

Alfred Health Carer Services

Carer Support Groups in Melbourne's South

Do you provide care and support to a family member or friend who is an older person, or who has a disability, mental illness or dementia?

Carer support groups provide an opportunity to meet with others in similar situations to share information, experiences and local knowledge. Being part of a group can be a way to make new friends who understand what it is to be a carer.

Following is a list of local groups. They are listed here by local government area and some multicultural groups can be found on the back page.

GLEN EIRA ♦ PORT PHILLIP ♦ STONNINGTON

Bentleigh East Carer Support Group

Bentleigh Bayside Community Health
Gardeners Road, Bentleigh East Melways: 77 K1
Third Thursday of the month, 10.00am - 11.30am
Contact: Jean Magar, 9575 5387, E: j.magar@bbch.org.au
Intake: 9575 5322, E: intake@bbch.org.au
Mainly carers of aged but all enquiries welcome

Malvern/Caulfield Carer Support Group

St Georges Anglican Church
296 Glenferrie Road, Malvern Melways: 59 C7
First Wednesday of the month 1.30pm - 3.30pm
Contact: Sue Bottomley, 9076 6869
Email: s.bottomley@cgmc.org.au
Mainly carers of aged but all enquiries welcome

Grow - Better Together, Caulfield

Grow Community Centre
707 Glenhuntly Road, Caulfield South Melways: 67 K4
First and third Tuesday of the month at 7.00pm
Contact: Grow, 1800 558 268 or 9528 2977
Email: vic@grow.net.au
For carers of people with mental/emotional health issues

Jewish Carer Support Group, St Kilda

Temple Beth Israel Synagogue
76 Alma Road, St Kilda Melways: 58 D9
Every six weeks on Monday evenings, 7.30pm - 9.00pm
Contact: Dot Nathan, 9510 1488
For carers of people living with dementia

Jewish Carer Support Group, Caulfield North

Manders Villas 'The Hub'
311-313 Glen Eira Road, Caulfield North
Meets every second month on a Tuesday between
11.00am-12.30pm
Contact: Sara Isman, 8517 5411 or
sisman@jewishcare.org.au
For carers of a loved one who is over 65.

Inner South Family & Friends Support Group

Betty Day Centre,
67 Argyle Street, St Kilda Melways: 58 C9
Second Tuesday of the month, 7.30pm - 9.30pm
Contact: Penny or Judith, 9076 4713, E: isfaf@alfred.org.au
For family and friend carers of people with mental illness
www.ispaf.org

MyTime St Kilda East

Down Syndrome Victoria, Tuesdays 10.00am
Contact: Kerry Hands on 9486 9600
Provides support for parents, grandparents and anyone caring for a child with a disability or chronic medical condition. www.mytime.net.au

Mecwacare Carer Support Group

72 Bowen Street, Malvern East
Last Friday of the month 10.30am-12.00pm
Contact: Maria Bono, 9564 5101.
Email: maria.bono@mecwacare.org.au.

Port Phillip Carer Support Group

Cora Graves Centre
38 Blessington Street, St Kilda Melways: 58 B11
Third Wednesday of the month, 12.30pm - 2.30pm
Contact: Tracy McAlpine, 9209 6557
Email: tmcalpin@portphillip.vic.gov.au
For carers of older people and those with dementia

Toorak Carer Support Group

John Macrae Centre,
603 Toorak Road, Toorak Melways: 2M K7
Meets on the third Wednesday of Feb, May, Aug and Nov,
from 2pm to 3:30pm. Call for details. Contact: 9829 0320,
Email: johnmacrae@bigpond.com
For carers of older people and those with dementia

Down Syndrome Carer Support Group

Please call for details
Contact: Kerri Rolfe, 8552 2222, E: krolfe@moira.org.au
For carers of children with Down Syndrome

Brighton Dementia Carer Support Group

Royal Brighton Yacht Club, 253 The Esplanade, Brighton
 Second Thursday of the month, 10.00am - 11.30am
 Contact: Marlee Creaser, 8256 9699, rmcreaser@aol.com

Brighton Carers Support Group

Girrawheen Day Centre
 3 Murphy Street, Brighton Melways: 67 E7
 Second Wednesday of the month, 7.30pm - 9.30pm
 Contact: Caryl Kay 9578 2412 or Helen Barry 9646 2106
 Caring for aged person including dementia

Clarinda Carer Support Group

Central Bayside Community Health Service
 58 Viney Street, Clarinda Melways: 78 J7
 Third Wednesday of the month, 11.00am - 12.30pm
 Contact: Lyn Entwistle, 9581 8500. E: pag@cbchs.org.au
 Carers of frail older people and those with disabilities

