



phn
HUNTER NEW ENGLAND
AND CENTRAL COAST
An Australian Government Initiative

ABORIGINAL & TORRES STRAIT ISLANDER
**SOCIAL & WELLBEING COMMUNITY
SERVICES DIRECTORY 2020**
HUNTER NEW ENGLAND

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ACCOMMODATION



RENTING			
NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Tenants Advice & Advocacy Service NATAAS	Advice and advocacy to Aboriginal clients who have issues with their tenancy in social, community, or private housing.	NATAAS P. 02 4929 5004 (Newcastle)	Newcastle + Outreach available
Aboriginal Housing Office NSW Government	Ensures that Aboriginal and Torres Strait Islander people have access to affordable, quality housing. Equal access to, and choice in, affordable housing.	P. 02 8836 9444 https://www.aho.nsw.gov.au	Online + Phone
Port Stephens Family Support Service Housing	Early intervention & homeless service, tenant's advice and advocacy service	P. 02 4987 4674 http://www.psfans.org.au	PSFSS: 3 Jacaranda Ave RAYMOND TERRACE
Compass Housing	Secure and affordable housing for low to moderate income earning households, as well as housing products for disadvantaged people who have difficulties sourcing affordable accommodation in the private market	P. 1300 333 733 https://www.compasshousing.org/	Online + Phone

HOME BUYERS			
NAME	DESCRIPTION	CONTACT	ADDRESS
Indigenous Housing Loans Indigenous Business Australia	Offers housing loan products which could help you buy: an established residential property, upgrade land and construct a new home, Aboriginal.	P. 1800 107 107 http://www.iba.gov.au/homes/iba-housing-loans/	Atrium Business Centre, 345 Peel St TAMWORTH

HOMELESSNESS ASSISTANCE			
NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Women & Children's Refuge Warlga Ngurra	Supports Aboriginal women and families who are homeless or at risk of homelessness. Culturally appropriate homelessness support, prevention and early intervention, rapid rehousing, crisis and transitional accommodation, and intensive responses.	P. 02 4950 1566 https://www.warlgangurra.org.au/online-home/home/	Newcastle/Lake Macquarie/Port Stephens
Aboriginal Housing & Accommodation Support Bahtabah LALC	Provides opportunities for Indigenous people to grow and live independently in the community	P. 02 4971 4800	44 Pacific Highway, Blacksmiths NSW
Homelessness Support Service Aboriginal Youth	Supports young Aboriginal people 12-25yrs old who are homeless or at risk of homelessness. Culturally appropriate homelessness support, prevention and early intervention, rapid rehousing, crisis and transition accommodation, leaving care.	Ungooroo P. 02 6571 5111 Wandiyali P. 02 49 575 900	Hunter & Lower Hunter Region
Specialist Homeless Service SHS	DCJ funds NSW services to help to support people facing or experiencing homelessness in NSW. These services are called specialist homelessness services.	https://www.facs.nsw.gov.au/housing/help/ways/services	Check website for local services

Mid Coast Generalist Homeless Service	Provides a general homelessness service for adults over 24 years old and helps to find housing for people who are homeless or at risk of homelessness.	P. 1800 629 445	Mid Coast Confidential location
Link2Home FACS Housing Services	If you are homeless or at risk of being homeless, call Link2home from anywhere in NSW Can speak to someone 24/7. Information or referral to a service that can best help you	P. 1800 152 152	Dept of Family & Community Services
Homelessness Support Service Samaritans	Help women, men and children who are facing homelessness or are at risk of homelessness because of complex issues with their housing situation.	P. 02 6539 3400 http://www.samaritans.org.au	Newcastle, Hunter Valley and Mid Coast regions
Housing NSW	Temporary emergency accommodation	P. 1300 305 667	Hunter & New England
Our Backyard Macquarie Life Church	Sleep in your car in a safe carpark with others. Free food, laundry, clothing available. Booking time closes 6pm daily	P. 0402 155 586 http://www.ourbackyard.info/	Macquarie Life Church WARNERS BAY
Path to Change	Support and empower people at risk of (or experiencing), homelessness, to achieve independence and connection with the community. Help people foster their capacity to realize a preferred future.	P. 02 4951 2144 https://www.path2change.org.au/	11 Charles St WALLSEND NSW
Ask Izzy	Ask Izzy can help you to find the services you need, now and nearby. It is free and anonymous, and you can search over 360,000 services. If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.	https://askizzy.org.au/	Online
Upper Hunter Homelessness Support	Provides support to people who are homeless or at risk of homelessness. Assistance with finding housing, support to maintain current tenancy, education and information, referrals and personal/living skills, household management	P. 02 6542 5051 https://www.facebook.com/Upper-Hunter-Homeless-Support-917511281626310/	180 Bridge St MUSWELLBROOK

MEN'S REFUGES

NAME	DESCRIPTION	CONTACT	ADDRESS
Matthew Talbot Centre	Outreach which includes visiting parks, streets, services and homes. Assistance with accommodation, maintain tenancies, address health concerns, identify goals, link with legal services.	P. 02 4961 1411 https://www.vinnies.org.au/page/Find_Help/NSW/Housing/The_Matthew_Talbot_Homeless_Service/	82 Hannell St WICKHAM (Newcastle) NSW
Our Backyard Macquarie Life Church	Sleep in your car in a safe carpark with others. Free food, laundry, clothing available. Booking time closes 6pm daily	P. 0402 155 586 http://www.ourbackyard.info/	Macquarie Life Church WARNERS BAY
Ask Izzy	When you're looking for support, Ask Izzy can help you to find the services you need, now and nearby. It is free and anonymous, and you can search over 360,000 services. If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.	https://askizzy.org.au/	Online

WOMEN & CHILDREN'S REFUGES

NAME	DESCRIPTION	CONTACT	ADDRESS
Great Lakes Women's Shelter	Community based non-profit Women's Shelter providing accommodation and specialist support for Women experiencing Domestic Violence and Homelessness	P. 02 6555 9835	Mid Coast Location confidential
Jenny's Place Homelessness & Domestic Violence Service	Women and children experiencing homelessness or domestic violence or at risk of homelessness. Prevention and early intervention response by identifying and supporting them to remain safely in their homes or to secure stable housing.	P. 02 49 296289 http://www.jennysplace.org	Hunter Region Location confidential
Jodie's Place Homelessness & Domestic Violence Service	Jodie's Place offers a safe refuge home for up to 11 women and children in Cessnock.	P. 02 4990 9609 P. 0488 246 693	Hunter Region Location confidential
Byamee Women's Refuge	Crisis support, emergency accommodation, emotion support, case plans, outreach, centre-based programs, Links to Counselling/Support, case co-ordination with other services, general support, court support, living skills program	P. 1800 500 805 P. 02 6752 3944 http://www.byamee.com.au/	Moree Location Confidential
Tamworth Women and Children's Refuge	Provides safe, secure accommodation for women and their children who are homeless or escaping domestic violence. The role of the Refuge is to provide accommodation, immediate protection from the violence and emotional support.	P. 02 6763 2333 or 1800 073 388 https://tfss.com.au/women-and-children-s-refuge	Tamworth Location Confidential
Carrie's Place Homelessness & Domestic Violence Service	Carrie's Place provides a range of culturally appropriate programs, for people experiencing domestic and family violence, and/or homelessness.	P. 02 4934 2585 After Hours: 02 4933 1960 https://carriesplace.org.au/wehelp/	Hunter Region Location confidential
NOVA for women & Children Homelessness & Domestic Violence Service	Nova provides emergency accommodation and case management to women and children who are homeless or escaping domestic violence.	P. 1800 769 654 http://www.novawomen.org.au/	Hunter Region Location confidential
Aboriginal Family Violence Support John Hunter Hospital	Provides family violence outreach, safe-house accommodation, referral, advocacy, information and support for Aboriginal women and their children escaping family or domestic violence	P. 02 4924 6175	John Hunter Hospital Look out Rd NEW LAMBTON
Taree Women's Refuge Samaritans	Provides short term crisis accommodation and outreach to women and their children. Accessible to all women regardless of age, ethnicity and sexual preference.	P. 02 6551 0011 https://www.samaritans.org.au/service/taree-womens-refuge/	Taree Location confidential
Aboriginal Women & Children's Refuge Warlga Ngurra	Crisis accommodation and domestic violence programs and courses for Aboriginal and Torres Strait Islander women and children escaping domestic violence. Also a Specialist Homelessness Service (SHS)	P. 02 4950 1566 http://www.warlgangurra.org.au	Hunter Region Location confidential

YOUTH REFUGES

NAME	DESCRIPTION	CONTACT	ADDRESS
'The Garage' Youth Refuge	The Garage Youth Refuge is a crisis accommodation service providing short term accommodation and support to young people between the ages of 12 and 17 years who are vulnerable, homeless or those at risk of homelessness.	https://www.instagram.com/thegarage_taree/ no phone number	Taree Call for Location
Youth Transitional Accommodation Samaritans	Provides short term immediate accommodation for young people aged 16-19 who are experiencing homelessness. Supports young people to develop the skills needed to maintain a permanent and stable living arrangement.	P. 02 4955 8358 https://www.samaritans.org.au/service/samaritans-youth-accommodation-newcastle/	Newcastle & Maitland

Reconnect	Assisting young people 12 to 18 years who are homeless, or at risk of homelessness, and their families. To stabilise their living situation and improve their level of engagement with family, work, education, training and their local community.	Gunnedah: 0448 420 825 Narrabri: 0499 236 220 https://tfss.com.au/reconnect	206 Conadilly Street GUNNEDAH 63 Maitland Street NARRABRI
Going Home, Staying Home Wandiyali	GSHS is an accommodation service targeting Aboriginal young people with complex needs, leaving care or other institutions, are homeless or at risk of homelessness. Provides client centred, culturally appropriate, homelessness support.	P. 02 4957 5900 http://www.wandiyali.com.au	116 Lake Rd ELERMORE VALE
Student Accommodation Samaritans	Offering supported accommodation, education and employment opportunities to young people 16-25 yrs, engaged in study, need a place to stay, happy to have ongoing support, and can live in a community environment.	P. 4969 7886 https://www.samaritans.org.au/service/samaritans-student-accommodation/	Must join with a support provider to fill out an application
FACS Information for Children & Young People	Your legal rights, information about dealing with problems at home, mental health, homelessness, family violence, legal help, leaving home, alcohol and drugs	https://www.facs.nsw.gov.au/families/children	Online
Ask Izzy	Ask Izzy can help you to find the services you need, now and nearby. It is free and anonymous, and you can search over 360,000 services. If you're on the Telstra mobile network, you can access Ask Izzy even if you don't have credit.	https://askizzy.org.au/	Online

MEDICAL ACCOMODATION

NAME	DESCRIPTION	CONTACT	ADDRESS
IPTAAS Funded travel assistance	Isolated Patients Travel and Accommodation Assistance Scheme. Providing financial assistance towards travel and accommodation costs when a patient needs to travel long distances for treatment that is not available locally.	P. 1800 478 227 + option 1 https://www.enable.health.nsw.gov.au	IPTAAS Locked Bag 9783, Tamworth NEMSC NSW 2348
Friendly Faces, Helping Hands Volunteers	Links rural communities to the major hospitals, health facilities and resources within Cities. We help assist country people to source information to make a trying, traumatic time easier. Helpful kits distributed at Hospitals.	P. 1800 014 234 P. 02 4921 3650 https://www.friendlyfaces.info	Newcastle NSW
McCauley Lodge or The Villas Mater Hospital	Accommodation for rural/remote patients and carers travelling more than 100kms each way for medical appointments and outpatient treatments.	Accommodation: 02 4014 3950 Social Work: 02 4014 4804 https://www.friendlyfaces.info	Calvary Mater Hospital Newcastle Edith St & Platt St WARATAH
Kookaburra Cottage John Hunter Hospital	On site accommodation for families of patients attending medical services. John Hunter Hospital. Indigenous rates.	P. 02 4921 3650 https://www.friendlyfaces.info	John Hunter Hospital Lookout Road NEW LAMBTON HEIGHTS
Ronald McDonald House John Hunter Hospital	Families who live over 100km's away from JHH, child 0-18yrs. Comfortably furnished family bedrooms and 6 self-contained units to families of children receiving hospital treatment for serious and life-threatening conditions.	P. 02 4921 4733 https://www.friendlyfaces.info	John Hunter Hospital Lookout Road NEW LAMBTON HEIGHTS
'Yallarwah' Uncle Bob's Place John Hunter Hospital	Short term accommodation to Aboriginal families who live over 100kms away from JHH. Specially built as a place for relatives of Indigenous patients receiving hospital treatment to stay while their family member is in hospital.	P. 02 4921 3650 https://www.friendlyfaces.info	John Hunter Hospital Lookout Road NEW LAMBTON HEIGHTS

