

Join in, Join Up!

Get Connected.

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

PEOPLE WHO ARE LONELY



Looking after someone else is rewarding, but it can also be draining. Fixing the problems of people who can't do it for themselves – children, people with a disability, older people – can leave you feeling that you'd like a carer yourself. This can get you down.

It might be hard to remember at times that that's not all there is in life. You need to get out of the house and into the community. You need to participate – as a person and as a carer – in the workings of the groups that work for you, the groups where you help each other, and the groups that have nothing to do with your duties at all. Join a community group; it'll take a load off your shoulders.

Yes, it's hard to find time, it's hard to get away, it's hard to let go – but it's necessary. Unless you keep yourself healthy you're not going to be able to care for other people, and keeping yourself healthy involves participating in the life of the community: **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!

You can join the groups that fight for the rights of carers – Carers Australia, for example. They're concerned with having the voices of carers heard at the highest levels.

Or you can join a carers' group. You'll meet other people who are going through the same stresses and who can understand how you're feeling. Have a break, get information on coping strategies, and get support from others who know what it's like. Sharing ideas, feelings, worries, information and problems can help you feel less isolated.

There are local support groups that bring together carers in particular areas, sometimes under the guidance of a facilitator who's experienced in supporting carers. Carers Australia can help put you in touch with carer support groups in your area

Look them up in the following pages.

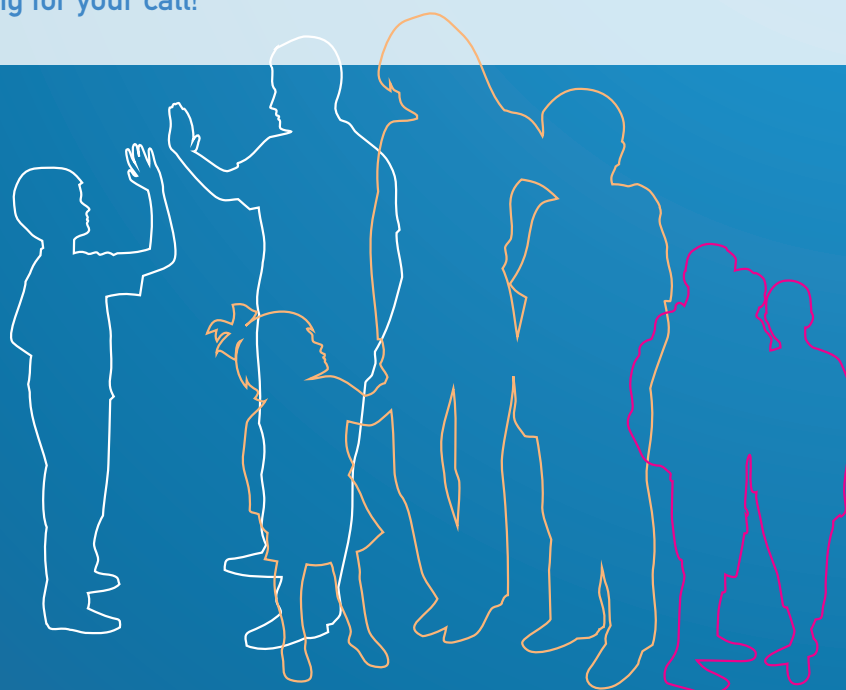
Don't stop there, though. What about your other interests? There are hundreds and thousands and hundreds of thousands of clubs out there, and associations and committees and action groups and people sitting around a table engaging in hobbies and crusades and sports and performances and activities. They 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!



