

# Seniors

## Senior Accommodation

### Cape Byron Estate Retirement Village

19 Cooper Street Byron Bay NSW 2481 Ph: (02) 6685 7855 Fax: (02) 6685 7855 Self Care retirement units. Mon to Fri, 8am to 5pm.

### Coolamon Villa Aged Care Facility

Azalea Street Mullumbimby NSW 2482 Ph: (02) 6684 1252 Fax: (02) 6684 3217 Web: [www.chcs.com.au](http://www.chcs.com.au) Catholic Health Care Hostel accommodation, registered by the Commonwealth, for the aged capable of independent living with minimal support. Respite beds are available.

### Feros Village Byron Bay

PO Box 585 Byron Bay NSW 2481 Cnr Marvel & Cowper Streets Byron Bay NSW 2481 Ph: (02) 6685 7676 Fax: (02) 6685 5176 Web: [www.feroscare.com.au](http://www.feroscare.com.au) Email: [ferosvil@nor.com.au](mailto:ferosvil@nor.com.au) Hostel accommodation, registered by the Commonwealth, for the aged and people with disabilities capable of independent living with minimal support. Friends of Feros meetings are held at 2pm on the first Tuesday of alternate months. Fund-raising and assistance for the Feros elderly persons' hostel is provided. Wheelchair access.

### Feros Village Nursing Home Bangalow

PO Box 329 Bangalow NSW 2479 Cnr Ballina Rd and Byron Bay Road Bangalow NSW 2479 Ph: (02) 6687 2379 Fax: (02) 6687 2286 [www.feroscare.com.au](http://www.feroscare.com.au)

### Orthodox Home for the Aged

PO Box 26 Byron Bay NSW 2481 1 Butler Street Byron Bay NSW 2481 A twenty-eight-bed low-care hostel provides accommodation for the aged and one residential respite bed for the elderly. Community languages spoken include Filipino, Italian and Tagalog. 9am to 5pm, Mon to Fri.

### Pinehaven Nursing Home

184 Broken Head Road Byron Bay NSW 2481 Ph: (02) 6685 3301 Fax: (02) 6685 4037 Accommodation registered by the Commonwealth for the aged and people with disabilities needing nursing care. One residential respite bed is available. Secured area for wanderers and people with dementia. Additional services available include ancillary medical services in physiotherapy, massage, podiatry and organised social outings.

### Far North Coast Respite Service and Carelink - Byron Shire Respite Service

Now: Ph: 1900 052 052 fax: (02) 66 281314 email: [general@crccfnc.org](mailto:general@crccfnc.org) Web: [www.crccfnc.org](http://www.crccfnc.org)

**Providing short term planned or emergency respite for carers.**

## **Senior Cultural/Educational**

### **Ballina Senior Citizens Club**

Swift St, Ballina

### **Brunswick Heads Senior Citizens Club**

Ph: (02) 6685 6481 A meeting place and drop-in centre providing social support and recreational activities for people aged over 55 years. Activities include indoor bowls. 8.30am to 12noon Mondays.

### **Byron Bay Senior Citizens' Autumn Club**

37 Marvel Street Top end (PO Box 602) Byron Bay 2481 Ph: (02) 6685 8247 Coordinator (02) 6685 7723 Phyl Ph: (02) 6685 1943 Noeline (02) 6685 6499 Doreen & Ann A meeting place and drop-in centre providing social support and recreational activities for people aged over 55 years. Bus trips. Activities include indoor bowls, cards, bingo, 500 and meals. Meet on Wednesdays 6.30am-4pm Thurs 9.30-4pm.

### **Lismore Senior Citizens Club**

1 Magellan St, Lismore

### **Byron Shire Seniors Computer Club**

Ph: (02) 6684 2931 Margaret

Web: [www.bscc.mullum.com.au/local\\_seniorgroups](http://www.bscc.mullum.com.au/local_seniorgroups)

### **Byron Bowls Club**

Ph: (02) 6685 6202

Marvel St Byron Bay

P.O. Box 31 Byron Bay NSW 2481

Email: [baybowls@bigpond.com](mailto:baybowls@bigpond.com)

### **Byron Bay Bridge Club**

Meets @ Bangalow Bowling Club Friday 12:30pm Ph: 66 884 585 Web: [byronbaybridgeclub.com](http://byronbaybridgeclub.com)

### **Brunswick Heads Senior Citizens Indoor Bowls Club**

RSL Hall Fawcett St, Brunswick Heads Meeting on Mon 8.45am

**Far North Coast Respite Service and Carelink – 1800 761 030**

**Was: Byron Shire Respite Service**

PO Box 163 Brunswick Heads NSW 2483 Brunswick Valley Community Centre South Beach Road  
Brunswick Heads NSW 2483 Ph: 1800 059 059

Ph: (02) 6685 1921 Colin Munro Fax: (02) 6685 1707 Email: [respite@byronit.com](mailto:respite@byronit.com)

A day program providing social and recreational activities for the aged, people with disabilities and those with dementia. Respite accommodation services include in-home respite and respite for people with challenging behaviour. Program operates 10am to 3pm Mon to Fri. Older people & disability group: 10am to 3pm, Thurs. Also a support group for carers of the elderly and others with dementia, Alzheimer's disease and related conditions on the 2nd Tuesday each month. Social support program. Office: 9am to 5pm Mon to Fri.