Cheltenham Aged/Mental Health Group

Kingston Centre, Warrigal Road, Cheltenham
 Last Wednesday of the month
 Contact: Fran Gaffney on 9265 1750,
 Email: frances.gaffney@southernhealth.org.au
 For carers of an older person with a mental illness - not including dementia

DUCKS - dads of children with disabilities

Meetings held at local café or restaurant
 First Thursday of the month from 7.30pm
 Contact: Kerri Rolfe, MOIRA Disability and Youth Services on 8552 2222. Email: krolfe@moira.org.au
 Dads Understanding Challenged Kids

Parents of school children with a disability

Meetings held at Yarrabah School. Call for meeting times
 Contact: Kerri Rolfe, MOIRA Disability and Youth Services on 8552 2222. Email: krolfe@moira.org.au

MOIRA/Autism Spectrum Coffee Mornings

Second Thursday of the month 11 Aug, 8 Sept, 13 Oct & 10 Nov. 9.45am - 11.45am, Highbett Neighbourhood Community House. Contact: 8552 2222.

Cheltenham Carers Support Group

3 Stanley Avenue, Cheltenham
 First Wednesday of the month at 7.30pm
 Contact: Mind Australia, 9686 4900
 Email: infoVIC@mindaustralia.org.au
 For carers of people with a mental illness
 A further group also operates for young people 8-18 supporting someone with a mental illness

Cheltenham Carer Support Group

Central Bayside Community Health Centre
 335-337 Nepean Highway, Parkdale Melways: 87 E10
 Second Tuesday of the month, 10.00am - 11.30am
 Contact: Amanda Oddy, 8587 0194
 Email: Amanda.oddy@monashhealth.org
 For people caring for aged relatives or friends including those with dementia

Movement Disorders Support Group

Church of Christ
 2-12 Chesterville Road, Cheltenham Melways: 86 J1
 First Monday of the month, 10.30am - 12.30pm
 Contact: Barbara Winkler, 9265 1481
 For carers of people with neurological disorders.
 A respite group occurs at the same time to enable carers to attend

PlayConnect Brighton

Church of Christ Kindergarten, Cnr Male and Wilson Sts
 Two groups: Weds during school terms 9.30am & 12.00pm
 Contact: Jennifer on 9593 3643
 For children with disabilities, with peer support as part of the program. Suited to the needs of children from 0-6 years with ASD or ASD like symptoms.
www.playgroup.org.au/Programs/PlayConnect.aspx

MOIRA Art Therapy Group

Third Tuesday of the month 10.30am - 12.30pm
 Highbett Neighbourhood Community House
 Contact: Kerri Rolfe, MOIRA Disability and Youth Services on 8552 2222. Email: krolfe@moira.org.au
 For families of children with special needs

MOIRA/Cerebral Palsy Coffee Mornings

Tuesdays 3 May, 14 June, 12 July, 9 August, 6 Sept, 4 Oct & 15 Nov. 10.00am - 11.30am, Castlefield Community Centre, 505 Bluff Road, Hampton. Contact: 8552 2222
 Email: communitysupport@moira.org.au

ADHD Family Support Group

Cranbourne Community House
 49 Valepark Crescent, Cranbourne Melways: 133 G4
 Meets Thursdays. For families of children with ADHD
 Contact: Flora or Ann, 5996 3333

Casey Asperger Syndrome Support Group

20 Agonis Street, Doveton Melways: 90 K7
 Various times Thursday evening and Wed afternoon
 Contact: Via email in the first instance via website www.thecass.com.au
 For families of children with aspergers syndrome

Cranbourne Stroke Carers Support Group

Valepark Community Centre Melways: 133 G4
 Cnr Fairbairn Road and Valepark Drive, Cranbourne
 First Friday of the month, 1.00pm - 3.00pm
 Contact: Lyn Meagher, 5996 6446 or Sandy Harris on 5995 2373. For carers and people who have had a stroke

Cranbourne Carer Support Group

Cranbourne Integrated Care Centre
 140-154 Sladen Street, Cranbourne Melways: 133 J6
 Second Tuesday of the month, 1.30pm - 3.30pm
 Contact: Community Health Service, 5990 6789
 All carers please enquire

ERMHA Carer Support Group - Beaconsfield

1st Floor, 2 Beaconsfield-Emerald Road, Beaconsfield
 First Tuesday of the month Melways: 111 J11
 Contact: ERMHA Respite, 9796 1000
 For carers of people with a mental illness
 ERMHA Coffee Club meets last Tuesday of the month at the Corner Post Café 10.30am - 11.30am, Wood Street

