

Join in, Join Up!

Get Connected.

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

PEOPLE WITH AN ILLNESS



Having a long-term illness 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 condition, but it may help you feel better, and if you feel better you'll cope better. Social support is good for medical problems: **all the studies say so.**

Join in! Find a community group that interests you – there are 700,000 community groups in Australia; there's definitely one for you!

Some groups are made up of people that have the same condition 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!



Addiction

State	Group	Telephone	Freecall Phone	Website
Nat	Alcoholics Anonymous Australia	See website for local numbers		www.alcoholicsanonymous.org.au
Nat	Al-Anon/Alateen	03 9620 2166		www.al-anon.alateen.org/australia
Nat	Headspace - National Youth Mental Health Foundation	03 8346 8213		www.headspace.org.au/
Nat	Australian Drug Foundation	03 9278 8100		www.adf.org.au
Nat	Narcotics Anonymous		1300 652 820	www.naoz.org.au
Nat	Family Drug Support		1300 368 186	www.fds.org.au/
Nat	Gamblers Anonymous	02 9564 1574		www.gamblersanonymous.org.au
Nat	Lifeline	13 11 14		www.lifeline.org.au/learn_more/locations
Nat	QUIT Now	02 6289 1555	13 78 48	www.quitnow.info.au/
SA	QUIT SA	08 8291 4141	13 78 48	www.quitsa.org.au/asp/index.aspx
TAS	QUIT TAS	03 6228 2921	13 78 48	www.quittas.org.au
VIC	QUIT Victoria	03 9663 7777	13 78 48	www.quit.org.au/
WA	QUIT WA		13 78 48	www.quitwa.com/
ACT	Canberra Men's Centre (Gambling/ Drugs/Alcohol)	02 6230 6999		www.menscentre.com.au/pages/menscentre.htm
ACT	ADFACT Alcohol & Drug Foundation ACT	02 6292 2733		www.adfact.org/index.htm
ACT	Centacare Canberra and Goulburn	02 6295 4300		www.centacare-canberra.org
NSW	Youth Off the Streets	02 9721 5700		www.youthoffthestreets.com.au
NT	Centacare NT	08 89442033		www.centacare-nt.org.au/ourservices.php
QLD	Oz Care (Drug and Alcohol Addiction)	07 3028 9000		www.ozcare.org.au
QLD	Alcohol and Drug Foundation Qld	08 3834 0200		www.adfq.org/index.asp
SA	Baptist Community Services (SA) Inc	08 8231 2850		http://sabaptist.asn.au/bcs/services/drugalcohol/
VIC	Problem Gambling (Victoria)		1800 156 789	www.problemgambling.vic.gov.au
VIC	Jesuit Social Services (Drug & Alcohol/ Mental Health)	03 9415 8700		www.jss.org.au/content/view/50/79/
VIC	Turning Point Alcohol & Drug Centre (General) (Clinic & information) (24/7 counselling & information) (24/7 clinical advisory service DACAS)	03 8413 8413 03 8413 8444	1800 888 236 1800 812 804	www.turningpoint.org.au/
VIC	CounsellingOnline (text-interaction - alcohol or drug related)		1800 888 236	www.counsellingonline.org.au
VIC	DrugInfo Clearing House		1300 85 85 84	www.druginfo.adf.org.au/browse.asp?ContainerID=aboutdruginfo
WA	Holyoake	08 9416 4444		www.holyoake.org.au
WA	Palmerston Association	08 9328 7355		www.palmerston.org.au
WA	Drug & Alcohol Office - Alcohol & Drug Information Service	08 9442 5000	1800 198 024	www.dao.health.wa.gov.au
WA	Drug & Alcohol Withdrawal Network	08 9213 3636		www.sjog.org.au/portal/page?_page-id=422,72577&_dad=portal&_schema=PORTAL

