

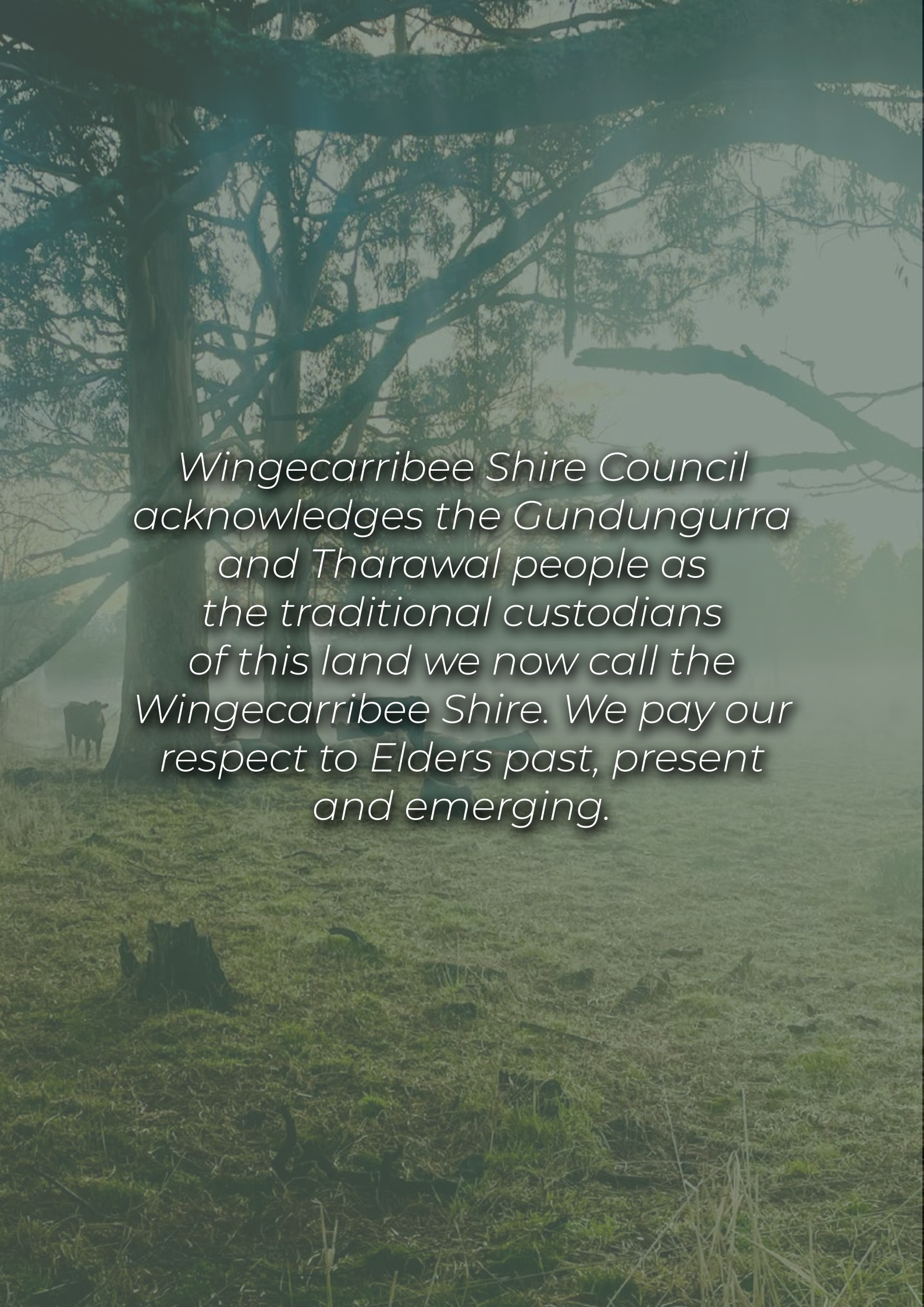


Seniors Directory 2024 - 2026



Wingecarribee
SHIRE COUNCIL

We're with you



*Wingecaribee Shire Council
acknowledges the Gundungurra
and Tharawal people as
the traditional custodians
of this land we now call the
Wingecaribee Shire. We pay our
respect to Elders past, present
and emerging.*

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WELCOME

Welcome to the 2024 edition of the Wingecarribee Shire Seniors Directory!

As part of our Positive Ageing Strategy, Wingecarribee Shire Council is committed to supporting older residents to live happy, healthy and independent lives, connected to the community.

The Directory is a 'must have' for our older residents, showcasing all the supports and opportunities for community connection available in our Shire. You will find services that will help you stay active, keep learning, stay connected and age positively.

I encourage all our older residents to take the time to read through the following pages and learn how you can get involved, access information and support and enjoy all that our beautiful Shire has to offer.

Lisa Miscamble

General Manager

DISCLAIMER

The information contained in this Seniors Directory is true at time of print (March 2024). For updates, please visit our website: www.wsc.nsw.gov.au or scan this QR code.



Please note it is not the intention for this Seniors Directory to include all services, groups and facilities available in the Wingecarribee Shire, but rather provide a range of information that is considered relevant for older residents.

For a directory of general community groups, organisations and events, visit MyShire at



www.wsc.nsw.gov.au/Places/MyShire.

INTRODUCTION

Almost 35 per cent of people living in the Wingecarribee Shire are over the age of 60. This Seniors Directory has been created to provide useful information about local services and activities for our Shire's older residents.

Our older residents are an integral and essential part of our community. Wingecarribee Shire Council encourages active ageing and recognises and celebrates the many benefits that the ageing population contributes to our community.

The Directory has been separated into categories to allow you to quickly find local services, supports and activities that may be of interest to you.

If you attend a group or service that is not listed and you would like it to be included on our general Community Directory, please make a listing on MyShire:

 www.wsc.nsw.gov.au/Places/MyShire



Council's Community Development Team can provide further information on local services, programs, activities and resources for older people, their families and carers.

Stay up to date with events throughout the year, including annual Seniors Festival activities, by subscribing to Wingecarribee Shire Council's newsletter:

 www.wsc.nsw.gov.au/Council/Connect-with-Council/Subscribe-to-Our-E-Newsletters

IMPORTANT NUMBERS



Emergency services

FOR ALL EMERGENCIES DIAL 000

In life-threatening emergencies, or for urgent help from Police, Fire or Ambulance services, call 000 (Triple Zero).

Fire  www.fire.nsw.gov.au

FOR ALL EMERGENCIES DIAL 000

Bowral Fire Station	 16 Merrigang St, Bowral	 02 4824 7234
Bundanoon Fire Station	 15 Anzac Pde, Bundanoon	 02 4824 7242
Mittagong Fire Station	 10 Bowral Rd, Mittagong	 02 4871 1002
Moss Vale Fire Station	 64 Elizabeth St, Moss Vale	 02 4824 7285

NSW Rural Fire Service  www.rfs.nsw.gov.au

FOR ALL EMERGENCIES DIAL 000

The NSW Rural Fire Service is a volunteer fire service whose members provide fire and emergency services for a range of incidents and activities.

NSW Rural Fire Service Bushfire Information Hotline  1800 679 737

Call for information about current major incident activity, current total fire bans and advice on protecting your property and other fire-related safety information.

Southern Highlands Rural Fire Service  Cnr Priestley and Etheridge Sts, Mittagong  02 4868 5500

State Emergency Services (SES)  www.ses.nsw.gov.au

FOR ALL EMERGENCIES DIAL 000







 16 Bessemer St, Mittagong  13 25 00

SES volunteers are trained to prepare and assist the community in the areas of:

- Flood and storm response
- General rescue
- Flood rescue
- Land search

Police  www.police.nsw.gov.au


FOR ALL EMERGENCIES DIAL 000

Southern Highlands Police Centre	 67 Elizabeth St, Moss Vale	 02 4869 7899
Bundanoon Police Station NOT open 24 hours	 Anzac Parade, Bundanoon	 02 4862 6200
Robertson Police Station NOT open 24 hours	 59 Hoddle St, Robertson	 02 4862 6260

Crime Stoppers  www.crimestoppers.com.au  1800 333 000

Crime Stoppers is the nation's most trusted information receiving service for people wanting to share what they know about unsolved crimes and suspicious activity without having to say who they are.

Police Assistance Line






 131 444

Contact the Police Assistance Line for non-urgent police assistance, reporting minor crime and all general enquiries.

NSW Police Force Community Portal  portal.police.nsw.gov.au

Use the NSW Police Force Community Portal to report minor crime online


Domestic Violence or Elder Abuse assistance

NSW Domestic Violence Line	 1800 656 463
1800RESPECT	 1800 737 732
NSW Ageing and Disability Abuse Helpline	 1800 628 221
National Elder Abuse phone line	 1800 353 374
Pop In	 02 4872 1229

Mental Health and wellbeing

Lifeline	 13 11 14
Mental Health Line	 1800 011 511
Beyond Blue	 1300 224 636
Suicide Call Back Service	 1300 659 467
Open Arms Veterans and Families Counselling	 1800 011 046
Community Links Wellbeing	 02 4683 2776

Hospitals

Bowral and District Hospital	 02 4861 0200
Southern Highlands Private Hospital	 02 4862 9400

Patient Transport Service  www.health.nsw.gov.au/pts  1300 233 500

Patient Transport Service is a NSW Health service for people who require transport to, or from, a health facility such as a hospital or rehabilitation unit but do not need a time-critical emergency ambulance.


A person must be assessed by a medical practitioner or registered nurse as medically unsuitable for community, public or private transport before being eligible for PTS.

NSW Poisons Information Centre  www.poisonsinfo.nsw.gov.au  13 11 26




The NSW Poisons Information Centre provides the latest poisons information to the public, and toxicology advice to health professionals on the management of poisoned and envenomed patients.

Telephone advice is available 24/7.

Pain Management

Australian Pain Management Association Pain Link Helpline	 1300 340 357
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Animal Welfare

WIRES  www.wires.org.au	 1300 094 737
Wildlife Information, Rescue and Education Service	
Wildlife Rescue South Coast (24 Hour Hotline)	 0418 427 214

Wingecarribee Shire Council

 Civic Centre	 02 4868 0888
68 Elizabeth St, Moss Vale	 mail@wsc.nsw.gov.au
 Open 8.30am-4.30pm Monday to Friday	 www.wsc.nsw.gov.au

COUNCIL SERVICES



Customer service

Wingecarribee Shire Council is working to create and nurture a vibrant and diverse community in harmony with the urban, agricultural and natural environments of the region. Our customer service team are committed to providing prompt, friendly, courteous and efficient customer service.

Civic Centre

68 Elizabeth St, Moss Vale NSW 2577 | PO Box 141 Moss Vale NSW 2577

Open Monday to Friday 8.30am - 4.30pm

02 4868 0888 mail@wsc.nsw.gov.au www.wsc.nsw.gov.au

Emergency After Hours 02 4868 0888

Rate Rebates

You may be eligible for a rebate if you have been issued with a Pensioner Concession Card from Centrelink, the Department of Veterans Affairs or a Gold Card stamped with either EDA or TPI and you haven't previously claimed.

You must also own and reside at the property for which you are claiming. Should you wish to apply for a pensioner rebate, application forms are available on Council's website, the Civic Centre, or by contacting our Revenue Team.

www.wsc.nsw.gov.au or 02 4868 0888

Free Council Wi-Fi

- 1 Select wireless connection **Wingecarribee Free Wi-Fi**
- 2 Go to your web browser
- 3 Accept the Terms and Conditions
- 4 Start browsing

Corbett Gardens in Wingecarribee St, Bowral Available 7am-8pm
Best coverage is between the rotunda and public toilets

Civic Centre in Moss Vale Available 7am-8pm
(building access limited to Council business hours and special events)

Public Libraries at Bowral, Mittagong and Moss Vale Available 7am-8pm
(building access limited to library hours)

Welcome Centre in Mittagong Available 7am-8pm

Resource Recovery Centre in Moss Vale Available 8am-4pm
(access limited to Council business hours)

Councillors

Under the Local Government Act 1993, Ordinary Council Elections are held on the second Saturday in September every four years.

The next Ordinary Council Election will be held on 14 September 2024.

www.wsc.nsw.gov.au/Council/About-Council

CEMETERIES

Council maintains and cares for eight fully operational cemeteries across the Shire. These cemeteries provide a range of services and memorialisation options.

Located in a variety of locations from natural bushland to open farmland, all cemeteries offer tranquil settings to commemorate and celebrate the life of your loved ones.

Council also maintains a number of historic or closed cemeteries. These cemeteries are an important source of local history and are of great heritage significance to present and future generations.

Contact Council for further information on interment availability, reservations, placement of ashes or memorialisation options.

 02 4868 0888

 www.wsc.nsw.gov.au/Places/Facilities/Council-Cemeteries



Public Cemeteries

Balmoral Historic Cemetery

 Bolans Rd, Balmoral

Berrima General Cemetery

 583 Berrima Rd, Berrima

Bowral General Cemetery

 109 Kangaloon Rd, Bowral

Bundanoon General Cemetery

 Ferndale Rd, Bundanoon

Burradoo Wesleyan/Methodist

(closed, ash placements only)

 Burradoo Rd, Burradoo

Burrawang Cemetery

 Church St, Burrawang

East Kangaloon Cemetery

(closed, ash placements only)

 1973 Kangaloon Rd, East Kangaloon

Glenquarry Cemetery

(closed, ash placements only)

 311 Tourist Rd, Glenquarry

Moss Vale General Cemetery

 75 Berrima Rd, Moss Vale

Myra Vale Cemetery

(existing rights, ash placements)

 Myra Vale Rd, Myra Vale

Penrose General Cemetery

 Victoria St, Penrose

Robertson General Cemetery

 151 Missingham Pde, Robertson

Rowe's Hill Anglican Cemetery

(existing rights/ash placements)

 869 Old South Rd, Mittagong

Welby General Cemetery

 50 Meranie St, Welby

COMMUNITY FACILITIES



Council Facilities

Across the Wingecarribee Shire, Council has a variety of halls and other venues for community events, group gatherings, live performances, or special occasions.

Choose a Council-run venue and book conveniently, via Bookable.

Our volunteer managed venues can be booked by completing an online request form, after confirming availability with the venue's booking officer.

Bookable and the online booking form, as well as further information on all our venues, can be found on Council's website.

 www.wsc.nsw.gov.au/Places/Facilities/Hire-a-Hall-or-Venue

For more information on using Bookable, "how to" videos are available on our website.

 www.wsc.nsw.gov.au/Places/Facilities/Hire-a-Hall-or-Venue/How-to-use-Bookable-for-your-Hall-or-Venue-Hire

Accessible Toilets and MLAK

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.

Eligible people with disability can purchase an MLAK key which opens all accessible toilets displaying the MLAK symbol.

A limited number of keys are available for eligible residents to purchase from Council for \$25.00.

Application forms and keys are available at Council's Civic Centre or at the Visitor Information Centre in Mittagong. Alternatively, application forms can be downloaded from Council's website and can be submitted via email to

 mail@wsc.nsw.gov.au.

Applications are restricted to people with disability living in the Wingecarribee Shire, with a limit of one key per applicant. The key is not transferable and is only to be used by the person to whom it has been issued.

