

Men's Services: Where to Get Help

Men's Services

Mensline Australia	1300 789 978
Lifeline (Suicide Helpline)	13 11 14
Family Relationship Advice Line	1800 050 321
Parent Line (Centacare)	1300 130 052
Interrelate	1300 736 966
Family Drug Support (24hrs)	1300 368 186
Oasis Hunter	4969 8066
The Anchor Men's Centre	4961 6129
Matthew Talbot Men's Hostel	4961 1411
Caravan Parks	<i>See Yellow Pages</i>

Men's Groups:

Newcastle Family Support	4926 3577
Port Stephens Family Support	4987 4674
Windale Men's Shed	4948 5830

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Financial & Gambling Counselling

Jesmond Neighbourhood Centre	4979 8555
Lifeline Financial Counselling Service	4940 2000
Christians Against Poverty	1300 227 000
Consumer Debt Hotline	1800 808 488
Gambling Helpline	1800 858 858
Salvation Army	4929 2300

Neighbourhood Centres

Raymond Terrace	4987 1331
Jesmond	4979 8555
Belmont	4947 0031
Morriset (Southlakes)	4973 7001
Maryland	4955 8111
Toronto	4959 2838
Mayfield	4967 6888

Accommodation

Crisis:

Housing NSW Newcastle	4926 9333 / 1300 305 667
Compass Social Housing	4929 5537
After Hours Temp Accommodation	1800 152 152 (Housing NSW – call after 4.30pm only)
Homeless Person Information	1800 234 566
Caravan Parks	<i>See Yellow Pages</i>
DV Women's Refuges	1800 656 463
The Anchor Men's Hostel	4961 6129
Matthew Talbot Men's Hostel	4961 1411

Accommodation Assistance:

Hunter Tenants Advice & Advocacy	1800 654 504
Tenancy Resource Service	1800 786 466
Nova Women's' Accom & Support	4961 6778
Newcastle Adult Accom Service	4908 6710
Newcastle Youth Accom Service	4950 9502

Legal

Hunter Community Legal Centre	4040 9120 or 1800 650 073
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777

Child & Family Services

Family Relationship Advice Line	1800 050 321
Family Relationship Centre	4016 0566
Parent Line (Centacare)	1300 130 052
Child Protection Helpline	13 21 11
Hunter Family Referral Service	1300 006 480
Relationships Australia	1300 364 277
Child Support Agency	13 12 72
Interrelate	4016 0550
Child Care Access Line	1800 670 305

No Interest Loan Schemes (NILS)

BCS (Newcastle)	4925 2004
Newcastle Care (Hamilton)	4969 2799

Men's Services: Where to Get Help

Family Support Services

Newcastle	4926 3577
Eastlakes	4943 9255
Westlakes	4959 6050
Port Stephens	4987 4674
Morisset (Southlakes)	4970 5596
Family Insight (Ray & Nel)	4961 0700
Northern Settlement Services	4969 3399

Emergency Relief Assistance

Centrelink "income statement", identification required, and evidence of hardship i.e. bank slip.

Please note that not all centres are drop-in!

Assistance can include: food, bills (electricity, gas, phone, water, council rates), & some with prescriptions, furniture, clothing.

Salvation Army (Appointment Only) 96 Parry St, (Cnr Parry & Union Streets), Newcastle Mon-Fri 9am-3:30pm (closed 12-1pm)	4929 2300
• Raymond Terrace (Tue, 9am-12pm)	4983 1425
• Salamander Bay (Mon & Wed, 1:00-3:15pm)	4982 0192
Wesley Newcastle City Mission (McKenzie Centre Drop-in) 16 Wood St, Newcastle Food and bill assistance receipts recommended. Hours: Mon- Fri 9am-12pm, closed Thu. Drop-in Centre: breakfast (9-11am), laundry & showers (9-12).	4969 4761
Life Church Soul Cafe 15 Denison St, Newcastle West Hot breakfast (Fri & Sat 7.30-8.30am) Hot lunches (Mon-Thu 12-1pm) Other Assistance: Counsellor (Mon, 11am-3pm), GP (Tue & Wed), Legal Aid (Tue, 12-1pm), and Centrelink (Tue fortnightly).	4969 8827
Toronto Assistance Centre (Appt only) 192 The Boulevard (food & electricity)	4959 7833

Energy Information Line **1300 136 888**
• **Interpreter Service** **131 450**
Info on electricity, gas rebates & EAPA assistance.

Hope Food Care (Wed 10am-1pm) **4987 5066**

Samaritans
(Phone first to check which office covers residential postcode)

• **Adamstown (Drop-in)** **4956 4200**
187 Brunner Rd, Broadmeadow
(Mon, Tues, Fri 10-1:30pm)

• **Mayfield (Drop-in)** **4967 6311**
St Andrew's Church Hall, 31 A Church St, Mayfield
(Mon, Wed, Fri 10:30-12.30pm)

St Vincent De Paul **4961 6885**
(Referral Centre – Home Visit Only)
Mon-Fri 10am-2pm, Sat 9am-12pm

• **Gateshead** **4943 4967**
• **Hamilton** **4961 3241**
• **Nelson Bay** **4981 3988**
• **Mayfield** **4968 8360**
• **Raymond Terrace** **4983 1844**
• **Wallsend** **4951 6773**

BCS Food 4 life

To register, clients need to present their Government benefit card at any BCS Food 4 Life centre. Clients fill out a registration form and then become eligible to visit any BCS Food 4 Life centre to access grocery items, have a tea or coffee and a chat. Clients make a donation and collect their grocery order.

