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Delivering the NDIS in your community

# PEER CONNECTIONS

Peer group directory for  
Central Coast,  
Northern NSW,  
Western NSW and Far West NSW





We acknowledge the Traditional Owners and Custodians of the land where we live and work and their continuing connection to land, water, seas and community. We pay respects to Australia's First Peoples, to their unique and diverse cultures, and to Elders past, present and future.

*Inclusion is about the actions we take every day.  
We welcome, support and celebrate diversity.*

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*A peer group, or peer support network, is simply a group of people who come together to connect, share their experiences, and support one another.*

”

# What is a peer group?

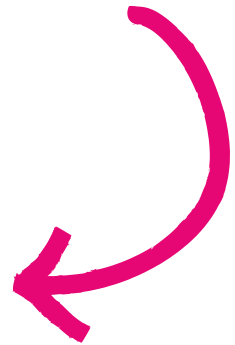
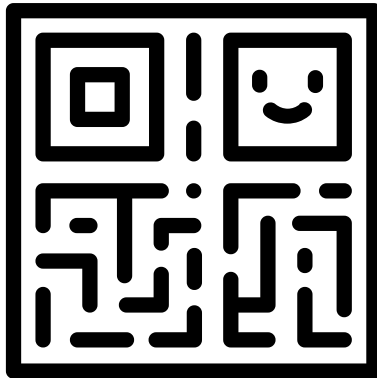


A peer group, or peer support network, is simply a group of people who come together to connect, share their experiences, and support one another. Everyone in the group usually has something in common—like going through similar life challenges or situations. This might include things like living with a specific disability or chronic illness, parenting, caregiving or navigating grief, mental ill-health or recovery.

Peer groups are naturally a social environment, a place to share stories, information and resources. Some groups are led by trained peers, while others are more casual and run informally.

**We have created this guide for you to find out about some amazing face-to-face and online peer groups for carers and people with disability, neurodivergence, chronic health and mental health needs.**

**Scan the QR on each page  
for more information about  
the peer group!**



# Peer group resources





Carers NSW provides free education and support to carers and services providers who currently facilitate a carer support group, or are looking to set up a carer support group in their local area.

### **Support group directory:**

Directory of support groups across NSW

### **Workshops & webinars:**

Educational workshops and events for carers

### **Information hubs:**

A centralised platform of information and resources to support carers across NSW

**Who for:** carers of family/friends who live with disability, mental ill-health, alcohol or drug use, chronic condition, terminal illness or who are frail due to age

**Where:** across NSW



02 9280 4744



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





Peer Connect provides practical information about peer networks in Australia. Its focus is on the disability community.

### **Information on running peer groups:**

Useful Quick Guides and video clips that can help you set up and run a peer support network

### **Peer network directory:**

Find a Local Peer Network near you

**Who for:** people with disability, and carers

**Where:** across Australia



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



“

*People join peer groups because they want to – not because they're required to.*

”

# Disability peer groups





Amputees NSW provides a network and support to individuals, families, and the broader community pre and post limb loss and limb difference.

### **In-person peer group:**

Local area events and social connections for amputees, families, and friends

### **One-on-one peer support:**


Our peer support volunteers are available to help individuals and families

**Who for:** people with limb loss/difference, amputees, and their families

### **Where:**

Central Coast: Gosford, Woy Woy

Western NSW: Dubbo

 1800 810 969 (free call)

 [amputees@amputeesnsw.org.au](mailto:amputees@amputeesnsw.org.au)

 <https://amputeesnsw.org.au/>





## Blind Citizens Australia

Blind Citizens Australia (BCA) run a number of online peer groups for people who are who are blind or vision impaired.

### Online peer group:

- Acquired Sight Loss Group
- Art Appreciation Group
- Assistive Technology Group
- Book Club
- Employment Group
- Gardening Group
- Guitar Group
- Music Group

**Who for:** people with low vision/blindness

**Where:** Online



1800 033 660

Text: 0436 446 780



[bca@bca.org.au](mailto:bca@bca.org.au)



<https://www.bca.org.au/>





## Caring Connections



Social Futures runs Caring Connections, a facilitated, online peer group for people with disability – it's a relaxed, welcoming space to share stories, connect, and have a good laugh from the comfort of home.

