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| --- | --- | --- | --- |
| **Membership** | **Location** | **Contact** | **Frequency** |
| People with intellectual disability | Redfern (Sydney) | Anneke Porter-Heubek  0400 077 244  [Anneke@idrs.org.au](mailto:Anneke@idrs.org.au) | Fortnightly |
| People with intellectual disability | Cessnock (Hunter) | Michael Murphy-  0439 162 227  [Michael@idrs.org.au](mailto:Michael@idrs.org.au) | Fortnightly (commencing Feb 2016) |
| People with intellectual disability | Central Coast | Ben Garcia-  0427 462 208  [Benjamin@idrs.org.au](mailto:Benjamin@idrs.org.au) | Fortnightly (commencing March 2016) |
| People with intellectual disability | Wollongong (tbc) | Ben Garcia-  0427 462 208  [Benjamin@idrs.org.au](mailto:Benjamin@idrs.org.au) | Fortnightly (March, tbc) |
| Mothers with intellectual disability | Mt Druitt (Western Sydney) | Jillian McCarthy-  0427 177 675  [jillian@idrs.org.au](mailto:jillian@idrs.org.au) | Monthly (commencing Feb 2016) |
| Mothers with intellectual disability | Warilla (Shoalhaven) | Sandra Arnold-  [Sandra@idrs.org.au](mailto:Sandra@idrs.org.au) | Monthly (commencing Feb 2016) |