

TABLE OF CONTENT

<u>Service</u>	<u>Page</u>
Aboriginal Services.....	9, 14, 15, 26
Accommodation/Housing Services.....	14, 18, 19
Bereavement support group.....	16
Birth registration.....	22
Community Networks	26
Computer Access.....	9
Dementia and Brain injury	17
Disability Advocacy/support.....	17
Domestic and Family Violence Service.....	9, 12, 14, 15, 18
Drug and Alcohol Services.....	16, 18, 19
Electricity Vouchers (EAPA)	4
Emergency Relief Services.....	4, 5
Employment Services (including people with disability)	27
Food Services	5, 6, 7, 8
Financial Counselling.....	13
JP Services.....	22
Counselling Services.....	12, 13
Laundry Service.....	18, 19, 20
Legal Services/support.....	7, 15
Literacy/on-line forms Assistance.....	9, 24
LGBTQ+ Support.....	21
Mental Health support services.....	12, 15, 16
Migrant Settlement Project Worker.....	19
Neighbourhood Centre Services.....	24, 25
NILS—No Interest Loans	20
Parenting Pathways	20
Op Shops.....	10, 11
Seniors / aged services.....	15, 16
Sexual Assault Service.....	20
Stolen Generations Link.....	15
Suicide Support / prevention.....	12, 13, 20, 21
Veterans DVA.....	17
Women's Information Services.....	21
Youth Services	18, 20

EMPLOYMENT SERVICES

Specialised employment services providing placement, training and support in the open labour market for people with disabilities or injuries

JobAccess - national hub for work information for people with disability	telephone advice line (1800 464 800) Job Seeker Hotline on 13 62 68 jobaccess.gov.au
APM Employment services apm.net.au	147 Gordon Street Port Macquarie NSW 2444 0458 575 602 or 1800 276 276
<u>CoAct - Ability Options</u> Disability support including employment services	Suite 1, 133 - 137 Gordon Street, Port Macquarie 1300422454
ETC— employment and training services etcltd.com.au	Suite 3 and 4 Oxley House, 133-137 Gordon Street, PMQ 80 High Street, Wauchope Ph: 1800 007 400
Lead Disability Employment Services lead.asn.au	Shop 5, 114 William St, PMQ Mb: 0436 609 555
Octec Ltd Port Macquarie octec.org.au	155 Gordon Street, PMQ Ph: 6584 5040 E:portmacquarie@octec.org.au
Ostara Australia— Specialising in mental health ostara.org.au	Level 1, Suite 2, 17 Short Street, Port Macquarie 0478 406 421
Tursa- Port Macquarie tursa.com.au	Palm Court, Cnr Short & William Street, Port Macquarie Ph: 6583 5799
VERTO— training & employment services targeted towards people experiencing disadvantage – i.e people on a low income, long-term unemployed, have a disability, Indigenous.	40 Gordon Street, PMQ 1300 483 786

COMMUNITY NETWORKS

Name	Contacts	Details
Hastings Youth Network	Ross Henderson –Blue Sky ross.henderson@ndis.gov.au Ph: 5632 4029	Meeting Bi-Monthly February, April, June, August, October and December.
Hastings Welfare Network	Chris or Scott Hope Community Welfare Ph: 0478 558 079	
Child Protection Network	Leesa-rae Harrison PM Neighbourhood Centre manager@hns.org.au Ph: 6583 8044	
Homelessness Network	Lead Agency is NEAMI	Meeting on 25/05 Kate will update us
Mental Health Network	Sarah Mongan – Blue Sky 5632 4029 sarahmongan@bluesky.org.au	
Hastings Community Network	Port Macquarie Neighbourhood Centre manager@hns.org.au Ph: 6583 8044	
Child & Family Interagency	Oonagh Connor Blue Sky—Coffs Harbour Ph: 5632 4020	
Berarlay Aboriginal Service	Donna Harper at Liberty – 6583 2155	Meetings: May, July, September, November
NAIDOC Planning Committee	Werrin AMS - 6589 4000	Meetings: May, July, September, November
Disability Support Services Network	Nathalie Gentle Support Coordinator (Mid North Coast) 0432 320 267 nathalie@creativechoices.com.au	
Local Drug and Alcohol Team		
Community Drug Action Team (CDAT)	Tina Bishop Tina@buttery.org.au	