ADDICTION

ADDICTION			
NAME	DESCRIPTION	CONTACT	ADDRESS
Alcohol & Drug Information Service Helpline	Whether you are having issues with alcohol or other drugs, concerned about someone else's use, or just have general questions, you can call ADIS any time of the day or week for support, information, counselling and referral to services in NSW.	P. 1800 250 015 P. 1800 422 599 https://www.health.nsw.gov.au	Helpline
NSW Needle and Syringe Program Syringe disposal	Interactive map contains every public NSP outlet across NSW. Access advice, information and referral as well as machines and chutes for drug needle use.	P. 02 4944 5300 https://www.health.nsw.gov.au/hepatitis/Pages/nsp-outlets.aspx	Check website for nearest clinic
Drug & Alcohol Support Biripi Aboriginal Medical Service	This service is available for any person of the community who may be facing some challenges in their lives which is, or may result in, having an impact on their health. Self-referral in addition to internal/external. Aboriginal.	P. 02 6591 2400 http://www.biripi.org.au	Purfleet Clinic 2a Edward Drive PURFLEET
Drug ARM	Our team offer support for young people and families who are at risk of, or currently experiencing, issues with alcohol and other drug use or mental health issues.	P. 07 4676 2410 https://www.drugarm.com.au/	134 Merriwa St BOGGABILLA Toomelah - outreach
Drug & Alcohol Services Inc DAHS	Muswellbrook office offers services such as Pharmacotherapy Case Management, the Magistrates Early Referral into Treatment (MERIT) Program, Drug and Alcohol Counselling and the Opiate Treatment Program.	P: 02 6543 2677 http://drugandalcoholhealthservices.com.au	202 Bridge Street MUSWELLBROOK + Outreach
Family Drug Support Family members meetings	Non-religious, open meetings for family members affected by drugs and alcohol. Providing opportunities to talk and listen to others in a non-judgemental, safe environment. Founder Tony Trimmingham lost his son to a heroin overdose.	P. 1300 368 186 (support line) P. 02 4782 9222 http://www.fds.org.au	Uniting Church, 199 Broadmeadow Rd, BROADMEADOW
'On Track' Online Alcohol program	OnTrack 'Alcohol' aims to help people cut back on their drinking. Program was written by Psychologist. Focuses on practical things you can do to make things better. It helps you to set goals and to think differently about your problems.	http://www.ontrack.org.au Tell your doctor or therapist that you are using this program.	Online
Harm Minimisation Program Port Stephens Family Support Service	Provides people who inject drugs with free and confidential access to new injecting equipment in order to prevent the sharing of equipment. Information and referrals to other health and welfare services.	P. 02 4987 4674 http://www.psfans.org.au	3 Jacaranda Ave RAYMOND TERRAC
Recovery Point Samaritans	Practical assistance and support for people who are leaving correctional facilities and/or Alcohol & Drug Rehabilitation Centres to re-engage with the community.	P. 1300 656 336 http://www.samaritans.org.au Referrals 3 months prior to release.	Samaritans 36 Warabrook Blvd. WARABROOK

Wandiyali Aboriginal Community Organisation	AOD - Assist Aboriginal and Torres Strait Islander people that have had their lives affected by drug and/or alcohol abuse. Case management, referring to other services as required, and advocate and liaise on behalf of clients.	P. 02 4957 5900 http://www.wandiyali.com.au	116 Lake Rd ELERMORE VALE
Worimi Advocacy & Referral Service WARS	Case management to Aboriginal clients for reduction of substance misuse & harm. Addressing factors that impact the misuse of substances including but not limited to; Housing, poor mental health & well-being, legal & justice issues.	TAREE P. 02 6527 7800 TUNCURRY P. 02 6555 5622	Homebase Youth Services
'Your Room' AOD information	Information to support Aboriginal people in NSW in reducing the harms caused by alcohol and drugs and to help our mob become healthier. A place to get facts about alcohol and other drugs	https://yourroom.health.nsw.gov.au	Online

PROBLEM GAMBLING

NAME	DESCRIPTION	CONTACT	ADDRESS
Ashley Gordan Aboriginal Gambling Consultant	Aboriginal problem gambling education is his passion and he has delivered courses to more than 150 communities around Australia.	P. 02 4044 0450 M. 0409 245 597 https://www.opragroup.com/ashley-gordon/	204 Hannell St MARYVILLE
Warruwi Gambling Help Aboriginal Safe Gambling	Aboriginal people in NSW can access free advice and help. If gambling is creating problems for you, your family, your community and your culture, Aboriginal counsellors.	P. 1800 752 948 P. 1800 858 858 https://aboriginalsafegambling.com.au/	Helpline
Aboriginal Gambling Information Creative Spirits	Most people in Australia gamble, playing lotto, scratchies and other games. Gambling is very common in many Aboriginal communities, but little is known about why they gamble and how it destroys their communities.	https://www.creativespirits.info/aboriginalculture/people/gambling-and-aboriginal-people	Online
Gambling Help Service (GHS)	Gambling Help services operate from over 200 locations across NSW. You can contact a Gambling Help service to make an appointment with a problem gambling counsellor or financial counsellor. Services are free and confidential.	P. 1800 858 858 https://www.gamblinghelponline.org.au/	Various Locations
Gambling Help Samaritans	Specialised counselling service that provides free and confidential help and support for gamblers and those close to them.	Hunter: 02 4993 3455 Mid North Coast: 0456 816 829 https://www.samaritans.org.au/service/gambling/	Hunter & Mid North Coast

TOBACCO

NAME	DESCRIPTION	CONTACT	ADDRESS
Quit Now Online Information	Aboriginal quit smoking information & resources	https://deadlychoices.com.au/programs/quit-now/	Online
Don't make smokes your story Online Information	Aboriginal specific web page with information, links to quit resources and interviews with Aboriginal community members who have quit.	https://campaigns.health.gov.au/smokes	Online
I Can Quit Calculator	The iCanQuit Calculator allows the user to select a savings goal (like a motorbike, a diamond ring or a deposit on a house) and calculates the amount currently spent on smoking	https://www.icanquit.com.au/savings-calculator-results	Online
My Quit Buddy App	Quit smoking, on your terms. Choose when to quit, right now, or intend to soon. Set goals, include photos and recordings of loved ones. Share success stories, tips milestones via community forum.	http://www.quitnow.gov.au/ internet	Download through Apple iTunes store or Google Play store
No Smokes Online Information	No Smokes uses a variety of Indigenous specific and youth friendly tools and resources to inform young people 12-25 yrs of the dangers of smoking and to assist them to quit.	http://www.nosmokes.com.au	Online
Quitline Helpline	Aboriginal Quitline Advisors. Advisors are experienced in helping people stop or reduce their smoking. They understand quitting can be tough, and it may take a few attempts to Quit and the right way for you to stay Quit.	P. 137 848 https://www.quitline.org.au/	Quitline
Quit for you, quit for two App	Distracts you when you feel the urge to light up. Inspires you to keep going with amazing facts about your baby's development. Gives you ideas for what you could buy with the money you're saving everyday not buying cigarettes	Download through Apple iTunes store or Google Play store	Phone App

CARERS SUPPORT

NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Carers Support Guide Carers NSW	The Aboriginal Carers Support Guide is available free from Carers NSW. Service providers can contact Carers NSW on 02 9280 4744 for a free copy. Carer counselling, support, training, education, information & resources.	P. 02 9280 4744 https://www.carersnsw.org.au/	50 Crebert Street MAYFIELD
Trauma & Grief Network	Indigenous hub for those who work with Indigenous peoples or care for children and adolescents. Help carers understand and respond to the diverse needs of children and adolescents experiencing trauma, loss and/or grief.	https://tgn.anu.edu.au	Online
On Track Family & Friends Carer Support	Free online program for people who are supporting someone with a mental illness. See how to help the person and look after themselves as well. Especially for carers but can be used by anyone. Program written by Psychologists.	http://www.ontrack.org.au	Online
Aboriginal Looking After Ourselves Workshop Carers NSW	Free one day workshop open to service providers and Aboriginal carers who work with or want to work with carers within the Aboriginal community.	P. 02 9280 4744 https://www.carersnsw.org.au/	50 Crebert Street MAYFIELD
New England Carer Support Service	The Carers support group meet once a month The New England Carer's Support Service offers counselling, support information and advocacy along with a monthly newsletter and support group meeting.	P. 02 6766 4480	Tamworth Community Centre, 2 Darling Street, TAMWORTH
Tamworth Access Group	The Tamworth Access Advisory Group consist of members of the community and service providers. This group feeds information and advice to the Disability Action Working Group for presentation to Council.	P. 02 6766 4480 https://www.tamworth.nsw.gov.au/live/community/aged-and-disability/access-and-inclusion	Tamworth Community Centre, Darling Street TAMWORTH
Flexible Respite GoCo Community Care	Flexible Respite to older people who have referrals from My Aged Care. Short term respite care in the home to allow carers to have a break or run errands for a couple of hours per week.	P. 02 6740 2240 https://gococare.com.au/services/flexible-respite/	80 Marquis St, GUNNEDAH
Koori Carers Resource Manual	Focuses on the specific needs of Koori carers, Free resources including strategies for supporting Koori carers and identifies the cultural differences between Aboriginal and non-Aboriginal carers	P. 02 9280 4744 https://www.carersnsw.org.au/	50 Crebert Street MAYFIELD
Carer Gateway	Carer support planning, counselling, peer support, carer directed support packages and respite. Free to access for anyone caring for someone who is living with a disability, long term medical condition, mental illness, alcohol or drug dependency or frail	P. 1800 422 737 http://www.carergateway.gov.au/	1/24 Beaumont St HAMILTON
Aboriginal Disability Carers Support Booklet Carers NSW	Information on disability services, respite services and Aboriginal organisations that can support Aboriginal families with a child or young person with a disability	P. 02 9280 4744 https://www.carersnsw.org.au/	50 Crebert Street MAYFIELD

Family Drug Support Helpline	24/7 telephone support to families and carers in crisis due to alcohol and other drug use issues. Face-to-face support meetings and resources for family members.	P. 1300 368 186 http://www.fds.org.au	Helpline & Meetings
Carers Counselling Program Carers NSW	Counselling program focusing on issues related to the caring role. Up to 6 counselling sessions available to all eligible carers across NSW. Counselling can be delivered either in person, over the phone or online.	P. 1800 242 636 https://www.carersnsw.org.au/	50 Crebert Street MAYFIELD
OOHC Parents Support Group	Support group to hear about how other parents have navigated the child protection, legal and OOHC systems. For parents whose children are in OOHC or Kinship Care	P. 02 4926 3577 M. 0490 331 617	2 High Street WARATAH
'My Kids & Me' OOHC Parents Program	Aboriginal Liaison Worker is available. Emotion coaching program for parents whose children are in out-of-home or kinship care. Provides parents with a better understanding of their family situation and ways to deal with it	P. 1300 473 528 http://www.interrelate.org.au	146 Victoria Street TAREE 495 Hunter Street NEWCASTLE
Talk Link Therapeutic Phone Counselling Groups	Phone-based therapeutic counselling groups delivered via teleconferencing. It enables groups of carers and trained facilitators to get together over the phone to explore challenges associated with the various caring roles.	P. 1800 242 636 https://www.carersnsw.org.au/	Group Helpline

COMMUNITY & CULTURE

ANCESTRY & FAMILY			
NAME	DESCRIPTION	CONTACT	ADDRESS
Find and Connect Support Service	Supporting people who grew up in orphanages, children's Homes, institutions and foster homes in NSW from the 1920s to the 1990s. History, counselling support, tracing and reclaiming identities, skills to build relationships, support in reconnecting family members wherever possible.	P. 1800 161 109 http://www.relationshipsnsw.org.au http://www.findandconnect.gov.au	Relationships Australia
The Healing Foundation	National Aboriginal and Torres Strait Islander organisation that partners with communities to address the ongoing trauma like the forced removal of children from their families. Supports locally-run projects, training and education, research and commemorations.	P. 02 6272 7500 http://healingfoundation.org.au	Unit 11 (Level 2), 11 National Circuit, Barton ACT
Forced Adoption Support Service	For people affected by past forced adoption policies and practices. Referrals and information based on individual needs Where possible, face to face support, casework, counselling, records tracing, reunion mediation.	P. 1800 161 109 or 1800 663 844 http://www.relationshipsnsw.org.au	Relationships Australia
Link-Up Aboriginal Corporation	Assists Aboriginal and Torres Strait Islander people of the Stolen Generations who have been fostered, adopted or raised in institutions. Helps trace their families and be reunited with them (or their gravesites, country or kin).	P. 1800 624 332 P. 02 9421 4700 http://www.linkupnsw.org.au	Lot 4, 2 Central Place, ROPES CROSSING NSW

COMMUNITY EVENTS			
NAME	DESCRIPTION	CONTACT	ADDRESS
Koori Knockout Sporting Event	The NSW Aboriginal Rugby League Knockout, known to most as the Koori Knockout, has been held annually since 1971. It grew out of a longstanding tradition among Sydney's Aboriginal community of playing and watching rugby league, starting in the 1930s with the formation of the Redfern All Blacks and the La Perouse Panthers.	https://www.facebook.com/nswkko/	The annual weekend of matches have been held in towns all over NSW,
Koori Knockout 'KO App' App	Official App of the NSW Aboriginal Rugby League Knockout (Koori Knockout). Free to download from the	https://www.thekoapp.com.au/	App Store or Google Play
Saltwater Freshwater Festival 26th January	The annual Saltwater Freshwater Festival, which falls on Australia Day, is a unique and much-loved event attracting a broad spectrum of the Mid North Coast community - Aboriginal, non-Aboriginal, youngsters to Elders. Festival was on Worimi Country for the first time in 2020!	http://www.saltwaterfreshwater.com.au/	Innovation Centre Coffs Harbour Education Campus Hogbin Drive COFFS HARBOUR
NAIDOC Week 5th-12th July	This week is an occasion for all Australians to come together to celebrate the history, culture and achievements of Aboriginal and Torres Strait Islander people. Various events across the country	www.naidoc.org.au	Check website for local events
Aboriginal Elders Olympics	The Aboriginal Elders Olympics brings together Aboriginal and Torres Strait Islander 50+ yrs Elders from across NSW for a day of laughter and friendly competition.	Information or enquire about joining a team, visit the 'South Inverell Bear Eaters' Facebook page	Hosted by the team who won the previous years' competition

ABORIGINAL NEIGHBOURHOOD & COMMUNITY ORGANISATIONS

NAME	DESCRIPTION	CONTACT	ADDRESS
Hunter Valley Aboriginal Corporation	Offers subsidised housing, support referral and community development for Aboriginal and Torres Strait Islander individuals.	P. 02 6543 1180 https://upperhunter.nsw.gov.au/our-services/community-directory/hunter-valley-aboriginal-corporation.aspx	182 Brook Street MUSWELLBROOK
Coledale Community Centre	Endeavour to provide support and opportunities to the residents of Tamworth. We aim to promote our own as well as external providers programs and events for effective and ongoing cohesion between service providers and the community.	P. 02 6763 2333 http://www.tfss.com	2B Kenny Drive, TAMWORTH
Taree Indigenous Development & Employment TIDE	Indigenous Community Support Service (ICCS). Advocacy, liaison and referral. Assistance with welfare, social support, family violence, health (including drug and alcohol services), housing, childcare, education and legal issues.	P. 02 6552 3652 http://www.tide.org.au	82 Victoria Street TAREE
Wonnarua Aboriginal Corporation	Focuses on nurturing the history and culture of the Wonnarua Nation, improving the health and education of its Aboriginal members and managing investments to sustain the Corporation's work.	P. 02 6571 8595 https://www.wonnarua.org.au/	254 John St SINGLETON
Barkuma Aboriginal Neighbourhood Centre	Barkuma Neighbourhood Centre Inc. has been serving the Aboriginal community since 1994. We offer a place of identity and belonging for our community.	P. 02 4937 1094 https://www.barkuma.org.au/	76 Lang St, KURRI KURRI
Muloonbina Aboriginal Corporation	Providing culturally appropriate and sensitive supports to Aboriginal people in times of need	P. 02 4969 5299 http://www.muloobinba.org.au/	12 Bishopsgate Street, WICKHAM
Murrook Culture and Leisure centre	Murrook swim programs: Group, private and specialised lessons, mums and bubs. Aboriginal owned and operated	P. 02 40338800 http://worimi.org.au	2163 Nelson Bay Rd WILLIAMTOWN
Yamuloong Yarnteen	Conferencing rooms for business or private meetings in a private retreat like atmosphere. Catering is available. Aboriginal owned and operated	P. 02 4943 6877 http://www.yarnteen.com.au/253	71 Prospect Road GARDEN SUBURB

