

Join in, Join Up!

Get Connected.

There's a community group out there waiting for your call

DISABILITY



Having a disability cuts into your free time, it puts you to trouble, it can limit your activities, and it can lead to a sense of isolation.

Cutting down on your activities because of an illness means that you go out less and see fewer people and have less social involvement, and this means you're less likely to discover new interests, new friends, new activities.

Joining a community group can help you to break into this vicious circle.

It helps you to find new directions and new friends and new ways of looking at the world, and shows you that you fit in. It won't fix your disability, but it may help you feel better, and if you feel better you'll cope better. Social support is good for your health – **all the studies say so.**

Some groups are made up of people that have the same disability you have. They know what it's like. They can understand how you feel. And they can give you tips on dealing with your problems. You don't have to cope with this on your own.

Look them up in the following pages.

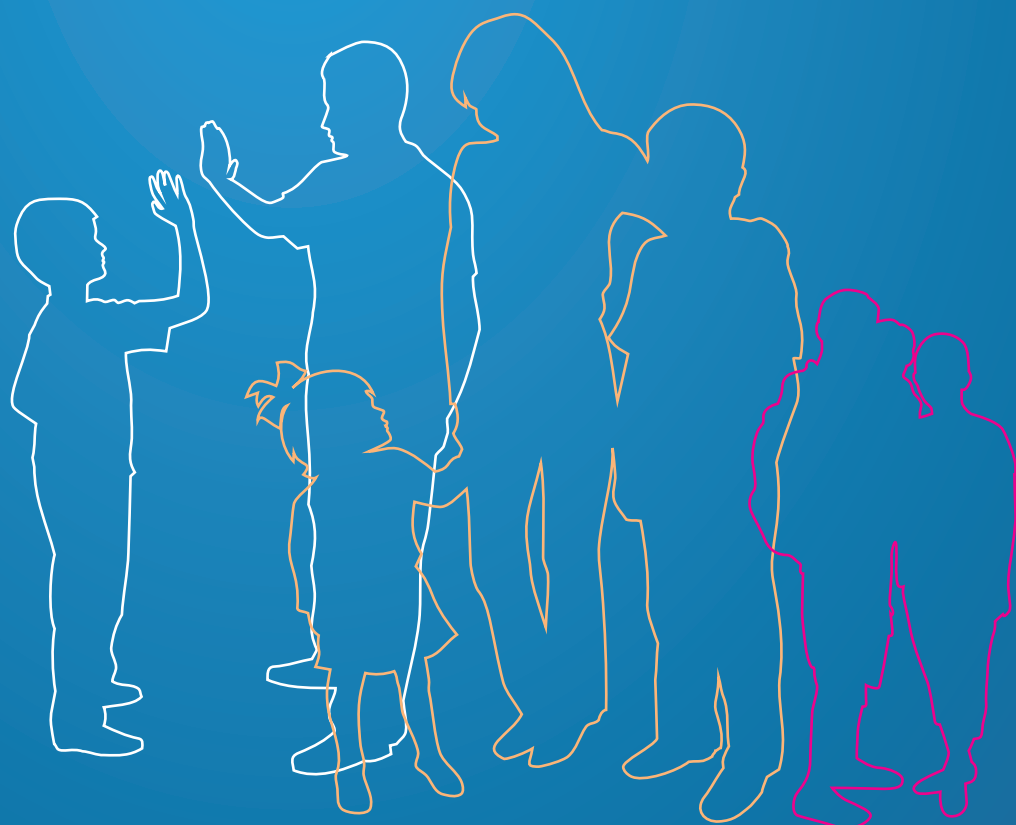
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They could do with your contribution, and they can offer you a lot in return.

Look on the Our Community website – www.ourcommunity.com.au/joinin – for a group you can relate to.

Come on – Join in, Join up!

Get connected! Find your place! Make a contribution! Make the world a better place – and a better place for you.

There's a community group out there waiting for your call!



