

Compiled by TAFE Student Scott McPhail
Last updated July 12, 2022



COMMUNITY SUPPORT BOOKLET

Hastings Neighbourhood Services

Port Macquarie Centre

4 Dodds Street

6583 8044

enquiry.portmacquarie@hns.org.au

www.hastingsneighbourhoodservices.org.au



Wauchope Centre

96 Cameron St, Wauchope

6586 4055

enquiry.wauchope@hns.org.au

Lake Cathie Centre

3 Mullaway Road Lake Cathie

0408 194 947

enquiry.lakecathie@hns.org.au

EMERGENCY RELIEF SERVICES

4Life Care & Training & Living Skills 10 Bellbowrie St Port Macquarie 6584 2951	Community Pantry. Client application fee \$10. Tues to Fri 9.00-2.30. Delivery available at minimal cost. Telstra vouchers (Centrelink state- ment required). Welfare Support available appointment required.
Hope Shop Mid Coast Care 3 Milton Circuit 6581 3303 All welfare enquiries 0478 558 079 2/1661 Ocean Drive Lake Cathie 6585 5432 Welfare 0478 558079	Op shop, furniture, clothing, welfare support. Gift vouchers for Hope shop. Help with moving furniture, etc. Showers available by appt. Monday to Friday 9am - 3.30pm
Port Macquarie Neighbourhood Centre 4 Dodds St Phone 6583 8044 or 6584 1914	Electricity (EAPA) vouchers. Appointment required. Food Connect - free food Tuesday & Thursday from 9.30am till gone (bread, rolls, fruit & veg and more) Gold coin donation and bring a bag. LEAF Service - Literacy, Editing and Forms - assistance to complete online and other forms or documents.
Salvation Army Lord Street Port Macquarie Assessment Line 1300 371 288 Must phone for an initial assessment 9am-5pm M-F PM Welfare section 6583 7604	Food, furniture & whitegoods. EAPA, Telstra, & chemist vouchers, Water Bills Showers available 9.30 - 11.30am. Mon, Wed, Thurs, Fri After assessment, vouchers can be picked up Mon, Wed, Thurs, Fri 9.30am-12.30 pm from PM or Tues at Wauchope. for further assistance only after calling the above assessment line.

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EMERGENCY RELIEF SERVICES CONT...

St Vincent de Paul Port Macquarie 116 Gordon St 6584 1168	M,W,F 9.30am - 12pm Centrelink income statement required. Food, Telstra & chemist vouchers, clothing. Welfare Section 6583 5960 (Mon, Wed, Fri - 10 to 12)
St Vincent de Paul Laurieton 18 Lake Street 6559 8319	Tu, W, F 9.30 -11.30
Wauchope 6585 1963	Tues, Thurs, 9.30—12.00
Wauchope Neighbourhood Centre 3 Waugh St 6586 4055	EAPA vouchers. Food Connect - free food every Monday from 9.30am (bread, rolls, fruit & Veg and more). Gold coin donation and bring a bag.

J P SERVICES

Mon	Court House Museum Cnr Clarence & Hay Sts 10.30am-12.30pm
Tues	Salvation Army 110 Lord St 9am - 12pm Panthers Club Settlement City 9.30am - 11.30am
Wed	Laurieton Library Laurie St 12pm -2pm Settlement City outside BIGW 10am -1pm
Thurs	Community Legal Centre Murray St 10am -12pm Wauchope Library High St 9.30am-11.30am 2nd & 4th Thursday Salvation Army 110 Lord St 9am - 12pm
Fri	Local Court House Murray St 9.30am -11.30am
Sat	Port Macquarie Library Grant St 9.30am - 11.30am
	Port Macquarie Neighbourhood Centre—Tues, Weed, Thurs Alan Naylor 1300 662 540 for appointment