CULTURAL EDUCATION & EXPERIENCES

NAME	DESCRIPTION	CONTACT	ADDRESS
Awabakal Environmental Education Centre	Environmental and sustainability education introduces students to connections between people, their culture and their environment. Aboriginal.	P. 02 4944 8233	51 Boundary Street DUDLEY
Muurrung Marai Cultural Tours	Muurrung Marai is an Aboriginal owned and operated business. Provides educational tours, particularly focused on the 60,000 years plus of Aboriginal culture, living and breathing today.	P. 0402 742 153 https://www.muurrungmarai.com.au/	Hunter Region
Bush Tucker Class Singleton	Join us with Aboriginal Health worker, as we enjoy some healthy but oh so delicious treats with a bush tucker twist. Provides young people with a safe space to explore a broad range of social and educational activities.	P. 02 6578 7501 http://www.youthvenue.jpg	9 Bathurst Street SINGLETON
Girri Girra Guided Bush Walks	Aboriginal guided bush walks through Yengo National Park and Wollombi Valley. Aboriginal awareness talks, visiting indigenous sites, cultural sharing and storytelling and other interactive Aboriginal Experiences.	P. 0434 413 643 http://www.girrigirra.com.au/index.html#home	Hunter Region
Ngurra-Bu Camp Yarnteen	Aboriginal guides, cultural camps, traditional dance workshops, bush tucker talks. Traditional and contemporary Aboriginal lore and culture.	P. 02 4998 3488 http://www.yarnteen.com.au	Ngurra-ba Camp 2579 Paynes Crossing Rd WOLLOMBI
Wollombi Corroboree	The corroboree is held annually in Wollombi. Celebration of culture & traditional dances from around NSW. Opportunity to share Aboriginal culture with the community.	http://www.wollombi.org	Wollombi Valley Arts Council C/- Wollombi General Store WOLLOMBI

Len Waters Aboriginal Cultural Tours	Cultural talks and performances, site visits, language class, astronomy, bush medicine	P. 0438 701 576 https://www.lenwaters.com.au/	TAMWORTH
The Dhiyaan Centre Regional Library	Assistance with family history, local history and Aboriginal history; tips on how to trace your family tree, cultural awareness workshops, language program and more. Huge collection of Aboriginal family trees	P. 02 6757 3238 P. 02 6757 3468	Cnr Balo & Albert Street's, MOREE
Armidale Aboriginal Cultural Centre and Keeping Place	Aboriginal art gallery, gift shop, workshops, cafe	P. 02 6771 3606 http://www.acckp.com.au/	96-104 Kentucky Street ARMIDALE
Murrook Cultural Centre	Aboriginal sand dune adventures, Art workshops, bush resource workshops, boomerang throwing workshops. Aboriginal.	P. 02 4033 8800 https://worimi.org.au/about/murook/	2163 Nelson Bay Rd WILLIAMTOWN

HISTORY & LANGUAGES

NAME	DESCRIPTION	CONTACT	ADDRESS
Awaba Historical Database	Electronic database and guide to the history, culture and language of the Indigenous peoples of the Newcastle and Lake Macquarie region of NSW. Access over 100 documents and materials about the Awabakal people and language	https://downloads.newcastle.edu.au/library/cultural%20collections/awaba/index.html	Online
Hunter Living Histories Newcastle University	Researchers exploring the history of Newcastle and the Hunter Region from its geological origins millions of years ago, to the arrival of Aboriginal people thousands of years ago, right up until European migrant arrivals from around 200 years ago to the present.	https://hunterlivinghistories.com/history/	Online
Miromaa Aboriginal Language & Technology Centre	Education and non-accredited training nationally for the conservation of our traditional languages either in our language and technology training centre and the community. Free language & education software. Aboriginal.	P. 02 4940 9100	840 Hunter St NEWCASTLE WEST

WOMEN'S GROUPS

NAME	DESCRIPTION	CONTACT	ADDRESS
Biripi Women's Group Taree	Aboriginal women's social and support group	P. 02 6591 2400 http://www.biripi.org.au	Biripi 2a Edward Drive PURFLEET
Healthwise Womens' Wellbeing program Tamworth	For Aboriginal & Torres Strait Islander Women.Group fitness for all levels. Presentations on womens' health issues: diet, movement and overall health. Health support & assistance. Health checks to monitor resultsA safe place to yarn- YARN UP Circle	P. 02 6766 1394 https://healthwisenenw.com.au/	213 Peel St TAMWORTH
Armajun Women's Group Armidale	The Armajun Armidale Aboriginal Women's Group meets every 3rd Tuesday of the month, providing a safe place for our women to socialise and share knowledge and experiences with other women from our community	P. 02 6772 5258	213 Rusden St ARMIDALE
Coledale Women's Group Tamworth	Aboriginal women's group	P. 02 6762 5360	Coledale Centre Kenny Dr TAMWORTH

ELDERS GROUPS

NAME	DESCRIPTION	CONTACT	ADDRESS
Gunnedah Elders Group	Aboriginal people over the age of 50 years. Join in a variety of activities, enjoy a homemade meal, and have a chance to catch up with old friends or make some new ones. You will need to be registered through My Aged Care, or a Participant of the NDIS, to attend this group.	P. 02 6740 2240 https://gococare.com.au/services/aboriginal-support/	Contact for address

MEN'S GROUPS

NAME	DESCRIPTION	CONTACT	ADDRESS
Biripi Men's Group Taree	Men's & women's social and support groups. Aboriginal.	P. 02 6591 2400 http://www.biripi.org.au	2a Edward Drive PURFLEET
Healthwise Men's Group Tamworth	'Soul Brothers' is an Aboriginal men's health & wellbeing program worked collaboratively between HealthWISE and Yaamanhaa Aboriginal Men's Group	P. 02 6766 1394 https://healthwisenenw.com.au/	213 Peel St TAMWORTH
Coledale Men's Group Tamworth	Aboriginal Men's group	P. 02 6762 5360	Coledale Centre Kenny Dr TAMWORTH
The Australian Men's Shed Association	Within a welcoming and inclusive Men's Shed there is an opportunity to learn about, understand and respect differing cultures, to treat each other with respect and to support each other. The common ground being that we are all men!	P. 1300 550 009 https://mensshed.org/	Call check online for your local shed
TAMS Yaamanha Mens Group Tamworth	To provide advocacy referrals and support for the cultural and social well-being of Aboriginal men in the community, the last Wednesday of each month between 6pm-7pm.	P. 02 6767 8203	TAMS 3/180 Peel Street Tamworth
Pius X Men's Group Moree	Aboriginal Men's group	P. 02 6752 7989	140 Anne St MOREE
Aboriginal Men's Group Tobwabba AMS	The group meets on a fortnightly basis, in a safe and comfortable environment where men can discuss a range of important community matters are affecting Aboriginal Men.	Ray Long: 0422 825 909 Ness Stewart: 0400 032 604	68A MacIntosh St, Forster
Guparr Men's & Youth Shed	Group of highly dedicated men gather each week with the aim of reviving Aboriginal culture and language among the Port's disconnected youth.	P. 0415 124688 https://www.portstephensexaminer.com.au/story/5880776/aboriginal-culture-revived/	RAYMOND TERRACE

YOUTH GROUPS

NAME	DESCRIPTION	CONTACT	ADDRESS
'Cultural Space' Kids Group	Cultural Group 'Cultural Space'. Come along and have some fun doing Aboriginal Crafts. Hang with your mob and have a yarn! Parents and carers welcome to stay.	P. 02 4987 4674 http://www.psfans.org.au	Port Stephens Family Support Service 3/5 Phillip Rd RAYMOND TERRACE
PCYC Police Citizens Youth Clubs	Indigenous Youth Programs: PCYC's 'SAY Patrol' Bus gets Aboriginal youth and friends off the streets. Various activities, taken home in a safe manner. Sport, pool comps, video games etc. Meal provided.	P. 02 9625 9111 http://www.pycnsw.org.au	PCYC CLUBS NSW
Youth Links Website	Youthlinks is designed to help young people have quick access to relevant information. It links youth to local, national and international businesses, programs and organisations to help them make informed decisions to create a brighter future	P. 02 4967 1050 http://www.youthlinks.com.au/	Phone / Online
Muurrung Marai Mentoring Program	Mentoring programs in primary and high schools Aboriginal community engagement and connections Culture, Cultural Tours, Aboriginal Men and Boys Dance Group Opportunities to volunteer in our community is a strong part of the program	P. 0402 742 153 https://www.muurrungmarai.com.au/	Hunter Region

EDUCATION

ATTENDANCE & TRUANCY			
NAME	DESCRIPTION	CONTACT	ADDRESS
Taree PCYC Police Citizens Youth Club	Indigenous Youth Programs: 'Morning Boxing & Breakfast' (all youth) 10-17yr old 3 days week + shower (anti-truancy/School rehab program- referral only).	FUNDED Referral from School or Community	P. 02 6551 0292 http://www.pycnsw.org.au/taree
Taree Indigenous Development & Employment TIDE	Parent & Community Engagement (PACE) + School Based Traineeships (SBAT). Supports Indigenous students to stay in school by involving them in culturally appropriate experiences, guided bush walks with Elders, providing School uniforms and essentials, traditional art and dance. Help into work experience, career choices and higher education.	P. 02 6552 3652 http://www.tide.org.au	82 Victoria Street TAREE
Wandiyali Aboriginal Community Organisation	Birriwal Support Service - supporting families of Aboriginal and Torres Strait Islander children and youth aged between 7-13 years who have been expelled or suspended from school, come from homes where there is an occurrence of domestic and family violence, alcohol and other drug abuse.	P. 02 4987 7685 http://www.wandiyali.com.au	Service delivery for this is restricted to the Port Stephens area. 29 Shearman Ave RAYMOND TCE

BOARDING & FINANCIAL SUPPORT			
NAME	DESCRIPTION	CONTACT	ADDRESS
Abstudy Residential Costs Option	Help eligible tertiary or university students manage the costs of living away from home to study. Pays your educational institution or hostel for certain costs including accommodation, meals, laundry charges, and other compulsory fees. Rental bonds or other types of refundable fees can't be claimed. Aboriginal.	Centrelink Indigenous Call Centre P. 1800 132 317 P. 1800 136 380 http://www.humanservices.gov.au	Dept of Human Services
Assistance for Isolated Children Scheme	A group of payments for parents and carers of children who can't go to a local government school because of geographical isolation, disability or special needs.	P. 132 318 http://www.humanservices.gov.au	Dept of Human Services
Durungaling Hostel UNI/TAFE Accommodation	TERTIARY STUDENTS Short term accommodation for males attending tertiary education where home or regional circumstances are not suitable. Aboriginal.	P. 02 4952 4062	Durungaling Hostel 19 Spruce St NORTH LAMBTON
Indigenous Commonwealth Accommodation Scholarship	Assists full-time Indigenous Australian students from rural and regional and low-income backgrounds, or those required to move out of home to undertake tertiary education with financial support associated with their study for up to three years.	P. 02 6125 5111 http://www.anu.edu.au	Australian National University Canberra
Kirinari Hostel High School Accommodation	SECONDARY STUDENTS. Provides short-term boarding accommodation for Aboriginal males attending high school in the Hunter Region where home or regional circumstances are not suitable.	P. 02 4943 4362	Kirinari Hostel 15 Myall Road GARDEN SUBURB
Relocation Scholarship UNI/TAFE	Once a year payment if you need to move to or from a regional or remote area for higher education. We check if you're eligible while you're getting: Youth Allowance, ABSTUDY Living Allowance, or Energy Supplement. Aboriginal.	P. 1800 132 317 P. 1800 136 380 http://www.humanservices.gov.au	Dept of Human Services