Acquired brain injury

State	Group	Telephone	Freecall Phone	Website
NAT	Brain Injury Australia	03 9497 8074		www.bia.net.au
NAT	Brain Foundation Australia		1300 886 660	www.brainaustralia.org.au
NSW	Brain Injury Association of NSW Inc	02 9868 5261	1800 802 840	www.biansw.org.au
QLD	Brain Injury Association of Qld	07 3367 1049	1800 673 074	www.braininjury.org.au
SA	Brain Injury Network of SA	08 8217 7600		www.binsa.org
TAS	Brain Injury Association of Tasmania		1300 242 827	www.biat.org.au
VIC	Brainlink	03 9845 2950	1800 677 579	www.brainlink.org.au/index.htm
VIC	arbias Ltd (Acquired Brain Injury Assessment & Consulting)	03 8388 1222		www.arbias.org.au/
VIC	Brain Injury Matters	03 9639 7222		www.bim.org.au
WA	Head Injured Society of WA Inc	08 9330 6370	1800 62 6370	www.headwest.asn.au/

Amputee

NAT	Limbs 4 Life		1300 78 22 31	www.limbs4life.com/index.php
NSW	Amputees & Associates (Newcastle & Northern Region)	02 49 439 786		
NSW	Central Coast Amputee Association Inc	02 4328 1004		www.centralcoastamputee.org.au/aims/aimsF.htm
QLD	Amputees Advisory Association Inc	07 5532 9325		
QLD	Amputees & Families Support Group Inc	07 3290 4293		
QLD	Limbkids Support Association Inc	07 5533 9754		www.limbkids.asn.au/
TAS	Tasmanian Amputee Society Inc	03 6344 6542		
VIC	Amputees Association of Victoria	None		www.geocities.com/ampsvic/
WA	Civilian Maimed & Limbless Association of Western Australia	08 9381 0111		
WA	Amputees in Action Inc	0412 266 149		www.multicultural.online.wa.gov.au/aia/

Austism

NAT	Autism Spectrum Australia	02 8977 8300		www.aspect.org.au
NAT	Autism Awareness (Autism Info Line) (Central Office)	02 8977 8377 02 9904 8130		www.autismawareness.com.au
NAT	Asperger Services Australia	07 3865 2911		www.asperger.asn.au/tiki-index.php
ACT	Autism ACT	02 6290 1984		www.autism.anu.edu.au
NSW	Autism Spectrum Parents Information and Resources East (ASPIRE)			www.asdsupport.org
NSW	Autism and Aspergers Support Group - Hawkesbury Group	0425 380575		www.autismsupport.org.au/index.html
NT	Autism NT	08 8948 4424		www.autismnt.com.au
QLD	Autism Queensland Inc	07 3273 0000		www.autismqld.com.au
QLD	Autism Behavioural Intervention Qld	07 3881 1868	1300 224 753	www.abiq.org
SA	Autism SA	08 8379 6976	1300 288 476	www.autismsa.org.au
TAS	Autism Tasmania (Family Support Service, Info & Training) (General Enquiries & Library)	03 6423 2288 03 6362 4755		www.autismtas.org.au
VIC	Autism Victoria	03 9885 0533	1300 308 699	www.autismvictoria.org.au
VIC	Learning for Life Autism Centre	03 9836 0422		www.learningforlife.com.au/index.html
VIC	Asperger Syndrome Support Network Victoria Inc	03 9845 2766		http://home.vicnet.net.au/~asperger/
WA	Autism Association of Western Australia Inc	08 9489 8900		www.autism.org.au

Cerebral Palsy

State	Group	Telephone	Freecall Phone	Website
NAT	Cerebral Palsy Australia	08 9443 0211	1300 30 29 20	www.cpaustralia.com.au
NSW	The Spastic Centre	02 9451 9022		www.thespasticcentre.com.au
QLD	Cerebral Palsy League of Queensland	07 3358 8011		www.cplqld.org.au/
TAS	Cerebral Palsy Tasmania	03 6228 4488	1800 001 141	www.cptas.org.au/
WA	The Centre for Cerebral Palsy	08 9443 0211		www.tccp.com.au
VIC	Scope	03 9843 3000		www.scopevic.org.au
VIC	Cerebral Palsy Support Network	03 9300 3901		www.cpsn.info
QLD	Asthma Qld	07 3252 7677		www.asthmaqld.org.au
SA	Asthma Foundation of SA	08 8238 9300		www.asthasa.org.au
TAS	Asthma Foundation of Tasmania		1800 645 130	www.asthmatas.org.au
VIC	Asthma Foundation of Victoria	03 9326 7088		www.asthma.org.au
WA	Asthma Foundation of Western Australia	08 9289 3600		www.asthmawa.org.au/

