

This resource directory has been produced by
Shoalhaven Neighbourhood Services Inc.



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.

For enquiries or to add/change any information please contact:

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Phone: 4421 5077

Email: info@sns.org.au

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All information contained in the 'Path 2 Home' guide correct at time of printing

PATH 2 HOME

SHOALHAVEN



*This guide is a resource to help those looking for
immediate support with a crisis, housing, food, clothing and other
support in the Shoalhaven region.*

Quick Reference - Daily Free Food Guide

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Hit'n'Run Café (pg 11) The Holy Cow - Nowra and Sanctuary Point (pg 10)	Hit'n'Run Café (pg 11) The Holy Cow - Nowra and Sanctuary Point (pg 10)	Sussex Inlet Community Church, Jacobs Drive Sussex Inlet 11.30am (pg9)	Salt Ministries 5-19 Birrille Street Bomaderry 10.30am-1pm (pg 8)	St. Michael's Catholic Church @ the Annexe next to School of Arts Berry Street Nowra 11.30am - 1.30pm (pg 9)
Vinnies Van Pleasant Way (opposite The Gateway Caravan Park), Nowra 5pm - 6pm (pg 8)	Hit'n'Run Café (pg 11) The Holy Cow - Nowra and Sanctuary Point (pg 10)	All Saints Anglican Church, Cnr Berry & Plunkett Street, Nowra 6.15pm - 8.30pm (pg 8)	Hit'n'Run Café (pg 11) The Holy Cow - Nowra and Sanctuary Point (pg 10)	Hit'n'Run Café (pg 11) The Holy Cow - Nowra and Sanctuary Point (pg 10)

Other - Financial Support

Other - Financial Support - cont'd

Phone:

Uniting Care Unifam Counselling and Mediation

48 Junction Street, NOWRA



If you or someone you know has a problem with gambling, Uniting is here to help. Gambling Help is a compassionate counselling service working with individuals, couples and families to reduce the harmful impacts of gambling.

If gambling is affecting your financial security, health or causing you to feel worried, anxious or depressed, our trained counsellors can help you develop a plan to bring about positive change.

Financial assistance for this project is provided through the NSW Government's Responsible Gambling Fund.

Wesley Mission Credit Line

1800 808488
(free call)



Financial advice and referral.

Monday to Friday: 9.30am- 4.30pm

Website: www.financialrights.org

Other - MessageBox

Phone:

Telstra MessageBox

Available through various Support Services



As part of Telstra's commitment to ensuring that all Australians have reasonable access to a phone service, Telstra has introduced and funded the Telstra MessageBox Program. The purpose of the Program is to provide assistance to Australians who are at risk and who don't have access to a working phone. The Program provides eligible people, including people who are homeless/transient, experiencing financial hardship or are in a crisis situation, with access to a Telstra PhoneAway card (a 'pre-paid' calling card). The cards are free and available through service support agencies.

Other - Financial Support

Other - Financial Support

Phone:

Credit Line Financial Counselling - Lifeline South Coast

4421 5365



2/130 Junction Street, **NOWRA**

Financial counselling provided free of cost to help you manage your money. Appointment required.

Department of Human Services - Centrelink

13 6240
(recorded advice)



Lawrence Avenue, **NOWRA**

The Department of Human Services is responsible for delivering a wide range of welfare, health, child support payments and other services to the people of Australia.

Centrelink is part of the Department of Human Services and deliver social security payments and services to Australians.

Centrelink can:

- ◆ help you set up an online account
- ◆ ensure you get the payments you are entitled to
- ◆ help with proof of identity requirements
- ◆ arrange Centrepay deductions which are taken directly out of your payment, making it easier for you to manage your money, pay bills and secure accommodation
- ◆ link you to social workers who will help support you
- ◆ refer you to other community organisations who may be able to help
- ◆ help with referrals and questions about child support, rehabilitation or hearing services
- ◆ work out how to get payments if you don't have a permanent address

NILS (No Interest Loan Scheme)

4424 7100



47 West Street, **NOWRA**

Loans for fridges, washing machines and medical expenses etc. To qualify for a loan, residents must have lived in the Shoalhaven for 6 months or more. Self referral or referral from Centrelink, service providers etc.

Wednesday to Thursday: 9am - 4pm

Monday to Friday: 9am - 5pm (general enquiries)

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Symbols

	Emergency		Legal
	Bed		Household Goods
	Food		Books/Bric-a-Brac
	Information		Shower
	Helpline/Hotline		Toilet
	Health		Laundry Facilities
	Counselling/Advocacy		Women
	Assistance/Support		Men
	Clothing		Youth/Children
	Financial Assistance		

Other - 2nd Hand Goods

Other - 2nd hand goods - cont'd

Phone:

Vinnies - Nowra

4421 7244

5 Berry Street, **NOWRA**

Clothing, books, furniture, bric-a-brac

Monday to Friday: 8.30am- 4.30pm

Saturday: 8.30am - 2pm



Vinnies - Sanctuary Point

4443 9201

199 Kerry Street, **SANCTUARY POINT**

Clothing, books, furniture, bric-a-brac

Monday to Friday: 8.30am- 3.15pm

Saturday: 9am - 1pm



Vinnies - Shoalhaven Heads

4448 7923

Shop1, The Village Centre, **SHOALHAVEN HEADS**

Clothing, books, bric-a-brac

Monday to Friday: 8.30am- 3.45pm

Saturday: 8.30am - 12.30pm (8.30 - 2pm during holidays)



Vinnies - Ulladulla

4455 1466

251 Green Street, **ULLADULLA**

Clothing, books, furniture, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 12 noon



Wesley Uniting Church Op Shop

4422 4552

Junction Street (opposite Post Office), **NOWRA**

Clothing, books, bric-a-brac

Monday to Friday: 11am- 5pm



Other - 2nd Hand Goods

Other - 2nd hand goods - cont'd

Phone:

The Salvation Army Red Shield Family Store

4443 3658



Bay and Basin Mission

Shop4, 197 Kerry Street, **SANCTUARY POINT**

Clothing, jewellery, manchester/linen, books, CD, DVD, bric-a-brac and smaller electrical items

Monday to Friday: 9am- 3pm

The Salvation Army Salvo Store

13 7258



2/182 Princes Highway, **SOUTH NOWRA**

Furniture, electrical goods, clothing, jewellery, manchester/linen, books, CD, DVD, bric-a-brac. Cleaning cloths/rags

