

NORTHERN RIVERS SUPPORT GROUPS

NAME	LOCATION	WHEN	CONTACT NAME	EMAIL	PHONE
Prostate Cancer Support Group - Day Group Men diagnosed with prostate cancer & their partners or carers	Alstonville - Alstonville Bowling Club Deegan Street	3rd Monday of each month 10am-12noon	Pat	patcog@inet.net.au	
Ballina Bunjalung Carer group	Ballina		Gayle Lambert	gayle.lambert@northcott.com.au	02 6620 6600
Bunjum Aboriginal Carers Support Group - Carers of people with autism, Down Syndrome, cerebral palsy, Global Development Delay	Ballina		Isobel Bradshaw, EarlyLinker, Bunjum		02 66811540
Cuppa Connections	Ballina		Megan Perrin		0409 840 677
Parkinsons NSW Support Group	Ballina		Parkinsons freecall		1800 644 189
Dementia Friendly Ballina Community Café - A regular get together of people with dementia and their supporters to develop social connections, build understanding and create awareness - all welcome	Ballina - Café Sebastian, Shop 36 Ballina Shopping Centre	1st Wednesday every month 10 - 12pm	Lynda, Home Instead Senior Care	lynda@hiscgoldcoast.com.au	0467 641 853
Ballina Mental Health - One Door Mental Health run a range of different groups across the State that cater to all kinds of people affected by mental illness including those with lived experience, their families and carers.	Ballina - Cherry Street Sports Club	4th Monday 5-7pm	Shelley	swestgate@live.com.au	0424 229 244
Northern Rivers Parkinson's Support group	Ballina - Crowley education centre & House with no Steps	Meets 2 nd Friday every 2 nd month at Crowley Education Centre 10 – 11.45am; Informal get together at House With No Steps at 10 – 11.45am alternate Fridays every 2nd month	Moya Telfer	gmtelfer@gmail.com	0427 042 607 or Tamsin 0427645146
My Time Play Group - For Carers of young children with a disability. Siblings welcome	Ballina and Cabbage Tree Island	Ballina – Wednesday; Cabbage Tree - Tuesday	Elaina Creighton		6686 6889 or 0432 480 288

Mental Health Family and Carers Support group - Carers of people living with mental illness	Ballina Cherry St Bowls club	4 th Monday of the month 5pm – 7pm	Shelley Westgate		0424 229 244
Brain Injury Support group	Bangalow			tdudgeon@bigpond.net.au	66871290
Tweed Banora – Autism,ADHD,ODD, Anxiety and Selective Mutism Support Group	Banora Point - Proposed every 2nd Monday of the school term Salvation Army Hall Banora Point		Rachel Brindley		0448 811 704
Kyogle LGA Peer Network -	Bonalbo/Woodenbong	2 nd Tuesday of the month	Astrid Bannah		6634 1372
Carers Coffee Club - for carers supporting someone living with Dementia	Brunswick Heads - Byron Shire Respite Service, Brunswick Valley Community Centre South Beach Road	4th Thursday 9.30am – 11.30am			6686 1619
Byron Family Drug Support Group - For families and carer of people with drug related issues.	Byron Bay				1300 368 186 – 24 hr support line
Byron Bay Autism Spectrum Disorder support group	Byron Bay - Byron Bay Hospital	1st Friday of the month	Joy McGrath		6639 9108
Casino Bundjalung Crew - Informal support group for local Bunjalung Carers	Casino		Gayle Lambert	gayle.lambert@northcott.com.au	02 6620 6600
Casino MyTime - free support for people caring for children (up to 16) with disabilities	Casino				02 9787 0871
Casino Parkinson Support group	Casino				1800 644 189
Casino Vision Impaired Group	Casino - Baptist Church Hall	1st Monday of each month, 10am	Denise		0428 661 917
Casino Peer Support Group - for people with disability, carers and family	Casino - Casino Community Centre	4 th Wednesday of the month	Pam Bourne	teko.valentino2@gmail.com	0438 225 470
Mental Health Family and Carers Support group - Carers of people living with mental illness	Casino - Neighbourhood Centre	1 st Thursday of the month 10am – 12 pm.	Stephanie Pages		6623 7401
Carers Group Casino - Friendly, inclusive and supportive group support people who are carers for family member or friend	Casino - Southern Cross Care Community Centre, 62 Centre Street,	3rd Friday of each month 10-11.30am	Lyn Johnston or Donna Hampton	ljohnston@sccliving.org.au	02 6662 5844
Coffs Coast Autism Family Support Group: Meet and Share - Autism Spectrum Disorder, Genetic Illness, Sensory Processing Disorder & ADD/ADHD	Coffs Harbour - 191 Harbour Drive, Cavanbah Centre	Last Wednesday of each month, from 10am-12pm			6652 7330 or 0412 639 789
Mid Richmond Neighbourhood Centre Carer Support - Mainly parents of younger children with additional needs, who like to meet on an informal basis to have a chat and a cuppa and share information and stories.	Evans Head - Chill Cafe, Woodburn Street	3rd Monday of the month except school holidays.10am until approximately 12 noon.	Carol Holmes		02 6682 4334

