



SENIORS HEALTHY LIFESTYLE GUIDE

*A handy guide to local contacts within
the Wollondilly Shire for Seniors*

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Three generations - Bob, John & Tom Fairley

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ABOUT THIS GUIDE

This guide has been developed and produced by Wollondilly Shire Council with funding support from NSW Government.

Council is committed to ensuring that our older residents are informed and regularly updated on how to access services and resources available to them to live a safe and healthy lifestyle in Wollondilly. This guide is intended to support older people and their carers living in the Wollondilly Local Government Area.

Organisations and programs listed are either located in the Wollondilly Local Government Area or service residents from the LGA. For more information about the organisations/ services listed, please contact the service directly on the number provided.

Every effort has been taken to ensure this directory is accurate at the time of printing. To advise of incorrect information or to obtain additional guides please contact the **Ageing & Disability Officer** on **02 4677 1100** or via email **council@wollondilly.nsw.gov.au**.



CONTACTS LISTS

SERVICE	DEPARTMENT	CONTACT NUMBER
EMERGENCY		
Fire, Police and Ambulance	Emergency contact	000
Police	Narellan Police Area Command	02 4632 4499
	Nepean Local Area	02 4721 9444
	Campbeltown Local Area Command	02 4620 1199
State Emergency Service (SES)	Wollondilly/Macarthur Unit	132 500
Rural Fire Service	Bushfire Information Line	1800 679 737
Hospitals	Camden Hospital	02 4634 3000
	Campbelltown Hospital	02 4634 3000
	Bowral Hospital	02 4861 0200
	Wollongong Hospital	02 4222 5000
	Nepean Hospital	02 4734 2000
Community Health Centre	Tahmoor	02 4683 6000
	Narellan	02 4640 3500
My Aged Care	Support for Older Australians	1800 200 422
UTILITIES		
Endeavour - Emergency 24hr line	Gas & Electricity	131 003
Endeavour - General Enquires	Gas & Electricity	131 003
Sydney Water	Water	1300 143 734
Dial Before You Dig	Underground infrastructure	1100
Wollondilly Shire Council	Customer Service (eg. Report an issue, rates enquiry, DA enquiry etc)	02 4677 1100
QUICK REFERENCE IMPORTANT NUMBERS		
Crime Stoppers		1800 333 000
Domestic Violence Helpline		1800 737 732
Mens Line Australia		1300 789 978
Elders Abuse Helpline		1300 651 192
Ageing and Disability Abuse Helpline		1800 628 221
National Debt Helpline		1800 007 007

WIRES (NSW Wildlife, Information, Rescue Service)		1300 094 737
NSW Poisons Information Centre		131 126
AIDER Service RFS	Support for elderly residents in bushfire prone areas	02 8741 4955
GOVERNMENT SERVICES		
Australian Tax Office		132 861
Centrelink Older Australians		132 300
Translating and Interpreting Service (TIS)		1800 131 450
Health Direct		1800 022 222
Department of Veteran Affairs		1800 838 372
My Aged Care		1800 200 422
Older Drivers Services NSW		13 77 88
National Relay Service (TTY for hearing impaired)		1800 555 660
Service NSW		137 788
My Gov Help Desk		132 307
HEALTH & WELLBEING NUMBERS AND HELPLINES		
Arthritis & Osteoporosis NSW		1800 011 041
Asthma Australia		1800 278 462
Beyond Blue		1300 22 4636
Better Hearing Australia		02 9744 0167
Cancer Council NSW		131 120
Carers NSW Australia		02 9280 4744
National Continence Foundation Helpline		1800 33 00 66
Diabetes NSW & ACT		1300 342 238
Fight Dementia NSW		1800 100 500
Heart Foundation		131 112
Lifeline		131 114
Multiple Sclerosis (MS) Australia		1300 010 158
Palliative Care Helpline		1800 548 225
Parkinson's NSW		1800 644 189
Stroke Foundation		1800 787 653
IDEAS Disability Information		02 6947 3377
South Western Sydney Primary Health Network (PHN)		02 4632 3000

WOLLONDILLY SHIRE COUNCIL SERVICES

COUNCIL CUSTOMER SERVICE

In person/Address: 62-64 Menangle Road, Picton NSW 2571

Operating Hours: 8.30am to 4.30pm Monday to Friday

Mail: PO Box 21, Picton NSW 2571

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

Website: www.wollondilly.nsw.gov.au

AGEING & DISABILITY OFFICER

Council's Community Projects Team provide information on local services and programs such as Café Connect and Seniors Festival alongside other activities and resources for older people, their families, people living with a disability and carers.

To find out more contact the Ageing & Disability Officer:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au



PUBLIC TOILETS & MLAK SYSTEM

The Master Locksmith Access Key MLAK is an innovative system that enables people with disability to gain 24/7 access to a network of public facilities.

Council is offering the MLAK Key at a cost of \$10.00 to eligible Wollondilly residents.

Eligibility for an MLAK key is restricted to people with special needs or their carer, disability organisations, community health centres and owners/managers of a building or facility with an MLAK enabled toilet, a Changing Places facility or a Liberty Swing on site.

MLAK key holders will have 24/7 access to MLAK keyed designated accessible public toilets across the Wollondilly LGA. The MLAK key opens all accessible toilets displaying the MLAK symbol and will allow access to over 350 facilities throughout NSW. An MLAK sign is attached to those facilities fitted with the system.

To find out more information or apply for a MLAK key contact the Ageing & Disability Officer at Wollondilly Council:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

FREE PUBLIC WI-FI

Council's provides free public access to Wi-Fi at Telopea Park, Buxton.

Address: 63-65 East Parade, Buxton NSW 2571

Follow these steps to access the Free Wi-Fi at Telopea Park:

1. Select Wollondilly_Free_WiFi as a wireless connection
2. Sign in by completing survey in your web browser
3. Wollondilly Shire Council web page opens
4. You are now able to browse the internet

LIBRARY SERVICES

Come down to Wollondilly Library, where it's free to join and everyone's welcome!