TABLE OF CONTENT

<u>Organisation</u>	<u>Page</u>
4Life Care and Training	4
Aboriginal Land Councils and services	9
Alcoholics Anonymous	12
ADRA Wauchope Community Connect	7
Aussie Battlers	4, 7
Beyond Blue	16
Blue Sky Community service	13, 16
The Buttery	16
Communityat3	7
Community Health (MNC)	16
Community Housing	14
Department of Communities and Justice	17
DVA	17
EACH Reconnect	17
Endeavour Club House	17
Fair Trading	15
Healthy Hub Connect	18
Hearspace	18
Hope Shop	4
Legal Aid	15
Liberty Domestic and Family Violence	14, 19
Lifeline Crisis support	12
Link2home	14
Linkup NSW	15
M.A.D. Community food services	6, 7, 8
Men's Shed	23
Mental Health Court Liaison Service	15
Mid Coast Tenant's Advice	14
Mission Australia	12, 14
MNC Area Health	12
New Horizons	14, 19
Orange Sky Laundry	20
Parents Beyond Breakup	20
Port Anglican Church (soup kitchen)	7
Rural Mental Health Support	19
Salvation Army	4, 5, 7, 9
Samaritans Gambling Counselling	13
St Vincent de Paul	5, 11, 20
St Agnes Soup Kitchen	6
Uniting Family Support	21
Wesley Mission	13
Women's Information and referral service	21
YP Space	14

EMERGENCY RELIEF SERVICES

4Life Care & Training 10 Bellbowrie Street Port Macquarie 6584 2951 or Order online: care.4life.org.au	Food - \$10.00 annual fee for access to Community Pantry (bread, fruit & veg). One emergency parcel per year with a referral from an agency assisting you. 4Life has on-line ordering and home delivery for members. Covers Hastings/Macleay area with delivery days advertised on our web site Mon Wed Thurs Fri 9am - 3pm
Aussie Battlers Corner of Bayside Circuit and Ocean Dr Laurieton 0460 688750 or 65 563046 aussiebattlers.com.au	Main causes are feeding families, support after natural disasters, helping the homeless and fighting poverty. Contact Aussie Battlers to learn more
Hope Shop 3 Milton Circuit Port Macquarie 2/166 Ocean Drive Lake Cathie	Food, Op shop, furniture, clothing, welfare support. Gift vouchers for Hope shop. Showers available by appointment (0478558079). Monday to Friday 9am - 3.00pm
Port Macquarie Neighbourhood Centre 4 Dodds Street Ph: 6583 8044	Electricity assistance (EAPA). Appointment required. LEAF Service -assistance to complete online and other forms or documents.
Salvation Army 110 Lord Street Port Macquarie Assessment Line 1300 371 288 9am-5pm M-F PM Welfare section 6583 7604	Food, toiletries, furniture & whitegoods. EAPA & chemist vouchers (subject to availability) Showers available 9.30am - 4.00pm, Mon to Fri. Attend office for assessment or ring assessment line After assessment, vouchers can be picked up Mon, Wed, Thurs, Fri 9.00am-4.00pm from PM or Tues at Wauchope.

NEIGHBOURHOOD CENTRE SERVICES

Work Development Orders - WDO	A WDO lets you clear your fines with activities like unpaid work, counselling, courses, treatment programs and more
Lake Cathie Community Hub Mb: 0408 194 947	Community garden, various services and programs including playgroup, food connect Email: enquiry.lakecathie@hns.org.au
Wauchope Neighbourhood Centre 4 Tallowood Ave, Wauchope Ph: 6586 4055 enquiry.wauchope@hns.org.au	Community Information referral and assistance. Food Connect Monday from 9.30am. Bring a bag. Gold coin donation. Shower facilities WDO - Wauchope Neighbourhood Centre is an approved Work Development Order Organisation EAPA (electricity payment assistance), Playgroup



NEIGHBOURHOOD CENTRE SERVICES PORT MACQUARIE

Electricity Assistance EAPA Vouchers call 6583 8044	Energy Accounts Payment Assistance (EAPA) helps people experiencing difficulty paying their energy bill because of a short-term financial hardship, crisis or emergency.
Food Connect Port Macquarie	Every Tuesday at 9am - 10.30am Free food & produce 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	Every Friday at 8.30am.to 9.30 am Laurieton United Services Club car park Hosted by Lake Cathie Community Hub
Lake Cathie Centre	Friday 10.30 until 12 noon
Volunteer Resource Centre Ph: 6584 1917	Support for organisations in volunteer management and support and assistance for those wishing to volunteer their time Email: enquiry.volunteering@hns.org.au
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)	Available at the Port Macquarie Centre by appointment. Assistance with forms and documents, letters, reading & writing, complex documents, online forms, MyGov.
Mid Coast Tenants Advice & Advocacy Service (TAS) Ph: 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 Ph: 6584 2627	Before & After School Care & Vacation Care Email: coordinator.oosh@hns.org.au

