

NSW / ACT Support Group Meetings 2024

Bankstown area 2024

Dates: 2nd Wednesday every 3rd month commencing Wednesday 13th March 2024;
12th June 2024, 11th September 2024 and 11th December 2024

Time: 10:00-12:00 – morning tea

Address: Revesby Workers Club, 2B Brett St, Revesby, Ph 02 9772 2100

Access: Close to public transport and lots of free parking

About: A stoma support group hosted by Bankstown Hospital STNs for you and your family.
Everyone is welcome but must be double vaccinated.

RSVP: Please RSVP for catering purposes to your Bankstown Hospital STN or
Mariam Elfoul on 0400 921 901, email: aumael@coloplast.com

St George area 2024

Dates: Thursday 7th March, 13th June, 12th September and 5th December 2024.

Time: 11:00am - 1:00pm – morning tea

Address: Ramsgate RSL Club
Corner Ramsgate Rd and Chuter Ave, Sans Souci NSW 2219

Access: Close to public transport and free parking

About: Everyone welcome – please RSVP for catering purposes to your STN or
Mariam Elfoul on 0400 921 901, email: aumael@coloplast.com

Shoalhaven Support Group 2024

Dates: 28th Feb. Nowra Community Health Centre, 5-7 Lawrence Avenue Nowra.
27th March. Ulladulla Community Health Centre, Cnr Princes Hwy and South Street Ulladulla.
26th June. Nowra Community Health Centre.
30th October. Nowra Community Health Centre.
26th November (Tues.) Ulladulla Community Health centre.

Time: 2pm

Address: Nowra school of Arts Annex: adjacent to School of Arts, 12 Berry Street, Nowra. Car parking surrounds the building.
Ulladulla Community Health Centre: Corner of South Street and Princes Hwy, Ulladulla.
Street parking.

About: Contact Brenda Christiansen STN CNC; please notify Brenda on 0422006550 to register.
e. brenda.christiansen@health.nsw.gov.au

Nepean Education Stoma Support Group 2024

Dates: Fridays every second month, commencing on 23rd February 2024, 3rd May 2024, 26th July 2024, 18th October 2024 and 6th December 2024.

Time: 2-3:30pm – afternoon tea

RSVP: nbmlhd-stoma@health.nsw.gov.au

Address: Medical School – Outpatients department, 62 Derby Street, Kingswood. NSW 2747

Access: The building is opposite Nepean Hospital's Emergency Department. Enter via the side path to the Clinical School's Outpatient waiting room.
Please wait until 2:00 pm when you will be directed to the meeting room.

Car Parking: Either on the street or in the multi-story car park on Somerset Street, Kingswood (free for pensioners for the first 3 hours)

About: Family and friends are most welcome.
Any enquiries please contact Naomi Houston on 02 4734 1245

South West Sydney Liverpool and Campbelltown stoma support group 2024

Dates: Thursday every second month (1st Thurs in December)
15th Feb 2024, 18th April, 20th June, 22nd Aug, 24th Oct and 5th Dec.
Time: 1:30pm to 3:30pm
Address: Campbelltown Catholic Club
20/22 Camden Rd, Campbelltown NSW 2560
RSVP: Erin 0419 224 662 or Lu 0417 026 109 for catering purposes please.

Illawarra Ostomy Information Group 2024

Dates: 14th Feb, 10th April, 12th June, 14th August, 9th Oct,
11th Dec (Christmas luncheon. Venue to be advised)
Time: 10am to 12pm
Address: Education Room, Figtree Private Hospital, 1 Suttor Place, Figtree
Contact: For Further Information contact:
Helen Richards CNC STN Wollongong Private Hospital phone: 42861109
richardsh@ramsayhealth.com.au
Julia, Sam & Rachael Stomal Therapy Nurses Wollongong Hospital mob: 0414421021
isld-stomaltherapy-NIHG-SIHG@health.nsw.gov.au

Bowral Stoma Support Group 2024

Dates: Tuesday 5th March, 4th June, 3rd September and 3rd December 2024
Time: 11:00am to 12:00pm Everyone is welcome!! Please RSVP 1 week prior.
Address: Bowral Bowling Club, 40 Shepherd St, Bowral.
Contact: Lu Wang & Erin Wagner Stomal Therapists, Liverpool Hospital—(02) 87384308 Or
Mariam Elfoul on 0400 921 901, aumael@coloplast.com
Plenty of car parking for everyone! Tea/Coffee with be available; Finger food will be available