HIV/Aids

Nat	Australian Federation of AIDS Organisations	02 9557 9399		www.afao.org.au
Nat	National Association of People Living with HIV/AIDS (Aus)	02 8568 0300	1800 259 666	www.napwa.org.au
ACT	AIDS Action Council of the ACT	02 6257 2855		www.aidsaction.org.au
ACT	People Living with AIDS/HIV ACT (PLWAH)	02 6257 4985		www.aidsaction.org.au
NSW	Adahps (AIDS Dementia & HIV Psychiatry Service)	02 8382 1810		www.health.nsw.gov.au/adahps/
NSW	AIDS Council of New South Wales	02 9206 2000	1800 063 060	www.acon.org.au
NSW	Positive Life NSW	02 9361 6011	1800 245 677	www.positivelife.org.au

HIV/Aids continued...

State	Group	Telephone	Freecall Phone	Website
NT	Northern Territory AIDS and Hepatitis Council	08 8941 1711		www.ntahc.org.au
NT	Mensline (NT)		1800 181 888	
QLD	Queensland Association for Healthy Communities Inc	07 3017 1777	1800 177 434	www.qahc.org.au
QLD	Queensland Positive People	07 3013 5555	1800 636 241	www.qpp.net.au
SA	AIDS Council of South Australia	08 8334 1611	1800 888 559	www.acsa.org.au
SA	Gay and Lesbian Community Service of SA	08 8422 8400	1800 182 233	www.glcssa.org.au
SA	People living with HIV/AIDS South Australia Incorporated	08 8293 3700		www.hivsa.org.au
TAS	Working It Out (Southern Office) (North West Office) (Northern Office)	03 6231 1200 03 6432 3643 03 6334 4013		www.workingitout.org.au
TAS	Tasmanian Council on Aids, Hepatitis and Related Diseases	03 6234 1242	1800 005 900	www.tascahd.org.au
VIC	People Living with HIV/AIDS Victoria	03 98656772		www.plwhavictoria.org.au
VIC	Positive Women (VIC)	03 9076 6918		www.positivewomen.org.au
VIC	Straight Arrows	03 9276 3792		www.straightarrows.org.au
VIC	Victorian AIDS Council/Gay Men's Health Centre	03 9865 6700	1800 134 840	www.vicaids.asn.au/content/default.asp
VIC	AIDS Housing Action Group Inc.	03 9417 4311	1800 674 311	http://www.ahag.org.au/
WA	Gay and Lesbian Community Services (General) (Counselling Line)	08 9486 9855 08 9420 7201	1800 184 527	www.glcs.org.au
WA	WA AIDS Council	08 9482 0000		www.waids.com/

Allergies & Asthma

Nat	Anaphylaxis Australia Inc.		1300 728 000	www.allergyfacts.org.au
Nat	Allergy & Environmental Sensitivity Support & Research Assoc		1800 638 528	www.aessra.org
Nat	Asthma Foundations Australia	03 9329 2622	1800 645 130	www.asthmaaustralia.org.au
Nat	National Asthma Council Australia	03 8699 0476	1800 032 495	www.nationalasthma.org.au
ACT	Asthma Foundation of ACT/ACT Asthma Association	02 6286 4414		www.asthmaact.org.au
NSW	Asthma Foundation of NSW	02 9906 3233		www.asthmansw.org.au
NT	Asthma Foundation of Northern Territory	08 8922 8817		www.asthmant.org.au
QLD	Asthma Qld	07 3252 7677		www.asthmaqld.org.au
SA	Asthma Foundation of SA	08 8238 9300		www.asthmasa.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/

Alzheimer's Disease

Nat	Alzheimer's Australia	02 6254 4233	1800 100 500	www.alzheimers.org.au
ACT	Alzheimer's Australia ACT	02 6255 0722		www.alzheimers.org.au/content.cfm?categoryid=20
NSW	Alzheimer's Australia NSW	02 9805 0100		www.alzheimers.org.au/content.cfm?categoryid=21
NT	Alzheimer's Australia NT (Darwin) (Alice Springs)	08 8948 5228 08 8952 9799		www.alzheimers.org.au/content.cfm?categoryid=22

Alzheimer's Disease continued...