COMMUNITY FOOD SERVICES

St Vincent de Paul All Calls: 131812 Port Macquarie 116 Gordon Street	Food & Clothing Please ring for appointment: Centrelink Income Statement and Photo ID required. Mon, Wed, Fri—10am –12pm
Laurieton Food Connect Laurieton United Services Club	Food Connect Friday 8.00am—9.30am
Lake Cathie Lake Cathie Neighbourhood Centre 34 Mullaway Road	Food Connect Friday 10.30am—12 noon
Wauchope Neighbourhood Centre 4 Tallowood Avenue Ph: 65864055	Food Connect—free food every Monday from 9.30am bread, rolls, fruit & veg and more. Gold coin donation and bring a bag.
Aussie Battlers Laurieton Cnr Bayside Circuit and Ocean Drive 0460 688750 or 6556 3046 Aussiebattlers.com.au	Emergency food parcels available to anyone experiencing financial difficulty.
St Thomas Church Port Macquarie	St Thomas Church Office Emergency canned food etc. Monday and Friday 9.30 - 11.30am
Port Macquarie Neighbourhood Centre 4 Dodds Street	Food Connect free food every Tuesday from 9.00am till gone, bread, rolls, fruit & veg and more. Gold coin donation and bring a bag.

COMMUNITY FOOD SERVICES

Monday 7am to 8am	St Agnes community hub 140 Horton Street Breakfast supplied by SVDP
Monday 11.00am—12.30pm Lunch	Wauchope Country Club Make a Difference (MAD) Ph: 0431519342 or madpmq.com.au
Monday 5.00pm to 6.00pm Dinner	Westport Park Buller St next to Marine Rescue Make a Difference (MAD) Ph: 0431 519 342
Monday to Friday 7am to 1pm	St Agnes community hub 140 Horton Street Shower, Laundry Service, pantry, clothing and tea and coffee Lunch
Tuesday 8.00 - 10.30am Breakfast , bread, fruit groceries	PMQ Neighbourhood Centre 4 Dodds Street Ph: 65838044
Tuesday 8.00am-10.30am	Horton Street PMQ St Agnes Soup Kitchen takeaway bread, fruit vegetables and meat Ph: 0434388800
Tuesday 7am—8am Breakfast	Westport Park Buller Street Breakfast supplied by MAD
Tuesday 5.00pm - 6.00pm Dinner	St Agnes community hub 140 Horton Street supplied by MAD
Wed 7.00am - 8.00am Breakfast	St Agnes community hub 140 Horton Street Breakfast supplied by MAD

MEN'S SHEDS

Men's Shed Port Macquarie Ph: 6581 4421	Oxley Highway, Port Macquarie-Hastings Council thehastingsmensshed.com Tue, Wed and Thur 8.30am - 3pm
Men's Shed Hibbard Maritime Ph: 0409 457 272	1 Boundary Road, Port Macquarie thehastingsmensshed.com Sat and Wed 7.30am - 4pm
Men's Shed Newport Ph: 6580 3031	3 1/1A Lincoln Road, Port Macquarie Tue 9am - 12pm
Men's Shed Wauchope Ph: 0475 349 483	93a High Street Wauchope Showgrounds wauchopeomensshedweebly.com Tue and Thur 8am—2pm
Men's Shed Kendall Ph: 6559 4876 Ph: 0418 402 571	Batar Creek Rd, Camden Haven Showground Tue 10am - 3pm and Thur 10am - 12pm
Men's Shed Laurieton Ph: 5519 8019	164 Diamond Head Road, Dunbogan laurietonmensshed.com Mon, Tue and Thur 9am - 3pm Wed and Friday 9am - 12pm

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 descent.

JP SERVICES

Mon	Wauchope Library - 11.00am to 12 noon
Mon	Salvation Army - 110 Lord St 9am to 12 noon
Tue	Salvation Army - 7 Mackay St Wauchope 10am - 12pm
Tue	Panthers Club Settlement City - 9.30am to 11.30am
Wed	Settlement City outside BIG W - Wed, 10am -1pm
Thur	Panthers Club Settlement City - 9.30am to 11.30am
Sat	Local Court House - Murray St 9.30am -11.30am Port Macquarie Library - 10.00am—12.00 noon
<p>You can find a Justice of the Peace (JP) using the online JP Public Register. You can search by postcode, name of a JP, language spoken and JP registration number. The register lists a JP's location, availability and telephone number. Please note that JPs are volunteers and may not be available at all times. Go to www.jp.nsw.gov.au and select JP Public Register from the Quick links on the homepage.</p>	