Goulburn Stoma Support Group 2024

Dates: 8th May, 7th August and 6th November 2024
Time: 10:00am to 12:00pm Everyone is welcome!! Please RSVP 1 week prior.
Address: Goulburn Workers Club, 1 McKell Place, Goulburn, NSW 2580
Contact: Mariam Elfoul on 0400 921 901, or email: aumael@coloplast.com
Hope to see you, your friends and loved ones there. Plenty of car parking for everyone!
Tea/Coffee with be available; Finger food will be available

Canberra ACT Support Group 2023 **Not updated for 2024 at time of publishing**

Dates: 2nd Tuesday every month – commencing from Tuesday 11th July 2023, 12th September,
14th November.
Times: 10am to 12pm
Address: Act & Districts Stoma Association {the old stoma association room}
2nd Floor, City Health Building, 1 Moore St, (Cnr Moore & Alinga ST), Canberra
Contact: Your Stomal Therapy Nurse, or Geoff Rhodes {actual ostomate happy to chat with you} on
0416 206 871 or email Geoff at grhodes@home.com.au for further Information.
Everyone is welcome but must be COVID vaccinated to attend.
RSVP for this meeting is required by ACT Health so we can comply with COVID numbers and
restrictions.
CLINICAL ADVICE CANNOT BE GIVEN, PLEASE CONTACT YOUR STOMAL THERAPY NURSE

John Hunter Hospital Outreach Clinics

Dates: Muswellbrook Hospital 5th June 2024, 4th December 2024
Singleton Hospital 15th August 2024
Tomaree Community Hospital 17th April 2024, 23rd October 2024

Contact: To make an appointment, phone John Hunter Hospital switch 02 4921 3000 pager 36206, or
Email: HNELHD-JHHStomal@health.nsw.gov.au
Priority will be given to patients who have not been reviewed by a Stomal Therapy Nurse in the past 5 years.

Central Coast Stomal Therapy Support Group

Dates: Thursday May 23rd 2024 at Wyong, Tuesday 26th November Venue TBC

Time: 1:30pm to 3:30pm Everyone is welcome!!

Address: Wyong Community Health Centre- Group room, Level 1
38A Pacific Hwy, Wyong NSW 2259

Register: To your local Stoma nurse via email by [May 1st](#)
Email: CCLHD-Stomaltherapy@health.nsw.gov.au or Phone: 4320 3323

Contacts: We look forward to meeting you, seeing you and supporting you
Stomal Therapy Team- Emma, Mary, Sharon, Nichole

Grafton/Clarence Valley 2024

Dates: 2nd Tuesday Bi-monthly commencing Tuesday 13th February 2024,
14th May 2024, 14th August 2024 and 12th November 2024

Time: 10am to 11:00am Everyone is welcome!!

Address: Aruma Community Health, 175 Queen St, Grafton NSW 2460

Register: Jane Kulas 0459 943 062

Contact: Jane Kulas 0459 943 062 or Gary Tobin 0400 675 277

Coffs Ostomy Group 2024

Dates: 4th Thursday of every second month –meeting dates 22nd February 2024, 18th April 2024,
27th June 2024, 22nd August 2024, 24th October 2024.

Time: 2pm-4pm

Address: Sawtell RSL, First Avenue SAWTELL 2452. Upstairs

Contact: **Mandy Hawkins** CNC Stoma Continence Coffs Harbour Health Campus
Phone:(02) 66567804 Email: mandy.hawkins@health.nsw.gov.au

Manning and Great Lakes Ostomy Support Group 2024

Dates: The first Wednesday of every 2nd Month: 7th February 2024, 3rd April 2024, 5th June 2024, 7th August
2024, 2nd October 2024 and 4th December 2024.

Time: 10.30 am

Address: Taree Group Three Leagues- Downstairs meeting room, 43 Cowper St, Taree.

Contact: Karla McTaggart, CNC Stoma | Wound | Gastrostomy, Hunter New England Local Health District
T (02) 6592 9169 email: karla.mactaggart@health.nsw.gov.au

BEAT Bladder Cancer

Dates: Last Tuesday of every month

Time: 7pm to 8:30pm

Address: Macquarie University Hospital
3 Technology Place, Macquarie University.

Contact: Adam Lynch, President BEAT Bladder Cancer 0421 626 016

Updated: March 2024