• **Newcastle** **4929 3215**
Shop 2, 405 Hunter Street 9am-3pm (Mon to Fri)

• **Windale** **4947 4502**
130 South Street (Cnr Lake St)
9.30am - 3pm (Wed, Thu and Fri)

• **Wallsend** **4955 7852**
95 Nelson Street, 9am - 3pm (Mon to Fri)

• **Mayfield** **4967 7007**
133 Hanbury Street, 10-2pm (Mon to Fri)

• **Raymond Terrace** **4983 2043**
Shop 5, 22 Sturgeon St, 9:30-3pm (Mon to Fri)

Youth Services: Where to Get Help

Youth Services

Oasis Youth Network	4969 8066
Wesley Newcastle Youth Services	4962 2188
The Hub – Samaritans	4922 1502
Hunter Head Space – Maitland	4931 1000
Catholic Care	4979 1307
Reconnect	4942 5466
Youth Suicide Helpline	1800 191 919
Legal Aid Youth Helpline	1800 101 810
Youth Accommodation Line	1800 424 830
Samaritans Youth Info & Referral Service	4922 1502
(Free call)	1800 171 800
Port Stephens Youth Options (Accom)	4987 5474
Oasis Youth Accommodation	4969 8066
Hunter TAFE	131 225
Centrelink Career info	1800 067 482
Young ARAFMI	4929 5894
Kaleidoscope	4925 7804
Kids Helpline	1800 551 800
Alcohol & Drug Info Service (24hr)	1800 422 599
Drug & Alcohol Central Intake (24hr)	4923 2060

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Legal

Hunter Community Legal Centre	4040 9120
	or 1800 650 073
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777

Accommodation

Crisis:

Housing NSW Newcastle	4926 9333 / 1300 305 667
Compass Social Housing	4929 5537
After Hours Temp Accommodation	1800 152 152
(Housing NSW – call after 4.30pm only)	
Homeless Person Information	1800 234 566
Caravan Parks	See Yellow Pages
DV Women's Refuges	1800 656 463
The Anchor Men's Hostel	4961 6129
Matthew Talbot Men's Hostel	4961 1411

Accommodation Assistance:

Hunter Tenants Advice & Advocacy	1800 654 504
Tenancy Resource Service	1800 786 466
Nova Women's' Accom & Support	4961 6778
Newcastle Adult Accom Service	4908 6710
Newcastle Youth Accom Service	4950 9502

No Interest Loan Schemes (NILS)

BCS (Newcastle)	4925 2004
Newcastle Care (Hamilton)	4969 2799
Maryland Multipurpose Centre	4965 6688
Southlake Community Centre (Morisset)	4973 7000
Raymond Terrace Neighbourhood Centre	4987 1331

Family Support Services

Newcastle	4926 3577
Eastlakes	4943 9255
Westlakes	4959 6050
Port Stephens	4987 4674
Morisset (Southlakes)	4970 5596
Family Insight (Ray & Nel)	4961 0700
Northern Settlement Services	4969 3399

Neighbourhood Centres

Raymond Terrace	4987 1331
Jesmond	4979 8555
Belmont	4947 0031
Morisset (Southlakes)	4973 7001
Maryland	4955 8111
Toronto	4959 2838
Mayfield	4967 6888
West Wallsend (Sugar Valley)	4953 1667

Youth Services: Where to Get Help

Emergency Relief Assistance

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Assistance can include: food, bills (electricity, gas, phone, water, council rates), & some with prescriptions, furniture, clothing.

Salvation Army 4929 2300
(Appointment Only)

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Mon-Fri 9am-3:30pm (closed 12-1pm)

• **Raymond Terrace** 4983 1425
(Tue, 9am-12pm)

• **Salamander Bay** 4982 0192
(Mon & Wed, 1:00-3:15pm)

Wesley Newcastle City Mission 4969 4761
(McKenzie Centre Drop-in)
16 Wood St, Newcastle

Food and bill assistance receipts recommended.
Hours: Mon- Fri 9am-12pm, closed Thu.
Drop-in Centre: breakfast (9-11am),
laundry & showers (9-12).

Life Church Soul Cafe 4969 8827
15 Denison St, Newcastle West
Hot breakfast (Fri & Sat 7.30-8.30am)
Hot lunches (Mon-Thu 12-1pm)
Other Assistance: Counsellor (Mon, 11am-3pm),
GP (Tue & Wed), Legal Aid (Tue, 12-1pm),
and Centrelink (Tue fortnightly).

Samaritans

(Phone first to check which office covers residential postcode)

• **Adamstown** (Drop-in) 4956 4200
187 Brunner Rd, Broadmeadow
(Mon, Tues, Fri 10-1:30pm)

• **Mayfield** (Drop-in) 4967 6311
St Andrew's Church Hall, 31 A Church St, Mayfield
(Mon, Wed, Fri 10:30-12.30pm)

Hope Food Care (Wed 10am-1pm) 4987 5066

St Vincent De Paul 4961 6885
(Referral Centre – Home Visit Only)
Mon-Fri 10am-2pm, Sat 9am-12pm

- **Gateshead** 4943 4967
- **Hamilton** 4961 3241
- **Nelson Bay** 4981 3988
- **Mayfield** 4968 8360
- **Raymond Terrace** 4983 1844
- **Wallsend** 4951 6773

BCS Food 4 life

To register, clients present their Government benefit card and fill out an application form. They receive a membership card (valid at all locations) and show this each time they come in. Grocery products are not free, but offered at a greatly reduced price. Limit is one visit per day, 5x per week.

• **Newcastle** 4929 3215
Shop 2, 405 Hunter Street 9:30am-3pm (Mon-Fri)

• **Windale** 4947 4502
130 South St, Cnr Lake St 9.30am - 3pm (W, Th, F)

• **Wallsend** 4955 7852
95 Nelson Street, 9am - 3pm (Mon-Fri)

• **Mayfield** 4967 7007
133 Hanbury Street, 10-2pm (Mon-Fri)

• **Raymond Terrace** 4983 2043
Shop 5, 22 Sturgeon St, 9:30-3pm (Mon-Fri)

Toronto Assistance Centre 4959 7833
(Appt only) 192 The Boulevard (food & electricity)

Energy Information Line 1300 136 888
• **Interpreter Service** 131 450

Info on electricity, gas rebates & EAPA assistance.