COMMUNITY FOOD SERVICES

FOOD CONNECT WAUCHOPE Neighbourhood Centre 95 Cameron Street Ph 6586 4055	Every Monday at 9.30am . Bread, rolls, fruit & veg and more. Gold coin donation and bring a bag.
FOOD CONNECT & Brekkie PORT MACQUARIE Neighbourhood Centre 4 Dodds St Phone 6583 8044	Every Tuesday and Thursday at 9.00 - 10.30 am . Bread, rolls, fruit & veg and more. Gold coin donation and bring a bag.
FOOD CONNECT and BBQ Breakfast LAURIETON Phone 0408 194 947	Laurieton United Services Club car park Every Friday at 8.30am . (Hosted by Lake Cathie Community Hub)
Port Anglican Soup Kitchen St Thomas Church Hall Cnr Murray & William St, PORT MACQUARIE Ph: 6584 1033	Wednesday 9.30am - 11.30 Serving Windows: fresh food collection complimentary coffee available Wednesday 12.00 -1.00 Lunch: (doors open 11.45) Orange Sky Laundry van may also be available Wednesday 10.00am - 1pm
St Agnes Soup Kitchen PORT MACQUARIE	Tuesdays from 9.30 am - 12.30 pm Masonic Lodge, Grant Street
4Life Care 11/10 Bellbowrie St PORT MACQUARIE Phone 6584 2951	Community Pantry and Op Shop Fee to join FREE Bread, Gold coin donation for fruit and veg Other products discounted Tuesday to Friday 9.00—3.00

NEIGHBOURHOOD CENTRE SERVICES

L2P Learner Driver Mentor Program 6583 8044	Assistance for disadvantaged learners to gain their 120 driving hours and P1 licence. Enquiries
MR Program 6583 8044	Opportunity to gain a Medium Rigid truck licence. Criteria applies.
Mid Coast Tenants Advice & Advocacy Service (TAS) 1800 777 722	Information & advocacy to private and public housing tenants and caravan park residents. Gloucester to Woolgoolga email: enquiries@midcoast.tenants.org.au
OOSH 6584 2627	Before & After School Care & Vacation Care Email: coordinator.oosh@hns.org.au
Port Macquarie Volunteer HQ 6584 1917	Provides training, assistance & referral for volunteers to 100 local not-for –profit volunteer organisations. Email: enquiry.volunteering@hns.org.au
Tax Help 6583 8044	Available at the Port Macquarie Centre by appointment only. Free service to complete & lodge yearly personal tax returns - July to October
Toy Library Port Macquarie 6583 8044	Provision of toys & education resources for children 0-5 4th Saturday of Feb, April, June, August, October & November
Transport for NSW	Various transport projects to assist the community. Criteria applies, enquiries at PMNC
Lake Cathie Community Hub 0408 194 947	Community garden, various services and programs. Email: enquiry.lakecathie@hns.org.au
Wauchope Neighbourhood Centre 6586 4055	Various services & programs provided to Wauchope & outlying areas. Enquiry.wauchope@hns.org.au
Traffic Offenders Program	SAVE ; 0408 910 025 or Road Sense ; 0466 184 738

EMPLOYMENT SERVICES

ETC- Port Macquarie 1800 007 400	Employment Services
Interact Port Macquarie 6583 4844	Disability Employment Service
Job Centre Australia 6583 7582	Disability Employment Service
Nortec - Port Macquarie 1800 667 832	Employment Service
Octec Port Macquarie 6584 5040	Disability Employment Service
Ostara Australia 176 Hastings River Dr Port Macquarie 8315 1434	Disability Employment Services
Tursa- Port Macquarie 6583 5799	Employment Services

NEIGHBOURHOOD CENTRE SERVICES

Electricity Assistance EAPA Vouchers	Vouchers to assist with paying electricity. By appointment only, call 6583 8044
Food Connect	Port Macquarie Free food & produce Tuesdays & Thursdays from 9.00 am. To 10:00 am Gold coin and bring a bag. Wauchope Every Monday at 9.30am . Bread, rolls, fruit & veg and more. Gold coin donation and bring a bag. Laurieton United Services Club car park Every Friday at 8.30am . (Hosted by Lake Cathie Community Hub)
Kids Holiday Activities & Events	The Port Macquarie Centre has various activities and events during the school holidays. Upcoming events published in the FOHNS Newsletter each month
LEAF Service (Literacy, Editing and Forms) 6583 8044	Available at the Port Macquarie Centre by appointment only. This service offers assistance with personal forms and documents. Letters, reading & writing, complex documents, online forms, MyGov.

