

Name of Organisation	BANYULE CITY COUNCIL LEISURE FACILITIES
Services Offered	Information and advice to individuals re recreational and sporting opportunities and facilities. “Dynamic Designers” - art/craft group for older adults with psychiatric disability.
Who can use this service?	People in Banyule with these needs
How can I get help?	Phone or call at Service Centre
Address	Service Centres: 9-13 Flintoff St, Greensborough 275 Upper Heidelberg Rd, Ivan. 44 Turnham Ave, Rosanna
Telephone	9457 9941
Who to ask for	Leisure Services Officer - Disabilities : Sue Griffith
Is there a cost?	No

Name of Organisation	BREAKAWAY (Mental Illness Fellowship)
Services Offered	Residential respite - brief holidays at O’Meara House Visitor services program - social support and encouragement
Who can use this service?	Individuals and carers affected by mental illness
How can I get help?	Contact via Respite Line
Address	276 Heidelberg Road Fairfield 3078 PO Box 359 Clifton Hill 3068
Telephone	9481 4759
Fax	
Who to ask for	Visitor Program - Reid Maxwell O’Meara House - Michelle Marler
Is there a cost?	O’Meara House - \$55 for 5 days

Recreation

Name of Organisation	ELTHAM COMMUNITY HEALTH CENTRE
Services Offered	Social group meets alternate Tuesdays
Who can use this service?	Adults up to 60 years with an acquired brain injury
How can I get help?	Phone and arrange to come to group
Address	917 Main Road Eltham
Telephone	9431 1333
Fax	9431 0339
Who to ask for	Jeanette Westmore (Co-ordinator)
Is there a cost?	No

Recreation

Name of Organisation	FEENIX CLUB HEIDELBERG
Services Offered	Social group. Bus outings for people with a mental illness Monday 10.00a.m.-4.00p.m.
Who can use this service?	People with Psychiatric disabilities aged 16-64
How can I get help?	Call in at Church (Monday only) or phone.
Address	Scots Uniting Church Drop-in Hall 185 Burgundy Street Heidelberg 3084
Telephone	9470 6022 (NEAMI Office).
Fax	9470 6516
Who to ask for	Arthur Staios (at the Church).
Is there a cost?	\$3-5

Name of Organisation	MULTI CULTURAL & MACEDONIAN ACTIVITY GROUPS
Services Offered	Educational and recreational activities. Wednesdays 9.30 a.m.-11.30 a.m.
Who can use this service?	People over 55 disabled, socially disadvantaged in N.E. Metropolitan region.
How can I get help?	Phone
Address	Meets at Banyule Community Health Centre Cnr Catalina St and Alamein Rd West Heidelberg 3084
Telephone	Banyule Community Health Centre - 9459 8833 Migrant Resource Centre - 9484 7944
Fax	9484 7942
Who to ask for	Jagoda Zdraveska
Is there a cost?	No

Name of Organisation	Neami Inc
Services Offered	Psychiatric Disability Support and rehabilitation. Outreach, supported housing, day programmes of group activities, Drop-in to meet others, socialise.
Who can use this service?	People in Darebin, Whittlesea, Banyule or Nillumbik, requiring support with mental health issues aged 16-64 years. For information check Website www.neami.org.au
How can I get help?	Phone, write or visit
Address	296 High Street Preston 3072 www.neami.org.au
Telephone	9470 6022 (H.O.) 9459 5455 (Banyule & Nillumbik)
Fax	9470 6516
Who to ask for	
Is there a cost?	Membership Subs. Ordinary \$10 Family \$15 Con.\$3.

Name of Organisation	N.N.A.A.M.I. (NATIONAL NETWORK OF ADULTS OR ADOLESCENT CHILDREN WHO HAVE MENTALLY ILL PARENTS)
Services Offered	Voluntary groups providing camps Telephone counselling Lobbying re issues
Who can use this service?	Children trying to cope with a mentally ill parent
How can I get help?	Phone or write
Address	NNAAMI P.O. Box 213 Glen Iris 3146
Telephone	9889 3095
Fax	-
Who to ask for	Paul McKillop
Is there a cost?	Only for camps

Name of Organisation	OLYMPIC ADULT EDUCATION
Services Offered	Classes/courses. Some specific for people with disabilities.
Who can use this service?	Anyone
How can I get help?	Phone or visit
Address	20 Morobe Street West Heidelberg 3084
Telephone	9458 2711
Fax	9459 8711
Who to ask for	Sally Thompson
Is there a cost?	Computer classes only