Financial & Gambling Counselling

Jesmond Neighbourhood Centre 4979 8555
Lifeline Financial Counselling Service 4940 2000
Christians Against Poverty 1300 227 000
Hunter Valley Project Inc. 4932 9777
Consumer Debt Hotline 1800 808 488
Gambling Helpline 1800 858 858
Salvation Army 4929 2300

General & Mental Health Services: Where to Get Help

Mental Health Services

Hunter Emergency Mental Health (24 hrs)	1800 655 085
Mental Health Information Service	1300 794 991
Mental Health Helpline (24hr)	1800 647 200
Suicide Call Back Service	1300 659 467
Lake Macquarie Mental Health	4904 9000
Newcastle Community Mental Health	4016 4530
Mental Health Raymond Terrace	4016 4538
SANE Australia Helpline	1800 187 263
Beyond Blue	1300 224 636
Hunter ARAFMI (Support Groups)	4961 6717
Personal Helpers and Mentors	4908 6720
Compeer (Friendship & Mentoring)	4032 3582

Drug & Alcohol Services

Alcohol & Drug Info Service (24hr)	1800 422 599
Drug & Alcohol Central Intake (24hr)	4923 2060

Medical Services

Family Planning NSW	4929 4485
Hunter Dental Services & Oral Health	1300 651 625
Make Today Count (serious illness support)	49438462
Health Direct Australia (24hrs)	1800 022 222
GP Access	1300 130 147
Hunter Street Medical Centre	4962 1900
Charlestown Medical & Dental Clinic	4915 1222
Broadmeadow Medical Centre	4950 9255
Raymond Terrace Community Health	4987 2078
Newcastle Community Health Centre	4016 4530
Hunter Dental Services & Oral Health	1300 651 625
Vision Australia	1300 847 466

Counselling and Support Services

Wallsend Community Health	4924 6100
Women's Info & Referral Service	1800 817 227
Hunter Sexual Assault Services	4924 6333
Northern Settlement Services	4969 3399
Kids Helpline	1800 551 800
Mensline	1300 789 978
Youth Health Team (Kaleidoscope)	4925 7804

No Interest Loan Schemes (NILS)

BCS (Newcastle)	4925 2004
Newcastle Care (Hamilton)	4969 2799

Neighbourhood Centres

Raymond Terrace	4987 1331
Jesmond	4979 8555
Morisset (Southlakes)	4973 7001
Maryland	4955 8111
Toronto	4959 2838
Mayfield	4967 6888

Accommodation

Crisis:

Housing NSW Newcastle	4926 9333 / 1300 305 667
Compass Social Housing	4929 5537
After Hours Temp Accommodation	1800 152 152 (Housing NSW – call after 4.30pm only)
Homeless Person Information	1800 234 566
Caravan Parks	See Yellow Pages
DV Women's Refuges	1800 656 463
The Anchor Men's Hostel	4961 6129
Matthew Talbot Men's Hostel	4961 1411

Accommodation Assistance:

Hunter Tenants Advice & Advocacy	1800 654 504
Tenancy Resource Service	1800 786 466
Nova Women's' Accom & Support	4961 6778
Newcastle Adult Accom Service	4908 6710
Newcastle Youth Accom Service	4950 9502

Legal

Hunter Community Legal Centre	4040 9120
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777

Family Support Services

Newcastle	4926 3577
Eastlakes	4943 9255
Westlakes	4959 6050
Port Stephens	4987 4674
Morisset (Southlakes)	4970 5596
Family Insight (Ray & Nel)	4961 0700
Northern Settlement Services	4969 3399

General & Mental Health Services: Where to Get Help

Emergency Relief Assistance

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96 Parry St, (Cnr Parry & Union Streets), Newcastle
Mon-Fri 9am-3:30pm (closed 12-1pm)

• **Raymond Terrace** 4983 1425
(Tue, 9am-12pm)

• **Salamander Bay** 4982 0192
(Mon & Wed, 1:00-3:15pm)

Wesley Newcastle City Mission 4969 4761
(McKenzie Centre Drop-in)

16 Wood St, Newcastle

Food and bill assistance receipts recommended.

Hours: Mon- Fri 9am-12pm, closed Thu.

Drop-in Centre: breakfast (9-11am),
laundry & showers (9-12).

Life Church Soul Cafe 4969 8827

15 Denison St, Newcastle West

Hot breakfast (Fri & Sat 7.30-8.30am)

Hot lunches (Mon-Thu 12-1pm)

Other Assistance: Counsellor (Mon, 11am-3pm),

GP (Tue & Wed), Legal Aid (Tue, 12-1pm),

and Centrelink (Tue fortnightly).

Samaritans

(Phone first to check which office covers
residential postcode)

• **Adamstown** (Drop-in) 4956 4200
187 Brunner Rd, Broadmeadow
(Mon, Tues, Fri 10-1:30pm)

• **Mayfield** (Drop-in) 4967 6311
St Andrew's Church Hall, 31 A Church St, Mayfield
(Mon, Wed, Fri 10:30-12.30pm)

Hope Food Care (Wed 10am-1pm) 4987 5066

St Vincent De Paul 4961 6885
(Referral Centre – Home Visit Only)
Mon-Fri 10am-2pm, Sat 9am-12pm

- **Gateshead** 4943 4967
- **Hamilton** 4961 3241
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BCS Food 4 life

To register, clients present their Government benefit card and fill out an application form. They receive a membership card (valid at all locations) and show this each time they come in. Grocery products are not free, but offered at a greatly reduced price. Limit is one visit per day, 5x per week.

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133 Hanbury Street, 10-2pm (Mon-Fri)

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Toronto Assistance Centre 4959 7833
(Appt only) 192 The Boulevard (food & electricity)

Energy Information Line 1300 136 888
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Info on electricity, gas rebates & EAPA assistance.