Please refer to The National Public Toilet Map for a list of public amenities within our Shire. This website also provides information on the location, accessibility, opening hours and availability of more than 14,000 public and private amenities across Australia.

 toiletmap.gov.au

Swimming Pools

There are three Council swimming pools across the Wingecarribee Shire offering the community opportunities for fun, fitness, social interaction, and recreation. All pools are accessible with ramps, mobility hoists, or accessibility steps installed.

INDOOR AQUATIC CENTRES

Moss Vale War Memorial Aquatic Centre

(Managed by Bluefit on behalf of Council)

 8 Kirkham St, Moss Vale

A year-round aquatic and fitness centre in Moss Vale available for community use.

Open 7 days a week with gymnasium, café, 25m lap pool, group exercise, aqua aerobics, hydrotherapy pool (heated to 30 degrees) and allied health services.

 02 4686 1967

 www.mossvaleaquatic.com.au

OUTDOOR AQUATIC CENTRES

Bowral Swimming Centre

 152 Mittagong Rd, Bowral

Seasonal pool opens from October to March each year. Heated to 24 degrees. Mobility hoist is available for ease of entry and egress.

 02 4861 2598

 www.wsc.nsw.gov.au/Places/Facilities/Swimming-pools

Bundanoon Swimming Centre

 70 Erith St, Bundanoon

Seasonal pool opens from November to March each year. Heated to 24 degrees. Accessibility steps for ease of entry and egress.

 02 4883 6464

 www.wsc.nsw.gov.au/Places/Facilities/Swimming-pools

ENVIRONMENT



The environment of the Southern Highlands is truly unique, with rich biodiversity, numerous waterways and wetlands and a wide variety of landforms, soils and microclimates, which creates many complex ecosystems.

Home to over 370 native mammal, reptile and bird species, our region is one of the most diverse in Australia. We are also home to the largest koala population in southern NSW.

There are many ways you can get involved in environmental activities such as

- Bushcare and Rivercare
- Land for Wildlife
- Citizen Science opportunities

Receive regular updates from Council's award-winning Environment and Sustainability Team by subscribing to our regular environmental newsletters, the Southern Highlands Nature News and Wingecarribee web.

For more information about Council-run environment and environmental programs visit our website.

 www.wsc.nsw.gov.au/Environment/

Bushcare, Rivercare and Citizen Science

Council's Bushcare Program encourages the community to get out into nature and restore ecological sites within Council managed Bushland Reserves.

Groups work to restore and rehabilitate bushland, waterways and wetlands and make a real and practical difference to the environment.

The Citizen Science Program is about encouraging the public to get involved in biodiversity monitoring and research. Council delivers workshops and events for the community to learn and be involved in citizen science. This includes reporting koala sightings to Council's Koala Hotline and the use of citizen science applications (e.g. iNaturalist) that enable community members to photograph and record their plant and animal sightings.



Earth Flix

Earth Flix officially launches in 2024, a film festival of sorts that stretches throughout the year. Each month's Earth Flix screening will have a different environmental theme, will be educational, help build resilience and inspire our community. These films will be screened at the Empire Cinema in Bowral.

 www.wsc.nsw.gov.au/Environment/Get-Involved/Earthflix

LIBRARIES

Come and join your local library! It's for everyone and it's free to all residents living in the Wingecarribee Shire.



 Opening hours: www.library.wsc.nsw.gov.au

 1300 266 235

Bowral Central Library

 16-24 Bendooley St, Bowral

Mittagong Library

 6 Queen St, Mittagong

Moss Vale Library

 Civic Centre, 68 Elizabeth St, Moss Vale

Library Services

- Many items and formats to borrow including: books (fiction and non-fiction, large print, Junior and Young Adult) audio books, magazines and DVDs, eBooks, eAudio and eMagazines are available on the library website

 library.wsc.nsw.gov.au

- Free Wi-Fi
- Free library member access to public internet and word processing computers
- Preschool and baby story times
- School Holiday activities
- Local studies collection and family history resources
- Find legal answers and drug information collections

Book Club Kits

If you are already a Book Club member or are considering starting one, the Library can lend your group a Book Club kit from our Book Club kit collection. Visit our website or contact Bowral Library for more information. Conditions apply.

Bulk Loans

Bulk loans of library materials are available for organisations such as schools and retirement villages. To arrange a bulk loan for your organisation contact Bowral Library. Conditions apply.

Friends of Wingecarribee Library (FOWL)

FOWL hold many interesting functions throughout the year, including author talks and book sales. Join FOWL and be part of an active and friendly group of library supporters.

Home Library Service

The Home Library Service is a fortnightly service delivering items specifically chosen for aged or unwell residents who are housebound and cannot access a library. If you would like to find out more about this service please contact Bowral Library. Conditions apply.

Outreach Service

Our Mobile Library visits library patrons living in the outlying towns and villages of the Shire each fortnight on a Tuesday and Thursday. The Mobile Library visits Avoca, Balmoral Village, Bundanoon, Burrawang, Canyonleigh, Colo Vale, Exeter, Hill Top, New Berrima, Penrose, Robertson, Wingello and Yerrinbool.

Visit our website to view the Mobile Library timetable or contact Bowral Library to find out when the Mobile Library will next visit your area.

Mobile Library:

 0417 699 641

PARTICIPATE AND STAY INFORMED



E-Newsletters

Sign up to the Your Shire e-news to receive a weekly update on all that's happening across the Shire. Community news, events near you, funding opportunities, progress on major projects, and opportunities to participate in decision making – all delivered straight to your inbox!

 www.wsc.nsw.gov.au/Council/Connect-with-Council/Subscribe-to-Our-E-Newsletters



Facebook

Keep up to date by following Council's Facebook page.

 www.facebook.com/WingecarribeeShireCouncil

Participate Wingecarribee

Have your say and contribute to local consultations through Participate Wingecarribee. This is the place for you to join in the discussions, share your thoughts and help shape key projects and services in the Wingecarribee Shire.

 participatewingecarribee.wsc.nsw.gov.au

PETS AND COMPANION ANIMALS



Animal shelter

Entry to the shelter is by appointment only and only for genuine enquiries about adopting cats or dogs. All visitors are to report to the shelter office on arrival.

📍 177 Berrima Rd, Moss Vale (located inside the Resource Recovery Centre). *Please note that the Animal shelter will be relocating to 1 Bowman Rd, Moss Vale towards the end of 2024.*

For an updated list of animals available for adoption, visit Council's website or the Animal Shelter's Facebook page.

🖱️ www.wsc.nsw.gov.au/Residents/Animals-and-Pets

📘 www.facebook.com/WingecarribeeAnimalShelter/

☎️ 02 4868 1520

Lifetime pet registration

As required under the Companion Animals Act 1998 your dog or cat should be lifetime registered by six months old. If you have an older pet who is unregistered, registration should be completed immediately. The fee for lifetime registration is a one-off fee which is reduced if your pet is desexed. The National Desexing Network (NDN) has veterinarians available who offer discount desexing to pet owners in genuine financial need.

Please inform Council of any change of address, or if you sell or give away your pet, if your pet goes missing for more than 3 days, or if your pet dies.

Lost animals

If your cat or dog goes missing, contact Council and provide a description of the pet, where and when it was last seen and your contact details. You can improve the possibility of your pet's safe return by ensuring your pet's microchip details are up to date and including an alternative contact.

Find out more:

🖱️ www.wsc.nsw.gov.au/Residents/Animals-and-Pets/Lost-Found-Pets

Dog friendly parks

Council provides four dog leash-free parks to enable your dog to run freely off the lead in a fenced area. Leash-free parks are located:

📍 Brian Martin Oval, Centennial Park, 17 Centennial Rd, Bowral

📍 Alexandra Square Park, 6 Alice St, Mittagong

📍 Seymour Park, 2-10 Spencer St, Moss Vale

📍 Jordan's Crossing, Ellsmore Rd, Bundanoon

Dogs on leash are permitted in all Council parks and open spaces.

Your dog must be under the effective control of a competent person at all times when out in public. This means that it must be on a leash and under the control of someone capable of restraining it. All dogs apart from genuine assistance dogs are not allowed within 10 metres of a children's play area.

RSPCA Seniors for Seniors Program

RSPCA NSW offers a 50% discount on pets for Seniors Card holders if they adopt a dog or cat over the age of eight years old. This program also comes with access to the Home Ever After program, which is a tailored, future care plan for pets should something happen to their owner.

Find out more:

🖱️ rspcansw.org.au/what-we-do/adoptions/seniors-for-seniors/

☎️ 02 9770 7555

WASTE



Resource Recovery Centre

The Resource Recovery Centre (RRC) is a multi-award winning, waste recycling, collection and transfer facility aiming to reduce the volume of waste going to landfill.

 177 Berrima Rd, Moss Vale

 02 4868 0888

 resource@wsc.nsw.gov.au

 www.wsc.nsw.gov.au/Residents/Waste-and-Recycling/Resource-Recovery-Centre

Resource Recovery Waste Wise (Education)

Wingecarribee Shire Council recognises the importance of working in partnership with the community to manage, reduce and avoid waste.

We have a Waste Education Officer who offers workshops and information relating to waste, sustainability and home food processing (composting and worm farms). For workshop requests, events or questions contact the Waste Education Officer.

 177 Berrima Rd, Moss Vale

 02 4868 0888

Waste Education and Policy Officer

 www.wsc.nsw.gov.au/Residents/Waste-Education-and-Resources

Missed, stolen or lost bins

If your bin has not been collected, is damaged or has been lost or stolen please contact JR Richards on

 1300 133 969.

Calls received before 12 noon can be collected on the same day, any calls after 12 noon will be collected the following day.

 www.wsc.nsw.gov.au/Residents/Waste-and-Recycling/Bin-Collection

Bulky waste collection

We are currently reviewing the ongoing model for the Bulky Waste Collection Service.

Visit Council's website for more info.

 www.wsc.nsw.gov.au/Residents/Waste-and-Recycling

WHAT'S ON



Council Community events

Check out local upcoming Council events

 www.wsc.nsw.gov.au/events-directory

NSW Seniors Festival

A popular annual event that all seniors should have on their calendar is the NSW Seniors Festival. The NSW Seniors Festival celebrates the role and contributions of older adults to our local communities. It's the largest of its kind in the southern hemisphere, with over 500,000 people attending each year!

Every year, Wingecarribee Shire Council produces a program of events happening locally, so be sure to grab a program and get involved!

Southern Highlands Visitor Information Centre

Head along to the Southern Highlands Visitor Information Centre for advice and inspiration for things to do in the Southern Highlands. In addition to local knowledge and insights, the Visitor Information Centre sells souvenirs, gifts and produce sourced from the Southern Highlands.

 62-70 Main St, Mittagong

 02 4871 2888

 tourism@wsc.nsw.gov.au

Destination Southern Highlands

For a comprehensive online events calendar aimed at visitors to the Southern Highlands, including extensive information about visitor experiences, visit Destination Southern Highlands.

 www.visitsouthernhighlands.com.au

Ngununggula – Retford Park Southern Highlands Regional Gallery

Ngununggula, meaning 'belonging' in the traditional language of the Gundungurra First Nations people, is the first regional art gallery in the Southern Highlands of New South Wales.

Ngununggula is many things, and foremost it is a gallery for the community funded by the community. With a focus on visual arts, education, artistic practice, and cultural voice, Ngununggula's program represents the region and beyond through significant exhibitions, artist-led projects, events, workshops, artist talks and educational activities for local schools.

Ngununggula is a wheelchair accessible venue. Free parking is available on-site.

 1 Art Gallery Lane, Bowral

 ngununggula.com

 hello@ngununggula.com

 (02) 4861 5348

 Open 7 days, 10am-4pm



Louise Bell Sound Soothing

Southern Highlands Older Women's Network (SHOWN)



IMPORTANT INFORMATION



Preparing for and staying safe during emergencies

Emergencies such as bushfires, floods, storms, loss of utilities and risks to human and animal health can strike at any time in the Wingecarribee - sometimes without warning.

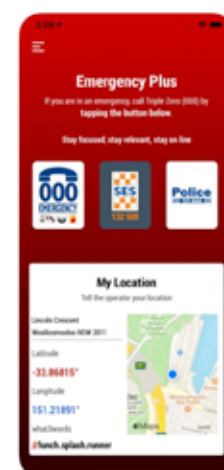
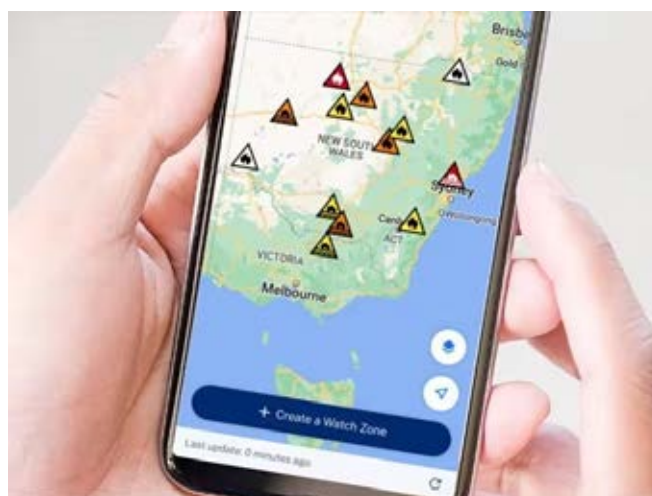
It is important to understand your risks and the types of emergencies which might affect you, your family, or your business, and have an up-to-date plan to ensure you are adequately prepared to take appropriate and safe action when facing an emergency event.

Stay up to date about emergencies by visiting the Hazards Near Me app. The app shows information from emergency services on bushfires, floods, tsunamis and advice on what to do to stay safe. Download the app:

📱 www.nsw.gov.au/emergency/hazards-near-me-app

Another helpful app is the Emergency Plus App. This is a free app that uses GPS functionality built into smart phones to help a Triple Zero (000) caller provide critical location details required to mobilise emergency services. Download the app:

📱 www.emergencyplus.com.au/



AIDER (Assist Infirm, Disabled and Elderly Residents) program

The AIDER program is a free, one-off service which supports some of our most at-risk community members.

The AIDER program is designed for people who have limited domestic support available from family, relatives, friends or other services. This could include older people, people with disability, and people who are already receiving community assistance and services. Their property must also be on bush fire prone land (land that can support a bush fire or be subject to bush fire attack).

AIDER services can include:

- clearing gutters
- thinning vegetation around the home
- removing leaf and tree debris
- trimming branches from close to the home
- mowing or slashing long grass.

For more information about the free, one-off AIDER service:

📞 02 8741 4955 📧 aider@rfs.nsw.gov.au.

📱 www.rfs.nsw.gov.au/plan-and-prepare/aider.

My Aged Care

If you need some help around the house or think it's time to look into aged care facilities, My Aged Care is the place to go for information.

My Aged Care is the Australian Government's starting point on your aged care journey. It provides the information and support you need to understand, access and navigate the aged care system.

People aged 65 and over and Aboriginal or Torres Strait Islander people aged 50 and over can contact My Aged Care to discuss their needs.

