pursuits as well as a strong emphasis on assisting individuals to gain more valued roles within their community. FOCAS provides a holistic approach to services offered for each individual.

## **Greenacres Employment Solutions (02) 4423 3337**

Greenacres Employment Solutions is a Disability Employment Service that provides personalised support to people facing barriers to employment because of injury, ill health or disability throughout the Shoalhaven. We provide support and training for you and your employer to help you with the transition into your new job

## **Mullala (Nursery) (02) 4455 4799**

Provide supported employment to people with disabilities within the Shoalhaven Region.

## **Ostara Australia**

**Nowra (02) 4423 5407**  
**Ulladulla (02) 4454 1811**

Ostara is a Disability Employment Agency specialising in assisting job seekers with mental health issues into employment and further education. Sites are available in Nowra, St Georges Basin, Kiama, Sussex Inlet and Ulladulla. We also work with youth experiencing issues with mental health in all high schools in the Shoalhaven area.

## **Slice of Life (SOLA) (02) 4422 5688**

Slice of Life Australia is a local Not for Profit charity  
Provide training and employment opportunities for people with a disability, in hospitality and catering.

**Workskills (The Disability Trust) (02) 4428 9010**

Workskills is a specialist employment service for people who have an injury, disability or health condition. Our individualised assistance, experience and local connections give our job seekers the edge in finding and maintaining employment.

## **Education**

**Bomaderry Public School Early Intervention Unit (02) 4421 6577**

Early intervention support class for preschool children aged from 3 years to school aged who has a disability.

**Budawang School for Specific Purposes (02) 4455 1491**

Comprehensive educational programs for students with moderate to severe intellectual disabilities K-12.

**Department of Education, Shellharbour District Office (02)4267 6100 or 131 536**  
Learning and Engagement Officer

**Havenlee School (02) 4421 3777**  
A public education school for students with a moderate to severe intellectual disability.

## **Noah's Shoalhaven (Noah's Ark Centre of Shoalhaven)**

**Nowra (02) 4423 5022**

**Ulladulla (02) 4455 1318**

Flexible high quality services to children with special needs and their families in the Shoalhaven and Jervis Bay area. Includes Developmental Learning Sessions (0-6yrs), Recreational & Support Program (6-18yrs), Behaviour Management (2.5-7yrs), HCWA & Better Start Provider, Services to Aboriginal Communities and Resource Library.

## **South Coast School for Children With Autism (02) 4285 2393**

Autism Association of NSW class for children with Autism Spectrum Disorders ages 3 years and 9 months to 8 years.

## **TAFE NSW Illawarra Institute Nowra Campus (02) 4421 9888**

Teachers/Consultants can assist students with a disability and can be contacted on the following numbers:

Blind/Vision Impaired (02) 4421 9865 or 0437 035 042

Deaf/Hearing Impaired (02)42290649 or (sms) 0423 848 238

Intellectual Disability (02) 4474 1813

Neurological (02) 4421 9878 or (02)4455 3866

Physical Disability (02) 4455 3866 or 0409 601 064

Psychiatric (02) 4295 2261

# Health and Wellbeing

## Community Health Centres

Nowra, 5-7 Lawrence Ave	(02) 4424 6300
St Georges Basin, Merriton St	(02) 4443 7646
Ulladulla, Princes Hwy & South St	(02) 4455 5366
Culburra, Canal St	(02) 4447 2055
Sussex Inlet, Jacobs Dr & Neilson Rd	(02) 4441 2373

## Sport and Recreation: Sports and Leisure

(02) 4228 5355

The Sport and Recreation Division of the Department of Education and Communities provides links for interested people with disabilities, with mainstream sport and leisure opportunities. The Department can assist networks and local organisations in providing participation opportunities for targeted programs and education based programs for inclusive coaching.

## The Junction Mental Health Rehabilitation Service

(02) 4421 8002

Provide support and assistance in recovery for people with a mental health illness.

## **The Disability Trust – Sport & Recreation Services**

**(02) 44289003**

- After School & Vacation Care for students 12 – 18 years
- Leisurelink – Weekly social support, recreational activities and weekend camps
- Fit N Fun Gym – Ulladulla & Vincentia
- Ten Pin Bowling – Ulladulla
- Soccer – Saturday morning's at South Nowra
- Sunday Funday – Various locations
- Fitness4All – Personal or group training at home

## **Home Modification / Maintenance**

### **Scope Access Home Modification and OT**

**1300 731 556**

### **Yard and Home Maintenance**

**1300 765 887**

Provide modifications & maintenance work to your home. This includes internal & external work such as installing support rails and safety ramps. Major emphasis is on safety, access and independence.