Financial & Gambling Counselling

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Christians Against Poverty 1300 227 000

Hunter Valley Project Inc. 4932 9777

Consumer Debt Hotline 1800 808 488

Gambling Helpline 1800 858 858

Salvation Army 4929 2300

Family Services: Where to Get Help

Child & Family Services

Brighter Futures	4958 0600
Child and Family Health	4924 6400
Nexus Mental Health	4985 5830
Hunter Women's Centre	4968 2511
Drug and Alcohol Service	4923 2060
Family Relationship Advice Line	1800 050 321
Family Relationship Centre	4016 0566
Parent Line (Centacare)	1300 130 052
Child Protection Helpline	13 21 11
Hunter Family Referral Service	1300 006 480
Relationships Australia	1300 364 277
Child Support Agency	13 12 72
Interrelate	1300 736 966
Unifam	4925 6000
Family Planning Hunter	4929 4485
Reconnect	4942 5466
Samaritans	4960 7100
Yacanaba Centre (Nelson Bay area)	4984 2176
Child Care Access Line	1800 670 305
Hunter Dental Services & Oral Health	1300 651 625

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Legal

Hunter Community Legal Centre	4040 9120
	or 1800 650 073
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
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Accommodation

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No Interest Loan Schemes (NILS)

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Maryland Multipurpose Centre	4965 6688
Southlake Community Centre (Morisset)	4973 7000
Raymond Terrace Neighbourhood Centre	4987 1331

Family Services: Where to Get Help

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(McKenzie Centre Drop-in)

16 Wood St, Newcastle

Food and bill assistance receipts recommended.

Hours: Mon- Fri 9am-12pm, closed Thu.

Drop-in Centre: breakfast (9-11am),
laundry & showers (9-12).

Life Church Soul Cafe 4969 8827

15 Denison St, Newcastle West

Hot breakfast (Fri & Sat 7.30-8.30am)

Hot lunches (Mon-Thu 12-1pm)

Other Assistance: Counsellor (Mon, 11am-3pm),

GP (Tue & Wed), Legal Aid (Tue, 12-1pm),

and Centrelink (Tue fortnightly).

Samaritans

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Consumer Debt Hotline 1800 808 488
Gambling Helpline 1800 858 858
Salvation Army 4929 2300

Domestic Violence: Where to Get Help

Domestic Violence Services

Domestic Violence Line (for placing women in refuges)	1800 656 463
Domestic Violence Advocacy Service	1800 810 784
Hunter DV Support & Advocacy Service	4990 9609
Domestic Violence Resource Centre	4927 8529
Women's Legal Resource Centre	1800 801 501
Women's Info & Referral Service	1800 817 227
NSW Rape Crisis Centre	1800 424 017
Suicide Call Back Service	1300 659 467
GP Access	1300 130 147
Hunter Street Medical Centre	4962 1900
Charlestown Medical & Dental Clinic	4915 1222
Broadmeadow Medical Centre	4950 9255
Hunter Women's Centre	4968 2511
Hunter Sexual Assault Services	4924 6333
Family Planning NSW	4929 4485

Emergency Assistance

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Housing NSW Newcastle	4926 9333 / 1300 305 667
Compass Social Housing	4929 5537
After Hours Temp Accommodation	1800 152 152 (Housing NSW – call after 4.30pm only)
Homeless Person Information	1800 234 566
Caravan Parks	See Yellow Pages
DV Women's Refuges	1800 656 463
The Anchor Men's Hostel	4961 6129
Matthew Talbot Men's Hostel	4961 1411

Accommodation Assistance:

Hunter Tenants Advice & Advocacy	1800 654 504
Tenancy Resource Service	1800 786 466
Nova Women's' Accom & Support	4961 6778
Newcastle Adult Accom Service	4908 6710
Newcastle Youth Accom Service	4950 9502

Family Support Services

Newcastle	4926 3577
Eastlakes	4943 9255
Westlakes	4959 6050
Port Stephens	4987 4674
Morisset (Southlakes)	4970 5596
Family Insight (Ray & Nel)	4961 0700
Northern Settlement Services	4969 3399

Neighbourhood Centres

Raymond Terrace	4987 1331
Jesmond	4979 8555
Belmont	4947 0031
Morisset (Southlakes)	4973 7001
Maryland	4955 8111
Toronto	4959 2838
Mayfield	4967 6888
West Wallsend (Sugar Valley)	4953 1667

No Interest Loan Schemes (NILS)

BCS (Newcastle)	4925 2004
Newcastle Care (Hamilton)	4969 2799
Maryland Multipurpose Centre	4965 6688
Southlake Community Centre (Morisset)	4973 7000
Raymond Terrace Neighbourhood Centre	4987 1331

Domestic Violence: Where to Get Help

Emergency Relief Assistance

Centrelink "income statement", identification required, and evidence of hardship i.e. bank slip.

Please note that not all centres are drop-in!

Assistance can include: food, bills (electricity, gas, phone, water, council rates), & some with prescriptions, furniture, clothing.

Salvation Army 4929 2300
(Appointment Only)

96 Parry St, (Cnr Parry & Union Streets), Newcastle
Mon-Fri 9am-3:30pm (closed 12-1pm)

• **Raymond Terrace** 4983 1425
(Tue, 9am-12pm)

• **Salamander Bay** 4982 0192
(Mon & Wed, 1:00-3:15pm)

Wesley Newcastle City Mission 4969 4761
(McKenzie Centre Drop-in)
16 Wood St, Newcastle

Food and bill assistance receipts recommended.
Hours: Mon- Fri 9am-12pm, closed Thu.
Drop-in Centre: breakfast (9-11am),
laundry & showers (9-12).

Life Church Soul Cafe 4969 8827
15 Denison St, Newcastle West
Hot breakfast (Fri & Sat 7.30-8.30am)
Hot lunches (Mon-Thu 12-1pm)
Other Assistance: Counsellor (Mon, 11am-3pm),
GP (Tue & Wed), Legal Aid (Tue, 12-1pm),
and Centrelink (Tue fortnightly).