My Aged Care provides:

- information about the different types of aged care services available
- an assessment of needs to identify eligibility and the right type of care
- referrals and support to find service providers that can meet your needs
- information on what you might need to pay towards the cost of your care.

My Aged Care can be accessed online, on the phone or in person.

 www.myagedcare.gov.au

 1800 200 422

In person:

 Services Australia,
38 Wingecarribee St, Bowral

Care Finders

If you or someone you know needs help accessing aged care and other services, care finders are available to provide face-to-face support tailored to an individual's needs.

Care Finders is a free service that can help older people who need extra support. Where this more intensive support is needed, Care Finders can help older people navigate the aged care system and find support services to improve their quality of life.

If you're eligible, care finders can:

- assist you with your My Aged Care application
- work through income/means testing and costs with you
- Connect you with health services, mental health services, housing services, drug and alcohol services, community groups and transport

You can call the Triple I referral service on 1800 455 511 to link to a Care Finder, Monday to Friday, 9am to 5pm (closed public holidays).

Your GP can also submit a referral on your behalf.

Our local Care Finder is EACH Connect.

 1300 003 224 or

 connect@each.com.au for help.

 www.each.com.au/service/connect-a-care-finder-service/

Oak Tree Moss Vale



SOUTH WESTERN SYDNEY PRIMARY HEALTH NETWORK



An Australian Government Initiative

Health Resource Directory

Older people in the Southern Highlands can access reliable, local health information on the Health Resource Directory website:

 healthresourcedirectory.org.au/en/

The website is a collection of easy-to-understand health factsheets with information about health conditions and local health supports. If you've been diagnosed with a health condition or who would like to find information about local health services after a diagnosis from your GP, visit Health Resource Directory.

There is information specifically for older people and for the general community. All factsheets have been reviewed by GPs.



Search Health Resource Directory online, or visit your GP and ask them to print out the factsheet relevant to your diagnosis.

Mental health services

Many older people have mental health concerns at some point.

This may be due to: illness; frailty and loss of independence; grief and loss; financial stress; changing living arrangements; increasing social isolation.

There are services available which are here to help.

- Head to Health - can provide advice and help you connect to local mental health services, call  1800 595 212.
- Beyond Blue – has a free counselling service if you need a little help with your mental health, call  1300 224 636.

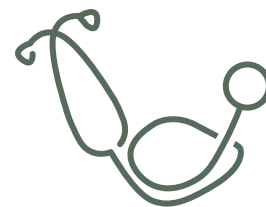


If you're in crisis or feeling unsafe, please call 000 or Lifeline on 13 11 14

There are things you can do to improve your mental health and wellbeing. They include: eating well; getting enough sleep; exercising regularly; spending time with friends and family; sharing feelings with others; volunteering and helping others.

South Western Sydney PHN is a not-for-profit health organisation which provides funding to the services and projects above, with the aim of improving access to quality local healthcare for the whole community.

ACCESSING MEDICAL CARE IN NON-EMERGENCY SITUATIONS



If you or someone you know is sick but it is not a life-threatening emergency and you do not require immediate medical attention, consider the following options before calling **Triple Zero (000)**.

General Practitioner (GP)

See a GP for illnesses or injuries that just won't go away and cannot be treated by over-the-counter medication.

Southern Highlands GP After Hours Service

The Southern Highlands GP After Hours Service provides after hours care for all residents and visitors to the Wingecarribee Local Government Area.

The service provides advice and treatment of medical conditions which require attention when your regular GP is unavailable, and offers after hours care 365 days a year.

The service provides a free GP telephone service, operating:

- Monday to Friday 5.30pm – 8am the following morning.
- Saturdays from 12pm– 8am
- Sundays & Public Holidays 8am till 8am the following morning.

 Call 02 4861 6433 for the GP telephone service.

The GP After Hours clinic operates from 21 Jude Street, Bowral. It is open:

- Saturdays 3pm – 5pm
- Sundays and Public Holidays 9am – 12pm and 3pm – 5pm.

 Call 1800 161 298 for the GP After Hours Clinic.

For more information visit:  www.shgpahs.com.au

Pharmacist

See a pharmacist for common health problems such as coughs, colds or sore throats.

Healthdirect Australia

Healthdirect Australia is a 24-hour telephone health advice line staffed by registered nurses to provide fast and simple expert advice on any health issue and what to do next.

Call Healthdirect Australia  1800 022 222 when:

- someone is sick and you're not sure what to do
- you want expert advice about a health issue and what to do next
- you need to know where to find after-hours health services or pharmacies.

For more information visit  www.healthdirect.org.au

JUSTICES OF THE PEACE



NSW Justice Association - Southern Highlands Branch

Justices of the Peace are available for certification of documents and witnessing signatures for Statutory Declarations and Affidavits. Free community service.

- Springett's Arcade Wednesday 10am to 1pm
- Jellore Room, Wingecarribee Shire Council Thursday 10am to 1pm
- Mittagong Marketplace Saturday 10am to 1pm

For more information:

- www.facebook.com/people/NSWJA-Southern-Highlands-Branch/100083192283298
- 0412 046 131 or maryanne.bawdenjp@gmail.com

ADVOCACY, RIGHTS, INFORMATION AND COMPLAINTS ORGANISATIONS



National Seniors

National Seniors is a not-for-profit membership and advocacy organisation that gives older Australians – working and retired - a strong national voice. They tackle issues such as age discrimination, mature age employment, the Age Pension, social inclusion, cost of living concerns and more.

- nationalseniors.com.au 1300 765 050

Older Persons Advocacy Network (OPAN)

OPAN comprises nine state and territory member organisations. These network members offer free, independent, and confidential support and information to older people seeking or already using Australian Government-funded aged care services.

- opan.org.au 1800 700 600

Seniors Rights Service

Seniors Rights Service is a not-for-profit community organisation that champions the rights of older people. Seniors Rights Service provides accessible legal services, aged care advocacy, information sessions, forums, and tailored advice to serve the community's needs.

- seniorsrightsservice.org.au 02 9281 3600 info@seniorsrightsservice.org.au

Council on the Ageing NSW

Council on the Ageing NSW is the peak organisation for people over 50 in NSW. They are an independent, consumer-based non-government organisation.

- www.cotansw.com.au 1800 449 102 info@cotansw.com.au

Combined Pensioners and Superannuants Association (CPSA) of NSW

Membership fees apply

CPSA is a non-profit, non-party-political membership association aiming to improve the standard of living and wellbeing of its members and constituents.

 cpsa.org.au  1800 451 488  cpsa@cpsa.org.au

Association of Independent Retirees (AIR)

Membership fees apply

AIR is the peak national not-for-profit organisation advocating for those who have planned a sustainable retirement.  independentretirees.com

NSW Director  0437 509 618  info@independentretirees.com.au

MS Plus

MS Plus is one of Australia's leading sources of information, advice and support services for people living with MS and other neurological conditions.

 www.msplus.org.au  1800 042 138  connect@msplus.org.au

Parkinson's NSW

Parkinson's NSW is the peak body for the Parkinson's community of NSW. They provide services and programs for people living with Parkinson's disease, and also offer peer-led Parkinson's peer support groups in many locations across NSW including Macarthur, Southern Highlands, Goulburn, Crookwell and Yass.

 www.parkinsonsnsw.org.au  1800 644 189  pnsn@parkinsonsnsw.org.au

NSW Ageing and Disability Commission

The NSW Ageing and Disability Commission promotes the rights of older people and adults with disability to live free from abuse in their family, home and community.

 ageingdisabilitycommission.nsw.gov.au  1800 628 221

Aged Care Quality and Safety Commission

The Aged Care Quality and Safety Commission protects and improves the safety, health, wellbeing and quality of life for people receiving aged care services. You can make a complaint about aged care online or via the phone.

 www.agedcarequality.gov.au  1800 951 822

Anti-Discrimination Board of NSW

NSW state government body that administers the Anti-Discrimination Act 1977. This body can answer enquiries, investigate and resolve complaints, and raise awareness about discrimination and its impacts.

 antidiscrimination.nsw.gov.au  1800 670 812  complaintsadb@justice.nsw.gov.au





RETIREMENT OR LIFESTYLE VILLAGES



Annesley Retirement Village





Situated in Bowral, famous for its beautiful country gardens, Annesley Bowral is a peaceful and stylish yet vibrant community with beauty all around. Choose from 2 and 3 bedroom homes, featuring modern layouts mixed with old world charm and high quality finishes. Their homes are thoughtfully designed with low maintenance in mind.

The Annesley Lifestyle Centre is the only dedicated over 55's wellness Centre in the Southern Highlands and surrounds. It offers a fully equipped gymnasium, large heated indoor pool and a wide range of specialised group activity classes designed specifically for the needs of the over 55 age group.

 10 Westwood Dr, Bowral  02 4861 4366  annesleybowral@keyton.com.au
 keyton.com.au/home/our-villages/nsw/annesley-bowral

Anthem Care

Anthem is a Continuous Care Retirement Community providing all levels of care both private and subsidised. Anthem aims to provide high quality services at different levels to cater for changing health needs at the same location. They offer 24 Assisted Independent Living Apartments which are sold on a 99 year lease. They also offer 123 Full Care, Respite and Dementia Specific beds for all levels of care.

 25 Retford Rd, Bowral  02 4862 8500  info@anthemcare.com.au
 www.anthemcare.com.au

Australian Unity Mt Eymard Retirement Community

Feel right at home in this welcoming community located in the picturesque Southern Highlands, close to Bowral's town centre.

Graced with historic charm and character and set amongst magnificent landscaped gardens, at Mt Eymard it's all about living life at your own pace, surrounded by like-minded people.

Independent Living and Serviced Apartments available. Please get in touch to book a no-obligation tour of the community.

 502 Moss Vale Rd, Bowral  1300 858 750  MtEymard@australianunity.com.au
 www.australianunity.com.au/retirement-communities/mt-eynard

Gibraltar Park Estate

Gibraltar Park is a boutique retirement village in Bowral that sets a new standard for luxury seniors living. Gibraltar Park residents experience the best of contemporary accommodation with a vibrant social community and magnificent country surrounds.

 133 Old Bowral Rd, Bowral  gibraltarpark.com.au  1300 686 133



Henley Brae Retirement Community

Henley Brae consists of 59 stylish, spacious 2-bedroom villas, some with an additional bathroom or study. Sunny outlooks and low maintenance living make them a great lifestyle choice. Enjoy the use of their diverse leisure facilities with a heated indoor pool, gym, library and a range of comfortable communal areas to share with your friends and family. A visiting hairdresser, beauty therapist and allied health services are also available for residents to access. Regular social events are organised in consultation with residents along with a range of weekly activities such as yoga, arts and crafts, gardening and movie afternoons.

📍 37 Etheridge St, Mittagong 📞 02 4860 1500 📧 hello@freshhope.org.au

🌐 www.freshhope.org.au/retirement/henley-brae-retirement-community

Kenilworth Gardens

Kenilworth Gardens Retirement Village is situated on 12 acres of Old English Gardens, with the historic town of Bowral right at your doorstep. With a unique range of living options on offer from 2-3 bedrooms villas through to serviced apartments, there is something to suit both budget and lifestyle.

📍 40 Kangaloon Rd, Bowral 📞 02 4861 2108 📧 info@kenilworthgardens.com.au

Oak Tree Retirement Village

Maintaining the Oak Tree philosophy of boutique size retirement living, Oak Tree Retirement Village Moss Vale proudly brings 39 villas and a vibrant, low maintenance lifestyle. Designed with your changing needs in mind, these villas allow you to remain living independently for longer, amongst a friendly community of like-minded neighbours. Oak Tree Group is proud to be a member of the Retirement Living Council of the Property Council of Australia and are committed to following the high standards of retirement living as signatory to the Retirement Living Code of Conduct.

📍 50 Willow Dr, Moss Vale 📞 1300 367 155 📧 enquiries@oaktreegroup.com.au

🌐 www.oaktreegroup.com.au/location/moss-vale

Pepperfield Lifestyle Resort

Pepperfield is an independent living lifestyle resort for over 55's in a peaceful rural setting where virtually everything is taken care of for you. Pepperfield consists of 87 independent living villas as well as indoor pool & gym, tennis court, lounge bar, library, billiard room and 5 star community facilities.

 8 Wiseman Rd, Bowral  pepperfieldbowral.com.au  02 4862 1300

 info@pepperfieldbowral.com.au

Presbyterian Aged Care

'Park-Linn Haven' retirement complex for over 55s offers secure, quiet and affordable units in a highly sought after location. The complex is situated just across the road from the iconic Bradman Oval, and a short stroll to Bowral Hospital, cafes and Bowral Bowling Club in the beautiful Southern Highlands.

 109 Bowral St, Bowral  1800 722 679  kwilcox@pcnsw.org.au

 www.pacnsw.org.au/locations/bowralpark-linn-haven

RFBI Moss Vale Masonic Retirement Village

Independent, active living without home chores or cares. A move to RFBI Moss Vale Masonic Retirement Village allows you to forget home maintenance, gardening, lawn mowing and the countless tasks that become increasingly burdensome so you can focus on the fun things in life.

 52 Elizabeth St, Moss Vale  02 8031 3200  admin@rfbi.com.au

 www.rfbi.com.au/retirement-villages/moss-vale

Waratah Highlands Community Village

Situated in picturesque Bargo, Waratah Highlands is surrounded by gardens on 25 acres of natural woodland. The community also has an active, friendly group of residents and a wide range of activities on offer.

 25 Tylers Rd, Bargo  02 9072 4935

 www.levande.com.au/community/waratah-highlands/

Warrigal Community Village Bundanoon

Warrigal Community Village Bundanoon offers all levels of support in the one location. The Village has twelve 1 and 2 bedroom apartments, complete with balconies, courtyards and lock up garages. Pets are welcome to enjoy community life with you as you amble into the tranquil village of Bundanoon.

 20 Hill St, Bundanoon  02 4884 6100  warrigal@warrigal.com.au

 www.warrigal.com.au

Waterbrook Retirement Lifestyle Resort

Opening in 2025. Waterbrook have spent decades reimagining and remastering the art of luxury retirement living, with the most thoughtful of details and personal attention.

 2-18 Centennial Rd, Bowral  1300 768 087  hello@waterbrook.com.au

 waterbrook.com.au/location/bowral

AGED CARE FACILITIES



Abbey House Aged Care

Set in the superb Southern Highlands' countryside, Abbey House provides private accommodation for residents seeking comfort, assistance and independence.

📍 300 Range Rd, Mittagong 📞 02 4871 1085 📧 theabbey@thc.net.au
 🌐 www.thompsonhealthcare.com.au/our-homes

Anthem Care

Anthem Care is an aged care provider with 123 beds, providing low care, high care, Dementia care, and 11 beds that can be booked throughout the year for respite.

📍 25 Retford Rd, Bowral 📞 02 4862 8500 📧 info@anthemcare.com.au
 🌐 www.anthemcare.com.au

Bowral House

Enjoy luxury Aged Care within the grounds of Bowral Golf Course, where you can enjoy picturesque views of the fairway from balconies and living areas whilst being close to the heart of the Bowral shopping village. Bowral House is designed over two floors, and offers 70 High Care places for respite and 24 hour registered nursing care.