Deafness

NAT	Deafness Forum of Australia	02 6262 7808		www.deafnessforum.org.au
NAT	Deaf Australia (Brisbane Office) -TTY: (Brisbane Office) -Voice: (Sydney Office) -TTY:	07 3357 8277 07 3357 8266 02 9871 8400		www.aad.org.au
NAT	Deaf Sports Australia	03 9473 1154		www.deafsports.org.au
NAT	Better Hearing Australia	03 9510-1577		www.betterhearing.org.au/
NAT	Aussie Deaf Kids	None		www.aussiedeafkids.com/
NAT	CHARGE Syndrome Association of Australasia	None		www.chargesyndrome.org.nz/
NSW	SHHH Self Help for Hard of Hearing People	02 9144 7586		www.shhhaust.org/index.html
NSW	New South Wales Association of the Deaf Inc TTY:	02 9871 8400		www.nswad.org.au/
QLD	Deaf Services Queensland - Voice:	07 3892 8500		www.deafservicesqld.org.au/index.html
QLD	Hear and Say Centre	07 3870 2221		www.hearandsaycentre.com.au/Index.html
QLD	Deaf Sports & Recreation Qld -TTY:	07 3848 6002		www.dsrq.org.au/
SA	SA Association of the Deaf -TTY: Voice:	(08) 8223 6530 (08) 8223 3335		
TAS	Tasmanian Council of the Deaf Inc -TTY: Voice:	03 6249 1174 Contact National Relay Service 133677 & quote 03 9521 2466		
VIC	Vic Council of Deaf People Inc -TTY:	03 9521 2466		www.vcod.com.au
VIC	Better Hearing Australia (VIC) -Voice: TTY:	03 9510-1577 03 9510-3499		www.betterhearing.org.au/
WA	Better Hearing Australia (WA) Inc -Voice: TTY:	08 9387 8261 08 9387 8261		www.betterhearingwa.iinet.net.au/
WA	WA Deaf Society Inc - Voice: TTY:	08 9441 2677 08 9441 2655		www.wadeaf.org.au/

Down Syndrome

ACT	ACT Down Syndrome Association Inc	02 6290 0656		www.actdsa.asn.au/
NSW	Down Syndrome NSW	02 9683 4333		www.dsansw.org.au/
NT	Down Syndrome Association of NT	08 8985 6222		
QLD	Down Syndrome Association of Qld	07 3356 6655		www.dsaq.org.au/
SA	Down Syndrome Society of SA Inc	08 8369 1122		www.downssa.asn.au/dsssa/index.php
TAS	Down Syndrome Association of Tas Inc	03 6224 0490		www.downsyndrometasmania.org.au/
VIC	Down Syndrome Victoria	03 9486 9600		www.dsav.asn.au/
WA	Down Syndrome Association of WA	08 9358 3544	1800 623544	www.dsawa.asn.au/

Epilepsy

State	Group	Telephone	Freecall Phone	Website
NAT	Epilepsy Action (Australia)		1300 37 45 37	www.epilepsy.org.au
NSW	Epilepsy Action (Australia)		1300 37 45 37	www.epilepsy.org.au
ACT	Epilepsy Association (ACT) Inc	02 6287 4555		www.ourcanberra.com/Epilepsy-ACT.html
QLD	Epilepsy Qld Inc	07 3435 5000	1300 852 853	www.epilepsyqueensland.com.au/
SA	The Epilepsy Centre	08 8448 5600	1300 852 853	www.epilepsycentre.org.au/
NT	The Epilepsy Centre	08 8448 5600	1300 852 853	www.epilepsycentre.org.au/
TAS	Epilepsy Association of Tasmania	03 6224 9481		http://home.iprimus.com.au/kuekids/links/eaofas.html
VIC	Epilepsy Foundation of Victoria	03 9805 9111	1300 852 853	www.epinet.org.au
WA	Epilepsy Association of WA Inc	08 9346 7699		www.epilepsywa.org.au/

Spina Bifida & Hydrocephalus

NSW	Northcott Spina Bifida Group	02 9890 0100		www.northcott.com.au/spina_bifida_group.php
QLD	(SBH) Spina Bifida Hydrocephalus Qld	07 38444600		www.spinabifida.org/
SA	Spina Bifida Association of SA	08 8366 5900		www.spinabifida.asn.au/
VIC	Spina Bifida Foundation Victoria	03 9663 0075		www.sbfv.org.au/
WA	Spina Bifida Association of WA	08 9346 7520		www.sbawa.asn.au/