Samaritans

(Phone first to check which office covers residential postcode)

• **Adamstown** (Drop-in) 4956 4200
187 Brunner Rd, Broadmeadow
(Mon, Tues, Fri 10-1:30pm)

• **Mayfield** (Drop-in) 4967 6311
St Andrew's Church Hall, 31 A Church St, Mayfield
(Mon, Wed, Fri 10:30-12.30pm)

Hope Food Care (Wed 10am-1pm) 4987 5066

St Vincent De Paul 4961 6885
(Referral Centre – Home Visit Only)
Mon-Fri 10am-2pm, Sat 9am-12pm

- **Gateshead** 4943 4967
- **Hamilton** 4961 3241
- **Nelson Bay** 4981 3988
- **Mayfield** 4968 8360
- **Raymond Terrace** 4983 1844
- **Wallsend** 4951 6773

BCS Food 4 life

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• **Newcastle** 4929 3215
Shop 2, 405 Hunter Street 9:30am-3pm (Mon-Fri)

• **Windale** 4947 4502
130 South St, Cnr Lake St 9.30am - 3pm (W, Th, F)

• **Wallsend** 4955 7852
95 Nelson Street, 9am - 3pm (Mon-Fri)

• **Mayfield** 4967 7007
133 Hanbury Street, 10-2pm (Mon-Fri)

• **Raymond Terrace** 4983 2043
Shop 5, 22 Sturgeon St, 9:30-3pm (Mon-Fri)

Toronto Assistance Centre 4959 7833
(Appt only) 192 The Boulevard (food & electricity)

Energy Information Line 1300 136 888
• **Interpreter Service** 131 450

Info on electricity, gas rebates & EAPA assistance.

Financial & Gambling Counselling

Jesmond Neighbourhood Centre 4979 8555

Lifeline Financial Counselling Service 4940 2000

Christians Against Poverty 1300 227 000

Hunter Valley Project Inc. 4932 9777

Consumer Debt Hotline 1800 808 488

Gambling Helpline 1800 858 858

Salvation Army 4929 2300

Carers: Where to Get Help

Emergency Relief Assistance

Centrelink "income statement", identification required, and evidence of hardship i.e. bank slip.

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Hot lunches (Mon-Thu 12-1pm)
Other Assistance: Counsellor (Mon, 11am-3pm),
GP (Tue & Wed), Legal Aid (Tue, 12-1pm),
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Hope Food Care (Wed 10am-1pm) 4987 5066

Samaritans

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187 Bruncker Rd, Broadmeadow
(Mon, Tues, Fri 10-1:30pm)

• **Mayfield (Drop-in)** 4967 6311
St Andrew's Church Hall, 31 A Church St, Mayfield
(Mon, Wed, Fri 10:30-12.30pm)

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• **Windale** 4947 4502
130 South St, Cnr Lake St 9.30am - 3pm (W, Th, F)

• **Wallsend** 4955 7852
95 Nelson Street, 9am - 3pm (Mon-Fri)

• **Mayfield** 4967 7007
133 Hanbury Street, 10-2pm (Mon-Fri)

• **Raymond Terrace** 4983 2043
Shop 5, 22 Sturgeon St, 9:30-3pm (Mon-Fri)

Toronto Assistance Centre 4959 7833
(Appt only) 192 The Boulevard (food & electricity)

Energy Information Line 1300 136 888
• **Interpreter Service** 131 450

Info on electricity, gas rebates & EAPA assistance.

Financial & Gambling Counselling

Jesmond Neighbourhood Centre 4979 8555

Lifeline Financial Counselling Service 4940 2000

Gambling Helpline 1800 858 858

Debt Hotline 1800 808 488

Carers: Where to Get Help

Carers Support

Commonwealth Respite & Carelink Centre	1800 052 222
Commonwealth Carer Resource Centre	1800 242 636
Emergency Respite (after hours)	1800 059 059
www.respiteoptionshunter.com.au	
Carer Advisory & Counselling Service	1800 242 636
EDuCARE	4921 4895 or 1300 887 776
Young Carers	1800 242 636
Dept of Ageing, Disability & Home Care	1300 205 268
NSW Community Transport Organisation	9635 8980
Beyond Blue	1300 224 636
Translating & Interpreting Service (TIS)	131 450
Samaritans Kinship Care Support	4393 3133
or Karen (Support Coordinator)	0429 914 553
Aged Care Assessment Team (ACAT)	4985 5700
The Hunter Dementia & Memory Resource Centre	4962 7000
Disability Advocacy NSW	1300 365 085
ARAFMI	1800 655 198
Dementia Helpline (24hr)	1800 100 500
GP Access After Hours	1300 130 147

Accommodation

Crisis:

Housing NSW Newcastle	4926 9333 / 1300 305 667
Compass Social Housing	4929 5537
After Hours Temp Accommodation	1800 152 152
(Housing NSW – call after 4.30pm only)	
Homeless Person Information	1800 234 566
Caravan Parks	See Yellow Pages
DV Women's Refuges	1800 656 463
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Accommodation Assistance:

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Neighbourhood Centres

Raymond Terrace	4987 1331
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Morrisset (Southlakes)	4973 7001
Maryland	4955 8111
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Family Support Services

Newcastle	4926 3577
Eastlakes	4943 9255
Westlakes	4959 6050
Port Stephens	4987 4674
Morrisset (Southlakes)	4970 5596
Family Insight (Ray & Nel)	4961 0700
Northern Settlement Services	4969 3399

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Legal

Hunter Community Legal Centre	4040 9120
	or 1800 650 073
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777

No Interest Loan Schemes (NILS)

BCS (Newcastle)	4925 2004
Newcastle Care (Hamilton)	4969 2799
Southlake Community Centre (Morrisset)	4973 7000
Raymond Terrace Neighbourhood Centre	4987 1331

Emergency Relief and Accommodation: Where to Get Help

Emergency Relief Assistance

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• **Salamander Bay 4982 0192**
(Mon & Wed, 1:00-3:15pm)

Wesley Newcastle City Mission 4969 4761

(McKenzie Centre Drop-in)

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Food and bill assistance receipts recommended.