Name of Organisation	OPEN HOUSE
Services Offered	Drop in centre - camps, friendship, arts and crafts, welding and mechanical workshops, Bible fellowship Live-in Centre at Hurstbridge
Who can use this service?	All ages - depending on program
How can I get help?	Call in or phone
Address	16 - 18 Ivanhoe Pde Ivanhoe 3079
Telephone	9497 1855
Fax	9499 5689
Who to ask for	Ross Oldmeadow
Is there a cost?	No

Name of Organisation	OUTDOORS INC.
Services Offered	Development using outdoor activities. Recreation, holidays, outdoor adventure activities. Adventure programmes for people with a mental illness.
Who can use this service?	Isolated people with psychiatric disabilities in City of Yarra and Northern Metro.region of Melb. including carers. "Getaways" programme people aged 16-64.
How can I get help?	Phone or visit.
Address	124 Napier St.,Fitzroy(grnd. floor rear Uniting Church Drop-in) or write to P.O.Box 147 Fitzroy 3065
Telephone	9417 2111
Email	indoors@outdoors.org.au
Is there a cost?	\$5 / day activity \$10 / day for holidays

Name of Organisation	ROSANNA FIRE STATION COMMUNITY HOUSE
Services Offered	Special Needs program for people with psychiatric or other disabilities - Art and Craft Drama workshop Literacy and numeracy Social and fun club
Who can use this service?	Anyone with a disability
How can I get help?	Phone or drop in (9.30 am -4 pm) Not open in school holidays
Address	232 Lower Plenty Road Rosanna 3084
Telephone	9458 1935
Fax	9458 1922
Who to ask for	Co-ordinator
Is there a cost?	Term fees ranging from \$36 to \$46 depending on group

Name of Organisation	SCOTS UNITING CHURCH
Services Offered	Drop-in for people with disabilities. Thursdays 10 a.m. - 1.30 p.m. Games, music, library, lunch.
Who can use this service?	Open to all in need of Social Support.
How can I get help?	Phone or visit
Address	185 Burgundy Street, Heidelberg 3084
Telephone	9458 1984
Fax	9459 1576
Who to ask for	Freda Laming
Is there a cost?	Lunch \$2.50.

Name of Organisation	THE SPRINGBOARD
Services Offered	Meet on 10.00 am Tuesdays A group for <u>all</u> interested people - going places together, making new friends, linking with other activities, learning new skills, caring for ourselves
Who can use this service?	People of all abilities 18 - 80
How can I get help?	For information and mail-out Phone Peter Sanders 9459 8859 Help with transport is provided if required
Address	The Drop-in Centre, behind <i>The Sycamore Tree Coffee Shop</i> 185 Burgundy Street, Heidelberg
Telephone	9459 8859
Is there a cost?	Fares and entry charges as indicated (kept to minimum)

Name of Organisation	WAIORA FRIENDSHIP CENTRE
Services Offered	Friendships and Craft groups. 2nd, 3rd, 4th Wednesdays 11.30a.m. - 2.30 p.m.
Who can use this service?	People with mental disabilities.
How can I get help?	Phone or visit
Address	Rosanna Baptist Church Cnr. Waiora Road & Churchill Street Rosanna 3084
Telephone	9457 3469 9457 2567 (Co-ordinator.)
Fax	
Who to ask for	Olwen Dore (Co-ordinator).
Is there a cost?	Lunch \$1 , outings additional

Name of Organisation

WATSONIA
NEIGHBOURHOOD
HOUSE

Services Offered

Friendship group
Tuesday 1-3 p.m.
Based around board and card
games.

Who can use this service?

Adults with a mild disability,
limited mobility.

How can I get help?

Phone

Address

47 Lambourne Road
Watsonia 3087

Telephone

9434 6717

Fax

9432 8483

Who to ask for

Geraldine Sanderson
Jane Viola

Is there a cost?

\$2 per week
Outings additional

Name of Organisation

BREAKAWAY
(Mental Illness Fellowship)

Services Offered

Residential respite - brief holidays
at O'Meara House
Visitor services program - social
support and encouragement

Who can use this service?

Individuals and carers affected by
mental illness

How can I get help?

Contact via Respite Line

Address

276 Heidelberg Road
Fairfield 3078
PO Box 359 Clifton Hill 3068

Telephone

9481 4759

Fax**Who to ask for**

Visitor Program - Reid Maxwell
O'Meara House - Michelle Marler

Is there a cost?

O'Meara House - \$55 for 5 days