

Hello Hunter



49HUNTER 49486837
hellohunter.org.au
help@hellohunter.org.au

church and community support service directory

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Emergencies call Triple 000

If you are experiencing a crisis and need immediate help contact one of the below crisis services.

Lifeline on 13 11 14

Kids Helpline on 1800 551 800

MensLine Australia on 1300 789 978

Suicide Call Back Service on 1300 659 467

Beyond Blue on 1300 224 636

Headspace on 1800 650 890

ReachOut at au.reachout.com

Care Leavers Australasia Network 1800 008 774

Mental Health Line 1800 011 511

NSW Domestic Violence 1800 656 463

Hello Hunter is a call back service.

If you need assistance in finding a support service contact 49HUNTER or help@hellohunter.org.au and leave a message about the help you are seeking. We will research what is available in your location and provide you with options to connect and support you as you do so. You might also find the details of the help you need in the following directory pages.

help centres

ADAMSTOWN: *Live Free Project* 0412 429 193 livefreeproject.org.au
chris@livefreeproject.org.au

CARDIFF: *Our Backyard* 0402 155586. A safe place for homeless living in cars, food relief, showers and support workers to help people connect to help services.

CESSNOCK: *Samaritans Emergency Relief Service* (02) 4993 3430. Appointments are needed and can be made by phone on the day, commencing at 9:30am. 124 Vincent St, Cessnock 2325.

CESSNOCK: *Welfare Centre (Salvos)* 1300 371 288 - 14 Hall St Cessnock NSW 2325.

CHARLESTOWN *c3 Victory Centre* (02) 4922 6800. Care parcels, **money mentors**, counselling, 'depression and hope' support groups, and **client support services**. Ground Floor/ 5 Hoptoun St. E: admin@c3victory.org.au
W: <https://c3victory.org.au/>

HAMILTON: *Community Centre (Salvos)*, (02) 4969 8066 - 67 Cleary St, Hamilton.

MAYFIELD: *Grainery Family Centre* (02) 4967 4777. Family and refugee advocacy, 58 Maitland Road Mayfield. E: email_care@grainery.org.au

MAYFIELD: *Hope Street*, 88 Hanbury St, Mayfield. Monday - Friday, 9.30am - 3.00pm or call us on 4032 5288 or 0411 359 628.

NEWCASTLE: *Soul Cafe*, Cnr Hunter and Watt St, Newcastle (02) 4926 1758 www.soulcafe.org.au Meals and wrap around support services. Breakfast Monday, Wednesday, Thursday, Friday, Saturday: 7:00am to 8:30am. Lunch Monday - Thursday 11am to 12:30pm and an 'open pantry for free fresh foods and pantry items.

SINGLETON

Salvation Army Crisis Services. T 6572 2690. 4 York Street, Singleton
Singleton Neighbourhood Centre (02) 6571 2499, 21 Mary Street, Singleton
St Vincent De Paul Society 6571 2569, 37 Macquarie Street, Singleton.

food relief

BELMONT *Community care* 0491 631 450 25 Maude St, Belmont.

CARDIFF *Macquarie Care* (02) 4954 3930

CESSNOCK *Food War Inc* (02) 49 66 2987

CESSNOCK *Samaritans Emergency Relief* (02) 4993 3400

HAMILTON *Food pantry* 0425 834 104

MAYFIELD *Grainery food care* (02) 4967 4777

NEWCASTLE *Soul Cafe* (02) 4926 1758

PELICAN *Gatewaycare bulk food* 0408 951 155

MORISSET *Southlakes Emergency Relief* (02) 4973 1204

WALLSEND *Food pantry* 0406 734 843

WESTON *Kingdom Community Care* 0404 090 725

Samaritans Emergency Welfare Relief

Providing short term emergency, financial or material assistance.

- Food vouchers and parcels
- EAPA vouchers (electricity and gas)
- Chemist assistance

Call to book a time for an in person interview. Centre's are in,

- Broadmeadow 02 4922 1540
- Cessnock 02 4993 3430
- Gorokan 0437 595 001
- Toronto 02 4959 7857
- Rutherford 02 4993 3400

Youth / Students

Samaritans Youth Services <https://www.samaritans.org.au/services/youth-services>

- Reconnect services aim to provide support to young people who are homeless or at risk of homelessness in Newcastle, Cessnock, Port Stephens, Lake Macquarie and Maitland Local Government Areas.
<https://www.samaritans.org.au/services/youth-services/reconnect>
- Samaritans Homeless Youth Assistance Program
<https://www.samaritans.org.au/services/youth-services/hyap>

ehedspace www.headspace.org.au

Reach Out - online mental health resources for young people and their families. www.au.reachout.com

Path 2 Change 11 Charles Street, WALLSEND NSW 2287
E admin@p2c.org.au W path2change.org.au P (02) 4951 2144
Committed to providing young people who are homeless or at risk of homelessness.