📍 87-89 Kangaloon Rd, Bowral 📞 02 4862 8900 📧 bowralhouse@thc.net.au
 🌐 www.thompsonhealthcare.com.au/our-homes

Harbison

Harbison is a not-for-profit organisation, operating in the Southern Highlands at Burradoo and Moss Vale for nearly 70 years. Their community-owned facilities offer supportive accommodation, with a range of services such as allied health, wellbeing, clinical, personal care, and additional services. They strive to customise care to meet individual needs and preferences. Harbison has community partnerships, including school-aged multi-generational care programs. Embracing an active and healthy approach to aging, Harbison pioneers a Motiview program, the first of its kind in Australia.

📍 2 Charlotte St, Burradoo 📍 36 Yarrawa Rd, Moss Vale
 🌐 www.harbison.org.au 📞 02 4868 6200 📧 admin@harbisoncare.org.au
 📱 www.facebook.com/harbisoncare

Warrigal Community Village Bundanoon

Warrigal Community Village Bundanoon offers all levels of support in the one location. The care home opened in 2008 and is one of Warrigal's most energy efficient and environmentally friendly homes. With two cluster houses offering various levels of support, it caters for all your needs.

📍 20 Hill St, Bundanoon 📞 02 4884 6100 📧 warrigal@warrigal.com.au
 🌐 www.warrigal.com.au

COMMUNITY HOUSING



Argyle Housing

Argyle Housing is a not-for-profit, Community Housing Provider. Their main objective is to provide and manage secure, Social and Affordable Housing for people on low to moderate incomes who would otherwise struggle to find accommodation. They offer a variety of housing options, designed specifically to meet the diverse needs of seniors. Their experienced staff are on hand to assist with social housing applications and the transition to a new home, ensuring a smooth process. Argyle Housing's key focus is on creating a community-centric environment, facilitating social interactions and activities that enrich the lives of their senior residents.

📍 32-36 Wingecarribee St, Bowral 📞 1300 274 953 📧 css@argylehousing.com.au

🌐 www.argylehousing.com.au



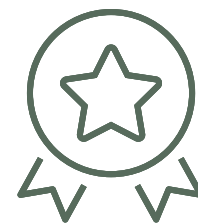
Argyle Community Housing



Southern Highlands Community Hospice

SERVICES

AGED CARE SERVICES



Wingecarribee Adult Day Care

A local, not-for-profit service providing Social Groups for people over 65 still living in the community and for people with dementia. Social Groups include transport, morning tea, meals, and various activities in a safe environment. The motto is: For Fun & Friendship! Also provides respite for carers of frail-aged people and people with dementia. Over 160 people attend Social Groups weekly and the service provides flexible in-home respite for 11 people each week.

 3 Hansen St, Bowral  Queen Street Centre, 12 Queen St, Moss Vale

 Colo Vale Memorial Hall, 28 Railway Ave, Colo Vale

 www.wadcc.org.au  02 4862 1774  mail@wadcc.org.au

 www.facebook.com/WADCCSouthernHighlands

Southern Highlands Home Care

Premier home health care provider for aged and disability services and community-based social services.

 Office 4 First Floor, Sommers House. Entrance via laneway at 8 Station St, Bowral.

 02 4861 1329  info@southernhighlandshomecare.com.au

 www.southernhighlandshomecare.au

FOCUS Connect – Aged Care

FOCUS Connect supports senior individuals in the Wingecarribee through the Commonwealth Home Support Programme and Home Care Packages Program offering essential care to help maintain independence and provide tailored support and services in-home or in the community. FOCUS Connect offers weekly Aged Care Multicultural Social support groups: Vietnamese, Laotian, Filipino, Chinese, Spanish, Arabic, Mauritian, Egyptian and a Multicultural group.

 www.focusconnect.org.au  02 4627 1188  info@focusconnect.org.au

The Benevolent Society

The Benevolent Society provides a range of programs and services to older Australians. Its Home Care Packages (HCP) provides older people who want to stay at home, with access to a range of ongoing services, support services and clinical care, which helps them with their day-to-day activities; such as help with personal care, meals and domestic assistance. The Commonwealth Home Support Program (CHSP) provides basic home support for frail-older people who need assistance to keep living independently.

 1800 236 762  customercare@benevolent.org.au

 www.benevolent.org.au/services-and-programs/aged-care-services

 www.facebook.com/thebenevolentsociety

Carrington Community Care





Carrington is an accredited Home Care Package provider. Carrington provide services funding under the Commonwealth Home Support Program and Home Care Packages for consumers in their own home.

 1300 590 590  customerservice@carringtoncare.com.au
 carringtoncare.com.au

Interchange Australia

An approved Commonwealth Home Support Program and Home Care Package provider of in home and community aged care services, by qualified and experienced support staff with background checks and fully vaccinated.

Services provided in home, in the community, or group social activities funded by Commonwealth Home Support Program or Home Care Packages program through My Aged Care.

 Across Southern Highlands including Bowral, Mittagong, Moss Vale and the outer villages.
 www.interchangeau.org  02 4868 6688  info@interchangeau.org

B & H Home and Community Care

Do you need some assistance in the home? B & H Home and Community Care can help! They make a completely personalised support plan with you to ensure you are getting exactly what you need and how you want it. Personal care, domestic assistance, social and community, transport.

 Marulan  0457 671 857  homecommunity@gmail.com
 bhhomecommunity.com

Catholic Care

Catholic Care provides Home Care Packages and Commonwealth Home Support Program services. With the latter, they have personal care, flexible respite, social supports, occupational therapists, physiotherapists and social groups.

 35A Cordeaux St, Campbelltown  02 4211 6103
 agedcare_enquiries@catholiccare.dow.org.au  www.catholiccare.dow.org.au





Australian Unity

Australian Unity's goal is for you to receive high quality consistent care. They are Australia's first member owned wellbeing company. Their knowledgeable staff are experts in health and care and will guide you through the different types of home care funding, helping you find the right option for your needs. Australian Unity works with several funding options – Home Care Packages, Commonwealth Home Support Programmes and private funding. They offer a broad range of services, including Home Care, Aboriginal Home Care and Allied Health Services, as well as Domestic Assistance, Personal Care and social support and many more.

 5-7 Lithgow St, Campbelltown  1300 282 615  www.australianunity.com.au/

BaptistCare

BaptistCare have been providing services in the Highlands since 2000. They provide Home Care Packages and Commonwealth Home Support Program services, including social supports, personal care, flexible respite and housekeeping.

 179 Clinton St, Goulburn  02 4819 3800  Gadmin4@baptistcare.org.au
 www.baptistcare.org.au

Better Care Delivered

BCD's vision of locals supporting locals helps to support people living with disability and seniors to choose the right care they want, when and where they need it most.

BCD are a local disability and aged care service provider with over 20 years of experience, providing care services across Macarthur, Camden, Campbelltown, Wollondilly, Fairfield, Liverpool, Wingecarribee, Marulan and Goulburn local government areas.

Their focus is always quality care and creating human connection with the services they provide, including: Personal Care; Social Support & Respite; Domestic Assistance; Community Access; Short-Term Accommodation; Nursing & Clinical Care Services; Support Coordination; and Plan Management.

 The Vue Building: Level 1, Suite 1.12, 1 Centennial Dr, Campbelltown.
 bcd.org.au  1800 275 223  info@bcdcci.org.au

FIRST NATIONS-SPECIFIC SERVICES & SUPPORTS



Community Circles Australia has created a comprehensive list of First Nations Community Support Networks operating in the Wingecarribee.

To access this information, scan this QR Code.

If you are unable to access this information online, please contact Council's Community Development Team for assistance.



SWSLHD Aboriginal Chronic Care Program

The Aboriginal Chronic Care Program assists Aboriginal and Torres Strait Islander people in South Western Sydney who have or are at risk of developing a chronic condition through providing holistic, culturally appropriate health care.

 Budyari Aboriginal Community Health Centre at Miller
 02 8781 8020  SWSLHD-CommunityHealthACCP@health.nsw.gov.au

DEMENTIA-SPECIFIC SERVICES & SUPPORTS

South Western Sydney Primary Health Network has created a Dementia and Palliative Care Directory containing local, State and National services to guide families, carers and people living with dementia from diagnoses to end-of-life care.

For more information, visit:

 swsphn.com.au/what-we-do/palliative-care-support-for-gps-and-allied-health/dementia-and-palliative-care-directory/

Wingecarribee Shire Council has a limited number of hard copy Dementia and Palliative Care Directories. Please contact Council's Community Development Team should you require one of these printed copies.

Dementia Australia

Dementia Australia is a source of information, education and support services, for people living with dementia, and their family & friends. They advocate for positive change for people living with dementia, their families and carers, and support vital research. Dementia Australia has Dementia Support Specialists to support residents of the Wingecarribee, Wollondilly, and Goulburn shires.

 Queen Street Centre, Queen St, Moss Vale  0409 617 780  alison.hall@dementia.org.au
 www.dementia.org.au

National Dementia Helpline

The National Dementia Helpline is a free telephone service that provides information and advice to people living with dementia, people concerned about changes to memory, people living with Mild Cognitive Impairment, family, friends and carers of people living with dementia and people who work in health and aged care.

It operates 24 hours a day, seven days a week, 365 days a year.

 www.dementia.org.au/helpline  1800 100 500

Dementia Support Australia





When a person living with dementia is experiencing changes to their behaviour, Dementia Support Australia provides free support to help understand the causes and help you improve their quality of life.

 www.dementia.com.au  1800 699 799

Dementia and Aged Care Services (DACS)

DACS is a leading, not-for-profit provider of community and home aged care services.

Their services include Home Care Packages, specialist dementia care services, education and training, and a Dementia Help Line operated by healthcare professionals. They also offer a variety of allied health services.

 75 Bradley St, Goulburn  1800 322 767  24/7 Dementia Help Line: 1800 639 331
 enquiries@dacs.org.au  dacs.org.au

CARER SUPPORTS



Carers NSW

Carers NSW provides information, support and referral on all aspects of caring to informal carers, such as family members, neighbours and friends, who are looking after someone who has a disability, mental illness, chronic condition, or who is ageing or less mobile.

 www.carersnsw.org.au  02 9280 4744  contact@carersnsw.org.au

Carer Gateway

Carer Gateway is a national support service funded by the Australian Government. It provides free support for carers through a network of regional Carer Gateway service providers.

Wellways Australia delivers these services in the Wingecarribee Shire.





Carer Gateway services are available to carers who support family members or friends with a disability, mental health condition, chronic health condition, terminal illness, or who are frail aged.

 www.carergateway.gov.au  1800 422 737

ADVANCE CARE PLANNING AND END OF LIFE SUPPORT





End of Life Angels

Providing support, guidance, options and education to assist members of our community (and their families and loved ones) who are facing their final stage of life. Providing in-home support to enable our community to have a dignified end of life that is in line with their wishes.

 18 Gladstone Rd, Bowral  0416 212 219  info@endoflifeangels.com.au
 www.endoflifeangels.com.au

Southern Highlands Community Hospice

Southern Highlands Community Hospice provides a range of Palliative Care Services in the Highlands. The Hospice raises charitable funds to support and fund palliative care patients exclusively, throughout the Southern Highlands. Services include covering the cost of pharmaceuticals, in-the-home palliative care nursing and respite, equipment hire and biographies. Volunteers are welcome in their charity shop Timeless and as Pal-Care Volunteers at Harbison.

 315 Bong Bong St, Bowral  0490 035 405  services@shchospice.org.au
 shchospice.org.au

Advance Care Planning Australia

Advance care planning involves planning for your future health care. It enables you to make some decisions now about the health care you would or would not like to receive if you were to become seriously ill and unable to communicate your preferences or make treatment decisions.

 www.advancecareplanning.org.au  1300 208 582

WELLBEING AND MENTAL HEALTH



Older People's Mental Health (OPMH) Wingecarribee

Assessment, treatment & care coordination for people aged 65 years and over (50 years & over for Aboriginal people) who have a mental illness and/or moderate to severe behavioural problems associated with Dementia. Information & support can be provided to carers & family members of people under the care of OPMH. Referrals can be made by calling the Mental Health Line on 1800 011 511.

 Wingecarribee Community Health Centre, 20 Bendooley St, Bowral

 Mental Health Line 1800 011 511

 www.swslhd.health.nsw.gov.au/MentalHealth/SpecMental.html

Linda Burgess

Mental health social worker counselling and art therapy. Medicare rebates and reduced fee on request for pensioners, NDIS participants welcome.

 3/2-4 Bowral Rd, Mittagong  0438 400 446  linda@highlandsholistic.com.au

 www.highlandsholistic.com.au

Wingecarribee Health Association for Men (Wham Inc)

The association's aim is to initiate and support health promoting projects in our local community that improve the health and wellbeing of men and boys.

 0418 223 696  whamprojects@gmail.com

 www.wingecarribeehealthassociationformen.org/welcome.html

Quest for Life Foundation

Quest for Life provides educational self-help programs and community-based workshops that encourage, educate and empower people to improve their resilience and peace of mind during times of illness, depression, grief and trauma.

Generous subsidies available for all ages. Programs support health and wellbeing for healthy ageing.

 Quest for Life Centre, 13-33 Ellsmore Rd, Bundanoon  02 4883 6599

 info@questforlife.org.au  www.questforlife.org.au

Southern Highlands Bereavement Care Service

Grief, loss and bereavement counselling for individuals and families, dealing with all types of loss including loss of ability, bereavement, pet loss, lifestyle changes.

 Bowral District Hospital, 97-103 Bowral St, Bowral  02 4862 1701  info@shbcs.org.au

 www.shbcs.org.au

Health Promotion Service

The Health Promotion Service works with the community and local organisations to support and enable healthy ageing across South Western Sydney. The Health Promotion Service develop and implement healthy ageing initiatives for the local health district that promote a healthy lifestyle, which include healthy eating, physical activity and mental wellbeing.

☎ 02 8738 5911 📧 SWSLHD-HealthyAgeing@health.nsw.gov.au

🖱 www.activeandhealthy.nsw.gov.au

Creative Space Southern Highlands

Creative Space celebrates diversity and values each person's individual gifts, ensuring equal access to the arts.

Their Bowral studio is an inclusive, welcoming and safe place for adults. Learn and share new skills and art forms. Access free TAFE training and courses. Build friendships and enjoy studio time. No experience necessary. Materials and Workshops: Gold coin/donation.

📍 Units 6 - 7, 'The Village' 63-69 Kirkham Rd, Bowral

Access via Sherwood Avenue. Enter at rear of first building on site.

☎ 0417 847 492 📧 creative.space@vinnies.org.au

📘 www.facebook.com/CreativeSpaceSouthernHighlands

FOOD AND NUTRITION



Meals on Wheels Southern Highlands

Provision of nutritious, quality and affordable meals. Enabling people to remain independent in their homes through the provision of nutritious food and services across the Southern Highlands.

