

Hello Hunter



49HUNTER 49486837
info@kingdomworks.org.au
www.kingdomworks.org.au/
hello-hunter

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 worker help to connect to help services.

CESSNOCK: *Samaritans* Emergency Relief Service (02) 4993 3430. By appointment. 124 Vincent St, Cessnock 2325.

CESSNOCK: *Welfare Centre (Salvos)* 1300 371 288 - 14 Hall St Cessnock, 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 admin@c3victory.org.au www.c3victorycare.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 Hub*, 437 Hunter St, Newcastle (02) 4926 1758 www.soulhub.org.au
7am till 2pm Monday to Thursday and 7am till 8.30am Friday, Saturday and Sunday

Breakfast and Lunch Meal Services

- Breakfast 7am till 8.30am everyday
- Lunch 11am till 12.30pm Monday to Thursday

Soul Open Pantry

- 11.30am-12.30pm Tuesday
- 11.30am-12.30pm Wednesday
- 7.30am-8.30am Friday

Guest Support Services

- Monday: Chiropractor (fortnightly), Hairdresser (fortnightly), Audiologist (fortnightly), WHOS (weekly), SMART Recovery (weekly), VOCAL (weekly)
- Tuesday: Centrelink (weekly), Podiatry Clinic (Monthly), Senior Rights Service (Bi Monthly), Family Inclusion Strategies Hunter (FISH), Allambi Care (Fortnightly)
- Wednesday: Medical Clinic (First Wed of every month), Barber (fortnightly), SMART Recovery (Weekly), Gamblers Anon (weekly), Services NSW (1st Wed of the month), NDIS (weekly)
- Thursday: Medical Clinic (Check with reception), Discover Faith (weekly)
- Sunday: Life Church 10am every week, everyone welcome!

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 SDA *Food pantry call Justin* 0438 474 008

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>

eheadspace 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.

Women

Domestic Violence

Help Lines

- NSW DV Line is 1800 656 463
- 1800 737 732 is 1800 respect
- 1800 Respect and NSW DV Line – has Counsellors as well as links to services.
- Men's line 1300 789 978
- Men's referral service 1300 766 491

Carries Place

First Floor, Unit 12, 116 High St, East Maitland NSW 2323

Carrie's Place provides a range of culturally appropriate programs for people experiencing domestic and family violence, and/or homelessness. Carrie's Place provide support to women and their families, who are experiencing domestic violence, living in Maitland, Port Stephens, Dungog, Kurri Kurri, Cessnock, Singleton, Muswellbrook and Upper Hunter.

www.carriesplace.org.au

02 4934 2585 (Office Hours)

02 4933 1960 (After Hours)

Jenny's Place

2b, 796 Hunter Street, Newcastle West NSW 2302

A safe and supportive place for women and children who are experiencing domestic violence or are homeless. Includes emergency crisis accommodation, supported crisis accommodation and assistance to find longer term accommodation.

www.jennysplace.org

02 4929 6289

Warlga Ngurra Women's Children Refuge

Women's and children's refuge offering emergency accommodation and support for women who are homeless due to domestic violence. Also offer court support, children's activities, outreach support, advocacy, housing support, child support and referrals.

02 4950 1566

Women

Nova for Women and Children

558 Hunter St, Newcastle West 2302

We support women who are at risk of homelessness to remain safely in their home and assist women who are homeless or in crisis to be housed and provide support to maintain safe accommodation.

www.novawomen.org.au

02 4023 5620

Intake/Referral Line 1800 769 654

Jodie's Place - Hunter Domestic Violence Support & Advisory Services

75 Maitland Rd, Branxton NSW 2335

Offers a safe refuge home for up to 11 women and children in Cessnock.

www.hunterdomesticviolenceservice.com/jodies-place

02 4990 9609

0488 246 693

Got Your Back Sista

15 Elizabeth St, Tighes Hill NSW 2297

Got Your Back Sista provides benevolent relief and support to women and children escaping domestic violence. We provide: furniture & household items, food, self-defence programs, workshops, support group, education & training, counselling.

www.gotyourbacksista.com

02 4989 2777

Women's Domestic Violence Court Advocacy Services

www.dvcas.org.au

4940 8766

WeGotchu Girl Incorporated

We Gotchu Girl is a not-for-profit, incorporated association working to prevent sexual violence in the local community. We do this through generating a digital safe space, providing community organisation, hosting events ranging from social to networking and connecting victims with essential support services.

www.wegotchugirl.com.au

0423 778 284

Women

Hunter Women's Centre

58-60 Industrial Drive, Mayfield, 2304

Hunter Women's Centre is a non-government, not-for-profit, community-based organisation who provides services to improve the health and well-being of the women in the Hunter.

www.hwc.org.au

(02) 49682511

Zahra Foundation Australia

We provided financial counselling a to women who have experienced domestic and family violence. By economically empowering women we help break the cycle of violence.

www.zahrafoundation.org.au

0433 894 592

Survivor's R Us

57 Pendlebury Rd, Cardiff 2285

We help men, women & children with counselling services & connecting to refuges, discount food warehouse and op-shop, we supply dignity bags, children's toys and furniture.