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15 Denison St, Newcastle West

Hot breakfast (Fri & Sat 7.30-8.30am)

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Other Assistance: Counsellor (Mon, 11am-3pm),

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187 Brunner Rd, Broadmeadow

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• **Mayfield (Drop-in) 4967 6311**

St Andrew's Church Hall, 31 A Church St, Mayfield

(Mon, Wed, Fri 10:30-12.30pm)

Hope Food Care (Wed 10am-1pm) 4987 5066

St Vincent De Paul 4961 6885

(Referral Centre – Home Visit Only)

Mon-Fri 10am-2pm, Sat 9am-12pm

• **Gateshead 4943 4967**

• **Hamilton 4961 3241**

• **Nelson Bay 4981 3988**

• **Mayfield 4968 8360**

• **Raymond Terrace 4983 1844**

• **Wallsend 4951 6773**

BCS Food 4 life

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• **Windale 4947 4502**

130 South St, Cnr Lake St 9.30am - 3pm (W, Th, F)

• **Wallsend 4955 7852**

95 Nelson Street, 9am - 3pm (Mon-Fri)

• **Mayfield 4967 7007**

133 Hanbury Street, 10-2pm (Mon-Fri)

• **Raymond Terrace 4983 2043**

Shop 5, 22 Sturgeon St, 9:30-3pm (Mon-Fri)

Toronto Assistance Centre 4959 7833

(Appt only) 192 The Boulevard (food & electricity)

Energy Information Line 1300 136 888

• **Interpreter Service 131 450**

Info on electricity, gas rebates & EAPA assistance.

Financial & Gambling Counselling

Jesmond Neighbourhood Centre 4979 8555

Lifeline Financial Counselling Service 4940 2000

Christians Against Poverty 1300 227 000

Hunter Valley Project Inc. 4932 9777

Consumer Debt Hotline 1800 808 488

Gambling Helpline 1800 858 858

Salvation Army 4929 2300

Emergency Relief and Accommodation: Where to Get Help

Accommodation

Crisis:

Housing NSW Newcastle	4926 9333 / 1300 305 667
Compass Social Housing	4929 5537
After Hours Temp Accommodation	1800 152 152 (Housing NSW – call after 4.30pm only)
Homeless Person Information	1800 234 566
Caravan Parks	See Yellow Pages
DV Women's Refuges	1800 656 463
The Anchor Men's Hostel	4961 6129
Matthew Talbot Men's Hostel	4961 1411

Accommodation Assistance:

Hunter Tenants Advice & Advocacy	1800 654 504
Tenancy Resource Service	1800 786 466
Nova Women's' Accom & Support	4961 6778
Newcastle Adult Accom Service	4908 6710
Newcastle Youth Accom Service	4950 9502

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Legal

Hunter Community Legal Centre	4040 9120 or 1800 650 073
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777

Child & Family Services

Brighter Futures	4958 0600
Child and Family Health	4924 6400
Nexus Mental Health	4985 5830
Hunter Women's Centre	4968 2511
Drug and Alcohol Service	4923 2060
Family Relationship Advice Line	1800 050 321
Family Relationship Centre	4016 0566
Parent Line (Centacare)	1300 130 052
Child Protection Helpline	13 21 11
Hunter Family Referral Service	1300 006 480
Relationships Australia	1300 364 277
Child Support Agency	13 12 72
Interrelate	1300 736 966
Unifam	4925 6000
Family Planning Hunter	4929 4485
Reconnect	4942 5466
Samaritans	4960 7100
Child Care Access Line	1800 670 305
Hunter Dental Services & Oral Health	1300 651 625

Family Support Services

Newcastle	4926 3577
Eastlakes	4943 9255
Westlakes	4959 6050
Port Stephens	4987 4674
Morisset (Southlakes)	4970 5596
Family Insight (Ray & Nel)	4961 0700
Northern Settlement Services	4969 3399

Neighbourhood Centres

Raymond Terrace	4987 1331
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Southlake Community Centre (Morisset)	4973 7000
Raymond Terrace Neighbourhood Centre	4987 1331

Aboriginal Services: Where to get Help

Aboriginal Services

Aboriginal Legal Service	4926 1571
Indigenous Women's Legal Service (Mon, Tue & Thu 10am-12:30pm)	1800 639 784
Awabakal Services – Main	4969 4711
Awabakal Elders Service	4962 2822
Awabakal Medical	1800 292 225
Awabakal Dental Service	4969 2505
Wandiyali	4957 5900
Durungaling Hostel	4952 4062
Kirinari Hostel	4943 4362
Muloobinba Family Support	4969 5299
Daramulen Home Care	4966 6322
Wiyiliin Child & Youth Counselling	4925 7800
Kup-Poon-Dee Community Services	4987 7890
Birra-li Maternal & Infant Health	0428 540 562

Funeral Assistance:

Aboriginal Land Council – Community Benefits Scheme (David Denis)	9689 4444
Local RSL Club – may provide financial assistance to members.	See Yellow Pages

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Legal

Hunter Community Legal Centre	4040 9120
	or 1800 650 073
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Aboriginal Victims Support Line	1800 019 123
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777

Accommodation

Crisis:

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Aboriginal Services: Where to get Help

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• **Wallsend 4955 7852**

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• **Mayfield 4967 7007**

133 Hanbury Street, 10-2pm (Mon-Fri)

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Toronto Assistance Centre 4959 7833

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Hunter Valley Project Inc. 4932 9777