LITERACY & EDUCATION SUPPORT

NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Culture & Literacy Program	Two-day program for school students to enhance their literacy and writing skills in a cultural context. Spend the morning learning on country or participating in a cultural activity before further developing their writing skills over the remaining two days. Aboriginal.	P. 02 9550 5666 http://www.aecg.nsw.edu.au	Aboriginal Education Consultative Group NSW
Better Learning, Better Communities	Volunteers help primary age Aboriginal students do the best they can at school. Make learning fun and keep students engaged so they want to come back. Volunteers trained in how to support Aboriginal kids in their learning. Learn, eat and play games together!	P. 0437 994 495 P. 0411 566 593 P. 0431 208 319 http://www.fnc.org.au	Forster Neighbourhood Centre 1 Coral Avenue TUNCURRY
Youyoong Aboriginal Education Consultative Group	Volunteer members who are involved in local, regional and state AECGs throughout NSW. Principal source of advice on behalf of Aboriginal communities relating to education and training. Gives Aboriginal people a voice at a Local level and takes their views state-wide.	https://www.facebook.com/youyoongaecg/	PORT STEPHENS
Muloobinba Aboriginal Education Consultative Group	Volunteer members who are involved in local, regional and state AECGs throughout NSW. Principal source of advice on behalf of Aboriginal communities relating to education and training. Gives Aboriginal people a voice at a Local level and takes their views state-wide.	https://www.aecg.nsw.edu.au/aecg-regions/hunter/	NEWCASTLE
Itji-Marru Aboriginal Education Consultative Group	Itji-Marru AECG covers the Lake Macquarie area. Volunteer members who are involved in local, regional and state AECGs throughout NSW. Principal source of advice on behalf of Aboriginal communities relating to education and training. Gives Aboriginal people a voice at a Local level and takes their views state-wide.	https://morisset-p.schools.nsw.gov.au/supporting-our-students/aboriginal-education-consultative-group---itji-marru-aecg.html	LAKE MACQUARIE
Ngarramba Indigenous Homework Club	For Aboriginal students - support with homework and School. Runs in School terms.	P. 6555 5622	Homebase Youth Services Great Lakes Aquatic Centre
Indigenous Literacy Foundation	Making a difference to the lives of Indigenous families by gifting thousands of new culturally appropriate books - with a focus on early literacy and first language. Programs to inspire the communities to tell and publish their own stories.	P. 02 9280 0644 http://www.indegenousliteracyfoundation.org.au	PO Box 663 BROADWAY NSW
Ba-ra Boolarng Playgroup	Culturally appropriate service for children and families with experience based on children's interests and current events within the community. The focus is on developing literacy and numeracy skills through play-based activities, with an emphasis on school readiness.	P. 02 4987 4674 http://www.psfans.org.au	PSFSS: 3/5 Phillip Rd RAYMOND TERRACE

MENTORING & CAREERS

NAME	DESCRIPTION	CONTACT	ADDRESS
Grow a Star Program	Encourages generational change and community connectedness by access to sporting, musical and academic activities. We want young people to participate in community programs/activities and then become role models in their community.	P. 1300 333 733 http://www.growastar.com.au	Suite 1, 44-46 Beaumont Street HAMILTON
Indigenous Advancement Strategy Youth Express	Empower young Aboriginal people to dream, believe, work hard and engage in School, transition from School to training or employment successfully, by arming them with the tools to confidently succeed and engage in their education, community and work.	P. 02 4931 2777 https://www.youthexpress.com.au/indigenous-advancement-strategy/	8 Bulwer Street MAITLAND
National Indigenous Business Summer School NIBSS	5 day program for Years 11 and 12 Indigenous high school students. Provides a fully immersive experience for students thinking of entering the world of business or becoming an entrepreneur. Students will have the opportunity to see business in action and learn about the available pathways into business studies.	P. 0478 492 075 (program mngr.) P. 02 9385 0479 (student support)	Nura Gili Indigenous Programs Unit Ainsworth Building, Level 5 UNSW
STEM YOUTH DEVELOPMENT CAMP Aboriginal Education Consultative Group	Science, Technology, Engineering and Mathematics (STEM) camp for Aboriginal students in regional and remote NSW. Achieve better outcomes at school and access post-school learning and employment pathways, in the areas of Science, Technology, Engineering, the Arts and Mathematics.	P. 02 9550 5666 http://www.aecg.nsw.edu.au	NSW
Yakka Day Try a Career Skill Day	Annual day for Aboriginal youth in the Hunter Region. The Try Skill Day invites organisations, businesses and individuals to demonstrate an employable skill to 100's of Aboriginal youth. It could be as simple as replacing a washer in a tap to complicated technical skills.	P. 0403 029 132 School to register students	Broadmeadow Basketball Stadium (usually)

EMERGENCY RELIEF

DOMESTIC VIOLENCE			
NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Family Domestic Violence Hotline	Victims Services has a dedicated contact line for Aboriginal victims of crime who would like information on victim's rights, how to access counselling and financial assistance.	P. 1800 019 123	Helpline
'Because I Love Him' Book Aboriginal Author	Ashlee Donohue is a proud Aboriginal woman from the Dughutti Nation from Kempsey NSW. Life Coach, Educator, speaker and powerful advocate around the anti-violence message.	http://www.vividpublishing.com.au/becauseilovehim/	Survivor of domestic violence. Help empower people to work towards ending violence.
1800 RESPECT	National sexual assault, domestic and family violence counselling service. Support, information and referral to assist Aboriginal and Torres Strait Islander peoples.	P. 1800 737 732 http://www.1800respect.org.au	Phone/Online Chat
Thiyama-Li Indigenous Family Violence Corporation	Thiyama-li is a not for profit organisation that provides a quality Family Violence Prevention Legal Service that is responsive to the needs of their clients and community. We help indigenous women, children and men who experience family violence or sexual assault.	P. 02 6752 1188 https://thiyamali.com.au/	Shop 6, 96 Balo St MOREE
Tamworth Family Support Services	Refuge, domestic violence court support, planning, referrals	P. 1800 073 388 https://tfss.com.au/	2/127 Bridge Street TAMWORTH
Moree Family Support Inc	Supports victims of domestic violence and their friends and families	P. 02 6752 4536 http://www.morfss.org.au/index.php	21 Auburn St MOREE
Partner Support Program Centacare	Counselling is available to women currently in a relationship with domestic violence perpetrators who are attending a Corrective Services NSW Domestic Abuse Program. Criteria for this program+m are very specific, and referrals, including self-referral, need to be made through the local Community Corrections Officer at Corrective Services.	P. 1800 372 826 https://www.centacarenw.com.au/Aboriginal-and-Torres-Strait-Islanders	Various locations NEW ENGLAND region
Aboriginal Family Violence Support	Family violence outreach, safe-house accommodation, referral, advocacy, info and support for Aboriginal women and their children escaping family or domestic violence.	P. 02 4924 6595 P. 02 4921 3000	Lookout Rd NEW LAMBTON John Hunter Hospital
Aboriginal Family Violence Worker	Assisting with accommodation, support and case management services to women and children who have experienced and/or are experiencing domestic violence and abuse.	P. 02 4924 6175	Wallsend Health Campus Harker Building Longworth Ave WALLSEND
Domestic Violence Support Group	Phoenix Group' workshop which is designed to support, empower and strengthen women effected by domestic violence. Workshops run on Tuesday mornings. We also run a creative therapy group (craft) on a Tuesday.	P. 02 4990 9609 W. https://www.hunterdomesticviolenceservice.com/	Run by 'Jodie's Place Refuge'
Domestic Violence Helpline	Women only. Staff are aware of the special needs of Aboriginal, CALD & rural and remote women. Telephone counselling, info and referrals for those experiencing or have experienced domestic violence.	Free Call: 1800 656 463 24/7	Helpline

Hunter Domestic Violence Service	Helping women and children whose lives have been adversely affected by domestic violence. We educate, support and advocate, ensuring that all our clients have access to the services, resources and opportunities available to them.	P. 02 4990 9609 After Hrs: 0488 246 693 W. https://www.hunterdomesticviolenceservice.com/	Phone/Online
Mensline Helpline	MensLine Australia is a telephone and online counselling service for men with family and relationship concerns. We're here to help anywhere, anytime	P. 1300 789 978 W. https://mensline.org.au/	Phone/Online
Men's Referral Service	Men's family violence telephone counselling, information and referral service. Point of contact for men taking responsibility for their violent behaviour. Support and referrals for women and men seeking information on behalf of their male partners, friends or family members.	P. 1300 766 491 W. https://www.ntv.org.au/about-us/contact-us/	Phone/Online
'Our Dream' Aboriginal DV Resource	This information booklet is about domestic violence and the law in NSW. It is designed primarily for Aboriginal women. What domestic or family violence is, what you can do about it and what will happen at court if you apply for an Apprehended Violence Order (AVO).	http://www.wlsnsw.org.au/our-dream-stopping-the-violence/	Women's Legal Service
Staying Home, Leaving Violence FACS	Works in cooperation with NSW Police to remove the perpetrator (the violent partner) from the family home so that you and your children can stay safely where you are. Range of support, such as safety planning, home security, managing finances, support for children, helping with the complicated legal process.	Newcastle: 02 4926 3577 Lower Hunter: 02 4397 1927	Various NSW locations
Nyugumba Male DV Program	Culturally appropriate services to Aboriginal and Torres Strait Islander 13+ yrs males. Awareness and works towards prevention and early intervention of domestic & community violence.	P. 02 4987 7685 http://www.wandiyali.com.au	Wandiyali 29 Shearman Avenue RAYMOND TERRACE
What's ok at Home? DV Resource	Domestic Violence Resource Centre (DVRCV). Websites, videos, apps, brochures, posters and lots more to help people understand what family violence is, why it happens, how to recognise it and how to help others who are experiencing it.	W. https://woah.org.au/	Online

FOOD & VOUCHERS

NAME	DESCRIPTION	CONTACT	ADDRESS
Food & Power Vouchers	Muloobinba Aboriginal Organisation (Wickham), Samaritans, Wesley Mission, Salvation Army		Contact relevant organisation
'Food for Life' Groceries	Low cost groceries	P. 0432 757 077 P. 02 4961 3022	Baptist Church WALLSEND Christian Outreach WINDALE
Emergency Relief Centacare	Support to address the immediate need in a time of crisis. Food and clothing parcels, vouchers, transport, chemist vouchers, help with accommodation, payment of bills and budgeting assistance. Referrals to other services.	P. 02 6817 9000 https://www.centacarenw.com.au/Aboriginal-and-Torres-Strait-Islanders	84 Wee Waa St WALGETT
Free Lunch Churches	Mayfield Uniting Church, 29 High Street, Mayfield. Sunday Lunch Newcastle Christchurch Cathedral, Church Street, Newcastle Hot Meal Every second Sunday	Mayfield: P. 02 4926 2758 Newcastle: P. 02 49292052	Free Meal
Free Breakfast Baptist Community Services	Free Breakfast & \$2 Lunch Emergency parcels available	P. 02 40 325 288	Maycare Community Centre, 88 Hanbury Street, MAYFIELD

Free Dinner Life Church Soul Café	BBQ, tea and coffee on Saturday 4pm to 6pm (giveaways as available)	P. 02 49 791 120	Catholic Care Social Services NEWCASTLE
Free Lunch Salvation Army	BBQ, coffee & chat on Fridays from 10am to 12.30pm	P. 13 72 58 https://salvos.org.au/	67 Cleary Street, HAMILTON
Free Dinner Newcastle Care	Hope Café` is the community services arm of Generation City Church. Hot meal on Thursday, 5.45pm to 7pm. Provides referral advice and information for people who require additional support.	P. 02 4969 2799	85 Tudor St, HAMILTON
HopeStreet Baptist Care	Homelessness, drug addiction and mental illness are some of the issues faced by the people that visit us here; exacerbated by food and housing unaffordability, unemployment and isolation, shower, food.	P. 02 4032 4810 P. 02 4032 5288 https://baptistcare.org.au/	Shop 1, 124 South Street WINDALE 88 Hanbury Street MAYFIELD
Free Breakfast Wesley Mission	Oasis Drop-In Centre, Wesley City Mission Breakfast and showers, toilets and washing machines.	P. 02 4915 3683	16 Wood Street, NEWCASTLE WEST
Manning Valley Cooperative Living Program MVCLP	Emergency Relief. Assists clients who are experiencing financial crisis or other adversity which is contributing to poverty or helplessness.	P. 02 6553 5121 http://www.mvns.org.au	Old Courthouse Building, 4 Farquhar St WINGHAM
Sandwich Club High School Lunches	Sandwich Club: Sandwiches for local high schools. For the day and also to be frozen and toasted on other days. Free bread & food hampers (conditions apply). Free bread available too.	P. 02 4987 4674 Website	Port Stephens Family Support Service 3 Jacaranda Ave RAYMOND TERRACE
Free Meals Taree Community Kitchen	Assistance to vulnerable members of the Taree and Manning Community regardless of age, gender, physical and intellectual capacity, religion or ethnicity. Free meals 5 days week.	02 6539 5900 Website	32-34 Pulteney Street TAREE

FINANCIAL SUPPORT

NAME	DESCRIPTION	CONTACT	ADDRESS
Indigenous Money Tips & Tools ASIC	ASIC's MoneySmart website has information written for Aboriginal and Torres Strait Islander people. Indigenous money tips, videos about managing your money, podcasts about ASIC's work on Indigenous financial issues, Indigenous consumer rights booklet and poster campaign in Indigenous languages	Website	Online
Centrelink Support Payments	Government support and study payments. Indigenous Call Centre	P. 1800 136 380 http://www.humanservices.gov.au	Dept of Human Services
Centrelink Health Care Card	With your card you can get: cheaper medicine. Bulk billed doctor visits. May have access to reduced electricity and gas bills, property and water rates, public transport fare, motor vehicle registrations	Centrelink Indigenous Call Centre P. 1800 136 380 http://www.humanservices.gov.au	Dept of Human Services Centrelink
Financial Support Local Community Organisations	Assistance with, and accessing financial support and counselling	Check your local neighbourhood centres and community service organisations	
Energy Accounts Payment Assistance EAPA vouchers	Energy Accounts Payment Assistance (EAPA) is a NSW Government Scheme designed to help people who are having trouble paying their home electricity and/or gas bill because of a crisis or emergency situation. Helps people to stay connected.	P. 1800 246 545 Website	Energy & Water Ombudsman NSW

Moneycare Salvo's	Financial troubles can be a major cause of stress but if you're struggling with money, you're not alone. You can start to solve your money worries with Moneycare services. You can get help with, Financial coaching, Financial counselling and No-interest loans	P. 13 72 58 https://www.salvationarmy.org.au/about-us/our-services/moneycare/	Call or check online for local locations
Money Management Program Centacare	Aims to build the financial capacity of Aboriginal and Torres Strait Islander communities in the Walgett Shire. Training and mentoring to develop financial management skills in participants, their families and communities and enhance their quality of life.	P. 02 6817 9000 https://www.centacarenw.com.au/Aboriginal-and-Torres-Strait-Islanders	84 Wee Waa St WALGETT
National Council for Single Mothers & Their Children	Enabling women to make informed decisions, and better equip them to protect and support themselves and children. Primacy to mothers living in hardship. Provides this service in the areas of financial hardship, child support, domestic violence.	P. (08) 8354 3856 or 1800 758 150 E. ncsmc@ncsmc.org.au	Online
No Interest Loans Scheme NILS	No Interest Loans Scheme (MSS NILS). Accredited NILS program which offers a respectful assessment process. Small loans with 0% interest, fees or charges to people in our community who are on low incomes.	P. 02 6551 1800 https://nils.com.au/	Check website for your nearest provider
Work Development Order Program (WDO) Legal Aid NSW	Work and Development Orders (WDOs) are a way to help people who can't pay their fines. People who are eligible for a WDO can clear their fines with approved activities instead of money.	P. 1300 478 879 Website Participation is voluntary for individuals and organisations.	Level 2,1-55 Bolton St NEWCASTLE Suite 3, 155 Marius St TAMWORTH

