

SUPPORT GROUPS

		PHONE	FAX	EMAIL/WEB	DETAILS
<u>Accommodation</u>					
Hastings Tenant Association	5 Dodds St, Port Macquarie 2444	6581 2636 65835443			Support & referral service for social housing tenants.
IPTAAS		02 6620 2168			Isolated Patients Travel & Accommodation Assistance Scheme. (Forms available through Community Health and your local G.P.)
<u>ADHD</u>					
Hastings Heavenly Hands	Shop 2/83 The Parade North Haven	6559 6867		hastingsheavenlyhands@hotmail.com	Support group for families affected by aspergers disorder ADHD or challenging behaviour. Youth development program for 7-19yrs to build confidence self esteem & teach social skills. Mon – Fri 10am – 6pm
Parents with Young Children Group		6584 1241			Uniting Care Burnside - Parenting children with Attention Deficit/Hyperactivity Disorder. Every Tuesday 10am – 12pm. Phone for booking.
<u>AIDS</u>					
ACON - Formerly known as Aids Council of NSW	Shop 3, 146 Gordon St Port Macquarie	6584 0943 1300 658 878		mnc@acon.org.au www.acon.org.au	Provides HIV prevention, health promotion, advocacy care & support services to members of our community.
<u>Alcohol</u>					
Al-Anon Family Groups		6584 9227		www.al-anon.alateen.org/australia	If you suspect that someone close to you has a drinking problem and you don't know what to do give us a try. Phone for meetings on 6588 2882.
Alcoholic's Anonymous		6582 3562			Fellowship of men & women who solve their common problem & help others to recover from alcoholism. For info phone or call into the Info Shop for a list of meeting times.
<u>Alzheimers</u>					
Alzheimer's Australia NSW	Alzheimer's Australia NSW 55 Lord St Port Macquarie 2444	6584 7444 1300 791 751	6584 7144	www.alzheimers.org.au mnc@alznsw.asn.au	Support & education for carers of and those with dementia.
<u>Anaphylaxis</u>					
PM/MNC Anaphylaxis Support Network		0407 016 536		www.allergyfacts.org.au	Support network for people with anaphylaxis and their families. Social support, assists to reduce stress, information sharing, access to resources & info.
<u>Animals</u>					
Koala Preservation Society of NSW Inc.	Macquarie Reserve	6584 1522	6584 2399		24 hours. Care rescue rehabilitation and study of koalas; Koala Hospital.
Arthritis Foundation		6583 4851 1800 011 041			
<u>Aspergers</u>					
Aspergers Friendship Network		6562 8300 0428 243 825			For adults with Asperger's Syndrome.
Hastings Autism Aspergers Group (HAARG)		6585 5572		donnalynch@hastingsautism.org.au www.hastingsautism.org.au	Resource network for families. Provides ongoing support to parents & families. Raises awareness & education about ASD. Meets 1st Thurs mthly

					at 10-12pm St Josephs Family Services Warlters St Port Macquarie
Asthma					
Asthma Foundation		6583 3168			
Autism					
Autism Association		1800 069 978			
Caspers		6581 2712			Support group for people affected by Autism.
Hastings Autism Aspergers Resource Group (HAARG)		6585 5572		donnalynch@hastingsautism.org.au www.hastingsautism.org.au	Resource network for families. Provides ongoing support to parents & families. Raises awareness & education about ASD. Meets 1st Thurs mthly at 10-12pm St Josephs Family Services Warlters St Port Macquarie
Bereavement					
Bereavement Pack	Click on this link to view the Bereavement Pack supplied by Commonwealth Department of Health & Ageing. http://www.livingisforeveryone.com.au/IgnitionSuite/uploads/docs/6280_Bereavement%20Support_NSW_WEB.pdf				
Bonnie Babes Foundation		1300 266 643	03 9803 1800		Operates 24 hours/ 7 days. Grief counselling for families who have lost a child through miscarriage, still birth prematurity. Fund raises for medical research and equipment.