Monday to Saturday: 9am- 5pm

The Salvation Army Salvo Store

4454 1538



9/137 Princes Highway, **ULLADULLA**

Furniture, electrical goods, clothing, books, bric-a-brac

Monday to Friday: 9am - 3pm

Ulladulla Second Hand Shop

4455 1564



Clothing, books, furniture, electrical goods, bric-a-brac

Monday to Friday: 8.45am - 3pm

Uniting Church Outreach Centre

4454 1694



Cnr. Princes Highway and North Street, **ULLADULLA**

Clothing, books, bed linen, kitchenware, shoes, handbags

Monday, Tuesday, Thursday, Friday: 10am - 4pm

Wednesday: 9am - 12 noon

Saturday: 9am - 12 noon

Vinnies - Berry

4464 3940



117b Queen Street, **BERRY**

Clothing, books, bric-a-brac

Monday to Sunday: 10am - 4pm

Crisis/Emergency

Crisis/Emergency

Phone:

Link2home

1800 152152



Homelessness information and referral telephone service which provides information, conducts assessments, as well as makes referrals to homelessness services across NSW.

(free call)

Available 24/7.

Indigenous Australians call:

1800 727555

Dignity

Supports people experiencing homelessness, providing shelter, food, advocacy and education. Dignity is committed to empowering the people they work with and to 'making a difference'. As a Temporary Accommodation provider, Dignity offers shared accommodation of the highest standard. All guests have their own lockable rooms with home cooked meals prepared by volunteers, 'Dignity Dishes'. Dignity has support staff onsite daily to work with and refer to local specialist agencies. Dignity provides specialist services for singles, couples and families with children. The majority of referrals come through Link2home and the FACS Housing Office. Dignity is also able to take accommodation referrals from affiliated services in some cases.

NO self referral - call: Link2home 1800 152152 (free call) FACS 4424 5411



Community Services Helpline - report suspected abuse or neglect of children.

13 2111



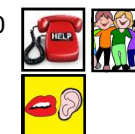
Domestic Violence Helpline - if you are experiencing DV or you know someone who is.

1800 656463 (free call)

























Kids Helpline - telephone counselling for youth/children.

1800 551800 (free call)



Crisis/Emergency

Crisis/Emergency - cont'd

	Phone:	
<p><u>Lifeline</u> Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24/7 crisis support and suicide prevention services.</p>	13 1114	 
<p>Telephone counselling, financial (booked appointment only)</p>	4421 5365	
<p><u>Mensline Australia</u> A private and safe environment for men to talk about their problems. Available 24/7</p>	1300 789978 (free call)	 
		
<p><u>Parent Line</u> Support for parents with children 0 - 18years. Monday - Friday: 9am - 9pm Weekend: 4pm - 9pm</p>	1300 130052 (free call)	 
<p><u>Victims Support Line</u> Victims of crime support line. Available 24/7</p>	1800 633063 (free call)	 
<p><u>Dads In Distress</u> Helps separated parents deal with the practical and personal challenges that prevent them from being the best parents they can!</p>	1300 853437 (free call)	 
		
<p><u>Mums In Distress</u> Helps separated parents deal with the practical and personal challenges that prevent them from being the best parents they can!</p>	1300 853437 (free call)	 
		
<p><u>Gambling Help</u> Free and confidential support for gamblers and their families</p>	1800 858858 (free call)	 
<p><u>Beyond Blue</u> Provides free and confidential support for all Australians living with anxiety, depression and mental health issues. Crisis support and suicide prevention services.</p>	1300 224636 (free call)	 
		 

Other - 2nd Hand Goods

Other - 2nd hand goods - cont'd

Phone:

	Phone:	
<p><u>Lions Pre-loved Book Shop</u> Bellbrook Arcade, Princes Highway, ULLADULLA</p> <p>Books</p> <p>Monday to Friday: 9am- 4.30pm Saturday: 9am - 12.30pm</p>	No Phone	Books Only
<p><u>Mickey and Mallory</u> 1/82 Junction Street (upstairs), NOWRA</p> <p>Vintage, retro and recycled clothing and bric-a-brac</p> <p>Wednesday to Friday: 10.30am - 3.30pm Saturday: 11am - 1pm</p>	4421 8116	 
<p><u>Mission Australia, Big Heart Enterprise Op Shop</u> Cnr. Worrigeer Street and Princes Highway, NOWRA</p> <p>Clothing, books, furniture, bric-a-brac, computers and mattresses</p> <p>Monday to Friday: 9am- 4.30pm Saturday: 8.30am - 1.30pm</p>	4421 0523	 
		
<p><u>Presbyterian Op Shop</u> 3 Kinghorne Street (entrance at rear), NOWRA</p> <p>Clothing, bric-a-brac</p> <p>Tuesday to Friday: 9.30am- 2pm</p>	4421 2070 4421 8857	 
<p><u>Red Cross</u> Schofields Lane, NOWRA</p> <p>Clothing, books, bric-a-brac, jewellery</p> <p>Monday to Friday: 9am- 3pm Saturday: 9am - 1pm</p>	4421 2845	 
<p><u>Sarah Claydon Trash and Treasure</u> Settler's Fair, MILTON</p> <p>Clothing, books, bric-a-brac</p>	No Phone	 

Other - 2nd Hand Goods

Other - 2nd hand goods

Phone:

Anglicare Bomaderry Op Shop

Meroo Street (near railway station), **BOMADERRY**

Clothing, books, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 1pm

4421 5494



Anglicare Op Shop

3/4 Weston Street, **CULBURRA BEACH**

Clothing, books, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 1pm

4447 4084



Community Church Op Shop

Jacobs Drive, **SUSSEX INLET**

Clothing, books, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 12 noon

4441 0288



Culburra Beach Community Health Centre Op Shop

Canal Road (across from shops), **CULBURRA BEACH**

Clothing, books, furniture, electrical goods, bric-a-brac

Monday to Friday: 9am- 3pm

Saturday: 9am - 1pm

No Phone



Husky Uniting Church Op Shop

53 Hawke Street, **HUSKISSON**

Clothing, books, bric-a-brac

Monday, Wednesday, Thursday, Friday: 9am- 4pm

Saturday: 9am - 12 noon

4441 7495



Inasmuch Op Shop

195 Jacobs Drive, **SUSSEX INLET**

Clothing, books, furniture, bric-a-brac

Tuesday, Thursday, Friday, Saturday: 8.30am - 12 noon

4441 1008



Beds

Crisis Accommodation

Phone:

Dignity

Supports people experiencing homelessness, providing shelter, food, advocacy and education. Dignity is committed to empowering the people they work with and to 'making a difference'. As a Temporary Accommodation provider, Dignity offers shared accommodation of the highest standard. All guests have their own lockable rooms with home cooked meals prepared by volunteers, 'Dignity Dishes'. Dignity has support staff onsite daily to work with and refer to local specialist agencies. Dignity provides specialist services for singles, couples and families with children. The majority of referrals come through Link2home (1800 152152) and the FACS Housing Office (4424 5411). Dignity is also able to take accommodation referrals from affiliated services in some cases.