Consumer Debt Hotline 1800 808 488

Gambling Helpline 1800 858 858

Salvation Army 4929 2300

Disability Support Services: Where to get Help

Disability Services

ASPECT: Autism Association	1800 069 978
Intensive Family Support Options	4979 4333
Newcastle Family Support Service	4926 3577
Northcott Disability Services	4935 0400
My Time: Disability Support Groups	1800 889 997
Australian Hearing	131 797
Vision Australia	1300 847 466
Disability Advocacy NSW	1300 365 085
Dept of Ageing, Disability & Home Care	1300 205 268
Translating & Interpreting Service (TIS)	131 450
New Horizons	4956 3299
Adult Skills Support & Education Training (Samaritans)	4960 3100
Life Without Barriers	4033 4500
New Lake Peer Support (Day Programs & Respite)	4963 6420
Newcastle Temp Care(Respite)	4957 5008
Lifestyle Solutions	4014 7800
Mai-Wel (Training & Support)	4932 8599
Paraquad (Spinal Cord Injury)	4969 6388
Break Away (Camps)	4390 7624
Commonwealth Carer Resource Centre	1800 242 636
Emergency Respite (after hours)	1800 059 059
www.respiteoptionshunter.com.au	
Aged Care Assessment Team (ACAT)	4985 5700
Hunter Dementia/Memory Resources	4962 7000
ARAFMI	1800 655 198
Dementia Helpline (24hr)	1800 100 500
GP Access After Hours	1300 130 147
Parent Line (Centacare)	1300 130 052
Child Support Agency	13 21 11
Family Relationship Advice Line	1800 050 321
Hunter Family Referral Service	1300 006 480
Relationships Australia	1300 364 277
Family Relationship Centre	4016 0566
NSW Community Transport Organisation	9635 8980

Education & Early Intervention:

Special Education Centre (University of Newcastle)	4921 8844
Early Childhood Intervention Services	1300 656 865
ASPECT: Building Blocks	1800 069 978
Technical Aids to the Disabled	1300 663 243
RTA Authorised Fitting Station	1800 042 865
School Student Special Transport	1300 338 278
PADP Aids and Mobility Equipment	4924 6292

Advocacy:

Disability Advocacy NSW	1300 365 085
Family Advocacy	1800 620 588
Disability Discrimination Legal Centre	1800 800 708
Australian Human Rights Commission	1300 655 419

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Legal

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Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
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Community Justice Centre	1800 990 777

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Raymond Terrace Neighbourhood Centre	4987 1331

Disability Support Services: Where to get Help

Emergency Relief Assistance

Centrelink "income statement", identification required, and evidence of hardship i.e. bank slip.

Please note that not all centres are drop-in!

Assistance can include: food, bills (electricity, gas, phone, water, council rates), & some with prescriptions, furniture, clothing.

Salvation Army 4929 2300
(Appointment Only)

96 Parry St, (Cnr Parry & Union Streets), Newcastle
Mon-Fri 9am-3:30pm (closed 12-1pm)

• **Raymond Terrace** 4983 1425
(Tue, 9am-12pm)

• **Salamander Bay** 4982 0192
(Mon & Wed, 1:00-3:15pm)

Wesley Newcastle City Mission 4969 4761

(McKenzie Centre Drop-in)

16 Wood St, Newcastle

Food and bill assistance receipts recommended.

Hours: Mon- Fri 9am-12pm, closed Thu.

Drop-in Centre: breakfast (9-11am),
laundry & showers (9-12).

Life Church Soul Cafe 4969 8827

15 Denison St, Newcastle West

Hot breakfast (Fri & Sat 7.30-8.30am)

Hot lunches (Mon-Thu 12-1pm)

Other Assistance: Counsellor (Mon, 11am-3pm),

GP (Tue & Wed), Legal Aid (Tue, 12-1pm),

and Centrelink (Tue fortnightly).

Samaritans

(Phone first to check which office covers
residential postcode)

• **Adamstown** (Drop-in) 4956 4200
187 Brunner Rd, Broadmeadow
(Mon, Tues, Fri 10-1:30pm)

• **Mayfield** (Drop-in) 4967 6311
St Andrew's Church Hall, 31 A Church St, Mayfield
(Mon, Wed, Fri 10:30-12.30pm)

Hope Food Care (Wed 10am-1pm) 4987 5066

St Vincent De Paul 4961 6885

(Referral Centre – Home Visit Only)

Mon-Fri 10am-2pm, Sat 9am-12pm

- **Gateshead** 4943 4967
- **Hamilton** 4961 3241
- **Nelson Bay** 4981 3988
- **Mayfield** 4968 8360
- **Raymond Terrace** 4983 1844
- **Wallsend** 4951 6773

BCS Food 4 life

To register, clients present their Government benefit card and fill out an application form. They receive a membership card (valid at all locations) and show this each time they come in. Grocery products are not free, but offered at a greatly reduced price. Limit is one visit per day, 5x per week.

• **Newcastle** 4929 3215
Shop 2, 405 Hunter Street 9:30am-3pm (Mon-Fri)

• **Windale** 4947 4502
130 South St, Cnr Lake St 9.30am - 3pm (W, Th, F)

• **Wallsend** 4955 7852
95 Nelson Street, 9am - 3pm (Mon-Fri)

• **Mayfield** 4967 7007
133 Hanbury Street, 10-2pm (Mon-Fri)

• **Raymond Terrace** 4983 2043
Shop 5, 22 Sturgeon St, 9:30-3pm (Mon-Fri)

Toronto Assistance Centre 4959 7833
(Appt only) 192 The Boulevard (food & electricity)

Energy Information Line 1300 136 888
• **Interpreter Service** 131 450

Info on electricity, gas rebates & EAPA assistance.

Financial & Gambling Counselling

Jesmond Neighbourhood Centre 4979 8555

Lifeline Financial Counselling Service 4940 2000

Christians Against Poverty 1300 227 000

Hunter Valley Project Inc. 4932 9777

Consumer Debt Hotline 1800 808 488

Gambling Helpline 1800 858 858

Salvation Army 4929 2300

Gender and Sexuality: Where to Get Help

Gender and Sexuality Services

ACON Hunter	4927 6808
or Free Call	1800 063 060
GLBT Youth Services (24hr)	1800 652 010
Gay & Lesbian Counselling Service	1800 184 527
Lesbian Line (only open Mon)	1800 144 527
Mensline Australia	1300 789 978
Hunter St Medical Centre	4962 1900
Newcastle Sexual Health	4016 4536
Hunter Community Health (intake)	4925 7990
NSW Rape Crisis Centre (24hr)	1800 424 017

Useful Websites:

