

**SERVICES FOR FAMILIES WITH CHILDREN**

**PLAYGROUPS**

Playgroups give opportunities for interaction and socialising for young children & their parents. Playgroups do *not provide care* & parents need to be actively involved in their children's activities. Some playgroups are supported; others are run jointly by parents. Most playgroups have a nominal charge to cover material costs.

**NSW Playgroups Association 1-800-171-882 [www.playgroupnsw.com.au](http://www.playgroupnsw.com.au)**

Alexandria Park Playgroup	Monday 10:00am – Music & Movement 11:00am – Music & Movement for 3-5yrs Thursday 10:00am – 12:00pm Multicultural Playgroup <i>For families from culturally and linguistically diverse background.</i> Cost: \$2 Friday 9:30am – 11:30am – Preschool Playgroup <i>For 3-5yr old children who will be enrolling in Kindergarten at Alexandria Park Community School</i> Cost: \$2 health care card holder families / \$5 other families Community Centre Alexandria Park Community School Cnr of Power Ave. & Park Rd, Alexandria 2015 (Not operating during school holidays)	9319 3207
Glebe Schools as Community Centres Playgroup	Tuesdays 10:00am to 12:00pm Glebe Schools Community Centre Glebe Public School Derwent St, Glebe 2037	9566 1761
Harris Community Centre Multicultural Playgroup	Thursdays 10:00am to 12:00pm 97 Quarry St, Ultimo 2007 (Not operating during school holidays)	9552 1140
Hillsong Playgroup	Mondays 10:30am to 12:00pm 188 Young St, Waterloo 2017 (Not operating during school holidays)	9775 3652



Klubko Czech Playgroup	Fridays 10:00am to 12:00pm \$3 per session + membership Pymont Community Centre Cnr John & Mount St Pymont NSW 2009	8090 0749 Contact Lenka
Lennox House Children's Activity Centre (playgroups, occasional care, kindy & baby gym, toy library, music for tiny tots)	Mondays - Fridays 9:00am to 11:00am Corner of Lennox & Denison Streets, Newtown 2042 Cost: \$3 per family	9519 3839 9557 5377
Newtown Playgroup	Tuesdays and Thursdays 9:30am to 12:30pm Newtown Public School, OOSH Cottage Whitehorse St, Newtown 2042	0424 003 793 Contact Katie <a href="mailto:newtownplaygroup@gmail.com">newtownplaygroup@gmail.com</a>
Playtime – Uniting Church	Fridays 10:00am to 11:30am (school terms only) Cnr Bulwara & Quarry St Ultimo 2007	0412 398 842 Contact Jenny
Pymont Playgroup	Wednesdays 10:00am to 12:00pm Pymont Community Centre Cnr John & Mount Streets Pymont 2009	0430 595 744 Contact Nicole
Redfern Playgroup Gamarada Montessori Children & Family Learning Centre	Wednesdays 10:00am to 12:00pm South Sydney PCYC 638 Elizabeth St, Redfern 2016	9699 3160 0403 668 632
Woolloomooloo Playgroup	Tuesdays 10:00am to 12:00pm Juanita Nielsen Centre Cnr Nicholson & Dowling Streets Woolloomooloo 2011 (Not operating during school holidays)	8374 6322
NCIE Crèche	Monday and Wednesday 9:15am – 12:15pm Tuesday and Thursday 5:45pm – 7:45pm Eora Sports, Arts and Recreation Centre 180 George Street Redfern 2016	1300 866 761
SDN Ngara Nanga Mai Aboriginal Playgroup	Wednesdays 10:00am to 1:00pm Glebe Schools Community Centre In the grounds of Glebe Public School 9-25 Derwent St Glebe 2037	9557 9125 SDN 9566 1285 Glebe Schools Community Centre



### Save the Children Mobile Play Bus - 0422 377 574

The Save the Children Mobile Play Bus provides an outreach playgroup service for children under school age, and their families. This is a free service and operates from various parks in the inner city. This service does not provide child care – parents must accompany and actively engage with their children during play bus sessions. For further information email: [emma-jane.gardner@savethechildren.org.au](mailto:emma-jane.gardner@savethechildren.org.au) or visit: [www.savethechildren.org.au](http://www.savethechildren.org.au)