Compassionate Friends		1800 671 621			Support (including over the phone support) for parents who have lost a child at whatever age. Parents supporting parents. Meetings every month at Sids & Kids Hunter Region, 78 Stewart Ave Hamilton, last Wed at 10am & 3rd Tuesday at 7.30pm.
Grief & Loss Support Group	Cnr Oxley Hwy & Sherwood Rd Port Macquarie	6581 2414			Six week course designed to support the recovery of those people experiencing grief through bereavement separation or other loss. Meets every Tuesday 4 – 6pm at Uniting Church Admin.
Kew Bowlers w/out partners		6559 6399			Lawn bowls for those having lost their partner. Coaching & bowls use free.
Cancer					
Oncology Unit		65801807			
Cancer Support Group		6581 2000			
Camp Quality		6651 4486			
Camp Quality	20 Ann Street. Coffs Harbour	6651 4486		nthnsw@campquality.org.au	
Dragons Abreast		6582 3908 6584 5422			Support group for ladies who have survived breast cancer and their supporters. Have fun maintain fitness & support each other.
Flamin Dragons		6582 3908 6584 5422			Dragon boat paddling group for women following Breast Cancer. Keep fit & raise awareness. Looking for new members not just breast cancer survivors.
Hastings Home Hospice		6588 2882 6580 1116			Free palliative care service. Trained volunteers provide emotional, social & physical support and in-home respite for the patient & carer. Equipment available for loan. Financial assistance may be available.
Living With Cancer Program		6581 2000			8 week program for patients friends carers & family to provide info & develop skills to enhance quality of life.

Look Good Feel Better		6581 2000			Support program for cancer patients. Learn how to manage changes that may occur to your skin hair & general appearance related to side effects of treatment.
Lymphoedema Support Group		9402 5625			
Nth Coast Cancer Institute		6580 1807			
Port Macquarie Breast Cancer Support Group		6580 1848			For women who have had breast cancer diagnosis & would like to meet to support encourage & listen. 3rd Fri 10am at Port Macquarie Library.
Wigs Library For Cancer Patients	Shop 6/65 Horton St. Port Macquarie	6583 3621			Wigs For Hire. New wigs available also a new range of turbans and hats. Money donated to charity. donations of wigs and foam heads would be appreciated.
Chronic Fatigue					
Laurieton ME/CFS & FM Support Group		6556 5160			Meets 3rd Wednesday each month. 10am - 12pm at Camden Haven Community Health. Provides informed support for people living with Chronic Fatigue Syndrome (ME/CFS) & Fibromyalgia (FM)
PM ME/CFS & FM Support Group		6581 2254 6585 3501			Monthly meetings - phone for details.
Yoga 4 Chronic Fatigue	30 Calwalla Cres Port Macquarie	6582 4962			Mondays 10.30 - 11.45am Fee applies per class.
Coeliac					
The Coeliac Society of NSW Inc.		6586 0627			For children phone 6582 2658
The Coeliac Society of NSW Inc.	1/306 Victoria Ave Chatswood	02 9411 4100	02 9413 1296		Support & information.
Counselling					
Al-Anon Family Groups		6584 9227		www.al-anon.alateen.org/australia	If you suspect that someone close to you has a drinking problem and you don't know what to do give us a try. Phone for meetings 6588 2882.
Alcoholic's Anonymous		6582 3562			Fellowship of men & women who solve their common problem & help others to recover from alcoholism. For info phone for a list of meeting times.
Bonnie Babes Foundation		1300 266 643	03 9803 1800		Grief counselling for families who have lost a child through miscarriage, still birth or prematurity. Operates 24 hours/ 7 days. Fund raises for medical research and equipment.
Centacare	Financial Counselling Suite 7B Bourne House, Short St Port Macquarie	6584 0704		centacare@priority1.com.au	Financial advisor available Tues, Wed, Thurs 8.30 - 4.30 Phone for appointment.
G-Line (Gambling problems)		1800 633 635			
GAM-ANON		6584 5232			Support and information for the family and friends of compulsive gamblers.