LIBRARY COLLECTIONS INCLUDE:

- Adult Fiction & Non-Fiction
- Audio Books
- Magazines
- Large Print Books
- CDs & DVDs
- Legal & Drug Information
- Local Studies
- Graphic Novels
- HSC Resources
- Young Adult & Junior Fiction
- Picture & Board Books
- Beginner & Decodable Readers

Check the library catalogue for available titles www.library.wollondilly.nsw.gov.au

FREE eRESOURCES

You can access our wide range of eResources from anywhere - home, work or your smartphone. Just go to www.library.wollondilly.nsw.gov.au/eResources

HOME LIBRARY SERVICE

There is a fortnightly Home Library Service for those who cannot access the library due to age or health reasons. The Home Library Service is designed to ensure each house-bound customer receives items to suit their individual needs. For further details on how to apply, contact Wollondilly Library. Conditions apply.

MOBILE LIBRARY SERVICE

Our mobile library vans visit 16 stops around the Shire on a weekly basis, running every Monday, Tuesday, Wednesday and Friday. Head down to your nearest stop to become a library member, browse the collection or make a reservation for specific items today!

Locations: Appin, Bargo, Bingara, Buxton, Cawdor, Douglas Park, Menangle, Mount Hunter, Oakdale, The Oaks, Silverdale, Tahmoor, Thirlmere, Warragamba, Wilton & Yanderra.

BOOK CLUBS & SOCIAL GROUPS

BOOK CLUB

If you love reading and talking about books, why not join or start a book club? We have kits all ready to go!

CAFÉ CONNECT SENIORS 55+

Café Connect is a one stop shop for over 55s to come together and enjoy each other's company.

We have information and activities on a variety of topics including Computer Workshops and assistance. A great opportunity to meet new people and learn new things, while enjoying a cuppa.

KNITTING AND YARN CLUB & CRAFT MORNINGS

For our knitting and yarn club, you only need to bring needles and wool, and be ready to yarn away!

There is also a social craft day with easy craft projects each month. Make new friends while learning new skills. Suitable for everyone, every age and all abilities.

REGULAR EVENTS

Wollondilly Library hosts events such as author talks, school holiday programs, book bubs and story time - great for listening to your favourite authors chat about their books, or taking the grandkids to enjoy a morning bringing generations together through literacy and songs.

To find out more or book into an activity get in touch with the Library Services Team:

Telephone: 02 4677 8300

Email: library@wollondilly.nsw.gov.au

Website: www.library.wollondilly.nsw.gov.au



COMMUNITY FACILITIES

Council has a number of facilities available for hire for personal, business or community use. If you want to use a Council facility it is essential to book ahead.

COMMUNITY HALLS

Council has 10 Community Halls available for regular and casual hire in Wollondilly.

SPORTSGROUNDS

There are 14 Sportsgrounds located in the Wollondilly Shire. All are available for hire for sporting and recreational activities.

To find out more information, check availability or hire a facility contact Council's Facilities Coordinator.

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

SWIMMING POOLS

INDOOR AQUATIC CENTRE

Wollondilly Leisure Centre (Managed by Bluefit)

Address: 434 Argyle Street, Picton NSW 2571

Telephone: 02 4677 1251

Email: picton@bluefit.com.au

Website: www.wclc.com.au

OUTDOOR SWIMMING POOL

Warragamba Pool

Address: Corner Farnsworth Avenue & Warradale Road, Warragamba NSW 2752

Telephone: 02 4774 1775

Email: warragambapool@wollondilly.nsw.gov.au



CEMETERIES

Council maintains cemeteries in the townships of Bargo, Picton and Thirlmere. All cemeteries cater for the interment of ashes and grave burials.

For more information, contact Council's Cemeteries & Operations Officer:

Telephone: 02 4677 1100

Email: council@wollondilly.nsw.gov.au

ANIMAL SHELTER

Looking to adopt a pet, or find your lost pet? Wollondilly Animal Shelter has many loving cats and dogs looking for their forever home.

For more information or to book an appointment to visit the shelter contact the Animal Shelter:

Address: Wonga Road, Picton NSW 2571

Telephone: 02 4677 1100

COMPANION ANIMAL SURRENDER

Council understands that sometimes circumstances can change and you may need to surrender your companion animal. Companion animals can be surrendered to the Wollondilly Animal Shelter during opening hours by the registered owner for a fee. Alternatively, Council can arrange for collection of a surrendered animal for a fee.

Wollondilly Shire Council has an excellent re-homing rate and will only euthanase your animal with your consent, or if officers determine the animal is unsafe or unfit to be re-homed. When you surrender an animal, you will be required to complete a surrender form to assist Council officers with re-homing your animal.

For more information or to book an appointment to visit the shelter contact the Animal Shelter:

Address: Wonga Road, Picton NSW 2571

Telephone: 02 4677 1100

WASTE

HOUSE HOLD CLEAN UP

Residential properties paying for councils waste services are also offered two scheduled household clean up collections each financial year.

You can check your collection dates online at www.wollondilly.nsw.gov.au/resident-services/waste-services/

For more information about when your cleanup please contact the Waste Hotline.

Telephone (Waste Hotline): 1800 805 305

Email: council@wollondilly.nsw.gov.au

WASTE COLLECTION SERVICE

Waste Collection Guidelines:

- Collection times can vary each week.
- Check there are no obstacles which would limit access to your bins by the collection vehicle.
- Don't park cars in the turning areas of a cul-de-sac or road on a service day.
- Bins can be placed on the kerb up to 48hrs before your service and must be returned back onto your private property within 24hrs following service.

Waste Collection Options:

- Recycling Bin (**yellow bin**) - emptied fortnightly (240L or 360L)
- Garden Organic Bin (**green bin**) - emptied fortnightly (240L)
- Garbage Bin (**red bin**) - emptied weekly (80L, 120L or 240L)



BARGO WASTE MANAGEMENT CENTRE

Bargo Waste Management Centre provides a service for Wollondilly Shire residents.