Playgroup Venue	Session Times	Wet Weather Venue
<b>INDOOR Playgroup</b> Surry Hills Neighbourhood Centre Level 1, 405 Crown Street	Mondays 10 am to 12 noon	
Woolloomooloo Playground Cnr Dowling & Plunkett Streets Woolloomooloo 2011 <b>0422 377 574</b>	Mondays 10 am to 12 noon	Juanita Nielsen Centre Cnr Nicholson & Dowling Streets Woolloomooloo 2011
Alexandria Park Park Rd Alexandria 2015 <b>0422 377 574</b>	Mondays 1 to 2:30 pm	Alexandria Park Community Centre 7 Park Road Alexandria 2015
Redfern Park Cnr Redfern & Elizabeth Sts Redfern 2016 <b>0422 377 574</b>	Tuesdays 10 am to 12 noon	Redfern Oval Community Room 51 Redfern St Redfern 2016
Waterloo Green Raglan St Waterloo 2017 <b>0422 377 574</b>	Wednesdays 9:30 to 11:30am	The Factory Community Centre Raglan St Waterloo 2017
Ward Park Devonshire St Surry Hills 2010 <b>0422 377 574</b>	Wednesdays 1 to 2:30pm	Nothcott Community Centre Devonshire St Surry Hills 2010
Tote Park Joynton Ave Zetland 2017 <b>0422 377 574</b>	Thursdays 10 am to 12 noon	Green Square Library 100 Joynton Ave Zetland 2017



## EARLY CHILDHOOD HEALTH CENTRES

These services provide information & advice for families with children 0-5 yrs, assessments, referrals, catch-up vaccination, family support & home visits.

Camperdown Early Childhood Health Centre	142 Carillon Ave Newtown 2042	9516 3232 Appointments & Advice: 8788 4288
Glebe Early Childhood Health Centre	184 Glebe Point Rd Glebe 2037	9660 3451 Appointments & Advice: 8788 4288
Kings Cross Early Childhood Health Centre	19 Greenknowe Ave Potts Point 2011	9357 4851 8374 6311
Paddington Early Childhood Health Centre	The Gatehouse Cottage Cnr Oxford & Young St Paddington 2021	9380 4295
Redfern Early Childhood Health Centre	4/95 Wellington St Waterloo NSW 2017	9698 1613 Appointments & Advice: 8788 4288

## COMMUNITY HEALTH CENTRES

The City of Sydney local government area is divided between 2 Area Health Services – the South Eastern Sydney and Illawarra Area Health Service and the South West Sydney Area Health Service. Both area health services provide the entire range of community health and therapy services.

### South Eastern Sydney and Illawarra Area Health Service

St Vincent's Community Health Centre (includes physio and occupational therapy, podiatry, social work, community nursing and mental health services)	Level 3 O'Brien Centre St Vincent's Hospital 390 Victoria St Darlinghurst 2010	8382 1990
Sydney Children's Community Health Centre, Child and Family East, Children's Services (includes Speech and Language therapy, Hearing and Vision testing, counselling for behaviour problems, Occupational & Physiotherapy, paediatric assessments)	Cnr Barker & Avoca Streets Randwick 2031 Prince of Wales Hospital Randwick	9382 8213
Sydney Children's Community Health Centre, Child and Family East, Adolescent Services	Superintendents Cottage Cnr High & Avoca Streets Randwick 2031 Prince of Wales Hospital Randwick	9382 4347

### South West Sydney Area Health Service

Camperdown Child, Adolescent and Family Health (includes paediatric assessments, speech pathologist, hearing and vision testing, physio and occupational therapy, psychologist, social workers)	142 Carillon Ave Newtown 2042	9516 3232
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Camperdown Community Health, Mental Health (mental health services for adolescents aged 12-18 years)	Lvl 5, King George V Building Missenden Rd Camperdown 2050	9515 9000
Redfern Community Health Centre- Mental Health and HIV Services	103-105 Redfern St Redfern 2016	9395 0444
Redfern Community Health Centre - Nursing (provides community nursing – mobile service for all ages)	103-105 Redfern St Redfern 201	9395 0444