**Now:** Ph: 1900 052 052 fax: (02) 66 281314 email: [general@crccfnc.org](mailto:general@crccfnc.org) Web: [www.crccfnc.org](http://www.crccfnc.org)

**Providing short term planned or emergency respite for carers.**

### **Carers NSW**

2/2 Lyster St Coffs Harbour NSW 2450

Level 18, 24 Campbell St, Sydney 2000

Ph: (02) 6650 0512/ (02) 6628 6416

Email: [contact@carersnsw.org.au](mailto:contact@carersnsw.org.au) Web: [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

An association to support relatives and friends who are caring for people who are frail, aged or disabled.

### **Centrelink Byron Bay**

6 Byron St Byron Bay NSW 2481 Ph: 1800 050 004 (customer relations unit)

Web: [www.centrelink.gov.au](http://www.centrelink.gov.au) Health & Ageing, Age Pension, Financial Information Service, Pensioner Concession Card, Commonwealth Seniors' Health Card. See Government Section p45

### **Community Transport Tweed, Byron & Ballina**

Shop 9/14 Middleton Street Byron Bay NSW 2481 Ph: (02) 6685 8324 Fax: (02) 6685 7027 Mob:

0414189577 Email: [tbbct@norex.com.au](mailto:tbbct@norex.com.au) Web: [www.community-transport.org.au](http://www.community-transport.org.au) Tweed Byron

Community Transport provides accessible transport for the elderly, disabled and other transport disadvantaged groups who are unable to access public and private transport. Includes medical and health appointments, shopping, day care centres and some social activities. Transport is provided by volunteers in their own cars and buses with wheelchair access. Mon – Fri.

### **Country Womens Association**

Ph: 6684 1225 Meeting every 2<sup>nd</sup> Wednesday of the month @ 10am in C.W.A Rooms, Tincogan St, Mullumbimby.

### **Disability & Aged Information Service (DAISI)**

**NSW Department of Ageing, Disability & Home Care, Northern Region**

Provides information relating to people with disabilities, the elderly, their carers, family, friends and

service providers.

Ceo. Contact: Dona Graham

Ph: (02) 6686 7887

Level 1 Cherry St Ballina 2478

Web: [www.daisi.asn.au](http://www.daisi.asn.au)

Wheelchair access. 9am to 4.30pm Mon to Fri.

See Government Section p45

Toll free Ph: 1800 800 340

Fax: (02) 6686 9392

Email: [info@daisi.asn.au](mailto:info@daisi.asn.au)

### **Uniting Church Hall**

Activities at the Uniting Church Hall include boules, Yoga, Tai Chi, walking for pleasure, laughter for cardiac exercise, nifty needlers (sewing and crochet). Visiting speakers on a variety of topics as well as classes in social history, croquet, computers, genealogy, wine and cheese appreciation. Members also provide assistance to Brunswick Public School remedial reading program. \$25 pa membership or \$35 couple. Courses free. Wheelchair access. Guest Speakers Tues 10am to 12 noon. Early Australian History Sat.

### **Independent Retirees**

Interchange Respite Care Lismore

PO Box 1181 Ballina NSW 2478 Ph: (02) 6687 7291 Ken McDonald

Non political group, lobbies government about issues such as hospital and nursing home care. Assists with individual cases by representation. Protects and promotes the interests of retirees. Has 16 to 18 thousand national members Meets 9.30am on 1<sup>st</sup> Fri of month at Ballina RSL Club

### **Juke Box Joy**

Unit 1 /4 Belongil Cresc Sunrise Beach Byron Bay 2481 Ph: 0423 330 001 Peter McKaskill Email: [jukeboxjoy@gmail.com](mailto:jukeboxjoy@gmail.com) Web: [www.jukeboxjoy.com](http://www.jukeboxjoy.com)

A musical performing group that perform regularly at Senior Citizen's homes every month throughout the year. The website is a central meeting point between the homes and volunteer performers. Sponsored by Byron Shire Council.

### **Mullumbimby Senior Citizens' Autumn Club**

Cook Pioneer Centre Gordon Street Mullumbimby NSW 2482 Ph: (02) 6684 2537

Web: [www.isaacshapiro.de](http://www.isaacshapiro.de) President: Keith Basing (02) 6684 2916 (after 6pm)

A meeting place and drop-in centre providing social support and recreational activities for people aged over 55 years. Activities include hoy parties, luncheons, trips away. Wheelchair access. Club day meetings on Mon; Hoy 4th Sat of month.

### **Probus Byron Bay**

Ph: (02) 6684 7309 Men Ph: (02) 6684 7309 Josephine and Lou Dingjan Provides cultural interests for adult men and women who are retired or semi-retired.

Guest speakers and regular outings are arranged. Meetings at RSL Thursdays 10am-12noon.  
See page 66 for Men and p81 for Women for other details

### **Probus Brunswick Heads**

Meet 10 am Tuesday Ocean Shores Country Club

Contact: President – Victoria Bellinger (02) 6680 2025

### **U3A University of the Third Age Brunswick Valley**

PO Box 61 Brunswick Heads NSW 2483 Brunswick Valley

Uniting Church Hall Cnr Byron and Fingal Streets Brunswick Heads

Contact: President - David Ashton (02) 6684 4787 Secretary – Toni Spruce (02) 6680 1815

Ph: (02) 6684 3126

Fax: (02) 6685 1732

Ph: (02) 6684 1342 (\$5.00)

Men's Shed Friday 9am No. 3 Main Arm Rd Mullumbimby

Ph: (02) 6680 4268

Writing for Posterity Wed 10am (once a month)

