

## Gidget House Northern Beaches Hospital – Important Information for Your Visit

### Location

Northern Beaches Hospital **Medical Centre**  
Ground Floor – Rm 10  
Medical Centre  
105 Frenchs Forest Road West  
FRENCHS FOREST NSW 2086



### Public Transport

Bus routes 136, 141, 169, 193 and 280 stop outside the front of the hospital on Frenchs Forest Road West. Services from these stops run East to Dee Why, Warringah Mall and Manly and West to Chatswood, Belrose and the City. The 155 now travels from Bayview to Northern Beaches Hospital also.

More bus options are available on Warringah Road, Wakehurst Parkway and at Forest Way. It is approximately a 10 minute / 750 metre walk to buses at Forest Way.

Use the Trip Planner at [transportnsw.info](https://transportnsw.info), call 131 500 or download a [Bus Route Map](#)

### Parking

Paid parking is available in the hospital car park accessible via Frenchs Forest Road and Warringah Road. Patient and visitor parking is located on ground level up to level 6. Spaces opposite the lifts on every level are allocated for disabled parking.

Parking rates are set by NSW Health.

### **Northern Beaches Hospital Car Park Hourly Rates**

#### **Duration \*Fee Including GST**

First 15 minutes Free

>1/4 hour - 1 hour \$6.70

>1 - 2 hours \$9.90

>2 - 3 hours \$13.30

>3 - 4 hours \$15.50

>4 - 5 hours \$17.80

>5 hours plus \$19.90

Maximum fee and lost entry pass fee \$19.90.

#### **To be eligible for concession rates you meet one or more of the criteria:**

- Receiving daily dressing in Outpatients
- Long term patients and their carers attending for a course of treatment over a period of time greater than one week (e.g. patients undergoing chemotherapy or other cancer treatment).
- Patients and carers attending more frequently than twice weekly for a regular period of time
- Cardiac rehabilitation education and exercise class attendees
- Health promotion education class attendees
- Centrelink beneficiaries or financial hardship (*requires social worker recommendation if actively involved in client care*)
- Holder of a Pensioner Concession Card
- Holder of a Gold Veterans Affairs Card
- Holder of a Health Care Card
- Holder of a Road Traffic Authority issued Disabled Parking Permit
- Holder of a Commonwealth Seniors Health Card (red)

#### **Pick-Up and Drop-Off**

A pick-up and drop-off zone is immediately outside the hospital main entrance.

#### **Inside Location Information**

To access Gidget House Northern Beaches, enter the building via the main entrance (using the covered walkway from the car park if coming by car) and follow directions to the medical centre. Please present to the reception desk and let them know that you have an appointment with Gidget House and take a seat in the wait area. If your clinician is still busy with another client when you arrive for your appointment, your clinician will collect you from this area as soon as they are free.

#### **If You Are Feeling Unwell Before Your Appointment**

Gidget Foundation Australia prioritises the safety of all clients, clinicians and staff who may be attending any Gidget House location. If you or your child are unwell, or experiencing symptoms of illness, please contact us on 1300 851 758 **BEFORE** your appointment at Gidget House, so that we can either change your appointment to a telehealth consultation or reschedule to a later date. Hand sanitiser and hand washing facilities are available at every Gidget House location. All rooms, including toys, are regularly cleaned and disinfected.