

NSW MS SUPPORT GROUPS

Armidale District			
President	Stuart_Cleghorn	02_6772_9116	smcleg@bigpond.net.au
Vice President	Ruth Jackson	02 6778 4097	ruthjack@virginbroadband.com.au
Support Group Meetings	10:30 AM 2 nd Wed Feb, Apr, Jun, Aug, Oct Dec - 11 AM start followed by Christmas in the Bistro - all welcome	Armidale City Bowling Club, Duval Room	
Branch Meetings	10:30 AM 3 rd Wed all months ex. Dec	Armidale City Bowling Club, Duval Room	
Facebook/ Website	http://www.facebook.com/MSArmidale		
Central Coast			
President	Alison Bird		
Coordinator	Claudia Bazeley	02 4390 3132	
Support Group and Branch Meetings	10:30 AM 2 nd Wed Feb, Apr, Jun (AGM), Aug, Oct, Dec	Club Tuggerah, Bryant Drive, Tuggerah <i>Support Group Meeting is followed by a Branch Meeting and some stay on for a self - paid meal</i>	
Christmas Party	<i>December Meeting starts at 11 AM for a Christmas Party hosted and paid for by the branch. All people with MS and carers are welcome.</i>		
Central Coast North			
President	Alison Bird		
Coordinator	Claudia Bazeley	02 4390 3132	
Social Meetings	12:00 PM 3 rd Thu Mar, May, Jul, Sep, Nov	Doyalson-Wyee RSL Club, 1 Pacific Hwy, Doyalson <i>A purely social group (although members from the Branch also attend), who meet over a self-paid meal. All people with MS and carers are welcome.</i>	
Maitland			
Support Group Meetings	10:00 AM 3 rd Friday Feb to Nov	The Church of Christ, Maitland	

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Newcastle/Lake Macquarie

Support Group Meetings	10:00 AM 3 rd Wednesday Feb to Nov	Heaton-Birmingham Gardens Bowling Club, Mordue Pde, Jesmond
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Sydney: Inner West

Coordinator	Deborah Ziehlke	02 9571 5764	iwms.mail@gmail.com
Support Group Meetings	4:30PM - 6:30PM 2 nd Mon all months	St. Helen's Community Centre, 184 Glebe Point Road, Glebe (next to Glebe Library) <i>Parking off Wigram Ln, out the back; Buses 431, 433</i> <i>Tea, coffee and snacks provided; some go out for a self-paid meal after</i>	
Social	12:00 PM 4 th Tue all months	Fountain 77, 77 Glebe Point Road, Glebe	
Christmas Party	<i>Venue and time undecided - watch this space:</i> http://www.innerwestms.info/xMaS/xmas.html		
Facebook/ Website	http://www.innerwestms.info		

Sydney: Ryde Directions

Coordinator	Robyn Bressington	0413 196 193	behaviour2@optusnet.com.au
All	1 st Wed all months (not pub hols)	North Ryde RSL Club, corner of Magdala and Pittwater Roads, North Ryde. <i>Drop off or park outside - Magdala Road entrance.</i> <i>Parking undercover - Pittwater Rd entrance.</i>	
Getting Together	10:30AM-11:00AM	<i>Tea, coffee & munchies in the Sanctuary Bar (past the bird aviary)</i>	
News and Information	11:00AM-11:30AM		
Lunch	12:00 PM	<i>The Coffee Shop</i>	