NO self referral - call:

Link2home
1800 152152
(free call)

FACS
4424 5411



Safe Shelter

134 Kinghorne Street , **NOWRA**

Safe Shelter Shoalhaven is a combined churches and community project aimed at providing safe emergency shelter for the homeless. Overnight emergency accommodation has 12 beds, catering for women, men and families. Free meals, laundry, shower facilities are available. Self referral or through The Homeless Hub. Clients must stay engaged with The Homeless Hub if they wish to remain on their list for emergency housing.

Booking can be made through:

The Homeless Hub: Tuesday - Friday 10am - 3pm

Safe Shelter Shoalhaven: Saturday - Monday before 4pm.

13 2111



Treehaven Tourist Park

278 Princes Highway, **BOMADERRY**

Accommodation only on referral from FACS - Housing NSW.

4424 5411
(FACS)



Beds

Crisis Accommodation - Men

John Purcell House

11 Lawrence Avenue **NOWRA**

Short term crisis accommodation service for unaccompanied men aged 21 years or over who are homeless or at risk of being homeless. 17 bed facility. \$24 day (\$336 fortnight) includes 3 meals per day. Site supervised 24/7. 10.30pm curfew. Assessment process involved. Self or agency referral, currently has a waiting list. Learning centre and assessment and support services also available.

Casual access available for food, tea, coffee, use of shower and laundry facilities.

Monday to Friday: 8am - 4.30pm.

Phone:

4423 3558



Crisis Accommodation - Women and Families Phone:

SAHSSI

PO Box 939, **NOWRA**

Supported accommodation and homelessness services for women in the Illawarra and Shoalhaven areas.

Monday to Friday: 9am - 5pm

(for after hours access to emergency accommodation and support contact Link2home or the DV hotline, see pg.4)

Email: admin@sahssi.org.au

4229 8523
(Illawarra)

4421 8276
(Shoalhaven)



Southern Youth and Family Services

107 Berry Street, **NOWRA**

Independent Housing Project Families (IHPF) Nowra provides support including information, referral, advocacy, emotional and practical support, living and social skills, education and some access to affordable transitional accommodation for families in the Shoalhaven area.

Monday to Friday: 9am - 5pm (for referral purposes)

Email: syfs@syfs.org.au

4423 3347
4423 2290
44229966

(After Hours)
4228 1946



Other - Showers

Shower Facilities - cont'd

Sussex Inlet Aquatic Centre

21 Thomson Street, **SUSSEX INLET**

Monday to Friday: 6am - 12 noon and 3pm - 7pm

Saturday to Sunday: 10am - 2pm

Normal entry fees apply, subject to change

Phone:

4406 2055



Ulladulla Leisure Centre

Green Street, **ULLADULLA**

Monday to Thursday: 6am - 8pm

Friday: 6am - 7pm

Saturday: 9am - 4pm

Sunday: 12 noon - 4pm

Normal entry fees apply, subject to change

4444 8811



Other - Library

Library Facilities

Shoalhaven Libraries

Nowra, Sanctuary Point, Milton, Ulladulla, Mobile

The core values/principles of libraries are accessibility and equity, therefore Shoalhaven City Libraries have created a new member category for people who are homeless or have no fixed address.

This category has a maximum loan limit of five items, with one renewal. No interlibrary loans are permitted. Acceptable forms of identification for this category are: Medicare, Centrelink or concession cards (even if out of date). This member category provides full access to all Shoalhaven Libraries eResources – eBooks, eAudiobooks, eMagazines, movies, databases and use of public access computers.

Phone:

various
enquire at
your library



Other - Showers

Shower Facilities - cont'd

Nowra Aquatic Park

Scenic Drive, **NOWRA**

Summer Hours:

Monday to Friday: 6am - 7pm

Saturday to Sunday: 10am - 5pm

Winter Hours:

Monday to Friday: 6am - 6pm

Saturday to Sunday: 11am - 3pm

Public Holidays: 11am - 3pm

Normal entry fees apply, subject to change

Phone:

4429 5641



Nowra Youth Centre

132 Kinghorne Street, **NOWRA**

Shower, toilet and laundry facilities available. Mainly for young people but will accept others.

Tuesday to Wednesday: 10am - 4pm

Thursday to Friday: 12 noon - 4pm

Email: janet@nowrayouthservices.org.au

4422 1988



Southern Shoalhaven Youth Services Incorporated

Ulladulla Youth Centre

80 St. Vincent Street, **ULLADULLA**

Shower/toilet, toiletries available. Under 24 years of age only. Telephone before referring client.

Monday to Thursday: 9am - 5pm (Office hours)

Tuesday to Thursday: 2.30pm - 5pm (Drop-in)

Email: naylorclarkd@missionaustralia.com.au

4454 1761



Beds

Crisis Accommodation - Youth

Shoalhaven Youth Support Service

75 Moss Street, **NOWRA**

Short term accommodation for homeless young people 16 - 24 years. Outreach support service in the Shoalhaven area for young people who are at risk of homelessness or homeless. Client centred approach, case management support and assistance, referral pathways, advocacy and living skills development. Self or agency referral.

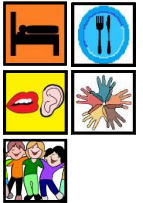
Monday to Friday: 9am - 5pm (for referral purposes)

Email: syss@caresouth.org.au

Phone:

4422 7625

1300 554260
(free call)



Supported Accommodation - Women

Rosa Coordinated Care

PO Box 449, **NOWRA**

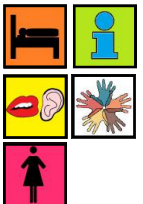
Intensive case management support for women transitioning from gaol or rehabilitation. Assistance with housing, case management and advocacy also provided. Some transitional accommodation available.