COMMUNITY FOOD SERVICES

Wed 9.00am—10.30am free food to those experiencing disadvantage	Salvation Army, 110 Lord Street PMQ (Ph: 6583 7604) Food Connect
Wed 10.00am-11.30am: grocery & café Wed 12noon—12.45pm Sit down lunch	Soup kitchen St Thomas Church Hall, 50 Hay Street Port Anglican Church Ph: 0434 388 800 www.portanglican.com/soupkitchen
Wed 10.00am—3.00pm Morning tea, +bread, essential items, clothing	Uniting church Hall, Hastings Kindness Club Hastings Street, Wauchope
Wed. 5.00pm Soup, bread, fresh produce, blankets, sleeping bags and pet food.	ADRA Community Connect Wauchope Souper Van, Bain Park Wauchope
Wed 3pm - 5pm Meal & shower available (Shower in club). Also: Accommodation assistance, Legal Aid, DV Support	United Services Club, 2 Seymour street, Laurieton (Please phone if transport required) behind Laurieton United Services Club Ph: 0438 358 057 / communityat3.org.au
Thursday 5.00am 6:00am Dinner	Westport Park Port Macquarie Buller St (next to marine Rescue)
Thursday 9.30am Prepared meals for anyone in need	Kooloonbung Park and Town Green Hope Community MNC Ph: 0478 558 079

COMMUNITY FOOD SERVICES CONT'CONT

Thursday 7am-8.00am Breakfast	The Hub - Horton Street PMQ MAD & St Vincent de Paul
Thursday 7.00am - 8.30am Breakfast	Give Hope Today Op Shop Cameron St Wauchope
Thursday 5.00 to 6.00pm Dinner	Westport Park Marine Rescue Make a Difference (MAD)
FRIDAY 8.30– 9.30am BBQ Breakfast	Laurieton United Services Club car park Ph: 0408 194 947
FRIDAY - 8.30am Bread, fruit, groceries —	Lake Cathie Community Hub 35 Mullaway Road, Lake Cathie Food Connect (Ph: 0408 194 947)
FRIDAY - 3.30pm Family BBQ	Kooloonbung Creek Park Port Outreach Contact Les Ph: 0417 252 311
Sunday—8.45am Family BBQ	Park on Hayward street—just past Coles Port Outreach Contact Les Ph: 0417 252 311
Mon-Fri - 3pm—10pm Sat & Sun - 8am-6pm Prepared meals	At PCYC, Owen Street PMQ Dignity, Rotary Club & PCYC
MON, WED, THUR, FRI , 9.00am - 3.00pm Community Pantry - you will need a client card - (\$10.00 p.a.)	11/10 Bellbowrie Street PMQ 4Life Food Connexion - entitled to one emergency parcel per year with referral from assisting agency. Online ordering and home delivery (\$5.00) . Ph: 65842951 website: care.4life.org.au

SUPPORT SERVICES CONT...

Say it Out Loud sayitoutloud.org.au	Online resource focused on LGBTQ+ relationships; information & resources for people who may have experienced sexual or domestic/ family violence
Social Futures Standby Ph: 1300 727247 standbysupport.com.au	Support/information for people impacted by suicide, including family, friends, witnesses, services
Social Futures Care Connect Ph: 1800718573	Support for people over 16 years at risk of suicide or self-harm or have attempted suicide socialfutures.org.au/care-connect
NSW Women's Information & Referral Service (WIRS) Ph: 1300 888 529	Free phone/referral service provides information about services on issues affecting women. including health, violence against women and children, legal questions, child care, housing, health, work, education and training. WIRS provides free, culturally sensitive and confidential services
Smart Recovery—Life beyond addiction Every Thursday at 2pm MacAdams Music Centre 33B Lord Street, Port Mac	An in-person, mutual aid group led by a facilitator. Program items build and maintain motivation, cope with urges, manage thoughts and behaviours, live a balanced life. You choose the meetings you attend and how often. Contact: Port Mac AOD service: 1300662263 The Buttery: 66871111
Uniting Hastings Family Support Service 7 Sherwood Road Port Macquarie Ph: 1800 864 846	provides prevention and early intervention support to families with children aged 0-12yrs with the aim to strengthen family functioning and enhance life opportunities for children. . Email: ask@uniting.org
Wed 3pm - 5pm Meal & shower available (Shower in club). Also: Accommodation assistance, Legal Aid, DV Support	United Services Club, 2 Seymour street, Laurieton (Please phone if transport required) behind Laurieton United Services Club Ph: 0438 358 057 / communityat3.org.au