📍 Queen Street Centre, Queen St, Moss Vale ☎ 02 4869 4032

📧 debbie@mealssouthernhighlands.org.au

🖱 www.mealssouthernhighlands.org.au

Flagstaff Fine Foods

Delicious meals made easy. Over 100 Snap frozen meals available. Eat well, free home delivery, no contract or obligation. Shop with Flagstaff Fine Foods and support the creation of meaningful employment for people living with disability.

📍 254 Nolan St, Unanderra / Shoalhaven ☎ 02 4272 0222

📧 finefoods@flagstaffgroup.com.au




🖱 www.flagstafffinefoods.com.au

HOME MAINTENANCE AND MODIFICATIONS



Scope Home Access

Occupational Therapy Assessments, Home Modifications and Home Maintenance Services to help you stay in your home. The team can work with you to provide you with quality, cost effective solutions based on what suits your individual circumstances.

 3 Hamilton St, Dapto  1300 765 887  info@scopehomeaccess.com.au
 www.scopehomeaccess.com.au

Home Modification Solutions

Supporting Independent Living since 1985. Affordable modifications and maintenance making your home safer. Modifications: bathroom/shower modifications, internal/external ramps, rails, stair lifts, widening doorways. Maintenance; cleaning gutters/windows/oven, spring clean, pressure cleaning, pest control, minor plumbing/electrical work. My Aged Care, Home Care Package and NDIS clients welcome. Covering Southern Highlands, South West & South East Sydney.

 Unit 32/65-75 Captain Cook Dr, Caringbah  02 9524 1100  admin@homemods.org.au
 www.homemods.org.au

EQUIPMENT AND AIDS

Axis Medical

Axis Medical supply and hire a comprehensive range of medical equipment - beds, wheelchairs, mobility scooters, walking frames, shower chairs, over toilet frames, seating cushions, crutches plus more items for sale or hire. They have a large showroom in the area with off street parking, plus they can do home visits.

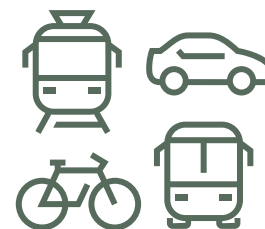
 www.axismedical.com.au  02 4862 3444  info@axismedical.com.au

Highlands Home Medical

Online business specialising in sales and rental of mobility, recovery and home assistive products, providing a high level of personalised service.

 www.highlandshm.com.au  1300 641 448  info@highlandshm.com.au

TRANSPORT



Southern Highlands Community Transport

SHCT is a service designed to help you retain your independence and to make it easier for you to socialise and stay connected with your friends. Fully trained drivers will drive you wherever you're going and happily escort you to the door. Some vehicles include hoists if you're in a wheelchair, with drivers that are trained to ensure you arrive safely.

📍 1/32-34 Priestley St, Mittagong 📞 02 4872 3722 📧 admin@shct.com.au
 🖱️ shct.com.au

Southern Highlands Taxis

Their 24/7 taxi service has been providing an outstanding service to the Seniors in the Southern Highlands for the last 24 years. Southern Highlands Taxis late model taxis and wheelchair accessible vehicles are cleaned daily, regularly serviced and their experienced drivers are trained to look after their aged customers. They will load your shopping into the boot and carry it to the front door and assist you in and out of the taxi. All credit cards and they accept most orders from reputable agency's such as DVA and health care etc.

📍 21 Lyell St, Mittagong 📞 02 4872 4800 📧 bookings@southernhighlandstaxis.com.au
 🖱️ www.southernhighlandstaxis.com.au

Berrima Buslines

Provides a network of route bus services across the Highlands.

📍 90 Old Bowral Rd, Mittagong 📞 02 4871 3211 📧 info@berrimabuslines.com.au
 🖱️ www.buslinesgroup.com.au/berrima

Highlands Drive Safe

Murray, Sue and Chris Tyler are all authorised accredited assessors for the RMS older driver assessment from age 85 years. They work with you to help you maintain your mobility on the road. Refresher lessons and older driver assessments are available in all main town areas. They are all NDIS authorised and trained for rehabilitation training and work with occupational therapists when required for medical reasons to do an on-road assessment. Multi award winning family business operating over 20 years.

📍 Covering the Southern Highlands Region
 📞 0428 844 473 📧 drivesafe@hotmail.net.au
 🖱️ www.highlandsdrivesafe.com.au



WWW.HIGHLANDSDRIVESAFE.COM.AU

OLDER DRIVER ASSESSMENTS

0428844473
SAFER • DRIVERS

AUTHORISED RMS ASSESSORS

BOOK NOW - HIGHLANDS DRIVESAFE

Drive Safe

LEGAL SERVICES AND SUPPORTS



Moss Vale Local Court

Local, Children's and Family Courts. Office of the Coroner. Registry of Birth, Death and Marriages and Civil Claims Registry. Agent for Public Trustee. Local Court Registry can give you information about your court matter and court forms. They do not provide legal advice and cannot represent people in court.

 356 Argyle St, Moss Vale  1300 679 272  local-court-moss-vale@justice.nsw.gov.au

NSW Trustee and Guardian

State Government department assisting in the drafting of Wills and Estate Planning documents. They offer Will and Estate Planning services and drafting of documents for customers receiving a full aged Centrelink Pension. They attend regional locations throughout the year to assist customers who are unable to attend the Wollongong Office.

 59 Market St, Wollongong  1300 557 439  tagwollongong@tag.nsw.gov.au

 www.tag.nsw.gov.au

Law Access NSW

A free government telephone service that provides legal information, advice and referrals for people who have a legal problem in NSW.

 www.lawaccess.nsw.gov.au  1300 888 529

Macarthur Legal Centre

A not-for-profit Community Legal Centre offering free legal advice, referrals and targeted casework assistance to members of the community. Free legal advice in several different areas of law including but not limited to: Family Law (including Grandparent's rights); Wills, Enduring Power of Attorney and Enduring Guardianship; Elder Law; Elder Abuse; Domestic Violence; Entering into Residential Aged Care; Consumer Complaints; Services Australia Complaints; Neighbourhood Disputes; Credit and Debt; Discrimination.

 317 Queen St, Campbelltown  02 4628 2042  macarthur_admin@maclegal.net.au

 www.maclegal.net.au

Palmer Legal

Palmer Legal focuses on all aspects of Estate Planning, which includes Wills, Powers of Attorney and Enduring Guardian. They also offer advice on residential and aged care agreements, elder law and Guardianship Tribunal matters. A 10% discount is offer to Seniors Card holders.





 Suite 17/9 Clarence St, Moss Vale  02 4869 1392  enquiries@palmerlegal.net.au

 www.palmerlegal.net.au

Our Lawyers

Our Lawyers provides legal services including Wills, Estate Planning, Estate Administration, Conveyancing, Retirement Village Leases/Contracts, Family Law and Commercial Law.

Our Lawyers provides pensioner discounts to various services.





 87 Main St, Mittagong  02 4872 4004  askus@ourlawyers.com.au
 www.ourlawyers.com.au

Haille Paine Solicitors

Haille Paine solicitors provide advice and support seniors with, estate planning, property transactions and estates. This includes:

- Preparing your Will and Appointing a Power of Attorney and Enduring Guardian,
- Retirement village contracts,
- Granny flat agreements,
- Reverse mortgages,
- The bank of mum and dad
- The sale and purchase of property

Their caring solicitors are familiar with and regularly advise on the issues encountered by seniors and their families.

 Suite 1/18 Station St, Bowral  02 4861 1077  enquiries@haillepaine.com.au
 www.haillepaine.com.au

OTHER SERVICES AND SUPPORTS



Highlands Community Centres

Highlands Community Centres provide support to all people living in the Southern Highlands who may be experiencing hardship. They can assist with information, referrals, food, paying overdue energy bills, tax help, no interest loans for essential household items, counselling and advocacy.

📍 2 Mona Rd, Bowral 📞 02 4862 1122 📧 info@highlandscommunity.org.au
🖱️ www.highlandscommunity.org.au

The Southern Highlands Community Foundation

The SHCF: A Foundation That's Building a Stronger Wingecarribee Community.

The SHCF is a registered charity and community foundation that was established to cater to the Wingecarribee shire. Our mission is to create a closely-knit community that's both robust and connected.

The SHCF is managed by a group of dedicated volunteers who oversee the operations and assist community groups in launching impactful projects, services, and rehabilitation initiatives for Southern Highlands residents.

📍 Across the Southern Highlands 📞 0401 004 013 📧 admin@shcf.org.au
🖱️ www.shcf.org.au

Southern Tablelands Arts

Southern Tablelands Arts works with their members, makers & creative communities. Energising and supporting the living culture of the Southern Highlands & Tablelands of NSW through a program of activities and events. They support, create, educate and advocate for the arts in the region.

Southern Tablelands Arts offers free membership and newsletter to all individuals in the region to support, create, educate and advocate for the arts.

📍 Monthly mobile office 📞 0405 339 838 📧 hello@southerntablelandsarts.com.au
🖱️ www.southerntablelandsarts.com.au

Can Assist Southern Highlands

Can Assist Southern Highlands is a well-established registered charity which provides financial support to individuals and families who live in the Southern Highlands who are experiencing hardship as a result of a cancer diagnosis and subsequent treatment.

🖱️ www.canassistsh.com.au 📞 0474 647 506 📧 patientliaison@canassistsh.com.au

Cancer Council NSW, Southern Regional Office

Supports, guides, connects and engages with communities to prevent, manage and inform people about cancer.

📞 02 4223 0200 or 📞 13 11 20 📧 reception@nswcc.org.au
🖱️ www.cancerCouncil.com.au

National Continence Helpline

The National Continence Helpline is a free telephone service, staffed by Nurse Continence Specialists, who offer confidential information, advice and support.

📞 1800 022 222
🖱️ www.continence.org.au/get-support/who-can-help/national-continence-helpline

Highlands Care Services

Incontinence assessments. Includes comprehensive continence assessment, involving physical examination, bladder ultrasound and uroflow to formulate an individualised and conservative plan of care for people with incontinence.

📍 Across the Southern Highlands 📞 0410 970 563 📧 admin@highlandscareservices.com.au
 🌐 www.highlandscareservices.com.au

Pop In

Pop In is a family and domestic violence service open to women of any age. If you live in fear of domestic violence, control and abuse, Pop In is a friendly place for women that will support you, but never judge you. Pop In is a safe welcoming drop-in and online service in the Southern Highlands.

📍 45 Kirkham St, Moss Vale 📞 02 4872 1229 📧 admin@popin.org.au
 🌐 www.popin.org.au

St Vincent de Paul Assist Office Moss Vale

Charitable organisation providing a range of services from food to clothing.

📍 502 Argyle St, Moss Vale 📞 02 4868 2704 📧 mossvale.conference@vinnies.org.au

Seniors Card NSW

NSW permanent residents aged 60 or over can apply for either a NSW Seniors Card or Senior Savers Card. More information and eligibility information online or at the local Services NSW office.

📍 Mittagong Service NSW, Shop 6A 205 Old Hume Hwy, Mittagong 📞 13 77 88
 🌐 www.service.nsw.gov.au/transaction/apply-for-a-nsw-seniors-card-or-nsw-senior-savers-card

Mittagong RSL

RSL Club with Ironstone Dining Bistro, Ironstone Cafe, and a lounge bar, with live entertainment weekly, shows upstairs, Seniors' Concerts, & Tabatinga for children. Aged-pension discounts apply, including for membership and member-pensioner meal days upon presentation of aged-pension card and member's card. Seniors' Concerts are free for those with a Senior's Card.

📍 148-150 Old Hume Hwy, Mittagong 📞 02 4872 6700 📧 info@mittagongrsl.com.au
 🌐 mittagongrsl.com.au





Scamwatch

Run by the Australian Competition and Consumer Commission, Scamwatch provides information on how to recognise, avoid and report scams.

🌐 www.scamwatch.gov.au/


NAVPORT

NSW Planning Portal application submission assistance for DA / CDC / CC / Appointment of PC / OC - Administrative services. Those with a seniors pension card will benefit with a guaranteed 10% discount on fees charged for services (NSW Planning Portal application lodgement fee (\$43) excluded as these are fixed by NSW Planning).

 PO Box 903, Moss Vale  0437 101 568  admin@navport.com.au
 navport.com.au

Advanced Building Certifiers

Private certification services for Complying Development / Construction Certificate / Occupation Certificate / Swimming Pool Compliance / Pre- Purchase Building Inspections / BCA Report.

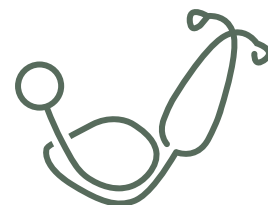
 599 Argyle St, Moss Vale  02 4869 5999  admin@abcertifiers.com.au
 advancedbuildingcertifiers.com.au

hbe Eco Laundry

Commercial laundry service specialising in household and personal washing, dry cleaning, blankets and doonas, animal gear and household upholstery. Local pickup and delivery is available all over the Southern Highlands and Wollondilly.

 14/17 Pikkat Dr, Braemar  02 4872 1799  ecolaundry@hbesouthernhighlands.com.au
 www.facebook.com/hbeecolaundry

HOSPITALS AND COMMUNITY HEALTH



Bowral & District Hospital

Bowral & District Hospital is an acute care public hospital servicing the Southern Highlands and is part of the South Western Sydney Local Health District.

 97-103 Bowral St, Bowral  02 4861 0200

 www.swslhd.health.nsw.gov.au/bowral

Southern Highlands Private Hospital

Southern Highlands Private Hospital is an acute medical and surgical hospital, owned and operated by Ramsay Health Care.

A 73 bed private hospital, Southern Highlands Private Hospital provides an extensive range of onsite medical, surgical, rehabilitation, oncology and palliative care services for the Southern Highlands community.

 93-95 Bowral St, Bowral  02 4862 9400  shprcpt@ramsayhealth.com.au

 www.southernhighlandsprivate.com.au

Wingecarribee Community Health Centre

The South Western Sydney Local Health District (SWSLHD) provides health care and assistance to older people and people with a disability in their own homes, in community centres and in hospitals.

Aged care services focus on older people with multiple or complex medical problems and care needs, rather than all older people.

Rehabilitation services focus on adult rehabilitation only, with particular attention to the needs of people who have had a stroke, have chronic disease, brain injury, spinal cord injury or severe burns.