Spinal Cord Injuries

NAT	Spinal Cord Injuries Australia	02 9661 8855	1800 819 775	www.scia.org.au
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Vision

NAT	Vision Australia		1300 84 74 66	www.visionaustralia.org.au/
NAT	Blind Citizens Australia	03 9372 6400	1800 033 660	www.bca.org.au
NAT	Australian Blind Sports Federation	03 9522 5243		www.blindsports.com.au/Index.htm
SA	Blind Sports South Australia	0414 270 016		www.blindsportssa.org.au/
VIC	Blind Sports Victoria	03 9822 8876		www.blindsports.org.au/

Mixed Services & Advocacy

NAT	Australian Federation of Disability Organisations	03 9662 3324 TTY: 03 9662 3724		www.afdo.org.au
NAT	People with Disability Australia	02 9370 3100	1800 422 015	www.pwd.org.au
NAT	National Disability Services	02 6283 3200		www.nds.org.au
NAT	National Council on Intellectual Disability	02 6296 4400		www.ncid.org.au
NAT	Physical Disability Council of Australia	02 6566 9232	1300 781 786	www.pdca.org.au
NAT	National Information Communication Awareness Network (NICAN)	02 6241 1220		www.nican.com.au
NAT	Arts Access Australia	02 9518 0561		www.artsaccessaustralia.org
NAT	Women with Disabilities Australia	03 62448288		www.wwda.org.au
NAT	Association for Children with a Disability	03 9818 2000		www.acd.org.au
NAT	National Ethnic Disability Alliance	02 9687 8933		www.neda.org.au
NAT	Citizen Advocacy (Details of programs across Australia)			www.citizenadvocacy.org.au/programs.html
ACT	Advocacy for Inclusion	02 6286 9422		http://users.bigpond.net.au/Advocacy_for_Inclusion/
ACT	Community Connections	02 6296 1133		www.comcons.org.au/
ACT	Art Ability ACT	02 6247 1882		www.artsaccessaustralia.org/

Mixed Services & Advocacy continued...

State	Group	Telephone	Freecall Phone	Website
ACT	A.C.T. Disability, Aged and Carer Advocacy Service TTY:	02 6242 5060 02 6242 5065		www.adacas.org.au/
ACT	People with Disabilities ACT	02 6290 1984		www.pwdact.org.au
ACT	Technical Aid for the Disabled ACT	06 6287 4290	1300 663 243	www.technicalaidact.org.au
NSW	Physical Disability Council of NSW	02 9552 1606	1800 688 831	www.pdcnsw.org.au
NSW	New South Wales Council for Intellectual Disability	02 9211 1611	1800 424 065	www.nswcid.org.au
NSW	Families in Partnership (Macarthur Region)	02 4648 1593		www.fip.org.au
NSW	Accessible Arts New South Wales	02 9251 6499		www.aarts.net.au/
NSW	Lifestart	02 9807 9700		www.lifestart.org.au/about/
NSW	Multicultural Disability Advocacy Association of NSW (MDAA)	02 9891 6400	1800 629 072	www.mdaa.org.au/
NSW	Learning Difficulties Coalition of NSW Inc	02 9806 9960		www.ldc.org.au
NSW	Technical Aid to the Disabled NSW	02 9912 3400	1300 663 243	www.tadnsw.org.au
NT	Arts Access Darwin	08 8981 5522		www.artsaccessaustralia.org/
NT	Arts Access Central Australia	08 8952 6338		www.artsaccessaustralia.org/
NT	Centacare NT	08 89442033		www.centacare-nt.org.au/ourservices.php
QLD	Queensland Advocacy Inc. (Voice and TTY)	07 3236 1122	1300 130 582	www.qai.org.au/content/index.cfm?CFID=16796190&CFTOKEN=25144735
QLD	Queensland Aged and Disability Advocacy Inc	07 3637 6000	1800 818 338	www.qada.org.au
QLD	Cootharinga Society of North Queensland	07 4759 2000		www.cootharinga.org.au/
QLD	Accessible Arts Queensland	07 3358 6200		www.accessarts.org.au/
QLD	Montrose Access	07 3379 9200		www.montrose.org.au/index.html
QLD	Life Stream Foundation	07 3891 5466		www.lifestream.org.au/
QLD	Parent 2 Parent Qld	07 5472 7072	1800 777 723	www.parent2parentqld.org.au/
QLD	Technical Aid to the Disabled Qld Inc	07 3216 1733	1300 663 243	www.technicalaidqld.org.au
SA	CARA Community Accommodation & Respite Agency	08 8347 4588		www.cara.asn.au/
SA	Novita Children's Services	08 8243 8243		www.novita.org.au
SA	Arts Access SA	08 8224 0799		www.artsaccess-sa.org.au/
SA	Baptist Community Services (SA) Inc	08 8322 9255		http://sabaptist.asn.au/bcs/services/cls/clp.htm
SA	Technical Aid to the Disabled SA	08 8261 2922	1300 663 243	www.tadsa.org.au
TAS	Speak Out Association of Tasmania Inc	03 6231 2344		
TAS	Tasmanians with Disabilities	03 6278 8023		www.twd.org.au
TAS	Arts Action Tasmania	03 6214 7634		www.artsaccessaustralia.org/
TAS	TADTAS (Technical Aids for Tasmanians with Disabilities)	03 6223 7794	1300 663 243	www.tadtas.org.au
VIC	Youth Disability Advocacy Service	03 9267 3755	1300 727 176	www.ydas.org
VIC	Physical Disability Council of Victoria	03 9331 3474		http://home.vicnet.net.au/~pdcv
VIC	Victorian Advocacy League for Individuals with Disability Inc. (VALID)	03 9416 4003		www.valid.org.au
VIC	Action for Community Living TTY:	03 9489 2999 03 9489 1179		www.advocacyhouse.org/acl/about.html
VIC	Action on Disability in Ethnic Communities (ADEC)	03 9480 1666	1800 626 078	www.adec.org.au
VIC	Victorian Women with Disabilities Network	03 9662 3755		www.whv.org.au/vwdn/index.htm
VIC	Yooralla		1300 9667 2552	www.yooralla.com.au/