www.survivorsincorporated.com

02 4953 7108

BaptistCare

Counselling and Family services

Wallsend

58 Cowper Street Wallsend NSW 2287 - 0482 165 418

Opening Hours: Mon - Thur 9.30am - 1.30pm, Fri 9.30am-12pm

Windale

Shop 1, 124 South Street Windale NSW 2306 - 4032 4810

No Interest Loans – NILs www.baptistcare.org.au/nils

Living Beyond Abuse (9 week support group for women)

www.baptistcare.org.au/living-beyond-abuse

Men's Behavioural Change Program (Facing Up 20 week program for men)

www.baptistcare.org.au/facing-up

Women

C3 Victory Care

5 Hopetoun St, Charlestown 2290

Yard Maintenance for victims of domestic violence. Other services include a food stall, help with money management and client support service.

www.c3victorycare.org.au

0491 632 484

CAP

Whether you need a hand getting a budget together, someone to chat to about your finances, or if you're weighed down by debt — CAP can help.

www.capaust.org

1300 227 000

Destiny Haven

3931 Clarence Town Rd, Brookfield, NSW

Destiny Haven is a residential place of healing for women struggling with life-controlling issues, including addictions, eating disorders and self-harm.

www.destinyhaven.org.au

(02) 4996 5558

Livefree Project

486 Glebe Rd, Adamstown 2289

Crisis support, advocacy and support services. Inspire Women's Program empowering women to live their best lives, adult resilience and education program.

www.livefreeproject.org.au

0412 429 193

Grainery Care

252 Maitland Rd, Mayfield NSW 2304

Grainery Care provides proactive interventions in the lives of individuals, couples and families, through the provision of courses and support groups. Marriage courses, GriefShare, Divorce Recovery, Parenting Courses, Circle of Security, Lifekeys and Mentoring.

www.grainerycare.com

02 4967 4777

Women

Healing Path to Wellness

Healing Path to Wellness (HTPW), a registered Health Promotion Charity (HPC), exists to alleviate the symptoms of those living with mental ill-health, emotional distress, trauma, chronic pain and special needs.

Counselling, therapeutic services, life coaching, healing therapy and suicide prevention safe space.

·CHARLESTOWN, Lake Macquarie Monday - Wednesday 10am-4pm, Thursday 12-7pm. 3 Hilltop Arcade, 228 Pacific Highway, Charlestown, 2290

·MORISSET, Lake Macquarie - Wednesdays 9.30am-1.00pm. Southlakes Community Centre, 143 Dora Street, Morisset, NSW, 2264

·SUICIDE PREVENTION SAFE SPACE - Mondays 5.30-9.30pm (Launches Mon Oct 14). 3 Hilltop Arcade, 228 Pacific Highway, Charlestown, 2290

Booking hotline 02 4081 3800 bookings@hptw.com.au

Macquarie Care and Car 2 Home Project

Anyone experiencing homelessness and sleeping in a registered motor vehicle is encouraged to call our intake number 0402 155 586. Intakes are completed by appointment only on Tuesday, Wednesday, Thursday & Friday. Our office is closed from Friday 12noon to Tuesday 9am.

www.macquarierecare.org.au/car2home

Salvos Newcastle Worship & community Centre

67 Cleary St HAMILTON NSW 2303

We offer a range of spiritual, welfare and assistance programs. We also work closely with the OASIS Hunter Youth Network, with whom we share our premises in Hamilton.

www.salvationarmy.org.au/newcastle (02) 4088 5850

Wesley Mission Newcastle

15 Denison St, Newcastle West 2302

The community hub provides a safe and supportive space which helps clients and community members to build social capital and connection.

02 4915 3600

Zahra's House

1A Hill St, Jesmond 2290

Zara's House is A Place of Welcome ... where refugee women, asylum seekers and their friends connect with each other and meet supportive members of the Australian community. www.zarashouse.org.au 0431 105 383

Zoe's Place

Supporting women through unplanned or crisis pregnancy. In person support, no matter your decision. www.zoesplace.org.au 1300 793 595

Men

DV Men's line 1300 789 978

DV Men's referral service 1300 766 491

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 hampden (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

Help Lines

- NSW DV Line is 1800 656 463
- 1800 737 732 is 1800 respect
- 1800 Respect and NSW DV Line – has Counsellors as well as links to services.
- Men's line 1300 789 978
- Men's referral service 1300 766 491

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

Healing Path to Wellness (HTPW), a registered Health Promotion Charity (HPC), exists to alleviate the symptoms of those living with mental ill-health, emotional distress, trauma, chronic pain and special needs. Counselling, therapeutic services, life coaching, healing therapy and suicide prevention safe space.

- CHARLESTOWN, Lake Macquarie Monday - Wednesday 10am-4pm, Thursday 12-7pm. 3 Hilltop Arcade, 228 Pacific Highway, Charlestown, 2290
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Booking hotline 02 4081 3800

bookings@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

mental health and wellness

eheadspace 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@centacarenew.com.au or 1800 497 065.

Crisis Numbers

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

Care Leavers Australasia Network (CLAN) on 1800 008 774

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 foodfriendship@gmail.com 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