National

Group	Telephone	Freecall	Website
Tennis Australia	03 9914 4000		www.tennis.com.au/pages/default.aspx?id=4&pagelid=9342
Cricket Australia	03 9653 9999		http://www.cricket.com.au/default.aspx?s=gettinginvolved
Netball Australia	03 8621 8600		http://www.netball.asn.au/
Basketball Australia	02 9469 7200		www.basketball.net.au/fs_home_ba.asp
Table Tennis Australia	07 3369 4999		www.tabletennis.org.au
Bowls Australia	03 9819 2722		www.bowls-aust.com.au/
Australian National Choral Association	08 9881 5369		www.anca.org.au/
Sing Australia	02 6230 7777	1300 552 296	www.singaustralia.com.au/default.aspx
Music Council of Australia	03 9507 2315		www.mca.org.au
Beaut Blokes Inc - revitalising rural communities	03 5583 1500		www.beautblokes.com.au/index.htm
Apex Australia	08 8562 4009	1800 818 608	http://apex.org.au/
Mensheds Australia Ltd	02 8213 8699		www.mensheds.com.au/
Lions Australia	02 4940-8033		www.lionsclubs.org.au/
Rotary	02 9633 4888		www.rotary.org.au/
Kiwanis Australia	08 8251 6526		www.kiwanis.org.au/
Go Volunteer	03 9820 4100		www.govolunteer.com.au/
Church Search - Guide to Australian Christian Churches			www.churchsearch.org.au/
Search a Church			www.searchachurch.com.au/
The Salvation Army		13 72 58	http://salvos.org.au/
Catholic Church			www.catholic.org.au/
Anglican Church of Australia			www.anglican.org.au/
Uniting Church			http://uca.org.au/
The Baptist Union of Australia			www.baptist.org.au/
Lutheran Church of Australia			www.lca.org.au/
Wesleyan Methodist Church of Australia			www.wesleyan.org.au/
Assemblies of God in Australia			www.aog.org.au/
The Presbyterian Church of Australia			www.presbyterian.org.au/
The Greek Orthodox Archdiocese of Australia			www.greekorthodox.org.au/general/
Australian Federation of Islamic Councils Inc			www.afic.com.au/index.htm
Hindu Council of Australia	02 82504007		www.hinducouncil.com.au/index.html
Federation of Australian Buddhist Councils	0432 408 756		www.buddhistcouncil.org.au/modules/news

ACT

Group	Telephone	Freecall	Website
ANU Centre for Continuing Education	02 6125 2892		www.anu.edu.au/cce/
ACT State Emergency Service			www.ses.act.gov.au/ESAWebsite/content_ses/ses_home_page/ses_home_page.html
Tennis ACT	02 6247 8804		www.tennis.com.au/pages/default.aspx?id=26
ACT Cricket Association	02 6239 6002		www.cricketact.com/
Netball ACT	02 6241 4088		www.act.netball.asn.au/

ACT continued...

Group	Telephone	Freecall	Website
One Basketball Canberra	02 6253 3066		www.act.basketball.net.au/fs_home.asp
Table Tennis ACT	02 6295 9607		www.tabletennisact.org.au/
Choirs ACT			www.choirsact.org.au/
Music for Everyone	02 6230 7190		www.mfe.org.au/
Canberra Men's Centre	02 6230 6999		www.menscentre.com.au
Volunteering ACT			www.volunteeract.com.au
Bowls ACT	02 62573560		www.bowlsact.org.au

NSW

Group	Telephone	Freecall	Website
Netball NSW	02 9646 5666		www.netballnsw.com
Cricket New South Wales	02 9339 0999		www.cricketnsw.com.au/nswca/
Tennis NSW		1800 15 30 40	www.tennis.com.au/pages/default.aspx?id=20
SES - State Emergency Services	02 4251 6111		www.ses.nsw.gov.au/volunteers/
National Parks & Wildlife Service			www.environment.nsw.gov.au/volunteers/index.htm
Basketball New South Wales	02 8765 8555		www.nswbasketball.net.au/
Table Tennis NSW	02 8116 9712		www.ttnsw.org.au/
The Centre for Volunteering - Volunteering NSW	02 9261 3600		www.volunteering.com.au/
Royal New South Wales Bowls Association	02 9283 4555		www.rnswba.org.au
New South Wales Women's Bowling Association	02 9267 7155		www.womensbowlsnsw.org/

NT

Group	Telephone	Freecall	Website
Tennis NT	08 8981 5609		www.tennis.com.au/pages/default.aspx?id=22
Northern Territory Emergency Service (Alice Springs)	08 8951 9300		www.pfes.nt.gov.au/index.cfm?es
(Darwin)	08 8922 3630		
Parks and Wildlife Service	08 8999 4825		www.nt.gov.au/nreta/parks/volunteers/volunteers.html
Northern Territory Cricket	08 8981 1677		www.ntcricket.com.au/default.php
Netball Northern Territory	08 8942 2241		www.nt.netball.asn.au/
Basketball NT	08 8945 3761		www.nt.basketball.net.au/fs_home.asp
Table Tennis NT	08 8945 2111		
Bowls NT	08 8945 9300		
Volunteering SA & NT	08 8221 7177	1300 135 545	www.volunteering.sa.org.au/GroupHomepage.aspx?GroupID=608

QLD

Group	Telephone	Freecall	Website
Lifelong Learning Council Qld	07 3844 8400		www.llcq.org/ald/
Learning Network Qld - Adult & Community Education	07 5581 8574		www.lnqacecourses.com/
State Emergency Service & Volunteer Marine Rescue	07 3247 8400		www.emergency.qld.gov.au/ses/join/
Queensland Parks & Wildlife Service	Check web for numbers		www.epa.qld.gov.au/about_the_epa/volunteers/where_to_start/
Tennis QLD	07 3426 4888		www.tennis.com.au/pages/default.aspx?id=21
Queensland Cricket	07 3292 3100		www.bulls.com.au/default.asp?PageID=1&n=Home

QLD continued...