 22 Bendooley St, Bowral  02 4861 8000

 www.swslhd.health.nsw.gov.au/communityhealth/centres_wingecarribee.html








MEDICAL OR ALLIED HEALTH SERVICE







Highlands General Practice

 1/70 Bowral St, Bowral  1/41 Willow Dr Moss Vale
 02 4861 3183  admin@highlandsgp.com.au  highlandsgp.com.au

Southern Medical Centre Moss Vale and Bundanoon

 61 Elizabeth St, Moss Vale  02 4868 1500  mvfrontdesk@southernmedical.com.au
 22 Erith St, Bundanoon  02 4883 6363  bundanoonmc@southernmedical.com.au
 www.southernmedical.com.au

Mittagong Medical Centre

 17 Regent St, Mittagong  02 4871 1500  admin@mmcentre.com.au
 mmcentre.com.au

The Women's Health Centre Southern Highlands

 Regal Professional Centre, Ground Floor 2/118 Main St, Mittagong
 02 4880 1686  reception@twhc.com.au
 thewomenshealthcentre.com.au

Mittagong Health Care Centre

 58 Bowral Rd, Mittagong  02 4872 3933
 www.mittagonghealthcarecentre.com.au

Regal Medical Centre

 93 Main St, Mittagong  02 4800 9390
 regalmedicalcentre.com.au

The Bowral Doctor

 2 Gordon Rd, Bowral  02 4811 1391  www.thebowraldoctor.com.au

St Mary Family Doctors

 2 Elsworth Ave, Mittagong  02 4872 4855  www.stmarysurgery.com.au

Hill Top Surgery

 4 Vera St, Hill Top  02 4889 8456

Robertson Doctor

 28 Hoddle St, Robertson

 robertsondoctor.com.au  02 4885 2569

Southern Highlands GP After Hours Service

 21 St Jude St, Bowral

Telehealth (on call Dr)  02 4861 6433 OR Clinic  1800 161 298

 shgpahs@outlook.com  www.shgpahs.com.au

Walker Street General Practice

 9/2A Walker St, Bowral  02 4861 3855

 www.wsgp.com.au

Eastbrook Medical Centre Southern Highlands

 4-10 Funston St, Bowral  02 4862 7666

 eastbrookmedical.com.au/medical-centre/bowral

Highlands Plastic Surgery

 113 Bowral St, Bowral  02 4813 7415  office@highlandsplasticsurgery.com.au

 www.highlandsplasticsurgery.com.au

PHARMACIES



Amcal Bowral

📍 Springett's Arcade Shop 1/306 Bong Bong St, Bowral ☎ 02 4861 1875
🖱 amcal.com.au/store-locator/amcal-pharmacy-bowral

Amcal + Express Bowral

📍 4/10 Funston St, Bowral ☎ 02 4861 6041
🖱 amcal.com.au/storelocator/amcal-plusexpress-pharmacy-bowral

Capital Chemist Pharmacy - Bowral

📍 300 Bong Bong St, Bowral ☎ 02 4861 2212 📧 bowral@capitalchemist.com.au
🖱 capitalchemist.com.au/bowral

Capital Chemist Pharmacy - Mittagong

📍 2 Bowral Rd, Mittagong ☎ 02 4871 1480 📧 mittagong@capitalchemist.com.au
🖱 capitalchemist.com.au/mittagong

Christopher Chemist

📍 2/58 Bowral Rd, Mittagong ☎ 02 4872 3933

Clayton's Pharmacy

📍 268-272 Bong Bong St, Bowral ☎ 02 4861 1075 📧 clayphar@acenet.com.au
🖱 www.claytonsparmacy.com.au/

Hill Top Pharmacy

📍 1/4 Vera St, Hill Top ☎ 02 4889 9711

Mittagong Day & Night Pharmacy

📍 Shop 9/130 Main St, Mittagong ☎ 02 9158 2414




Moss Vale Community Pharmacy

📍 412 Argyle St, Moss Vale ☎ 02 4868 1293 🖱 mvcp.com.au

Moss Vale Village Pharmacy

📍 12 Clarence St, Moss Vale ☎ 02 4869 4800 🖱 mvvp.com.au

Nick Knowles Pharmacist Advice

 Shop 3 Woodville House Clarence St, Moss Vale  02 4868 1005
 nkpa.business.site

Priceline Pharmacy Bowral

 10-15/310-312 Bong Bong St, Bowral  02 4861 5255





Priceline Pharmacy Mittagong

 Shop 4, Highlands Market Place Old Hume Hwy & Roscoe St, Mittagong  02 4872 3455

Robertson Village Pharmacy

 2/101-103 Hoddle Ln, Robertson  02 4885 2936

TerryWhite Chemmart Bundanoon

 Shop 2/5-9 Church St, Bundanoon  02 4883 6220  bundanoon@twcmgroup.com
 bundanoon-pharmacy.business.site

DENTISTS



Clearly Dental Bowral

📍 Suite 26-28 High Street, 310 Bong Bong St, Bowral 📞 02 4811 1498
✉️ bowral@clearlydental.com.au 🖱️ www.clearlydental.com.au/locations/bowral

Station St Dental. Dr Craig Fisher & Associates

📍 25-29 Station St, Bowral 📞 02 4851 4000 ✉️ info@stationstdental.com.au
🖱️ stationstdental.com.au

Bowral Street Dental Practice

📍 88 Bowral St, Bowral 📞 02 4861 6576 ✉️ reception@bowralstreetdentalpractice.com.au
🖱️ bowralstreetdentalpractice.com.au

The Grand Arcade Dental Surgery

📍 295 Bong Bong St, Bowral (Suite 16, The Grand Arcade) 📞 02 4862 2162
🖱️ grandarcadedental.com.au

Highlands Family Dental

📍 441 Moss Vale Rd, Bowral 📞 02 4861 4497 ✉️ info@highlandsfamilydental.com.au
🖱️ highlandsfamilydental.com.au

Planet Smiles

📍 Suite 5/70 Bowral St, Bowral 📞 02 4861 7422 🖱️ planetsmiles.com.au

Teeth @ Mittagong

📍 99 Main St, Mittagong 📞 02 4872 1405 ✉️ reception@teethatmittagong.com.au
🖱️ teethatmittagong.com.au





Mittagong Dental Care

📍 45 Main St, Mittagong 📞 0449 262 768 🖱️ mittagongdentalcare.com.au





Specialised Dental & Implant Centre

📍 Shop 1/184 Bong Bong St, Bowral 📞 02 4862 2688 ✉️ smile@specialiseddental.com.au
🖱️ specialiseddental.com.au





Smile Team Orthodontics Southern Highlands

 46 Station St, Bowral
  02 4861 7076
  smile@smileteam.com.au
 smileteam.com.au

Tulip Smile Dental Practice

 2 Victoria St, Mittagong
  02 4872 2186
  reception@tulipsmile.com.au
 tulipsmile.com.au





Village Dental Care

 1st Floor, 10 Boolwey St, Bowral
  02 4861 1833
  admin@villagedentalcare.com.au
 villagedentalcare.com.au

Green Door Dental

 41 Willow Dr, Moss Vale
  02 4863 5050
  greendoordental.com.au





Advanced Dental

 4/5 Clarence St, Moss Vale
  02 4868 2433
  drcadams@bigpond.com
 advanceddental.net.au





Pain Free Dental Clinic

 163 Argyle St, Moss Vale
  02 4868 1933
  info@painfreedentalclinic.com.au
 painfreedentalclinic.com.au

Moss Vale Dental Clinic

 348 Argyle St, Moss Vale
  02 4868 1300
  reception@mvdentalclinic.com.au
 mossvaledentalclinic.com.au





Dr Patrick J. Meaney & Associates

 57-59 Elizabeth St, Moss Vale
  02 4869 3111
  help@patrickmeaney.com.au
 mossvaledental.com.au

Highlands Denture Clinic

 92 Railway Terrace, Willow Vale
  02 4871 3526
 admin@highlandsdentureclinic.com.au
 www.highlandsdentureclinic.com.au

Damian Murray Denture Clinics

 1/256 Argyle St, Moss Vale
  02 4869 4885
  damiandentures@bigpond.com
 damianmurraydentureclinic.com.au

VISION & OPTOMETRISTS



Darryl Flegg Optometrist

📍 2/36 Wingecarribee St, Bowral 📞 02 4862 2027
🖱️ www.darrylfleggoptometrist.com.au

Eyecare Plus Optometrist Moss Vale

📍 Shop 4, Calaroga Centre, 1 Kirkham St, Moss Vale 📞 02 4868 2233
🖱️ MossVale@eyecareplus.com.au 🖱️ eyecareplus.com.au

OPSM Bowral

📍 Shop 4, cnr 350 Bong Bong St and Boolwey St, Bowral 📞 02 4862 1190
🖱️ opsm.com.au

Oscar Wylee Optometrist - Bowral

📍 1B/320-326 Bong Bong St, Bowral 📞 02 4801 2398 🖱️ oscarwylee.com.au

Hannaford Eyewear

📍 Shop 1/310 Bong Bong St, Bowral 📞 02 4861 4369 🖱️ enquiries@hannafordeyewear.com.au
🖱️ hannafordeyewear.com.au

CORE OPTIQUE BOWRAL Optometrist

📍 6b/290-292 Bong Bong St, Bowral 📞 02 4801 2182 🖱️ coreoptique.com

Specsavers Optometrists - Mittagong

📍 Highlands Marketplace, Shop 18/197 Old Hume Hwy, Mittagong 📞 02 4871 3844
🖱️ specsavers.com.au

Moss Vale Optical

📍 Shop 4, 256 Argyle St, Moss Vale 📞 02 4869 1648 🖱️ info@mossvaleoptical.com.au
🖱️ mossvaleoptical.com.au

Vision Australia NSW Spectacles Program

The NSW Spectacles Program provides government funded glasses and vision aids to eligible recipients across NSW.

📞 1300 847 466 🖱️ info@visionaustralia.org
🖱️ www.visionaustralia.org/services/funding/other-funding/nsw-spectacles

HEARING



In addition to hearing supports available locally, if you are having trouble hearing or speaking on the phone, be sure to check out the National Relay Service (NRS). The NRS is a government initiative that supports people who are Deaf or who find it hard to hear or speak to make and receive phone calls. The NRS provides a range of different types of call services, depending on your needs and preferences. The NRS is free and confidential.

In a life threatening or time critical emergency, you can contact the police, fire or ambulance services by calling the NRS and requesting Triple Zero (000) or dialling the dedicated text-based TTY service on 106. Emergency calls using NRS Chat, SMS Relay, NRS Captions, Voice Relay and TTY receive priority in the queue so calls are taken quickly.

📞 Voice relay number: 1300 555 727 📞 TTY: 133 677

📱 SMS: 0423 677 767 🖱️ www.accesshub.gov.au

Connect Hearing / Hearing Care Experts

📍 2/47 Bowral St, Bowral 📞 02 4861 3754 🌐 info@connecthearing.com.au

🖱️ www.connecthearing.com.au

Hearing Australia Bowral

📍 Suite 8/44-48 Bowral St, Bowral 📞 02 4869 0900 🖱️ hearing.com.au

bloom hearing specialists Bowral

📍 Shop 1/26 Wingecarribee St, Bowral NSW 📞 02 4810 0686 🖱️ bloomhearing.com.au

Audika Hearing Clinic Bowral

📍 Eastbrooke Med. Centre, 10, Tenancy 3/4 Funston St, Bowral 📞 02 4862 2544

🖱️ audika.com.au

Audika Hearing Clinic Mittagong

📍 2C Alice St, Mittagong 📞 02 4871 3644 🖱️ audika.com.au

Amplifon Bowral

📍 Shop 7 Springetts Arcade, 302-306 Bong Bong St, Bowral 📞 02 9091 8604 🖱️ amplifon.com

Bay Audio

📍 Highlands Marketplace, Shop 29a/197 Old Hume Hwy, Mittagong 📞 02 4880 1722

🖱️ bayaudio.com.au

Mittagong Audiology

📍 4-5/2 Queen St, Mittagong 📞 02 4866 7028 🌐 info@mittagongaurology.com.au

🖱️ mittagongaurology.com.au

Audible Hearing

📍 Shop 9 312-316 Argyle St, Moss Vale 📞 02 4869 2840 🌐 enquiries@audiblehearing.com.au

🖱️ audiblehearing.com.au

PODIATRISTS



Bowral Foot Clinic

📍 Shop 3, 2-4 Boolwey St, Bowral 📞 02 4861 3123 📧 bowralfootclinic@gmail.com

Highlands Podiatry

📍 Suite 2/9 Clarence St, Moss Vale 📍 22 Erith St, Bundanoon 📞 02 4869 5877
📧 highlandspodiatry@outlook.com 🖱️ highlands-podiatry.com

My FootDr Podiatry Mittagong

📍 48 Bowral Rd, Mittagong 📞 02 4872 4168 📧 mittagong@myfootdr.com.au
🖱️ www.myfootdr.com.au

SoHi Podiatry Clinic

📍 10 Mona Rd, Bowral 📞 02 4861 6113 📧 info@sohipodiatry.com.au 🖱️ sohipodiatry.com.au

Foot Smart Podiatry Clinic

📍 1/47 Bowral St, Bowral 📞 02 4861 1825 🖱️ foot-smart-podiatry-clinic.business.site

Active Foot Clinic Podiatry Bowral

📍 16B Springetts Arcade, Bowral 📞 02 4861 1920 📧 highlands@activefootclinic.com.au
🖱️ activefootclinic.com.au

Active Foot Clinic Mittagong

📍 58 Bowral Rd, Mittagong 📞 02 4744 2555 📧 highlands@activefootclinic.com.au
🖱️ activefootclinic.com.au

Moss Vale Podiatry

📍 3 Elizabeth St, Moss Vale 📞 0405 572 463 📧 mossvalepodiatry@gmail.com
🖱️ mossvalepodiatry.com

PHYSIOTHERAPY AND PHYSIOLOGY



Bounce Back 2 Health

Moss Vale Aquatic Centre, 8 Kirkham St, Moss Vale
 0429 149 847
 admin@bounceback2health.com.au
 www.bounceback2health.com.au

Effect Exercise Physiology

242 Argyle St, Moss Vale
 0491 001 559
 info@effectexercisephysiology.com.au
 www.effectexercisephysiology.com.au

Refined Moves

Mobile physiotherapy, Tai Chi and Qigong instruction
 0405 156 175
 anthony@refinedmoves.com
 refinedmoves.com

Invigorate Health and Performance

3/60 Bowral Rd, Mittagong
 02 4880 1622
 invigoratehealth.com.au

The Edge Physiotherapy

Shop 24, 310/312 Bong Bong St, Bowral
 0466 212 771
 admin@theedgephysiotherapy.com.au
 theedgephysiotherapy.com.au

The Physio Space (Bowral)

Suite 9, 68-70 Station St, Bowral
 02 4861 1223
 thephysiospace.com.au

The Physio Space (Moss Vale)

Suite 2, 41 Willow Dr, Moss Vale
 02 4868 3994
 thephysiospace.com.au

Southern Highlands Physiotherapy & Hydrotherapy Centre

93-95 Bowral St, Bowral
 02 4861 2447
 southernhighlandsphysio@gmail.com

Back In Action Physiotherapy

7/5 Boolwey St, Bowral
 02 4862 4414
 enquiries@backinactionphysiotherapy.com.au
 backinactionphysiotherapy.com.au

Enlighten Physio

Suite H, Springett's Arcade 302 Bong Bong St, Bowral
 0491 206 824
 hello@enlightenphysio.com.au
 enlightenphysio.com.au

Active Therapies

📍 15/70 Bowral St, Bowral 📞 02 4861 2666 📧 reception@activetherapies.com.au
🖱️ activetherapies.com.au

Movement Mender Therapy

📍 16 Stables Pl, Moss Vale 📞 0436 695 650 📧 movementmender@gmail.com
🖱️ www.movementmendertherapy.com.au

Healthstin Moss Vale

📍 8 Kirkham St, Moss Vale 📞 1300 090 931 🖱️ healthstin.com.au



Harbison: Burradoo and Moss Vale, Southern Highlands.