Save time and money by sorting your waste. The following items are accepted FREE of charge when placed into the correct recycling station:

- Metal
- Glass Bottles and Jars
- Paper and Cardboard
- Milk and Juice Cartons
- Plastic Containers numbered 1-7
- Aluminium Cans
- E-waste
- Car and Truck Batteries
- Motor Oil
- Clean White Polystyrene

For more information please contact Bargo Waste Management Centre:

Address: Anthony Road, Bargo NSW 2574

Operating Hours: 7 Days* 8.30am - 4.15pm *Closed Christmas Day and Good Friday

Telephone: 0419 490 599

Website: www.wollondilly.nsw.gov.au/resident-services/bargo-waste-management-centre/

Payment Method: EFTPOS only - No cash accepted

Entry requirements: Enclosed Footwear, Proof of Residency & Acceptance of site T&C's



FREE WASTE MANAGEMENT & RECYCLING OPTIONS

Community Sharps Disposal Service

Council provides a free sharps disposal service at participating pharmacies. This service accepts domestic quantities of needles, lancets, pen needles and sharps only. Residents are to present all sharps in a secure and sealed container.

Unwanted and Expired Medicines

A free collection service operates at all pharmacies for unwanted and expired medicines to ensure the safe and the environmentally responsible disposal of these chemicals. For more information visit www.returnmed.com.au

Participating pharmacies include:

- **Appin Compounding Pharmacy**
(02) 4631 1488
2/75 Appin Road, Appin NSW 2560
- **Caremore Bargo Discount Pharmacy**
(02) 4684 1657
4/70 Railside Avenue, Bargo NSW 2574
- **Picton Discount Drug Store**
(02) 4677 1294
25-27/9 Margaret Street, Picton NSW 2571
- **Pharmacy 4 Less Tahmoor**
(02) 4681 0224
5-6/161-173 Remembrance Drive, Tahmoor NSW 2573
- **Priceline Pharmacy Tahmoor**
(02) 4681 8713
12/117 Remembrance Drive, Tahmoor NSW 2573
- **The Oaks Village Pharmacy**
(02) 4657 1387
67 John Street, The Oaks NSW 2570
- **Thirlmere Pharmacy**
(02) 4683 2866
29 Oaks Street, Thirlmere NSW 2572

Mobile Phone and Printer Cartridge Recycling

A free collection program operates at:

- **Australia Post Stores**
Across the Wollondilly Shire
- **Wollondilly Shire Council**
Administration Building
62-64 Menangle Street, Picton NSW 2571

Household Battery Recycling

A free drop off program to safely recycle household batteries and keep the toxic chemicals out of landfills is operating at various locations.

Any brand AA, AAA, C, D and 9V batteries (both rechargeable and non-rechargeable) are accepted. Simply drop used batteries (without packaging) into the dedicated bin. Please tape up terminals to reduce fire risk for transport.

Household battery recycling locations:

- **Aldi Penrith**
205 High Street, Penrith NSW 2750
- **Aldi Tahmoor**
153-159 Remembrance Driveway, Tahmoor NSW 2573
- **Bargo Waste Management Centre**
27 Anthony Road, Bargo NSW 2574
(also accepts free recycling of vehicle batteries)
- **Camden Library**
40 John Street, Camden NSW 2570
- **Campbelltown City Council Civic Centre**
Corner Queen & Broughton Street, Campbelltown NSW 2560
- **Council Administration Building**
62-64 Menangle Street, Picton NSW 2571
- **Macarthur Centre for Sustainable Living**
1 Mount Annan Drive, Mount Annan NSW 2567
- **Narellan Library**
Corner Queen & Elyard Street, Narellan NSW 2567
- **Officeworks**
273 High Street, Penrith NSW 2750

FREE - EPA HOUSEHOLD CHEMICAL CLEANOUT 2022

Clean out ALL your old and unwanted household chemicals the right way, no questions asked.

For information on free household chemical cleanouts and to see collection dates and locations, please visit www.cleanout.com.au or call the **EPA Environment Line** on **131 555**. Only household quantities are accepted, up to a maximum of 20 litres or 20 kilograms container size. Please transport your materials carefully and remain in your vehicle at the collection site.

The following materials can be dropped off:

- Paint & Related Products
- Pesticides/Herbicides
- Poisons
- Motor Oils, Fuels & Fluids
- Batteries (Household & Car)
- Gas Bottles
- Fire Extinguishers
- Oils
- Pool Chemicals
- Acids & Alkalis
- Hobby Chemicals
- Smoke Detectors
- Solvents & Household Cleaners
- Ammonia Based Cleaners
- Fluorescent Globes & Tubes

Please visit **EPA's website** at www.cleanout.com.au or keep an eye out for a flyer in your letterbox which will contain the new event date and time.

ENVIRONMENT

FREE SUSTAINADILLY COURSES

Council offers a wide range of FREE sustainability workshops to help Wollondilly residents become more environmentally friendly and self sufficient.

To book a spot or to find out more please go to Council's website www.wollondilly.nsw.gov.au, or email nursery@wollondilly.nsw.gov.au or phone **(02) 4677 1100**.

SustainaDilly Courses include:

- **Composting and Worm Farming**
Learn how to have your own compost and worm farm at home. Turn your kitchen and garden organic waste into nutrient rich compost for a thriving garden. This is a great way to divert excess waste from landfill.
Participants receive the choice of a free Compost Bin or Worm Farm. (Limit of 1 per Wollondilly household).
- **Growing Seasonal Vegetables at Home**
Learn how to grow a wide variety of seasonal vegetables organically.
- **Create a Native Garden at Home**
Learn how to design and plant a successful native garden at home. Ten free plants will be available to the participants from the Community Nursery to take home and get started.
- **Introduction to Plant Propagation**
Learn how to successfully propagate plants from seeds and cuttings, using a variety of techniques.
- **Wildlife First Aid**
Learn what to do when you come across injured animals. Workshop includes basic first aid for wildlife, legal requirements and how you can support wildlife. Includes a Q & A session with experienced native animal rescuers.
- **An Introduction into Natural Bee Keeping and Native Bees**
Learn the basics of natural bee keeping including obtaining bees, housing, general care and honey extraction. Learn more about native bees and how to attract more of them to your garden.
- **Keeping Chickens at Home**
Learn how to keep chickens at home including feeding, housing, managing pests and diseases.
- **Introduction to Bush Regeneration and Land Management**
Learn bush regeneration techniques such as how to minimise weeds and plant appropriate local native plants. The workshop will also cover windbreak and wildlife corridor designs, bushfire codes and an overview of bio banking.
- **Growing Fruit Trees in Wollondilly**
Learn how to grow your own fruit in Wollondilly, including selecting the right species/cultivar through to growing and harvesting fruit.
- **Community Planting Days**
Help make Wollondilly an even better place by planting native plants and trees at one of our Community Planting Days held at different locations around the Shire.