Evans Head Parent Carer Support Group	Evans Head - Scout Hall, Mangrove Street	3rd Thursday of the month 10am until 12noon, Morning Tea provided	Carol Holmes		(02) 66824334
Chit Chats Carers group - Group meets to have a chat	Goonellabah - 43 Dudley Dr	Third Wednesday of the month	Elizabeth Smyth		0421 766 893
SACOD (Siblings And Carers Of Disabilities) - At SACODs we understand the trials and tribulations you go through with a person with a disability. This group is to enable siblings to be kids and forget about their 'carers' role while feeling supported in a non-judgemental environment.	Grafton		Libby Read	libby.read@outlook.com	0487 447 007
Mental Health Family and Carers Support group - Carers of people living with mental illness	Grafton - 132 Princess St	3 rd Thursday 10am – 12pm	Nev or Helen		Nev 6649 3660 or Helen 66587831
Parkinson Support Group - for carers of people with Parkinsons	Grafton - Grafton District Services Club, 105-107 Mary Street	11-12noon followed by lunch	Catherine Eggins	catherine.eggins@bigpond.com	
Grafton General Cancer Carer Support Group	Grafton - Grafton District Services Club, Fry St, Grafton	2 nd Monday of the month at 10am for an informal morning tea	Susanne Webb	susanne.webb@health.nsw.gov.au	
Clarence Valley Forward Steps carers support group - Carers of people with disability	Grafton and surrounding areas		CV Forward Steps on Facebook https://www.facebook.com/groups/697744113621367/		
Dementia Carer Support group - Carers of people with Dementia	Kingscliff		http://www.lifebridge.org.au	sandrawoolnough@lifebridge.org.au	07 5589 8900 Work
MS Carers Support - Carer's for those living with MS provides the opportunity to share stories and knowledge whilst enjoying the company of others going through similar experiences so that you know that you are not alone on this journey	Kingscliff - Cudgen Headland Surf Life Saving Club, 3 Marine Pde	4th Tuesday of each month, excluding January and December, 11am to 1pm.	Deb Monaghan		0438 279 949
Mental Health Family and Carers Support group - Carers of people living with mental illness	Kyogle - Community Health, 199 Summerland Way	1 st Tuesday of the month	Stephanie Pages		6623 7401
Kyogle Support group - for people with a disability or chronic illness their carers and family to be able to have a chat , gain support and gain information on services.	Kyogle – various locations	The Second THURSDAY of the month 11am -1pm	Melissa Smyth		0423 658 137
Brain Injury Support Group	Lismore	3rd Tuesday of the month at 10am	Marie	tdudgeon@bigpond.net.au	

Lismore MyTime - Carers of children with a disability, developmental delay or chronic medical condition	Lismore				1800 171 882
Prostate Cancer Support Group - Night Group - Men diagnosed with prostate cancer & their partners or carers	Lismore - Lismore Workers Club Keen Street	First Wednesday each month at 7:00 pm - 9:00 pm	Vida	stenneroldies@bigpond.com.au	
Lismore Mental Health Carers Support Group	Lismore - Mission Australia Office, 29 Moleworth Street	1st Wednesday of the Month 10am - 12noon	Chris	JedrzejczykC@missionaustralia.com.au	6623 7402 or 0409 818 643
Aged Connectors Support Group - for those 50 years or older & identify as an Aboriginal or Torres Strait Islander Person, Support & Information for aged care for older people with mental health Challenges, Linkages to Services, Wellness & Reablement, Commonwealth Home Support Program & Navigating My Aged Care	Lismore - Momentum Collective, 48 Uralba Street	First Monday of each month 10 am -12 Noon	Louise		0427 735 836 or 6622 0309
Northern Rivers MD Mums Connecting - We welcome mums of children with a neuromuscular condition within the Northern Rivers area. We meet once a term at various restaurants to share stories and information as well as giving support to old and newcomers. It is an informal casual get together with a free flowing conversation.	Lismore – Northern Rivers	Once each term, usually Thursday or Friday evenings	Andrea Watts; or Vivienne Cox	andid22@hotmail.com ; vivcox1@gmail.com	
St Carthages carers group - For people supporting someone living with dementia	Lismore / Goonellabah	Last Monday of the month 1-3pm	Tracey Clement		6620 0000
Chit Chats Lismore - for family or friends caring for people living with a range of conditions including people with Intellectual disability, physical disability, Autism/ASD/Asperger's	Lismore / Goonellabah - 43 Dudley Dr Goonellabah	3rd Wednesday of the month	Elizabeth Smyth		0421 766 893
Prostate Cancer Support Group - Carers of people diagnosed with Cancer	Lismore and Far North Coast			richilton@optusnet.com.au	02 6621 2053
Mental Health Family and Carers Support group - Carers of people living with mental illness	Lismore Westlawn Building Molesworth St		Stephanie Page		6623 7401
Mental Health Family and Carers Support group - Carers of people living with mental illness	Mullumbimby Neighbourhood Centre		Leanne Gilchrist		0409 818 643
Cancer Support group	Murwillumbah	2nd Friday of the month	Carolyn		6672 0252
ADHD, ODD, Anxiety & Behavioural issues support group - Support group for carers of children with ADHD, ODD, Anxiety and Behavioural issues	Murwillumbah - Murwillumbah Services club	2nd Friday of every month 10 am. Tea, coffee and cake provided.	Natalie	nabrsumam@yahoo.com.au	0427 778 667 For other areas call 131120

