

Respite Services

Respite Services support carers of family members and friends who are affected by mental illness.

Respite provides a break or time out from the caring role.

Programs are flexible, innovative and can include education, recreation and one to one activities.

Respite Services include Gundair Rural Homestead and Sanctuary Respite Centres. These facilities allow guests to relax and recuperate in unique settings.

All respite is provided by trained mental health respite staff.



Gundair Rural Homestead Respite Centre

Contact Us

Schizophrenia Fellowship of
NSW Inc.

Freecall
1800 124 121

Locked Bag 5014
Gladesville
NSW 1675

Building 36 Digby Road
Old Gladesville Hospital
Gladesville
NSW 2111

Phone: (02) 98792600
Fax: (02) 9879 2699
E-mail: respite-admin@sfnsw.org.au
www.sfnsw.org.au

A Service of the
Schizophrenia Fellowship of NSW Inc.



Gundair Rural Homestead
Respite Centre



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Who is a carer?

A carer is a person who provides regular or sustained care and assistance to another person without payment for the caring role other than a pension or benefit.

A carer does not have to live with, or be related to the person with mental illness.



View of Gundair Rural Homestead Respite Centre

Respite Services is part of the Schizophrenia Fellowship of NSW Inc., a non profit, community organisation working in the field of mental health.

The Fellowship is committed to improving the circumstances and welfare of people living with mental illness, their relatives and carers, and professionals working in the field.

Gundair Rural Homestead Respite Centre offers a short break for carers, their families and friends who are affected by mental illness.

The Homestead

Gundair Rural Homestead Respite Centre is located on a grazing property in the Gilgandra Shire. The Homestead is approximately 90 minutes north east of Dubbo, off the Newell Highway .

Gundair Rural Homestead Respite Centre is a working sheep and cattle property, where guests can experience Australian country living. You can relax, reflect and enjoy the peaceful atmosphere.

What to expect:

- The homestead is self contained.
- Basic food items will be supplied, however the Homestead is self catered.
- Visitor Information Brochures are provided.
- Transport to and from the Homestead is by car.
- Please discuss your specific transport needs when booking.



Jacarandas in full bloom at the Homestead

Educational and Recreational Component

Gundair Rural Homestead Respite Centre can provide a variety of educational and recreational programs including :

- Bushwalking
- Farming activities
- Workshops on mental health topics
- Health and fitness activities

Local attractions include:

- Warrumbungle National Park
- Tooraweenah Historical Village
- Coo-ee Heritage Centre
- Rural Museum
- Taronga Western Plains Zoo

