**NSW / ACT Support Group Meetings 2025**

**Updated 19 March 2025**

**NOTE: At the time of publishing 2025 dates were not confirmed by all groups.**

**The confirmed groups have 2025 written alongside.**

**Please call or email your contact for updated dates and information where the listing is showing 2024.**

**Bankstown area 2025**

Dates: 2nd Wednesday every 3rd month commencing Wednesday 12th March 2025,

11th June 2025, 10th September 2025 and 10th December 2025

Time: 10:00-12:00 – morning tea

Address: Revesby Workers Club (Function Centre), 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 to attend.

RSVP: Close to public transport and lots of free car parks available.

Contact your Stomal Therapy Nurse or Carolyn Nichols on 0419 335 046 or

carolyn.nichols@dansac.com.au for further information.

Please rsvp for catering purposes.

**St George area 2025**

Dates: Thursday 6th March 2025, 5th June, 4th September and 4th December 2025.

Time: 11:00am - 1:00pm – morning tea

Address: Ramsgate RSL Memorial Club

 Corner Ramsgate Rd and Chuter Ave, Sans Souci NSW 2219

About: The Stomal Therapy Nurses from the St George and Sutherland Shires would like to invite you to attend a stoma support group for ostomates and their families to meet and have a cuppa and light lunch.

Access: Car parks available. Contact your Stomal Therapy Nurse or Carolyn Nichols on 0419 335 046 or carolyn.nichols@dansac.com.au for further information.

Please RSVP for catering purposes

**Westmead Stoma Support Group 2025**

Dates: Wednesday 12th March 2025, 4th June, 3rd September and 3rd December 2025.

Time: 10:00am - 12:00pm

Address: Westmead Hospital, Seminar Room 6, WECC,

 Westmead Hospital, Crn Hawkesbury & Darcy Rds, Westmead.

Topics: March - **Exercise with a Stoma**: Mr Hussan Qureshi - Exercise Physiologist Holistic EP

 June - Medications for patients with a Stoma: Westmead Pharmacist

 September - Sleep, Nutrition and Body Image: Kirsty Wade Nutritionist, Sleep & CPAP

Consultant.

December - Christmas Special: Music Therapy.

Contact: STN Lee Gavegan M: 0409 962 111

About: The Stomal Therapy Nurses from Westmead would like to invite you to attend; "the more the

merrier", so any one is allowed to access if they would like to participate.

**Nepean Education Stoma Support Group 2025**

Dates: Fridays every second month, commencing on 28th February 2025, 9th May 2025, 25th July 2025, 17th October 2025 and 5th December 2025.

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

**Northern Beaches Support Group**

Dates: Tuesday 10th September.

Time: 3:30pm to 5:00pm (followed by drinks and dinner if you wish to join)

Address: Forestville RSL Club, 22 Melwood Avenue, Forestville

About: Bob Cooper, email: bob.cooper542500@gmail.com

Assoc. Professor Teresa Paterson-Mitchell speaking on dietary choices as a stoma patient.

**South West Sydney Liverpool and Campbelltown stoma support group 2025**

Dates: Thursday every second month (1st Thurs in December)

 20th February 2025, 10th April, 19th June, 21st August, 16th Oct and 11th December.

Time: 1:30pm to 3:30pm

Address: Campbelltown Catholic Club

20/22 Camden Rd, Campbelltown NSW 2560

RSVP: Erin Wagner and Afin Rasul 0419 224 662 Mathew Sebastian- 0417 026 109 Stomal Therapists for catering purposes please.

**Illawarra Ostomy Information Group 2025**

Dates: 12th Feb, 9th April, 11th June, 13th August, 8th October,

10th 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

islhd-stomaltherapy-NIHG-SIHG@health.nsw.gov.au

**Shoalhaven Support Group 2025**

Dates: 12th February 2025 (Dansac) at Nowra Community Health Centre.

28th May 2025 (Coloplast). Ulladulla Community Health Centre.

25th June 2025 (ConvaTec and Omnigon). Nowra Community Health Centre.

22nd October 2025 (Salts). Nowra Community Health Centre.

19th November 2025 (Hollister and BBraun). Ulladulla Community Health centre.

10th Dec 2025 at **1200** - Christmas Party:

Worrigee Sports Club, 131 Greenwell Point Road, Worrigee.

Please let me know if you will attend so I can book a table.

Time: 2pm

Address: **Nowra** Community Health centre 5-7 Lawrence Ave, Nowra NSW 2541

 **Ulladulla** Community Health Centre: Corner of South Street and Princes Hwy, Ulladulla. Street parking.

About: Please phone the week prior to confirm your spot.

Contact Brenda Christiansen STN CNC; please notify Brenda on 0422006550 to register.

e. brenda.christiansen@health.nsw.gov.au

**Bowral Stoma Support Group 2025**

Dates: Tuesday 4th March, 3rd June, 2nd September and 2nd December 2025

Time: 1:00pm to 2:30pm Everyone is welcome!! Please RSVP 1 week prior.

Address: Mittagong RSL Club, 148-150 Old Hume Hwy, Mittagong- 2575

Contact: Erin Wagner and Afin Rasul 0419 224 662 Mathew Sebastian- 0417 026 109 Stomal Therapists, Liverpool Hospital—(02) 8738 4308

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 2025 \*\*Dates not available for 2025 at time of publishing\*\***

Information: The local support group can provide peer to peer advice and support. It is held regularly throughout the year. Members can find support group information through the Association. RSVP’s are required.

Contact: 02 5124 4888 or STOMA@actstoma.net.au

**John Hunter Hospital Outreach Clinics 2025**

**JHH Stomal therapy nurses** will be available for appointments in the clinics at Nelson Bay polyclinic

Dates: Clinic days for 2025 will be: Thursday 10th April 8:30am-2pm;

Wednesday 15th Oct 8:30am-2pm

Contact: Appointments can be made by contacting The stomal therapy nurses on 02 49213000 and asking switch to page 36206 or via email on 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 2025**

Dates: 2nd Tuesday Bi-monthly commencing Tuesday 11th February 2025,

 Other dates to be advised in 2025.

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