

# LOCAL AREA GUIDE



Chris O'Brien  
**Lifehouse**

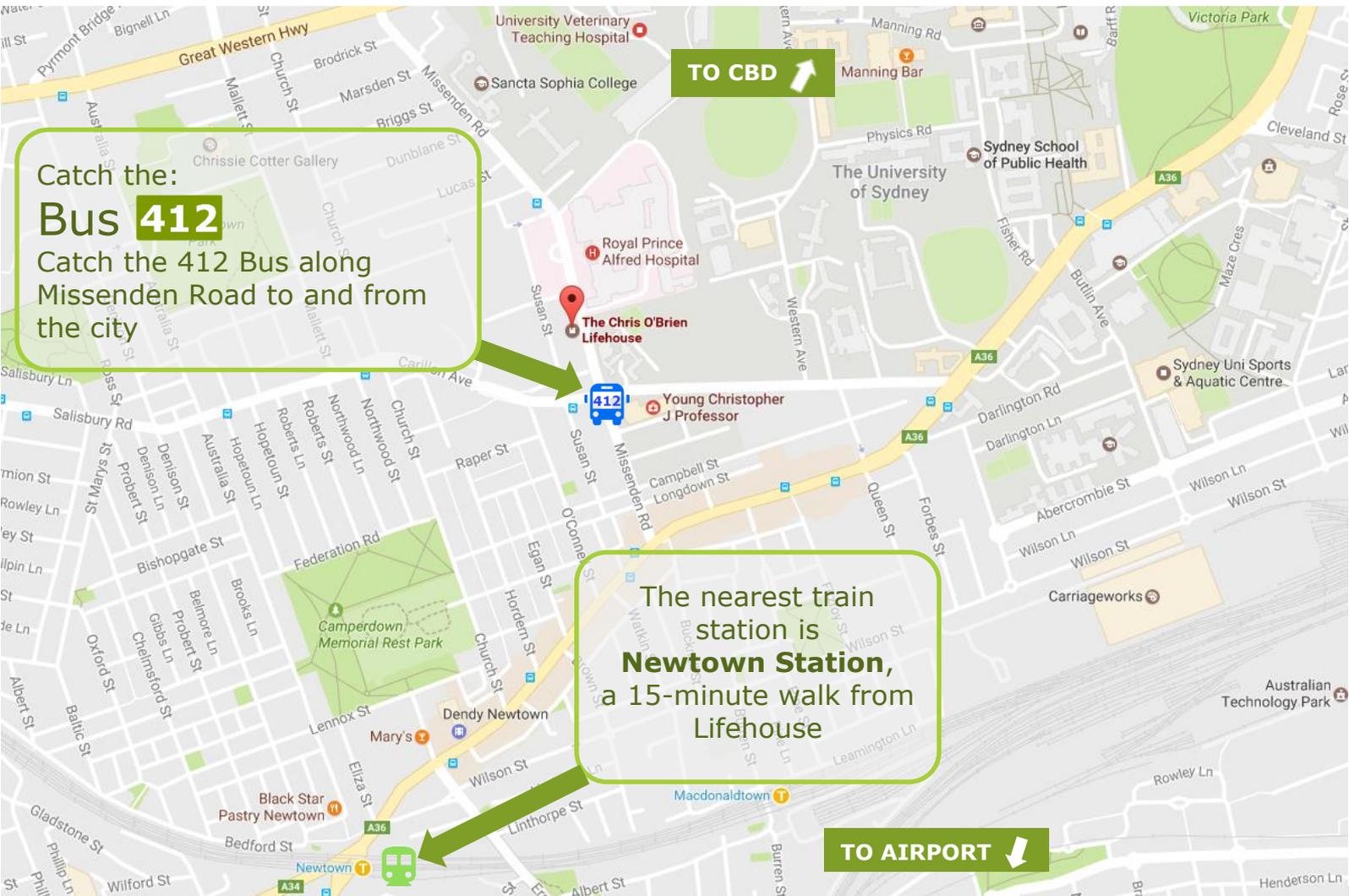
Comprehensive Cancer Centre



For Patients and Families 2017

Presented by the Partnership Advisory Council

# Getting to and from Chris O'Brien Lifehouse



Opal cards (necessary for riding the buses) can be bought and topped up at Carillon Compounding Pharmacy on the corner of Carillon Road and Missenden Roads



## Shuttle Bus

Lifehouse offers a free shuttle bus to and from Central Station for patients and carers. The bus runs from 8.00am to 3.30pm on weekdays. The timetable is at reception and on the website.