State	Group	Telephone	Freecall Phone	Website
QLD	Alzheimer's Australia QLD (Brisbane) (Gold Coast)	07 3895 8200 07 5538 8221		www.alzheimers.org.au/content.cfm?categoryid=23
SA	Alzheimer's Australia SA	08 8372 2100		www.alzheimers.org.au/content.cfm?categoryid=24
TAS	Alzheimer's Australia TAS (State Head Office) (Hobart) (Launceston)	03 6224 3077 03 6224 1752 03 6326 3488		www.alzheimers.org.au/content.cfm?categoryid=27
VIC	Alzheimer's Australia VIC	03 9815 7800		www.alzheimers.org.au/content.cfm?categoryid=25
WA	Alzheimer's Australia WA	08 9388 2800		www.alzheimers.asn.au

Arthritis

Nat	Arthritis Australia		1800 011 041	www.arthritisaustralia.com.au
ACT	Arthritis ACT	02 6288 4244		www.arthritisact.org.au
NSW	Arthritis NSW	02 9683 1633		www.arthritisnsw.org.au
NT	Arthritis & Osteoporosis NT	08 8948 5232		www.aont.org.au
QLD	Arthritis Queensland	07 3857 4200		www.arthritis.org.au
SA	Arthritis South Australia	08 8379 5711		www.arthritis.sa.org.au
TAS	Arthritis Tasmania	03 62312988		www.arthritistasmania.com.au
VIC	Arthritis Victoria	03 8531 8000		www.arthritisvic.org.au
WA	Arthritis Western Australia	08 9388 2199		www.arthritiswa.org.au

Cancer

Nat	The Cancer Council Australia (Helpline) (Quitline)	131 120 13 7848		www.cancer.org.au
Nat	My Parents Cancer			www.myparentscancer.com.au
Nat	Leukaemia Foundation		1800 620 420	www.leukaemia.org.au
Nat	Camp Quality	02 9876 0500		www.campquality.org.au
Nat	Prostate Cancer Foundation of Australia	02 9438 7000	1800 220 099	www.prostate.org.au
Nat	Canteen (Young people with cancer)		1800 226 833	www.canteen.org.au
Nat	Breast Cancer Network Australia	03 9805 2500	1800 500 258	www.bcna.org.au
Nat	Amazon Heart	07 3102 4320		www.amazonheart.org
Nat	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/index.htm
Nat	National Breast and Ovarian Cancer Centre	02 9357 9400		www.nbcc.org.au
Nat	The Prostate Cancer Foundation of Australia (National Office)	02 9438 7000	1800 220 099	www.prostate.org.au/
ACT	The Cancer Council ACT	02 6257 9999		www.actcancer.org
ACT	Bosom Buddies	0419 698 188		www.bosombuddies.com.au
ACT	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/ACT
ACT	Leukaemia Foundation	02 6286 9954	1800 620 420	www.leukaemia.org.au/ACT
NSW	The Cancer Council NSW	02 9334 1900		www.cancer council.com.au
NSW	Breast Cancer Action Group NSW			www.bcagnsw.org.au
NSW	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/NSW
NSW	Make Today Count Inc (Newcastle Cancer Support Group)	02 4943 8462		http://users.hunterlink.net.au/~maasgd/index.htm

Cancer continued...