Monday to Friday: 9am - 5pm

Email: info@swrg.org.au

Phone:

4444 1103



Housing Providers

FACS - Housing NSW

1/70 Graham Street, **NOWRA**

Provides services across the Shoalhaven area to persons who meet the Housing NSW eligibility criteria.

Monday to Friday: 8.30am - 4.30pm

Website: www.housing.nsw.gov.au

Phone:

4424 5411



Beds

Housing Providers - cont'd

Southern Cross Community Housing

NOWRA - 69 Kinghorne Street

ULLADULLA - 118-120 Princes Highway

Referrals and support. Community Housing offers secure, affordable, long-term rental housing for people on low to moderate incomes. Affordable housing assists people on low to moderate incomes that may be slightly higher than those eligible for social housing, but still require affordable and secure housing.

Monday to Thursday: 9am - 5pm (Nowra)

Monday to Thursday: 10am - 5pm (Ulladulla)

Email: info@scch.org.au

Tenant Support

Illawarra and South Coast Tenants Service

Unit 4/24-26 Ford Street, **MORUYA**

The service provides advice, assistance and advocacy to tenants in public housing or community housing, boarders and lodgers, permanent residents of caravan parks and tenants in the private market facing homelessness.

Monday to Friday: 9am - 5pm

(if phone unattended, please leave message)

Murra Mia Tenant Advice Service

25a Gregory Street, **BATEMANS BAY**

Provides free advice and advocacy to all Aboriginal and Torres Strait Island tenants throughout the South East and South Western areas of NSW. Provides information, support, referrals and assistance to ATSI people who are homeless or at risk of becoming homeless.

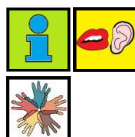
Monday to Friday: 9am - 5pm

Email: taaps@bigpond.com

Phone:

4421 5145

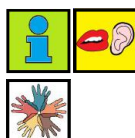
4455 4543



Phone:

42743475

1800 807225
(free call)



4472 9363

1800 672185
(free call
clients only)



Other - Showers

Shower Facilities

Phone:

Bay and Basin Leisure Centre

The Wool Road, **VINCENTIA**

4406 2022



Monday to Thursday: 6am - 8pm

Friday: 6am - 7pm

Saturday: 10am - 5pm

Sunday: 10am - 4pm

Closed: public holidays

Normal entry fees apply, subject to change.

Bomaderry Aquatic Centre

127 Cambewarra Road, **BOMADERRY**

4429 5600



Monday to Thursday: 6am - 7pm

Friday: 6am - 6pm

Saturday: 10am - 5pm

Sunday: 10am - 5pm

Normal entry fees apply, subject to change.

East Nowra Neighbourhood Centre (S.N.S pg 19)

2/80 Park Road, **NOWRA**

4422 1299



Shower available by appointment. No cost.

Monday to Friday: 9am - 3pm

Email: community@sns.org.au

Huskisson Community Centre

17 Dent Street, **HUSKISSON**

0487 469032



2 showers and toilets available. Must bring own towel and toiletries. Services to phone before referring client. No cost.

Monday to Friday: 1pm - 4pm

Other - Vouchers

Vouchers/Parcels - cont'd

St. Vincent de Paul - Nowra

5 Berry Street, **NOWRA**

Provides food, electricity, telephone, clothing, vouchers (vouchers limited to food). Home visits to assess client. Come to the Crisis Centre behind shop **before** 10am, or call **before** 10am. No cost involved.

Monday to Friday: 10am - 12 noon

St. Vincent De Paul - Sanctuary Point

199 Kerry Street, **SANCTUARY POINT**

Provides food and electricity vouchers as emergency relief to residents of Sanctuary Point who are in need.

Monday to Wednesday: 10am - 12 noon

Friday: 9.30am - 11am

St. Vincent De Paul - Ulladulla

251 Green Street, **ULLADULLA**

Provides food and electricity vouchers to residents who are in need. Appointment necessary.

Monday to Friday: 10am - 1pm (general welfare)

NILS Program: Monday

Thursday: 9am - 1pm (electricity vouchers)

The Salvation Army - Bay and Basin Mission

Shop 5, 197 Kerry Street, **SANCTUARY POINT**

Provides food vouchers and food packages. Appointment required for assessment. Centrelink ID required.

The Salvation Army - Shoalhaven Corps.

Corner St. Anne's Street and Salisbury Drive, **NOWRA**

Provides food vouchers and food packages. Clients must call Salvo Assessment Line for assistance.

Phone:

4421 0390
(before 10am)



4443 9466



4455 5666



4443 7386
(leave message
if unattended)



1300 371288
(assessment line)



Food

Meals - FREE

Phone:

All Saints Anglican Church

Cnr Berry and Plunkett Street, **NOWRA**

A free meal provided followed by a church service, if you wish. Transport provided by calling 4423 1099 by 4pm prior to event.

Wednesday: 6.15pm - 8.30pm

St Michael's Catholic Church

The Annex next to School of Arts, Berry Street, **NOWRA**

Free soup kitchen.

Friday: 11.30am - 1.30pm (approx.)

Sussex Inlet Community Church

Jacob's Drive, **SUSSEX INLET**

Open door, drop in for lunch.

Wednesday: 11.30am

The Holy Cow - East Nowra Shopping Centre

8/110 Kalandar Street, **NOWRA**

Free meal from the Chef's Menu

7 days: 11am - 2pm and 4.30pm - 9pm

The Holy Cow - Sanctuary Point

16 Paradise Beach Road, **SANCTUARY POINT**

Free meal from the Chef's Menu

7 days: 5pm - 9.30pm

The Hub Bus - Nowra City Church

Providing free meals to anyone.

Thursday: 4.45pm - 5.15pm Pleasant Way (in the old tourist information car park opposite caravan park), **NOWRA**

Thursday: 6.30pm - 7pm. Samuel Street, **BOMADERRY**

44214 6884



4447 0990

0435 336195



4441 0288



0411 899021



4443 3659



4421 4602



Food

Meals - FREE - cont'd

The Salt Box

Bomaderry Community Hall, 5-19 Birriley Street, **BOMADERRY**

Free meal, food hampers, tea/coffee and clothing.
Social activities also available.

