

# NSW Ostomy Support Groups

## North Coast

### Tweed District

Come and join in, explore new ideas, learn new skills and most importantly meet new people in a relaxed and caring environment. All Ostomates, partners and friends are welcome.

Our meetings are held quarterly at the **SOUTH TWEED SPORTS CLUB**, starting at **12pm** and run for an hour, followed by lunch at the club.

Next meetings: 2018 dates to be advised.

For further information, please contact:

**Lisa Clare STN:** 0755 067 540

**Jane Bright:** 0409 671 162

**Alex Gibson:** 0412 302 358

### Grafton and District

Meets on the **first Thursday of each month** from **9.00am to 11.30am**.

For further information, please contact:

**Anne Onions:** (02) 6641 8200

### Far North Coast

All Ostomates plus partners & friends, are welcome to come to our meetings.

**LISMORE WORKERS CLUB** 225-231 Keen Street.

Meets on the **first Saturday in March, July and December** from **11.30 am to 2.00 pm**.

For further information, please contact:

President **Marie Taylor:** 02 6686 7248

Secretary **Marion Lyn:** 02 6624 4235

### Coffs Harbour

Meets on the **second Thursday of each second month** from **2:00pm to 3:30pm**.

**SAWTELL RSL CLUB**, First Avenue, Sawtell.

All Ostomates and friends welcome, so come along, have a cuppa and be a part of it.

For further information, please contact:

**Mandy Hawkins STN:** 02 6656 7804

### Hastings Macleay

All Ostomates, friends and supporters are welcome to our meetings held on the **third Wednesday in Feb – Apr – Jun – Aug – Oct – Dec** from **10.00am to 12 noon**.

**OLD PORT MACQUARIE HOSPITAL**, Morton Street.

For further information, please contact:

**Neil:** 0427 856 630

**Glennie:** 02 6583 7060

### Manning / Great Lakes

All Ostomates, friends and supporters are welcome to our meetings held on the **first Wednesday in Feb – Apr – Jun – Aug – Oct – Dec** from **10.00am to 12 noon**.

**SKILLS FOR LIFE**, Building 5-9, Elizabeth Avenue, Taree (wheelchair accessible).

For further information, please contact:

**Karla MacTaggart:** (02) 6592 9469

**Website:** [www.mglostomy.co.cc](http://www.mglostomy.co.cc)

## Newcastle / Central Coast

### Newcastle District

Members and friends are welcome to attend our quarterly meetings held on the **fourth Saturday in February, May, August (AGM) and November** commencing at **1.30pm**.

**HAMILTON WESLEY FELLOWSHIP HOUSE**, 150 Beaumont Street, Hamilton.

Stomal Therapists and company representatives attend and will help with any queries. New members and friends are most welcome.

For further information, please contact:

**President:** Geoff Robinson 02 4981 1799

**Treasurer:** Maree Dives 02 4971 4351

**Secretary:** Diane Katte 0409 156 325

## Central Coast

Ostomates, their families and friends are invited to attend our meetings. Held from **1.30pm to 3.30pm** on the **third Wednesday in February, May, August and November**. Different venue each meeting. Get together include an information session and company representatives presenting products.

For further information & venue, please contact:

**Stomal Therapy Service:** (02) 4320 3323

## Illawarra and South Coast

### Illawarra

All Ostomates, their families and friends are invited to attend all or any of our support meetings held from **10.00am to 12.00 noon** on **Wednesdays**. 2018 dates to be advised.

**EDUCATION ROOM**, Figtree Private Hospital,  
1 Suttor Place, Figtree.

For further information, please contact:

**Helen Richards** CNC STN (Mondays only)  
(Wollongong Private Hospital): (02) 4255 5046

**Julia Kittscha** CNC STN  
(Wollongong Hospital): 0414 421 021

### Eurobodalla Region

Meets on the **first Sunday of Feb - Apr - Jun - Aug - Oct - Dec from 11:00am**.

**MORUYA HOSPITAL**, River Street, Moruya.

All from the NSW south coast are welcome. Trena Oshea will be present at these meetings.