### Online peer group:

10am – 11:30am every 2<sup>nd</sup> Tuesday of the month

**Who for:** people with disability

**Where:** Online



0437 465 855 or 1800 719 625



socialfutures@ndis.org.au



<https://socialfutures.org.au/service/peer-connections/>





Down Syndrome NSW online sessions focus on social connection and capacity building activities, including social check in, interactive games, special guests, and live music for adults with Down syndrome.

## Online peer group:

- UP! Club – Live Music & Chats: Fridays, 3:30pm–5:30pm
- UP! Club – Saturday Night Fever: Saturdays 6pm–9pm

**Who for:** people with Down syndrome

**Where:** Online



02 9841 4444



socialprograms@downsyndromensw.org.au



<https://www.downsyndromensw.org.au/>





## Eye to Eye peer support group

Have you lost your vision or developed blindness later in life? Come along and meet others who share a similar experience. Eye to Eye is a support group for people on the Central Coast run by Social Futures and supported by Vision Australia.

### **In-person peer group:**

The sessions are free, and they are facilitated by people with lived experience of blindness and vision loss

- 10am-12 noon, First Friday of each month

**Who for:** people with vision impairment

### **Where:**

Central Coast: Gosford



0434 312 536 or 1800 719 625



socialfutures@ndis.gov.au



<https://socialfutures.org.au/service/peer-connections/>





Muscular Dystrophy NSW Peer Connect is a vibrant community for people with neuromuscular conditions and their families – offering support, connection and community.

### Online peer group:

- Power Hour- for powerchair users 18-30 years old
- Mums' Wine and Chat - for mums and carers
- Info Share - for adults with MD and their carers
- Condition-specific groups

**Who for:** people with neuromuscular conditions and their families

**Where:** Online



02 9888 5711



info@mdnsw.org.au



<https://mdnsw.org.au/>





Physical Disability Council of NSW peer groups, guided by our Lived Experience Facilitators, are safe spaces for people with physical disability, and parents and carers of people with disability.

## **Online peer group:**

Knowledge Collective: Our enriching online learning group for people with physical disabilities

**Who for:** people with physical disability, parents and carers

**Where:** Online



1800 688 831



admin@pdcnsw.org.au



<https://www.pdcnsw.org.au/>





Spinal Cord Injuries Australia

At Spinal Cord Injuries Australia (SCIA), we believe in the power of community, connection, and lived experience.

### **In-person peer group:**

Events, social lunches and get-togethers in multiple locations across Australia

### **Advocacy Community Network:**

For people with disability, family, friends and carers to connect and discuss advocacy issues

**Who for:** people with spinal cord injuries and other neurological conditions, and their families

### **Where:**

Central Coast: Doyalson

Western NSW: Orange

Online



1800 819 775



[representative@scia.org.au](mailto:representative@scia.org.au)



<https://scia.org.au/>





**STROKE RECOVERY  
ASSOCIATION NSW**  
REDUCING THE IMPACT OF STROKE

Stroke Recovery Clubs are a meeting place for people to share their knowledge and experiences of Stroke and an excellent source of companionship for all those affected by Stroke including family and carers.

### **In-person peer group:**

- Orange: 10.30am–1.30pm, 3rd Monday of the month
- Tweed: 10am–12pm, 3rd Saturday of the month
- Tumbi Umbi: 10am–12pm, 1st Saturday of the month
- Woy Woy: 11am–1pm, 2nd Tuesday of the month
- Wyong: 10.30am – 12.30pm, 2nd Wednesday of the month

**Who for:** people who have experienced stroke, and carers

### **Where:**

Central Coast: Tumbi Umbi, Woy Woy, Wyong

Northern NSW: Tweed

Western NSW: Orange



1300 650 594



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



<https://strokensw.org.au/>





# SYNAPSE

AUSTRALIA'S BRAIN INJURY ORGANISATION

Synapse peer support community offers people with a brain injury the opportunity to connect with others to socialise, share experiences and feel supported.