Mixed Services & Advocacy continued...

State	Group	Telephone	Freecall Phone	Website
VIC	Arts Access Victoria	03 9699 7636		www.artsaccess.com.au/
VIC	ParaQuad Victoria	03 9415 1200		www.paraquad.asn.au
VIC	Disabled Motorists Association	03 9386 0413		http://mc2.vicnet.net.au/home/motordma/web/index.html
VIC	Road Trauma Support Team Victoria	03 9877 7922	1300 367-797	www.rtstv.org.au
VIC	TADVIC (Technology for Independent Living)	03 9853 8655	1300 663 243	www.tadvic.asn.au
WA	DADAA WA	08 9430 6616		www.artsaccessaustralia.org/
WA	LADS Learning & Attentional Disorders Society of Western Australia Inc	08 9346-7544		www.ladswa.com.au/
WA	RUCSN Resource Unit for Children with Special Needs	08 9249 4333		http://rucsn.org.au/
WA	Rocky Bay	08 9383 5111		www.rockybay.org.au/index.cfm
WA	The Kalparrin Centre	08 9340 8094	1800 066 413	www.kalparrin.org.au/index.html
WA	Developmental Disability Council of WA	08 9420 7203		http://ddc.org.au/page.php?x=about.pp
WA	People with Disabilities WA	08 9386 6477	1800 193 331	www.pwdwa.org
WA	Technology Assisting Disability WA Inc	08 9379 3733	1300 663 243	www.technicalaidwa.org.au

Sport

NAT	Australian athletes with a Disability	02 8116 9720		www.sports.org.au/
NAT	AUSRAPID - Australian Sport & Recreation Association for People with Integration Difficulties	03 5762 7494		www.ausrapid.org.au
ACT	ACT Sport			www.actsport.com.au
NSW	Roselands Recreation, Sports & Aquatics Club	02 9790 5001		www.disabledsportsac.org.au/
NT	Total Recreation	08 8981 3686		www.totalrecreation.org.au
QLD	Sporting Wheelies & Disabled Sport & Recreation Association of Qld	07 3253 3333		www.sportingwheelies.org.au/
SA	SASRAPID	08 8410 6999		www.sasrapid.com.au
TAS	New Horizons Club	03 6326 3344		www.newhorizonsclub.org.au
TAS	TASRAD - The Tasmanian Sport & Recreation Association for People with a Disability	03 6336 2012		www.tasrad.com.au
VIC	VICSRAPID	03 9926 1380		www.vicsrapid.websyte.com.au
VIC	Wheelchair Sports Victoria	03 9473 0133		www.wsv.org.au
WA	Recreation & Sport Network (Osborne Park Office) (Maddington Office)	08 9201 8900 08 9452 1152		www.rec.net.au

What?