Dandenong Aged Carer Support Group

Noble Street Community Centre
95 Noble Street, Noble Park Melways: 89 C2
Third Monday of the month, 10.00am - 12.00pm
Contact: Denise Broesdor, 9795 9315
Email: denise.broesder@hotmail.com
For carers of older people and those with dementia

Dandenong Male Carer Support Group

Dandenong Club Bistro Melways: 90 G3
Cnr Heatherton & Stud Roads, Dandenong North
Second Monday of the month, 12.00pm - 2.00pm
Contact: Graham Walker, 9547 1883 or Alfred Health
Carer Services at Dandenong, 9212 3000

Dandenong Dementia Carer Support Group

95 Noble Street, Noble Park
Monash Health Community
First Tuesday of the month, 10.00am - 12.00pm
Contact: Sophie or Mina on 9792 7911
GDCHSAged&Community@monashhealth.org.au

Grandparents Support Group

Second Thursday of every second month for outings;
various venues. Contact: Ewa Sadujko, Carer Support
Worker Disability, Alfred Health Carer Services on
8781 3410. Email: e.sadujko@alfred.org.au – For carers
of grandchildren with a disability.

PlayConnect Cranbourne East

Abourlea, 75 Wheelers Park Drive, Cranbourne
Mondays during school terms 10.00am
Contact: Madeleine on 0430 306 042
For children with disabilities, with peer support as part of
the program. Suited to the needs of children from 0-6
years with ASD or ASD like symptoms.

Casey Parents Carer Support Group

Kelly's Motor Club Hotel, High Street, Cranbourne
First Wednesday of each second month at 12.00pm
Contact: Elize Schutt, 9707 5014
For carers of adult children with disability

Emerald Wellbeing Program (Dementia)

Emerald Community House
356-358 Belgrave-Gembrook Road, Emerald
Meets Tuesdays during school terms, 9.30am-11.30am
Contact: Emerald Community House on 5968 3881
Provides people living with dementia and their carers an
opportunity to get together for social gatherings,
informal discussions as well as valuable information

Grow - Better Together, Noble Park

Paddy O'Donoghue Centre, 18-34 Buckley Street, Noble
Park. First and third Tuesday of the month at 10.30am.
Contact: Grow, 1800 558 268. Email: vic@grow.net.au
www.grow.org.au. For carers of people with mental /
emotional health issues

Hills ASD and Special Needs Carers Group

Call for location/venue of meeting. Usually Cockatoo RSL
Meetings run each 6 weeks with adjusting for school hols
Contact: Barb on 0400 596 961

MyTime Cardinia, Casey, Dandenong

Cranbourne, Friday 9.30am, Lynbrook, Thursday 9.30am
Springvale, Monday 10.00am
Contact: Genevieve O'Connor 1800 171 882
Provides support for parents, grandparents and
anyone caring for a child with a disability or chronic
medical condition. www.mytime.net.au

MyTime Noble Park

Queen Elizabeth Centre, **Down Syndrome Victoria**
Contact: Kerry Hands on 9486 9600
Provides support for parents, grandparents and
anyone caring for a child with a disability or chronic
medical condition. www.mytime.net.au

Pakenham Carer Support Group

Cardinia Casey Community Health Service
Cnr Princes Hwy and Deveney St, Pakenham
First Monday of the month, 10.30am - 12.30pm
Contact: Mary Garrett, 5990 6789
All carers please enquire Melways: 317 D6

FRANKSTON ♦ MORNINGTON PENINSULA

BBQ Boys - Frankston (for male carers)

Involves social outings with a base at:
Frankston NEAMI Office, 1 Douglas Grove, Frankston
First Tuesday of the month, 11.00am - 2.00pm
Contact: info.bbq.boys@gmail.com
President Peter 0404 044 283 / VP Honk 0455 179 692
Treasurer Bill 0447 985 327

Frankston Carer Support Group

2 Overton Road, (Nexus House), Frankston
Fourth Tuesday of the month 10.00am - 12.00pm
Every second meeting is a social outing,
Contact: Lisa Astete, 8781 4247

Frankston Region Epilepsy Support Group

St Francis Xavier Parish (enter at rear of Church)
60 Davey Street, Frankston
1.00pm-3.00pm second Saturday of each month
Contact: Sue Summers 0407 509 519
email: macks creek@optusnet.com.au

Frankston Parent Carers Support Group

Orwill Street Community House
16 Orwill Street, Frankston Melways: 99 F12
Fourth Wednesday of the month 10.00am-12.00pm
Contact: Lani Peach 03 5970 2000
For parent and grandparent carers of a child, including adult
child, with a disability