### **In-person peer group:**

A regular meet up for people with brain injury and their support network to come and connect

### **Online peer group:**

- Synapse Reconnections - Carers Facebook Group
- BrainBank Panel
- One-on-one peer support

**Who for:** people with brain injury, and carers

### **Where:**

Central Coast: Erina

Western NSW: Dubbo, Mudgee

Online



1800 673 074



reconnections@synapse.org.au



<https://synapse.org.au/>





Whether you live with a brain injury or know someone who does, The Brain Injury Community picnics offer a great opportunity for you to meet other members, as well as our supportive network of staff and volunteers.

### **In-person peer group:**

- Ballina / Wollongbar : 11am–2pm, first Tuesday of each month (alternating)
- Tweed: 11am–2pm, second Friday of each month

**Who for:** people with brain injury, their families, friends and carers

### **Where:**

Northern NSW: Ballina, Tweed, Wollongbar



0493 110 693



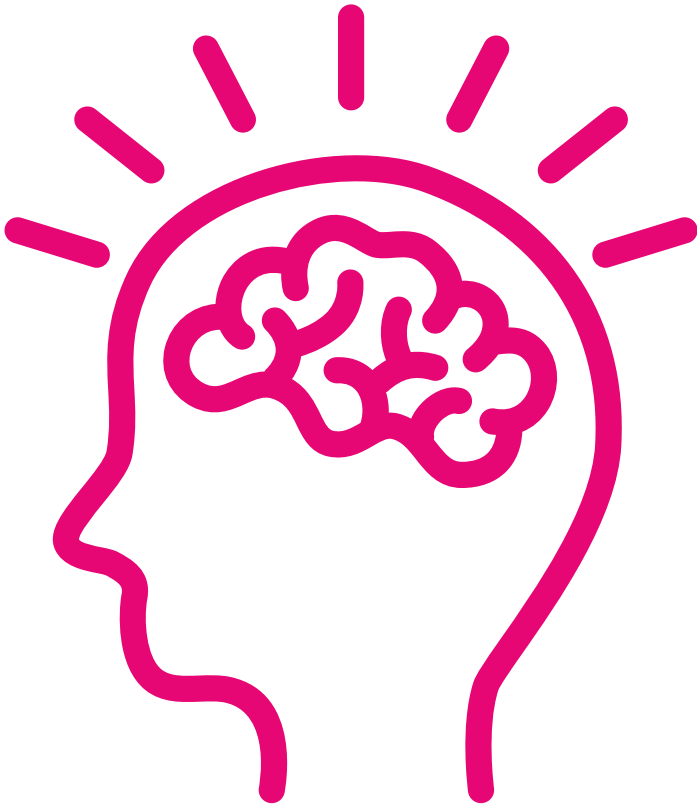
info@tbic.org.au



<https://thebraininjurycommunity.org.au/>



# Neurodivergence peer groups





The A List is the place where young autistic and neurodivergent people can search for autism friendly activities and connect with like-minded people with similar interests.

## **In-person peer groups:**

Autism friendly activities search directory for acrosss Australia, such as:

- social events
- workshops

## **Online peer group:**

- teens and young adult peer groups
- workshops

**Who for:** young autistic and neurodivergent people

## **Where:**

Central Coast: Wyong

Northern NSW: Byron Hinterland, Tweed

Online

 <https://alishub.com.au/>





ADHD Foundation Australia runs an ADHD Facilitated Peer Support Group, empowering young adult minds through a supportive space for young adults (18–35 years old) with ADHD.

## Online peer group:

- Monday, 7:30pm – 9:00pm AEDT
- Tuesday, 7:30pm – 9:00pm AEDT

**Who for:** adults with ADHD (18–35 years old)

**Where:** Online



1300 39 39 19



support@adhdfoundation.org.au



<https://adhdfoundation.org.au/>





**Autism  
Community  
Network**

*Real Families • Real Support*

Autism Community Network support the wellbeing of autistic individuals and their families by facilitating peer-to-peer connections.