## **Multi service outlet**

### **Just Better Care**

**(02) 4298 4666**

Provide high quality support to both people with a disability and those who are ageing within our community. Our services are based on one simple principle – each person is unique and they wish to live their life, their way. Our support is strength based. We focus on creating opportunities for each person, assisting with the development of skills to enable increased self-management of their funding and providing high quality support that assists them achieve independence in their lives. Our services include package management, domestic assistance, in-home nursing, meal preparation, personal care, shopping, social activities, and transport and travel.

## **Respite**

### **Ageing Disability and Home Care**

#### **Central Intake**

**1300 841 566**

Respite for people with an intellectual disability and developmental delay.

### **Greenacres Disability Services**

**(02) 4421 8555**

Provide flexible respite for adults with high support needs and/or ageing carers.



## **Illawarra Commonwealth Carer Respite and Carelink Centre**

**1800 052 222**

Provide support and information to assist carers / families to access community based & residential respite.

## **Interchange Shoalhaven (02) 4423 0255**

Flexible respite support for carers through in home and community based care of children and young adults (aged up to 65 years) with a disability.

## **Life without Barriers (02) 4260 2200**

Provides host care, in home and flexible respite support.

## **Northcott Disability Services Respite For Older Carers (02) 4256 7600**

This program is targeted at carers over the age of 60 with priority given to over 65 years, who have a son or daughter with a disability. Respite options include in-home respite (day, overnight, emergency); community access or recreation; weekend/holiday support (non centre-based).

## **The Disability Trust Respite & In Home Care (02) 4428 9000**

Provides flexible respite and in home care for children and adults with a disability and ageing carers

# Social Support

## **Interchange Shoalhaven (02) 4423 0255**

Provide opportunities for children and adults with a disability to participate in community recreation, social and leisure activities with a small group or individual of similar age and interests.

## **Neighbour Aid Service/Social Support**

Neighbour Aid provides a visiting service that assists with low level tasks and social support.

Helping Hands (Mental Health) (02) 4421 8039

Central Shoalhaven (02) 4443 3434

Northern Shoalhaven (02) 4421 5205

Southern Shoalhaven (02) 4455 2861

Illaroo (Aboriginal) (02) 4428 9400

## **Noah's Shoalhaven**

### **(Noah's Ark Centre of Shoalhaven)**

## **Family Disability Support Program (02) 4423 5022**

This program supports families who have a child with a disability aged 6-18 yrs (school aged), Family Camp, Mums Days Out, Dads Days Out, Siblings Days, Family Activity Adventure Days. There is a contribution towards cost of activities. Places are limited. Join our information email list.

## **The Disability Trust – Leisure Link (02) 4428 9003**

Leisurelink is a program for people with a disability to create a healthy balanced lifestyle with regular weekly sporting and recreational activities and weekend camps.

# Support

## **Autism Association Outreach Service (02) 4285 2393**

Behaviour intervention and family support.

## **CatholicCare (02) 4424 5600**

Provide counselling services, marriage and relationship education, family skills training program, School Student and Family Program, Disability Services, Carers Counsellor, Foster Care Program, Children's Contact Service, Personal Support Program (PSP).

## **Community Support Team (ADHC) (02) 4429 2800**

Provide case management, therapy, behavioural intervention and support, referral and assessment for children with developmental delay, and adults with intellectual disability.

## **Home Care Service of NSW**

Referral and Assessment Centre (RAC) **1300 881 144**

WHULAN, Aboriginal Live at Home Service **1800 837 999**

Main Office **(02) 4421 7611**

Provide in-home respite and assistance with household tasks and personal care services.

**Illawarra Shoalhaven Local Health District Carer Program**  
**Counselling** 1300 792 755  
**Coordinator** (02) 4424 6357

The ISLHD Carer Program provides support and services to assist family members and friends of a person with a disability. The program has a confidential, 'mobile' counselling service which aims to 'care for the carer'. The Carer Program also holds Carer Education Workshops throughout the year at Milton and Nowra.

**Intensive Family Support Service** (02) 4229 6855

We support families across the Illawarra and Shoalhaven who have a child or young person with a disability.

- Short term (6-12 weeks) crisis and intensive support interventions
- Intensive flexible in-home service that works with families under severe stress

We address their immediate situation and develop sustainable family routines and supports

The intake panel meet regularly to discuss, prioritise, and allocated referrals to a Family Support Worker.