## HEALTH SERVICES

Australian Breastfeeding Association (7 days / week counselling, information & support for mothers wishing to breastfeed through Breastfeeding Helpline, email counselling via website, breast pump hire on-line)	Website: <a href="http://www.breastfeeding.asn.au">www.breastfeeding.asn.au</a>	Breastfeeding Helpline – 1800 686 268
Royal Prince Alfred Hospital	Missenden Rd Camperdown 2050	9515 6111
Sydney Children's Hospital	High & Boca Streets Randwick 2031	9382 1111
Sydney Dental Hospital (provides free dental service for children - Medicare card & appointments are necessary)	2 Chalmers St Surry Hills 2010	9293 3333
Sydney Eye Hospital	8 Macquarie St, Sydney 2000	9382 7111
Tresillian Family Care Centres (a whole range of supports for parents with children 0-5 yrs including help with difficult sleeping, feeding, behaviour problems)	McKenzie Street Belmore 2192 Website: <a href="http://www.tresillian.net">www.tresillian.net</a>	9787 0800 9787 0855 24hr Parents Help Line
Young Parents Nurse SSWAHS (home visiting services)	Lakemba Early Childhood Centre 35 Croydon Street Lakemba 2196	9750 7866
Young Parents Social Worker SSWAHS (home visiting services)	Lakemba Early Childhood Centre 35 Croydon Street Lakemba 2196	9740 6764

## SERVICES FOR CHILDREN WITH SPECIAL NEEDS

Ageing, Disability, and Homecare (developmental assessments; physio, occupational, speech therapy, behaviour problems counselling, social work, community nursing)	Lvl 2, 56 Railway Pde Burwood 2134	9701 6300 9334 3700
Early Childhood Intervention Infoline	Informs on early intervention services available in your area	1300 656 865
Eastern Respite & Recreation (provides recreation, respite, and skills development programs to assist people with disabilities (of all ages) and their primary carers)	Suite 602 806-812 Anzac Pde Maroubra 2035 <a href="http://www.easterrespite.com.au">www.easterrespite.com.au</a>	8347 7000



Glebe Schools Community Centre (support group for families with autistic children 0-8 yr olds) Mondays 10:00am-12:00pm	Glebe Schools Community Centre Glebe Public School Derwent St Glebe 2037	9566 1285
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### SERVICES FOR ABORIGINAL AND TORRES STRAIT ISLANDER FAMILIES

Aboriginal Early Childhood Service (information, advice & support for Aboriginal and Torres Strait Islander clients)	Page Building Missenden Rd Camperdown 2050	9515 9760
Aboriginal Young Mothers Sustained Home Visiting	Lvl 5, King George V Building Missenden Rd Camperdown 2050 (opposite RPA hospital)	9515 9766
Mudgin-Gal Referral Centre (Family Support)	231 Abercrombie St Chippendale 2008	9319 2613
Redfern Aboriginal Medical Service	36 Turner St Redfern 2016	9319 5823
Yallamundi (24-hr service provided by DCS to help Aboriginal families and children stay together)	6-8 Woodburn St Redfern 2016	9207 8960

### FAMILY SUPPORT AND COMMUNITY SERVICES

These services provide a range of support, which may include referrals, information, counselling, direct household needs assistance to families in need. Services differ in the range of family support they provide and the client groups they cater to.

Barnardos Adolescent Services Program	PO Box 230 Campsie 2194	9787 4440 After Hours: 9937 2928
Barnardos Sydney Metro Centre Temporary Family Care	Level 2, 60-64 Bay St Ultimo 2007 <a href="mailto:sydneymetro@barnardos.org.au">sydneymetro@barnardos.org.au</a>	9218 2358 After Hours: 0400 380 939
The Factory Family Support Case work, Bilingual counselling	67 Raglan St Waterloo 2017	9698 9569
Centacare Family Relationships Skills Training Service	209A Edgeware Rd Enmore 2042	9519 6788
Centacare Child and Adolescent Sexual Assault Service	209A Edgeware Rd Enmore 2042	9519 6788
Connect Redfern (community info and referral service for families with children 0-8 years)	Alexandra Park Community Centre Cnr Power Ave & Park Rd Alexandria 2015	9319 3207
Hillsong CityCare (individual and group programs, basic budgeting, and general counselling)	198/222 Young St Water 2017	9087 8222
Glebe Family Worker Service (providing family and parenting support, service information, and parenting groups)	Glebe Schools Community Centre 9 Derwent St Glebe Public School Glebe 2037	9566 1761
Harris Community Centre (family support, playgroup)	97 Quarry St Ultimo 2007	9552 1140
Lady Gowrie Child Care Information, Sydney Children's Programs Child Care & Family Info Line	Level 3 215 Euston Rd Alexandria 2015 <a href="http://www.gowrie-sydney.com.au">www.gowrie-sydney.com.au</a>	8571 9700 8571 9783 1800 803 820