The No Interest Loans Scheme (NILS) Manning Support Services - 161 Gordon Street, PM	No interest non-cash loan for essential items. Affordable repayments with no fees Ph: 6551 1810
The No Interest Loans Scheme (NILS) St Vincent de Paul	No interest non-cash loan for essential items. Affordable repayments with no fees 1800 484 664 or nils@vinnies.org.au
Orange Sky Laundry Laundry and shower service Ph: 0431 519 342	Community Breakfast, Hayward St. SUNDAY 8.30am - 10am St Anglican Soup Kitchen, Hay St. WEDNESDAY 10.00am - 1.00pm 2 Seymour St Laurieton. Wed 3 - 5pm
Parenting Pathways www.dewr.gov.au/parentpathways Servicing everybody	Supporting parents and carers in planning their future Family and Domestic Violence Support Joining local community groups Access to help find childcare Linking you with services to support the health of you and your family
Parents Beyond Breakup Dads in Distress (DIDS) Mums in Distress (MIDS) Grandparents in Distress parentsbeyondbreakup.com Helpline: 1300 853 437	Helping parents deal with the trauma of separation. On-line support meetings: DIDS: didsmeeting.online MIDS: see website for days GIDS: see website for days
Port Macquarie Sexual Assault Service (MNCLHD) Ph: 6588 2882	Provides support to all who have experienced sexual assault. mnclhd.health.nsw.gov.au/services/child-youth-family-services
Port Macquarie Youth Hub 140 Horton St Ph: 6584 7569 pmyh.org.au	Drop in afternoons (aged 13 to 18). Relax and socialise in a safe and friendly environment. Mon - Fri 3pm-7pm Shower & laundry - Mon, Wed, Fri - 7am

ABORIGINAL SERVICES

Birpai Lands Council 14 Aston St PMQ Ph: 6584 9066	Indigenous Community Support Service Protect the interests and furthers the aspirations of its members and the broader Aboriginal community.
Bunyah Land Council 208 High Street Wauchope P: 6585 3882 E: admin@bunyah.com.au	functions in relation to: land acquisition, land use and management, Aboriginal culture and heritage, financial stewardship and community benefits schemes
Indigenous Community Support Service (ICSS) 8 Aston Street PMQ Ph: 65831567	aims to promote safety & wellbeing of Aboriginal and Torres Strait Islander clients and families in areas such as family violence & court support; family welfare; housing and health; referral to drug and alcohol services; child care and legal issues
Windaan Aboriginal Services Shop 2/1-5 Merrymen Way, Ph: 1800946322 Windaan.org.au	focused on culturally appropriate pathways for Aboriginal children and families to access quality early childhood intervention, allied health, primary health and disability services.

LITERACY ASSISTANCE

Salvation Army 110 Lord St, Port Macquarie	FRIDAY - 9.30am - 12pm * Read and write day * Help read letters or forms * Help to write letters
LEAF Service PMQ Neighbourhood Centre	Assistance with personal forms and documents. Letters, reading & writing, complex documents, online forms, MyGov, Centrelink. By appointment, ring 6583 8044
PMQ-Hastings Shire library 2 Grant St 6581 8755 portlib@mnclibrary	Computer access, including broadband internet and the Microsoft Office suite of programs. Wi-Fi also available. A small fee is charged for printing or scanning documents.

OP SHOPS

Hope Community Op Shop Mid Coast Care 3 & 12 Milton Circuit Port Macquarie Ph: 6581 3303	Mon - Fri 8am - 4pm Sat 9am - 2.30pm Café Open Hot Showers avail.
Lifeline 122 Gordon St Port Macquarie Ph: 6584 0200	Mon - Fri 9am - 4pm Sat 9am - 12pm
Lifeline Warehouse 19 Central Rd Port Macquarie Ph: 6581 3644	Mon - Fri 9am - 4pm Sat 9am - 12pm
RSPCA 3/15 Short St PMQ Ph: 6584 6329	Mon - Fri 9am - 4pm
Aust. Red Cross 1/49 Horton St PMQ Ph: 6583 2728	Mon - Thur 9am - 4pm Fri 9am - 6pm Sat 10am - 2pm
Royal Far West Hayward St Port Macquarie Ph: 6583 0229	Mon - Fri 9am - 4pm Sat 9am - 12.30 pm
Salvation Army 183 Lake Rd Port Macquarie Ph: 65837604	Mon - Fri 8.30am - 4.30pm Hot Showers 9.30am—11.30am

SUPPORT SERVICES CONT...