State	Group	Telephone	Freecall Phone	Website
NSW	Can Assist	02 9362 3429		www.cancerpatients.com.au/
NSW	Cancer Voices NSW			http://cancervoices.org.au/
NSW	Leukaemia Foundation	02 9902 2222	1800 620 420	www.leukaemia.org.au/NSW
NT	The Cancer Council NT (Head Office) (Katherine) (Alice Springs)	08 8927 4888 08 8971 2022 08 8951 5881		www.cancercouncilnt.com.au
NT	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/NT
NT	Leukaemia Foundation	08 8927 5677	1800 620 420	www.leukaemia.org.au/NT
QLD	The Cancer Council QLD	07 3258 2281		www.cancerqld.org.au
QLD	Advanced Breast Cancer Group	07 3217 2998		www.advancedbreastcancergroup.org
QLD	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/QLD
QLD	Melanoma Patients Australia (MPA)	07 3314 2201		www.melanomapatients.org
QLD	The Prostate Cancer Foundation of Australia – Queensland	07 3112 0224		www.prostate.org.au/
QLD	Leukaemia Foundation	07 3318 4418	1800 620 420	www.leukaemia.org.au/QLD
SA	Cancer Council SA	08 8291 4111		www.cancersa.org.au
SA	Cancer Care Centre Inc	08 8272 2411		www.cancercare.asn.au
SA	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/SA
SA	Prostate Cancer Action Group (SA) Inc			www.communitywebs.org/SAProstateCancer/
SA	Leukaemia Foundation	08 8273 3555	1800 620 420	www.leukaemia.org.au/SA
TAS	The Cancer Council Tasmania	03 6233 2030		www.cancertas.org.au
TAS	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/TAS
TAS	Leukaemia Foundation	03 6331 5479	1800 620 420	www.leukaemia.org.au/TAS
VIC	The Cancer Council Victoria (Helpline)	131 120		www.cancervic.org.au
VIC	BreaCan - Gynaecological and Breast Cancer Support		1300 781 500	www.whv.org.au/breacan
VIC	Challenge (Supporting Kids with Cancer)	(03) 9329 8474		www.challenge.org.au
VIC	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/VIC
VIC	The Young Ones	0411 235 964		www.theyoungones.asn.au
VIC	The Prostate Cancer Foundation of Australia - Victoria	03 8610 6395	1800 206 700	www.prostate.org.au/
VIC	Leukaemia Foundation	03 9949 5800	1800 620 420	www.leukaemia.org.au/VIC
WA	The Cancer Council WA	08 9212 4333		www.cancerwa.asn.au
WA	Breast Cancer Foundation of Western Australia	08 9324 3703		www.breastcancer.org.au
WA	Dragons Abreast Australia		1300 889 566	www.dragonsabreast.com.au/WA
WA	The Prostate Cancer Foundation of Australia - WA	08 9346 6302		www.prostate.org.au/
WA	Leukaemia Foundation	08 6241 1000	1800 620 420	www.leukaemia.org.au/WA

Chronic Illness (General)

Nat	Chronic Illness Peer Support, Royal Children's Hospital (ChIPS)	03 9345 6616		www.rch.org.au/chips
Nat	Chronic Illness Alliance	03 9882 4654		www.chronicillness.org.au
Nat	Can-Survive		1300 364 673	www.can-survive.org/
SA	Bridges and Pathways Institute Inc.	08 8358 6086		www.communitywebs.org/ChronicIllnessCare/
VIC	Very Special Kids	03 9804 6222		www.vsk.org.au/Home

Chronic Pain

NSW	The Chronic Pain Association	02 9481 0189		http://chronicpainassociation.org.au
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Coeliac Disease

State	Group	Telephone	Freecall Phone	Website
Nat	The Coeliac Society of Australia	02 9487 5088	1300 458 836	www.coeliac.org.au/index.html
NSW	The Coeliac Society of NSW Inc	02 9487 5088	1300 458 836	www.nswcoeliac.org.au/
ACT	The Coeliac Society of NSW Inc	02 9487 5088	1300 458 836	www.nswcoeliac.org.au/
QLD	The Queensland Coeliac Society Inc	07 3839 5404	1300 458 836	http://qld.coeliacsociety.com.au/
SA	The Coeliac Society of South Australia Inc	08 8336 1476	1300 458 836	http://sa.coeliacsociety.com.au/
NT	The Coeliac Society of South Australia Inc	08 8336 1476	1300 458 836	http://sa.coeliacsociety.com.au/
TAS	The Coeliac Society of Tasmania Inc		1300 458 836	http://tas.coeliacsociety.com.au/
VIC	The Coeliac Society of Victoria Inc	03 9808 5566	1300 458 836	http://vic.coeliacsociety.com.au/
WA	The Coeliac Society of Western Australia Inc	08 9470 4122	1300 458 836	http://wa.coeliacsociety.com.au/