SOCIAL AND COMMUNITY GROUPS



Community and village associations

Have you ever wanted to get more involved in your local community or village? There are a range of groups across the Wingecarribee Shire working to better the local community and support people living in our area.

Get in touch with your local community or village association today to find out more about the activities and events they have available!

Balmoral Village Association

 balmoralvillageassociation@gmail.com  www.balmoralvillageassociation.org.au

Berrima Residents Association

 secretary@bra.org.au  bra.org.au

Bundanoon Community Association

 secretary@bca.asn.au  www.bca.asn.au

Burrawang / Wildes Meadow Community Association

 BWMCAssoc@gmail.com  www.burrawangvillage.com

Canyonleigh Community Association

 www.facebook.com/groups/canyonleighcommunity

Colo Vale Community Association Inc

 moox1428@bigpond.com  www.facebook.com/ColoValeNews

Exeter Village Association

 admin@exetervillage.org.au  www.exetervillage.org.au

Hill Top Community Association Inc

 hilltopcommunityassoc@gmail.com  www.facebook.com/groups/904740882916077

Medway Community Association

 medwaycommunityassociation@gmail.com
 www.facebook.com/groups/196204059335771

Penrose Community Association

 penrosecasecretary@gmail.com  www.penrose.net.au

Renwick Community Association

 renwickcommunityassociation@gmail.com

Robertson Community Association

 robboca@outlook.com  robertson.nsw.au/robertsoncommunityassociation.html

Wingello Village Association Inc

 secretary.wva@gmail.com

 www.facebook.com/people/Wingello-Village-Association/100064804869800

Yerrinbool Village Group

 yerrinboolvillagepeople@gmail.com

 www.facebook.com/groups/yerrinboolcommunity

COMMUNITY CIRCLES WINGECARRIBEE

New in town? Feeling left out and disconnected? Or would you just like to build a supportive local network? You can find meaningful connections or get involved as a volunteer through Community Circles Wingecarribee.

Community Circles Wingecarribee works with residents to foster and strengthen community connections. Local connector Rose keeps in touch with what people in the community need and turns what's missing into something with meaning and purpose they can be part of. Our local branch is an initiative of the Touched by Olivia Foundation in partnership with Wingecarribee Shire Council.

Check the Facebook feed for circles near you, from catching up for a few laughs, pub-singing sessions, to finding solace at a Death Café.

For more information, contact Rose:

 0425 303 386  Rose.shaw@touchedbyolivia.com.au

 www.facebook.com/p/Community-Circles-Wingecarribee-100088579492219





SOUTHERN HIGHLANDS MEN'S SHEDS



Bowral Men's Shed

📍 28 Bendooley St, Bowral 📞 02 4862 5285 🌐 mensshed.com
🕒 8.30am-3pm Tuesdays and Thursdays

Bundanoon Men's Shed

📍 11 Burgess St, Bundanoon 📞 02 4883 6574 📧 bmsburgess@gmail.com
🌐 bundanoonmensshed.asn.au
🕒 9am-2pm Tuesdays, Wednesdays and Thursdays, 4pm Fridays Happy Hour

Colo Vale Village Men's Shed

📍 28 Railway Ave, Colo Vale 📞 0419 279 277 🌐 mensshed.org/sheds/colo-vale-village-mens-shed
🕒 9am-1pm Tuesdays and Thursdays

Mittagong Men's Shed Inc

📍 102 Diamond Fields Rd, Mittagong 📞 0420 446 092
🌐 mensshed.org/sheds/mittagong-mens-shed-inc
🕒 9am-12pm Tuesdays and Fridays

Moss Vale Men's Shed

📍 Main Gate, Moss Vale Showground 18-20 Illawarra Hwy, Moss Vale
📧 mail@mossvalemensshed.org.au 🌐 mossvalemensshed.org.au
🕒 8.30am-1pm Tuesdays and Thursdays

Robertson Men's Shed

📍 58-60 Illawarra Hwy, Robertson 📧 info@robertsonmensshed.org.au
🌐 robertsonmensshed.org.au
🕒 Men 9am-3pm Tuesday, Women 9.30am-1pm Friday, Mixed 6pm-9pm Wednesday.



COUNTRY WOMEN'S ASSOCIATION NSW



The CWA is the largest women's organisation in Australia and aims to improve conditions for country women and children.

CWA NSW Membership Fees apply. Once a member, most local branch activities are free, with the exception of fundraising activities.

CWA Bowral Branch

CWA Bowral Branch of the Country Women's Association, NSW was formed 10 February 1925. The Branch focus is friendship, fun and support. Activities include: Handicraft sessions, Land Cookery, jam making, lunches and community events. Funds raised from Branch events, donations and bequests go to support: local charities, Triple Care Farm, and other needy communities.

 CWA Rooms 40 Wingecarribee St, Bowral  0427 973 804  cwabowral@outlook.com
 1.30pm Second Tuesday of every month (excluding January)  www.cwabowral.org

CWA Bundanoon Branch

Bundanoon Branch is actively involved in supporting the local community through fundraising, education and recreation. As a small group they are always open to welcoming new members. The CWA is more than tea and scones but they do that very well too!

 CWA Rooms, 45 Railway Ave, Bundanoon  02 4883 6919  0427 836 919
 ks90835@gmail.com  www.cwaofnsw.org.au  Second Thursday of the month

CWA Exeter Branch

CWA Exeter Branch aims to improve the lives of rural women and children in regional and rural areas.

 Exeter Village Hall  0417 201 409  glenalicefarm@gmail.com
 9.30am third Wednesday of the month  www.facebook.com/cwaexeter/

CWA Mittagong Branch

CWA Mittagong Branch have craft at 11am, lunch that can be purchased and their meeting at 1pm. Come and meet lots of nice people and make friendships.

They help raise money to help the community, including for disaster relief.

 CWA Rooms, Winifred West Park, Mittagong  0477 015 862  cwamittagong@gmail.com
 4th Wednesday of the month

CWA Moss Vale Branch

CWA Moss Vale Branch would like to welcome ladies of all ages to join their branch. Children and Grandchildren welcome. Fundraising, Fun and Friendship. They also talk about Agriculture and Environment issues as well as International. Land Cookery and Handicraft are also enjoyable activities.

 CWA Moss Vale Rooms 66 Elizabeth St, Moss Vale  0419 498 388
 mossvalecwa@outlook.com  1pm on the last Friday of the month
 www.facebook.com/groups/1296922330504678/

Moss Vale Evening CWA

CWA is a long established community service organisation - they have social and business meetings, support the local community including schools, families in need, families in hospital and state emergencies. The Moss Vale Evening CWA branch offers the hand of friendship to both new and long standing residents - flexible meeting times to suit all women.

-  Girl Guide Hut, 3 Donkin Ave, Moss Vale  0418 600 068  mossvaleeveningcwa@gmail.com
-  Variable – please contact by phone or email for details.
-  sites.google.com/view/moss-vale-evening-cwa
-  www.facebook.com/p/Moss-Vale-Evening-CWA

Southern Highlands Evening CWA

Not for Profit Community Group - one of the 7 Branches within the Southern Highlands as Members of Country Women's Association of NSW. Southern Highlands Evening CWA are just 10 years old and cater for those women who cannot get to a Day Branch Meeting. Age range is from mid 30s to late 70s. Fun and Fundraising is their passion. President - Jennifer Woodwell and Secretary Judy Baxt.

-  CWA Rooms, Winifred West Park, Main St, Mittagong  02 4854 0058
-  secretary.shecwa@gmail.com  shecwa.org  6.30pm 1st Thursday of the month

ARTS & CULTURE



Burrawang School of Arts

Community hall in the historic village of Burrawang. Eclectic program of regular events including classical, jazz and popular music, films & trivia nights, morning teas with guest speakers, an annual bake-off, an annual ball and many others.

-  35 Hoddle St, Burrawang  0418 329 827  president@bsoa.com.au
-  www.burrawangvillage.com/school-of-arts
-  Event prices as advertised on website. Annual membership: \$20.

Highlands Opera Lovers (HOL)

HOL is the opera appreciation group in the Southern Highlands. HOL provides members with an annual program of events to embrace and enhance their love of opera. Membership of HOL is open to everybody with an interest in opera. Most events are at the easily accessible East Bowral Community Centre.

-  PO Box 2708, Bowral  0458 088 200
-  www.highlandsoperalovers.com.au
-  \$70 annual membership fee

Highlands Theatre Group







Southern Highlands longest producing theatre company.

-  Local venues  0422 599 350  admin@htg.org.au  htg.org.au

Fellowship of Australian Writers Southern Highlands

FAWSH is a fellowship that promotes writing and encourages writers of all genres.

Membership is open to anyone interested in writing. Provides intellectual stimulation, entertainment and enjoyment through engaging with the writing process.

-  Welby Hall 14 Currockbilly St, Welby
-  02 4862 1793
-  fawshnsw@hotmail.com
-  10am-1pm second Saturday of each month (except for January)
-  fawsh.wordpress.com
-  \$50 per annum and \$5 per meeting

Serendipity – The Choir

A community choir offering the opportunity to sing at a good standard, with two major concert series each year. Additional performances result from invitations to assist in community activities. There is no formal audition process. The majority of their members are above 65 in age, but very young at heart. Age is no limit - their oldest member is 90, and having a wonderful time. They also have members who are working, and with families, so a wide range of people. And Serendipians come from all over the Shire.

Singing is renowned for its health benefits, both physical and intellectual, and provides enormous social benefits from the activity of sharing in a mutually satisfying activity.

-  Bundanoon Memorial Hall, Bundanoon
-  02 4883 6515
-  keritch.fowles@bigpond.com
-  Thursdays 7.30pm weekly
-  www.serendipitythechoir.com
-  \$25 annual contribution

Sing Australia Southern Highlands (SASH)






SASH is a community choir that began nearly 25 years ago. There are no auditions and the aim is for people to enjoy singing and derive all the health and social benefits from doing so.

They have a wide repertoire, sing at community events (optional) and always have fun together.

-  Bowral Uniting Church Hall, Bowral
-  0430 082 840
-  melicancm@gmail.com
-  Mondays 6pm-8pm
-  www.singaustralia.com.au
-  Membership fees apply, enquire for details







Southern Highlands Concert Band

Much loved community ensemble providing regular concerts throughout the year. Playing and performance opportunities for those looking for new challenges or rediscovering old talents.

-  Bowral Memorial Hall, Bendooley St, Bowral
-  02 4868 1834
-  newjill2@southernphone.com.au
-  www.shcb.org.au
-  Rehearsals 7.15pm Wednesdays during school terms

The Highlands Sinfonia

Amateur orchestra performing for local charities. Provides local access to live classical orchestral music to seniors for a nominal fee or donation.

-  St Jude's Church, 34 Bendooley St, Bowral
-  02 4857 4021
-  organist@bowralanglican.org.au
-  www.stjudesmusicassociation.com/
-  Wednesdays 10am-12pm weekly
-  Nominal subscription

The Highland Singers

Four part community choir, holds 2-3 concerts annually with proceeds donated to a local charity. (Photo 1)

 Berrima Anglican Church Hall, Argyle St, Berrima

 0414 188 695

 reknowles@ozemail.com.au

 www.thehighlandsingers.com

 1pm-3pm Monday afternoons

 \$150 per year

The SHAC Art Gallery

 91 Hoddle St, Robertson

 enquiries@theshac.com.au

 www.theshac.com.au

 Free

Ukes In The Mist

A friendly ukulele group meeting fortnightly. Players of all ages and ability, having fun together while also refining their playing, making music on the uke. Offering musical enjoyment for those that would like to play ukulele or aged care facilities that would like the enjoyment of listening to them playing for you in a group environment.

 Bowral Bowling Club, 40 Shepherd St, Bowral

 0437 255 004

 mail4lee8@bigpond.com

 6.45-8.45pm every second Tuesday

 \$5

The Bowral Autumn Music Festival

Held over four days at the historic St. Jude's Church, the BAMF presents seven chamber music concerts with exceptional performances by some of Australia's finest Artists. World renowned and much-loved compositions are featured alongside a celebration of contemporary works by outstanding Australian composers. Large car park with easy access to the excellent facilities.

 St. Jude's Church 38 Bendooley St, Bowral

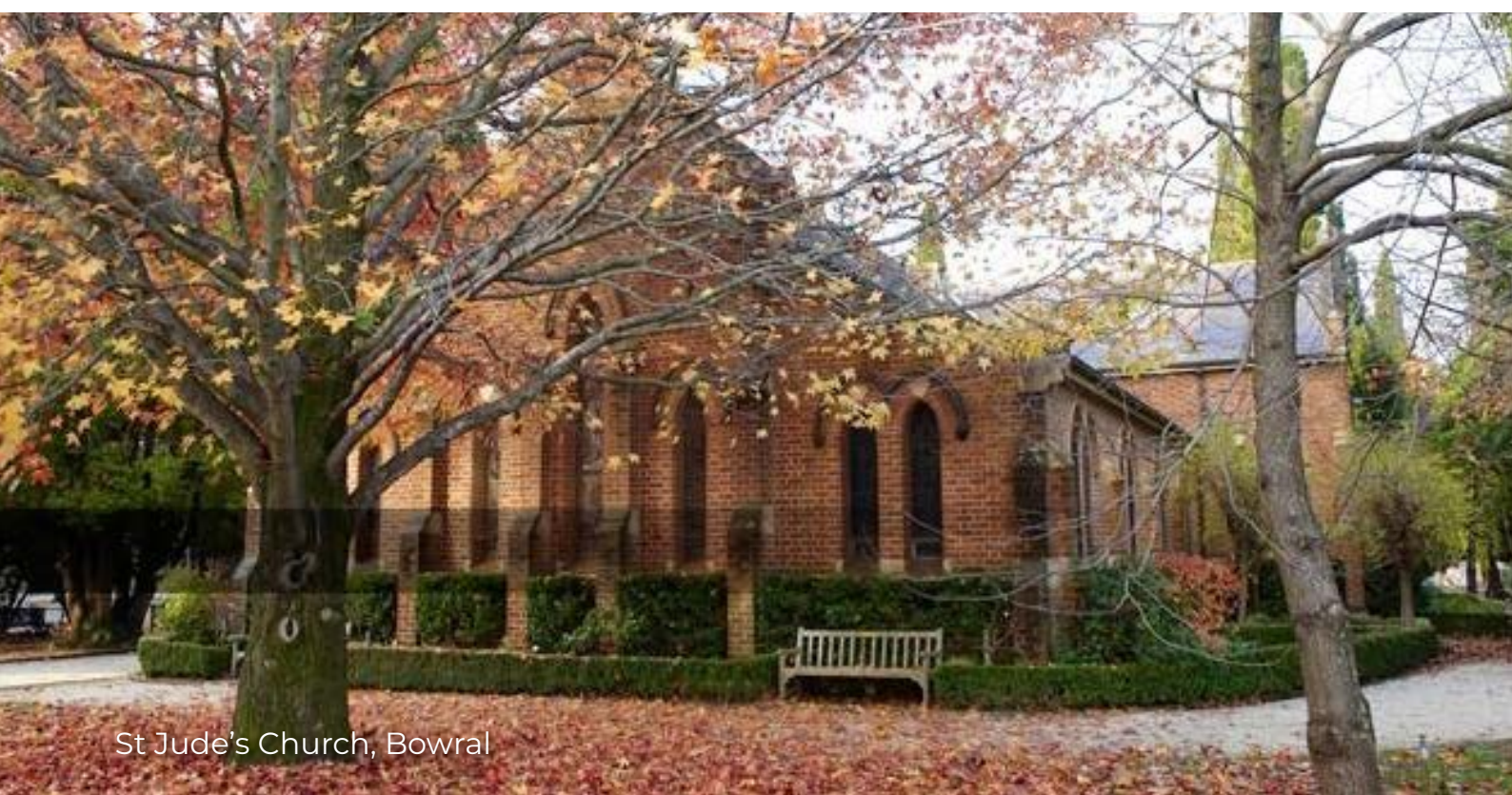
 0401 139 081

 contact@bamf.org.au

 Concerts held in March annually

 www.bamf.org.au

 Concession tickets are available



St Jude's Church, Bowral



The Highland Singers









Ukes in The Mist

SOCIAL CONNECTIONS, HEALTH AND WELLBEING



Bundanoon Lions

Bundanoon Lions are members of the community who share a core belief: community is what you make it. They work together to provide help in times of disaster, support medical research, assist local schools and network with local organisations. Although they are a small club they reflect and contribute to the strong community feeling that typifies Bundanoon's friendly village.

