

National Relay Service for deaf,
hearing and speech impaired:
Phone: 1800 052 222

Speech to Speech Relay:
Phone: 1800 555 660

Translating and interpreting:
Phone: 131 450

*Holdsworth Community Centre
& Services* is the operating name of the
partner organisations
*Holdsworth Street Community Centre
(Woollahra) Inc.* and
Holdsworth Family Services.
Donations over \$2 to
*Holdsworth Street Community Centre
(Woollahra) Inc.* are tax deductible



About our services

For further information contact
Holdsworth Community Centre
& Services
Phone: 02 9302 3600
email: info@holdsworth.org.au

Holdsworth welcomes diversity and does
not discriminate against anyone on any
grounds. Services will not be refused
because of an inability to pay.

Supported by:



Holdsworth Community Centre
64 Holdsworth Street,
Woollahra NSW 2025
Ph: 02 9302 3600
www.holdsworth.org.au



The Holdsworth Community Centre is at the heart of the community of Woollahra in Sydney's eastern suburbs. From the centre and other locations in the area we provide a range of recreational, respite and support programs and activities which promote the well-being of residents of our municipality and people in surrounding areas, especially those disadvantaged by age, disability, income or social isolation, families with young children and for those who are carers for others. We provide services directly as well as being an important source of information, referral and advocacy for our clients and their carers. With all of the Centre's programs, we offer referral services for support and assistance that may be offered elsewhere or by one of our partner organisations.

Children & Families

Holdsworth provides a range of services to families with young children with the aim of assisting them to deal effectively with the daily demands of parenting. We have a dynamic and vibrant Playgroup that operates on weekday mornings during school terms. There are additional groups available that engage parents and children together through a variety of programs, such as exercises and games. Parenting Courses run on a sessional basis during the year with the aim of providing parents with management strategies which make parenting easier and more enjoyable.

Older People

Holdsworth offers centre-based programs for older people including discussion groups, movie matinees, and day programs for people living

with memory loss. Weekly Bus Outings go to parks, museums, galleries and clubs for shows and lunch. There are also Discovery Tours for active seniors that take groups out to some intriguing and fascinating places around Sydney. Shopping buses to either Edgecliff or Bondi Junction, with assistance to carry shopping into your home, are very popular. For those who are less active, or recovering from illness, we are able to arrange individual shopping services.

Living with Disabilities

Holdsworth offers disability services for both children and adults, who have a mild to moderate intellectual disability and live with a primary carer in Eastern Sydney. People can be referred by family members, themselves, a Home and Community Care Service, hospital social worker, community nurse, a carer or your advocate.

The program coordinator will arrange a meeting with you to discuss the service and your needs. An assessment by the program coordinator is undertaken prior to commencing with the service.

Our Children's Disability Support Programs provide information and referral, recreational & respite programs, school holiday activities and Saturday group activities during school terms. Our Adult Peer Support Programs operate throughout the year and provide either group activities or one-to-one support.

Our popular group activities for people with low to moderate support needs assist them to participate in recreational activities and make new friends through bowling, gym, art classes and social outings.

Community Transport

Mobility and transport can be a big issue for older people and those with disabilities. The integrated approach of the Holdsworth Centre uses our extensive Community Transport Program to assist all our service users. Community Transport provides affordable, accessible transport to people unable to access public transport or without access to private vehicle support. The Centre operates mini-buses and station wagons for individual transport. Shopping Buses offer a door to door bus service to either Bondi Junction or Edgecliff shopping centres. Buses have assistants who are able to help with shopping on return trip. An individual transport service is available Monday to Friday, 8.30 am to 5.30 pm and Saturday 9.00am to 4.00pm.

Carers

Anyone who has the enormous responsibility of caring often finds their own needs being put aside. The Carer Services Program provides support for people who are caring for someone who has a disability, is frail aged or has memory loss. We can offer referral, information, support and advocacy. If you are a carer the Carer Information Service can identify aged and disability support services and connect you to ones that are suitable for you. By looking after yourself, the person for whom you care will also benefit.

Volunteers

Volunteering can be very rewarding and makes a vital contribution to our work. If you would like to join the Holdsworth team as a Volunteer please contact us on the number overleaf.