Gamblers Anonymous		6584 0778			Fellowship of men & women who solve their common problem & help others to recover from the gambling problem. Meets Tues. 7.15-8.45pm at Education Room - Port Macquarie Community Health
Interrelate Family Centres		6584 9293		www.interrelate.org.au	Offering a range of family & relationship services

					including family & relationship counselling education + skills training. men & family relationships. family disputes resolution. specialised family violence. Mon – Fri 9-5 (after hours appt avail Tues & Thurs). Children's contact centre also available.
Lifeline Mid Coast		6581 2800 131 114	lifematters@lifelinemidcoast.org.au www.lifeline.org.au/midcoast Click the link below to view Bereavement Pack supplied by Commonwealth Department of Health & Ageing http://www.livingisforeveryone.com.au/ignitionSuite/uploads/docs/6280_Bereavement%20Support_NSW_WEB.pdf		24hr telephone counselling service. Personal and relationship counselling by appointment. Suicide intervention training & support after suicide.
Mission Australia North Coast Gambling Counselling Service	Cnr Clifton Drv & The Spinnaker Port Macquarie	6583 1321			Free confidential counselling service for problem gamblers their family & friends. Appointments necessary
Parent Line		1300 130052			24hr service.
Rural Financial Counselling		6558 2570			
Salvo Care Line		9331 6000 1300 363 622			24hr Counselling Service
SIDS and Kids NSW	24 hr support line	1800 651 186		www.sidsandkids.org.au	Incorporating the former SANDS (NSW) (Sudden Infant Death Syndrome) Supporting families who experience the sudden & unexpected death of an infant from 0 to 6 yrs. Local contact available.
Veterans & Veterans Families Counselling Service		1800 011 046			24hr service.
<u>Dementia</u>					
Aged Care Assessment Team (ACAT)		6588 2875			Mobile respite service for carers of those with dementia or challenging behaviours in rural & remote areas of MNC
Alzheimer's Australia NSW		1300 791 751			Info, education & support for carers, families and those experiencing memory loss.
Dementia & Memory Community Centre	Shop 2, 146 Gordon St Port Macquarie	6584 7444		mnc@alznsw.asn.au www.alzheimers.org.au	
Hastings District Respite Care	Shop 8-9 Sherwood Park Shopping Centre Port Macquarie	6581 4544			Services also at Laurieton & Wauchope. Centre based respite for people experiencing memory loss.
MNC Commonwealth Carer Respite Centre	2/9 River St Macksville	1800 059 059		general@carer-respite.org	Info & assistance with planned/emergency respite, including financial assistance for respite when needed. After hours emergency service for carers in crisis.
National Dementia Helpline		1800 100 500			
<u>Depression</u>					
Beyond Blue		1300 224 636		www.beyondblue.org.au	Support service for those suffering, and everyone affected by depression and related disorders.
<u>Diabetes</u>					
Diabetes Aust (NSW) Hastings District Support Group		6583 2891		diabetes@pmdgp.org.au	Meets 2nd Thursday of each mth at Education Room. Community Health at 2.30pm. Meeting with guest speaker.
<u>Disability Services</u>					
Willing & Able Foundation Group	39 Jindalee Rd. Port Macquarie	6581 0939			Supported Employment Service for young adults with intellectual disabilities.

Hastings Headway Inc	95 Hindman St Port Macquarie	6581 0180	6581 0180		Port Macquarie people with acquired brain injury aged 15-59 yrs.
Northcott Disability Service – Older Carers	31 Bonville St Coffs Harbour	6651 2366	6652 7301	coffs@northcott.com.au	MNC service - respite for older parent carers provides a broad range of high quality, flexible, support responses tailored to meet the needs of older carers and their child with a disability.
Northcott Disability Service – Family Support	32 Bonville St Coffs Harbour	6651 2366	6652 7301	coffs@northcott.com.au	MNC service - provides support to individuals with physical disabilities and their families living in the regional areas of the MNC.
Paediatric Support Group		6588 2882			A support group for parents/carers living with children with a disability or chronic illness.