Ph: (02) 6680 4365

Boules Sun 2-4pm Brunswick Market area

Ph: (02) 6685 1732

Majong Mon 2-4pm

Ph: (02) 6680 4053/ 6680 1859

Ladies Table Tennis Mon 10-12 South Golden Beach

Ph: (02) 6680 5994/ 6680 5986

Shibishi Thurs 9-10am Brunswick Memorial Hall

Ph: (02) 6684 4029

DVDs & discussion Thurs 10-12

Ph: 0468 318 507

Beading class Sat 2-4pm

Ph (02) 6684 4787 Guest speakers, courses @Speakers Forum Tues 10-12am Uniting Church Hall

### **U3A Ballina Byron**

Fripp Oval Canal Rd Ballina 2478

PO Box 55 Ballina NSW 2478

Ph: (02) 6681 4450 Eve Stephan (02) 6686 2578 Office hrs 10- 12am Mon-Fri

Email: [u3abalby@bigpond.com](mailto:u3abalby@bigpond.com) (to see courses & speakers) Web: [www.ballinabyron.u3anet.org.au](http://www.ballinabyron.u3anet.org.au)




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## **Senior Services**

### **Brunswick Heads Day Care Group**

Ph: (02) 6680 5108 Jean Coles Activities group: lunch, cards, board games.

### **Brunswick Valley Meals-on-Wheels Service**

South Beach Road PO Box 255 Brunswick Heads NSW 2483

Coordinator Fran Leske Ph/Fax: (02) 6685 1498 Ph: (02) 6685 0166 Email: [bvmow@byronit.com](mailto:bvmow@byronit.com)

Daily delivery of chilled food Mon- Fri for older people with disabilities, younger people with disabilities and people with dementia. Centre-based meals are available on every 3rd Thursday of the month. Shopping, activities and outings on request.

### **NSW Department of Ageing, Disability & Home Care, Northern Region**

Provides information relating to people with disabilities, the elderly, their carers, family, friends and service providers.

Ceo. Contact: Dona Graham

Ph: (02) 6686 7887

Level 1 Cherry St Ballina 2478

Web: [www.daisi.asn.au](http://www.daisi.asn.au)

Wheelchair access. 9am to 4.30pm Mon to Fri.

See Government Section p45

Toll free Ph: 1800 800 340

Fax: (02) 6686 9392

Email: [info@daisi.asn.au](mailto:info@daisi.asn.au)

### **DADHC**

Ph: (02) 6621 1400 / TTY: 6622 8002

Email: [lra@dadhc.nsw.gov.au](mailto:lra@dadhc.nsw.gov.au)

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

### **Feros Care Home Host**

Ph: 1300 763 583 fax: 1300 850 770 Web: [www.feroscare.com.au](http://www.feroscare.com.au)

Lot Bag 1 Coolangatta, QLD 4225

An innovative day care service that can help you and enrich the life of the elderly person you care for.

### **Red Cross Telecross**

Red Cross Regional Office 130 Keen Street Lismore NSW 2480 Ph: (02) 6622 0788 Bernadette Daley Fax: (02) 6622 4296 Email: [bdaley@redcross.org.au](mailto:bdaley@redcross.org.au)

Provides support via phone to the frail, ill and disabled who are at risk. Every morning a volunteer makes a telephone call to a Telecross client. If the call isn't answered or the client needs help, Red Cross initiates an emergency check procedure Phones manned to 10pm. 8am to 4.30pm Mon to Sun - 7 days.

## REGISTER OF PUBLIC AND PRIVATE FACILITIES

### High Care (Nursing Home)

#### Pinehaven Nursing Home

Address: 184 Broken Head Road, Suffolk Park

Phone: (02) 6685 3301

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

61 bed residential home with nursing home services

#### Feros Village Bangalow

Address: Cnr Ballina and Byron Bay Rds, Bangalow

Ph: (02) 6687 2379

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

Supports 64 residents in long term and short term care.

#### Bayside at Byron

Address: 184 Broken Head Road, Suffolk Park

Ph: (02) 6685 3301

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

61 bed residential care with 1 respite bed and 1 emergency respite bed.

#### Low care (Hostel)

#### Feros Village Byron Bay

Address: Cnr Marvel and Cowper Streets, Byron Bay

Ph: (02) 6685 7676

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

40 beds both long term and short term care.

#### Orthodox Home for Aged

Address: 1 Butler Street, Byron Bay

Ph: (02) 6685 6728

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

28 beds and one residential respite bed

#### Coolamon Villa aged Care Facility

Address: Azalea Street, Mullumbimby

Ph: (02) 6684 1252

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

Low and high dementia care and ageing in place.

55 beds with 8 secure dementia beds and 1 respite bed

#### Retirement Village (Independent Living)

#### Cape Byron Estate Retirement

#### Village

Address: 43770 Cooper Street, Byron Bay

Ph: (02) 6685 7855

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

65 self care Strata Title retirement units

#### Aged Care Assessment Team (ACAT)

#### Richmond Valley

Address: Cherry Street, Ballina

Ph: (02) 6620 6222

This is a regional service which determines the eligibility for residential care, CACPs and EACH packages and recommends HACC services. Provides information on medical

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

and other conditions of concern to older people.

#### Community Aged Care Packages (CACPS) Care Connect

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

Specialist case management: counseling; advocacy; personal care; nursing; respite care; home maintenance CACP and EACH

#### Yarrabee/ATSI

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

Based in Alstonville and serving the Far North Coast.

Provision of CACPS to Aboriginal Torres Islander people.

Service 24 hrs/7 days per week.

#### Palliative Care /Hospice Service

#### Byron Hospice Service

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

End-of-life (palliative) care. Home based hospice and volunteer service. Provides respite for carer.