Youth On Track 433 Hunter St, NEWCASTLE NSW 2300 E
YoTrHunter@missionaustralia.com.au W missionaustralia.com.au P 0477 380 117
An early intervention program for young people at risk of offending case management, court support, early intervention programs.

Men

Dads in Distress supports Dads experiencing trauma through family breakdown and separation anxiety. Helpline 1300 853 437. Online and in person groups www.parentsbeyondbreakup.com/dids

seniors

aging and disability helpline 1800 628 221

meals on wheels

cessnock (02) 4991 4884 hamilton (02) 4969 4292
lambton (02) 49657 0482 mayfield (02) 4967 2777
merewether (02) 4963 6386 morisset (02) 4973 3538
stockton (02) 4928 2810 toronto (02) 4959 2929
wallsend (02) 4951 2915

Mercy Services Community Transport 02 4961 3113

www.mercyservices.org.au/services/community-transport

Pick ups and drops in Newcastle / Lake Macquarie: \$20 return. Out of area phone for a price.

RSPCA Emergency Pet Care

If a senior is facing hospitalization or a temporary health situation where they are unable to care for their pet they can access pet care by calling 97824408. They will be assessed over the phone for eligibility. There is a fee of \$10 per day plus cost of vaccinations if they are not up to date. A payment plan can be arranged.

Aged Care COVID-19 Grief and Bereavement Service

Contact for free support for those affected by COVID-19 in the aged care sector. 9am - 5pm, Monday to Friday. This service is operated by the Australian Centre for Grief and Bereavement. 1800 222 200
covidagedcare@grief.org.au <https://aged.grief.org.au/>

Financial /debt relief services

Salvos moneycare (02) 4088 5820 www.salvationarmy.org.au/need-help/financial-assistance/financial-counselling/

Christians against poverty (CAP) 1300 227 000 www.capaust.org

Gamble Aware - FREE mental health service for those affected by gambling harm. For all referrals and enquiries just contact: gambleaware@centacarenew.com.au or 1800 497 065.

Helplines

Hello Hunter is for people in the Hunter Region who need help but are unsure of where to find it. The team at Hello Hunter have time to chat with you to find out what you are needing and then research what options might be available. It is a call back help service. Leave a message and we will call back to help you find what might be available. **P: 49HUNTER (49486837) or email at help@hellohunter.org.au**

NOTE: *Hello Hunter is not a crisis service, nor do we provide direct services.*

1800CHAPLAIN Sometimes we are overwhelmed. For whatever reason you call, 1800Chaplain (1800 24 27 52) will be there to hear what you have to say in a safe, confidential and non-judgmental forum, www.1800chaplain.com

Careline Connections 02 40583656. Christian volunteers are trained to provide a listening ear, hope, encouragement and prayer support for callers.

Parents Beyond Breakup 1300 853 437

Parents Beyond Breakup is a charity that supports parents experiencing trauma related to family breakdown and separation.

www.parentsbeyondbreakup.com

mental health and wellness

Talk with your doctor.

Healing Path to Wellness - prayer and counselling services (02) 4081 3800
hptw.com.au

Enriching Relationships Australia - Julie Ayres-Cutler

0422 955 414 Julie@enrichingrelationshipsaustr.com
www.enrichingrelationshipsaustr.com

ATUNE Health Services Cardiff

02 4954 4511 www.atune.com.au

Livefree Project - RUOK phone check 0412 429 193

Depression and Hope www.depressionandhope.com

Supporting you in your journey out of depression. Groups available in Belmont, Charlestown, Pelican, Morisset and Tanilba Bay. Network Co-ordinator: Linda Rowland 0431 030 795 depression.hope.nsw@gmail.com

Beyond blue covid & mental health line 1800 512 348

www.beyondblue.org.au

ehheadspace www.headspace.org.au

Reach Out - online mental health resources for young people and their families. www.au.reachout.com

Gamble Aware - FREE mental health service for those affected by gambling harm. For all referrals and enquiries just contact:

gambleaware@centacarenenw.com.au or 1800 497 065.

Crisis Numbers

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Kids Helpline on 1800 551 800

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Mental Health Line 1800 011 511

NSW Domestic Violence 1800 656 463

Coffee and Chat

Survivors R Us Cardiff

Monday to Thursday 9am to 4pm, Friday 9am to 12pm. 57 Pendlebury Rd, Cardiff NSW 2285 P:02 4953 71 08. Drop in for a coffee, meals, food pantry, counselling and clothes.

Maitland City Salvos

1a Bunning Ave Rutherford 2320 (02)4932 6682. Drop in for morning tea each week on a Tuesday 10am - 11:30 (Free coffee, biscuits and chat). Welfare help is available by appointment.