Spastic Council		6583 2341			
<u>Divorce</u>					
Divorce & Separation Recovery Workshop		6581 2414 6582 0357			A workshop about healing wounds & recovery of self- confidence & hope. Workshop is conducted over 7 Monday nights 7.15pm – 9.45pm at Uniting Church Admin Centre. Please phone for workshop dates.
<u>Domestic Violence</u>					
Hastings Domestic Violence Court Support Service		6583 4179			Support/information for women experiencing domestic violence.
<u>Drugs</u>					
Family Drug Support		0438 994 269			Caring & confidential support. Meets Mon. fortnightly 6-8pm at Education rooms Community Health
Macleay Hastings Alcohol & Other Drug Service		1300 662 263			This service offers assessment counselling Education and access to team members including Home Detox Nurse; Methadone Coordinator; Generalist Counsellor; Clinical Psychologist; Clinical Nurse Consultant. 24hr client information advice & referral service
Narcotics Anonymous		0422 946 161			Support for drug addiction
<u>Epilepsy</u>					
Epilepsy Action	Suite 8 "Oxford Place" 44-46 Oxford St Epping	1300 374531		epilepsy@epilepsy.org.au	For people with epilepsy and their families. Counselling; support; advocacy; employment advice & community education.
Epilepsy Action		6584 5857			
<u>Families</u>					
Mission Australia Brighter Futures Early Intervention Program		6589 5000	6589 5016		Program for children under eight years. Promotes healthy development in children, strong, functional and well supported families & aims to reduce & prevent child abuse & neglect
<u>Fibromyalgia</u>					
Chronic Fatigue Syndrome		6585 3501			Meets 2nd Tues 10am at Church of Christ Port Macquarie
Laurieton ME/CFS & FM Support Group		6556 5160			Meets 3rd Wednesday each month. 10am - 12pm at Camden Haven Community Health. Provides informed support for people living with Chronic Fatigue Syndrome (ME/CFS) & Fibromyalgia (FM)
PM ME/CFS & FM Support		6581 2254			Monthly meetings - phone for details.

Group		6585 3501			
<u>Gambling</u>					
G-Line – Gambling Problems		1800 633 635			
GAM-ANON		6584 5232			Support and information for the family and friends of compulsive gamblers.
Gamblers Anonymous		6584 0778			Fellowship of men & women who solve their common problem & help others to recover from the gambling problem. Meets Tues. 7.15-8.45pm at Education Room - PM Community Health
Mission Australia North Coast Gambling Counselling Service	Cnr Clifton Drv & The Spinnaker Port Macquarie	6583 1321	6583 9299		Free confidential counselling service for problem gamblers and their family & friends. Appointments necessary
<u>Gay/Lesbian/Transgender</u>					
ACON - Formerly known as Aids Council of NSW	Shop 3, 146 Gordon St Port Macquarie	6584 0943 1300 658 878		mnc@acon.org.au www.acon.org.au	Provides HIV prevention, health promotion, advocacy care & support services to members of our community.
GAMMA	9 Commonwealth St Surry Hills	1800 804 617		www.gamma.org.au	Support for men previously in heterosexual relationships – now in gay or bi-sexual. Freecall support line Mon – Fri 6pm – 10pm.
Gay & Lesbian Counselling Service		02 8594 9500	02 8594 9509		GLBT including families & friends which advocates & lobbies on behalf of the GLBT community.
Gay & Lesbian Counselling Service		02 8594 9596 1800 184 527			5.30pm – 10.30pm 7 days
Lesbian Line		1800 184 527			Mondays 6.30pm – 9.30pm
<u>Grandparents</u>					
GAPA-Grandparents As Parents Again		6584 1241			Grandparents who are caring their grandchildren. Phone for meeting times
<u>Health</u>					
Breast Screen NSW – Mid North Coast	93 William St Port Macquarie	132 050			Tues to Fri 8am – 5.30pm. Free breast screening clinic.
Continence Helpline		1800 330 066			8am – 8pm Mon to Fri. Special continence nurses available to provide confidential support advice and info.