COMMUNITY BBQ's

Community@3 LAURIETON United Services Club Phone 0413 480 999	Friday 3pm-5pm Meal and shower available behind the LUSC Showers are in the club. Orange Sky Laundry van also available.
Port Outreach Family BBQ PORT MACQUARIE Contact Beck 0484 006 903	Every Friday, 3.45pm at Kooloonbung Creek. Every Sunday, 8.45am at park near Coles, Short St. Orange Sky Laundry may also attend on some days.
New Horizons PORT MACQUARIE 65888100	Free community BBQ, Mondays 10am KOOLABUNG PARK, Gordon Street, Port Macquarie For anyone sleeping rough
M.A,D, Make a Difference PORT MACQUARIE NORTH HAVEN	Make a Difference provide weekly meal services for anyone in need. Monday: DINNER at Westport Park from 5pm (next to Marine Rescue) Tuesday: DINNER at Kooloonbung Creek from 5pm (opposite Finians) Wednesday: BREAKFAST at Westport Park from 7am (next to Marine Rescue) Sunday: BREAKFAST at Club North Haven from 8.30
Hope Shop PORT MACQUARIE	Meals for anyone in need, hot meals early in the day Thursday 9.30am at KOOLUMBUNG CREEK and TOWN GREEN The hope shop professionally cooks over 100 meals every week at their café. These meals are available on Thursday mornings. Plus they also supply these meals to Neighbourhood Centres and New Horizons.

COUNSELLING SERVICES

Alcoholics Anonymous 1300 222 222 a.a.org.au	Hastings AA Groups
Drug & Alcohol Services Intake Line 1300 662 263 After Hours 1800 422 599	Phone to talk to a counsellor or make an appointment.
Interrelate Family Services Unit 5, 1-5 Merrymen Way, Port Macquarie 5525 3200	Specialists in supporting parents and children, and strengthening family relationships. Personal & family counselling. Various programs and groups.
Kids Help Line 1800 55 1800	24/7, private and confidential counselling service specifically for children and young people aged 5 to 25 years.
Kempsey N'Hood Centre Financial Counselling Outreach Service 0457 628 300 1300 662 540	Booking required. Appointments held at: Disability Advocacy 30 Murray St. Port Macquarie Wauchope Neighbourhood Centre, 3 Waugh St, Wauchope
Port Macquarie Neighbourhood Centre Financial Counsellor 1300 662 540	Free Financial Counselling and JP services 4 Dodds St Bookings Required
Lifeline (Counselling) 131114 6581 2800	24 hour telephone crisis support. Online crisis support. Support group for loved ones. Lifeline Support After Suicide http://www.lifelinemidcoast.org.au/

OP SHOPS

St Vincent de Paul 116 Gordon St PMQ 6584 1168	M-F 9am-4pm
The Smith Family 143 Horton St PMQ 6583 4230	M-F 9am-4.45pm Sat 9.30am-12.15pm
Willing & Able 39 Jindalee Rd PMQ 6581 0939	M-F 8.30am-3.30pm
Port Anglican Emporium Op Shop 6584 1033	50 Hay Street, Port Macquarie Tues - Fri 9.00am -3 ,30pm
Hope Community Op Shop 1661 Ocean Drive LAKE CATHIE (opposite lake) 6585 5232	Mon—Fri 9.00—4.00 Sat 9.30—1.00pm
Hope Community Op Shop 83 The Parade NORTH HAVEN 6559 9874	Mon – Fri 9.00—4.00

OP SHOPS

Hope Community Op Shop Mid Coast Care 3 & 12 Milton Circuit PMQ 6581 3303	M-F 8am-4pm Sat 9am 12pm Hot Showers avail.
Lifeline 122 Gordon St PMQ 6584 0200 Lifeline Warehouse 19 Central Rd PM 6581 3644	M-F 9am 4.45pm Sat 9am-12pm (Same times for both)
RSPCA 3/15 Short St PMQ 6584 6329	M-F 9am-4pm Sat 9am-12pm
Aust. Red Cross 1/49 Horton St PMQ 6583 2788	M - F 9am - 4pm Sat 9am - 3pm
Royal Far West Hayward St PMQ 6583 7659	M-F 9 am-4 pm Sat 9 am-12.30 pm
Salvation Army 183 Lake Rd PMQ 6581 3776	M-F 9am-4.30pm Hot Showers 9.30 - 11.30

COUNSELLING SERVICES

Mission Australia Mental Health 8/27 Grant St 6589 5000	Outreach support for people with mental health issues.
North Coast Area Health Service 6588 2882 or 1800 725 997	Various health services
Samaritans Gambling Counselling Service 0456816829	Free counselling service for problem gamblers, family and friends
Wesley Mission Mid North Coast 4/66 Clarence Street, Port Macquarie NSW 2444 6588 1710 or 0448 065 529	Financial Counselling Service Booking required. Monday to Thursday 8.30 am to 4.30 pm

Never had your birth registered?