### **In-person peer group:**

- Autistic Adults Social Clubs
- Carers groups
- Family Fun Day

### **Online peer group:**

- ACN Women on the Spectrum - Online
- ACN Online Carers Support Group

**Who for:** autistics adults, families with individuals on the autism spectrum, and carers

### **Where:**

Central Coast: Gosford

Online



02 9543 9036



info@acnaustralia.org.au



<https://www.acnaustralia.org.au/>





## COWRA NEURODIVERGENT INFORMATION & SUPPORT NETWORK



Connect with other parents and carers in a caring, welcoming and respectful environment at the Cowra Neurodivergent Information and Support Network.

### **In-person peer group:**

- Parent and carer group
- 10:30am on the 1st and 3rd Monday of each month at the Cowra Salvation Army Hall.

### **Online peer group:**

- Parent and carer group

**Who for:** carers and parents of neurodivergent children

### **Where:**

Western NSW: Cowra



0427 901 460



michelle@settingyourscene.com.au



<https://www.facebook.com/profile.php?id=61574831372297>





Neurokindred is a non-profit Autistic-led community that hosts online peer groups for late-identified Autistic adults, as well as spaces for Autistic intersectional experiences.

## Online peer group:

- Autistic Women & Non-Binary
- Autistic Women & Non-Binary + (45+)
- Autistic Women & Non-Binary with Chronic Illness
- Autistic Women & Non-Binary with complex trauma
- Autistic Elders (50+)
- Autistics with Religious Trauma
- Autistic Men & Non-Binary +

**Who for:** Autistic adults (18+) – no diagnosis needed

**Where:** Online

 [linda@neurokindred.com](mailto:linda@neurokindred.com)

 <https://neurokindred.com/>





If you want to connect with like-minded people then why not join re: think dyslexia's online peer support groups.

## Online peer group:

- Dear Dyslexic Community
- Dear Dyslexic Facebook Group
- PhD Support Group

**Who for:** adults with dyslexia and other neurodivergence, and those who support them

**Where:** Online



1800 13 6327 Support Line



hello@rethinkdyslexia.com.au



<https://rethinkdyslexia.com.au/>



“

*The goal of peer groups is to help members build resilience, confidence and coping strategies by learning from one another.*

”

# Mental health peer groups





# GROW

mental  
wellbeing  
programs

GROW peer support groups for mental ill-health recovery and personal development.

## **In-person peer group:**

- In person peer support groups
- Regional social gatherings

## **Online peer group:**

- eGrow Young Adults (18-35 years)
- Growing resilience
- Rainbow/ LGBTI+
- Regional NSW
- Carers

**Who for:** people with lived experience of mental ill-health

## **Where:**

Central Coast: Woy Woy, Wyong

Northern NSW: Ballina, Lismore, Murwillumbah, Nimbin, Tweed

Western NSW: Bathurst, Cowra, Orange

Far West: Broken Hill

Online



1800 558 2687



<https://grow.org.au/>





At headspace 12 to 25 year olds going through a tough time can access free support. There are many ways we can support you in your mental health and wellbeing, and to help you navigate life's challenges.

### **In-person peer group:**

Join a youth peer group or advisory committee in a welcoming space for young people aged 12 - 25 years

### **Online peer group:**

headspace online communities

**For who:** young people 12-25 years needing mental health support and wellbeing

### **Where:**

Central Coast: Gosford, Lake Haven, Wyong

Northern NSW: Ballina, Grafton, Lismore, Tweed Heads

Western NSW: Bathurst, Cowra, Dubbo, Orange

Far West: Broken Hill

Online



1800 650 890



<https://headspace.org.au/>





## SANE AUSTRALIA

SANE's online mental health recovery groups are free programs for people with complex mental health needs and trauma and the family, friends and carers who support them. We also welcome people with intellectual disability, autism or acquired brain injury, seeking mental health support.

### Online peer group:

- SANE's Recovery Club
- SANE's Guided Recovery
- Shoulder to Shoulder - for veterans and their families
- SANE Community Forums, group chats and webinars

**For who:** people with complex mental health needs and trauma, and their family, friends and carers

**Where:** Online



1800 187 263 Support Line



<https://www.sane.org/>





The Survivor Hub community is for people who have been impacted by sexual assault. MeetUps are peer-led support groups and safe spaces for survivors to connect and share.