Continece

Nat	Continece Foundation of Australia	03 9347 2522	1800 330 066	www.continece.org.au
ACT	Continece Foundation of Australia ACT (For appointments and information)	02 6207 9977 02 6205 1350	1800 330 066	www.continece.org.au
NSW	Continece Foundation of Australia NSW		1800 330 066	www.continece.org.au
NT	Continece Foundation of Australia NT (Alice Springs)	08 8922 7312 08 8951 6737	1800 330 066	www.continece.org.au
QLD	Continece Foundation of Australia QLD		1800 330 066	www.continece.org.au
SA	Continece Foundation of Australia SA	08 8332 1111	1800 330 066	www.continece.org.au
TAS	Continece Foundation of Australia TAS	03 6222 7321	1800 330 066	www.continece.org.au
VIC	Continece Foundation of Australia VIC	03 9496 2834	1800 330 066	www.continece.org.au
WA	Continece Foundation of Australia WA	08 9245 5262	1800 330 066	www.continece.org.au

Crohn's Disease

Nat	Australian Crohn's and Colitis Association	03 9815 1266	1800 138 029	www.acca.net.au
QLD	Australian Crohn's and Colitis Association (QLD) Inc	07 5437 7662		www.accaq.org.au/index.htm

Cystic Fibrosis

Nat	Cystic Fibrosis in Australia	02 9878 5250	1800 232 823	www.cysticfibrosis.org.au
ACT	The Cystic Fibrosis Association of the ACT	02 6259 7922		www.cysticfibrosis.org.au/act/Home/
NSW	Cystic Fibrosis New South Wales	02 9878 2075	1800 650 614	www.cysticfibrosis.org.au/nsw/
QLD	Cystic Fibrosis Queensland (Brisbane) (Cairns)	07 3359 8000 07 4041 5219		www.cysticfibrosisqld.org.au
SA	Cystic Fibrosis South Australia	08 8221 5595	1800 23 28 23	www.cysticfibrosis.org.au/sa
TAS	Cystic Fibrosis Tasmania	03 6228 9448	1800 23 28 23	www.cysticfibrosis.org.au/tas
VIC	Cystic Fibrosis Victoria	03 9686 1811	1800 633 685	www.cfv.org.au
WA	Cystic Fibrosis Western Australia	08 9346 7333		www.cysticfibrosis.org.au/wa

Diabetes

Nat	Diabetes Australia	02 6232 3800	1300 136 588	www.diabetesaustralia.com.au
Nat	Diabetes Counselling Online	08 8365 4424		www.diabetescounselling.com.au
ACT	Diabetes ACT	02 6288 9830	1300 136 588	www.diabetes-act.com.au/site/
NSW	Diabetes Australia - NSW	02 9552 9900	1300 136 588	www.diabetesnsw.com.au
QLD	Diabetes Australia Queensland		1300 136 588	www.diabetesqld.org.au/index.php
SA	Diabetes South Australia	08 8234 1977		www.diabetessa.com.au/asp/home.aspx
NT	Healthy Living NT (Darwin) (Alice Springs)	08 8927 8488 08 8952 8000		www.healthylivingnt.org.au/

Diabetes continued...

State	Group	Telephone	Freecall Phone	Website
TAS	Diabetes Australia - Tasmania	03 6234 5223	1300 136 588	www.diabetestas.com.au/
VIC	Diabetes Australia - Victoria	03 9667 1777	1300 136 588	www.diabetesvic.org.au/
VIC	The Type 1 Diabetes Network Inc			www.d1.org.au .
WA	Diabetes WA	08 9325 7699	1300 136 588	www.diabeteswa.com.au/