**Northcott Early Childhood and Family Support (NECAFS)** (02) 4256 7600

Provide therapy, education and family support that have a child who are under 6 years of age with a disability. NECAFS aims to help integrate children with a disability into preschools and the wider community.

## **Spinal Cord Injuries Australia Regional Services**

**(02) 4225 1366**

Information, support and assistance is provided to people with Spinal Cord Injuries, their families, carers other service providers and the general public. Provide individual and systemic advocacy service, community development concerning accessibility issues, peer and social support services.

## **Shoalhaven Information and Advocacy**

**(The Disability Trust)**

**(02) 4428 9000**

A phone line and drop in service offering information for people with a disability, their families and the community about everyday issues; individual advocacy, available programs, access to services, aids and equipment, access to counselling.

## **Vision Australia**

**1300 847 466**

Provide information, equipment, employment, support and training service for people with vision impairment.

# Support Groups

## **My Time Nowra**

**(02) 4423 5882**

Support for parents of children with a disability (school terms).

**Location:** Family Day Care Centre

**Time:** 12.15 noon - 2.45 pm

**When:** Fortnightly on Thursdays.

## **My Time Sanctuary Point**

**(02) 4443 9244**

**Location:** Sanctuary Point Connect

**When:** Thursdays

## **My Time Ulladulla**

**(02) 4455 1318**

**Location:** Noah's Shoalhaven, Green Street, Ulladulla

## **Nowra Autism Support Group**

**0408 075 774**

Meetings as required, to re-start monthly, depending upon demand.

## **Nowra Autism Support Group**

**0400 375 425**

For parents of older children

## **Nowra Vision Impaired Support Group**

**0410 059 816**

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

**Time:** 10.00 am – 12.00 noon

**When:** Last Thursday

**Description:** A point of interaction for the local VIP culture.

## **Shoalhaven Autism Support Group – Bay & Basin**

**(02) 4428 9000**

**When:** 1<sup>st</sup> Monday of the month at Sanctuary Point Connect building. Guest speakers and we are on Facebook page.

## **Shoalhaven Living with Autism Network (SLAN)**

**0418 531 882**

We have a Facebook page.

## **Shoalhaven Coffee Mornings**

**(02) 4422 6182**

### **Autism Support Group**

**Location:** Victory Fellowship Church, Narang Road,  
Bomaderry

**Time:** 10.00 am

**When:** First Monday of the month at Victory Fellowship Church, 3rd Monday of the month in the Party Room at McDonalds South Nowra.

**Description:** Not for profit support group for all parents/carers/grandparents etc. of children with autism. We provide information and knowledge through guest speakers and our library of books

## **Shoalhaven Self Advocacy Group (02) 4428 9002**

**Location:** Please call

**Time:** 11am

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

**Description:** Supports people to increase their skills, knowledge and confidence so they can speak up for themselves.

Guest speakers, share information, social outings and activities, free lunch provided.

## **Therapy Service**

### **Ageing Disability and Home Care (ADHC)**

Central Intake **1300 841 566**

Main Office **(02) 4429 2800**

The service includes the provision of case management, early intervention services, behaviour intervention, skill building, community information and education. Other services include: accommodation and respite, day program and behaviour intervention support.

### **Cerebral Palsy Alliance (02) 4423 6244**

Helps families with children who have cerebral palsy aged 0-18 years. Together with families of children with complex and significant needs as a result of their disability aged 5-18 years.



## **Noah's Shoalhaven (Noah's Ark Centre of Shoalhaven)**

Nowra **(02) 4426 5022**

Ulladulla **(02) 4455 1318**

Flexible high quality services to children with special needs and their families in the Shoalhaven including Jervis Bay. Provide Developmental Learning Sessions (0-6 yrs) HCWA & Better Start Provider, Services to Aboriginal Communities and Resource Library. Visit [www.noahsshoalhaven.org.au](http://www.noahsshoalhaven.org.au) for full details.

## **Transition Programs and Community Participation Programs**

### **Disability Services Australia**

Service Access Team **1300 372 121**

Moss Vale Office (Covers Shoalhaven) **(02) 4869 4877**

Life Choices (Centred Based with Community Access) for adults (25 to 54 years) will assist to develop and maintain your ability to take part in activities you enjoy in the community, enhance independence, and create opportunities to assist you achieve your goals and make friends.

Active Ageing (Centred Based with Community Access) for adults (55 to 64 years) will assist to promote an active and healthy lifestyle in older life, maintain your ability to be involved in your community and your independence, create opportunities to assist you achieve your goals and make friends.