HOPE UC Maitland - The Welcome Place Maitland. Drop in for afternoon tea each week on a Wednesday 12md - 2pm. 13/1a Ken Taubman Drive, Maitland (near the cinema, look for the black and white HOPEUC signs)

Soul Cafe Newcastle

11am to 12:30pm Monday to Thursday. Drop in for a free coffee, meal and chat. Level 2/ 49 Hunter St Newcastle (Cnr of Hunter and Watt St above the Westpac Bank)

Warners Bay Food and Friendship

Feeling lonely, come in for a cuppa, meal and a chat with the friendly team at the Warners Bay Food and Friendship Cafe. Open Thursday and Fridays, 10am to 2pm. Located at **66 Queen St, Warners Bay**. Find out more via www.facebook.com/WBBCFnF email office@warnersbaybaptist.org.au or call 02 4947 4326.

WESTON Kingdom Community Care

Affordable food, groceries and clothing. www.kingdomcc.com.au/community-care Location: 53 Station Street, Weston. Opening Hours: Wed, Thu & Fri from 9.30am till 01.00pm. You can also drop in during those hours for a coffee and a chat.

Connect through participating

Art and Fitness Therapy with Healing Path to Wellness Location: Pelican NSW 2281 P: 40 813800

Hunter Region Botanic Gardens - people of all ages and skills are welcome to become volunteers at the Gardens. Location: Heatherbrae
www.huntergardens.org.au/volunteer

Hunter Region Landcare Network volunteering to care for and work to improve the natural environment of the Hunter Region. Location: Hunter Region www.hunterlandcare.org.au

Lean in Newy is a Newcastle City Council volunteer initiative
www.leaninnewy.com.au

Soul Cafe volunteers help to provide meals and services to the homeless and those with issues such as drug or alcohol addiction. www.soulcafe.org.au
P:(02) 4926 1758

Warm Blankets for Everyone: Volunteer as a driver or if you have sewing skills. Find out more by calling Tonee 0439 415 245 or Sue 0408 242 921
www.wbfe.org

Sixties & Single Social Group Newcastle A social group for going out and socialising with other singles, aged mid 40s to mid/late 60 year olds. We have events, such as dinner and bands, (usually each weekend), midweek dinners, movies, theatre etc. Members are encouraged to make suggestions of where and what they would like to go/do. We do have a lot of events around Lake Macquarie but I try to cater for other areas especially if requested. To find out more and how to join call Toni 0406285400.

Housing

Housing (FACS) – 1800 152 152

www.facs.nsw.gov.au

Compass Housing – 1300 333 733

has a link to Affordable Housing

<https://www.compasshousing.org/affordable-housing>

Hume Community Housing 0297224300

Call to make an appointment.

- 464 High St, Maitland NSW 2320
- 46 William St, Raymond Terrace NSW 2324

<https://www.humehousing.com.au/>

https://www.humehousing.com.au/documents/flyers/About_Us_Flyer.pdf

Matthew Talbot Homeless Service 02 4961 1411

For homeless men and men with children. 82 Hannell St, Wickham

www.vinnies.org.au

Wesley Mission Newcastle 02 4915 3600

Wesley Mission – Tenancy assist

<https://www.wesleymission.org.au/find-a-service/housing-and-accommodation/tenancy-assist/>

Phone: 1300 259 789

Email: tenancyassist@wesleymission.org.au

NSW – Link2home 1800 152 152

<https://huntercommunityhub.org/community/directory/link2home/>

This service is for you if you are homeless or worried you might become homeless.

Our Backyard - 0402155586

<https://www.macquariecare.org.au/ourbackyard.html>

Anyone experiencing homelessness and sleeping in a registered motor vehicle is encouraged to call the intake number.

other help

Newcastle Community Directory www.mycommunitydirectory.com.au

Lakemac Urgent Welfare Services https://www.lakemac.com.au/For-residents/Community/Community-directory_

Hunter Homeless Connect Directory

<https://hunterhomelessconnect.org.au/community-services-directory/>

Ask Izzy - a website that connects people in need with services and support. www.askizzy.org.au

Zoe's Place: 1300 793 595 info@zoesplace.org.au

Free Pregnancy Testing, Free Counselling, Free Mentoring, Free Post Abortion Support. Atune Health Centre- 52A Ada Street, Cardiff, NSW 2285. **All services are FREE and confidential.**

Alcoholic Anonymous Support Group Locations in the Hunter Region.
<http://www.newcastle-aa.org.au/meetings.php?id=1>

Community Support Services During COVID -19

<https://newcastle.nsw.gov.au/community/community-services/community-support-services-during-covid-19>

NSW Health www.health.nsw.gov.au