EMPLOYMENT

INFORMATION & SUPPORT			
NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Employment Strategy AES	Empowers Indigenous people through brokering employment opportunities and supporting our candidates to have successful careers through mentoring, coaching, training and specialist support.	P. 02 4939 4500 https://aes.org.au/	Ground Floor, 418/422 Hunter St, NEWCASTLE + Tamworth & Moree
IPROWD Indigenous Police Recruitment	IPROWD is a specialist program to assist Aboriginal people to gain entry to the NSW Police Academy at Goulburn which is the first step to becoming an officer in the NSW Police Force.	P. 1300 823 393 https://www.iprowd.tafensw.edu.au/	Online
Jobactive Indigenous Service	Culturally appropriate pre-employment training, work trials, preventative health activities, additional support to participate in community-based work experience and Work for the Dole projects.	P. 13 62 68 http://www.jobs.gov.au	Australian Government Various providers across Australia.
Yarnteen Training & Employment	Yarnteen is a not for profit company whose object is to provide Aboriginal people with training and employment opportunities to provide relief from unemployment.	P. 02 4962 5366 http://www.yarnteen.com.au/	71 Prospect Road GARDEN SUBURB
Transition to Work Program TTW	Transition To Work Program (TTW) provides intensive, pre-employment support to improve the work-readiness of young people and help them into work (including apprenticeships and traineeships) or education.	TAREE P. 02 6527 7800 TUNCURRY P. 02 6555 5622 https://homebase.org.au/	Homebase Youth Services TAREE TUNCURRY
Ungoroo Aboriginal Corporation	Aboriginal Employment officer for support with services such as Centrelink and Job Network providers	Ph. 02 6571 5111 http://www.ungoroo.com.au	128 George St SINGLETON NSW
Taree Indigenous Development & Employment TIDE	Indigenous Community Support Service (ICCS). Advocacy, liaison and referral. Welfare, social support, family violence, health (including drug and alcohol services), housing, child-care, education and legal issues.	P. 02 6552 3652 http://www.tide.org.au	82 Victoria Street TAREE

FINANCIAL SUPPORT

NAME	DESCRIPTION	CONTACT	ADDRESS
Black Pages Business Directory & Coaching	Australia's first national Indigenous business portal, with the first free national online Indigenous business and community enterprise directory.	P. 1300 739 769 http://www.blackpages.com.au/	Online
NSW Indigenous Chamber of Commerce NSWICC	Business Hubs & Incubators provide a culturally safe environment to conduct business, accelerate enterprise growth and network with other Indigenous entrepreneurs and businesses.	P. 02 4932 7722 http://www.nswicc.com.au	NSWICC 5/34 Racecourse Rd RUTHERFORD
Yarnteen Aboriginal Business Development	Encourage and assist Aboriginal small business development. Provides a centre where Indigenous community, small businesses and organisations can gain support and bridge the digital divide.	http://www.yarnteen.com.au/180	
Aboriginal Enterprise Development Program	Aboriginal Enterprise Development Officer (AEDO) assists with the establishment of locally sustainable Aboriginal businesses in NSW. Staffed by Aboriginal people who have experience in small business operations and management.	Aboriginal Business Advisor Mobile: 0448 233 817 Office: 6571 5111	Ungooroo Aboriginal Corp. 128 George St SINGLETON
Supply Nation Aboriginal Business Search	Supply Nation provides Australia's leading database of verified Indigenous businesses: search by business name, ABN, product, service, area, or category.	https://supplynation.org.au/	Online

FAMILIES

CHILDCARE			
NAME	DESCRIPTION	CONTACT	ADDRESS
Nikinpa Aboriginal Child & Family Centre	Long day care. Meals are provided. Aboriginal	P. 02 4979 2400	9-13 Beckley Street TORONTO
Wandiyali Aboriginal Community Organisation	Wandiyali Aboriginal Child Care Centre is a family, built on strong connections and working together in partnership to provide the foundation of growth and education of each child.	P. 02 4954 5174 http://www.wandiyali.com.au/	Wandiyali 1a Oakland St GLENDALE

FAMILY SUPPORT & PARENTING PROGRAMS			
NAME	DESCRIPTION	CONTACT	ADDRESS
Brighter Futures	Helps families who are expecting a baby or have children 0-9yrs and are struggling with domestic and family violence, mental health issues, alcohol and other drug use, and intellectual or learning difficulties.	Website	Check website for local providers
Child & Family Support Local Organisations	Information and referral for parenting programs, parenting support, home skills, workshops, development and counselling.	Check with your local neighbourhood and community organisations & centres	Local area
'Triple P' Positive Parenting Program	Triple P is a parenting program, but it doesn't tell you how to be a parent. It's more like a toolbox of ideas. You choose the strategies you need. You choose the way you want to use them. It's all about making Triple P work for you. single visit consultations to public seminars; group courses to private sessions. You can even do Triple P Online, at home or wherever you like!	P. 07 3236 1212 Website	Check website for local providers or complete online
Interrelate Family Services	Aboriginal Liaison Workers. Our programs and services empower families to build and navigate strong, resilient and healthy relationships, from primary school through to adulthood.	P. 1300 473 528 https://www.interrelate.org.au/programs-services/aboriginal-and-torres-strait-islander-peoples	Check website for your nearest location
Family Mental Health Support Service FMHSS	Free early intervention support to vulnerable families with children and young people who are showing early signs of or are at risk of developing mental illness.	Website	Check website for local providers
Port Stephens Family Support Service	Parenting programs, first time parents, mindful parenting, home interaction, support with teenagers, child & family counselling & casework	P. 02 4987 4674 http://www.psfans.org.au	PSFSS: 3 Jacaranda Ave RAYMOND TERRACE
Newcastle Family Support Service	Aboriginal family workers assist families having difficulties that make it hard to care for children well such as: Lack of resources, loneliness, mental health, violence, children with special needs, drug, alcohol or gambling problems.	P. 02 4926 3577 M. 0490 331 617	2 High Street WARATAH
Mid North Coast Family Referral Service	Home visiting and outreach service with an Aboriginal and Torres Strait Islander focus. Assists children and young people who do not meet the statutory threshold for child protection intervention but would benefit from accessing support to address problems and prevent future escalations.	P. 1800 597 589 http://www.pathfinders.ngo	109 Victoria St TAREE

Intense Family Based Services NSW	Intensive Family Based Services (IFBS) work with Aboriginal children, young people and families where those children and young people are at risk of entering the Out-of-Home Care (OOHC) system (Crisis/Preservation stream).	https://www.facs.nsw.gov.au/providers/funded/programs/atsi/intensive-family-based-services-aboriginal	Check website for local providers
Resourcing Parents NSW Local Parenting Programs & Resources	Resources to use on the parenthood journey. Information about parenting programs, the maps for your journey or printable downloads, You Tubes and Tip Sheets are all guides and supports for your family's path ahead.	http://www.resourcingparents.nsw.gov.au/Parents	Check website for local providers
Deadly Tots NSW Programs & Resources	Find local providers for Deadly Tots Aboriginal parenting programs & resources	http://deadlytots.com.au/	Check website for local providers
Multisystemic Therapy for Child Abuse and Neglect MST-CAN	Program that has been specifically designed to support change within vulnerable families who have come to the attention of child protection services.	https://www.theirfuturesmatter.nsw.gov.au/our-initiatives/mst-can	Check website for local providers

YOUNG PARENTS			
NAME	DESCRIPTION	CONTACT	ADDRESS
Brave Foundation Teen Parents Support	Brave Foundation is an Australian not-for-profit charity that equips expecting and parenting teens with resources, referral and education opportunities to facilitate happy, healthy and skilled families over time.	P. 0448 088 380 http://www.bravefoundation.org.au/	Online
Little Steps Upper Hunter Family Support Service	Specific mother's group for mothers under the age of 25	P. 02 6542 3555 https://www.uhcs.org.au	QEII Community Centre Cnr Bridge & Market St MUSWELLBROOK
Young Parents Group Port Stephens Family & Neighbourhood Services	Young Parents Group is friendly, relaxed and non-judgemental. Offering a space where young parents can meet, share your experiences and parenting tips, access support and have some fun and relaxation.	P. 02 4987 4674 http://www.psfans.org.au/portfolio-item/young-parents-group/	3 Phillip St, RAYMOND TCE
DALE Young Parents School St Philip's Christian College	An accredited Special Assistance School for young mums and dads. We have two campuses located in Newcastle and Wyong, providing flexible learning environments, onsite early learning care for their babies whilst they study.	P. 02 4949 2949 https://www.spcc.nsw.edu.au/young-parents-school	98 Georgetown RD WARATAH
First Steps Parenting Centre	Specifically tailored nursing and social work support is available for parents who are under the age of 21, and for families experiencing particularly difficult circumstances such as mental health issues, substance use, homelessness or family violence.	P. 02 4924 6550 http://hnekidshealth.nsw.gov.au/site/first-steps	Newcastle, Port Stephens and Lake Macquarie Local Government Areas
Oasis Young Parents Salvation Army	The Oasis Young Parents Program (Oasis YPP) works with 'at-risk' and disadvantaged parents aged between 16 and 25 years and their children; providing weekly therapeutic, educational and social support.	P. 02 4969 8066 https://www.salvationarmy.org.au/oasis/services/therapeutics/young-parents-program/	Check for program in your local area
BUMP Program	Mentoring program for pregnant and parenting young women aged between 13 and 23. Fun way to meet other young mums, have some much needed "me" time and gain the support of a mentor who is an experienced mum from the community.	P. 0426 972 473 https://raise.org.au/portfolio/bump/	Check for program in your local area
Family Planning NSW	Non-judgmental, confidential safe space for young people to find all reproductive and sexual health information and services without feeling uncomfortable. Clinics & info are youth-friendly and appointments can be made with doctors or nurses to yarn everything from contraception, pregnancy testing to STIs.	P. 1300 658 886 https://www.fpnsw.org.au/health-information/individuals/under-25s	Clinics Phone Online
The Waiting Room Manning Support Services	Group for expectant parents under 21 years. Run by midwives from Biripi Aboriginal Medical Service as well as family support workers from MSS.Meet other expecting parents, discuss concerns and worries and share the joy of this special time within their lives.	P. 02 6551 1800 http://www.mssinc.org.au FUNDED	78 Wynter St TAREE

Young Parent Support Program Muloobinba Aboriginal Corporation	Young Parenting Support (YPS) projects assist families with short term supports to enhance their relationship with their children. Individual support at home, enhance positive parenting skills, group work, structured parenting programs, child behavioural issues, advocacy, information, advice and referrals to appropriate services.	YPS: Aboriginal parents up to the age of 25 with children between the ages of 0-5 years. P. 02 4969 5299 http://www.muloobinba.org.au Funded through FACS	2/22 Portside Cres MARYVILLE OUTREACH: Newcastle, Maitland & Lake Macquarie LGA's
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PLAYGROUPS

NAME	DESCRIPTION	CONTACT	ADDRESS
AWABAKAL Early Learning & Education	Playgroups are staffed by qualified early childhood educators who can provide support and ideas to families about their child and his/her development. Aboriginal	Ph. 02 4041 3700 http://www.awabakal.org	WICKHAM + OUTREACH
Parenting Hub Catholic Care	Services for all parenting needs to allows problems to be addressed before escalation. Pre-emptive approach that embraces the whole family.	P: 02 4979 1120 http://www.catholiccare.org.au	Cardiff, Gloucester, Maitland, Mayfield, Taree.
'Koe-Nara' Schools as Community Centres Cessnock Public School	Provide services for families with children aged up to 8 years. Services include playgroup, young parent's group, literacy help, book & clothing exchange, fruit & veg. co-op, parenting groups.	P. 02 4990 9354 https://ccgps.schools.nsw.gov.au/our-community/koe-nara.html	Cnr Rawson and Quarrybylong Sts. Cessnock Public School grounds) CESSNOCK
Manning Support Services	Young Mums' Supported Playgroup. Young Aboriginal or Torres Strait Islander mums (under 25's) come together to meet others and share their stories and challenges. Learn new skills and have fun interacting with their children.	P. 02 6551 1800 http://www.mssinc.org.au	78 Wynter St TAREE
Nikinpa Aboriginal Child & Family Centre	Nikinpa supported playgroup. Open to all families of the Aboriginal & Torres Strait Islander community. Come and have a cuppa and a yarn and spend some time with your children in our environment. Morning tea provided. (Muloobinba Aboriginal Corporation)	P. 02 4979 2400	9-13 Beckley Street TORONTO
Playgroup Homebase Youth Services	Targeted towards vulnerable families with parents under 25. Parents & carers to interact with their children in a fun, safe environment, with structured activities and programs delivered by trained early childhood educators.	P. 02 6555 5622	"The Loop" at 9 South Street TUNCURRY

RELATIONSHIPS

NAME	DESCRIPTION	CONTACT	ADDRESS
Relationship Services Interrelate	Aboriginal Liaison Workers. Aims to create respectful relationships across society in children, adults & grandparents. We understand the specific cultural needs of Aboriginal and Torres Strait Islander people and will be there to support you on every step of your journey.	P. 1300 473 528 http://www.interrelate.org.au	146 Victoria Street TAREE 495 Hunter Street NEWCASTLE
Aboriginal Building Connections Interrelate	An Aboriginal Liaison Worker. 3hr parenting education seminar that has been developed to support Aboriginal parents, grandparents, carers and extended family members to practise positive ways of parenting after separation. Awareness of the importance of giving up conflict to support their kids and grow them healthy, safe and strong.	P. 1300 473 528 http://www.interrelate.org.au	146 Victoria Street TAREE 495 Hunter Street NEWCASTLE
Relationships Australia	Enables people to make positive choices with regard to their relationships and life situations, to strengthen relationships within their families and communities, and to manage conflict and change. Aboriginal support programs	P. 1300 364 277 https://www.relationshipsnsw.org.au/support-services/	Check website for nearest location
Stepfamilies Australia	Strengthen stepfamilies with helpful tools, education and resources. Offering a range of education, advice and resources, we're here to help your blended family get strong and stay strong.	P. 03 9663 6733 http://www.stepfamily.org.au	Online/Phone