-  Bundanoon Hotel - cnr of Erith St & Ellsmore Rd, Bundanoon  0419 639 531
-  bundanoon.nsw@lions.org.au  www.facebook.com/bundanoonlions/
-  6.30pm fourth Tuesday of the month  Yearly dues

Lions Club of Moss Vale

Moss Vale Lions are involved with a number of local businesses in supporting the less fortunate in our community. They also work closely with the schools to assist students in programs within the school and outside.

-  Moss Vale Services Club, Cnr Argyle & Yarrawa St, Moss Vale  0437 627 002
-  mossvale.nsw@lions.org.au  www.facebook.com/mossvale.lions/
-  Monthly  Free

Bowral Trefoil Guild

Trefoil Guild is girl guiding for adults. They are a group of former and current girl guide members who enjoy fun and fellowship while giving service to current girl guides and the community. All their activities are suitable for seniors.

-  Bowral Guide Hall, 44 Boolwey St, Bowral  02 4861 2909
-  trefoilguild@girlguides-nswactnt.org.au  www.girlguides-nswactnt.org.au
-  Fourth Tuesday of the month
-  Trefoil Guild membership fees to Girl Guides Association plus guild fees







CTC Robertson

CTC Robertson is a not-for-profit community organisation that builds connections across the Community with Technology and Creativity to make a difference in people's lives. Their aim is to create and maintain a welcoming hub which provides facilities and enriching experiences in IT, arts, education, business, and social and cultural fields.

Community - a community cafe and meeting place, venue hire for community meetings, community workshops, community newsletters and noticeboards, community programs such as mental wellbeing, seniors festival events and programs run in partnership with other community organisations.

Technology - Be Connected Program providing IT assistance to seniors, printing and wifi, one on one assistance and special group programs.

Creativity - exhibition space for local and emerging artists, music events, cinema program, creative workshops.

-  58-60 Hoddle St, Robertson  02 4885 2665  info@robertsonctc.org.au
-  www.robertsonctc.org.au
-  Open 10am-4pm Thursdays and Fridays, 9am-1pm Saturdays
-  Varies

Highland FM 107.1 Community Radio

Highland FM 107.1 is an all-volunteer, Southern Highlands based community radio station. Through radio excellence, they have created a unique community resource, one that promotes connections and fosters a sense of belonging.

Highland FM aims to entertain, inspire and enrich listeners through an eclectic mix of musical, cultural, educational and informative programming.

 Shop 10/40 Station St, Bowral  02 4811 1557  contact@highlandfm.org.au
 www.highlandfm.org.au  Free

Moss Vale Men's Probus Club

The Men's Probus Club of Moss Vale is situated in the Southern Highlands of NSW and draws membership from the towns of Moss Vale, Bowral, Mittagong as well as surrounding villages. Fun, friendship, Fellowship activities are held throughout the year.

Probus Club of Moss Vale is a Men's Club and is a non-profit, non fund-raising Club and caters entirely for its retired or semi-retired members by way of fun-filled monthly meetings, local functions and occasional tours to interesting parts of NSW.

 Mittagong RSL  02 4869 1245  probusmossvale@gmail.com
 www.probusmossvale.org.au  Second Thursday of each month
 Joining and annual fee





Southern Highlands Bridge Club

SHBC offers several sessions of bridge weekly and is mainly supported by seniors in the Southern Highlands. Their aim is to provide social interaction, a mental challenge and various levels of competition.

 East Bowral Community Centre  0411 632 607  shbc2251@outlook.com
 www.shbc.bridgeaustralia.org  Varies

Southern Highlands Jewish Community Group

The Southern Highlands Jewish Community group meets monthly to participate in cultural and religious activities for those living in the Southern Highlands.

 Various  0408 492 039
 Monthly  \$35 single per annum; \$55 family per annum

Southern Highlands Older Women's Network (SHOWN)

SHOWN is part of a National Network championing for the rights, dignity and wellbeing of older women.

They focus on active ageing with a series of different activities and social get togethers to stop older women feeling lonely and isolated.

SHOWN is a group of older women who meet regularly for a range of activities including walking, craft, movies, book clubs, lunches. They have a large group meeting monthly, which includes a guest speaker on a topic of relevance to them, followed by afternoon tea and time to socialise.

 The Community Centre, Oaktree Retirement Village, Willow Dr, Moss Vale  0439 550 976

 shown@ownnsw.org.au  ownnsw.org.au

 Monthly group meetings on second Monday of each month, with various other activities held weekly, fortnightly or on an ad hoc basis

 \$30 annual membership fee and \$5 at meetings for afternoon tea

Southern Highlands View Club

VIEW Clubs are part of The Smith Family. They raise funds for disadvantaged Australian children to help with their education.

 PO Box 2009, Bowral  0414 451 271  southernhighlands.viewclub@gmail.com

 www.thesmithfamily/view-clubs

Volunteering Wingecarribee

Placement of volunteers with not-for-profit organisations within the Wingecarribee Shire. Assists people looking to volunteer to find the organisation most suited to their talents and wishes.

 14 Queen St, Moss Vale  02 4869 4617  info@volwing.org.au







 www.volwing.org.au  Open 9.30am-12pm Monday to Thursday  Free

GARDENING, NATURE AND ENVIRONMENT



Bowral Garden Club

A group of like minded people who meet on the 2nd Monday of the month for a General Meeting where a speaker is invited to speak on something garden related. There is a trading table and afternoon tea. On the 4th Monday of the month they have a garden visit.

-  Uniting Church Hall, Bowral
-  0402 814 119
-  president@bowralgardenclub.com
-  bowralgardenclub.com
-  \$30 per annum plus \$10 for name badge
-  2pm second Monday of the month for a General Meeting; fourth Monday of the month for a garden visit

Mittagong Garden Club








Mittagong Garden Club meets on the first Friday of each month for a General Meeting with a Guest Speaker, Trading Table and Friendship.

-  Mittagong RSL
-  mittagonggardenclub@gmail.com
-  www.mittagonggardenclub.com
-  First Friday of the Month, February to November
-  Membership fee \$25 for single; \$40 for a couple

Moss Vale Community Garden

Moss Vale Community Garden are a community group who practise organic gardening and follow permaculture principles aimed at encouraging people to grow food locally in their own backyards in a sustainable fashion.

They teach techniques for this and other sustainable living concepts like renewable energy, waste reduction and recycling and social activities that encourage inclusion for all shire residents.

-  Moss Vale Community Garden, 9-13 Railway St, Moss Vale (in Corlette Park next to the tennis courts)
-  0414 545 735
-  info@mossvalecommunitygarden.org.au
-  www.mossvalecommunitygarden.org.au
-  www.facebook.com/MossValeCommunityGarden
-  10am-4pm Mondays and Thursdays
-  Membership \$25 per annum

Robertson Garden Club

Robertson Garden Club monthly meetings feature guest speakers, a trading table and organising visits to other gardens either as day trips or for several days away. Visitors are always welcome to meetings which are followed by a sumptuous afternoon tea.

-  Robertson Showground
-  0497 763 477
-  robertsonopengardens.weebly.com/
-  First Monday of the month

Robertson Environment Protection Society

REPS was formed in 1990 to promote the protection and enhancement of the Robertson environment, particularly the critically endangered rainforest. The newsletter, Eucryphia, is freely available by email. Past issues may be read on the website. A Guide the Robertson Rainforest - The trees, shrubs, vines and ferns of the Yarrowa Brush was published in 2021.

✉ reps@reps.org.au 🖱️ reps.org.au

🕒 Public meetings are held bi-monthly 💰 Annual membership fees apply

Southern Highlands Botanic Gardens

The Southern Highlands Botanic Gardens is one of the few community-funded botanic gardens in Australia and provides fifteen acres of developing gardens to represent four seasons in a cool climate. There is also an education building, an all-weather all-ability playground, two picnic shelters, bench seating and a path network together with toilet facilities.

Volunteers meet every Tuesday morning and enjoy a range of gardening tasks, friendship and camaraderie together with a morning tea, all in a healthy, natural and supportive environment.

📍 1 Old South Rd, Bowral 📞 0456 752 595 📧 admin@shbg.com.au

🖱️ shbg.com.au 🕒 9am-5pm everyday 💰 Free

Illawarra/Southern Highlands Heritage Rose Group

This group represents Heritage Roses in Australia, visiting mostly private gardens to enjoy and discuss the wonderful world of Heritage Roses – sumptuous scent, massive displays of blooms, ground covers to climbers and every size in between.

📍 Southern Highlands 📞 0413 153 650 📧 prezek15@gmail.com

🖱️ www.heritageroses.org.au

EDUCATION AND LEARNING



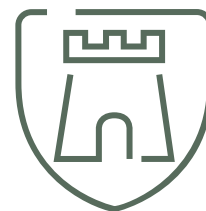
University of the Third Age Southern Highlands

U3A Southern Highlands Inc. is a not-for-profit community organisation run by volunteers, which provides a wide range of courses for members who are 50 years and over and who are retired or semi-retired. The courses cover a wide range of topics and are broadly grouped under the headings of the Arts, Games and Sports, Current Affairs, History, Humanities, Languages, Lifestyle, Literature and the Sciences. It is a volunteer organisation and all courses are offered and run by the members on a volunteer basis.

📍 Course venues vary 📞 02 9990 6650 📧 secretary@sohiu3a.org.au

🕒 See website for term dates 🖱️ sohiu3a.org.au

HISTORY AND HERITAGE







Bundanoon History Group

Nurturing an interest in the history of Bundanoon. Managing a collection of local artefacts.

 Soldiers Memorial Hall, Bundanoon  0455 155 897  historygroupbundanoon@gmail.com
 bundanoonhistory.org.au  10am first Monday of the month  \$20 per annum

Grand Stories

Grand Stories captures your story, in your own voice, to leave as a legacy for future generations of your family. They also document details, decisions and rationale included in your will. They can tell the story of the challenges and successes of your journey.

 0439 550 976  grandstories.aus@gmail.com  www.grandstories.com.au
 Fees apply

SPORTS AND EXERCISE



Bowral Bowling Club







Lawn bowls in the Southern Highlands.

 40 Shepherd St, Bowral  02 4861 1320  enquiries@bowralbowling.com.au
 bowralbowling.com.au  Membership fees apply

Bundanoon Bowling Club

Bundanoon Bowling Club services the community and their members by providing a facility where everyone can participate in the game of bowls. Bowls is a low level impact sport but still provides people to get some exercise as well as keep a healthy life style.

As a club they provide a sporting facility that caters for all ages and all groups.

 71B Erith St, Bundanoon  0487 955 761  bowlsbundy@gmail.com
 www.bundanoonclub.com  Meetings at 5pm, last Wednesday of the month
 \$15 social bowls

Bundanoon Croquet Club

A small, friendly club located at the rear of the Bundanoon Club on Erith Street. New players welcome, with a free trial and equipment offered. Gentle exercise for mind and body. A friendly club, great place to make friends. Everyone welcome.

 70B Erith St, Bundanoon  0493 542 283  croquetbundanoon@gmail.com
 www.facebook.com/CroquetBundanoon  From 1pm every Thursday and Sunday
 Free trial, \$15 social players, membership \$135 per quarter

Moss Vale Movers

Gentle exercise classes with a lovely and friendly group that will keep you active.

 Moss Vale Senior Citizens and Community Centre, 14 Queen St, Moss Vale 558  0401 246

 Monday & Thursday mornings from 9:15am to 10:15am

 \$12 per class

Move and Groove Fitness

Zumba Gold classes

 Mittagong and Bowral  0412 959 510  www.facebook.com/moveandgroove.au

 Depends on location  \$14 per class

Southern Highlands Bushwalkers

Southern Highlands Bushwalkers go on weekly walks, mainly on bushwalks in the Southern Highlands and Wollondilly Shires. There are a variety of walks of various degrees of hardness. As much a social activity as a walking one.

 Meeting places vary  0431 858 611  shbushwalkers@gmail.com

 www.shb.org.au  Weekly walks in cooler months  \$2 for a visitor

Southern Highlands Croquet Club

Golf Croquet and Association Croquet played at the lovely grass courts in Exeter. The atmosphere is relaxed and all are welcome.

 16 Exeter Rd, Exeter  0457 906 846  southernhighlandscroquet.wordpress.com/

Southern Highlands Royal Scottish Country Dancing

Southern Highlands Royal Scottish Country Dancing has been holding classes in the Highlands since 1993 and encourages people of all ages but primarily seniors to participate in this group activity.

 Moss Vale Uniting Church, 568 Argyle St, Moss Vale  shrscdancers@gmail.com

 Wednesdays 7.30pm (during school terms only)

 www.rscds.org.au/southern-highlands.html

 Annual club membership: \$10 First visit free. Members: \$5 per class. Non-members: \$6 per class

Southern Highlands Tai Chi Life

Tai Chi classes open to women and men.

 Mittagong RSL, cnr Hume Hwy & Bessemer St, Mittagong  0423 166 113

 www.activeandhealthy.nsw.gov.au/program/view/151

 Wednesday mornings  Casual rate \$20 per session



Harbison. Burradoo and Moss Vale, Southern Highlands.

NOTES

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NOTES

This image shows a full page of a document template. It consists of approximately 30 evenly spaced horizontal dotted lines across the entire width of the page, providing a guide for handwriting or typing. There are no margins, text, or other markings present.



The information contained in this Seniors Directory is true at time of print (March 2024).

While every effort is made to ensure the accuracy of the information contained in these pages, it is important that community groups and organisations advise Council of any changes to their content.

Contact the Community Development Team on



02 4868 0888



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