Thursday: 10.30am - 1pm

Office hours:

Monday to Friday: 9am - 1pm

Email: info@saltministries.org.au

Website: www.saltministries.org.au

Salt Mobile Response Vehicle

Various locations (call to find relevant location to your area).
On-call for homeless people groups.

FREE - hygiene packs, blankets, pillows, towels, groceries.

Vinnie's Van

Pleasant Way (in the old tourist information carpark opposite caravan park), **NOWRA**

Free hot meal, sandwiches, drink, fruit and biscuits for those living in temporary accommodation, boarding house, sleeping rough, couch surfing and doing it tough.

Outreach service: blankets etc. provided free if necessary.

Hygiene packs available on request.

Tuesday: 5pm - 6pm

Suspended Coffee Providers

Hit 'n' Run Café

117 Junction Street, **NOWRA**

Coffee, soup or sandwich which has been donated by the public for someone in need, just ask for a suspended coffee!

Phone:

4480 5028



4480 5028

4228 8140



0481 305309



Other - Vouchers

Vouchers/Parcels

Phone:

All Saints Community Care

74 Osborne Street, **NOWRA**

Material aid and referral. Income statement from Centrelink.
Appointment required. No cost involved.

Monday/Wednesday/Friday: 10am - 4pm

4423 1099



Anglicare Op-Shop

3/4 Weston Street, **CULBURRA BEACH**

Provides food vouchers to buy groceries in Woolworths.
Clients can self-refer and should speak to the manager if wanting vouchers.

Monday to Friday: 9am - 4pm

Saturday: 9am - 1pm

4447 4084



Shoalhaven Homeless Hub

27 Junction Street (entrance at rear), **NOWRA**

A drop-in centre for individuals, families and couples who are homeless or at risk of homelessness. Food assistance, clothing parcels and swags/blankets if available.

Tuesday to Thursday: 10am - 3pm

Friday: 10am - 2.30pm

Email: shoalhavenaccom@bigpond.com.au

Website: www.shoalhavenhomelesshub.com

4423 2804



Southern Shoalhaven Youth Services

80 St. Vincent Street, **ULLADULLA**

Provides food parcels. Provides food and taxi vouchers, if available, for care management clients.

Tuesday to Friday: 9am - 5pm (office)

4454 1761



Support Services

Community Support Services - Youth cont'd Phone:

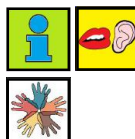
Southern Youth and Family Services

107 Berry Street, **NOWRA**

SYFS is an organisation that has the main purpose of supporting and caring for vulnerable, disadvantaged and homeless people or those at risk of disadvantage and homelessness. SYFS also supports families and young people which may include foster parents, grandparents and siblings. This work provides accommodation, community social housing, counselling, mediation, support and the delivery of a range of programs to improve the life situation of the young people and their families.

Monday to Friday: 9am - 5pm
Email: syfs@syfs.org.au

4423 3347
4423 2290
(after hours)
4428 1946



Community Support Services - Multicultural Phone:

Illawarra Multicultural Services - Nowra

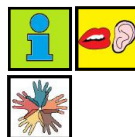
41 Worrigeer Street, **NOWRA**

IMS is an independent regional hub for refugees and migrants offering quality support and disability services. These services include information and referral services to help you when you arrive and settle into Australia, intensive support for families with a child or a young person with a disability, casework and support programs for CALD families with children and youth who need support to increase quality of parenting and family capacity and projects and services to address issues of access and equity.

Services are free of charge and confidential.

Monday to Friday: 9am - 3pm (Regional Office hours)
Email: info@ims.org.au

4229 6855
Regional office
(contact for more
information)



Food

Meals - Low Cost

Phone:

Shoalhaven Senior Citizens

39 Berry Street, **NOWRA**

All welcome, you don't have to be a Senior Citizen!

Monday to Thursday: 9am - 1.30pm

4423 0134



Meals - Delivered

Phone:

Currarong Meals on Wheels

Merimbula Street, **CURRARONG**

Provides for aged and frail. Delivers to Currarong area residents. Clients need to meet criteria, Cost involved.

Wednesday only.

4448 3271



North Shoalhaven Meals Cooperative Ltd.

37 Holloway Road, **NOWRA**

Provides for aged, frail and disabilities. Delivers to Berry, Shoalhaven Heads, Culburra Beach, Currarong, Greenwell Point, Huskisson, Vincentia and Jervis Bay. Clients need to meet criteria. Costs involved.

4422 5111



Southern Shoalhaven Meals on Wheels

3/78 St. Vincent Street, **ULLADULLA**

Southern Shoalhaven Meals on Wheels is funded by the Australian Government to deliver meals and social support to frail aged people and their carers from Wandandian/Sussex Inlet to North Durras. This is NOT a free service and prospective clients must register with My Aged Care to receive services. For further details, please refer to the website.

Website: www.southernshoalhavenmealsonwheels.com

4455 2861



Food

Discount Food Stores

Nowra Community Food Store (Australian Mercy)

10/158 Princes Highway, (opposite Bunnings, next entry after Ison's Home Hardware) **NOWRA**

FREE bread.

Cheap groceries and clothes for people who are doing it tough.

Tuesday to Friday: 9.30am - 3.30pm.

The Hub - Nowra City Church

167 McMahons Road, **NORTH NOWRA**

Free and low cost food items including a range of grocery, frozen, bakery, fruit and vegetables.

\$5.00 one-off registration fee, conditions apply.

Thursday to Friday: 9.30am - 12.30pm.

The Ulladulla Food Store

Ulladulla and Districts Community Resources Centre
78 St. Vincent Street, **ULLADULLA**

Free and low cost food available.

\$5.00 membership fee applies.

Friday: 9.30am - 11.30am

Phone:

4423 2334



Emergency
ONLY

0429 460730

4421 4602



4454 0477



Support Services

Community Support Services - Youth cont'd

Phone:

RAGE (Resourcing Adolescents to Gain Essentials)

107 Berry Street, **NOWRA**

RAGE aims to provide services to young people between the ages of 14 - 17 years (inclusive) in the Shoalhaven area who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and have lived away from home for a long time or cannot return home. RAGE also provides assistance to young people vulnerable due to alcohol and/or other drug use and other situations that may cause vulnerability.

