



Name of Service	COMBINED CARING CENTRES OF SUTHERLAND SHIRE
Address	126 Kareena Road
City	MIRANDA
State	NSW
Postcode	2228
Work Phone	(02) 9525 6400
Fax Number	(02) 9540 7835
Description of Service	There are 20 Caring Centres in the Sutherland Shire, all run by volunteers, which provide a social outlet, at least one day a week, for people who, because of frailty, age, isolation or disability are unable to participate in other programmes provided by the community. Door to door transport is provided. Programmes vary and can include outings, entertainment, indoor bowls, cards, snooker, gentle exercise, craft etc.
Who to refer?	A resident of the Sutherland Shire who is self caring.
How to refer?	1. Phone 9525-6400 or 2. Fax a Southcare referral form 95407869
Referral criteria	A resident of the Sutherland Shire (or residing with) who is aged, frail, disabled or isolated and requires socialisation. <u>Exclusion criteria:</u> Nursing Home Residents.
Is there a waiting list?	No
Hours/days of operation	Monday to Friday 10am - 2pm
Approx costs?	Cost varies from centre to centre. Approx \$5 and a small cost for transport, if required.