Hastings Macleay Division of General Practice Ltd	53 Lord Street Port Macquarie	6583 3600	6583 8600	gpdv@hmdgp.org.au	
Health Promotion		6588 2750			Service aims to make healthy choices easier. Programs are aimed at cancer prevention cardiovascular health and injury prevention. Information about a range of health promotion topics and health issues is available on request Tuesday mornings
Mental Health		6580 1063			Assessment counselling and rehabilitation for people with mental illness.
MERIT (Magistrates Early Referral Into Treatment)	1/143 Horton St Port Macquarie	6586 6030			Treatment program for people affected by alcohol & other drugs.
Natural Fertility Services	Resource Centre Warlters St Port Macquarie	6584 9490 0429 600 346			Fertility education by accredited instructors to assist couples in achieving or avoiding pregnancy. Can be used while breastfeeding or

					pre-menopause. By appointment A.M & P.M.
Nth Coast Health Service Regional Health Services Program		6588 2997			Supporting rural populations of less than 5000 people. Working with communities to improve access to quality primary health care services for rural & remote communities.
PM Hastings Life Education Support Group		0409 457 405			The mobile classroom & educator visit schools throughout the MNC delivering programs of study promoting the benefits of a healthy lifestyle.
Port Side Clinic		6588 2731			Thursdays 4.15-7.15pm Free consultation for under 24yo with a doctor or women's health nurse. Info for men & women re sexual counselling pregnancy testing contraceptive/fertility management breast check/pap smear and more.
Quit Support Line-24 hours		131 848			
Sahaja Yoga Meditation		6583 2881 OR 6582 2563			Discover how to experience the mental silence and peace that true meditation offers. Learn simple ways to meditate at home, help reduce stress and keep in balance. Suitable for complete beginners and regulars. No cost. Ongoing weekly program in PM – Wednesday 7-8.30pm. Phone for more details.
Hearing					
Australia Hearing Centre	133 Gordon St. Port Macquarie	6584 1144			
Interpreting Service					
Interpreter Service		1300 651 500			24 hour 7 days translating in over 77 languages. Community Relations Commission.
Interpreter Service		8255 6758		www.crc.nsw.gov.au	
IVF					
SIVF		6584 5857			Couples with fertility needs & IVF.
Legacy					
Port Macquarie Hastings Legacy	Suite 9, Bourne House, 10-12 Short St Port Macquarie	6583 3570 6583 5672		legacy@tsn.cc	Dependents of deceased returned service personnel. Mon-Thur 9am-1pm Fri 9am-4pm
Leukaemia					
Leukaemia Foundation of Australia	Unit 1, 260 Mayfield Rd Mayfield	4960 9828	4960 9698	www.leukaemia.com	Assists patients & carers through support services.
Lupus					
Lupus Assoc. of NSW Inc	55 Wicks Rd North Ryde	02 9878 6055 1800 802 088	02 9878 6049	info@lupusnsw.org.au	Information advice resource and counselling service for people suffering from Lupus; their family & friends. Hours 9am - 4pm
Marriage Support					
Community Health Counsellors		6588 2882			
Divorce & Separation Recovery Workshop		6581 2414 6582 0357			A workshop about healing wounds & recovery of self confidence & hope. Workshop is conducted over 7 Monday nights. 7.15pm – 9.45pm at Uniting Church Admin Centre. Please phone for workshop dates.
Family Services	St. Joseph's Centre Port Macquarie	6583 6464 6583 3843			

Mediation					
EACH Reconnect - Formally REFS		6584 5028 1300 889 900 0458 360 508			Mediators work with young people & their families about family hassles to reconnect opportunities; provide choices & support.
Interrelate Family Centres	60 Home St	6584 9293		www.interrelate.org.au	Offering a range of family & relationship services including family & relationship counselling education + skills training. men & family relationships. family disputes resolution. specialised family violence. Mon – Fri 9-5 (after hours appt avail Tues & Thurs). Children's contact centre also available.
