

### **ACT Deafness Resource Centre**

*Help to manage the effects of hearing loss on everyday life by providing information, advice and guidance.*

Grant Cameron Community Centre  
Level 1B, 27 Mulley Street  
Holder

**6287 4393**

[www.actdrc.org.au](http://www.actdrc.org.au)

### **ACT Office for Women**

*Womens' information service.*

Canberra

**6205 1075**

[wi@act.gov.au](mailto:wi@act.gov.au)

[www.communityservices.act.gov.au](http://www.communityservices.act.gov.au)

### **Advance Care Planning**

*ACP is a series of steps you can take to help you plan for your future health care, if you become unable to express your choices for treatment.*

**5124 9274**

[acp@act.gov.au](mailto:acp@act.gov.au)

[www.health.act.gov.au/services/advance-](http://www.health.act.gov.au/services/advance-)

### **Australian Red Cross - Home Visitor Service**

*Volunteers supporting socially isolated people.*

[caurx@redcross.org.au](mailto:caurx@redcross.org.au)

[www.redcross.org.au/act](http://www.redcross.org.au/act)

### **Better Hearing Australia Canberra**

*A volunteer run support group for anybody who has, or is affected by hearing loss.*

*Services include: lip reading classes, patient hospital kit, hearing awareness, tinnitus advice, workplace communication advice, acquiring hearing aids advice, communication enhancement and referral.*

Hughes Community Centre at Hughes Shops  
2 Wisdom Street  
Hughes

**6281 3962**

[bhacanberra@gmail.com](mailto:bhacanberra@gmail.com)

[www.bhacanberra.org](http://www.bhacanberra.org)

### **Beyond Blue**

*Provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.*

**1300 224 636**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

### **Community Health Intake ACT Health**

*Access to a wide range of services, including podiatry and dental.*

Moore Street  
Canberra

**6207 9977**

[actcc.ccintake@act.gov.au](mailto:actcc.ccintake@act.gov.au)

[www.health.act.gov.au](http://www.health.act.gov.au)

### **Defence Widows' Group**

*To advocate, campaign and provide services on behalf of serving, retired personnel.*

GPO Box 2272  
Canberra

**6265 9496**

[dwg-act@dfwa.org.au](mailto:dwg-act@dfwa.org.au)

[www.dfwa.org.au](http://www.dfwa.org.au)

### **Domestic Violence Crisis Service**

*Provides crisis intervention, advocacy, referral, information, support and practical assistance for people subjected to, or using, violence and abuse in relationships, giving priority to those subjected to violence.*

PO Box 1922  
Fyshwick

**6280 6999 office / 6280 0900 24 hours**

[admin@dvcs.org.au](mailto:admin@dvcs.org.au)

[www.dvcs.org.au](http://www.dvcs.org.au)

### **Doris Women's Refuge**

*For women and children escaping domestic violence. Costs Apply. Open 24 hours.*

Belconnen

**6278 9999**

[dwrwomen@bigpond.net.au](mailto:dwrwomen@bigpond.net.au)

[www.dhcs.act.gov](http://www.dhcs.act.gov)

### **Health Direct**

*24 hour quality health information and advice.*

**1800 022 222**

[www.healthdirect.org.au](http://www.healthdirect.org.au)

### **Migrant Resource Centre**

*Provision of settlement and related services for migrants refugees and humanitarian entrants in the ACT and region.*

Canberra

**6248 8577**

[info@mrccanberra.org.au](mailto:info@mrccanberra.org.au)

[www.mrccanberra.org.au](http://www.mrccanberra.org.au)

### **National Continence Helpline**

*A telephone advisory service*

**1800 330 066**

[info@continence.org.au](mailto:info@continence.org.au)

[www.continence.org.au](http://www.continence.org.au)

### **Next Door by YWCA Canberra**

*Next Door helps women age 50 and over secure and maintain affordable, appropriate and safe homes.*

*As a specialist women's service, we empower women to build their resilience, independence and wellbeing.*

**0477 550 857 and 0455 405 885**

[canberra@ywca-canberra.org.au](mailto:canberra@ywca-canberra.org.au)

### **Northside Community Service**

*Aged and disability services. Case management, centre based social groups and volunteer social support.*

2 Rosevear Place  
Dickson

**6257 2255**

[headoffice@northside.asn.au](mailto:headoffice@northside.asn.au)

[www.northside.asn.au](http://www.northside.asn.au)

### **Women's Centre for Health Matters**

*Services to support women's health and well being. Encourages the health system and other services to be more responsive to women's needs.*

Building 1, Pearce Community Centre  
Collett Place  
Pearce

**6290 2166**

via webpage

[www.wchm.org.au](http://www.wchm.org.au)

### **Women's Health Service - ACT Health**

*Breast screening, continence and gynaecology.*

Level 1, 1 Moore Street  
Canberra

**6205 1078**

[healthact@act.gov.au](mailto:healthact@act.gov.au)

[www.health.act.gov.au](http://www.health.act.gov.au)

### **Women's Legal Centre Inc**

*A community legal centre for women run by women. Free confidential advice by phone.*

Canberra

**6257 4499**

[co-ordinator@womenslegalact.org](mailto:co-ordinator@womenslegalact.org)

[www.womenslegalact.org](http://www.womenslegalact.org)



This brochure is one a series of topic-specific service listings extracted from COTA ACT's Directory of Services for the Ageing.

*Other brochures include:*

- Accommodation
- Activities for grandparents
- Carer services
- Complaints
- Computer classes and assistance
- Crisis accommodation
- De-cluttering, downsizing and home modifications
- Dementia services
- Dementia specific accommodation
- Elder abuse information and referral
- Financial services
- Government and community services
- Health services
- Hearing services
- Help lines
- Keeping active
- Learning opportunities
- Legal services
- Men's health and services
- Men's Sheds
- Residential aged care in Canberra
- Respite services
- Retirement villages in Canberra
- Seniors' groups and activities
- Services for the ageing
- Support in your home
- Transport
- Women's groups
- Women's health and services

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## About COTA ACT

COTA ACT is an independent, non-party political and nonreligious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

Please contact COTA ACT for more information on membership.

Call **(02) 6282 3777** or visit **[www.cotaact.org.au](http://www.cotaact.org.au)**.



**AUSTRALIAN CAPITAL TERRITORY**  
Representing the interests  
of older Canberrans



**Hughes Community Centre,  
Wisdom Street, Hughes**  
(next to the Hughes shopping centre)



**(02) 6282 3777**



**[contact@cotaact.org.au](mailto:contact@cotaact.org.au)  
[www.cotaact.org.au](http://www.cotaact.org.au)**

## Women's health and services

**COTA**   
**AUSTRALIAN CAPITAL TERRITORY**