Join In, Join Up! is an Australia-wide program designed to encourage people to take up a more active role in their communities. Through online information and a range of other resources, like this brochure, we're helping people get connected, and reap the benefits for themselves and their communities.

Why?

Our goal is to get the message out to as many people as possible that joining a community organisation can have huge benefits for your health and wellbeing – all the studies say so! There are other benefits as well. The more people that get involved with community groups, the stronger those groups will be – and that means stronger local communities, and a stronger nation

How?

Pharmacists and pharmacy assistants will be able to help people 'get connected' with a great community group in their local area or interest area, acting as a link between the public and the community organisations listed on the Our Community Directory of Community Organisations. They'll be handing out listings like this one, and directing people to the Join In, Join Up! webpages.

But you don't need to visit a pharmacy to take part – simply go to www.ourcommunity.com.au/joinin to find a group that's right for you. Have a look for groups that are important to you – and ones that could be.

Who?

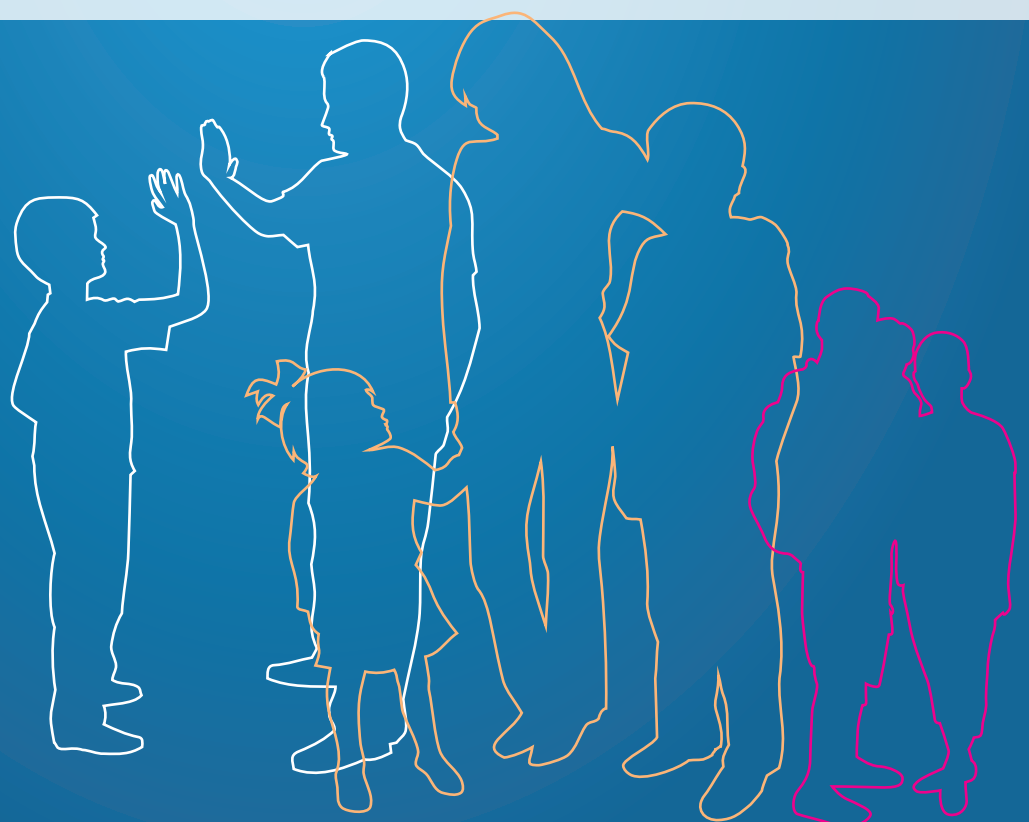
Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by the Telstra Foundation.

Join In, Join Up! Get Connected!

www.ourcommunity.com.au/joinin

Visit the Join In, Join Up! website to:

- find a community group in your neighbourhood or interest area
- learn about all the different ways you can get involved in a community group
- find out how to make your community group more welcoming to newcomers
- get your community group listed in the Join In, Join Up! directories
- learn why joining a community group is good for your health





The Pharmacy
Guild of Australia

Join in Join up

Helping Australians
engage in community
groups for better health.

We want to encourage you to
Join in Join up - for better health.

For further information visit your
local community pharmacy, or
www.ourcommunity.com.au