THE ROBIN DAVIES WOLLONDILLY COMMUNITY NURSERY

The Robin Davies Wollondilly Community Nursery grows a variety of local native plants including grasses, groundcovers, shrubs, climbers and trees.

Nursery staff can help you choose plants suited to your garden or farm that will look great, be waterwise, low maintenance and help support wildlife.

The plants are grown by our dedicated volunteers, the Wollondilly Regenerators and Propagators (WRAP). New volunteers are always welcome.

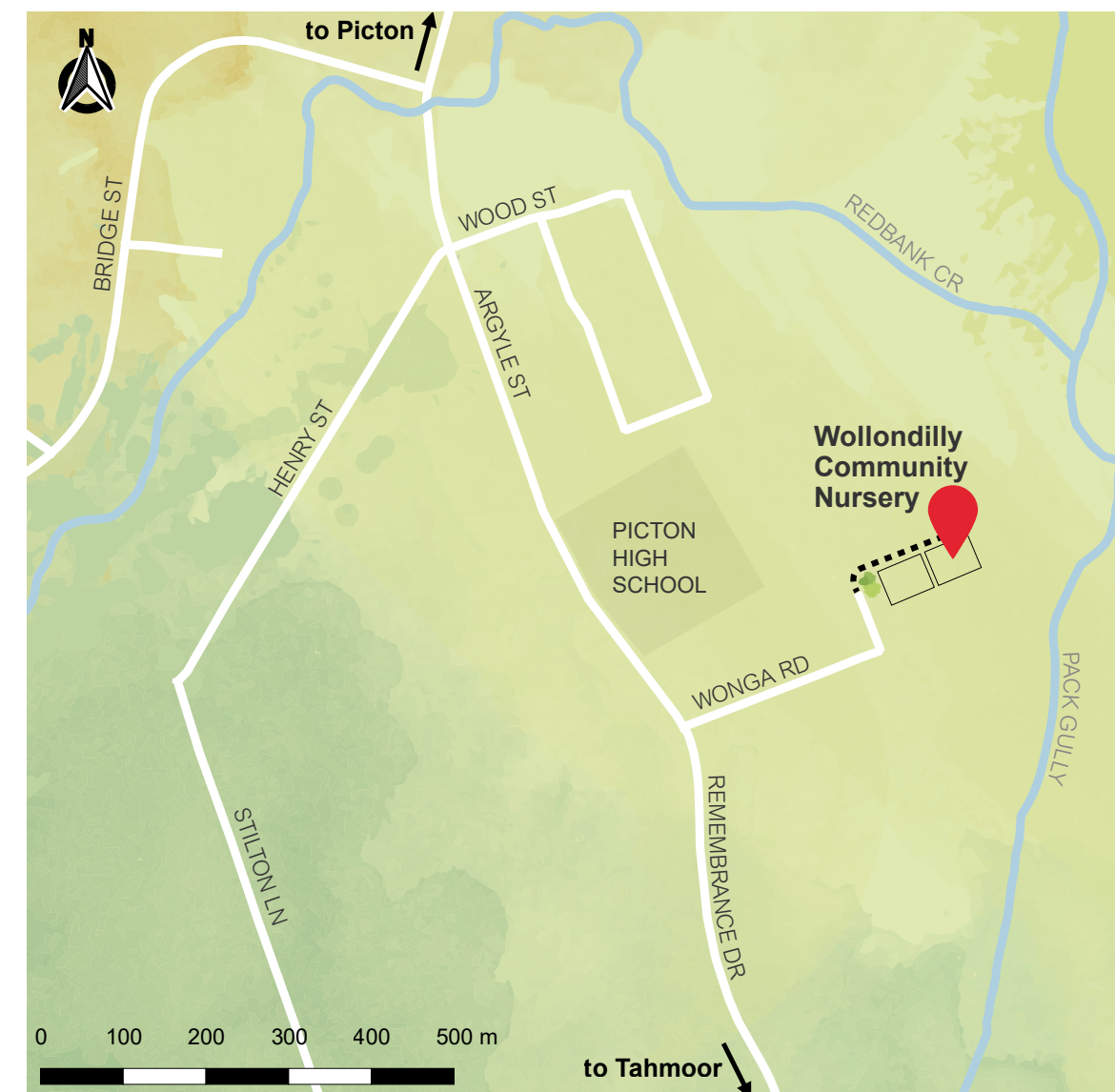
Please check Council's website for nursery updates or contact us on the details provided.

Address: 44 Wonga Road, Picton NSW 2571 (*Behind the Animal Shelter*)

Operating Hours: Tuesdays and Thursdays 9am - 2pm

Telephone: (02) 4677 1100

Email: nursery@wollondilly.nsw.gov.au



VISIT WOLLONDILLY

The Dilly, as it is affectionately referred to by the locals presents, a wonderful story of the past captured in its architecture, picturesque agricultural land and significant footprint in locomotive history. So close to Sydney, yet so many worlds apart. Visitors to our rural region enjoy the change of pace, country charm and unique experiences unlike anywhere else. Wherever you are in the Dilly, you will be surrounded by beautiful countryside, friendly faces and the feeling of a home away from home.

