**Helping you stay connected**

|  |  |  |
| --- | --- | --- |
| [Text  Description automatically generated with low confidence](https://secure-web.cisco.com/1jl6Yk96U51vOZVN_O-KvtAqnsdPxk03CMzcBdbvh7pFwwadElelSHOeClvzcPSrepmNHfJMAwQrnsz5xBu-oW1ukMKnPKelVzKaZ_053KFI6hnN2hZls2nydyY9CCTCD7osZPBVBCD1asR-zX5RFD29J0Xv6_E5zJNJZx4d-kZlmb3yzXYLxTKlodQHO4Z2gbr0RcSfshLoRgPtwnM7kTrryBR_3PisL5EYg6xOrKws-Z33yTm_poiAbatR8wA9gq61e-0Ecp2vVXK_TzYk9AOELXRZVRwIdH2Hxl3yIUIM5ssCQvf54hmcFIWLWZ4mLqPDX98GdsigpK4tFRr1q_jW6bRuDN1xSNjTMRXXzAt4iJcE6uhVPJDWKOuQQJaDHfriaytAHgeYyZNEf-2JmxrKotqYUkT_FMEgcQR_KeXKodkjIad2DWi8Mgu3a7-qSeN4-wCmab8jn35dWOjtslKaetw7gi5uRXXJ3CYC3b9o/https%3A%2F%2Frwctg.org.au%2F) | **Randwick Waverley Community Transport** provides transport for the frail aged and NDIS clients who would like to access doctors/medical appointments, shopping centres, personal business, day programs and social outings.  [Click here](https://secure-web.cisco.com/1jl6Yk96U51vOZVN_O-KvtAqnsdPxk03CMzcBdbvh7pFwwadElelSHOeClvzcPSrepmNHfJMAwQrnsz5xBu-oW1ukMKnPKelVzKaZ_053KFI6hnN2hZls2nydyY9CCTCD7osZPBVBCD1asR-zX5RFD29J0Xv6_E5zJNJZx4d-kZlmb3yzXYLxTKlodQHO4Z2gbr0RcSfshLoRgPtwnM7kTrryBR_3PisL5EYg6xOrKws-Z33yTm_poiAbatR8wA9gq61e-0Ecp2vVXK_TzYk9AOELXRZVRwIdH2Hxl3yIUIM5ssCQvf54hmcFIWLWZ4mLqPDX98GdsigpK4tFRr1q_jW6bRuDN1xSNjTMRXXzAt4iJcE6uhVPJDWKOuQQJaDHfriaytAHgeYyZNEf-2JmxrKotqYUkT_FMEgcQR_KeXKodkjIad2DWi8Mgu3a7-qSeN4-wCmab8jn35dWOjtslKaetw7gi5uRXXJ3CYC3b9o/https%3A%2F%2Frwctg.org.au%2F) for more information. | |
| [Text  Description automatically generated](https://secure-web.cisco.com/1KZFuyV_J-OJ_oCaMxvI8YSxZqao3dHS1h1DXbk40p_buherMww1KXz5FKdS5jtkim53R35pJ5_A9chs-POwvv_VycnOiWXEEN5W6csL8XZG7Xz4VFEgB-PQgAk9ZVZEYowy1YdwcczT-p9TR3C13RRyt_TSsX008SXdWy17AV6Z-ECNoOB95xwnsCSHpoQ4tFwLTcQ0xozaEk8Lj3dm5p6XUrdRMX8UiOj8MkZ28lR5k_2mDvrrsxhj2La2NJP-6wQYQuK52WK_8y4NNwTJ79LY-3MYkRrjiZNEgja2hurgVt-c6bpkhf--NWXwOrJ2K6C2iBaEtfWZeWlJtGEW8PAfDZfXCCxAC1YmXOrDnfyO5RQ9kOJqjCRrU9FDJGfraCuJmpNviFd4hz0Q53j7RIV7fpJ2OM4m8H-mVXFMdftcElu9ecowvlyiyaL1irFhjGa5ZakANBIBl7Q9QrmgNdhXuBr8F7FfdGsmHdMEVbpE/https%3A%2F%2Fwww.relationshipsnsw.org.au%2F) | If you’ve been negatively impacted by the pandemic, **Reconnect Wellbeing Support** aims to reduce feelings of social isolation and loneliness, improve your wellbeing, and help you increase positive connections with those around you.  [Click here](http://secure-web.cisco.com/1kGe2AtG8OJemaWRyiyvI2wnQ3pW0NBS6MtVRiaPWQsgzDOCmVSZW0sA55xvFcC5p3ncV3YA962TIc3mWRFgQ4SIPP3u2tzNrHHyeeWKZtAMui8JQqEDdDIvKs_B-X7MMK9UrfKbPRTFTMjBARQgpzAcEE0n98rwiw-TTvDnM-ePLZhj6kX5wuyOW0GBiofrWGrCzD-HQabIR0-de87MQpelwoOVRp_noRPZTAnVRl2B9Wr8LY60D_0vRqZkes3_b_TaHeONaXXpnLCZDgmrGtm300YrcyBE14aYB4y77Ll2UZ2VSwoYLm33sMnxze0Lp0b5WArbEnLqssDrlIR65JDTLe4UFmNAiYuchEcSX0sRJqyQ4EtDWruj2eXB30dTnMAw8AcmAKX81XjjUIP3QJEM2JQEw0WTuZUbS5BouHbDv_H8G-8plSAvXCkUtnshr8vCYNQd-Zdr3Jsg6kQvuxEc8H1OcN_r5vAQVnEbBFPc/http%3A%2F%2Fwww.relationshipsnsw.org.au%2Freconnect%2F), call 1300 364 277, or email [enquiries@ransw.org.au](mailto:enquiries@ransw.org.au) for more information. | |
| [Text  Description automatically generated](https://secure-web.cisco.com/1KZFuyV_J-OJ_oCaMxvI8YSxZqao3dHS1h1DXbk40p_buherMww1KXz5FKdS5jtkim53R35pJ5_A9chs-POwvv_VycnOiWXEEN5W6csL8XZG7Xz4VFEgB-PQgAk9ZVZEYowy1YdwcczT-p9TR3C13RRyt_TSsX008SXdWy17AV6Z-ECNoOB95xwnsCSHpoQ4tFwLTcQ0xozaEk8Lj3dm5p6XUrdRMX8UiOj8MkZ28lR5k_2mDvrrsxhj2La2NJP-6wQYQuK52WK_8y4NNwTJ79LY-3MYkRrjiZNEgja2hurgVt-c6bpkhf--NWXwOrJ2K6C2iBaEtfWZeWlJtGEW8PAfDZfXCCxAC1YmXOrDnfyO5RQ9kOJqjCRrU9FDJGfraCuJmpNviFd4hz0Q53j7RIV7fpJ2OM4m8H-mVXFMdftcElu9ecowvlyiyaL1irFhjGa5ZakANBIBl7Q9QrmgNdhXuBr8F7FfdGsmHdMEVbpE/https%3A%2F%2Fwww.relationshipsnsw.org.au%2F) | The **Let’s Talk Elder Mediation and Support Service** offers support, mediation and counselling to older persons, to include their families and carers, who are negotiating change, or wishing to resolve family and intergenerational conflicts.  [Click here](https://secure-web.cisco.com/1a0mZX63ebqcuTKGjIpPQKOC11cpVAKOhjTeyW-QmVKJyn7g_yveMQDduOhmBR9BXuk8-fiB4KcMBOZIed4fiu7CgUyTmBh9GDYBic05pq_2_NaSI28z-Z6IxXlDG-Bh0NdiHdlLX-md0PLkCekPQm3GgF9-BTG_auaX6YrnznTJv1jgcmnxmBRslRV4V78SfdIaW0vyq-6P6jbRYJz8D8DMmq6ga2x5xn1Opy4MJ1X7eC2Y_zGwjorX_s6XrDxiaQbMXLnW6Q4xwL82rsEOf6OyfLTScpvyqNIE0aLbuuMkVfclgJ-B6o8MqZg-4IeZnA-AFutbLlSpEeoajH9dXCm46P7ySaw3X6B4zW3kW88-r-eWMyVe6FRmATt7eSqF73D5eY34tBkBfnAc_2Dqs3HB2iF1pNltC9v2JZiaUZzI30mJSFrlctUXVDf4lY0Z-8etfyMyXo_YVQwtdRVy8HhbpfhbonszC6J6RXmWKlJs/https%3A%2F%2Fwww.relationshipsnsw.org.au%2Fsupport-services%2Flets-talk-elder-support-and-mediation-service%2F) or call 1300 364 277 for more information. | |
| [Logo, company name  Description automatically generated](https://www.seslhd.health.nsw.gov.au/health-promotion-service) | The **SESLHD** **Health Promotion Service** strives to improve the health and wellbeing of our community. We focus on healthy eating, physical activity, encouraging smokers to quit and creating healthy places and spaces.  [Click here](https://www.seslhd.health.nsw.gov.au/health-promotion-service) for more information or to access one of our free programs. | |