For further information, please contact:

**Trena:** (02) 4474 2666

### Shoalhaven

All Ostomates, their families and friends are invited to attend our Monday meetings from **2.00pm to 4.00pm**.

**NOWRA COMMUNITY HEALTH CENTRE**,  
5-7 Lawrence Avenue, Nowra. 2018 dates to be advised.

For further information, please contact:

**Margaret McCabe** STN, **Tracey Newcombe** STN:  
(02) 4424 6300

## Far South Coast

Bega and surrounding areas. Meets **second Sunday of every second month** at **11.00am** at a different venue each time. Flyers are sent to Ostomates ten days beforehand. All ostomates, their families and friends are very welcome. Please bring your own food and drink.

For further information, please contact:

**Eileen:** (02) 6495 6610

**Geraldine:** (02) 6492 2366

## Western New South Wales

### Bathurst

Meets **12:00pm to 1:00pm** on the **first Tuesday of March, June, September and December** at **DAFFODIL COTTAGE**.

For further information, please contact:

**Louise Linke** (Nurse Practitioner – Continence Advisor /  
Stomal Therapist): (02) 6330 5676

### Broken Hill

Meets **every third month** or as required in the **BROKEN HILL HOSPITAL** Conference Room.

For further information, please contact:

**Tandra:** (08) 8080 1333

### Dubbo and District

All members, their families and friends are invited to attend the information day. Company reps will be in attendance to help with any questions on products.

For further information, please contact:

**Amy Keogh** STN: (02) 6841 5555

### Griffith and District

An invitation is extended to all persons in Griffith and surrounding areas (100km radius including Coleambally, Leeton, Yenda, Hillston, Hanwood) with a Stoma formation to attend our meetings and share experiences.

For further information, please contact:

**Barry Maples:** 02 6963 5267 or  
0429 635 267

**email:** ann.bar@bigpond.com

**Karan Hillam:** 0434 785 309

## Wagga and District

Meetings are held on the **first Wednesday of the month from 10:00am to 11:00am.**

**THE MEN'S SHED**, 11 Ashmont Ave, Wagga Wagga.

For further information, please contact:

**David:** (02) 6971 3346 or  
0428 116 084

**Baz:** (02) 6922 4132

## Sydney Metropolitan Area

### Concord Bowel Cancer Support Group

People with bowel cancer and carers / partners are welcome to attend this free monthly service on the **third Monday of the month from 2:00pm to 3:00pm.**

**SURVIVORSHIP COTTAGE**, Concord Hospital,  
Gate 4 – Nullawarra Ave, Concord West.

Parking available. Further details may be obtained from:

**Sonia Khatri:** (02) 9767 5943

### Liverpool and Campbelltown Area

Meets **Thursdays from 1.00pm to 3.00pm** in the **HERITAGE AUDITORIUM** at Camden Hospital, Menangle Road, Camden. 2018 dates to be advised.

For further information, please contact:

**Diane or Lu (STNs):** (02) 8738 4308

### Northern Sydney Area

Meets on the **first Wednesday of each month from 10.00am to 11.45am.**

**JACARANDA LODGE**, Sydney Adventist Hospital,  
185 Fox Valley Road, Wahroonga.

All Ostomates, friends and supporters welcome.

For further information, please contact:

**SAN Cancer Support Centre:** (02) 9487 9061

### Penrith Area

Ostomates, family and friends are welcome to attend our educational support group. Meetings commence at **2.00pm.**

**LEARNING & DEVELOPMENT CENTRE**, Nepean Hospital (located behind the multistorey car park in Somerset Street). Entrance is via the back side door. 2018 dates to be advised.

For further information, please contact:

**Naomi Houston** (Stomal Therapist): (02) 4734 1245

## Other Support Groups

### BEECHAC

#### Bladder, Exstrophy, Epispadias, Cloacal Exstrophy, Hypospadias Australian Community

BEECHAC is an Australian group involved in supporting those who have Bladder Exstrophy, Epispadias, Cloacal Exstrophy or Hypospadias. Members try to support each other during times of stress around operations and diagnosis, when they need answers to queries about doctors and procedures and when they just need to talk to each other and find a time of companionship, compassion and hopefully some good times together.