Monday to Friday: 9am - 6pm

Email: syfs@syfs.org.au

4423 7244



Shoalhaven Crossroads Youth Health Service

49 Worrige Street, **NOWRA**

Provides health services to homeless and at risk young people - Shoalhaven LGA. Works with youth 12 - 24 years old. Provides information, referral and advocacy. Self referral. No Medicare card required. No cost involved. Appointment necessary for GP, psychologist or dietician. Monday to Friday: 8.30am - 5pm
Email: crossroads@sesiahs.health.nsw.gov.au

4423 1784



Southern Shoalhaven Youth Services Incorporated Ulladulla Youth Centre

80 St. Vincent Street, **ULLADULLA**

Early intervention and support service for young people 24yr. and under. Referral and assessment - access to advocacy, court support, advice and support. Offering services to young people and Outreach support. Clients can self-refer. Services do not need to telephone before referring or sending a client on to our service, but it is helpful if they do. No cost involved.

Monday to Thursday: 9am - 5pm (Office)

Tuesday to Thursday: 2.30pm - 5pm (Drop-in)

Email: naylorclarkd@missionaustralia.com.au

4454 1761



Support Services

Community Support Services - Youth

Phone:

Bay and Basin Youth Services

4443 9244

(Sanctuary Point Youth and Community Centre)

34 Paradise Beach Road, SANCTUARY POINT

Provides assistance to youth with job applications, resume writing, free internet access for 'Job Search' website, information and referral to other Service Providers within the Shoalhaven area such as Youth Health, Crisis and Counselling Services.

Monday to Friday: 9am - 5pm

Email: www.bbcri.com.au



Nowra Youth Centre

4422 1988

132 Kinghorne Street, NOWRA

Young people aged 12 - 18 years. Information, advocacy and referral to other services. Shower/toilets available. Laundry services available.

Administration Hours:

Tuesday and Wednesday: 10am - 4pm

Thursday and Friday: 12 noon - 4pm

Drop-in:

Thursday to Friday: 4pm - 7.30pm

Email: janet@nowrayouthservices.org.au

Website: www.nowrayouthservices.org.au



RAFT (Resourcing Adolescents and Family Team)

4422 9966

107 Berry Street, NOWRA

The RAFT program targets 12 - 17 years old who are at risk of leaving home or who have been out of home for up to 6 weeks and who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and their families. The focus is on intervening as early as possible to maintain or restore family relationships.

Monday to Friday: 9am - 6pm

Email: syfs@syfs.org.au



Support Services

Aboriginal Services

Phone:

Binji and Boori, Shoalhaven Aboriginal Maternal Infant Child Health Service (AMICH)

4423 9900

54 Worrigee Street, NOWRA

Gives Aboriginal mums improves access to local midwives, child and Family Health nurses, Aboriginal Health workers and a range of other practitioners working in partnership with the local community to provide individualised and appropriate services.

Monday to Friday: 8.30am - 5pm

Web site: www.islhd.health.nsw.gov.au/child_and_family_services/default.asp



Cullunghutti Aboriginal Child and Family Centre

4428 6900

31 Holloway Road, NOWRA

'Where community is family, and our children are our future'

Cullunghutti Early Learning Centre is a purpose built Aboriginal Education and Care for children aged birth to 6 years. We provide high quality early learning with a focus on education and health services that are both affordable and culturally appropriate. We offer:

Long Day Care 7.30am - 5.30pm

Pre-School Session 9am -3pm

Transport school bus service.

Cullunghutti is a 40 place centre who recently received the ACECQA rating of 'Exceedingly High Quality'. We acknowledge the potential and uniqueness of each child and work to enhance each child's strengths, interests and self-esteem. We work in partnership with families and our community to ensure the best outcomes for our children.
(continued next page)



Support Services

Aboriginal Services cont'd

Cullunghutti continued:

Cullunghutti Family Centre provide program services: Family Support, Engaging in Education, Early Links, Community Engagement, Women's Group, Paint Shoalhaven REaD Black and Yellow.

Health Services:

Paediatrician, Child and adolescent Counselling, Adult Psychology, Speech Pathology, Occupational Therapy, Shoalcoast Legal Aid.

Cullunghutti provide a catering service, see website for details.

Monday to Friday: 9am - 5pm

Email: whitney@cullunghutti.org.au

admin@cullunghutti.org.au

Website: www.cullunghutti.org.au

Illawarra Aboriginal Corporation/Myimbar

335 Crown Street, WOLLONGONG

Provides support, advocacy and case management to Aboriginal young people who are homeless, who are in crisis and at imminent risk of becoming homeless or who are experiencing domestic violence and are at risk of becoming homeless.

Monday to Friday: 9am - 5pm.

Email: lillian.luland@iac.org.au

South Coast Medical Service

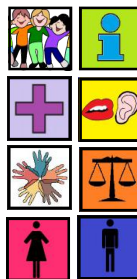
Jane Ardler Centre, 51-53 Berry Street, NOWRA

Provides health and medical services to the Shoalhaven Aboriginal Community.

Monday to Friday: 8.30am - 5pm

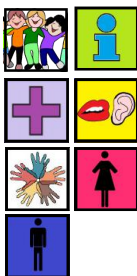
Phone:

4428 6900



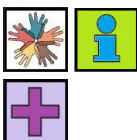
4228 1585

4226 3358



4428 6666

1800 215099
(free call)



Support Services

Community Support Services - Legal cont'd

Phone:

Legal Aid NSW - Homeless Outreach Service cont'd

4422 4351

Free independent advice - fines, discrimination, housing, Centrelink, debt, casework assistance and court representation.

In Nowra, clients can drop into:

St. Vincent de Paul, 5 Berry Street, Nowra

Wednesday 10am - 12 noon.

Shoalhaven Homeless Hub, 27 Junction Street, Nowra

Wednesday 12 noon - 1pm



Shoalcoast Community Legal Centre

Shoalhaven

4422 9529

(Illawarra Legal Centre)

Unit 10B, 2nd Floor, The Holt Centre

29 - 31 Kinghorne Street, NOWRA

Shoalcoast Community Legal Centre can provide advice in:

- * Family Law (separation, children, divorce, child support)
- * Domestic Violence
- * Employment
- * Tenancy
- * Discrimination
- * Victims Compensation
- * Debt
- * Power of Attorney/Guardianship
- * Centrelink Issues (please refer Illawarra Legal Centre pg 23)

Who qualifies for help? Anyone who resides in the Shoalhaven, Eurobodalla or Bega Valley Council areas and who cannot afford the services of a private solicitor. No referral is needed.