#### Amitayus Hospice Service Inc.

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

Free of cost service which provides a range of support to people with a diagnosed life threatening illness, their family and primary carers. The main focus is "at home" care with a primary carer

#### Palliative Care

#### St. Vincents hospital outreach service (NRAHS)

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

Cancer care Volunteer Patient Support

#### Respite services

#### Byron Shire Respite Service Inc

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

Is a Community based service providing flexible respite options includes a day program providing social and recreational activities for the aged, people with disabilities and those with dementia. Respite accommodation services include in-home respite and respite for people with challenging behaviour. There is also a social and recreational group meeting for seniors, bus outings once a month; a support group for carers of the elderly and others with dementia, and related conditions.

#### BDCSA Overnight Community

#### Respite House

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

A new program under the national respite for carers Program. Short term, planned, unplanned and emergency respite in a community respite house. The care recipient must be over 65 years, or 50 and over if indigenous and have an unpaid carer and reside in Ballina or Byron LGA

#### Day Respite Services

#### Feros Care Byron Bay

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

In-Home Respite and Day Centre Programs (NRCP) provides

respite to "employed carers".

**Feros Care Home Host**

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

Innovative day care service to enrich the life of the elderly person you care for.

**Brunswick Heads Day Care Group**

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

Group activities including lunch, cards, board games

**For Carers**

**FNC Commonwealth Carer Respite Centre**

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

Coordinates access to respite services in your local area.

**North Coast Disability services**

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

Is funded by FaHCSIA and covers the Far North Coast. Provides flexible respite support for older parent carers aged 60 and over, (aged 50 and over for indigenous carers), who receive a carer allowance and have provided care for a significant period of time.

**Byron Shire Respite Service Inc**

Web:

[www.byron.nsw.gov.au/disability/respite](http://www.byron.nsw.gov.au/disability/respite)

Provide a support group for carers of the elderly and others with dementia, and related conditions, in-home respite, and challenging behaviour respite

**Connect U**

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

Respite for older carers covering the Far North Coast and funded by DADHC. 1:1 support, holiday program and social clubs (*For Carers 60 + years with an adult child 25+ or 50+ for Aboriginal and TSI.*)

**STOP (short-term time out project)**

Web:

[www.clarence.nsw.gov.au/cmst/cvc009](http://www.clarence.nsw.gov.au/cmst/cvc009)

A range of flexible respite options for people with a diagnosed disability

**Carers NSW**

Web: [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

An association for relatives and friends who are caring for people who are frail aged or disabled. Provides information support and counseling, Carer support groups

**Companion Card**

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

Allows people with a disability to take a carer on public transport and recreational activities and events for the price of a single ticket.

**Information Services**

**Centrelink Byron Bay**

Address: 6 Byron Street, Byron Bay

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

Health & Ageing, Age Pension, Financial Information Service, Pensioner Concession Card, Commonwealth Seniors' Health Card.

**Commonwealth Carelink Centre**

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

Aged and Disability Information (*Alstonville*)

A range of customer services for retired people, people with a disability and special circumstances on behalf of the commonwealth Dept. of Human Services. Includes age pension, financial information service, pensioner concession card, Commonwealth Seniors' Health Card Information and referral

**Veteran's Affairs network**

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

Promotes independence and quality of life to the veteran community in their local environment

**Seniors online community**

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

Links to government departments, associations, community service groups and aged care as well as to seniors' lifestyle interests

**Aged Care Information**

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

Includes age care services and fees

**Health Direct Australia**

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

24 –hour hotline for people who need health advice.

**Disability & Aged Information Service (DAISI)**

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

Provides information relating to people with disabilities, the elderly, their carers, family, and service providers.

**NSW Dept. Ageing, Disability & Home Care (DADHC)**

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

Responsible for policy, planning, resource allocation and performance measurement for the delivery of supports and services for older people, people with a disability and their carers. Helps people to live independently in their own home and includes domestic assistance, personal care, respite care, social support, meals, transport and HACCP (Home and Community Care Packages),.

**Community Care**

**Brunswick Heads Community Care**

Michelle Grant – (02) 6685 3163

Food vouchers, and petrol vouchers, emergency accommodation dental services, DV counseling. Referrals to other services.

**ATSI Home and Community Care Access Service**

Web: [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

Serves NSW Far North Coast. Counselling/support, information and advocacy, info for families

**Home and Community Support**

**Home Care Service of NSW – Brunswick Heads**

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

Household cleaning, personal care. Assessment is based on need and HACC eligibility. In-home respite

**Feros Care Bangalow**

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

Home and community care (HACC) Provision of basic personal care services and domestic are services to HACC eligible clients

**RSL Life Care@ Home North**



**Coast Mullumbimby**

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

Funded by Department of Veterans' Affairs; Health & Ageing; self-funding. Provides a full range of home care services for ex-services personnel who are aged.

Services include allied health, assistance with daily living activities, planned or unplanned carer respite, gardening, home maintenance.

**Care Connect**

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

Specialist case management : counseling; advocacy; personal care; nursing; respite care; home maintenance CACP and EACH

**North Coast minders**

Web: [www.ncminders.com](http://www.ncminders.com)

A private service to service Far North Coast including Byron Shire. Service includes personal care, shopping, cleaning, dementia and palliative care, handyman service, home maintenance. Referral: self, community services, Veteran affairs.

**Community Living: BDCSA**

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

Provides home and community support for people with disabilities including personal care, community access, independent living skills, recreational activities.

**ACAAS Home Support – FNC**

Address: 168 Binna Burra Rd. Bangalow 2479

Email: [office@acaas.com](mailto:office@acaas.com)

Web: [www.acaas.com](http://www.acaas.com)

Provides personal, respite and domestic care, community access, service coordination, companionship, community access, monitoring, medication supervision.

