

Support Groups

Asperger Syndrome Support Network

The Nerve Centre, 54 Railway Road, Blackburn 3130

Phone: 9845 2766

Web: www.home.vicnet.net.au/~asperger/

Email: assnvic@mssociety.com.au

Support group for parents who have a family member diagnosed with Asperger's Syndrome. The group holds regular coffee mornings and evenings, information sessions and seminars on Asperger's Syndrome.

Croydon Stroke Support Group

Postal address: 17 Anzac Street, Croydon 3136

Phone: 9723 3053

Web: www.strokeassociation.com.au

Email: gilliansimons@yahoo.com.au

Encourages stroke survivors and their carers to share their experiences and support each other in a friendly and caring environment. Activities and services include day trips, BBQ lunches and Christmas functions, guest speakers and demonstrators, education and information on stroke recovery and local services, a book and video library, activities such as cards, indoor bowls and art projects.

Members of CSSG receive quarterly newsletters and are eligible to attend the Fun Weekend and Stroke Seminar held annually by the Stroke Association of Victoria (SAV). Meetings are held at the Heathmont Uniting Church, 89 Canterbury Road, Heathmont.

Eastern Polio Support Group Inc.

Mrs Janice Gordon (Secretary), 11A Quarry Road, Mitcham 3132

Phone: 9874 5363

Web: www.polionetworkvic.asn.au

Email: gordonjanice@hotmail.com

Provides information and advocacy; peer support to people who have had Polio and Post-Polio Syndrome; support for their families and friends; newsletters. The support group meets at Box Hill Library, Maroondah Highway, Box Hill on the third Saturday of each month at 1.30pm. There is a guest speaker at each meeting.

Support Groups

15+ Family Network Group

Phone: 9730 2694 or 0413 981212

Email: anthea.gary@bigpond.com

A peer-support and friendship group for parents of adults with Down syndrome.

Hearing Voices Group (The)

Phone: 9758 8508

Email: HRyan@EACH.com.au

Operates out of Ferntree Gully and is open to anyone who hears voices, or has other sensory experiences that other people do not.

The group will:

- provide a safe space to share experiences of what it's like to hear voices amongst people with similar experiences
- look at different ways to make sense of hearing voices
- discuss different ways of coping with voices and distress
- encourage peer support and social connections.

To join the group, please call Helen Ryan on 9758 8508.

Multiple Sclerosis Self-Help Groups

The Nerve Centre, 54 Railway Road, Blackburn 3130

Phone: 9845 2700

Fax: 9845 2777

Web: www.mssociety.org.au/live/peer-support-face.asp

Email: ghomann@mssociety.com.au

Groups meet for mutual support around a 'special interest'. Trained Peer Support Workers initially lead each group; members are encouraged to meet for socialisation and educational opportunities. These self-help groups are active throughout Victoria, including Croydon, and meet from February through to December.

Enquiries and referral to any of the groups must be made through program staff - Gayle Homann or Carol Ford-Johnson.

Support Groups

Outer Eastern Support Group of Motor Neurone Disease Association of Victoria

Bayswater Community Youth Centre, Corner Station Street and Pine Road, Bayswater 3153
c/- 35 York Street, Glen Waverley 3150

Phone: 9762 9429

Web: www.mnd.asn.au

Support groups provide an opportunity for people living with Motor Neurone Disease and their carers to come together for mutual support, to share information and experiences.

Scout Wheel 'N' Move

C/ - EACH Building A, 46 Warrandyte Road, Ringwood 3134

Phone: 9871 2624

Email: jludtke@each.com.au

Fax: 9876 0100

A group of Maroondah residents and other interested individuals, in partnership with EACH, who use or support someone who uses motorised scooters, electric wheelchairs and walking frames. The group also includes mothers with prams and service providers. The primary function of Scout Wheel 'n' Move is to work collaboratively to improve access to the local community and create change for a more inclusive community for people using mobility aids.

Some of the outcomes of the project are the development of the Maintaining Your Mobility in Maroondah booklet and the Maroondah Mobility Expos.

The Scout Wheel 'n' Move group currently meets once a month at Maroondah Federation Estate and welcomes new members to the group.

Transport

Eastern Volunteer Resource Centre

1A/36 New Street, Ringwood 3134

Phone: 9870 7822

Web: www.easternvolunteers.org.au

Email: info@easternvolunteers.org.au

Fax: 9870 4200

Provides volunteer assisted community transport to the frail aged and people with disabilities to attend HACC activities, medical appointments, shopping and recreational activities. The service is available to people living in the cities of Maroondah and Whitehorse and specified areas of the Shire of Yarra Ranges.

Melbourne Mobility Centre - YMCA

Federation Square Car Park, Level 1, Corner Flinders and Russell Street, Melbourne

Phone: 9650 6499

TTY: 9650 9316

Fax: 9650 9491

Web: www.melbourne.vic.gov.au

Email: enquiries@melbournemobilitycentre.com.au

A unique service dedicated to improving access for all in the heart of Melbourne. People with disabilities, older people and anyone needing a little extra help to get around will welcome the Centre's range of services, designed to make any trip to the city easier and more enjoyable.

Some of the services provided include:

- equipment for hire, including motorised and manual wheelchairs, scooters, walking frames, crutches and canes for the vision impaired
- two fully accessible toilets
- information for people with mobility and sensory disabilities
- TTY telephone and accessible web access
- scooter battery re-charge facilities
- accessible tea, coffee and water facilities.