| [Shape  Description automatically generated with low confidence](https://secure-web.cisco.com/10pd3sZISybRAvHJvcTudcIfxa1kuY1xTpp86ipUvm-d3KcWcMxYsU7xY17HV-x5uiNJfUZPrja9DZCKT-dLfbvSNMGLC1SIott6KDwrxtt7SZV2QWD7tcFnhw4MRAaRM0rMLCC-4nFpGCojIV-egOTu68-eQONs0rZa-zW69WK7vahPC6GTKMRWI8WJmbeXipgL05Qt9LNzr4IVM80gQ5H6UHT_TjKQfjfXc5LTmAwrrGBTResXpbHaZ8QED3OjjTqureIiEvlPD7v2fzVWpEjLtABAAdxMrXZLAcezdAriupFHOvqYMVU2oO2rgU1D2uaXvyek5x3tI7A-XcoSKt29cvtGCLvIOoOBv2_TCYgixg2Tx5c1mnPRSjTpjqin4oaOghoRNJqw8CDuJSgGB8pYcp2tpHQnlm5C4OSqNkfafefmbtgo5IWifS0J0M91UKJ07sPcoxRe7tvls0DQS8diQm-wjfT9kEys0kxlNpUE/https%3A%2F%2Fwww.secc.sydney%2F) | **South Eastern Community Connect** reduces isolation through dynamic community programs. Supporting the LGAs of Bayside, City of Sydney, Randwick, Woollahra and Waverley, we remind people they are never alone and that we are together in community.  [Click here](https://secure-web.cisco.com/10pd3sZISybRAvHJvcTudcIfxa1kuY1xTpp86ipUvm-d3KcWcMxYsU7xY17HV-x5uiNJfUZPrja9DZCKT-dLfbvSNMGLC1SIott6KDwrxtt7SZV2QWD7tcFnhw4MRAaRM0rMLCC-4nFpGCojIV-egOTu68-eQONs0rZa-zW69WK7vahPC6GTKMRWI8WJmbeXipgL05Qt9LNzr4IVM80gQ5H6UHT_TjKQfjfXc5LTmAwrrGBTResXpbHaZ8QED3OjjTqureIiEvlPD7v2fzVWpEjLtABAAdxMrXZLAcezdAriupFHOvqYMVU2oO2rgU1D2uaXvyek5x3tI7A-XcoSKt29cvtGCLvIOoOBv2_TCYgixg2Tx5c1mnPRSjTpjqin4oaOghoRNJqw8CDuJSgGB8pYcp2tpHQnlm5C4OSqNkfafefmbtgo5IWifS0J0M91UKJ07sPcoxRe7tvls0DQS8diQm-wjfT9kEys0kxlNpUE/https%3A%2F%2Fwww.secc.sydney%2F) for more information. | |
| [A picture containing diagram  Description automatically generated](https://secure-web.cisco.com/1O569GOQYwAFx0FiLLjkI3SFOCNyO12efRwmV7A3u0W7obKGTXs5C1b-LCoVxtyMoFMgEmKS7tjmfYTgsN8z3iqJyeBxLRX8uBSVnP6gwvXA6LwWLIlZhaIaNseU5ZxPLmlODpuPZr_7TtWPiHO3BUmpMmHa0web3k61OvNqO3a-STb7exUGPzebtmhp0a3ud1XWMqRxshHxvrOrfYqp9bFVa95RwV3SkQOLtn9gXCHXpvkQYPFoxYyhh_B8CQu1cUfUA4OfT6WmY4AubD5xQ2W4npTDBhfVVosg7v6u-XvTkyJiLAbUs-77vva-M27ZuH0TCwfVJbPt5uR2uIqYpJX5CFYlYDTn37i28REes9Y8h-T84MX5oWDshAuN6mDLchQFD3i-IBkNDDvth9h0UsSRIDab97Y-NPDlkcjDXfY0FPQ1sgEkfqb4Syif-eDODMFJSPM2kAyZlFD6c401XeaX6OP2GDloWJnSUF9TmrSs/https%3A%2F%2Fwww.coastcentre.org.au%2Fabout-us%2F) | **Seniors Inc Leisure and Learning Activities Centre**, is a strong and vibrant community for seniors over age 55 and not in full time employment. The aim of the Centre is to provide activities for physical, mental, social, cultural and artistic enrichment.  [Click here](https://secure-web.cisco.com/1O569GOQYwAFx0FiLLjkI3SFOCNyO12efRwmV7A3u0W7obKGTXs5C1b-LCoVxtyMoFMgEmKS7tjmfYTgsN8z3iqJyeBxLRX8uBSVnP6gwvXA6LwWLIlZhaIaNseU5ZxPLmlODpuPZr_7TtWPiHO3BUmpMmHa0web3k61OvNqO3a-STb7exUGPzebtmhp0a3ud1XWMqRxshHxvrOrfYqp9bFVa95RwV3SkQOLtn9gXCHXpvkQYPFoxYyhh_B8CQu1cUfUA4OfT6WmY4AubD5xQ2W4npTDBhfVVosg7v6u-XvTkyJiLAbUs-77vva-M27ZuH0TCwfVJbPt5uR2uIqYpJX5CFYlYDTn37i28REes9Y8h-T84MX5oWDshAuN6mDLchQFD3i-IBkNDDvth9h0UsSRIDab97Y-NPDlkcjDXfY0FPQ1sgEkfqb4Syif-eDODMFJSPM2kAyZlFD6c401XeaX6OP2GDloWJnSUF9TmrSs/https%3A%2F%2Fwww.coastcentre.org.au%2Fabout-us%2F) for more information. | |
| [Graphical user interface, application  Description automatically generated](https://www.ageingdisabilitycommission.nsw.gov.au/home) | | **The Ageing and Disability Commission** promotes the rights of older people and adults with disability to ensure they live free from abuse, neglect and exploitation.  Call the helpline on 1800 628 221 for information, support or to make a report.  [Click here](https://www.ageingdisabilitycommission.nsw.gov.au/home) for more information. |
| [Logo  Description automatically generated](https://secure-web.cisco.com/1wgRVWU2fVJ-ZAE_J7eWOd1bYJD5BYJLCbImTcclrS-VzIf_yHNe4aycBsAyh1XgyhIfuHxglYXLR7wisR2ydBGcUSSEs54UtJjgL44B2-fBSG-Dc5TLzjqDbTbs778SKKTxYSK3bdrTTlbDkSvfOLvJQEwgQNBqEhMAnX1anfAsiQkhMfv7Ivhp-UwaN5qRRdOzT2MHZ_PYFAMEeY8MWm9sA35ie8Gd--s8zlKZdIPOP56E9Z4LQlCC7cKKP0ZbKlm4QOjoExt2jYxNNQhGGquugvp_uYpTYrAcrU5FMjTmRiz_GAiMVz7eDmCOcbE14vDhIuY7_rycsEv1naw0-kibGv1PBbDnzqXC6VGjnpX7uRafT34SoLtMauNOl3X1_j9DeUH92wqXnTREgCV_sP_7PRUx4HhghoRoiaMTAre5qGREMJfZUCNOaejPsy__h_ueHrvYmEtr_DF3g15BhWR-701yxoL0GffCIiTUT6fA/https%3A%2F%2Fwww.benevolent.org.au%2F) | | **Carer Gateway**  Carers registered with the Carer Gateway are elligible for support and services such as emergency respite, counselling, peer support and facilitated coaching.  [Click here](https://secure-web.cisco.com/1wgRVWU2fVJ-ZAE_J7eWOd1bYJD5BYJLCbImTcclrS-VzIf_yHNe4aycBsAyh1XgyhIfuHxglYXLR7wisR2ydBGcUSSEs54UtJjgL44B2-fBSG-Dc5TLzjqDbTbs778SKKTxYSK3bdrTTlbDkSvfOLvJQEwgQNBqEhMAnX1anfAsiQkhMfv7Ivhp-UwaN5qRRdOzT2MHZ_PYFAMEeY8MWm9sA35ie8Gd--s8zlKZdIPOP56E9Z4LQlCC7cKKP0ZbKlm4QOjoExt2jYxNNQhGGquugvp_uYpTYrAcrU5FMjTmRiz_GAiMVz7eDmCOcbE14vDhIuY7_rycsEv1naw0-kibGv1PBbDnzqXC6VGjnpX7uRafT34SoLtMauNOl3X1_j9DeUH92wqXnTREgCV_sP_7PRUx4HhghoRoiaMTAre5qGREMJfZUCNOaejPsy__h_ueHrvYmEtr_DF3g15BhWR-701yxoL0GffCIiTUT6fA/https%3A%2F%2Fwww.benevolent.org.au%2F) for more information. |