If you have never had your birth registered you can email Birth, Deaths and Marriages for assistance: **bdm@yourfeedback.nsw.gov.au**
Explain full details of situation and if you are of Aboriginal or Torres Strait Islander decent.

Link for stolen generations: <http://www.linkupnsw.org.au/>

Link-Up (NSW) Aboriginal Corporation was founded in 1980 to assist all Aboriginal people who had been directly affected by being separated from their families and culture through forced removal, being fostered, adopted or raised in institutions.

ACCOMMODATION/HOUSING SERVICES

Community Housing Limited Level 1/16 Clarence St 6583 6717 1300 245 468	Not for profit housing organisation that delivers affordable housing to those in need. Rental housing at subsidised market rent to the most vulnerable in the community chl.org.au/
Fair Trading Cnr Central Rd & Barton Cres 133220	General tenancy & park resident enquiries fairtrading.nsw.gov.au/
Housing (DCJ) 9 Short Street 5525 1200	Apply for Housing Assistance, private rental assistance including Rentstart Bond Loan, request a repair facs.nsw.gov.au/
Link2home 65888100 1800 152 152	If you are experiencing homelessness or at risk of becoming homeless call (02) 6588 8100 or meet up with New Horizons at KOOLABUNG PARK each MONDAY at 10am for a free BBQ and information facs.nsw.gov.au/housing/help/ways/are-you-homeless
Liberty Domestic & Family Violence Specialist Services 6583 2155	Crisis accommodation for women and children experiencing domestic and family violence or at risk of homelessness at Galbaan House. Domestic and family violence specialist support and homelessness services through our outreach centre, Liberty Cottage. Fixed Address - transitional housing options and case management for men who have used violence, in order to keep women safe in their own homes. www.libertyservices.org.au

Found a used needle or syringe?



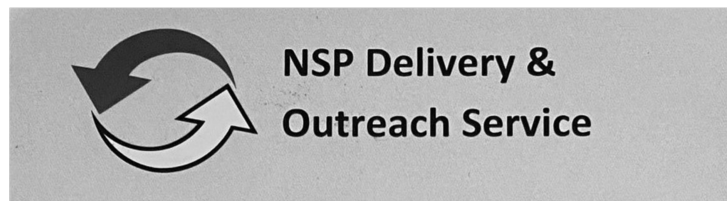
The Needle Clean-Up Hotline

coordinates the clean-up of dumped needles and syringes in public places anywhere in NSW.

Phone: 1800 633 353

Needle and Syringe Program (NSP)

Kempsey 6562 0327 0418 204 970
Port Macquarie 6589 2149 0437 886 901



Harm Reduction NSP services are funded to reduce the individual and community harms associated with injecting drug use.

Steps for delivery

- **Inform staff of the equipment you need**
- **Staff will advise when the delivery can be made**
- **staff will call you when they are approaching**
- **Equipment will need to be picked up and dropped off at our unmarked vehicle**

Important

- **You will need to provide your phone number and delivery location details. This information will be destroyed once delivery is completed.**
- **Staff are unable to enter private property**
- **Delivery to remote locations may take up to 2 weeks**
- **Unless approved, staff can only deliver bulk equipment.**

ACCOMMODATION/HOUSING SERVICES CONT...

Mid Coast Tenants Advice Service 6583 9866 1800 777 722	Assistance for social housing, private tenants and park residents including tribunal representation if required. Phone service. Appointment required. hastingsneighbourhoodservices.org.au/tenants-advice-service.html
New Horizons Supporting & Securing Tenancies (SST) 1800 188 890 6588 8100	Assistance for those at imminent risk of becoming homeless. Support to access or sustain tenancy and prevent eviction from private or social housing. facs.nsw.gov.au/housing/help/ways/services/mid-north-coast-supporting-tenancies
YP Space Port Macquarie 2444 House 6584 0066	Specialist youth homelessness service. Support and accommodation to children & young people aged 12 to 25 years yps.org.au/

Literacy Assistance

Salvation Army 110 Lord St, Port Macquarie	Friday 9.30 - 12.00 * Read and write day * Help read letters or forms * Help to write letters
LEAF Service (Literacy, Editing and Forms) Port Macquarie Neighbourhood Centre	Assistance with personal forms and documents. Letters, reading & writing, complex documents, online forms, MyGov. By appointment, ring 6583 8044