ABORIGINAL HEALTH WORKERS			
NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Medical Services Community Controlled	Aboriginal Community Controlled Health Services Awabakal (Lower Hunter), Ungooroo (Singleton), Tobwabba (Forster), Biripi (Taree), TAMS (Tamworth), Armajun (Armidale), Pius-X (Moree), Walhallow (Quirindi)	Awabakal: 1800 292 225 Ungooroo: 02 6571 5111 Tobwabba: 02 6555 6271 Biripi: 02 6591 2400	Armajun: 02 6772 5258 Pius-X: 02 6752 1099 TAMS: 02 6760 2500 Walhallow: 02 6746 2001
Aboriginal Health Unit & Teams Hunter New England Local Health District	Hunter New England Local Health District have a dedicated workforce aimed to increase the health and wellbeing of Aboriginal and Torres Strait Islander people. HNE Health workforce encompasses Aboriginal Health Workers, clinical and program staff and management.	http://www.hnehealth.nsw.gov.au/facilities/Pages/A-to-Z-Listing-of-Facilities.aspx	Check with your local public hospital or public health clinic
Aboriginal Health Workers Healthwise	Aboriginal Health Workers	P. 02 6766 1394 http://www.healthwise.org.au	213 Peel St TAMWORTH Level 1/109 Jessie St ARMIDALE
Community Services	Check with your local community service organisations if they have Aboriginal health or support workers	Local area	Local area
Aboriginal Doctor/GP Nelson Plaza Clinic	Aboriginal identified GP - Dr Wenitong. Annual health checks for Aboriginal Tomaree High School students. Committed to providing culturally safe health care services.	P. 02 4981 2555 https://www.nelsonplaza.com.au	29 Stockton St NESLON BAY
Aboriginal Registrar	Aboriginal registrar Dr Kirsty Jennings. Aboriginal & Torres Strait Islander health assessments. Audiometry clinics, child health clinics, continence clinics, dietitian services, drug and alcohol counselling, foot care clinics, home nursing services, paediatric clinic, psychology, social work, speech.	P. 02 4983 0900 https://www.rtfp.com.au	Raymond Terrace Family Practice 4 Jacaranda Av, Raymond Terrace
Aboriginal Health Outreach Workers Hunter Primary Care	Aboriginal Health Outreach Workers. Transport to appointments, community engagement, health assistance and compliance.	P. 02 4925 2259 https://hunterprimarycare.com.au/aboriginal-outreach-service/	7 Warabrook Boulevard, WARABROOK
Aboriginal Health Access Officers Primary Health Network	Improving cultural safety and access to healthcare in the primary health system for Aboriginal & Torres Strait Islander people.	P. 1300 859 028 https://www.hnecphn.com.au/	Suite 11, 125 Bull St NEWCASTLE WEST

DIET & EXERCISE PROGRAMS			
NAME	DESCRIPTION	CONTACT	ADDRESS
PCYC Police Citizens Youth Club	Indigenous Youth Programs: 'Get Fit' after School activities (8-24yr old), 'Say Patrol' Fri/Sat nights 10-17yr old	P. 02 6551 0292 https://www.pcyensw.org.au	Check website for local PCYC programs
Active & Healthy Over 50's Resource	This website can help you find an exercise program in your area and provides information and tools that can assist you to increase your physical activity.	https://www.activeandhealthy.nsw.gov.au/	Online
NSW Knockout Health Challenge Aboriginal Health Challenge	Weight loss program for Aboriginal communities across NSW. Aims to motivate Aboriginal people to manage lifestyle-related risk factors for chronic disease and obesity through a weight loss competition, cooking classes, walking groups and educational sessions.	P. 02 8738 6619 https://www.nswknockouthealthchallenge.com.au	Online

Deadly Cooking Programs	"The Walkabout Kitchen' & 'Deadly Cooking for Schools' program. For Aboriginal children to learn about healthy eating on a budget, cultural foods, exercise, screen time, eating right. Promotes prevention of chronic disease to the Aboriginal community.	P. 02 4991 0492 https://www.hnehealth.nsw.gov.au	Cessnock Hospital Dietetics Department.
Get Healthy Information & Coaching Service	Supports participants to reach healthy eating, increasing physical activity, alcohol reduction, reaching and achieving a healthy weight. Culturally appropriate coaching and materials for our Aboriginal and/or Torres Strait Islander participants.	P. 1300 806 258. https://www.gethealthyntsw.com.au	Ask your GP or Allied Health Professional for a referral.
Live Life Get Active	Live Life Get Active does this by providing FREE daily activity camps. FREE professionally tailored nutritional programs and FREE face-to-face personal fitness coaching to support a true path of positive change. We provide all the equipment so all you need to bring is yourself.	https://lifelifegetactive.com/	Self-refer
Cooking & Food Education Classes Red Cross	Hands-on nutrition education workshops. How to get value for money and achieve a balanced diet in a relaxed atmosphere. Targets a wide range of vulnerable and hard to reach groups including Aboriginal and Torres Strait Islander people. 4-8 sessions, flexible timeframes.	P. 1800 733 276 https://www.redcross.org.au/about/how-we-help/food-security/foodredi-education-programs	19 Morehead St, LAMBTON
Our Health Rules Cooking & Exercise Program	Aims to improve the health and wellbeing of families and children aged 0-12 years living in the Raymond Terrace, Karuah and Port Stephens catchment. Enhance knowledge and skills through nutrition education, cooking, food budgeting, healthy food supermarket tours, and healthier lifestyle programs to prevent chronic disease.	T: 02 4921 5503 M: 0437 459 598 https://www.newcastle.edu.au/research-and-innovation/centre/fac/outreach/our-health-rules	Email: Anne.Hills@newcastle.edu.au
Aqua Aerobics Murrook Culture Centre	Aqua Aerobics for elders/seniors, sporting clubs and special needs). Aboriginal.	P. 02 4033 8800 http://worimi.org.au/community/murrook-swim-school/	WORIMI LALC 2163 Nelson Bay Rd WILLIAMTOWN
Healthy Kids Website	Website to support teachers, parents, carers, coaches, health professionals, kids and teens to make healthy choices by providing a "one stop shop" of current and credible information, resources and support materials about healthy eating and physical activity.	https://www.healthykids.nsw.gov.au/default.aspx	Online
GO 4 FUN 7-13yr olds Healthy Lifestyle Program	10wk healthy lifestyle program. Aims to improve the health of children through healthy lifestyle behaviours, as well as positively effecting kids' attitude to food and exercise. Run by qualified health professionals.	P. 1800 780 900 https://www.go4fun.com.au	2hr sessions after school, once a week in school terms.
Make Healthy Normal Australian Government Website	Information for Aboriginal community. About making lifestyle changes that can make a big difference to your health. What you eat and doing more exercise, feel better, reduce your risk of chronic diseases. Free programs and resources.	http://www.makehealthynormal.nsw.gov.au	Online
Oz Harvest Cooking & Food Education	NEST is a national education program teaching people in need skills and knowledge to nurture themselves through healthier eating choices and food preparation through a series of hands-on cooking and nutrition workshops.	P. 1800 108 006 https://www.ozharvest.org/what-we-do/nest-nutrition-education/	Email: info@ozharvest.org
The Wholesome Collective Cooking & Nutrition Program	We aim to work with the most vulnerable members of our community to create social change through empowerment and enablement. We teach essential life skills with a strong focus on cooking skills, budgeting and implementing nutrition recommendations to improve the physical and mental health of our clients.	P. 49815825 www.thewholesomeco.com.au	Call for local programs
Walking Groups Heart Foundation	Search for a local free walking group	P. 13 11 12 https://walking.heartfoundation.org.au/	Local
LHD Fitness Programs Aboriginal Health Unit	Aboriginal Health Promotion Workers. Shake a Leg Program (Schools), Let's Talk Tucker (Toronto) and iFit. Free services by request. Usually run through community centres etc.	P. 02 4924 6414	Wallsend Health Campus, Longworth Ave WALLSEND

SPORT			
NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Education Consultive Group	Sports, Health, Opportunities and Wellbeing Camp (SHOW) for Aboriginal students from Years 5 to 11. Encourage students to lead healthier and active lifestyles, while prompting students to consider careers in sport other than participation.	P. 02 9550 5666 https://www.aecg.nsw.edu.au	NSW
TAREE PCYC Police Citizens Youth Club	Junior Koori Boxing. 8-16yr olds learn the fundamentals of boxing with this exciting program. Offering two sessions: Junior (8-11 years) and Senior (12-16 years). Transport is available for Taree and Wingham.	P. 02 6551 0292 https://www.pcyctnsw.org.au/taree	Taree PCYC 95 Commerce Street TAREE

CHRONIC DISEASE			
NAME	DESCRIPTION	CONTACT	ADDRESS
Integrated Team Care (ITC) Hunter Primary Care	ITC Team (Integrated Team Care). Aboriginal outreach and care co-ordinators, diabetes, cardiovascular disease, chronic renal disease, chronic respiratory disease, cancer; and mental health conditions	P. 02 4925 2259 carecoordintake@hunterprimarycare.com.au	HUNTER REGION GP referral needed
Integrated Team Care (ITC) Healthwise	ITC Team (Integrated Team Care). Aboriginal outreach and care co-ordinators, diabetes, cardiovascular disease, chronic renal disease, chronic respiratory disease, cancer; and mental health conditions	P. 02 6766 1394 https://healthwisenenw.com.au/services/aboriginal-health/	NEW ENGLAND GP referral needed
Integrated Team Care (ITC) Biripi AMS	ITC Team (Integrated Team Care). Aboriginal outreach and care co-ordinators, diabetes, cardiovascular disease, chronic renal disease, chronic respiratory disease, cancer; and mental health conditions	P. 02 4925 2259 carecoordintake@hunterprimarycare.com.au	MANNING AREA GP referral needed
ON TRACK Diabetes Program	Online program for people who have Type 2 diabetes. It supports them in taking care of their health and mood, so they feel at their best. It is based on suggestions from General Practitioners and people with diabetes. It was written by psychologists and a health care research team.	https://www.ontrack.org.au	Online

MEDICAL EXPENSES			
NAME	DESCRIPTION	CONTACT	ADDRESS
Health Care Card Centrelink	With your card you can get: cheaper medicine under the Pharmaceutical Benefits Scheme Bulk Billed doctor visits, may have access to reduced electricity and gas bills, property and water rates, public transport fare, motor vehicle registration	Centrelink Indigenous Call Centre P. 1800 136 380 http://www.humanservices.gov.au	Dept of Human Services Centrelink
Medicare Indigenous Access Line	Free call for Aboriginal and Torres Strait Islander people to get information and support. Indigenous Access Officers who are culturally aware to the flexibility and special conditions that may affect Indigenous people.	P. 1800 556 955	Dept of Human Services Medicare

COUNSELLING & SOCIAL WORK

NAME	DESCRIPTION	CONTACT	ADDRESS
Taree Hub Samaritans	Aboriginal worker. Early childhood team - Speech Pathology, OT, Counsellors. Gambling counsellor, homelessness assistance.	Samaritans P. 02 6539 3400	103 Victoria St. TAREE
Beyond Blue Mental Health Information	Beyondblue recognises that much needs to be done to address depression, anxiety, suicide and related drug and alcohol issues in Aboriginal and Torres Strait Islander communities. Works to equip with the knowledge and skills to maintain their own social emotional wellbeing.	P. 1300 224 636 http://www.beyondblue.org.au	Phone / Online
Centacare New England Northwest	Aboriginal Wellbeing Program (mental health). Care coordination, peer mentoring, group programs	P. 1800 372 826 https://www.centacarenw.com.au/Aboriginal-and-Torres-Strait-Islanders	Various locations NEW ENGLAND region
Biripi AMS Aboriginal Corporation	Counselling service. Mental health, emotional and spiritual well-being. Aboriginal.	P. 02 6591 2400 http://www.biripi.org.au	Purfleet Clinic 2a Edward Drive PURFLEET
Youth Counselling Homebase Youth Services	Youth workers are available to assist local young people who may be experiencing hardships, need support, advocacy and assistance, or just want somebody to talk to. Services include programs and individualised Case Management.	TAREE P. 02 6527 7800 TUNCURRY P. 02 6555 5622	Homebase Youth Services TAREE & TUNCURRY
Kids Helpline Phone	Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.	P. 1800 551 800 https://kidshelpline.com.au	Helpline
Proppa Deadly Aboriginal Real-Life Stories	Video project encouraging Aboriginal and Torres Strait Islander people to take action against depression and anxiety through the telling of their own stories and the action each undertook to combat depression and/or anxiety.	https://bimaprojects.org.au/our-work/proppa-deadly	Proppa Deadly is an initiative of Beyondblue
Reach Out Online Mental Health service	For young people and parents. Support, tools and tips help young people get through anything from everyday issues to tough times. Information we offer parents makes it easier for them to help their teenagers, too.	P. 02 8029 7777 https://www.about.au.reachout.com	Online
LifeLine	24/7 crisis support on all matters: Suicidal thoughts or attempts, personal crisis, anxiety. Depression, loneliness, abuse and trauma, stresses from work, family or society, self-help information for friends and family	P: 13 11 14 https://www.lifeline.org.au/	Phone/Online
On Track Family & Friends Carer Support	OnTrack 'Families and Friends' is a free online program for people who are supporting someone with a mental illness. See how to help the person and look after themselves as well. Especially for carers but can be used by anyone. Program written by Psychologists.	http://www.ontrack.org.au	Online
Trauma & Grief Network	Indigenous Hub for First Nations Australians who need help support or info on how to help others. For those who work with Indigenous peoples or care for children and adolescents. Help carers understand and respond to the diverse needs of children and adolescents experiencing trauma, loss and/or grief.	https://tgn.anu.edu.au	Online
GriefLine	Griefline listens, cares and supports people experiencing loss and grief, at any stage in life.	P. 03 9935 7400 http://www.griefline.org.au	Community & Family Service Inc
Relationships Australia	Committed to supporting individuals, couples and families from the Aboriginal communities to build healthy, respectful relationships. Counsellors trained and experienced in working respectfully and sensitively with diverse communities, including First Nations Peoples.	P. 1300 364 277 http://www.relationshipsnsw.org.au	Check website for local providers