**Address:** BEECHAC Post Office,  
Box 376, Newtown NSW 2042

**Phone:** (02) 9516-3395 or  
(02) 4448-3050

**Email:** [info@beechac.org](mailto:info@beechac.org)

**Website:** [www.beechac.org](http://www.beechac.org)

### Crohn's and Colitis Support Group

Meetings are on the **first Thursday each month from 7:00pm to 9:00pm.**

**CANTERBURY HURLSTONE PARK RSL**, Argyle Room  
20-26, Canterbury Road, Hurlstone Park.

**Contact:** TBA

### Bowel Group For Kids Inc

The Bowel Group for Kids (BGK) is a registered, Australian based national organisation dedicated to providing education, practical information and support, to families of children born with Hirschsprung's disease (HSCR), anorectal malformations (ARM) and associated conditions.

**Address:** Bowel Group for Kids Inc,  
PO Box 40, Oakdale NSW 2570

**Phone:** (02) 4659 6067

**Mobile:** 0431 857 188

**Email:** [enquiries@bgk.org.au](mailto:enquiries@bgk.org.au)

**Website:** [www.bgk.org.au](http://www.bgk.org.au)

## Continent Urinary Diversion Group

This is a support group for those who have undergone or are contemplating surgery for an Internal Pouch Procedure. Meetings commence at **2:00pm**.

**YORK ROOM**, Level 2, The Bowler's Club,  
95 York Street, Sydney.

Further details may be obtained from:

**Carol Brennan:** (02) 9997 4205

## Mitrofanoff Support Australia

Mitrofanoff Support Australia was established in October 2013 with an emphasis on support, providing tailored information and a social platform for people, their families and carers, who have undergone or are considering the Mitrofanoff procedure.

Our website features information and resources in tailored sections. We have worked with surgeons, play therapists and relaxation experts to provide resources and information to assist with the transition to Mitrofanoff and to improve recovery.

Almost half of the Mitrofanoff surgeries in Australia are performed on children. We have an extensive range of tools and information for children and parents on our website under Families and Carers. Our website also features Ambassadors for each group and they have kindly shared their stories so that others may take comfort in their experience or be inspired to live full and active lives.

**Address:** Mitrofanoff Support Australia,  
PO Box 256, South Melbourne Victoria 3205

**Website:** [www.MitrofanoffAustralia.org.au](http://www.MitrofanoffAustralia.org.au)

## Parenteral Nutrition Support Group

Parenteral Nutrition Down Under (PN-DU) is a self-funded, not-for-profit support group for consumers and carers in Australia and New Zealand on Parenteral Nutrition (PN). We welcome new members – not only consumers & carers but also clinicians, industry representatives and others interested.

Please contact us via:

**The Secretary**, Parenteral Nutrition Down Under, 8/24  
Albert Street, Hornsby NSW 2077

**Phone:** (02) 9987 1978

**Email:** [contactpndu@gmail.com](mailto:contactpndu@gmail.com)

**Website:** [www.parenteral-nutrition-downunder.webs.com](http://www.parenteral-nutrition-downunder.webs.com)

## Wee Kids Foundation

The Wee Kids Foundation is a group of parents and friends who have joined together because of something they all share, the fact that they know or have a child of their own who is dealing with some form of urology issue such as incontinence, hypospadias, bladder exstrophy, urinary tract infections or bed wetting.

**Address:** Wee Kids Foundation,  
PO Box 191, Werribee Vic 3030

**Phone:** 0423 860 745

**Email:** [theweekids@optusnet.com.au](mailto:theweekids@optusnet.com.au)

**Website:** [www.WeekKids.org.au](http://www.WeekKids.org.au)

All correspondence to: **NSW Stoma Limited**  
PO Box 164, Camperdown NSW 1450  
Unit 5, 7-29 Bridge Road, Stanmore NSW 2048

**Tel:** 1300 678 669 / (02) 9565 4315

**Fax:** (02) 9565 4317

**Email:** [info@nswstoma.com.au](mailto:info@nswstoma.com.au)

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