Men					
Dads – Dads After Divorce & Separation		1300 305 872		info@dads.com.au www.dads.com.au	Coach guide & educate dads through the challenges emotions & uncertainty of separation.
Dads In Distress (DIDS)		6584 0467 0427 840 467		www.dadsindistress.asn.au	Meets Mon 7pm at 40 Munster St. PM (opposite senior citizens). Support group for men experiencing trauma of divorce separation of relationship breakdown.
Hastings Men's Shed		6586 1529 0448 504 312			Timbetown Wauchope. Good workshop, good blokes, woodworking, gardening, small engine maintenance, work with mates, learn new skills, teach new skills. Free bus service every Tuesday from bus terminal in Hayward St PMQ at 8.30am - returns around 4pm. Gold coin donation for tea/coffee. BYO lunch.
Lone Father's Association of Australia	PO Box 492	6258 4216			
Mens Line Australia		1300 789 978		talkitover@menslineaus.org.au www.menslineaus.org.au	Support service for men with relationship and family concerns.
Men's Fellowship	Uniting Church	6585 2858			
Mental Health					
ARAFMI		1800 655 198			Assoc. of Relatives & Friends of the Mentally Ill
Beyond Blue		1300 224 636		www.beyondblue.org.au	Support service for those suffering, and everyone affected by depression and related disorders.
Carers NSW Family & Carer Mental Health Program	Wauchope Neighbourhood Centre, 3 Waugh St Wauchope	6585 1600 0423 767 874			Information education advocacy & support for relatives and friends of people with a mental illness.
Centacare Community Lifestyle Support (CLS)		6584 0704			Medium term living skills support in accommodation settings in the community.
GROW		6552 4569 1800 558 268			Colonial meeting rooms behind St Thomas Church. Every Tues 10.30am - 12.30pm. Growing out of mental health issues or overcoming any emotional problems. Support group for prevention rehabilitation or assistance.
Hastings Mental Health Support Group		6582 5592, 0408 235 870, 1800 985 944		aopenshaw@bigpond.com.au	Provides support to families who have a member with schizophrenia. Meetings are held at the McAdams Building. Gordon St PM (opp.

					Players Theatre carpark) last Fri. mthly from 10am - 12noon. Except Dec. & Jan.
Mission Australia Housing & Accommodation Support Initiative (HASI 2)	Shop 10 Colonial Arcade Port Macquarie	6583 1321	6583 7298		Supporting people living with a mental health issue to maintain their housing and participate in community life.
Mission Australia Mental Health	7/11 Clifton Drv Port Macquarie	6583 7226	6583 9299	buckleyl@missionaustralia.com.au www.missionaustralia.com.au	Outreach support to people with mental health problems living in social housing.
<u>Migration</u>					
Hastings Multicultural Group	Manning Valley Neighbourhood Centre, Wingham	6553 5121	6553 5121	rmw@people.net.au	DIAC funded Project worker servicing new DCALB/refugee arrivals to the mid north Coast in settlement related issues. Available Mondays & Tuesdays. Support group meets at PM Neighbourhood Centre fortnightly.
<u>Miscellaneous</u>					
Co-Dependants Anonymous		0411 825 149			Meeting Thurs 10am Catholic Men's Club Horton St Port Macquarie 12 step support group for men and women wanting to outgrow co-dependent relationships
<u>Multiple Sclerosis</u>					
PM Hastings MS Fundraising Branch		6581 2793			Fundraises for equipment and personal items for people with MS. Meets 1st Tues mthly at Westport Bowling Club at 6pm. New members welcome.
MS Friendship Group		6585 3501			Meets 2nd Wed each month at Dolphin Room Westport club at 10am – 12pm. Guest speakers morning tea informal chat.
Multiple Sclerosis Society of NSW	31 Bonville St Coffs Harbour	6651 2505 1800 042 138			
<u>Myalgic Encephelomyolitus</u>					
Myalgic Encephelomyolitus		6582 1341		north@msnsw.org.au	
<u>Parenting</u>					
EACH Reconnect - Formally REFS		6584 5028 1300 889 900 0458 360 508			Mediators work with young people & their families about family hassles to reconnect opportunities; provide choices & support.