## **In-person peer groups**

Meetups peer groups

## **Online peer group:**

- Online Meetups- for survivors
- Online Meetup - for parents, partners and family members
- Online Meetups for Veterans & defence community members

**For who:** people who have been impacted by sexual assault

## **Where:**

Central Coast: Gosford

Northern NSW: Byron Bay

Far West: Broken Hill

Online

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

 <https://www.thesurvivorhub.org.au/>





## Wayahead®

Wayahead support groups provide vital support to those dealing with anxiety. Volunteer Facilitators come from a wide variety of backgrounds including lived experience.

### **In-person peer group:**

Face-to-face anxiety groups

### **Online peer group:**

- Connect, Share, Learn Anxiety Online Support Group
- OCD Online Support Group
- Social Anxiety Online Support Group
- Rural and Remote Online Anxiety Support Group
- Men's Anxiety Online Support Group
- Women's Anxiety Online Support Group
- Students' Anxiety Online Support Group
- Living with Panic Online Support Group

**For who:** people with lived experience of anxiety

### **Where:**

Northern NSW: Ballina

Online



02 9339 6000



<https://wayahead.org.au/>



# Chronic health peer groups





ACON is here for community health, inclusion and HIV responses for people of diverse sexualities and genders.

## **In-person peer group:**

- peer-led and facilitated peer support groups
- workshops and advisory groups

## **Online peer group:**

- peer-led and facilitated peer support groups

**For who:** adults 18+: people with HIV, people with disability, women, men, trans, intersex, and LGBTQISB+ people

## **Where:**

Northern NSW: Lismore

Far West: Broken Hill

Online



[northernrivers@acon.org.au](mailto:northernrivers@acon.org.au)

[regionaloutreach@acon.org.au](mailto:regionaloutreach@acon.org.au)



Northern NSW: 02 6622 1555

Far West: 1800 063 060



<https://www.acon.org.au/>





Making enjoying life easier for people living with dementia, and their carers and families in the Central Coast community.

## **In-person peer group:**

- Carer Support Groups operate on a monthly basis in four locations across the Central Coast
- Activity & social groups for people with Dementia

## **Resources:**

- Central Coast Dementia Services and Supports Toolkit
- Central Coast Community Guide

**For who:** people with dementia and their families/carers

**Where:** Central Coast: Erina, Lake Haven, The Entrance, Woy Woy



Central-Coast-Dementia-Alliance@hneccphn.com.au



<https://thephn.com.au/what-we-do/collaborations/central-coast-dementia-alliance-ccda>





We offer a range of online and in-person support groups for individuals and caregivers navigating chronic pain.

## **In-person peer group:**

Lismore Women's Pain Support Group

## **Online peer group:**

- Carers, Family & Friends
- Queers in Pain
- Everyone is Welcome
- Men's Circle
- Let's Taco Bout It - for young adults aged 18-25
- Parents & Carers of Kids in Pain
- Spoonies - for people aged 25-45
- Mindful Movement

**For who:** people with lived experience of chronic pain, and carers

## **Where:**

Northern NSW: Lismore

Online



1300 340 357



[painlink@chronicpinaustralia.org.au](mailto:painlink@chronicpinaustralia.org.au)



<https://chronicpinaustralia.org.au/>





Dementia Inclusive Ballina hosts groups and events for people living with dementia and their carers

## **In-person peer group:**

- Weekly activities, exercises, drumming, and singalongs. Ballina Aero Club. every Wednesday, 10.30 to 12.30pm
- Northern Rivers Younger Onset Dementia Carer Support Group

## **Dementia Cafe:**

- 2nd Monday of each month (excluding public holidays), Café Sebastian, Ballina Fair from 10am
- 1st Friday of each month Summerland Farm, Alstonville

**Who for:** people with dementia and their families/carers

## **Where:**

Northern NSW: Ballina, Alstonville



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



<https://dementiainclusiveballina.org.au/>





MS Plus offers a free Peer Support Program for people, family and carers affected by multiple sclerosis to connect.