Eating Disorders

Nat	The Butterfly Foundation	03 9822 5771		www.thebutterflyfoundation.org.au
NSW	Eating Disorders Foundation Incorporated	02 9412 4499		www.edf.org.au
QLD	Eating Disorders Association Inc	07 3394 3661		www.eda.org.au
SA	Eating Disorders Association of South Australia (EDASA)	08 8332 3466		www.edasa.org.au
VIC	Eating Disorders Foundation of Victoria	03 98850318	1300 550 236	www.eatingdisorders.org.au

Eczema

Nat	The Eczema Association of Australasia Inc	07 3206 3633	1300 300 182	www.eczema.org.au
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Emphysema

Nat	The Australian Lung Foundation	07 3357 6388	1800 654 301	www.lungnet.org.au
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Genetic Conditions

Nat	The Association of Genetic Support of Australasia Inc	02 9211 1462		www.agsa-geneticsupport.org.au
VIC	Genetic Support Network Victoria	03 8341-6315		www.gsnv.org.au/
WA	Genetic Support Council WA (Inc)	08 9389 6722		http://geneticsupportcouncil.org.au/pages/about_us.asp

Haemophilia

Nat	Haemophilia Foundation Australia	03 9885 7800		www.haemophilia.org.au
ACT	Haemophilia Foundation Australian Capital Territory	02 6291 7920		www.hfact.org.au/
NSW	Haemophilia Foundation New South Wales	02 9476 2557		http://www.hfnsw.org.au/
QLD	Haemophilia Foundation Queensland	07 3230 5691		www.hfq.org.au/
SA	Haemophilia Foundation South Australia		1800 807 173	
TAS	Haemophilia Foundation Tasmania		1800 807 173	
VIC	Haemophilia Foundation Victoria	03 9555 7595		www.hfv.org.au/
WA	Haemophilia Foundation Western Australia	08 9420 7294		www.hfwa.org/index.php

Heart

Nat	The Heart Foundation		1300 362 787	www.heartfoundation.org.au
ACT	The Heart Foundation – ACT	02 6282 5744	1300 362 787	www.heartfoundation.org.au
NSW	The Heart Foundation – NSW (Sydney)	02 9219 2444	1300 362 787	www.heartfoundation.org.au
	(Newcastle)	02 4952 4699		
	(Illawarra)	02 4232 0122		
NT	The Heart Foundation – NT (Darwin)	08 8981 1966	1300 362 787	www.heartfoundation.org.au
	(Alice Springs)	08 8953 5942		

Heart continued...

State	Group	Telephone	Freecall Phone	Website
QLD	The Heart Foundation – QLD (Brisbane) (Townsville)	07 3872 2500 07 4721 4686	1300 362 787	www.heartfoundation.org.au
SA	The Heart Foundation – SA	08 8224 2888	1300 362 787	www.heartfoundation.org.au
TAS	The Heart Foundation – TAS (Hobart) (Northern Tas) (N-W Tas)	03 6224 2722 03 6336 5116 03 6421 7704	1300 362 787	www.heartfoundation.org.au
VIC	The Heart Foundation – VIC	03 9329 8511	1300 362 787	www.heartfoundation.org.au
WA	The Heart Foundation – WA	08 9388 3343	1300 362 787	www.heartfoundation.org.au
Nat	HeartKids Australia	02 9487 8256		www.heartkids.org.au
NSW	HeartKids New South Wales	02 9294 0800		www.heartkidsnsw.org.au/
QLD	HeartKids Queensland	07 3341 8145		www.heartkidsqld.org.au/
SA	HeartKids of South Australia Inc	0406 165 111		www.heartkidssa.org.au/
NT	HeartKids of South Australia Inc	0406 165 111		www.heartkidssa.org.au/
VIC	HeartKids Victoria & Tasmania	03 9513 9030		www.heartkidsvic.org.au
TAS	HeartKids Victoria & Tasmania (Hobart) (Launceston)	03 62741481 03 6393 6240		www.heartkidsvic.org.au
WA	Heartkids WA	08 9340 7997		http://wa.heartkidswa.org.au/

Herpes

Nat	Australian Herpes Management Forum			www.ahmf.com.au
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Hepatitis