Hastings Tyabb Carer Support Group

Eldon Park Retreat, First Wednesday of the month,
10.00am - 12.30pm during term time.
Contact: Lani Peach, 03 5971 9100
For carers of children with a disability

Hastings Carer Support Group

Wallaroo Community House
Wallaroo Place, Hastings
First Wednesday of the month, 10.00am - 12.00pm
Contact: Lani Peach, 03 5971 9100
Carers of people who have a disability

Hear Together Mornington Peninsula

Frankston Toy Library
20 Ebdale Street, Frankston Melways: 102 D1
Meetings held bi-monthly at the toy library
Contact: Sandi Walters, 0402 678 558,
HearTogether@hotmail.com
For parents of children that have a hearing loss or deafness

MyTime Mornington

Playgroup Victoria, Wednesdays 11.30am
Contact: Genevieve O'Connor 1800 171 882
Provides support for parents, grandparents and anyone caring for a child with a disability or chronic medical condition. www.mytime.net.au

Peninsula Carer Council

Brotherhood of St Laurence Complex, 26 High St
Frankston Melways: B9 100A
Support: Third Monday of the month, 7.30pm - 9.30pm
Drop-in: Field of Dreams Café, Royale Street, Frankston
10.00am - 12.00pm Second Tuesday of the month
Office open Thursdays: Headspace Frankston, 62 Playne
St Frankston 10.00am - 3.00pm
Phone: 1300 550 962 (24 hours)
email info@peninslacarercouncil.org.au
webpage www.peninsulacarercouncil.org.au

Peninsula Mental Health Services

Baptist Church, near Plaza, Boneo Road, **Rosebud**
First Thursday of the month, 1.30pm
Westernport Community Support, 185 High St, **Hastings**
Third Tuesday of the month, 1.30pm
Contact: Judy 03 9784 7099 or 0439 113 817
For carers of people with a mental illness

Peninsula Autism Spectrum Support Group

Brotherhood of St Laurence Complex, High St
Frankston Melways: B9 100A
Third Monday of the month, 7.30pm
Contact: 03 5970 5024.
Email: info@peninsulacarercouncil.org.au
For family carers of children on the autism spectrum.

Rosebud Carer Support Group

Rosebud Retirement Village
Bayview Road, Rosebud
First Friday of the month, 9.30am - 11.30am
Contact: Lani Peach, 03 5971 9100
Carers of people who are frail aged, have dementia, a disability or a mental illness.

MyTime Seaford Gold

Playgroup Victoria, Wednesdays 9.30am
Contact: Genevieve O'Connor 1800 171 882
Provides support for parents, grandparents and anyone caring for a child with a disability or chronic medical condition. www.mytime.net.au

MyTime Seaford

Down Syndrome Victoria, Thursdays 9.30am
Contact: Kerry Hands (03) 9486 9600
Provides support for parents, grandparents and anyone caring for a child with a disability or chronic medical condition. www.mytime.net.au

St Peters Carers Group

St Peter's Church meeting room
Octavia Street, Mornington Melways: 104 D11
Second Thursday of the month, 10.00am - 12.00pm
Contact: Contact: Lani Peach, 03 5971 9100
Carers of people who are frail aged, have dementia, a disability or a mental illness.

MULTICULTURAL CARER SUPPORT GROUPS

ADEC - Action on Disabilities within Ethnic Communities

This organisation runs groups throughout the region for ethnic carers of people with a disability
Vietnamese, Turkish, Arabic, Chinese, Afghan
Contact: Intake Officer, 9480 1666, info@adec.org.au

Southern Chinese Speaking Carers Support

Call for location/venue of meeting.
Contact: Lai Fong Liang on 0430 483 049 or
laifong.liang@gmail.com
Meets once per month
For Chinese speaking carers of a person with special needs

Multicultural Carers Support Group

Southern Migrant & Refugee Centre
39 Clow Street, Dandenong
Second Tuesday of the month, 10.00am - 12.00pm
Second session for Mandarin and Vietnamese speaking carers 12.30pm - 2.30pm
Contact: Zlata Bukarica, 9767 1958
Please call to check eligibility

Greek, Italian and other cultural groups Dementia Carers Group

Moorleigh Community Centre (Chris Koutoumas Bldg)
92 Bignell Road, Bentleigh East
First Tuesday of the month, 10.00am - 12.30pm
Contact: Carlo on 0417 586 164
Meet new people, make friends, talks on topics of interest.

Updated May 2017
Please email info@carersouth.org.au with additions or updates

Alfred Health Carer Services
* **1800 052 222**
Carer Support and Respite (24 Hours)
www.carersouth.org.au
* Freecall except from mobile phones

AlfredHealth
Carer Services