For more information about visiting Wollondilly contact the Tourism & Business Support team:

Telephone: 02 4677 1100

Website: www.visitwollondilly.com.au

Email: visitwollondilly@wollondilly.nsw.gov.au

YOUR SAY WOLLONDILLY

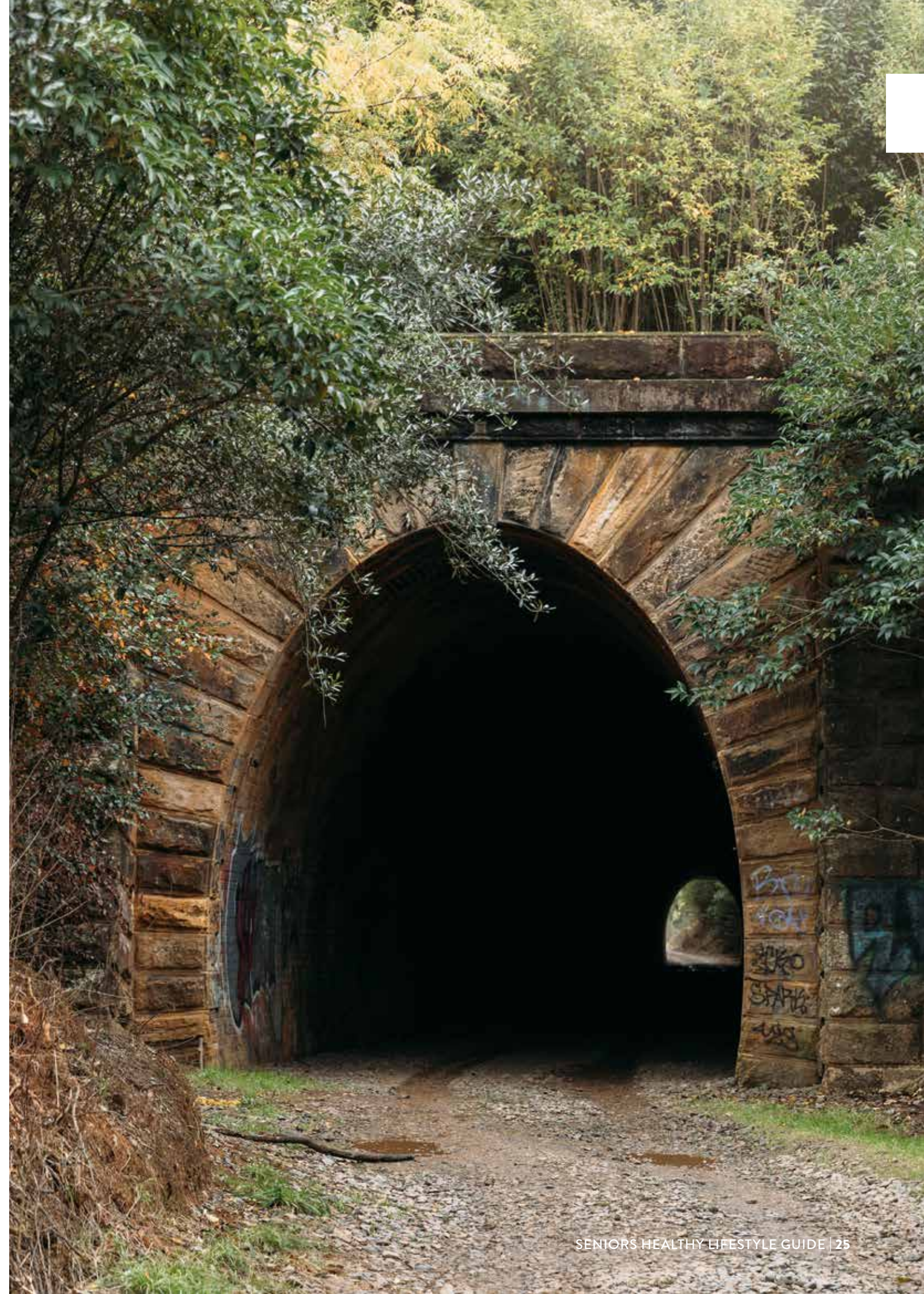
Your Say Wollondilly is Wollondilly Council's engagement platform, where you can find information and share your thoughts on plans, projects and policies.

For more information and to get involved contact the Public Relations and Engagement Team:

Telephone: 02 4677 1100

Website: www.yoursay.wollondilly.nsw.gov.au

Email: council@wollondilly.nsw.gov.au



MY AGED CARE STEP BY STEP GUIDE

My Aged Care is the Australian Government's starting point on your aged care journey. Find and access the government-funded services you need.

COMMONWEALTH HOME SUPPORT PROGRAMME

Funded by the Australian Government, Commonwealth Home Support Programme provides a range of entry-level Aged Care Services for Older people who need assistance to enable them to continue to live independently in their home and community. The program is for people aged 65 years and over and for Aboriginal and Torres Strait Islander people aged 50 years and over.

STEP 1 // CONTACT MY AGED CARE AND REGISTER

- You can contact My Aged Care on 1800 200 422.
- Your partner, carer, family member or friend can also contact My Aged Care on your behalf.
- Your Doctor can contact My Aged Care on your behalf.
- You can also contact My Aged Care on their website www.myagedcare.org.au.
- You will need to have your Medicare card number and answer some screening questions during the phone call.

STEP 2 // GETTING YOUR NEEDS ASSESSED BY HAVING A HOME SUPPORT ASSESSMENT

- After your call to My Aged Care, if eligible you will be referred for a face-to-face assessment, which will take place in your own home .
- The assessor will contact you to make a time that suits and inform you what to expect in the assessment.
- To prepare for your assessment it is important to think about what services you might need so you can discuss with your assessor such as domestic help, personal care, transport to appointments and activities, home modifications and social support activities.
- Think about what is most important to you in life, those things that you might have once enjoyed and now might be easier if you had some support. This could be anything that gives you a sense of joy or satisfaction.
- You are welcome to have someone with you during this assessment.
- The Assessor will leave some information for you and your family to read and then will send more information to you about the services.