Wellbeing Warriors New Horizons	Group programs for Aboriginal people experiencing mental health issues. Cultural activities, health activities, social activities	P. 0437 435 487 P. 0437 842 799 wellbeingwarriors@newhorizons.net.au	Hunter Region
Royal Commission Support Service	Counselling, support and case management to individuals and their family members before, during and after their interaction with the Royal Commission.	P. 1800 025 441 http://www.dss.gov.au Dept of Social Services.	Various community organisations Australia wide
Seasons for Growth Upper Hunter Family Support Service	Aboriginal Support Worker available. For those who have experienced the impact of a significant loss or change such as death, separation or divorce.	P. 02 6542 3555 https://www.uhcs.org.au	QEII Community Centre Corner Bridge & Market St MUSWELLBROOK
Tune in, Not Out Teen support website	Information on a wide range of topics from mental health, relationships, exam stress to sexual health and more. Each topic features videos, stories, music playlists and factsheets created by services and young people across Australia. You can even submit your own story.	http://www.tuneinnotout.com	Australian Lions Drug Awareness Foundation Inc - part of Lions Australia.
Wiyiliin-Ta Aboriginal Child & Youth Counselling	Aboriginal children and adolescents are seen through CAMHS services for concerns about their social and emotional wellbeing. Provide culturally sensitive and appropriate mental health and social and emotional wellbeing services.	P. 4964 7110	Tara Lodge, 72 Watt St NEWCASTLE + Outreach

HOME SKILLS

NAME	DESCRIPTION	CONTACT	ADDRESS
Home Skills Upper Hunter Community Services	Aboriginal Support Worker available. Looking at aspects of general housekeeping & household management.	P. 02 6542 3555 https://www.uhcs.org.au	QEII Community Centre Corner Bridge & Market St MUSWELLBROOK

FUNERALS/SORRY BUSINESS

NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Funerals	Funeral traditions differ throughout the community. Aboriginal Funerals welcomes the opportunity to meet both traditional and cultural needs.	P. 02 4956 4221 http://www.aboriginalfunerals.com.au	122 Elder Street LAMBTON
Transport-Funeral or Sorry Business GoCo Community Care	We receive funding from Transport NSW to help Aboriginal people to attend funeral or Sorry business. For more information, or to book transport please contact us.	P. 02 6740 2240 https://gococare.com.au/services/aboriginal-support/	NEW ENGLAND region Various locations
Dreamtime Funerals	Funerals at an affordable cost by someone who understands the cultural needs of our people. Mortuary transfer service, a specific service to our people to transfer a loved one home to place of burial. Aboriginal	P. 1300 230 024 http://www.dreamtimefunerals.com.au	Dreamtime Funerals (no address given)
Funeral Assistance Grants	Any NSW Aboriginal person who was not a member of the Insurance Funeral Fund is able to apply for a NSWALC funeral grant of up to \$1000 to assist with covering the funeral costs.	P. 02 9689 4444 Toll Free on: 1800 647 487 http://www.alc.org.au	NSW ALC 50/24-26 Watts St GOSFORD

ABORIGINAL LAND COUNCILS

NAME	DESCRIPTION	CONTACT	ADDRESS
Amaroo LALC	Local Aboriginal Land Council	P. 02 6777 1100	36 Derby St WALCHA
Anaiwan LALC	Local Aboriginal Land Council	P. 02 6723 3022	7 Opal St, TINGHA
Armidale LALC	Local Aboriginal Land Council	P. 02 6772 6048 P. 02 6772 2447	90 Beardy St ARMIDALE
Ashford LALC	Local Aboriginal Land Council	P. 02 6725 4411	25 Albury St ASHFORD
Awabakal LALC	Local Aboriginal Land Council	P. 02 4965 4532 http://www.awabakallalc.com.au	127 Maitland Road ISLINGTON
Bahtabah LALC	Local Aboriginal Land Council	P. 02 4971 4800	44 Pacific Hwy, BLACKSMITHS
Biraban LALC	Local Aboriginal Land Council	P. 02 4959 1829	68/A Middlepoint Rd BOLTON POINT
Glen Innes LALC	Local Aboriginal Land Council	P. 02 6732 1150	181 Lang St GLEN INNES
Forster LALC	Local Aboriginal Land Council	P. 02 6555 5411 http://www.forsterlalc.org.au	10 Breckenridge St FORSTER
Guyra LALC	Local Aboriginal Land Council	P. 02 6779 1803	187 Falconer St SOUTH GUYRA
Karuah LALC	Local Aboriginal Land Council	P. 02 4997 5733 http://www.karuahaboriginal.com.au	16 Mustons Road KARUAH
Mindaribba LALC	Local Aboriginal Land Council	P. 02 4015 7000 Facebook	1A Chelmsford Drive MAITLAND
Moombahlene LALC	Local Aboriginal Land Council	P. 02 6736 3219	299 Rouse St TENTERFIELD
Moree LALC	Local Aboriginal Land Council	P. 02 6751 1127	51 Auburn St MOREE
Mungindi LALC	Local Aboriginal Land Council	P. 02 6753 2622	47-49 Goodiwindi St MUNGINDI
NSW ALC	The State's peak representative body in Aboriginal Affairs. Aims to protect the interests and further the aspirations of its members and Aboriginal community.	P. 02 4337 4700 http://www.alc.org.au	50/ 24-26, Watts Street GOSFORD
Nungaroo LALC	Local Aboriginal Land Council	P. 02 6746 2356	2 Station St QUIRINDI
Purfleet/Taree LALC	Local Aboriginal Land Council.	P. 02 6552 4106 http://www.ptlalc.com.au	Lots 1-3 Old Pacific Hwy, PURFLEET
Red Chief LALC	Local Aboriginal Land Council	P. 02 6742 3602	26a Chandos St GUNNEDAH
Tamworth LALC	Local Aboriginal Land Council	P. 02 6766 9028	123 Marius St, TAMWORTH
Toomelah/Bogabilla LALC	Local Aboriginal Land Council	P. 07 4676 2348	Blg 41/3395 Tucka Tucka Rd BOGABILLA
Walhallow LALC	Local Aboriginal Land Council	P. 02 6747 4822	1 Hill St CAROONA
Wee Waa LALC	Local Aboriginal Land Council	P. 02 6795 3735	63 Rose St WEE WAA
Wonnarua LALC	Local Aboriginal Land Council	P. 02 6543 1288 https://www.wonnarua.org.au/	17-19 Maitland Street MUSWELLBROOK
Worimi LALC	Local Aboriginal Land Council	P. 02 4033 8800 https://www.worimi.org.au	2163 Nelson Bay Rd WILLIAMTOWN

JUSTICE & LEGAL

DISCRIMINATION, BULLYING & RACISM

NAME	DESCRIPTION	CONTACT	ADDRESS
Indigenous Women's Cyber Bullying Project Videos	Think Before you Click' is an online resource that was developed by the Indigenous Women's Legal Program as part of the Cyber Bullying Project. Features personal stories of young people's experiences and thoughts on Cyber Bullying.	https://www.youtube.com/watch?time_continue=2&v=JHHhwnGNFHg&feature=emb_title	Online
Know Your Rights Australian Human Rights Commission	Explains explains what racial discrimination is and what you can do if you experience it, as well as the work of the Australian Human Rights Commission and the Aboriginal and Torres Strait Islander Social Justice Commissioner in relation to Aboriginal and Torres Strait Islander people.	https://humanrights.gov.au/our-work/aboriginal-and-torres-strait-islander-social-justice/publications/know-your-rights	Online

ELDER ABUSE

NAME	DESCRIPTION	CONTACT	ADDRESS
NSW Elder Abuse Helpline	Provides information, support and referrals relating to the abuse of older people living in the community across NSW. We place the safety of the older person first. Our service is	Ph.1800 628 221	Helpline confidential & callers remain anonymous
Seniors Rights Service NSW	Consumer issues (debt management, unfair contracts), human rights (elder abuse including financial, discrimination), planning ahead (wills, power of attorney, guardianship), accommodation issues (granny flats) and other issues.	https://seniorsrightsservice.org.au/	Online

LEAVING CUSTODY

NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Civil Law Service	Delivers advice, casework and education services to specific Aboriginal communities across NSW through its Money Counts program and its Aboriginal Women Leaving Custody program.	Free call: 1800 793 017 Free call: 02 9219 5057 https://www.legalaid.nsw.gov.au	24 office locations in NSW
The Community Restorative Centre	Provides a range of services to people involved in the criminal justice system and their families. Lead provider of specialist throughcare, post-release, and reintegration programs for people transitioning from prison into the community in NSW.	P. 02 9288 8700 https://www.crcnsw.org.au/	251 Canterbury Rd CANTERBURY
Time to Work Employment Service	Assists Aboriginal and Torres Strait Islander prisoners to access the support they need to better prepare them to find employment and reintegrate into the community upon release	P. 1800 805 260 https://www.jobs.gov.au	Local providers deliver this service
Recovery Point Samaritans	Practical assistance and support for people who are leaving Correctional Facilities and/or Alcohol & Drug Rehabilitation Centres.	P. 1300 656 336 https://www.samaritans.org.au	36 Warabrook Blvd WARABROOK

LEGAL ADVICE & SUPPORT

NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Legal Service ALS	Assists Aboriginal people who have come into contact with Police, courts, youth detention or incarceration.	P. 1800 765 767 https://www.alsnswact.org.au	4/456-460 Hunter St NEWCASTLE
Aboriginal Client Specialist Program NSW Courts	Aboriginal Client Service Specialists work at various local court sites to assist communication between the court and the Aboriginal community. Seeks to improve the quality of justice-related services for Aboriginal victims of crime; court users and their families.	P. 02 4921 2200 http://www.courts.justice.nsw.gov.au	Various locations across NSW
Aboriginal Community Justice Groups Courts NSW	Members of Aboriginal Community Justice Groups examine crime and offending problems in their communities and develop solutions. They work on local issues in cooperation with police, courts, community offender services and juvenile justice.	P. 02 4921 2200 http://www.courts.justice.nsw.gov.au	Various locations across NSW
Aboriginal Civil Law Service	Advice, casework and education services to specific Aboriginal communities across NSW through its Money Counts program	Free call: 1800 793 017 or 02 9219 5057 https://www.legalaid.nsw.gov.au	24 office locations in NSW
Community Justice Centre	Mediation for Aboriginal & Torres Strait Islander community. Aboriginal worker or culturally trained worker (if available) to help Aboriginal and Torres Strait Islander people solve their disagreements.	P. 1800 990 777 P. 02 4925 333 https://www.cjc.justice.nsw.gov.au	Phone/ Sydney
National Indigenous Consumer Strategy NSW Fair Trading	Addressing key consumer issues for Indigenous communities: trading practices, scam practices housing, consumer directed care environments, motor vehicles, financial services	P. 1800 500 330 (ask to speak to an Aboriginal officer) https://www.fairtrading.nsw.gov.au/help-centre/aboriginal-and-torres-strait-islanders	Various locations across NSW
Law Access NSW	Aboriginal staff to assist with legal problems and connect you with other services, including Aboriginal legal services. If you would like to talk to one of our Aboriginal staff, let us know when you contact us.	P.1300 888 529 https://www.lawaccess.nsw.gov.au	Dept of Justice NSW
Mental Health Court Support & Referral	Information, referral and court support for people with a lived experience of mental health issues.	P. 02 6553 5121 https://www.mvns.org.au	Manning Valley Neighbourhood Centre 4 Farquhar St WINGHAM
Women's Domestic Violence Court Advocacy	Supporting women through the legal system with apprehended domestic violence orders and domestic violence criminal charges at court. Referrals to other services for support	P. 1800 938 227 https://www.wdvcasnw.org.au	Contact us for help, support, and advice on domestic or family violence.
Aboriginal Victims Services NSW Courts	Aboriginal victims of crime can call the Victims Services confidential Aboriginal contact line for information and support.	P. 1800 019 123 http://www.courts.justice.nsw.gov.au	Phone
Indigenous Women's Legal Program	Free confidential legal information, advice and referrals for Aboriginal and Torres Strait Islander women in NSW with a focus on domestic violence, sexual assault, parenting issues, family law, discrimination and victim's support.	P. 02 8745 6977 P. 1800 639 784 http://www.wlsnsw.org.au	Helpline/Online
Aboriginal Contact Line Victims Services NSW	Aboriginal Contact Officer. Dedicated contact line for Aboriginal victims of crime in NSW who would like information on victim's rights, how to access counselling and financial assistance.	P. 1800 019 123 https://www.victimsservices.justice.nsw.gov.au/Documents/pt12_atasi-contact-line.pdf	HelpLine
Muloobinba Aboriginal Corporation	Court Support. Muloobinba provides culturally appropriate, confidential and sensitive supports both practical and emotional to Aboriginal people in times of need.	P. 02 4969 5299 https://www.muloobinba.org.au	2/22 Portside Cres MARYVILLE

OFFENDERS & EARLY INTERVENTION

NAME	DESCRIPTION	CONTACT	ADDRESS
Traffic Offenders Intervention Program	Local court-based program targeting offenders who have pleaded guilty to, or been found guilty of, a traffic offence. Provides offenders with information and skills towards safer driving behaviours.	https://www.localcourt.justice.nsw.gov.au	Various locations
Youth On Track Mission Australia	Works with young people who may not have committed a serious crime but who exhibit risk factors. Interventions that target the young person's identified criminogenic risks and needs.	P. 02 6589 5003 https://www.missionaustralia.com.au https://www.youthontrack.justice.nsw.gov.au	Ground Floor, 433 Hunter Street NEWCASTLE