Leichhardt Family Support (range of family and welfare support, parenting education)	9 Garrong Rd Lakemba 2195	9740 0111
Salvation Army Waterloo Centre (offers a range of services for children and families; drop-in 9am-3pm)	Cnr Cope & Phillips Streets Waterloo 2017	9698 3586
SDN Children's Services (subsidised childcare for children under school age, parenting support programs in various locations )	Level 2 86-90 Bay St Broadway 2007 Website: <a href="http://www.sdn.org.au">www.sdn.org.au</a>	9213 2400
South Sydney Community Aid Multicultural Neighbourhood Centre (open Mon-Fri 9:30am-4:30pm)	Alexandria Town Hall 73 Garden St Alexandria 2015	9319 4073
South Sydney PCYC (crime prevention and child/youth activities)	638 Elizabeth St Redfern 2016	9319 4240
WEAVE Youth Services (services incl: mental health, drug and alcohol counselling, relationship counselling, education programs, tutoring, mentoring, arts centre and referral programs-Open Mon-Fri 9:30am-5:00pm)	Cnr Elizabeth & Allens Streets Waterloo 2017 <a href="http://www.weave.org.au">www.weave.org.au</a>	9318 0539
Surry Hills Neighbourhood Centre	1 <sup>st</sup> Floor Surry Hills Library 405 Crown St Surry Hills 2010	9356 4977
Sydney In-Home Care (Provides child care into the homes of families who are currently experiencing challenges to accessing Mainstream Child Care Services and who meet the criteria)	27 Fennell St North Parramatta 2151	9683 3400
The Fact Tree Youth Service (range of counselling, homework, and arts programs. Open Mon-Fri 10am-6pm for case work)	703 Elizabeth St Waterloo 2017	9319 2708
The Girls & Boys Brigade	402-404 Riley St Surry Hills 2010	9319 4509
The Langton Centre (Individual / Family Counselling, Parenting Support)	591 South Dowling St (Cnr Nobbs & Dowling Streets) Surry Hills 2010	9332 8777
The Settlement Neighbourhood Centre (Open Mon-Fri 10am-6pm)	17 Edward St Darlington 2008	9698 3087
WEAVE Women's and Children's Centre formally The Shop Women's & Girl's Centre (counselling & support for domestic violence, vocational education, and case work)	133 Morehead St Waterloo 2017	9699 9036
Scarba Tertiary Child Protection Service	217 Pitt St Waterloo 2017	9310 3788
Walla Mulla Family and Community Support	49 McElhone St Woolloomooloo 2011	9368 1381



**LIBRARIES**

Customs House Library	31 Alfred St Circular Quay 2001	9242 8555
Glebe Library	186 Glebe Point Rd (Cnr Wigram Rd), Glebe 2037	9298 3060
Green Square Library	100 Joynton Ave Zetland 2017	9288 5010
Haymarket Library	744 George St Sydney 2000	8019 6477
Home Library Service	Lvl 3 Town Hall House 456 Kent St Sydney 2000	9265 9705
Kings Cross Library	Lvl 1, 50-52 Darlinghurst Rd Kings Cross 2011	9246 4530
Newtown Library	8-10 Brown St Newtown 2042	8512 4250
Paddington Library	Paddington Town Hall 247 Oxford St, Paddington 2021	9391 7988
Pymont Library Link	Pymont Community Centre Cnr John & Mount Streets Pymont NSW 2009	9242 8555
Surry Hills Library	405 Crown St Surry Hills 2010	8374 6230
Town Hall Library Link	Level 1, Town Hall House 456 Kent Street Sydney NSW 2001	9242 8555
Ultimo Library	Ultimo Community Centre Lvl 1, 40 William Henry St Ultimo 2007	9298 3110
Waterloo Library	Waterloo Town Hall 770 Elizabeth St Waterloo 2017	9288 5688

**TOY LIBRARIES**

Lennox House Toy Library (9:00am–11:00 am Mon-Fri)	Cnr of Denison & Lennox Streets Newtown 2042	9519 3839 9557 5377
Glebe Library	186 Glebe Point Rd Glebe 2037	9298 3060
Surry Hills Library	405 Crown St Surry Hills 2010	8374 6230
Waterloo Library	770 Elizabeth St Waterloo 2017	9288 5688

**CHILD RESTRAINT FITTING STATIONS**

RTA Hotline (for enquiries about your closest RTA authorised child restraint fitting station)	13 22 13
<i>To enquire about baby capsule hire call your local hospital</i>	