| [A picture containing diagram  Description automatically generated](http://secure-web.cisco.com/15HYreLFDq520pQby53UllDMiEBa1jR-8-O8oAlje7JVMwWCIrc11iSd_ZOBHBR_9Z5z69i7LXfSp98AnKUEA41ViQzIWy2lqkLNUEJqI_KBn6fnwcsseaF9YLWP4gePgjdypgvKcJWw9ETuBLM1KEE_e29Wopw3JyqMXS-k1n0Xn9dcQIaopnv15Dxw3mYz3wuU7EIRFtKpmVbN5vOfj8D4pLhmBF1oNQxqkVtxIihX4fMiJiE9EwhRZ_jTt9EY-UhJt1fGdMG4JoWOlV7eW4wWTGqNDmiLS-tsY-XlEUSfzjoJvPV02RE_U3ea_ME_HQWnoTdKJ4kshcFfrP0YSNjgLNEuR_1QGXpxf9lCSulXCF6FCE-UODNe3rrSRpYguo6O1kKVYQxU6jz9jcPxcNmAjKPFdMVO8U-2Hinlo_bTXTXDW0OOn2X6YgX6xhCl-3ixJQ5fvSWNyDuPDuW7wuueJBHb4jtGVKyE7VTqVYzY/http%3A%2F%2Fwww.burgercentre.com.au%2F) | Come chat with us! Burger Centre is a safe space for seniors to socialise and connect with their local community. We offer a range of stimulating programs for seniors from all backgrounds to support holistic wellbeing and meaningful social connections.  [Click here](http://secure-web.cisco.com/15HYreLFDq520pQby53UllDMiEBa1jR-8-O8oAlje7JVMwWCIrc11iSd_ZOBHBR_9Z5z69i7LXfSp98AnKUEA41ViQzIWy2lqkLNUEJqI_KBn6fnwcsseaF9YLWP4gePgjdypgvKcJWw9ETuBLM1KEE_e29Wopw3JyqMXS-k1n0Xn9dcQIaopnv15Dxw3mYz3wuU7EIRFtKpmVbN5vOfj8D4pLhmBF1oNQxqkVtxIihX4fMiJiE9EwhRZ_jTt9EY-UhJt1fGdMG4JoWOlV7eW4wWTGqNDmiLS-tsY-XlEUSfzjoJvPV02RE_U3ea_ME_HQWnoTdKJ4kshcFfrP0YSNjgLNEuR_1QGXpxf9lCSulXCF6FCE-UODNe3rrSRpYguo6O1kKVYQxU6jz9jcPxcNmAjKPFdMVO8U-2Hinlo_bTXTXDW0OOn2X6YgX6xhCl-3ixJQ5fvSWNyDuPDuW7wuueJBHb4jtGVKyE7VTqVYzY/http%3A%2F%2Fwww.burgercentre.com.au%2F) for more information. | |
| [Text  Description automatically generated](https://secure-web.cisco.com/1B_92P4g9JfFdmDUHMHQyyyO_BAbICUmqP2Ge_oeHmEbPI6KUiEZ2Bwl7pxdsryC38hS3WNUYHFHOiX_lgvTT3em9IVRz-UasAw86x0kLIEyiNFj-8qrUJzvzhrT8npkri8Mln_LJRseEaCzobXgqAJ9UpYBn7m6Jr1JnUvEdey-h4U1JUTOMEeGEajsVFCbOzjs4peDRJFD0AIL5hWMKfC6v3ydpSKtUFmmkNqhJQIqkGomuwttJpPuUUbSvdTNq7khj06CbK1Ukyas3stYg2-pdMaR1A2Kc_edWKwv9UXCT3XqI6-AznRwlAoDlAhpUGi7Ln0c-0bKJESAYFFsLIg6ecl31ScqN1Fkqr2UvqoT3CXoFOfpLxDjIp1xTIm5tmVEiurIusGQ-aARBf72xp-oEE0k9NFL8LpesRHNodG8IZicsBw098mxlePthVcqwUaQZzrqBr_Q5Jjf6DRC5z8m3215E5mCDyml03Fd4QZ4/https%3A%2F%2Fholdsworth.org.au%2Fhealthyageing%2F) | **Holdsworth Community**  Holdsworth Community offers home delivered meals, transport, exercise groups, falls prevention plans, help with shopping, home care packages and nursing services, so you can remain in your own home and continue to live your life your way.  [Click here](https://secure-web.cisco.com/1B_92P4g9JfFdmDUHMHQyyyO_BAbICUmqP2Ge_oeHmEbPI6KUiEZ2Bwl7pxdsryC38hS3WNUYHFHOiX_lgvTT3em9IVRz-UasAw86x0kLIEyiNFj-8qrUJzvzhrT8npkri8Mln_LJRseEaCzobXgqAJ9UpYBn7m6Jr1JnUvEdey-h4U1JUTOMEeGEajsVFCbOzjs4peDRJFD0AIL5hWMKfC6v3ydpSKtUFmmkNqhJQIqkGomuwttJpPuUUbSvdTNq7khj06CbK1Ukyas3stYg2-pdMaR1A2Kc_edWKwv9UXCT3XqI6-AznRwlAoDlAhpUGi7Ln0c-0bKJESAYFFsLIg6ecl31ScqN1Fkqr2UvqoT3CXoFOfpLxDjIp1xTIm5tmVEiurIusGQ-aARBf72xp-oEE0k9NFL8LpesRHNodG8IZicsBw098mxlePthVcqwUaQZzrqBr_Q5Jjf6DRC5z8m3215E5mCDyml03Fd4QZ4/https%3A%2F%2Fholdsworth.org.au%2Fhealthyageing%2F) for more information. | |
|  |  |  |

**Upcoming Event Registration**

|  |  |
| --- | --- |
| [A picture containing graphical user interface  Description automatically generated](https://cheba.unsw.edu.au/events/rethinking-support-after-dementia-diagnosis-unmet-needs-and-evidence-rehabilitation) | **Forward With Dementia**  [*Rethinking Support after Dementia Diagnosis: Unmet Needs and Evidence for Rehabilitation*](https://cheba.unsw.edu.au/events/rethinking-support-after-dementia-diagnosis-unmet-needs-and-evidence-rehabilitation)  Professor Lee-Fay Low, Professor Henry Brodaty, Associate Professor Lyn Phillipson  11 November 2021 |
| [Logo, company name  Description automatically generated](https://bit.ly/CHeBAVisitingLectureNov2021) | **CHeBA Visiting Lecture Series**  [*Post-Stroke Dementia*](https://bit.ly/CHeBAVisitingLectureNov2021)  Professor Rajesh Kalaria | 16 November 2021 |

**Wellbeing Support**

|  |  |
| --- | --- |
| [A picture containing graphical user interface  Description automatically generated](http://www.forwardwithdementia.org/au) | **Forward With Dementia**  Most people feel overwhelmed when first diagnosed with dementia but they can live positively for many years. ‘[Forward with Dementia](http://www.forwardwithdementia.org/au)’ is an innovative program and website to improve the diagnostic experience, post diagnosis support and connections for people with dementia and their carers in the first 12 months following diagnosis. The website [www.forwardwithdementia.org/au](http://www.forwardwithdementia.org/au) offers information and tools, and shares strategies used by people with dementia and their carers, as well as inspirational stories. |