Free telephone legal advice and information is provided every **Tuesday and Thursday 10am - 12 noon.**

Please phone during these times for staff to complete a client intake and then a solicitor will call you back later.

If you need advice for problems with Centrelink and/or need assistance with appealing decisions please call Illawarra Legal Centre (refer page 23)



Eurobodalla
and Bega
1800 229529
(free call)

4276 1939

Support Services

Community Support Services - Homeless

Phone:

Shoalhaven Homeless Hub

4423 2804

27 Junction Street, **NOWRA** (entrance at rear)

A drop-in centre for individuals, families and couples who are homeless or at risk of homelessness. Services include advocacy, assistance with private rentals, counselling for youth and families, regular visits from local service providers, food and toiletry packs. Shower, kitchen, computers, washing and drying facilities available.

Tuesday to Thursday: 10am - 3pm

Friday: 10am - 2.30pm

Email: shoalhavenaccom@bigpond.com.au

Website: www.shoalhavenhomelesshub.com



Community Support Services - Legal

Phone:

Illawarra Legal Centre

4276 1939
(advice line)

(Shoalcoast Community Legal Centre)

7 Greene Street, **WARRAWONG**

Provides independent and free advice to people having problems with their Centrelink payments. We can explain your rights and entitlements and provide assistance to appeal against decisions. In some matters we are able to represent clients at the Administrative Appeals Tribunal. Covers the Illawarra and South Coast regions and can also provide phone advice to people living in Wingecarribee. Initial requests for advice should be made through the advice line.

Face-to-face appointments are also available.

Monday to Wednesday: 9am - 5pm

Thursday: 2pm - 5pm



Legal Aid NSW - Homeless Outreach Service

4422 4351

Level 2, 59 Berry Street, **NOWRA**

The Homeless Outreach Legal Service is a specialist service of Legal Aid NSW. It runs advice clinics in a number of metro and regional areas, mainly in places where homeless people hang out such as community centres. Cont'd next pg.



Support Services

Aboriginal Services cont'd

Phone:

Waminda Women's Health & Aboriginal Welfare

4421 7400

122 Kinghorne Street, **NOWRA**

Aims to empower and support Aboriginal women of the Shoalhaven to make decisions about their own health and reduce the high rate of ill health among Aboriginal/ Torres Strait Islander women in the Shoalhaven community.

Monday to Friday: 9am - 4.30pm

Email: WMC@waminda.org.au



Community Support Services

Phone:

All Saints Anglican Church

4421 6884

70 Plunkett Street, **NOWRA**

Wednesday: 6.15pm Meal and informal service.

Friday: 10am - noon English for Life classes.

Friday: 4.30pm - 6pm Years 4 to 6 'Blast' Kids Club.

Friday: 7pm - 9pm Years 7 to 10 'Rev21' Youth Group.

(NB: Kids Club/Youth Group run only during the school term).

Sunday: 11am ShACC (Shoalhaven Aboriginal Community Church) Anglicare Building, 47 West Street, **NOWRA**

Email: office@allsaintsnowra.org.au

Website: www.allsaintsnowra.org.au



All Saints Community Care

4423 1099

74 Osborne Street, **NOWRA**

Material aid and referral. May provide financial assistance into housing. Appointment necessary, self referral or agency. Telephone before sending client. No cost involved.

Monday, Wednesday, Friday: 10am - 4pm



Barnardos - Illawarra Family Referral Service

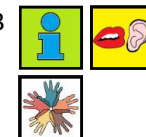
1800 663863
(free call)

1/15 Moss Street, **NOWRA**

Assists vulnerable children, young people and families who do not meet the statutory threshold of 'risk of significant harm' to access specific and appropriate support services in their local area. Information, referral, support and advocacy.

Monday to Friday: 8am - 6pm

Email: familyreferral@barnardos.org.au



Support Services

Community Support Services - cont'd

Phone:

Bay and Basin Community Resources (Sanctuary Point Youth and Community Centre)

4443 9244



34 Paradise Beach Road, SANCTUARY POINT

Education, training courses and parenting workshops. These courses/programs are varied and provide opportunities for all members of the community to further their skills, indulge an interest or try something new. Information, social support, community groups and referrals to other service providers in the region will be provided.

Monday to Friday: 9am - 5pm

Website: www.bbcricri.com.au

East Nowra Neighbourhood Centre - see page 19

Family and Community Services

4424 5411



Suite 1/70 Graham Street, NOWRA

Service refers clients to Housing NSW (homeless provider)

Monday to Friday: 8.30am - 4.30pm

Family Services Illawarra

4455 5428



158 Green Street, ULLADULLA

Provides support to families with children up to 12 years old, or families expecting a child. Provides parenting programs, groups for women and men and supported playgroups.

Appointment necessary. No cost involved.

Monday to Thursday: 8am - 4.30pm

Helping Hands

4422 4324



Hope House, 93 Plunkett Street, NOWRA

Volunteer organisation providing services to people with a mental illness in Shoalhaven area. Diagnosis of a mental illness and referral from another service required. Opportunities for social engagement and Wellness programs run at the centre.

Monday to Friday: 9am - 5pm

Email: Nowra@onedoor.org.au

Support Services

Community Support Services - cont'd

Phone:

Ulladulla Community Resource Centre

4454 0477



78 St. Vincent Street, ULLADULLA

Assists with information and advice; hosts outreach visiting services - Shoalhaven to southern areas. Assists with forms and applications, referrals, hygiene and food parcels.

Research into housing and homelessness due to high level of requests by people, especially men, for emergency housing.

Client required to have some form of ID (Medicare card or similar). Appointment required. No cost.

Monday to Friday: 9am - 4pm

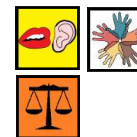
FOOD STORE:

Wednesday and Friday: 9.30am - 11am

Email: reception@ulladullacrc.org.au

Uniting Care Unifam Counselling and Mediation

4423 7782



48 Junction Street, NOWRA

Individual and couple counselling, gambling counselling, mediation - separation, family and property settlement.

Appointment required.