STEP 3 // AGREE ON A HOME SUPPORT PLAN

- At the visit you will be able to agree on a Home Support Plan.
- You will still be able to choose what services you wish to have.
- The assessor will send you details of the services and service providers available in your local area.
- My Aged Care will also send your details to service providers in your local area.

STEP 4 // SELECT SERVICE PROVIDERS AND WORK OUT ANY FEES

- Once your Home Support Plan has been approved, you will be sent details of Local services that you can contact to get your assistance.
- You or your family can also use the My Aged Care website to find lists of service providers in the area.
- Services providers will also give you written information about their costs.
- They will give you a written service agreement and then begin your services for you.

STEP 5 // MANAGE YOUR SERVICES

- Your In-home CHSP services are chosen and managed by you.
- The agency that you choose will appoint a service coordinator who will look after your support services and that person will be able to assist you with any changes that you may need for the future.
- You are able to change service providers if you wish to and My Aged Care staff can usually answer any questions that you have.

LOCAL BUSINESS SERVICES DIRECTORY

HOUSING & ACCOMMODATION

Stockland – Waratah Highlands Retirement Village

Waratah Highlands Retirement Village is a beautiful community located in tranquil Bargo, close to shopping, public transport and medical centres. This wonderful community has everything from line dancing, yoga, garden club to happy hour, bingo, shopping trips and trivia.

Address
25 Tyler's Road Bargo NSW2574

Telephone
1800 727 170

Email
cheralyn.livingstone@stockland.com.au

Operating hours
8.30am - 4.30pm

Fees
Please call

Website
www.stocklandretire.com.au/
waratahighlands

Disability Access Available
Yes

Stockland – Macquarie Grove Retirement Village

Macquarie Grove Retirement Village is country living located in a beautiful bushland setting, close to shopping, public transport and healthcare. This close-knit community has an array of activities, such as bingo, happy hour,

friendship groups, cards and day outings.

Address
24 Macquarie Place, Tahmoor NSW 2573

Telephone
1800 727 170

Email
cheralyn.livingstone@stockland.com.au

Operating hours
8.30am - 4.30pm

Fees
Please call

Website
www.stocklandretire.com.au/
macquariegrove

Disability Access Available
Yes



SUPPORT SERVICES

South West Community Transport

South West Community Transport provides transport services to eligible clients for:

- Doctors and medical appointments
- Hospital Visits
- Shopping
- EMAA (Easy Moves for Active Ageing) classes
- Group and Individual social outings (entertainment/clubs), visiting friends and family, hairdressers, church services and more

Address
10 Cary Grove, Minto NSW 2566

Telephone
0429 143 808

Email
executiveofficer@swct.com.au

Operating hours
Monday - Friday, 7:30am - 5pm

Fees
A small client contribution is required

Website
www.swct.com.au

Disability Access Available
Yes

Camden – Meals on Wheels

Camden Meals on Wheels is a meal and social support service providing delicious, nutritious meals (pick up or delivery), social outings, companionship, transport and shopping service and volunteering opportunities. We enable frail older people and people with disabilities to enjoy continued independence living in their own home.

Address
1/18 Little Street, Camden NSW 2570

Telephone
02 4655 6822

Email
admin@camdenmealsonwheels.com.au

Operating hours
Monday - Thursday, 8.30am to 3pm

Fees
Fees apply to meal and transport

Website
https://camdenmealsonwheels.com.au/

Disability Access Available
Yes

Wollondilly – Support and Community Care Inc. t/as IC Care

IC Care provides Meals on Wheels, Community Transport, Social Support Groups, Social Support Individual, Lawn Care and National Disability Insurance Scheme (NDIS) services.

Address
65 Menangle Street, Picton NSW 2571

Telephone
02 4677 2524

Email
enquiries@wsacci.org.au

Operating hours
Monday - Friday, 9am - 3pm

Fees
Varies dependent on service being accessed

Website
www.wsacci.org.au

Disability Access Available
Yes

Each – Campbelltown

My Aged Care Services - Short Term Restorative Care (8-week program), Home Care Packages, Social Activity Group.

Address

16 Warby Street, Campbelltown NSW 2560

Telephone

1300 003 224

Operating hours

Monday to Friday, 9am - 5pm

Fees

- Short Term Restorative Care - free,
- Home Care Packages - income tested home care fee,
- Social Activity Group - activity prices from \$0 - \$15

Website

www.each.com.au

Disability Access Available

Yes

One Stop Community Assistance – Picton

Volunteer group undertaking small local projects throughout Wollondilly. Promoting networking between other like-minded groups eg. Lions, Rotary and Men's Sheds.

Address

9 Magnolia Avenue, Picton NSW 2571

Telephone

0413 003 601

Email

oscainc2021@gmail.com

Fees

Membership fee of \$45.00/year

Community Links Wellbeing – Tahmoor

Do you have care of your grandchildren? We offer a Grandparents/Kinship Carers Support Group.

We welcome you to join our established support group, come and meet others living in a similar situation, share experiences, information over a cuppa in a freindly safe space.

Address

Tahmoor Community Centre,
6 Harper Close, Tahmoor NSW 2573

Telephone

02 4683 2776

Email

tegan@communitylinks.org.au

Operating hours

Meets every second Thursday during school terms, 10am - 12pm

Fees

Yes

Website

www.communitylinks.org.au

Disability Access

Yes

Warragamba Silverdale Neighbourhood Centre

WSNC is a Community Centre supporting local residents to connect in with services and social groups. WSNC offers a variety of support and social groups including:

- Senior Line Dancing
- Senior Gentle Exercise
- Senior Art Group
- Community Garden
- Emergency Relief
- EAPA (electricity assistance)
- Community Advocacy
- Information and referral
- Baby Health Clinic
- Dignity Bags
- Computer & internet access and printing

Address

Corner Weir Road & Fourteenth Street,
Warragamba NSW 2572

Telephone

02 4774 1273

Operating hours

Monday - Friday, 9am - 4pm

Fees

No

Website

www.facebook.com/wsncinc

Disability Access Available

Yes

Nepean Food Services

Nepean Food Services provides Meals on Wheels, Social Support Activities, Luncheon Clubs, Medical Transport, Weekly Shopping Bus to eligible people (65+) in the suburbs of Warragamba and Silverdale on the fringe of the Wollondilly/ Penrith LGA.