Far North Coast Downs Syndrome Support	Northern Rivers		facebook group https://www.facebook.com/groups/425522704176459/		
Motor Neurone Disease Carers group - an informal coffee morning for people with MND and their Carers	Northern Rivers - Rotating venues	4 times per year	Christine Carroll		0421 252 455
Ocean Shores MyTime - free support for people caring for children (up to 16) with disabilities.	Ocean Shores				1800 171 882
Caring for Carers of People with Dementia - free online chat-based 6 week program to connect with other carers in a similar situation, chat from home, learn and share information and experiences	Online		Project Team	carers@cqu.edu.au	0437 579 695
Side By Side Asperger's group	Pottsville - Neighbourhood Centre, 12a Elizabeth St	1st and 3rd Saturday of each month during NSW school terms	Belinda	belinda@pbnc.org.au	0404 249 869
Pottsville Diabetics Support group	Pottsville area / Northern Rivers				6676 0411
Suffolk Park MyTime - free support for people caring for children (up to 16) with disabilities	Suffolk Park				1800 171 882
Tweed Aboriginal Support Group - or families with children with a disability	Tweed	Every 3rd Thursday of the month 10.30 - 12.30	Isobel Bradshaw EarlyLinker Bunjum		02 66811540
Twin Towns Friends Association – Aged support group	Tweed		Doreen Walsh	Doreenfriends1@bigpond.com	07 5524 1841
NDIS Support Group - Support group for parents and carers to discuss what they know about the NDIS & what they need to know. Start the pre-planning process in preparation for the roll-out.	Tweed - Banora Point Community Centre	Group meets on the 4th Monday of the month from 10 am - 12.30 pm at	Cathy O'Neill - Northcott Early Linker	cathy.oneill@northcott.com.au	0427 175 211
Tweed Parkinson's Support group	Tweed - Community Room Tweed City Shopping centre	2 nd Monday of the month	Helen Boddington	helenandfred.b@bigpond.com	66762549
Tweed Banora and Surrounding Areas Autism, ADHD, ODD, Anxiety and Selective Mutism Support Group	Tweed Banora - Proposed - Salvation Army Hall, Banora Point	2nd Monday of the school term	Rachel Brindley		0448 811 704
Tweed Heads MyTime - free support for people caring for children (up to 16) with disabilities	Tweed Heads				02 9787 0871
Dementia Carer Support Group	Tweed Heads - Tweed Head Bowls Club	3rd Thursday of the month 12 noon - 2:00 pm	Janelle	janelle.egas@lifebridge.com.au	
Mental Health Carer support group	Tweed Heads - Tweed heads Bowls club	3 rd Thursday of the month 12pm – 3pm	Marion O' Grady	marion.ograde@mymomentum.org.au	0438 109 111
Wardell MyTime - free support for people caring for children (up to 16) with disabilities	Wardell				02 9787 0871
Parkinsons NSW Support Group	Yamba				1800 644 189

<p>Lower Clarence Carer Support Group - We are a group for all carers in all caring roles. We offer support, friendship and information to all. During the year we have several social events such as High Tea, Christmas in July, Carers Week and Christmas party, these events are either low cost or subsidized for carers.</p>	<p>Yamba - Riverboat Restaurant, Yamba Bowling Club, 44 Wooli Street</p>	<p>3rd Tuesday each month from 10 am to 12 pm.</p>	<p>Jo Vestergaard, Coordinator, https://www.facebook.com/pages/Lower-Clarence-Carer-Support-Group/203685616332716</p>	<p>jo@vestergaards.org</p>	<p>0400 110 768</p>
<p>Mental Health Family and Carers Support group - Carers of people living with mental illness</p>	<p>Yamba - Yamba Community Centre Treelands Drive</p>	<p>1st Monday of the month 10am - 12pm</p>	<p>Chris</p>	<p>JedrzejczykC@missionaustralia.com.au</p>	<p>6623 7402 or 0409 818 643</p>