Liberty Domestic & Family Violence Services Ph: 6583 2155 libertyservices.org.au	Offers a range of specialist domestic and family violence support services including: emergency supported accommodation, transitional housing support, case management and safety planning. Information, advocacy, brokerage and referrals
Mental Health Line Ph: 1800 011 511	24/7 access to mental health advice
Migrant Settlement Project Worker Ph: 6553 5121	Info & referral service for migrants & CALD residents Gloucester to Kempsey mvns.org.au/programs-services/migrant-assistance
Mission Australia Ph: 6589 5000 Ph: 1800 269 672 missionaustralia.com.au/	Early intervention for families. Integrated services help people find safe and affordable housing, support disadvantaged children and families, empower troubled young people, assist people with mental illness and disability, and much more.
Neami Mid North Coast Ph: 6583 3443 midnorth-coast@neaminational.org.au	Support people in their mental health recovery while also helping them to strengthen their connections to the community and support networks - housing and accommodation, support groups, Together Home
New Horizons 2/137 Gordon St Ph: 6588 8100	Wellbeing specialists and support. Disability, mental health, youth, aged care, indigenous & homeless. newhorizons.org.au/
Rural Mental Health Support Line Ph: 1800 201 123	24/7 mental health support line for farmers & other rural people
Needle and Syringe Program (NSP) PMQ Base Hospital, 1-31 Wrights Road - Ph: 5524 2000 PMQ Community Health, 19-31 Morton Street Ph: 6589 2100	Confidential and anonymous; provides sterile injecting equipment, safe disposal via sharps bins, condoms and lubricant, education on safer drug use and harm reduction, access/referral to health care. Open weekdays from 6.00am to 9.00pm If you see a needle in a public place call 1800 633 353

SUPPORT SERVICES CONT...

Family Connect Service Ph: 1800 327 679 www.pathfinders.ngo	Free service connects you with the right service, and support you with issues affecting your family.
Grow Group St Agnes Hall. 47 Hay St Ph: 1800 558 268 grow.org.au/	a weekly, free, peer mental wellbeing support group. Friendly, inclusive and open to anyone over 18. No diagnosis or referral needed, and you are welcome to bring a support person to the first few meetings. .
Headspace 10-12 Short St PMQ Ph: 6588 7300 headspace.org.au	For people aged 12 to 25 years who need help with mental or physical health (including sexual health), alcohol and other drugs or work & study support
Eheadspace 1800650890 ehespace.org.au	Web chat and telephone if you can't access a centre or don't feel comfortable chatting face-to-face. Talk to experienced youth mental health
Our Place Homeless Hub 140 Horton St, PMQ Walk in	Every second Thursday from 8 am to 1 pm Centrelink advice 9am to 11am, free food, clothing, toiletries, health checks, showers, and laundry facilities . Free lunch provided
Healthy Hub Connect Suite 6, 21-27 Grant Street PMQ. Ph: 1800595212 healthyhubconnect@each.com.au 	Healthy Hub Connect offers stepped care co-ordination across a range of mental health supports including: <ul style="list-style-type: none"> • A network of Healthy Mind clinicians for short term therapy for those experiencing mild to moderate mental illness • The support of accredited Mental Health Nurses to complement existing community-based GP care • Low intensity mental health coaching • A Youth Enhanced Program for those 12-18 years, needing something a little more than their local school counsellor or headspace • Support specifically focussed on Men's Well Being

OP SHOPS

St Vincent de Paul 116 Gordon St PMQ Ph: 6584 1168	Mon - Fri 9am - 4pm Sat 9am - pm
Save the Children 143 Horton St PMQ Ph: 6583 4230	Mon - Fri 9am - 4.45pm Sat 9.30am - 12.15pm
Willing & Able 39 Jindalee Rd PMQ Ph: 6581 0939	Mon - Fri 8am - 2pm
Port Anglican Emporium Op Shop 50 Hay Street, Port Macquarie Ph: 6584 1033	Tues - Fri 9am -3.30pm
Hope Community Op Shop 1661 Ocean Drive LAKE CATHIE (opposite lake) Ph: 6585 5232	Mon - Fri 9am - 4pm
Hope Community Op Shop 2/83 The Parade NORTH HAVEN Ph: 6559 9874	Mon - Fri 9am - 4pm