ACON: GLBT Health and Well-Being

www.acon.org.au

PFLAG: Supporting parents and friends

www.pflagaustralia.org.au

Twenty10: A place to be you

www.twenty10.org.au

SameSame Gay & Lesbian News & Events

www.samesame.com.au

Emergency Assistance

Emergency	000
Emergency from Mobiles	112
Life Line	13 11 14
Salvo's Care Line (Suicide Helpline)	1300 363 622
Newcastle Police	4929 0999
Charlestown Police	4942 9999
Waratah Police	4926 6599
Raymond Terrace Police	4983 0599
Hunter Mental Health 24hrs	1800 655 085
National Domestic Violence Hotline	1800 799 7233

Legal

Hunter Community Legal Centre	4040 9120
or	1800 650 073
Youth Legal Aid Hotline	1800 101 810
Legal Aid Newcastle	4929 5482
Law Access NSW	1300 888 529
Victims Support NSW	1800 633 063
Family Law Courts	1300 352 000
University Legal Centre	4921 8666
Aboriginal Legal Services	4926 1571
Community Justice Centre	1800 990 777

Accommodation

Crisis:

Housing NSW Newcastle	4926 9333 / 1300 305 667
Compass Social Housing	4929 5537
After Hours Temp Accommodation	1800 152 152
<i>(Housing NSW – call after 4.30pm only)</i>	
Homeless Person Information	1800 234 566
Caravan Parks	<i>See Yellow Pages</i>
DV Women's Refuges	1800 656 463
The Anchor Men's Hostel	4961 6129
Matthew Talbot Men's Hostel	4961 1411

Accommodation Assistance:

Hunter Tenants Advice & Advocacy	1800 654 504
Tenancy Resource Service	1800 786 466
Nova Women's' Accom & Support	4961 6778
Newcastle Adult Accom Service	4908 6710
Newcastle Youth Accom Service	4950 9502

Child & Family Services

Brighter Futures	4958 0600
Child and Family Health	4924 6400
Nexus Mental Health	4985 5830
Hunter Women's Centre	4968 2511
Drug and Alcohol Service	4923 2060
Family Relationship Advice Line	1800 050 321
Family Relationship Centre	4016 0566
Parent Line (Centacare)	1300 130 052
Child Protection Helpline	13 21 11
Hunter Family Referral Service	1300 006 480
Relationships Australia	1300 364 277
Child Support Agency	13 12 72
Interrelate	4016 0550
Unifam	4925 6000
Family Planning Hunter	4929 4485
Reconnect	4942 5466
Hunter Dental Services & Oral Health	1300 651 625

Family Support Services

Newcastle	4926 3577
Eastlakes	4943 9255
Westlakes	4959 6050
Port Stephens	4987 4674
Morisset (Southlakes)	4970 5596
Family Insight (Ray & Nel)	4961 0700
Northern Settlement Services	4969 3399

Gender and Sexuality: Where to Get Help

Neighbourhood Centres

Raymond Terrace	4987 1331
Jesmond	4979 8555
Morisset (Southlakes)	4973 7001
Maryland	4955 8111
Toronto	4959 2838
Mayfield	4967 6888

Financial & Gambling Counselling

Jesmond Neighbourhood Centre	4979 8555
Lifeline Financial Counselling Service	4940 2000
Consumer Debt Hotline	1800 808 488

No Interest Loan Schemes (NILS)

BCS (Newcastle)	4925 2004
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Emergency Relief Assistance

Centrelink "income statement", identification required, and evidence of hardship i.e. bank slip.

Please note that not all centres are drop-in!

Assistance can include: food, bills (electricity, gas, phone, water, council rates), & some with prescriptions, furniture, clothing.

Salvation Army (Appointment Only)	4929 2300
96 Parry St, (Cnr Parry & Union Streets), Newcastle Mon-Fri 9am-3:30pm (closed 12-1pm)	
• Raymond Terrace (Tue, 9am-12pm)	4983 1425
• Salamander Bay (Mon & Wed, 1:00-3:15pm)	4982 0192
Wesley Newcastle City Mission (McKenzie Centre Drop-in) 16 Wood St, Newcastle Food and bill assistance receipts recommended. Hours: Mon- Fri 9am-12pm, closed Thu. Drop-in Centre: breakfast (9-11am), laundry & showers (9-12).	4969 4761
Toronto Assistance Centre (Appt only) 192 The Boulevard (food & electricity)	4959 7833

Hope Food Care (Wed 10am-1pm)	4987 5066
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Energy Information Line • Interpreter Service	1300 136 888 131 450
Info on electricity, gas rebates & EAPA assistance.	

Life Church Soul Cafe	4969 8827
15 Denison St, Newcastle West Hot breakfast (Fri & Sat 7.30-8.30am) Hot lunches (Mon-Thu 12-1pm) <i>Other Assistance:</i> Counsellor (Mon, 11am-3pm), GP (Tue & Wed), Legal Aid (Tue, 12-1pm), and Centrelink (Tue fortnightly).	

Samaritans
(Phone first to check which office covers residential postcode)

• Adamstown (Drop-in) 187 Bruncker Rd, Broadmeadow (Mon, Tues, Fri 10-1:30pm)	4956 4200
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• Mayfield (Drop-in) St Andrew's Church Hall, 31 A Church St, Mayfield (Mon, Wed, Fri 10:30-12.30pm)	4967 6311
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St Vincent De Paul (Referral Centre – Home Visit Only) Mon-Fri 10am-2pm, Sat 9am-12pm	4961 6885
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• Gateshead	4943 4967
• Hamilton	4961 3241
• Nelson Bay	4981 3988
• Mayfield	4968 8360
• Raymond Terrace	4983 1844
• Wallsend	4951 6773

BCS Food 4 life

To register, clients need to present their Government benefit card at any BCS Food 4 Life centre. Clients fill out a registration form and then become eligible to visit any BCS Food 4 Life centre to access grocery items, have a tea or coffee and a chat. Clients make a donation and collect their grocery order.

• Newcastle	4929 3215
• Windale	4947 4502
• Wallsend	4955 7852
• Mayfield	4967 7007
• Raymond Terrace	4983 2043