Nat	Hepatitis Australia	02 6232 4257	1300 437 222	www.hepatitisaustralia.com
ACT	ACT Hep C Council	02 6257 2911	1300 301 383	www.acthepc.org/
NSW	Hepatitis C Council of New South Wales (Peer Support) (NSW regional)	02 9332 1853 02 9332 1599	1800 803 990	www.hepatitisc.org.au/
NT	Northern Territory AIDS and Hepatitis Council Inc.	08 8941 1711		www.ntahc.org.au/
QLD	Hepatitis Council of Queensland Inc	07 3236 0610	1800 648 491	www.hepqld.asn.au/
SA	Hepatitis C Council of South Australia (Info and Support line) (Regional Callers)	08 8362 8443 08 8362 8443	1300 437 222	www.hepccouncilsa.asn.au/
TAS	Tasmanian Council on Aids, Hepatitis and Related Diseases	03 6234 1242	1800 005 900	www.tascahrd.org.au
VIC	Hepatitis C Council of Victoria	03 9380 4644	1800 703 003	www.hepcvic.org.au/
WA	Hepatitis Council of Western Australia	08 9227 9800	1800 800 070	www.hepatitiswa.com.au/

Irritable Bowel Syndrome

Nat	Irritable Bowel Info & Support Association of Australia Inc.	07 3907 0527		www.ibis-australia.org
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Kidney Ailments

Nat	Kidney Health Australia	03 9674 4300	1800 682 531	www.kidney.org.au
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Lupus

State	Group	Telephone	Freecall Phone	Website
Nat	The Lupus Association	02 9878 6055	1800 802 088	www.lupusnsw.org.au
QLD	Lupus Australia Qld Inc	07 3878 9553		www.lupus.com.au/
SA	Arthritis South Australia		1800 011 041	www.arthritissa.org.au/asp/conditions_Systemic_Lupus.asp
TAS	Lupus Association of Tasmania			http://users.bigpond.net.au/lupustas/
VIC	Arthritis Victoria	03 8531 8000	1800 011 041	www.arthritisvic.org.au/pages.asp?d=5A4C5A717251477C7008060D0F0102
WA	The Lupus Group of WA	08 9224 3144		www.lupuswa.com.au/

ME/Chronic Fatigue Syndrome and Fibromyalgia

Nat	ME/ Chronic Fatigue Syndrome Association of Australia Limited	03 9889 8477		www.mecfs.org.au
ACT	Chronic Fatigue Syndrome & Fibromyalgia Society – ACT	02 6290 1984		www.mecfscanberra.org.au/
NSW	ME/CFS Society of NSW Inc.	02 9904 8433		www.me-cfs.org.au/
SA	ME/CFS Society of SA Inc.	08 8410 8930	1800 136 626	http://sacfs.asn.au/
VIC	ME/Chronic Fatigue Syndrome Society of Victoria Inc	03 9888 8798		http://avoca.vicnet.net.au/~mecfs/about.html

Motor Neurone Disease

ACT	Motor Neurone Disease Association of ACT Inc	02 6286 9900	1800 642 479	www.mndnsw.asn.au/
NSW	Motor Neurone Disease Association of NSW Inc	02 8877 0999	1800 777 175	www.mndnsw.asn.au/
QLD	Motor Neurone Disease Association of QLD Inc	07 3372 9004	1800 777 175	www.mndaq.asn.au/
SA	Motor Neurone Disease Association of SA Inc	08 8357 0245	1800 777 175	www.mndasa.com.au/
TAS	Motor Neurone Disease Association of TAS		1800 806 632	www.mndatas.asn.au/main/
VIC	MND Association of Victoria	03 9830 2122	1800 80 6632	www.mnd.asn.au
WA	Motor Neurone Disease Association of WA	08 9346 7355	1800 777 175	www.mndawa.iinet.net.au/