COUNSELLING SERVICES

Alcoholics Anonymous Ph: 1300 222 222	Hastings AA Groups aameetings.org.au
MNCLHD Alcohol and other drug services Intake: 1300 662 263 or attend the service at Morton Street between 8.30am and 4.00pm	Mid North Coast Local Health District provides information, support and treatment for individuals (or their families) affected by alcohol and other problematic legal or illegal drug use issues. mnclhd.health.nsw.gov.au
Mental Health Access line Ph: 1800011511	Provides professional help and advice and referrals to local mental health services. Staffed by mental health professionals to assess urgency—24 hours per day
Kids Help Line Ph: 1800 55 1800	24/7, private and confidential counselling service specifically for children and young people aged 5 to 25 years.
Lifeline Crisis Support Ph: 131114 Ph: 6581 2800 lifelinemidcoast.org.au	24 hour telephone and online crisis support. ECLIPSE group for adults who have survived a suicide attempt Support After Suicide Bereavement Group , Disaster recovery service
Mission Australia psycho-social support program 8/27 Grant St, Port Mac Ph: 6589 5000	Non-clinical service works within a recovery framework, to support people to achieve recovery goals so that they are able to maintain housing, manage finances and daily living activities, engage in work or training, and maintain physical and social wellbeing. .
Mid North Coast Local Health Service Ph: 1800 725 997 mnclhd.health.nsw.gov.au Morton Street Port Macquarie	Various health services: Child, adolescent & family counselling service - 65892100 Aboriginal Family Wellbeing and Violence Prevention - 65892979 Domestic and family violence protection counselling - <u>1800 633 063</u> Domestic and family violence: men's referral service - <u>1300 766 491</u>

SUPPORT SERVICES CONT...

Dementia Australia 121 Bridge Street , PM 1800100500	Information, support and education services for people of all ages living with all forms of dementia and their families
Dept of Communities & Justice 9 Short St, PMQ Ph: 6580 3700	Working with children, adults, families and communities to improve lives and help people realise their potential facs.nsw.gov.au
DMC Support Ph: 65490757 Shop 2, 111 High street Wauchope	Chat & Cuppa morning—first Wednesday of the month, 11am to 12.30pm Support in pregnancy and parenting for people with disability
DVA Community Support Service Officer Ph: 13 32 54	Assistance for veterans beta.dva.gov.au/ Ph: 1800 555 254
Disability Advocacy NSW Suite 7, Level 1 "The Port" 68 Clarence Street 1300 365 085	free individual advocacy services for people with disability. Help to know rights and be fully included in the community. d.a.org.au
Enabled—podcasts by Ability Advocators Phone Colin: 0417008777	Local Port Macquarie podcast where we talk about, normalise and celebrate disability and mental health. Enabled.buzzsprout.com
Endeavour Clubhouse 176 Hastings River Drive Ph: 6583 4148 Mon, Tues, Wed & Thurs 9:00am - 3.30pm	Assists people with a lived experience of mental illness to increase their social inclusiveness and participation in society. Lunches daily, washing and leaf admin@endeavourclubhouse
EACH Reconnect 10-12 Short St, PMQ Ph: 6588 7300 Ph: 1300 00 3224	Early intervention support for young people (12-18) at risk of homelessness. Aims to reconnect young people to their families and the community through counselling and practical support .

SUPPORT SERVICES

Ask Izzy askizzy.org.au	Connects people in need with housing, food, family violence support, counselling and much more. Telstra mobile network users can access Ask Izzy without credit or wifi
Beyond Blue Ph: 1300 224 636 beyondblue.org.au	Assistance for people experiencing anxiety, depression, bereavement. Talk to a counsellor at any time
Bereavement Group Mac Adams Music Centre, Cnr Gordon and Lord Sts Port Macquarie, NSW, 2444	Grief support group offers support and encouragement to those who grieve over the death of their Partner. Trained support workers, all of whom have experienced the death of their partners. 2nd and 4th Tuesday of the month at 1.30pm
Blue Sky Community Services 5/53 Lord St PMQ Ph: 5632 4029	NDIS best practice Plan Management and Support Coordination (including Psychosocial Recovery Coach) services.
The Buttery Community AOD Outreach Program Ph: 6687 1111 between 9am and 4.30pm. intake@buttery.org.au	Diverse programs help teenagers and adults who have drug and alcohol use disorders and mental health issues. Support at every stage of recovery and relapse prevention
Carer Gateway carer support Ph: 1800 422737	free support program for unpaid carers including coaching, counselling, practical supports and help with support services. Carergateway.gov.au
Commonwealth Home Support Program (CHSP) Ph: 1800 200 422 agedcareguide.com	Helps older Australians access support services to live independently and safely at home. Face-to-face support from Aged Care Service is available at Service Australia centres, nationwide.
Community Health Port Macquarie MNC Local Health District Ph: 6589 2100 mncihd.health.nsw.gov.au	Provides an extensive range of Community Health Services. Dental - 1300 651625 Drug & Alcohol - 1300 662263