## **D2DL - Sunflower House Ulladulla (02) 4454 1811**

The program aims to assist people with a severe and persistent mental illness develop living skills, strengthen social networks and increase community participation by providing social, recreational and educational activities

## **Essential Personnel (02) 4423 1766**

Transition to Work Program will assist school leavers for 2 years, with a disability, in the move from school into open employment. We offer training and support in employability skills, social development, life skills, and job placement and will develop an individual plan to help each person to reach their goals.

## **Flagstaff's Transition to Work (02) 4272 0222**

Flagstaff's Transition to Work program assists school leavers with a disability to gain the skills and knowledge required to enter into the workforce. The two year program will provide training for both vocational and non-vocational skills. Participants will also have the opportunity for supported work experiences in local businesses with the goal of gaining independence and finding sustainable employment.

## **FOCAS Shoalhaven Incorporated (02) 4423 4820**

FOCAS provides individualised and meaningful assistance for people with a disability to obtain valued roles within the community. We support individuals to meet their particular needs, goals and aspirations regarding how they want to live their life.

## **Greenacres Joblink – Transition to work (TTW)**

Nowra

**(02) 4422 8954**

**(02) 4422 4690**

A transition to work program that supports school leavers with a wide range of disabilities to move from school into open employment and/or supported employment. The program aims to assist individuals to become more independent in young adult life by setting and assisting to achieve short term and long term goals. Joblink provides accredited training on work associated skills and living skills and provides on the job training and support across a wide range of employment options.

## **Greenacres Community Life and Leisure**

**(02) 4421 8555**

The aim of the service is to assist the service users to access the local community and be provided with experiences that enhance involvement in their daily lives. This includes being given the opportunity to make choices and using a person centred approach to assist participants take some control of their life. Current programs supported include Community Participation, Life Choices and Active Ageing through centre based, individual community based and self-managed approaches.

## **House With No Steps - Community Support Service**

Nowra

**(02) 4423 2076**

Ulladulla

**(02) 4454 1930**

House with No Steps uses a person centred approach which is about empowering each person to make decisions about their life and the support they receive. HWNS provides Independent Living Training and Community Participation programmes for people with intellectual and associated disabilities.

## **House With No Steps –Transition To Work Program**

Nowra

**0404 490 613**

This program is developed around young school leavers whom are entering adult life and looking at gaining long term sustainable employment. House with No Steps uses a Person Centred approach which is about empowering each person to make decisions about their life and the support they receive to create a plan outlining the training and work experience opportunities needed to support them to enter the employment field of their choosing.

## **Life Without Barriers**

**(02) 4260 2200**

The day programmes are currently located at Nowra, Ulladulla, Warrawong and Batemans Bay where we support individuals with general living skills and developing positive relationships and independence within their local community. Also support individuals to develop skills to transition into the work force.

## **National Disability Coordination Officer Program** **(02) 4256 7600**

Hosted by Northcott Disability Services; assists people with disabilities to transitional arrangements between school, vocational and technical education, higher education and employment.

## **Personal Helpers & Mentors (PHaMs) Shoalhaven** **Nowra (02) 4422 4324** **Ulladulla (02) 4454 1833**

Provide an individually based recovery program which supports people whose lives are severely affected by a Mental Illness. It focuses on people's strengths and provides opportunities, support and services that help participants reconnect with the community.

## **Transition to Work Program – Northcott Disability Services** **(02) 4256 7600**

Northcott Transition to Work Program aims to assist school leaver's who have disability to gain the valuable skills required to move into the workforce. The program operates over a two year timeframe and will cover a range of topics aimed at building both vocational and non-vocational skills. Participants will also be assisted to access supported work experiences in local businesses with the goal of gaining independence and finding sustainable employment.

# Transport

## **Shoalhaven Community Transport**

Northern Shoalhaven (02) 4423 6044

Southern Shoalhaven (Ulladulla) (02) 4454 0840

Provides transport for the frail elderly, people with a disability and their carers who are transport disadvantages to medical/hospital appointments, shopping and social recreation outings. Transport can be provided with our own service vehicles or Taxi Vouchers and Bus vouchers.

## **List of Recreational Activities**

**Valhalla Horse Riding (02) 4447 8320**

This is not a group activity unless you organise others to go with you. There is a session with trained handlers to lead horses for you, contact Valhalla for more details.