**Community Nursing**

**VA Home Nursing, Home Care**

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

Provides home nursing services, domestic and personal care services to Veterans

**Meals-on-wheels**

**Brunswick Valley Meals-on-Wheels Service**

Fran Leske – 6685 498 or

Colleen Rake – 6685 1066

Provides hot or ready to heat midday meals delivered at low cost to the elderly, those with disabilities and those unable to cook for themselves. Centre-based meals are available on every 3rd Thursday of the month.

**Transport**

**Tweed, Byron & Ballina**

**Community Transport**

Web: [www.community-transport.org.au](http://www.community-transport.org.au)

Provides accessible transport for the elderly, disabled and other disadvantaged groups. Includes medical and health appointments, shopping, day care, and some social activities.

**Byron Bay Transport Services**

Web: [www.byron-bay.com/transportation](http://www.byron-bay.com/transportation)

Several wheel chair accessible vehicles available 24 hrs with specially trained drivers.

**Ballina Byron shire Disabled & Veterans Affairs Taxi Transport**

5 X fully air conditioned wheel chair taxis with specially trained

drivers.

**RED Ticket (Regional Excursion Daily)**

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

For people with a Pensioner Concession card, NSW Seniors card or War Widower/s card (NSW or Victoria) \$2.50 per day on Contract B bus services (regular passenger routes and some school routes).

**Home Modification**

**Byron/Ballina Home Modification & Maintenance Service Inc**

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

Provide modification to homes for safety, access and independence. Maintenance to homes (excludes regular garden maintenance) for HACC eligible clients i.e. older people; people with a disability; of any age; and carers of these groups.

**Northern Rivers Area Health Service**

**Byron Bay Community Health Centre**

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

Services include Community Age care services podiatry, comprehensive community nursing services to enable people to be cared for in their own homes, palliative care and help for frail aged people and those with dementia. Assessment, care and support for all ages.

**Mullumbimby Community Health Centre**

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

Allied health Services: Podiatry. Ancillary medical services are available in public podiatry for people who are health Care card holders, aged over 60 years and have medical conditions such as diabetes. Dental clinic. Referral required. Byron District Hospital, (primary medical services); Mullumbimby District War Memorial Hospital (Primary Medical Services)

**Bangalow Community Health Centre**

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

Provide community nursing services to the Byron shire

**Community Health education groups**

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

Grafton to Tweed

**Transitional Aged Care Service Team**

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

Holistic client-centered care for the elderly clients of the Transitional Aged Care Service

**Red Cross Telecross**

**Provides phone support**

Ph: 1800 812 028

Phone support for the frail, ill and disabled who are at risk

**Hearing Services**

**Australian hearing Services**

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

Commonwealth Gov agency providing hearing tests and aids for people receiving a pension or under 21 years of age

**Deaf Community Association**

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

Information and resources on hearing impairment and deafness (incorporates the Far North Coast Deaf Club)

**Vision Services**

**Vision Australia**

Ph: 1300 847 466 Ask for Lismore

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

Blindness, and low vision services.

**Guide Dogs Australia (NSW/ACT)**

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

Advocacy training guide dogs and companion dogs that assist people with vision impairments to achieve independence through access and mobility.

**Advocacy Services**

**North Coast Tenants Advice &**

**Advocacy Service**

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

Provides information, advice and advocacy for tenants

**Richmond Community Options**

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

Case management for HACC clients for people with a disability, dementia or the frail aged. Assessment and monitor of the care situation for an agreed period of time

**The Aged-Care Rights Service Inc.**

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

TARS is a community legal centre that provides advocacy for the residents of Commonwealth funded hostels and nursing homes, self-care retirement villages and recipients of in-home aged care in NSW. We also give information on the costs associated with entering an aged care facility and give advice on retirement village contracts

**Senior Citizen Groups**

Byron Bay Senior Citizens Autumn Club

Address: 37 Marvel St Top End (PO Box 602) Byron Bay 2481

Ph: (02) 6685 8247

A meeting place and drop-in centre providing social support and recreational activities and bus trips for people aged over 55 years. Activities include indoor bowls, cards, bingo, 500 and meals.

Meet on Wednesdays 6.30 am-4pm Thursday 9.30-4pm

Mullumbimby Senior Citizens Autumn Club

Address: Cook Pioneer Centre Gordon St.

Mullumbimby 2482

Ph: (02) 6684 2437

A meeting place and drop-in centre providing social support and recreational activities for people aged over 55 years.

Activities include day parties, luncheons and trips away.

Wheelchair access. Club day meetings on Monday: Day 4th Saturday of the month

Brunswick Heads Senior Citizens Club

Address:

Ph: (02) 6685 6481

A meeting place and drop-in centre providing social support and recreational activities for people aged over 55 years.

Activities include indoor bowls, 8.30am to 12noon Mondays

Country Women's Association

Brunswick heads

Address: Cnr Park and Booyun Sts.

Brunswick Heads

Ph: (02) 6680 2090

Friendship, personal growth and pursuit of key social issues to women in the community. Scholarships for schooling essentials. Wheelchair access. Meetings 9.30 am second Wednesday of the moth. Craft Mondays.

Country Women's Association Byron Bay

Address: SDA Church Hall Jonson St.

Byron Bay 2481

Ph: Barbara (02) 6685 3144

Activities for women including handicraft, study groups, promotion of primary produce, academic scholarships for children and a quarterly newspaper. Meetings 10am on the 1st Thursday of each month

Country Women's Association

Mullumbimby

Address: Cnr Gordon & Tincogan Sts

Mullumbimby 2482

Ph: (02) 6684 2864

Offers opportunities for friendship, personal growth and pursuit

of key social issues to women in the community. Wheelchair access. 10am every 2nd Wed of the month. Craft on every other Wed.