Monday to Friday: 9am - 5pm

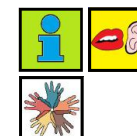
Email: ask@uniting.org

Community Support Services - Disability

Phone:

The Disability Trust

4428 9000



1/51 Graham Street, NOWRA

Provides individual advocacy, support and information to assist people with a disability, frail aged, their families and carers to access services, make informed decisions and know their rights. Clients can self refer or services can telephone or email.

Monday to Friday: 9am - 5pm

Email: info@disabilitytrust.org.au

Website: www.disabilitytrust.org.au

Support Services

Community Support Services - cont'd

Phone:

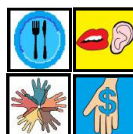
St. Vincent de Paul - Ulladulla

251 Green Street, **ULLADULLA**

Advocacy for homeless clients, liaison and referral to other agencies. Food parcels, electricity vouchers (will assist with electricity bill but not pay full amount). Limited voucher assistance for medical prescriptions and some Telstra Phone Cards (if available). Appointment not required for regular assistance. Budgeting assistance provided, for which an appointment is required. No cost involved. NILS loan program also available.

Monday to Friday: 10am - 1pm

4455 5666



The Salvation Army - Bay and Basin Mission

Shop 5, 197 Kerry Street, **SANCTUARY POINT**

Food vouchers and packages. Must call Salvo Assessment Line in advance for emergency assistance.

Monday to Friday: 9am - 5pm (assessment line)

1300 371288
assessment
line
(free call)



The Salvation Army - Shoalhaven Corps (Nowra)

Cnr. St. Ann's Street and Salisbury Drive, **NOWRA**

Emergency assistance, referrals and church welfare. Provides drug and alcohol support in the Shoalhaven area. Welfare assistance. Emergency relief. Must call Salvos Assessment Line in advance for emergency assistance.

Monday to Friday: 9am - 5pm (assessment line)

1300 371288
assessment
line
(free call)



The Salvation Army - Ulladulla

9/137 Princes Highway, **ULLADULLA**

Food vouchers, food packages and support. Must call Salvo Assessment Line in advance for emergency assistance.

2nd hand shop: Monday to Friday: 9am - 3pm

1300 371288
assessment
line
(free call)



4454 1538



Support Services

Community Support Services - cont'd

Phone:

Homelessness Mental Health Project

Case management support agencies with clients who have a mental health condition who are homeless or at risk of being homeless to resolve accommodation issues.

Monday to Friday: 8.30am - 5pm

4253 4501



Illawarra Shoalhaven Partners in Recovery (ISPIR)

107 Scenic Drive, **NOWRA**

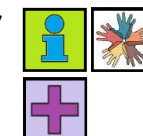
ISPIR is a FREE program that aims to support people with enduring mental health issues who have complex needs to access the full range of services and supports needed in order to achieve their recovery goals.

Eligible people will be linked with a support facilitator, who will work with individuals to identify their recovery goals and assist them to access the services and supports they may need. For more information, visit the website.

Email: ispir@gph.org.au

Website: www.ispir.org.au

1800 228987
(free call)



Mission Australia - Community Services

Level 1, 15 Norfolk Avenue, **SOUTH NOWRA**

Programs include:

Brighter Futures which is a voluntary, targeted program designed to support families with problems that impact on their ability to properly care for their children. Grandparents Raising Grandchildren Program and Domestic and Family Violence Program. Supporting families before problems reach crisis point improves family cohesion, promotes healthy child development and reduces the incidence of domestic violence.

Monday to Friday: 8.30am - 4.30pm

Email: okeefed@missionaustralia.com.au

4448 2000



Support Services

Community Support Services - cont'd

Phone:

Nowra Family Support Service Incorporated

Cottage 1, 80 Park Road, **NOWRA**

Provides support to families with children aged to 12 years old or families expecting a child. Self or agency referral. Requires NFSS referral form by email. There is a three (3) month time frame then referral to another service. Parenting program is also available.

Monday to Friday: 9am - 4.30pm

Email: admin@nowrafamilysupportservice.org.au

Join our Facebook page!

4421 5499



Personal Helpers and Mentors Program (PHaMs)

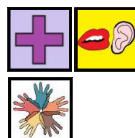
93 Plunkett Street, **NOWRA**

Non clinical social support program for people with mental illness - strength based recovery model. Advocacy, support letters, referrals to government and community agencies. Referrals required and waiting list applies. Mental illness must be the cause of the dysfunction. No cost involved.

Monday: 9am - 5pm

Email: Nowra@onedoor.org.au

4454 1833



Shoalhaven Neighbourhood Services Incorporated

41 Worrigea Street, **NOWRA**

East Nowra Neighbourhood Centre Project

2/80 Park Road, **NOWRA**

Shoalhaven Neighbourhood Services Inc. understands the local community and are dedicated to contributing to building a resilient, connected, caring and vibrant community. Their range of services are inclusive and they work with individuals, families and communities to achieve their goals. Aged Care, NDIS, Community Services, Information and Referral.

Shower available by appointment (East Nowra)

Monday to Friday: 9am - 3pm

Email: info@sns.org.au

4421 5077



4422 1299



Support Services

Community Support Services - cont'd

Phone:

Shoalhaven Women's Health Centre

5 McGrath Avenue, **NOWRA**

Provides information, counselling and referral. Clients can self-refer. Call in or telephone to make an appointment.

Monday to Thursday: 9am - 4pm

(closed for lunch between 12.30pm - 1.30pm)

Email: swhc@swhc.org.au

4421 0730



St. Vincent de Paul (Crisis Centre)

Rear of building, 5 Berry Street, **NOWRA**

Provides client support - food, electricity, telephone, clothing and food vouchers. Home visits to assist client. To self refer, come in or telephone the Crisis Centre behind shop.

No cost involved.

Monday to Friday: 10am - 12 noon

4421 0390



St. Vincent de Paul - Sanctuary Point

199 Kerry Street, **SANCTUARY POINT**

Provides client support - food and electricity vouchers for Sanctuary Point residents. Requires some form ID such as Centrelink Reference Number (CRN) or similar. Will assist with electricity bill but not pay full amount. No cost involved.

Monday: 9am - 3.30pm

Tuesday to Friday: 9am - 4pm

Saturday: 9am - 12 noon

4443 9466
(welfare)

4443 9201
(shop)