Multiple Sclerosis

Nat	Multiple Sclerosis	02 9646 0600		www.msaustralia.org.au
ACT	Multiple Sclerosis Society of the ACT	02 6285 2999		www.ms.org.au/
NSW	Multiple Sclerosis Society of NSW/VIC	02 9646 0600	1800 2873 67	http://mssociety.org.au/NetCommunity/Page.aspx?pid=191&srcid=259
NT	Multiple Sclerosis Society of South Australia & Northern Territory Inc	08 8360 0800	1800 812 311	www.ms.asn.au/
QLD	Multiple Sclerosis Society of Queensland	07 3840 0888	1800 177 591	www.msaustralia.org.au/qld/
SA	Multiple Sclerosis Society of South Australia & Northern Territory Inc	08 8360 0800	1800 812 311	www.ms.asn.au/
TAS	Multiple Sclerosis Society of Tasmania (Hobart) (Launceston)	03 6220 1111 03 6343 1240	1800 676 721	www.msaustralia.org.au/tas/
VIC	Multiple Sclerosis Society of NSW/VIC	03 9845 2700	1800 2873 67	http://mssociety.org.au/NetCommunity/Page.aspx?pid=191&srcid=259
WA	Multiple Sclerosis Western Australia	08 9365 4888		www.multiple-wa.asn.au/index.html

Muscular Dystrophy

Nat	Muscular Dystrophy	03 9320 9555		www.mda.org.au
Nat	Parent Project Australia	08 97971236		www.parentproject.org.au
WA	Muscular Dystrophy Association of WA	08 9382 2700		www.mdawa.asn.au/index.php

Osteoporosis

State	Group	Telephone	Freecall Phone	Website
Nat	Osteoporosis Australia	02 9518 8140	1800 242 141	www.osteoporosis.org.au
ACT	Osteoporosis ACT	02 6288 4244	1800 242 141	www.osteoporosis.org.au
NSW	Osteoporosis NSW	02 9683 1622	1800 242 141	www.osteoporosis.org.au
NT	Osteoporosis NT	08 8948 5232	1800 242 141	www.osteoporosis.org.au
QLD	Osteoporosis QLD	07 3857 4200	1800 242 141	www.osteoporosis.org.au
SA	Osteoporosis SA	08 8379 5711	1800 242 141	www.osteoporosis.org.au
TAS	Osteoporosis TAS	03 6231 2988	1800 242 141	www.osteoporosis.org.au
VIC	Osteoporosis VIC	03 8531 8099	1800 242 141	www.osteoporosis.org.au
WA	Osteoporosis WA	08 9388 2199	1800 242 141	www.osteoporosis.org.au

Parkinson's

Nat	Parkinson's Australia	02 6278 8916		www.parkinsons.org.au
NSW	Parkinson's NSW	02 8875 8900	1800 644 189	www.parkinsonsnsw.org.au
QLD	Parkinson's Queensland	07 3397 7555	1800 644 189	www.parkinsons-qld.org.au
SA	Parkinson's SA Inc	08 8357 8909		http://parkinsonssa.wordpress.com/
VIC	Parkinson's Victoria	03 9551 1122	1800 644 189	www.parkinsonsvic.org.au
WA	Parkinson's WA	08 9346 7373		www.parkinsonswa.org.au

Stroke

Nat	National Stroke Foundation		1800 787 653	www.strokefoundation.com.au
ACT	Stroke Association of ACT	02 6269 2636		
NSW	Stroke Recovery Association of New South Wales	02 9807 6422	1300 650 594	www.strokensw.org.au/about_us.html
QLD	Stroke Association of Queensland	07 3277 3838		www.strokeqld.org.au/
SA	Stroke SA	08 8373 0570		www.stroke.org.au/wordpress/index.php
TAS	Stroke Tasmania	03 6231 4424		
VIC	Stroke Association of Victoria Inc. (SAV) (Support Line)	03 5278 7980 03 9670 1117		www.strokeassociation.com.au/
VIC	Strokidz			www.strokidz.com
WA	Stroke Foundation of WA	08 9346 7540		



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 Telstra and the Department of Families, Housing, Community Services and Indigenous Affairs.

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