Brunswick Heads Combined Probus

Address:

Ph: (02) 6684 7309 Men

Ph: (02) 6684 7309 Women

Provides cultural interests for adult men and women who are retired or semi-retired. Guest speakers and regular outings are arranged. Meetings at RSL Thursdays 10am-12noon.

**Community Centres**

Byron Community and Cultural Centre

Address: 69 Jonson St. Byron Bay 2481

(PO Box 309)

Ph: (02) 6685 6807

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

Information and referral. Produces Byron Community

Directory, manages Byron Community Markets and manages rooms for hire.

Development and auspice of community initiatives.

Emergency relief financial counsellor, migrant services. 10am to 4pm Mon - Fri

Brunswick Valley Community Centre

Address: South Beach Rd. Brunswick Heads 2483

Respite care is available to provide relief to families and carers of the elderly and people with disabilities. A carer support group is also available. Meals on wheels operates from here \$9 a day for respite care. 9am to 5 pm Mon – Fri

Ph: (02) 6685 1498

Mullumbimby & District Neighborhood

Centre

Address: 55 Dalley St. Mullumbimby 2482

(PO Box 149)

Ph: (02) 6684 1286

Web:

Provides information about organisations and services in Byron Shire and surrounding areas. Operate a Volunteer Program, Women's Resource Service, Domestic Violence Outreach Program.

Also provides access to email, word processing and the Internet.

Ballina District Community Services

Association Inc

Address: 42 Cherry St. Ballina 2478 (PO Box 623)

Ph: (02) 6686 7776

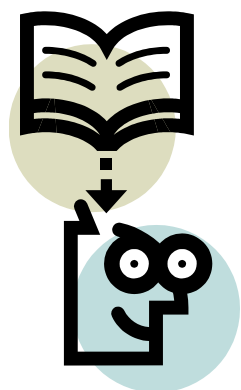
Web: [www.bdcsa.org](http://www.bdcsa.org)

Carer, Aged and Disability Programs. Transport can be arranged for activities from Alstonville, Ballina, Ocean Shores, Brunswick, Byron Bay & Lennox Head

## SECTION 1 – COMMUNITY ACTIVITIES/EVENTS

Here is a current list of local interest groups for seniors within your local Community.

### STRUCTURED ACTIVITIES/EVENTS



#### 1. Life Story Workshops.

##### **Get connected by sharing your stories.**

The process of sharing digital stories promotes images of older people to the community in a positive, interesting and creative way. Sharing stories values the older person's voice in the community, enhances the wellbeing of older people and supports community engagement. Life of Byron – Conversations with the Elders documents digital stories of individuals and our community, engendering pride, connectedness and a sense of belonging. Personal narratives can touch viewers deeply, moving them to reflect on their own experiences and treat older people with greater compassion. The sharing of stories has the power to make a real difference.

*Those who are lucky enough to grow old should celebrate that fact.*

Participants will be accompanied by volunteers who will be trained in the art of collecting an older persons' life story on digital media, and then use these skills to capture brief life story "snippets" of older persons. This project presents a rich opportunity for collaboration, personal reflection and the sharing of experiences and memories.

There will be initially 3-4 workshops (one per week lasting around 2 hours per session)

At the end of the series of workshops participants will have:

An audio recording (20 minute) of each participant's story.

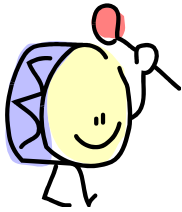
A DVD (3minute) production containing an edited collection of digital stories that can be shared with a wider audience.

An uncut version of the recording – this will be a lasting legacy.

A professional portrait photograph by a local photographer.

If you would like to be involved in telling your stories and are an older resident please contact Paula La Belle ay Byron Community Centre on 02 6685 6807.

## **2. Seniors Drumming.**



### **Connecting for Healthy Ageing.**

The latest trend – reduces stress – fun and uplifting.

Come along and meet new friends.

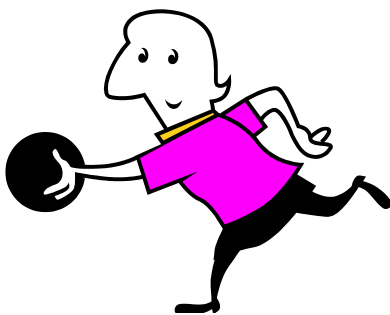
No previous musical experience necessary.

\$5.00 per session – drums and percussion instruments provided.

Tuesday mornings 10.30-11.30 in the Byron Community Centre Theatre.

For more information contact Trish McCarthy 6687 5688.

## **3. Brunswick Heads Senior Citizens Indoor Bowls Club.**



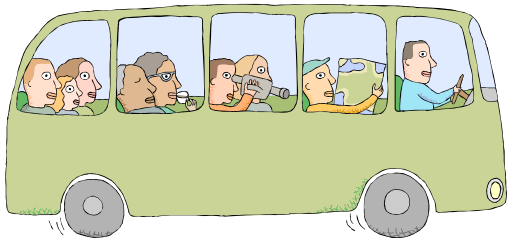
Every Monday 8.45am – 12 noon.

R.S.L. Hall, Fawcet Street, Brunswick Heads.

Wheel Chair Access.

Phone (02) 66851360.

#### **4. Social bus outing.**



4<sup>th</sup> Tuesday of each month.

Organised by Tweed, Byron & Ballina Community Transport.