## Taxi

To book a taxi, please dial either 13CABS (13 22 27) or Premier Cabs 13 10 17



## Parking

On arrival

The most convenient carpark is the Lifehouse car park. Enter via Salisbury Rd and turn left into Susan St.

Parking is \$5 per hour capped at \$25 for patients for any appointment within the Lifehouse facility. Please note, because we need to keep these spaces free for patients, the cost is \$10 per hour (no cap) for visitors including ward visitors.

The cheapest place to park is the Secure Parking multi-storey Grose St car park (enter from Carillon Ave). Rates vary, for current rates check [the Secure Parking website](#). It is less than 200m walk to Lifehouse across the King George V car park.

King George V car park: Enter via Missenden Rd, past the front door of Lifehouse. Parking is \$5 an hour, capped at \$25 per day. This car park fills up fast in the mornings.



## Accommodation

Veriu: Self-contained apartments with a 20% discount for Lifehouse patients. 84/86 Parramatta Rd, Camperdown; ph. (02) 9565 5051.

Ryal's Serviced Apartments: 13 Layton St, Sydney; ph. (02) 8324 7454.

Airbnb: Website that enables visitors to stay in private homes on a short-term rental basis. <https://www.airbnb.com.au/>

Rydges Camperdown: 9 Missenden Rd, Camperdown; ph. (02) 9516 1522.

Adara: 23-33 Missenden Rd, Camperdown; ph. (02) 9557 6100.

Billabong Gardens: Budget accommodation with swimming pool and cooking facilities. 5-11 Egan St, Newtown; ph. (02) 9550 3236.

Glebe Space: Summer accommodation in empty student housing. 8 Missenden Rd, Camperdown; ph. (02) 9697 3923.

# Lifeshouse highlights



## Arterie

Arterie is an art program designed to help patients, their carers and staff by easing the side effects of cancer and its treatment. Patients may experience stress, pain, fatigue, isolation and depression. Taking part in creative activity can bring relief from these experiences. Look out for the 'Arterists' in their orange aprons as they hold workshops and deliver creative projects around the hospital. All are welcome.

## Lifeshouse LivingRoom

Access complementary therapies, supportive care and integrative medicine in the LivingRoom. You'll find it at the south end of Lifeshouse on the ground floor and the services are not just for patients. Carers need to remember to look after themselves too.

Services include acupuncture, counselling, dietitian or nutritionist consultations, exercise physiology, lymphoedema therapy, mindfulness meditation, oncology massage, physiotherapy, qigong, reflexology and yoga.

The LivingRoom sells gift vouchers and has a wig library for patients to borrow from.

Get more information or make a booking by visiting the LivingRoom reception (past the glass lifts, turn right then left).

Email: [livingroom@lh.org.au](mailto:livingroom@lh.org.au)  
Phone: 8514 0038



# Lifehouse Lounge

As you approach the LivingRoom, the Lifehouse Lounge can be found on your left. This is a place with comfortable seating and a quiet reflection area where you can make yourself a cup of tea, take a break, catch up with friends, read a magazine, use the computer or do some quiet thinking. There is a selection of books and magazines and tea and coffee at your disposal.



## Country Club

Country Club invites patients from rural and regional areas to meet on Tuesdays from 11.00am to 1.00pm in the patient lounge on the ground floor next to the main lifts. Country Club gives patients and their families a venue to meet each other and share stories, seek advice, and have a cuppa and a laugh.



## Choir

All patients, carers and visitors are invited to join the Lifehouse choir, which meets in the foyer every Thursday from 12.15pm to 1.15pm. Singing is a great way to promote feelings of wellbeing and lower stress levels. No training or auditions necessary.

A **Spiritual Care Co-ordinator** is available to patients and families at Lifehouse and may be contacted via your clinician, a member of the nursing team or can be paged via reception on (02) 8514 0000



**Listen out for live music in the Lifehouse Foyer each Thursday**



# Newtown: Eat Local Shop Local

Newtown is one of Sydney's most quirky suburbs and has a selection of shops to match: fashion, vintage, antique and music stores, as well as hairdressing salons, bars, cafes and restaurants.