### **In-person peer group:**

We have peer support groups that meet regularly – usually fortnightly or monthly.

### **Online peer group:**

Join one of our online groups that have a particular focus

### **One-on-one phone support:**

Connect with a peer support volunteer on the phone

**Who for:** people with multiple sclerosis, family and carers

### **Locations:**

Central Coast: Gosford, Holgate

Northern NSW: Clarence Valley, Lismore, Tweed

Western NSW: Bathurst, Orange

Online



1800 042 138



[connect@msplus.org.au](mailto:connect@msplus.org.au)



<https://www.msplus.org.au/>





Parkinson's Support Groups are run by local volunteers who are living with Parkinson's or caring for a loved one who has the disease – and are supported by Parkinson's NSW staff.

### **In-person peer group:**

There are more than 60 in-person peer support groups available across NSW

### **Online peer group:**

There are 5 online Parkinson's Support Groups throughout NSW

**Who for:** people with Parkinson's, and carers

### **Where:**

Central Coast: Narara, Maitland

Northern NSW: Grafton, Lismore, Murwillumbah, Tweed

Western NSW: Bathurst, Dubbo, Orange

Far West NSW: Broken Hill

Online



1800 644 189 or 02 8051 1900



[supportgroups@parkinsonsnsw.org.au](mailto:supportgroups@parkinsonsnsw.org.au)



<https://www.parkinsonsnsw.org.au/>



“

*Peer groups are a safe and confidential environment where people can talk openly without fear of judgment or stigma.*

”

# d/Deaf peer groups





## Central Coast Deaf Group



Central Coast Deaf Group - for all Deaf, Hard of Hearing or Hearing to meet new friends and enjoy deaf community social events on the Central Coast NSW

### **In-person peer group:**

Deaf community social events on the Central Coast NSW

**Who for:** d/Deaf and hard of hearing people, and families

### **Where:**

Central Coast: Gosford

Online

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

 <https://www.facebook.com/CCDeafGroup>





Deaf Connect is the largest, whole-of-life service provider and social impact organisation for d/Deaf, deafblind and hard of hearing Australians.

### **In-person peer support**

Deaf Connect hosts a range of Deaf social gatherings, workshops and events nationally.

### **Online peer group:**

Meetups, workshops, news bulletins and more in Auslan

**Who for:** d/Deaf, deafblind and hard of hearing people

### **Locations:**

Central Coast

Northern NSW: Grafton, Lismore

Online



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



1800 893 855



<https://deafconnect.org.au/>





Dubbo & District Parent Support Group for d/Deaf people and families.

### **In-person peer group:**

Group functions, family and student camps and meetings for the d/Deaf community and their families.

### **Online peer group:**

Dubbo District Deaf Club Facebook Group

**Who for:** d/Deaf and hard of hearing people, and families

### **Where:**

Western NSW: Dubbo

Online



02 6884 8751 or 0483 831 698



office@hearourheart.org



<https://www.hearourheart.org/>

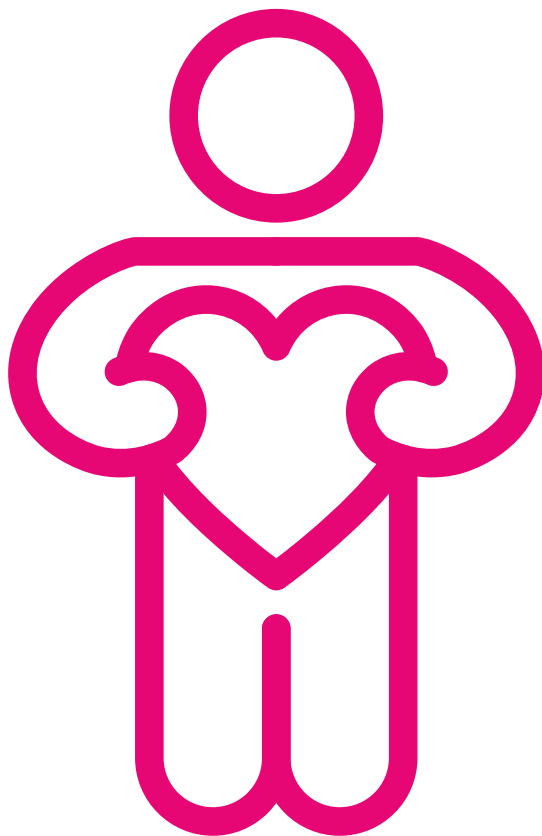


“

*Many peer group  
events and meetups  
can be found on  
Eventbrite,  
Humanitix and  
Facebook.*