Bookings essential – Phone 1300 875 895.

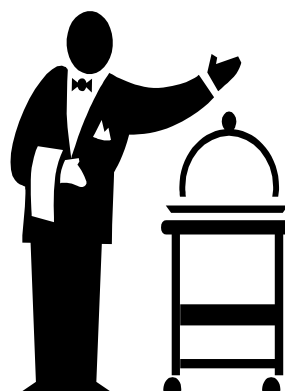
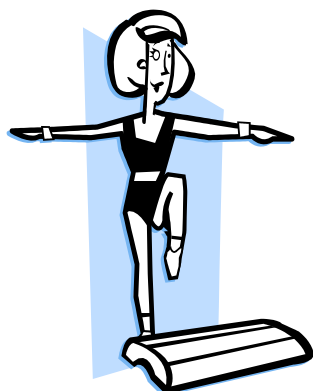
#### **5. Byron Bay Bridge Club**



Meets at Bangalow Bowling Club every Friday at 12.30pm.

Please phone (02) 6687 2741

## 6. Ballina Lighthouse RSL day Club.



Meets on Thursdays from 10am to 2pm at the Richmond Room, Regatta Avenue, Ballina.

The club is for socially isolated elderly people who can feed, toilet and medicate themselves. The Club provides morning tea, lunch, exercises, Guest Speakers, mental stimulation, entertainment and socialisation.

If you would like to come and visit the Day Club and see if it's for you please phone the co-ordinator, Lorraine Fox, on 6687 4350 or mobile 0439 301 249.

## 6. Byron Bay Senior Citizens Autumn Club



A meeting place and drop-in centre providing social support, recreational activities and bus trips for people over 55 years. Activities include indoor bowls, cards, bingo, 500 and meals.

Meets on Wednesdays 6.30am – 4pm Thursdays 9.30am – 4pm.

37 Marvel Street, Byron Bay. Phone 6685 8247.



## **ASSISTED ACTIVITIES/EVENTS**

**Requiring assistance from relative/friend/carer.**

### **1. Golf**



Byron Bay Golf Course offers veterans days for over 55's. They are also able to enter competitions (where the rules are slightly changed to meet the needs of elderly people and the course is shorter)

You are able to rent gold clubs, pull buggies, electric walk-behind buggies and motorised carts with GPS. They also offer coaching.

Broken Head Road, Byron Bay Phone 6685 6977

## 2. Crystal Castle



A short scenic journey into Byron's hinterland.

Wander through the stunning gardens and rainforest. Find yourself in an ancient labyrinth. Touch the world peace stupa blessed by the Gyuto Monks of Tibet.

Or just indulge in delicious views, local coffee and food.

Ignite your senses, enrich your spirit.

The Crystal Castle gallery has a large range of exquisite jewellery for purchase and exhibits a stunning array of crystals.

Crystal castle offers the chance to see your colours and explore your aura. It also offers tarot readings that are often supported with other modalities that include Astrology, Psychic and Palm Readings.

10am – 5pm every day of the week. Free to locals.

81 Monet Drive, Mullumbimby, 2482 Phone 6684 3111

### **3. Farmers Market.**



Not too crowded and busy. Wander around the market and have the opportunity to purchase local organic foods.

Butler Street, Byron Bay

### **4. Lighthouse Tours.**



Tours of the lighthouse can be arranged by calling the lighthouse.

Take in the spectacular sea cliffs, rare and beautiful coastal vegetation, spectacular beaches and views of both the surrounding Cape Byron Marine Park and the hinterland to the west. You may even be lucky enough to view a whale or two or watch the dolphins at play.

Situated on the most Easterly point of mainland Australia. The Cape Byron Lighthouse and light-keepers cabin, built in 1901, are an outstanding feature of the Reserve. All the buildings are listed on the National Estate Register, and offer visitors an insight into what life was like in the days of the lighthouse keepers. You are able to drive up to the lighthouse.

Lighthouse Road, Byron Bay. Phone 6620 9300.

8am – sunset daily. Reserve – accessible at all times.

For more information: [www.nationalparks.nsw.gov.au](http://www.nationalparks.nsw.gov.au)

## 5. Fishing.



What a relaxing sport. While away your time dangling a line. Brunswick Heads Wharf offers a safe environment for those who like to spend a bit of time fishing. There is also a seafood co-op there where you can purchase fresh seafood or enjoy cooked seafood with chips in their park or on the wharf. A very relaxed atmosphere.

## 6. Byron Bay Regional Markets.



Not for those who don't cope well with crowds. But for those who do, ingenious art and craftworks fill the market. Beautiful things made by local people using natural materials to colourful imports from Africa and Asia. Or fill up your larder with freshly-harvested and home-made products. Food stalls offer goodies for consumption on site or to take home and savour later.

If your body needs attention slide onto a massage table and have experienced hands sooth your pains, or go holistic with reflexology. A wonderful range of skin and hair products made from natural ingredients are also on offer.

A nice way to while away a few hours and have a wander.

Butler Street Reserve, Byron Bay

Web: <http://www.byron-bay.com/markets/>

1<sup>st</sup> Sunday of each month.

## **SECTION 2 - COMMUNITY SUPPORTS.**

### **1. Tweed, Byron & Ballina Community Transport.**

Providing transport options for frail, aged or disabled people and their carers.

Types of transport included are:

Individual transport to local medical appointments including dentist, chemist, clinic visits etc.

Longer distance transport to medical specialists (limits apply)

Door to door shopping bus – wheelchair accessible.

Door to door bus for co-ordinated social outings – wheelchair accessible.