**Shoalhaven Crossroads (02) 4421 8137 or 0411508646**

Shoalhaven Crossroads is a Christian Fellowship for people with a disability. Some meetings are held at Nowra Baptist Church Old Southern Road, South Nowra and other social events are events are planned throughout the year usually on a monthly basis. A bi-monthly newsletter informs about meetings.

**Bowling (02) 4422 1370**

A competition for people with a disability held Tuesday afternoon and evenings at Bomaderry Bowling Alley.

## **Noah's Shoalhaven (Noah's Ark Centre of Shoalhaven) Family Disability Support Program**

**(02) 4423 5022**

This program supports families who have a child with a disability aged 6-18 years (school aged), Annual Family Camp (usually Term 4), Mums Days Out, Dads Days Out, Siblings Days, Family Activity Adventure Days. There is a contribution cost towards activities. Limited places.

## **The Disability Trust- Sport and Recreational**

**(02) 4428 9003**

### **1. Out of School Hours Care**

**(02) 44289 003**

After School Care for 12 -18 year olds

Transport provided from local Nowra Schools. Child Care subsidy available. Every day during School Terms 3pm-6 pm.

### **2. Gym Programs**

**(02) 4428 9003**

'Fit n Fun' Gym programs, age from 15 years up. Carer must accompany persons requiring one on one support.

Vincentia Leisure Centre: Wednesdays and Fridays 4.30pm-6pm. Cost \$15 includes spa & swim. Ulladulla Leisure Centre: Wednesdays 4.30pm-5.30pm. Cost \$9

### **3. Vacation Care**

**(02) 4428 9003**

12-18 years olds, runs two weeks every school holidays 8.30am-4.30pm. There are varied activities, including excursions and outings almost every day. Located at Wesley Uniting Church Nowra, Shoalhaven Anglican School and Milton. Kids from Bay & Basin may attend either program. There are pickups available for central Nowra and Bay & Basin areas. Child Care Benefit & Rebates may be available to eligible families.

#### **4. Leisurelink (02) 4428 9003**

Thursday nights Nowra/Bomaderry 4pm-8pm for over 16 year olds, social support and recreational activity, activities include tennis, bowling, gym, putt putt, walking, movies etc then dinner out somewhere. Transport is provided and there is no cost involved.

#### **White Knights Football Club Shoalhaven (Soccer) (02) 4428 9003**

**Venue:** South Nowra Football Fields, Browns Rd 10.00am- 11.30am. Supported by the Shoalhaven Football Association, the program will teach all the skills associated with the game. Players will also play weekly games amongst one another, attend gala days, play against other teams from throughout NSW; and may compete in the NSW Futsal Titles. Participants requiring one on one support need to be accompanied by a carer. Registration is by appointment. There is a small cost per week.

#### **Ten Pin Bowling (02) 4428 9003**

Dunn & Lewis Centre, Ulladulla. Tuesday night's 6pm-8pm. 16 years. Priority is given to people living at home or independently. Participants requiring one on one support need to be accompanied by carer. Small cost involved.

#### **Sailability (02) 4446 4203**

Saturday 9.30am-12pm at Callala Bay Sailing School. There is a small cost per hour.



## **Shoalhaven Dancercise Group**

**0401 200 720**

“Shake, Rattle and Roll” gentle exercise class is run by a fully qualified fitness instructor. The classes run weekly and include elements of dance, theatre, music and fun, to improve strength, balance and flexibility. The class was initially designed to benefit people with neurodegenerative conditions such as Parkinson’s, but now includes and benefits anyone who would like to attend, including people with dementia.

Cost \$10

## **Holiday Accommodation**

### **Yurana Cancer Kids Holiday House    (02) 4454 1700**

This is an independent local charity based on the beautiful South Coast of NSW in Ulladulla. We offer free holidays to families dealing with the serious illness of a child, such as cancer or cystic fibrosis. We recognise the stress of this time affects the whole family, which is why our holidays offer something for the family unit.

We offer seriously ill kids and their families a **free holiday** in one of our four modern homes. Each home has a games room and is equipped with modern appliances, including air-conditioning. All of our holiday homes have fully fenced backyards and a cubby house.

We are located in the seaside town of Ulladulla, just 3 hours drive from Sydney or Canberra. Each home is within 2 kms of a shopping centre, beautiful beaches and a bowling, golf or service club.

## **The Shack**

**(02) 4448 7231**

The Shack is a complex of six two bedroom holiday units that are available for families with a child suffering from a chronic illness. The units are fully equipped for self-catering family holidays located at Shoalhaven Heads.