Address

16 Jeanette Street, Regentville NSW 2754

Telephone

02 4733 7200

Email

admin@nepeanfoodsolutions.org.au

Operating hours

Monday - Friday, 9am - 3pm

Fees

Please call

Website

www.nepeanfoodsolutions.org.au

Disability Access Available

Yes

Lifted Living Pty Ltd – Oakdale

RESiLIFT is the original, Australian invented and manufactured through floor elevator. With the RESiLIFT you can stay, safely, in the home and community you love. Installing a RESiLIFT is generally cheaper than the cost of moving.

Address

Stevey's Forest Road, Oakdale NSW 2570

Telephone

0412 210 055

Email

brett@resilift.com.au

Operating hours

Call Monday - Saturday, 9am - 5pm

Fees

All quotes and site assessments are free.

Website

www.resilift.com.au/contact-us/southern-nsw/



VOLUNTEERING & SOCIAL GROUPS

Picton District Country Womens Association

Come along and join a great group of women either just for a cuppa or to learn what we are all about. We love helping the community and learning new things through the CWA.

Address

34 Jarvisfield Road, Picton NSW 2571

Telephone

0413 038 662

Email

myrtleandme@hotmail.com

Operating hours

3rd Friday of each month, between 10am - 12pm.

Fees

There is a small fee if you decide to join us

Stone Quarry Quilters – Tahmoor

This is a social group for all ages, of people interested in patchwork, quilting, embroidery and hand sewing. We don't hold classes as such but members are willing to share their knowledge.

Address

Tahmoor Community Centre
6 Harper Close, Tahmoor NSW 2573

Telephone

0490 830 788

Email

hilarybest5731@gmail.com

Operating hours

Tuesday nights, 7pm - 9.30pm

Fees

\$6/week (\$2/week if absent - to cover hall costs)

Disability Access

Yes

Wollondilly Garden Club

A group of gardeners and garden lovers who meet monthly, mostly in members gardens, to enjoy friendship and garden related activities. There is a guest speaker each month, and trading table to share plants and cuttings, as well as a raffle and competition. Come along and enjoy a cuppa and make new friends

Address

No fixed address make contact for more details

Telephone

Lyn 0409 668 246

Russell 02 4639 8787

Email

myrtleandme@hotmail.com

Operating hours

Meet every third Tuesday of the month at 1pm onwards

Fees

\$20 annual joining fee, visitors are welcome at no cost

Disability Access

Yes

Appin Friendship Group

A group of retired and semi-retired people who bring a plate and enjoy a cuppa and a chat, and informal outings and activities. We are a friendly and welcoming group, and people of all ages and interests are very welcome. A great way to meet people and make new friends in the Appin Community.

Address

Old Appin Inn
Appin Road,, Appin NSW 2560

Telephone

Lyn 0409 668 246

Linda 0499 023 711

Operating hours

Wednesday morning, 10am - 12pm

Fees

No

Disability Access

Yes

Wollondilly Older Women's Network – Tahmoor

Women's Social Group that offers gentle exercise classes, craft, and monthly lunch and outings.

Address

Tahmoor Health Centre Tahmoor 2572

Telephone

02 4657 1444

Email

rustynails1@bigpond.com

Operating hours

Meetings 4th Wednesday of the month

Fees

Annual Fee and any costs of classes and trips

Website

www.ownnsw.org.au

Disability Access

Yes

Community Links Wellbeing – Care Free Singers – Tahmoor

CARE FREE SINGERS - Community Choir/sing-along. Sing for the pleasure of singing and enjoying the company of others. You don't have to be a great singer but it is amazing how your singing will just get better. Meet new friends and enjoy a light lunch.

The joy of singing with others lasts long after the music stops.

Address

Tahmoor Community Centre
6 Harper Close, Tahmoor NSW 5273

Telephone

02 4683 2776

Email

info@communitylinks.org.au

Telephone

02 4683 2776

Operating hours

Meet the 2nd and 4th Friday of each month, 10.30am - 12.30pm

Fees

Free

Website

www.communitylinks.org.au

Disability Access Available

Yes

PROJECT GROW Community Garden – Bargo

A community garden that aims to provide volunteering opportunities and a safe space for all ages to meet new people, learn new skills and have fun. Project GROW is a Community Project hosted by Community Links Wellbeing. We are always looking for fresh faces to volunteer!

Address

Tahmoor Health Centre, Tahmoor NSW 2572

Telephone

02 4657 1444

Email

info@communitylinks.org.au

Operating hours

Meetings 4th Wednesday of the month

Fees

Annual Fee and any costs of classes and trips

Website

www.ownnsw.org.au

Disability Access Available

Yes



Dilly's Patch Community Garden – Silverdale

Dilly Patch is a community garden on the grounds of Silverdale Progress Hall and under the auspice of Warragamba Silverdale Neighbourhood Centre Community members are invited to volunteer in the ongoing growing and maintenance of the garden.

Address

1984 Silverdale Road, Silverdale NSW 2752

Telephone

Lee 0477 412 73

Operating hours

Meetings 4th Wednesday of the month

Fees

No

Warragamba Senior Citizens

Social Group that's meets fortnightly in Seniors room at Warragamba Town Hall.

Address

Warragamba Town Hall, Fourteenth St Warragamba 2572

Telephone

0477 413 57

Operating Hours

Alternate Wednesdays, 10am - 2pm

Fees

\$4.00

Disability Access Available

Yes

EDUCATION

Picton and District Historical and Family History Society Inc.

The Society promotes the study, research and collection of the local and family history of the Picton and district. Volunteers are welcome.