Group	Telephone	Freecall	Website
Netball Queensland	07 3848 6330		www.netballq.org.au/
Basketball Queensland	07 3377 9100		www.basketballqld.net.au/
Table Tennis QLD	07 3217 5579		www.tabletennisqld.org/
Volunteering QLD	07 3002 7600		www.volunteeringqueensland.org.au/
Volunteering Gold Coast	07 5526 2811		www.volunteeringgc.com.au/
Bowls Queensland	07 3355 9988		www.bowlsqld.org/

SA

Group	Telephone	Freecall	Website
Workers Educational Association of SA (Administration) (Enrolment hotline)	08 8223 1272 08 8223 1979		www.wea-sa.com.au/
Community & Neighbourhood Houses and Centres Association Inc	08 8371 4622		www.canh.asn.au/
TAFE SA Short Courses		1800 882 661	www.tafe.sa.edu.au/Courses/ShortCourses/tabid/638/Default.aspx
SES – State Emergency Service		1300 364 587	www.ses.sa.gov.au/
Tennis SA	08 8212 6777		www.tennis.com.au/pages/default.aspx?id=25
South Australian Cricket Association			www.cricketsa.com.au/Default.aspx?p=63
Netball SA	08 8238 0500		www.netballsa.asn.au/
Basketball South Australia	08 8444 6454		www.basketballsa.com.au/
South Australian Country Basketball			www.sacbc.basketball.net.au/fs_home.asp
Table Tennis South Australia Inc	08 8358 6659		www.tabletennissa.com.au/
Volunteering SA	08 8221 7177	1300 135 545	www.volunteering.sa.org.au/GroupHomepage.aspx?GroupID=608
Southern Volunteering (SA) Inc	08 8384 9202		www.svsa.on.net/
Northern Volunteering (SA) Inc	08 8250 1582		www.northernvolunteering.org.au/
Office for Volunteers	08 8463 4490		www.ofv.sa.gov.au/
Bowls SA	08 8234 7544		www.bowls-sa.asn.au/

TAS

Group	Telephone	Freecall	Website
Tennis TAS	03 6334-4237	1300 858 836	www.tennis.com.au/pages/default.aspx?id=23
Tasmanian Cricket Association	03 6282 0400		www.tascricket.com.au/default.aspx?s=home
Netball Tasmania	03 6231 3953		www.tas.netball.asn.au/
Basketball Tasmania	03 6228 1822		www.tas.basketball.net.au/fs_home.asp
Tasmanian Table Tennis Association Inc	03 6436 3183		www.tastabletennis.org.au/
Book Groups Tasmania	03 6233 8681		www.adulteducation.tas.gov.au/book_groups_tasmania
Adult Education Tasmania	Check web for local numbers		www.adulteducation.tas.gov.au/
Adult Learning Tasmania Web Directory	None		wwwfp.opcet.tas.gov.au/ace/alt/default.asp
Tasmanian Association of Community Houses	03 6244 1615		www.tach.asn.au/index.htm
State Emergency Service	03 6230 2700		www.ses.tas.gov.au/
Parks & Wildlife Service Tasmania (North) (North East)	03 6336 5328 03 62567009		www.parks.tas.gov.au/volunteer/index.html
Volunteering Tasmania		1800 677 895	www.volunteeringtas.org.au/

VIC

Group	Telephone	Freecall	Website
Adult Community & Further Education (ACFE)	03 9637 2675		www.acfe.vic.gov.au/default.htm
Association of Neighbourhood Houses and Learning Centres	03 9654 1104		www.anhlc.asn.au/
Country Fire Authority	03 9262 8645	1800 232 636	www.cfa.vic.gov.au/joining/volunteering/index.htm
SES – State Emergency Services		1300 842 737	www.ses.vic.gov.au
Tennis VIC	03 8420 8420		www.tennis.com.au/pages/default.aspx?id=3
Cricket Victoria	03 9653 1100		www.cricketvictoria.com.au/
Netball Victoria	03 9321 2222		www.netballvic.com.au/
Basketball Victoria	03 9927 6666		www.basketballvictoria.com.au/fs_home.asp
Table Tennis VIC	03 9682 2011		www.insports.com.au/ttv/
Australian National Choral Association (VIC)			www.anca.org.au/
A guide to the choirs of Melbourne (2008)			http://home.vicnet.net.au/~choirs/
Community Music Victoria	03 9662 1162		http://cmv.customer.netSPACE.net.au/index.html
Council for Adult Education TTY:	03 9652 0611 9652 0748	1800 601 111	www.cae.edu.au/
Volunteering Victoria	03 9642 5266		http://volunteeringvictoria.org.au/
Royal Victorian Bowls Association	03 9819 6177		www.bowlsvic.org.au/RVBA.html
Victorian Ladies' Bowling Association	03 9819 1544		www.bowlsvic.org.au/vlba.html