SUPPORT SERVICES

Beyond Blue 1300 224 636	Assistance for people experiencing anxiety or Depression beyondblue.org.au/
Birpai Lands Council 14 Aston St PMQ 6584 9066	To protect the interests and further the aspirations of its members and the broader Aboriginal community.
Blue Sky Community Services 5/53 Lord St PMQ 5632 4029	Support people to thrive and create communities where everyone belongs. Variety of community services available
The Buttery 6687 1111 Located at PM Community Health	Relapse & Prevention After Care Program https://www.buttery.org.au/
Centacare Level 1 Bourne House 10-12 Short St, Port Macquarie 6581 6800	Centacare offers person-centred, tailored support to NDIS participants and is an approved NDIS participant stagneparish.org.au/centacare/#about
Community Health Port Macquarie <i>Mid North Coast Local Health District</i> 6589 2100	Provides an extensive range of Community Health Services. Covering all ages from children to older people, from prevention and early intervention, through to treatment and the long-term management of complex or chronic conditions mncld.health.nsw.gov.au/ Dental 1300 651625 Drug & alcohol 1300 662263
Endeavour Club House 176 Hastings River Drive 6583 4148	Mental Health Support & Recovery Service Tea, Coffee and conversation

LEGAL SERVICES

Legal Aid 1300 888 529	Provides legal services to disadvantaged clients across NSW in most areas of criminal, family and civil law. https://www.legalaid.nsw.gov.au/
Mental Health Court Liaison Service. 6562 0256	The Network's Court Liaison Service provides mental health services in 22 NSW Local Courts. The service includes comprehensive assessments and where appropriate provide recommendations to the magistrate for diversion to appropriate treatment. https://www.justicehealth.nsw.gov.au/about-us/health-care-locations/courts
MNC Community Legal Centre 30 Murray St, PMQ 6580 2111	Provides free legal advice, advocacy, and education to empower individuals with knowledge of their rights and the ability to resolve their disputes. https://mncccl.org.au/
Seniors Rights Service 1800 424 079	Community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups. Free, confidential telephone advice, aged care advocacy and support, legal advice and rights-based education forums to seniors across New South Wales. https://seniorsrightsservice.org.au/
Women's Domestic Violence Court Advocacy Service Port Macquarie (WDVCAS) 6584 0053	Support better outcomes for women and children experiencing domestic violence. https://www.wdvcasnsw.org.au/help.html

SUPPORT SERVICES CONT...

Port Macquarie Sexual Assault Service (MNCLHD) 6588 2882	The Sexual Assault Service provides support to children, teenagers, and adults who have experienced sexual assault. https://mnclhd.health.nsw.gov.au/services/child-youth-family-services/sexual-assault-services/
Seniors Computer Lessons	Held at the Port Macquarie Library. Please contact 6559 7439
Skills Link Training 6583 7288	Quality education and training for local individuals, community groups and businesses http://www.skillslinktraining.com.au/
Stand By Response Service 0417 119 298	Support and information for people bereaved by suicide https://socialfutures.org.au/health-and-wellbeing/standby/
Suicide Call Back Service 1300 659 467	Suicide Call Back Service is a nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide. https://www.suicidecallbackservice.org.au/
Uniting Intensive Family Support Service Port Macquarie 6581 6600	The program provides support to parents with children aged 0-12yrs that aims to strengthen family functioning and enhance life opportunities for children. Prevention and early intervention support for families. https://www.uniting.org/services/family-services/facility/uniting-burnside-hastings-family-support-service-port-macquarie
Wauchope Neighbourhood Centre 96 Cameron St, Wauchope 6586 4055	Community Information referral and assistance. Food Connect Monday from 9.30am. Bring a bag. Gold coin donation. Laundry facility available for those who are experiencing homelessness. Tues & Wed 9am - 1pm http://www.hastingsneighbourhoodservices.org.au/#
Women's Information & Referral Service (WIRS) 1300 888 529	Ensuring all women and girls have equal opportunities to participate and achieve, we will make NSW a better place to live for everyone.

SUPPORT SERVICES CONT...