COUNSELLING SERVICES

The Salvation Army Money care financial counselling Ph: 1800722363	Offers step-by-step advice on how to put your money problems behind you. Get help with financial coaching, financial counselling, no-interest loans salvationarmy.org.au
Samaritans Gambling Counselling Service Mb: 0456816829	Free counselling service for problem gamblers, family and friends
Wesley Mission Mid North Coast 3/17 Short St, Port Macquarie NSW Mb: 0448 065 529	Financial Counselling Service Booking required. Monday to Thursday 8.30 am to 4.30 pm leah.woods@wesleymission.org.au
GambleAware MNC Ph 6651 40943 to book Appts available Monday	Gambling Counsellor Port Macquarie Neighbourhood centre 4 Dodds St, Port Macquarie
Financial Counsellor Ph: 1300 662 540 to book (required)	Free Financial Counselling Port Macquarie Neighbourhood Centre 4 Dodds St, Port Macquarie
Blue Sky Community Services Financial Wellbeing 53 Lord Street, Port Mac. Ph: 6516 1920 bluesky.org.au/services/financial-wellbeing-service	Financial and gambling management service - assists people in financial crisis to manage the immediate situation in a way that allows them to maintain dignity whilst improving their financial capability (usually voucher for essential groceries) Tue 9:30am - 1:30pm Wed 9:30am - 1:30pm
Suicide Call Back Service Ph:1300 659 467	A service that provides 24/7 telephone and online counselling to people affected by suicide. suicidecallbackservice.org.au

ACCOMMODATION/HOUSING SERVICES

Community Housing Ltd Level 1/16 Clarence St Ph: 1300 245 468 chl.org.au	Assistance with affordable housing, homelessness services including temporary accommodation, start safely, tenancy support, housing including, Aboriginal and aged people
NEAMI Together Home Ph: 6583 3443 midnorth-coast@neaminational.org.au	Access to housing and support through the program works to address people's needs while building individual capability and capacity. Enquiries at Community Housing
Link2home Ph: 1800 152 152 facs.nsw.gov.au/housing/	Homelessness information and referral telephone service. 24 hours a day, 7 days a week. Information, assessment or referral to homelessness services and support
Liberty Domestic & Family Violence Services Ph: 6583 2155 libertyservices.org.au	Provides crisis accommodation for women, with or without children, who are escaping domestic violence and/or homelessness . Support and transitional housing
Mid Coast Tenants Advice and Advocacy Service Ph: 6583 9866	Provides information, advice, advocacy and referrals to tenants, land lease community residents and boarding house residents, Email: enquiries@midcoast.tenants.org.au
Mission Aust. Housing , 27 Grant Street, PORT MACQUARIE, 02 6589 5001 www.mahousing.com.au	provides affordable housing to individuals or families on low to moderate incomes having difficulty securing housing. It is designed for working households and the rent charged is up to a maximum of 80% of market rate
New Horizons 2/2 Horton Street Port Macquarie Ph: 1800 188 890 Ph: 6588 8100	Assistance with finding a accommodation and tenancy support. Bond loans, grants for whitegoods, attaining essential items, help with funding or support options.
St Agnes Care 150-152 Horton Street Ph: 5525 3600	Accommodation to those in need and links to specialist support from other community organisations including crisis and disability NDIS
YP Space MNC 35 McLaren Dr Port Macquarie Ph: 6584 0066	Youth Homelessness Service providing support and accommodation to young people (12 to 25 years) of the Mid North Coast. yps.org.au

LEGAL SERVICES

Legal Aid Ph: 1300 888 529 legalaid.nsw.gov.au	Provides legal services to disadvantaged clients across NSW in most areas of criminal, family and civil law.
Mental Health Court Liaison Service. Ph: 6562 0256	Comprehensive assessments and where appropriate provide recommendations to the magistrate for diversion to appropriate treatment. justicehealth.nsw.gov.au/about-us/health-care-locations/courts
MNC Community Legal Centre Suite 7, Level 1, "The Port", 68 Clarence Street, Port Macquarie Ph: 6580 2111 mncclc.org.au	Free legal advice, advocacy, and education to empower individuals with knowledge of their rights and the ability to resolve their disputes. (entrance on Short Street, opposite Centrelink)
Seniors Rights Service Ph: 1800 424 079	protecting and advancing the rights of older people. Free, confidential telephone advice, aged care advocacy and support, legal advice and rights-based education forums to seniors across seniorsrightsservice.org.au
NSW Fair Trading Barton Crescent Ph: 133220 fairtrading.nsw.gov.au	Information about renting, buying, selling and renovating property. Advice on rights and responsibilities in retirement villages and community living
Women's Domestic Violence Court Advocacy Ph: 6584 0053 www.mcwdvcas.org.au	Support better outcomes for women and children experiencing domestic violence.
Link Up NSW linkupnsw.org.au Ph: 1800 624332	Supports Aboriginal & Torres Strait Islander people separated from their families as a result of past Government policies & practices, including institutionalisation, adoption or foster care. Aims to help members of the Stolen Generations trace their families and family history to be reunited with family, country, community or gravesites where possible.