Address

Wollondilly Library, 42 Menangle Street, Picton NSW 2571

Telephone

0427 659 340

Email

pictonheritage@outlook.com

Operating hours

Thursday, 10am - 3pm

Disability Access Available

Yes

Website

www.pictonheritage.org.au



The Oaks Historical Society Inc.

Volunteers from The Oaks Historical Society manage the Wollondilly Heritage Centre and Museum to collect, research and interpret the material culture and local history of the Wollondilly Shire and Burratorang Valley, in cooperation with other organisations and the community, to better appreciate the present by an increased understanding of the past. Volunteers are encouraged to assist with museum and tourism activities.

Address

43 Edward Street, The Oaks NSW 2570

Telephone

Trish 0432 689 034

Operating hours

Saturday, Sunday & Public Holidays (except Good Friday) 10am - 3pm

Group bookings weekdays by appointment

Fees

General Entry is \$3.00 pp

Disability Access

Yes

Website

www.wollondillymuseum.org.au

HEALTH & WELLBEING

Warradale Men's Shed

Incorporated non profit organisation to provide support and activities for men of the Community. All men over 18 who have a little time on their hands are welcome to join and share their skills, learn more skills or just sit and talk to other men.

Address

10 Eighteenth Street,
Warragamba NSW 2752

Telephone

Les - 0408 969 593

Email

warradalemensshed4@gmail.com

Operating hours

Monday, Wednesday & Friday, 9am - 2pm
Business meeting first Friday of the month followed by a BBQ

Fees

\$25 per annum membership
\$2 each day you attend

Menangle Men's Shed Association Inc.

A meeting of men of all ages to join in various activities such as woodwork or metalwork or just having a chat and a cup of tea with a view of improving men health and wellbeing.

Address

1 Stevens Road, Menangle NSW 2568

Telephone

0409 246 117

Email

ajw17a@hotmail.com

Operating hours

Monday, 8.30am - 12pm
(with a view to opening further as membership grows)

Fees

\$40 per year

Disability Access

Yes

Bargo Men's Shed

Bargo Men's Shed is a friendly place that provides support and activities for men of the Community. All men over 18 who have a little time on their hands are welcome to join and share their skills, learn more skills or just sit and talk to other men.

Address

237 Great Southern Road, Bargo
NSW 2574

Telephone

Dave Clayton - 0402 078 106

John Wootton - 0429 699 869

Email

Dave Clayton -

Daveclayton1964@outlook.com

John Wootton -

johnwootton@bigpond.com

Operating hours

Tuesday, 9.30am - 1pm

Fees

Yes

Oakdale Men's Shed

Oakdale Men's Shed is a friendly place that provides support and activities for men of the Community. All men over 18 who have a little time on their hands are welcome to join and share their skills, learn more skills or just sit and talk to other men.

Address

1605 Burraborng Road, Oakdale NSW 2570
(located beside Oakdale Workers club)

Telephone

0428 596 383

Email

Phillip Hughes -

philip.laurettehughes@gmail.com

Operating hours

Please call

Fees

Yes



Tahmoor Uniting Men's Shed Inc.

Tahmoor Uniting Mens Shed is a place for like minded men to meet and share their skills and life experiences.

Address

110 Thirmerre Way, Tahmoor NSW 2573

Telephone

02 4681 8442 or 0407 412 608

Email

tahmoorunitingmensshedinc@gmail.com

Operating hours

Tuesday & Thursday, 8.30am - 12.30pm

Fees

Yes

Appin Men's Shed

Appin Men's Shed is a friendly place that provides support and activities for men of the Community. All men over 18 who have a little time on their hands are welcome to join and share their skills, learn more skills or just sit and talk to other men.

Address

40 Sportsground Parade, Appin NSW 2560

Telephone

Jim Stubbs - 0417 400 096

Raymond Slee - 0417 485 037

Email

Jim Stubbs -

manyrods@bigpond.net.au

Raymond Slee -

rayslee@bigpond.net.au

Operating hours

Wednesday, Friday & Saturday,
8.30am - 1.30pm

Fees

Yes

Shooting Stars Dance Academy/ Star Fitness

Fitness classes, yoga classes, general movement classes suited to seniors and those with special needs/injuries, in an inclusive and supportive environment where all ages and abilities are welcome. We can cater for special schedules and needs.

Address

183 Argyle Street, Picton NSW 2571

Telephone

02 4677 0420

Operating hours

- Monday to Saturday
- Regular classes during the term called Over 60s on Tuesdays at 12pm, Yoga on Tuesdays 11am and Wednesday 11.30am
- *Please see our online timetable for offerings*
We can schedule more classes based on demand

Fees

Please call

Disability Access Available

Yes

Website

www.shootingstarsdance.com.au

Wollondilly Table Tennis Association Inc.

The Wollondilly Table Tennis Association has recently been established. We have a special programme for seniors 1 - 3pm each Friday (during school term). The programme is conducted at the Anglican Church hall at Thirlmere.

Address

79 Westbourne Ave Thirlmere 2572

Telephone

0414795713

Operating hours

Fridays, 1pm - 3pm
(during school term)

Fees

\$10 per session or \$ 15 per family
(less if a whole term)

Disability Access Available

Yes

Website

www.wtta.com.au

The Way to Health

Mobile and Online Nutrition
Health Service.

- Senior Line Dancing
- Personalised Weight Loss Program using simple Whole Foods
- Nutritionist Susan educates each client on just how much and exactly what foods to eat and when (timing)
- Food Compatibility Hair Test
- Lymphatic System Support

Address

Station Street, Douglas Park NSW 2569

Telephone

0419 550 700

Email

Susan@thewaytohealth.com.au

Operating hours

Monday - Thursday, 10am - 5pm

Saturday 10am - 4pm or by appointment.

Fees

Please call

Disability Access Available

Initial Nutrition Consult \$160 (1 hour)

3 month fully supported program \$1860

Website

www.thewaytohealth.com.au



Proudly funded by



www.wollondilly.nsw.gov.au

PO Box 21, Picton NSW 2571 Australia | [E council@wollondilly.nsw.gov.au](mailto:council@wollondilly.nsw.gov.au) | **P** 02 4677 1100