| [Logo, company name  Description automatically generated](https://www.health.gov.au/contacts/older-persons-covid-19-support-line) | **The Older Persons COVID-19 Support Line**  1800 171 866 |
| [Graphical user interface  Description automatically generated with medium confidence](https://secure-web.cisco.com/1muLULUXDjyPR5DzRIjxKqV64WNsYyGfCz_aQ1BJsUIUbgxZ7cR1rA4-HpoxEtYw_mWcxpqHJWLmg3sOzE3-zaIbRJy6ITt1e2TZvNyMNksFP7X5q0HT8wzP1Dol1fwkqddo-H8vx1ruN9_SxVpuF_AIyuv2HsGU41i7J1u_ypf9gt4S4Q-5qUyH_hhk1rUfjKoPP_k3R0alF0YCeTCPsh8t4QmhM4YXhsNzpwbu89GOxm-Dy5SGe4ouMTZx6EgmpK7yg4ZDSXC4lMqFlg4Mk5h-4yZflY-HVyEtRgUBzYwX20NZC_elk4hoBe_N-vSiUWd0iUZeOutY2P5R5debw6hasq5f3i9NcGgahQKCrtFJvt5E7Ua_fz7ROB2QUw6LH18e2wyJ0KXu71oJ_RF_OuJtFSqe5LQ-kdFGQrqba3Y8QNPFLeq0C8PwSuDgLDQm7Ij2_KsBnFDtHK2mOmKbyVJcx-VecDZqTImeEaDafdyk/https%3A%2F%2Fwww.friendline.org.au%2F) | **Friend Line Telephone Support Service**  1800 4 CHATS (1800 424 287) |
| [A picture containing text  Description automatically generated](https://beyondblue.org.au/) | **Beyond Blue:** 1300 22 4636 |
|  | **MindSpot**  [mindspot.org.au/wellbeing-plus-course](https://unsw-my.sharepoint.com/personal/z3532496_ad_unsw_edu_au/Documents/Documents/1%20LAURIE%20PROJECTS/Webinars/OPMH/2021/Stalls%20Document/mindspot.org.au/wellbeing-plus-course) |
|  | **OPAN (Older Persons Advocacy Network)**  Free Call: 1800 700 600. |
| [Diagram  Description automatically generated with medium confidence](https://secure-web.cisco.com/16PxAn5Z5_sOr54KIEdMO-aaRvPBbVOLBEZec6yO52psHljVpbHbPqyEVBkuLnBJlPxzJq-Rz65ngVYL9ApgLckYhYv2V4wL3tvfAH9zTb9G0xao6_3Skq1tT2ylh7c1uRdGvZw-RT8Y89t1ZgU60LNkQ-vu6zHNIBcl1skbGGRoFBpKndWe1f6Rutvqqz4nLkphKr05IeiyZ_K7vmQDnMbPB3oqeXwpIV-N__wg2qbva7lMxmogRLDBrRGJ7osogbDT9bCF8iqFLl3gxPvUmDP8Ou-6m2sSHy3NnSFP-rBTZB0DnrD40r4gdZXrmGgAENJc2BlO8nwVOSM9xGdlXlvfetr-59Nvrv25NA1yOPgVcQGhAmvYDcr24KUEgQ_5ZR-mbT-GE4KdBZ48dYskVAGPwOWcgqYTk2LDQZ-PQSQPYCJWXNAfXLA95bapxCDyyVHGJh3ZMSzFUwrWlNgRh44aWDrtgVFVyKJ95KhRzPTY/https%3A%2F%2Fwww.cota.org.au%2Finformation%2Faged-care-navigators%2F) | **COTA (Council on Ageing) – Aged Care Navigator**  1300 268 228 or 0438 431 817  [cotansw.com.au/programs/aged-care-navigator/](https://unsw-my.sharepoint.com/personal/z3532496_ad_unsw_edu_au/Documents/Documents/1%20LAURIE%20PROJECTS/Webinars/OPMH/2021/Stalls%20Document/cotansw.com.au/programs/aged-care-navigator/)  Email: [acsn@cotansw.com.au](mailto:acsn@cotansw.com.au) |