GAPA (Grandparents As Parents Again)		6584 1241			Caring for your grandchildren? Social outings meet new friends learn of services available. Phone for meetings.
Guardianship Tribunal		1800 46 3928			
Hastings Autism Aspergers Group (HAARG)		6585 5572		donnalynch@hastingsautism.org.au www.hastingsautism.org.au	Resource network for families. Provides ongoing support to parents & families. Raises awareness & education about ASD. Meets 1st Thurs mthly at 10-12pm St Josephs Family Services Warters St Port Macquarie
Hastings Breastfeeding Association		6583 6890			Support & encourage breastfeeding in the local community.
Nursing Mothers' Assoc of Aust		6584 3832		foords@tsn.cc	Pregnant & new parents: Breastfeeding Support & information.
Parents with Young Children		6584 1241			Uniting Care Burnside - Parenting children with

Group		6584 1855			Attention Deficit/Hyperactivity Disorder. Every Tuesday 10am – 12pm. Phone for booking.
Uniting Care Burnside Hastings Family Support Centre	105-107 William St Port Macquarie	6584 1855 6584 1241	6583 8507		Assists families & individuals in family unit with varying issues. Advocacy referrals to various agencies. transport as appropriate. Group work is offered on parenting; self esteem; assertiveness; support groups; youth issues.
Young Mum's Group		6588 2882			
Parkinson's Disease					
Parkinson's NSW		8875 8900 1800 644 189	8875 8999	pns@parkinsnw.org.au www.parkinsnw.org.au	Info Packs available
P.M. Parkinson's Support Group		6584 0212			3rd Friday each month Westport Bowling Club 1.30 - 3pm
Polio					
Post Polio Support Group		6581 3704			Meets every 3 mths at the Retreat Village Lincoln Rd. Recreational Hall.
Pregnancy					
Pregnancy Help Mid Coast		6583 3357			Resource Centre Bay Street. Counselling support and referral for pregnant and past pregnancies. Phone 24 hour
Respiratory					
Lung Support Group		6559 7675			
Lung Support Group	Respiratory Nurse	6588 2882			Provide social contact and guest speakers. Formal group education for asthma & other lung conditions access Respiratory Nurse. referral from GP desirable. Meets 1st Thurs 10am-12pm at Community Health.
Respite					
Hastings District Respite Care Inc.		6581 4544			Family Based Respite & Leisure Link
Holiday Coast Respite	4/1 Merryman Way Port Macquarie	6581 4733 0407 243 124	6581 4755	www.hcrespite.com.au	Respite & support to younger people (under 65) with a disability, their carers & families. 2 respite hoses available for short term lease in Coffs Harbour & Forster.
Respite Day Care	Sherwood Park Shopping Centre Port Macquarie	6581 4544	6584 0919		
Seniors					
Broken Bago Day Club for Seniors	Wauchope RSL, Cameron St, Wauchope PO Box 199 Wauchope	0447 166 622		gandjweller@gmail.com	Meeting day : Thursdays 10am -2pm At Wauchope RSL Club Cost \$5
Association of Independent Retirees Ltd		6585 9285		www.independentretirees.com.au airpmq@yahoo.com.au	Meets last Friday each month 2pm-4pm at Senior Citizens Centre. Advocacy group for retirees on an array of items. Improve lifestyle for older Australians.
Dept. of Veterans Affairs (via Centrelink)	5/7 Short St Port Macquarie	6583 8273	6583 8418		Veterans information service & community support advice.
Hastings Macleay Masonic Widows Ass		6582 0537			Meets 3rd Fri each month 2pm at Burrawan Masonic Centre Burrawan St. PM
Port Panthers Hospitals & Nursing Homes Visitation Group	C/- Bay St Port Macquarie	6580 2300			Mthly meetings at Panthers. Volunteers visit all patients in nursing homes & hospitals each week to distribute complimentary toiletries; books; magazines etc.