SEXUAL ASSAULT

NAME	DESCRIPTION	CONTACT	ADDRESS
Aboriginal Women's Sexual Assault Network	Known as 'Hey Sis, We've got your Back'. Network of Aboriginal women from all parts of New South Wales, who are committed to working to prevent sexual assault in their communities.	Ph. 02 8585 0333 http://www.heysis.com.au	Phone/Online
Sexual Assault Services NSW Health	Sexual Assault Counselling	Ph: 02 4921 3888 https://www.health.nsw.gov.au/parvan/sexualassault/Pages/info-sexual-assault-victims.aspx	LHD Community Health Centres in the Hunter & Mid Coast regions.
NSW Rape Crisis Centre	Our expert trauma counsellors are available 24 hours a day, seven days a week by telephone or online. We also provide face to face counselling at some women's health centres in NSW.	Ph. 1800 424 017 http://nswrapecrisis.com.au	Phone & Online Counselling
1800 RESPECT HelpLine	1800RESPECT is the national sexual assault, domestic and family violence counselling service. Provides support, information and referral to assist Aboriginal and Torres Strait Islander peoples.	P. 1800 737 732 http://www.1800respect.org.au	Phone/Online
Hunter Women's Health Centre	Prioritises services to women who are marginalised, experiencing disadvantage or having difficulty in accessing services elsewhere. Counselling, workshops, information.	Ph: 02 4968 2511 http://hwc.org.au	Cnr Avon Street & Industrial Drive MAYFIELD + Outreach

OLDER PERSONS SUPPORT

IN HOME SUPPORT			
NAME	DESCRIPTION	CONTACT	ADDRESS
Awabakal Aboriginal Corporation	HOME SERVICES: Lawn Mowing, Cleaning, Living Support. Aboriginal.	Ph. 02 4918 6400 Ph. 02 4907 8555 Personal and medical services. Community support services https://www.awabakal.org	64 Hannell Street WICKHAM
Aboriginal Home Care Australian Unity	Australian Unity's Aboriginal Home Care service provides culturally appropriate home and community services to Aboriginal and Torres Strait Islander people throughout New South Wales.	P. 1300 797 606 https://www.australianunity.com.au/assisted-living/aboriginal-home-care	Working in metropolitan, regional and remote areas of NSW
Community Visitors Scheme	The CVS arranges volunteer visits to older people to provide friendship and companionship. Visits are available to anyone receiving government-subsidised residential aged care or Home Care Packages.	P. 07 3379 7200 http://communityvisitorscheme.com.au/	Check for local providers
Culturally Appropriate Home Care GoCo Community Care	Home Care Packages to Aboriginal and Torres Strait Islander people aged 50+ who are eligible through My Aged Care. Partners with services, where possible, which have aboriginal employees to deliver your services in your home, should you choose.	P. 02 6740 2240 https://gococare.com.au/services/aboriginal-support/	80 Marquis St GUNNEDAH
KADS Kamilaroi Aging & Disability Services	KADS provides services to Aboriginal people who are aged or have a disability, and to their carers who live in the New England area in New South Wales.	P. 02 6766 9944 P. 02 6766 9722 http://communityservices.uralla.com/	4/454 Peel St TAMWORTH
Home Support Neighbourhood & Community Organisations	Check with your local neighbourhood or community organisation for any home support options	P. 02 9660 2044 https://www.lcsansw.org.au/	Check website for local organisations
Benevolent Society	Aboriginal flexible respite (ageing and disability) Our Reconciliation Action Plan focuses on relationships, respect and opportunities to promote, support and consult with Aboriginal and Torres Strait Islander communities	P. 1800 236 762 https://www.benevolent.org.au	Level 2 165 Broadmeadow Rd NEW LAMPTON
Biripi Aged Care Aboriginal Corporation	Biripi Aged Care offers a range of flexible home care options that can be tailored to suit your requirements. For our Elders, our home care services range from a little extra help around the house to full-time, around the clock care. Aboriginal.	Ph. 02 6550 0788 https://www.biripi.org.au	151 Manning River Drive TAREE

Commonwealth Home Support Program	Aboriginal Sector Support Officer. Access and entry level into aged care, educating, addressing barriers to access, works with Aboriginal and mainstream providers.	P.1800 200 422 https://www.myagedcare.gov.au/help-at-home/commonwealth-home-support-programme	Various local community organisations
Darmulen Aboriginal Branch	Home and community services to Aboriginal and Torres Strait Islander people in NSW. Aboriginal staff members. Providing help at home for older Aboriginal people or with a disability and their carer.	P. 1300 149 282	Taree, Maitland, Newcastle offices
Transcare Aged Support	Based in Scone. Provide community services to people in the Upper Hunter and Muswellbrook Shires including transport, in-home assistance, Meals on Wheels, social support, home maintenance and social events.	P. 02 6545 3113 http://www.transcare.org.au/	214 Kelly St SCONE
Integrated Living Aged & Disability Services	For people wanting to remain independent and in their own home. Range of home care services including delivery of healthy nutritious meals, personal assistance and social support. Wellness for Independence Programs are also focused on your overall health.	P. 1300 782 896 https://www.integratedliving.org.au	MUSWELLBROOK 3 Wilkinson Ave NEWCASTLE 251 Wharf Rd
Upper Hunter Home Modification Service	The service provides a comprehensive home modification and maintenance program for eligible clients, to assist them to remain in their homes rather than being placed in long term care.	P. 02 6542 2086	Brentwood St MUSWELLBROOK

RESIDENTIAL AGED CARE

NAME	DESCRIPTION	CONTACT	ADDRESS
Marangbah Cottage Biripi Aboriginal Corporation	Aboriginal Elders receive culturally appropriate care and are encouraged to take part in regular activities and outings in the region. Our staff and carers work hard to ensure each resident is accorded the respectful service they deserve as befits their Elder status.	Ph. 02 6550 0788 https://www.biripi.org.au	151 Manning River Drive TAREE



DRIVERS LICENCE			
NAME	DESCRIPTION	CONTACT	ADDRESS
Driving Change & Community Safety Program	Licensing support program aims to assist young Aboriginal and Torres Strait Islander's overcome the barriers they may face in order to obtain their driver's licence.	P. 02 8052 4780 P. 02 8052 4341 https://www.drivingchange.com.au/	Check website for a local provider
Indigenous Learner Driver Program NRMA	Supports Aboriginal and Torres Strait Islander peoples to get their licence and open pathways to work. Access NRMA's driver training and volunteer driving mentors to accrue the hours and experience.	P. 13 11 22 https://www.mynrma.com.au/community/initiatives/programs/indigenous-learner-driver-program	Joint initiative of NRMA & Australian Red Cross
Driver Licensing Access Program Transport NSW	Assists Aboriginal and other disadvantaged people to get and keep their driver licence and remain safe and legal drivers	https://www.rms.nsw.gov.au/roads/licence/driver/driver-licence-access-program/index.html	Check website for a local provider
Keys to Drive 1hr Free Lesson	The Keys2drive free lesson is not intended to replace normal driving lessons rather, it should complement them by empowering learner drivers to 'Find Their Own Way' to becoming safer drivers.	P. 1800 696 929 https://www.keys2drive.com.au/	Register on website
Learner driver mentoring Uniting	120 Countdown is a free program connecting learner drivers with volunteer mentors to complete the 120 hours of driving practice needed before they can go for their P plates.	P. 1800 864 846 https://www.uniting.org/services/youth-services/learner-driver-mentoring	Check website for a local provider
Safer Drivers Course Transport NSW	Positive and interactive environment for road safety. Low-risk driving strategies and habits, on-road decision making (these are not learner driver lessons).	P. 02 9625 9111 https://www.rms.nsw.gov.au/roads/licence/driver/learner/safer-drivers-course.html	Check website for a local provider

FUEL CARDS & TAXI VOUCHERS

NAME	DESCRIPTION	CONTACT	ADDRESS
Transport Assistance or Vouchers Neighbourhood & Community Organisations	Check with your local neighbourhood centre or community organisation for any support options	P. 02 9660 2044 https://www.lcsansw.org.au/	Check for local organisations
Manning Valley Indigenous Transport	Dedicated Aboriginal Transport Development Officer and Aboriginal Employees. Transport, fuel cards & taxi vouchers. Get to medical appointments, shopping, social outings, cultural events, visiting, clubs, beaches, landmarks and other venues.	P. 02 65545447 https://www.manningct.com	Great Lakes, Greater Taree and Gloucester Shire

TRANSPORT SERVICES

NAME	DESCRIPTION	CONTACT	ADDRESS
Awabakal Aboriginal Co-Operative Ltd	Aboriginal Community transport for Awabakal AMS patients	P. 02 49 186 400 https://www.awabakal.org	64 Hannell Street WICKHAM
Awabakal Land Council	Aboriginal Community transport	P. 02 4965 4532 https://www.awabakallc.com.au	127 Maitland Road ISLINGTON
Bingara Community Transport Gwydir Shire Council	Community Transport	P. 02 6724 1948	46 Maitland St BINGARA
Cessnock Community Transport	Community transport	P. 02 4990 7247	27B Vincent St CESSNOCK
Coledale Community Centre Tamworth Family Support	We endeavour to provide support and opportunities to the residents of Tamworth	P. 02 6765 3103 http://www.tfss.com	2B Kenny Drive TAMWORTH
Dungog & District Neighbour Care Inc	Community transport servicing the Dungog LGA	P. 02 4992 3348 https://www.neighbourcare.org.au/	62 Hospital Rd, DUNGOG
Gwydir Community Transport	Moree and Mungindi Community Transport provides transport for those who are transport disadvantaged within the Moree Plains Shire and the Northwest part of the Gwydir Shire.	P. 1300 593 113 or 02 6752 2161	305 Edward St MOREE
GoCo Community Transport	Subsidised transport assistance to people living in the Gunnedah and Tamworth Council areas, who do not have access to appropriate transportation.	P. 02 6740 2254 https://gococare.com.au/services/community-transport/	80 Marquis St GUNNEDAH
Inverell Community Transport	You are eligible to use the service if you meet any of the following criteria: Live at home and are elderly or have a disability, and have no access to transport; Are isolated, live in a remote area or are in any way transport disadvantaged	P. 02 6722 5853 https://www.inverellhsp.com.au/services/community-transport.php	48 Oliver St INVERELL
Tablelands Community Transport	You may be eligible to access this service if you are living independently within Armidale, Uralla or Walcha Regional Shires and are frail, aged or care for someone who is and are not able to access existing public or private transport services.	P. 02 6778 6450 https://www.uralla.nsw.gov.au/Community/Community-services/Tablelands-Community-Transport	Old Court House Building 9 Hill Street, URALLA
Lower Hunter Transport Services Northern Coalfields	Community transport servicing the Cessnock LGA	P. 02 4019 9750 http://www.nccca.com.au/lower-hunter-transport-services.html	196 Wollombi Rd, CESSNOCK

Moree On Demand service	Community transport	P. 0499 623 363 https://transportnsw.info/travel-info/ways-to-get-around/on-demand/moree	You can book the On Demand service by phoning or texting
New England Transport for NSW	Regional Transport Coordination Program to assist people outside Metropolitan Sydney who experience transport disadvantage to access services. Travel concessions are available for those assisting persons with disabilities as attendants or carers	P. 0419 412 211	Phone
CARE Goondiwindi	The Medico Run provides transportation for those who struggle to get to medical appointments in Goondiwindi, Boggabilla & Toomelah.	P. 07 4670 0700 http://caregoondiwindi.com.au/contact-us/	111 Callandoon St GOONDIWINDI
Oxley Aged or Frail Community Transport	Our door-to-door service provides transport to medical and shopping facilities throughout Tamworth and Liverpool Plains Shire areas. We offer a safe and affordable alternative for those who may be unable to access public transport or the local taxi service.	P. 02 6762 1122 or 1800 951 770 https://oxleycommunitytransport.com.au/	46 Barnes St TAMINDA
Medical Treatment Transport Dept of Veterans Affairs	Transport assistance for approved medical treatment	P. 1800 555 254 https://www.dva.gov.au/health-and-wellbeing/home-and-care/travel-treatment	Online
Mercy Services Community Transport	Community transport for older people; people with disabilities; people affected by drug and alcohol abuse; the socially disadvantaged and families	P. 02 4961 3113 https://mercyservices.org.au/services/community-transport	15 Stenhouse Drive CAMERON PARK
North West Community Transport	Wee Waa Community Care Service Inc.	Narrabri: 02 6792 3431 Wee Waa: 02 6795 4265	WEE WAA NARRABRI
Tenterfield/Glen Innes Community Transport	LiveBetter Services Ltd	P. 1800 580 580 https://www.livebetter.org.au/wp-content/uploads/2017/03/LiveBetter-Fact-Sheet-Community-Transport.pdf	GLENN INNES TENTERFIELD
Ourcare Services Ltd	Various transport options	P. 02 6571 2300 https://www.ourcare.org.au/services/commonwealth-home-support/community-transport-chsp	3 Bathurst St SINGLETON
Disability Transport Transport NSW	Public Transport. Disability support for regional trains and coaches	P. 1300 038 500 https://transportnsw.info/tickets-opal/ticket-eligibility-concessions/people-with-disabilities	Online Resource
Walcha Community Transport	The Walcha Council Community Care (WCCC) Community Transport Service provides transport for members of the community that are transport disadvantaged	P. 02 6774 2471 https://www.walcha.nsw.gov.au/community/community-care/community-transport.aspx	Walcha WCCC Office

Port Stephens Community Transport	Provide essential medical and hospital transport, as well as the opportunity to engage in social activities such as shopping trips, day trips, lunches, visiting friends, and other social services.	P. 1300 881 852 http://ctps.org.au/services/	Port Stephens
Manning Valley Indigenous Transport	Aboriginal employees. Individual & group transport, funeral transport, fuel cards and taxi vouchers. Get to medical appointments, shopping, social outings, cultural events, visiting, clubs, beaches, landmarks and other venues.	P. 02 65545447 https://www.manningct.com	Great Lakes, Greater Taree and Gloucester Shire
AFT Aboriginal Funeral Transport	Provides assistance with transport for isolated and disadvantaged Aboriginal communities throughout NSW, to attend funerals where despite all efforts, there are insufficient resources to undertake the travel.	P. 1300 361 787	Chandler Macleod Managed Training Services



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