The shopping bus service is door to door and includes a volunteer attendant who travels on the bus to assist with clients on and off the bus, as well as carrying parcels to your door when necessary. If you have a carer, they may travel with you.

This service does a weekly shopping trip (Tuesdays weekly) to Woolworths, Byron – A trip to Tweed City (1<sup>st</sup> and 3<sup>rd</sup> Tuesday) – A trip to Tweed City/Aldi (Thursdays weekly) and Ocean Shores Shopping Centre (Thursday fortnightly)

Clients can have the opportunity to visit a hairdresser at either Tweed City or Ocean Shores.

You need to register with the service. Once you have registered they will add you to the passenger list.

## **2. Byron Community Centre.**

Byron Community Centre offers a large range of supports.

**NILS** – Nil interest loans (must qualify)

**Free Counselling**

**Free Financial Advice**

**Free meals** (These are cooked freshly by the Liberation Larder and then frozen in the Centres freezer in individual servings)

**Emergency Relief** – for those struggling to pay a bill or to pay for medication, food etc.

**Free Legal Advice** – A solicitor from the Northern Rivers Community Legal Centre will be available to give free legal advice and assistance by telephone or face-to-face.

69 Jonson Street, Byron Bay. Phone 6685 6807

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

## **3. ATSI Home and Community Care Access Service.**

Services NSW Far North Coast. Offers counselling/support, information and advocacy, information for families.

Web: [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

## **4. Home Care Service of NSW – Brunswick Heads.**

Offers household cleaning, personal care. Assessment is based on need and HACC (Home and Community Care) eligibility. In-home respite available.

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

## **5. North Coast minders.**

A private service to service Far North Coast including Byron Shire. Service includes personal care, shopping, cleaning, dementia and palliative care, handyman service, home maintenance.

Referral: Self, community services, Veteran affairs.

Web: [www.ncminders.com](http://www.ncminders.com)

## **6. Community Living: BDCSA.**

Provides home and community support for people with disabilities including personal care, community access, independent living skills, recreational activities.

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

## **7. ACAAS Home Support – FNC.**

Provides personal, respite and domestic care, community access, service co-ordination, companionship, monitoring and medication supervision.

168 Binna Burra Road, Bangalow 2479

Web: [www.acaas.com](http://www.acaas.com)

## **8. Brunswick Valley Meals-on-wheels Service.**

Provides hot or ready to heat midday meals delivered at low cost to the elderly, those with disabilities and those unable to cook for themselves. Centre-based meals are available on 3<sup>rd</sup> Thursday of the month.

Phone Colleen Rake – 6685 1066

## **9. Byron Bay Community Health Centre.**

Services include Community Age care, podiatry, comprehensive community nursing to enable people to be cared for at home, palliative care and help for frail aged people and those with dementia. Assessment, care and support for all ages.

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



## **SECTION 4 – MEDICAL/ALLIED HEALTH.**

### **1. Byron Bay Community Health Centre.**

Services include Community Age care services, podiatry, comprehensive community nursing services to enable people to be cared for in their own homes, palliative care and help for frail aged people and those with dementia. Assessment, care and support for all ages.

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

### **2. Byron Bay Hospital.**

Shirley Street, Byron Bay. Phone 6685 6200

### **3. Bay Centre Medical Clinic.**

Engages many doctors both male and female. Appointments necessary.

6 Lawson Street, Byron Bay. Phone 6685 6206

### **4. Holdsworth House Medical Centre.**

Engages many doctors both male and female. Also offers podiatry.

37 Fletcher Street, Byron Bay. Phone 6680 7211

### **5. Byron Bay Dental**

1 Ironbark Avenue, Byron Bay. Phone 6680 8138

### **6. Byron Dental Surgery**

7/14 Middleton Street, Byron Bay. Phone 6680 7774

**7. Dentures Direct.**

21/70 River Street, Ballina. Phone 6681 6691

**8. Ballina Dental Lab**

Suite 10 Tamar Centre, 48 Tamar Street, Ballina

Phone 6686 8842

**9. Byron Bay Skin Cancer Clinic**

52 Shirley Street, Byron Bay. Phone 6680 7399

**10. Byron Bay Eye Care.**

6 Lawson Street, Byron Bay. Phone 6685 7025

**11. Physiotherapy.**

Contact Byron Bay Hospital. Phone 6685 6200

**12. Australian Hearing Services.**

Commonwealth Government agency providing hearing tests and aids for people receiving a pension or under 21 years of age.

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

**13. Bay Audio Hearing Experts.**

Ballina. Phone 1800 229 283

## SECTION 5 – HELPFUL PHONE NUMBERS.

### **1. The National Carers Counselling Program.**

Carers have access to short-term professional counselling and assistance to manage issues such as stress, loss and grief through this program,

Phone – 1800 242 636

### **2. Alzheimer's Australia.**

Co-ordinates a large number of support groups throughout Australia and also offers free specialist counselling services for both carers and people with dementia. These services can be accessed through the National Dementia Helpline.

Phone – 1800 639 331

### **3. Aged Care Assessment Team.**

This is a regional service which determines the eligibility for residential care. Also provides information on medical issues.

Cherry Street, Ballina.

Phone – 6620 6222

### **4. Carers NSW**

An association for relatives and friends who are caring for people who are frail, aged or disabled. Provides information, support and counselling. Carer support groups.

Web: [www.carersnsw.asn.au](http://www.carersnsw.asn.au)

**5. Mental Health Access Line.**

Phone – 1300 369 968

**6. Byron Bay Hospital**

Phone 6685 6200

**7. Byron Bay Police**

Phone 6685 9499