”

# Carer peer groups





Parents of Deaf Children (PODC) is a not-for-profit supporting families of children who are d/Deaf or hard of hearing.

### **In-person peer group:**

We welcome expressions of interest from regional families to help guide future face-to-face activities

### **Online peer group:**

Our online programs are national, and families from all areas regularly participate

**For who:** families of children who are d/Deaf or hard of hearing

**Where:** Online



0402 354 250 (Voice or Text)



info@podc.org.au



<https://www.podc.org.au/>





Carer Gateway can help you to meet people who also care for a family or friend.

### **In-person peer group:**

Carer support groups enable carers to meet with other carers in their local community in a safe and supportive environment

### **Online community forum:**

A safe, moderated space for carers to come together and ask questions, share experiences, and gain emotional support

**Who for:** carers of adults, carers of children, carers of people with dementia, & young carers (6–12yrs & 12–16yrs)

### **Where:**

Central Coast: Maitland, San Remo, Woy Woy

Northern NSW: Ballina, Lismore, Pottsville

Western NSW: Dubbo, Mudgee, Orange

Far West: Broken Hill

Online



1800 422 737



<https://www.carergateway.gov.au/>





## Mental Health Carers NSW

Mental Health Carers NSW has many resources including carer support directory, forum and online peer support, and helpful supports to help you in your caring role.

### **Online peer group:**

A monthly meeting for mental health carers to discuss issues happening at grassroots level, connect with people, and share advocacy skills

### **Carer forums:**

- Lived Experience Forum
- Friends, Family and Carers Forum

**Who for:** Carers and people with lived experience of mental ill-health

**Where:** Online



02 9332 0777



mhcadmin@mentalhealthcarersnsw.org



<https://www.mentalhealthcarersnsw.org>





MyTime is for all parents and carers of children under the age of 18 who need a higher level of care than other children. This might be because of disability, chronic medical conditions, or other additional needs including developmental delay.

### **In-person play groups:**

Local supported in-person playgroups for children with higher levels of care - with an opportunity for parents and carers to connect

### **Online peer group:**

Regular, online opportunities for parents and carers to connect

**Who for:** parents/carers of children under 18

### **Where:**

Central Coast: The Entrance, Erina, Blue Haven

Northern NSW: Lismore, Tweed Heads

Western NSW: Dubbo, Orange, Bathurst

 [mytime@parentingrc.org.au](mailto:mytime@parentingrc.org.au)

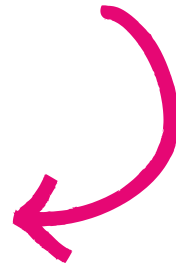
 <https://www.mytime.net.au/>





**Is your peer  
group missing?**

**LET US KNOW!**



**Fill out form by scanning QR code  
or going to this link:**

<https://forms.office.com/r/isyJWTvDb9>

---

Delivering the NDIS in your community

Social Futures is your National Disability Insurance Scheme (NDIS) partner.

We support people with disability to access the NDIS and provide local area coordination (LAC) support coordination services throughout regional NSW.

**LAC Hotline:**

**1800 522 679**

**[socialfutures@ndis.gov.au](mailto:socialfutures@ndis.gov.au)**

**LAC office locations**

Ballina | Bathurst | Broken Hill | Dubbo | Gosford  
Grafton | Lismore | Orange | Tweed Heads South  
Wyong

Join us on



**[www.socialfutures.org.au](http://www.socialfutures.org.au)**



***Printed information current at March 2026***