Dads in Distress. Mums in Distress. Parents Beyond Breakup 1300 853 437	Helping parents deal with the trauma of separation; a major cause of suicide in Australia. Support is available by phone, LiveChat & email & website. parentsbeyondbreakup.com/
Dept of Communities & Justice (DCJ) 9 Short St, PMQ 6580 3700	Working with children, adults, families and communities to improve lives and help people realise their potential https://www.facs.nsw.gov.au/
DVA Community Support Service Officer 6586 6608	Assistance for veterans https://beta.dva.gov.au/
EACH Reconnect 10-12 Short St, PMQ 6588 7300	Reconnecting young people to their families and the community through counselling and practical support. Reconnect works closely with other local services to support young people and their families. http://www.each.com.au/service/reconnect-nsw/
Family Connect Service (formally Family Referral Service) Suite 3, 109 William St, PMQ 1800 758 589 0407 816 314	Bringing together families, support services and community resources so that our children and young people are safe and well. Works with all services to find out what best supports young people and families and their children, and what we can do to improve our community resources. http://www.familyreferralservice.com.au/
Grow 0419 719 776 6585 6313 1800 558 268	Assist with the recovery from mental illness through a unique program of mutual support and personal development. Tues 10.30am. Colonial Meeting Rooms, Cnr William & Hay Sts https://www.grow.org.au/about/
Headspace 6588 7300 10-12 Short St PMQ	One-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs or work & study support https://headspace.org.au/headspace-centres/port-macquarie/news/

SUPPORT SERVICES CONT...

Home and Community Care (HACC) 6656 7688 My Aged care https://www.myagedcare.gov.au/	The Commonwealth Home Support Programme's (CHSP) aims to deliver timely, high quality entry-level support services, to help frail older people stay in their homes as long as they can and wish to do so. https://www.agedcareguide.com.au/information/home-community-care
Liberty Domestic & Family Violence Specialist Services 6583 2155	Liberty offers a range of specialist domestic and family violence support services including: Emergency supported accommodation and transitional housing support. Case management and safety planning. Information, advocacy, brokerage and referrals to other services. Dusk support group for women. Kids Club. Men's Behaviour Change programs -Engage2Change and Fixed Address www.libertyservices.org.au
MSS 161 Gordon St PMQ 6551 1810 No Interest Loans Scheme (NILS) Financial Aid	A network of support services for families, older people and their carers, those experiencing dementia and their carers, people with a disability and their carers, those in residential care facilities and financially disadvantaged households. https://mssinc.org.au/ No interest loans for whitegoods, furniture, some medical & dental services, educational items, car rego & green slips. https://mssinc.org.au/no-interest-loan/
Mental Health Line 1800 011 511	24/7 access to mental health advice
Men's Sheds Port Macquarie 6581 4421 0448 504 312 Kendall 6559 4876	5/25 Central Rd PMQ mensshed@gmail.com https://mensshed.org/ Wauchope Showgrounds 0427 207 359 Batar Creek Rd, Camden Haven Showground
Migrant Settlement Project Worker 6553 5121	Info & referral service for migrants & CALD residents Gloucester to Kempsey https://mvns.org.au/programs-services/migrant-assistance/

SUPPORT SERVICES CONT...

Mission Australia 6589 5000	Early intervention and prevention. Integrated nationwide services to help people find safe and affordable housing, support disadvantaged children and families, empower troubled young people, assist people with mental illness and disability https://www.missionaustralia.com.au/ Parents Next, Brighter Futures, Youth on Track Mental Health, Partners in Recovery, Indigenous Gambling Counselling
Neami Mid North Coast 6583 3443	Community-based, not for profit organisation providing mental health, homelessness and suicide prevention services. Www.neaminational.org.au
NSP—Needle and Syringe Program Kempsey 6562 0327 0418 204 970 Port Macquarie 6589 2149 0437 886 901	NSP Home Delivery/Outreach Service NSP is a health service aimed at reducing the spread of HIV, Hepatitis C and Hepatitis B. See next page for details. Needle Clean Up HOTLINE 1800 633 353 Encouraging people to return or exchange their used needles for clean ones. Also, if you find needles in a public place ring the Hotline.
NSW Rural Mental Health Support Line 1800 201 123	24/7 mental health support line for farmers & other rural people
New Horizons 2/137 Gordon St 6588 8100	Wellbeing specialists and support. Disability, mental health, youth, aged care, indigenous & homeless. http://m.newhorizons.org.au/
Orange Sky Laundry	Community Breakfast, Hayward St. Sunday 8.30 - 10am St Anglican Soup Kitchen, Hay St. Wed 10.00am - 1.00pm 2 Seymour St Laurieton. Wed 3-5pm
Port Macquarie Youth Hub 140 Horton St 6584 7569	Engage support and nurture the youth of the Hastings. Promote self esteem by laying a platform based on friendship, health, education and community support. Mon - Fri 3pm-7pm http://pmyh.org.au/