Red Cross - Telecross		6583 7707			
Scleroderma					
Scleroderma Support Group MNC		6583 3180			Support and understanding to scleroderma patients.
Sight					
Camden Haven Lantern Club		6585 5106		lornanewman@bigpond.com	Support group for the Royal Institute for Deaf And Blind Children in Sydney. Meets 3rd Wed mthly, 1.30pm at LUSC Laurieton
Guide Dogs for the Blind		6652 7424		www.guidedogs.com.au	
Hastings District Friends of Vision Australia		6584 9626			Assistance to blind & low vision people
The Talking Port Macquarie News		6583 2860			Offers talking newspaper to those who are frail or affected by illness or conditions which make reading difficult.
Soup Kitchens					
St Agnes Soup Kitchen		6583 1024			Catholic Men's Club (up from KFC). Every Monday 11am – 1.15pm
St Thomas Soup Kitchen		6584 1033			St Thomas Hall Every Wednesday 12 – 1.15pm
Stroke					
Stroke Support Group		6580 1126			
Stroke Support Group	Occupational Therapy Dept.	6581 2000			
Women					
Day Fellowship	Uniting Church Wauchope	6585 1766			Friendship and support group for women.
Hastings Macleay Masonic Widows		6582 0537			Meets 3rd Friday each month at Masonic Centre
Hastings Older Women's Network		6584 6687			Local women 45+ meeting discussing; sharing stories; organised outings. Meets 4th Friday each month. Please phone for venue.
War Widows Social Club Laurieton		6584 8805			Meets at Laurieton United Servicemans Club Laurieton 2nd Thursday each mth at 10.30am
Women of Worth (WOW)	Uniting Church Wauchope	6585 1488 6585 1766			Support & friendship for women.
Miscellaneous					
ARAFMI (Assoc of Relatives & Friends of the Mentally ill)		1800 655 198			
The Friendly Friday Gang		6559 6399			If you're feeling lonely or withdrawn. With or without a partner. Join this friendly group for a fun casual morning. 9am-12pm at Kew Bowling Club.
Lungs 4 Life		6583 8658		normabell@bigpond.com	Meets 1st Thurs mthly at Nth Coast Area Health Service, Morton St PM. 10am - 12pm. Offering support, maintain lung function. All ages welcome.
Mid Coast Pacemakers & Defibrillator Support Group		6550 0057		bernandlil@tsn.cc	Support for Implantable Cardioverter Defibrillator (ICD) patients adjusting to life after implantation and physical recovery. Meets every 3 months. Taree. Post & pre-op patients.
Pink Ladies Port Macquarie Branch		6584 6844 6582 0640			Volunteers assist with papers & sweets trolleys; flowers; blood bank; accident & emergency & hydro-pool. Meets in Education Room at Community Health at varied meeting times.

Pink Ladies Wauchope Branch		6586 0198			
Population Health & Planning	Community Health Morton St Port Macquarie	6588 2750			Any issues with public health.
Port Panthers Hospitals & Nursing Homes Visitation Group		6580 2300			C/- Bay st PM. Mthly meetings at Panthers. Volunteers visit all patients in nursing homes & hospitals each week to distribute complimentary toiletries; books; magazines etc.
Victims of Crime Bureau	22-26 Murray St Port Macquarie	6583 9351	6583 4994		Support & referral service for victims of crime.
Working Carers Support Gateway				www.workingcarers.org.au	Online service for NSW carers low income & isolated carers. Provides a one-stop-shop of practical information.
Sleep Disorder		6582 5108			
St. John Ambulance Aust.		6586 4155 1300 360 455			Meets Monday Gordon St. Attends sporting events - First Aid Courses & First Aid Kits available.
Hastings Manning MacLean Vietnam Veterans Peacekeepers & Peacemakers Assoc of Aust.		6586 4399	6586 0267	hmmvva@tsn.cc	
Pension/ Welfare for Veterans		6586 4399	6586 0267	hmmvva@tsn.cc	