WA

Group	Telephone	Freecall	Website
Learning Centre Link	08 9228 9000	1800 818 991	www.learningcentrelink.asn.au/
SES Volunteers Association of WA		1800 628 141	www.ses-wa.asn.au/
Tennis West	08 9361 1112		www.tennis.com.au/pages/default.aspx?id=24
Western Australian Cricket Association	08 9265 7222		www.waca.com.au/
Netball Western Australia	08 9380 3700		www.netballwa.com.au/
Basketball Western Australia	08 9284 0555		www.basketballwa.asn.au/fs_home.asp
Western Australian Table Tennis Association	08 9470 1830		www.watta.net.au/
Voice Moves (Albany)	0439 910 124 08 0844 9856		http://voicemoves.com.au/index.htm
Volunteering WA	08 9482 4333		www.volunteeringwa.org.au/
Bowls WA	08 9242 1822		www.bowlswa.com.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?

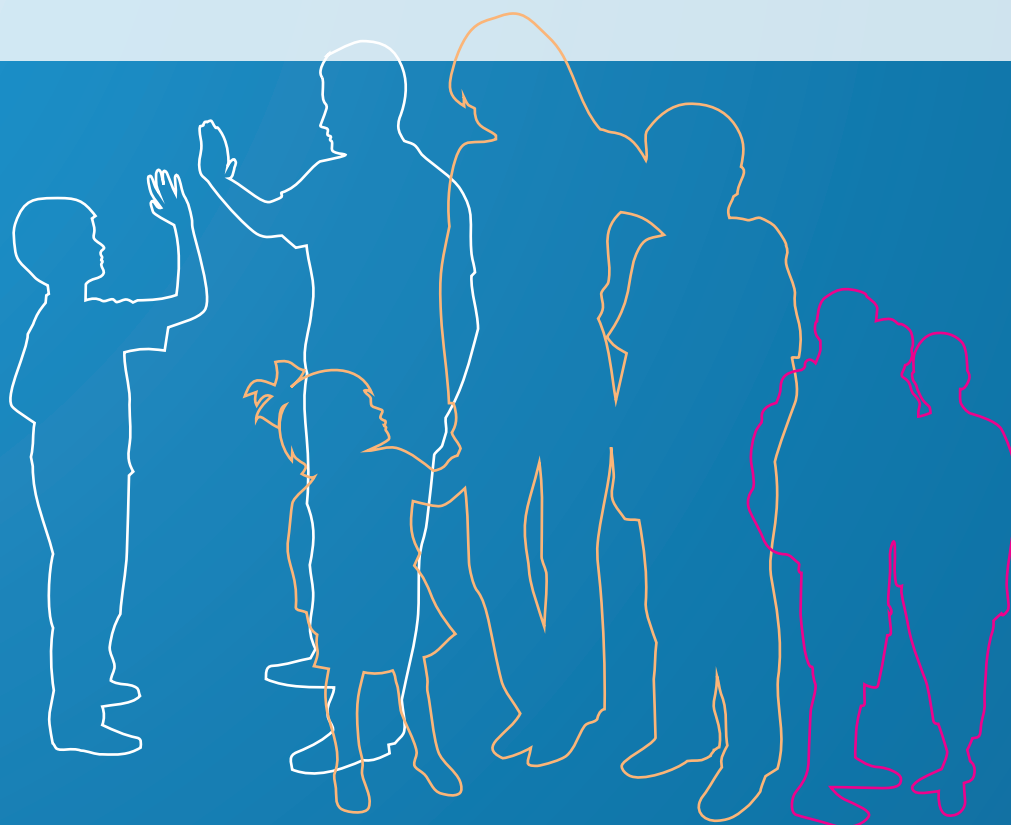
Join In, Join Up! is an initiative of the Pharmacy Guild of Australia and Our Community, and is proudly supported by the Telstra Foundation.

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