The Lifehouse Café offers a range of healthy choices for breakfast and lunch, as well as the best hot chips around! Trained baristas are on hand for your hot beverage needs.

Acre is an unusual restaurant/café sourcing food from its large inner-city gardens and has cheaper meals and snacks on its no-book terrace, with up-market food available in its restaurant. Acre is a five-minute walk from Lifehouse, at 31a Mallett St.

The nearest pub is The Alfred Hotel, on the corner of Missenden Rd and Dunblane St. Or there is the Marlborough on the corner of Missenden Rd and King St, which has a garden bar and great pub meals.

The nearest chocolate can be found at the 7-Eleven near the corner of Missenden Rd and John Hopkins Dr.

Broadway Shopping can be found on the corner of Bay St and Parramatta Rd and can be reached using bus 412.

## Supermarket

The nearest supermarket is QE Foodstores at 5/35 Missenden Rd, towards Parramatta Rd. You'll find a variety of products from chocolates, delicatessen food and fresh fruit to toiletries and cleaning products.



# Shops and services



## Banking

ATM (CBA): Chris O'Brien Lifehouse Foyer  
ANZ Bank: 294 King St, Newtown; ph. 13 13 14  
Westpac: 243-245 King St, Newtown; ph. 8594 2155.  
NAB: 277 King St, Newtown; ph. 13 22 65.  
Commonwealth Bank: 270-276 King St, Newtown; ph. 9519 1722.



## Beauty Therapy

Nature's Energy: 173 King St, Newtown  
Dolce Vita Beaute: 53 King St, Newtown



## Bookshops

Better Read Than Dead: 265 King St, Newtown  
Elizabeth's Second Hand Bookshop: 257 King St, Newtown  
Modern Times Bookshop/Art on King: 1/199-201 King St, Newtown



## Cinema

The nearest cinema is Dendy Cinema at 261-263 King St and shows mainstream releases as well as art house films.



## Florists

Flowers for Everyone: RPA Hospital Foyer, Missenden Road, Camperdown; ph. 1800 66 66 46.  
The Flower Room: 282 King St, Newtown; ph. 9550 3100.



## Gym and Swimming Pool

Fitness First: Shop 7, 330 King St, Newtown; ph. 8064 5900.  
Victoria Park and Public Pool, Broadway: Cnr. City Rd and Parramatta Rd, Camperdown; ph. 9518 4800.  
Sydney Uni Sports and Aquatic Centre: Corner of Codrington St and Darlington Rd, Darlington; ph. 9351 4978.

# Useful information

## GP

The closest medical centre is the Church Street Medical Practice, located at 280 Church St, Newtown.

## Pharmacy

Lifehouse patients can have prescriptions filled at the pharmacy on level 1 (at Day Therapy reception). The nearest local chemist is Carrillon Compounding Pharmacy on the corner of Carrillon Rd and Missenden Rd (100 Carillon Ave, Newtown).

## Post Office

Located at Shop 3, 8b Missenden Rd, Camperdown.

## Wifi

Patients and visitors can access high speed Wifi throughout the hospital. The first 30 minutes each day are free, after that it's \$1 for one hour, \$5 a day and \$20 a week. Follow the prompts to connect to LH\_Guest Wifi from your device.

## Information

A touch screen information kiosk can be found in the foyer, as well as a Concierge at the main entrance during busy periods to help you find where you need to go.

# Take a break

Take bus 412 downtown for shopping, art galleries, ferries and The Rocks historical area.

Walk in nearby parks:

Small: Camperdown Park, off Mallet St. A row of cafes along Fowler St allow you to take your food and coffee over to the park; some of the cafes even supply picnic blankets.

Middle-sized: Camperdown Memorial Rest Park. Great for people and dog-watching.

Large: Sydney Park. Lots of walks, spectacular water feature and lake. Take bus 422 from the corner of King St and Watkin St, all the way down King St to Sydney Park.

Take a taxi or Uber to The Grounds of Alexandria at 2 Huntly St, Alexandria. This is a city farm-style café with courtyard gardens, a pig, chickens and a variety of food.



If you have any questions, suggestions or feedback, please email the Partnership Advisory Council at [partnershipcouncil@lh.org.au](mailto:partnershipcouncil@lh.org.au)

This brochure contains general information only and is not an endorsement of services by Chris O'Brien Lifehouse. Your use of these services is at your discretion upon determining if they suit your needs.

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