

## Wingham

### Wingham Carer Connect      0403 931 520

Contact Ruth - Flexible open, Carer Support Group for people looking after a family member or friend with a disability, mental illness, drug alcohol dependency, chronic condition, terminal illness or who is frail.

Wingham Area- Contact for dates.

### Wingham Men's Shed      6553 0934

Offers men the opportunity to learn, teach, gain new skills and community projects, and as a goal, to remain healthy and useful.

16 Skinner Street

Mondays to Thursdays, 9am to 3pm

## Old Bar

### Roll N Stroll      6551 1800

Contact: Kelly or Marie - Mothers with pre-school children put kids in strollers and go for a walk. On returning there is time for play, interaction and health snacks.

2/49 Hall Street, Old Bar

Every 2nd Wednesday (Excluding School holidays); 9:30am to 11:00 am

Extra copies of this resource can be downloaded from Manning Valley Neighbourhood Services Inc website at:

[www.mvns.org.au](http://www.mvns.org.au)

## Disclaimer

Manning Valley Neighbourhood Services reserves the right to update and edit all information supplied for inclusion in this brochure.

Whilst we have made every attempt to provide accurate, up-to-date details, we accept no responsibility for incorrect information regarding groups, organisations, services or information website listed in this brochure.

Users of this brochure should not take the inclusions in this brochure as an endorsement by those who put this brochure together.



## *Local Support Groups*



## **Resource Brochure**

**Groups, Contacts and Meetings**

## Local Support Groups

### Taree

#### Arthritis and Osteoporosis 6557 7274

Contact: Maria  
Garden Room, Uniting Church, Albert Street  
1st Friday every month, 5pm

#### Brushes with Life 0448 060 661

Contact: Kirsten - Community Art project celebrating good mental health. Free materials and instruction.  
Cundletown Uniting Church Community Centre  
First Thursday of each month, 10am to 2pm

#### Care4Kidz 0423 558 218

Contact: Ken & Virginia - Education, training, advocacy and supports all carers of other people's children in out-of-home sector.  
Meeting Room, Taree City Library  
1st Monday of each month, 10am to 12pm

#### Carers of Partners and Veterans 6557 4451

Conference Room, Mayo Private Hospital  
2nd Friday each month, 9:30am

#### Cuppa Chat & Company 6553 1490

Contact: Leo - Informal support group for people recovering from mental health issues  
1st and 3rd Friday of each month, 5:30pm to 7:30pm

#### Dads Playgroup 0427 454 827

Contact: Grant - For Dads/Granddads and their pre-school children.  
Fotheringham Park, Victoria Street, Taree  
Saturdays 9:30am to 11:30am

#### Discovery Recovery 6553 8286

Contact: Max  
Mental Health recovery focussed peer support group.  
RichmondPRA, Wynter Street  
[www.carersnsw.org.au/groups/594](http://www.carersnsw.org.au/groups/594)  
Fridays, 10am



#### Manning Taree Carer Support Group 6515 1800

Contact: Denise - Carers group for family and friends who assist a person to remain living at home.  
Amber House, Commerce Street  
Please contact Denise before attending

#### Manning Prostate Cancer Support Group 6592 3515

#### Mid North Coast Narcotics Anonymous

Contact: Phil 6553 0328  
Thursday 7:30pm Salvation Army Hall, Taree

#### MSS Carer Support Group 6551 1800

Contact: Reception - For people caring for loved ones with Dementia or memory related concerns.  
78 Wynter Street Taree  
1st Monday of each month 10:00am to 12:00 pm

#### MSS Young Mum's Support Group 6551 1800

Contact: Reception - For Mum's under 25years and their children  
Fotheringham Park, Taree  
Each Tuesday in school terms 10am until 12.30pm.

#### Suicide Survival Support Group 6592 9315

They will take your name and phone number and contact you outside of business hours.  
Taree Community Heath Centre

#### SYNERGY 65395900

Mental Health recovery group. For anyone living with a mental health condition.  
Contact Erwin  
Every Fri 32-34 Pulteney St Taree. 10.30- 12.30.

Taree Dementia Carer Support Group  
0449 960 618  
6554 5097  
St Johns Church, Victoria Street  
[ebrown@alznsnsw.asn.au](mailto:ebrown@alznsnsw.asn.au)  
1st Tuesday of each month, 10am

Taree Manning River Men's Shed Inc 0437 759 814  
Contact: Jim . Community projects and health education and seminars.  
22 Rifle Range Road

Monday, Tuesday, Wednesday 9am to 3pm  
Taree Carer Support Group 6551 4333  
For family and friends who are supporting a loved one with a mental Health illness.  
McDonalds Cundletown  
[mydie@carerassist.org.au](mailto:mydie@carerassist.org.au)  
Last Monday of the month 10.00am . 12.00pm

#### The Waiting Room 6551 1800

An under 21 expecting Mums support group.  
Just drop in.  
Fotheringham Park  
Thursdays 3.30- 4.30 during school terms

#### Tuesdays With Tanya 1300 779 270

Contact: Debra (RichmondPRA)  
Support group for all women, guest speakers, pampering, arts and crafts and anything else the group feels like.  
Garden Room at Uniting Church  
Gold coin donation for morning tea  
Tuesdays 10.30- 12.30

#### Under the Trees at RichmondPRA 1300 779 270

Contact: Diane  
Recovery group that's open for people we support and others to get together in a casual/informal environment. Provides an opportunity to reduce isolation, improve communication skills, allows friendships to be formed and promotes positive mental and physical health.  
80 Wynter St TAREE  
Coffee, tea and lunch provided for \$3.00  
Mondays 11am- 1.00pm

#### Young Women's Breast Cancer Support Group

6592 9724