

Port Macquarie / Hastings Community Services Directory

Purpose: This document is a handy list of some services available to support the vulnerable in our community

ACCOMMODATION SERVICES

- Housing NSW (DCJ) 1800 422 322
- Link 2 Home..... 1800 152 152
- Community Housing Limited..... 1300 245 468
- Community Housing LTD Maintenance.....1300 424 573
- Galbaan House (Women & Children Refuge)
.....6583 2155
- YPS.org.au Refuge (14-17yrs)6584 0066
- Mid Coast Tenants Advice
..... 6583 9866 or 1800 777 722
- Mission Australia Housing 1800 269 672
- New Horizon.....6588 8100 / 1300 726 372
- Seabreezes (for people with a disability)
..... 1300 422 454
- NEAMI – Together Home Program6583 3443

AGED CARE SERVICES

- St Agnes' Care & Lifestyle Aged Care Services
(Emmaus, St Agnes, Maryknoll, Mt Carmel, Home Care)
.....5525 3600
- Manning Support Services (Home
Care/CHSP/Counselling).....6551 1800
- Aged Care Assessment Team (ACAT)6589 2100
- Senior Citizens Centre6583 7149

CARERS

- Community Respite and Carelink Centre
..... 1800 422 737
- Omnicare6584 1115
- Carers Australia Information Service .. 1800 422 737

COUNSELLING

- Catholic Care Social Services6539 5900
- Interrelate 1300 473 528
- Community Health Counselling6589 2100

DISABILITY SERVICES

- St Agnes' Care & Lifestyle Community Services, (NDIS
Disability and Therapy Services Port Macquarie &
Kempsey)5525 3600
- Northcott..... 1800 818 286
- New IDAFE6583 5545
- New Horizons6588 8100 / 1300 726 372
- ACES.....6581 2348
- Disability Advocacy6651 1159 / 1300 365 085
- House with No Steps "ARUMA" 1300 538 746
- Home Care (Australian Unity) 1300 841 767

HARDSHIP & RECOVERY

- Service NSW..... 13 77 88

FINANCIAL/LEGAL

- Legal Aid, 107 William St5525 1600
- Centrelink..... 13 62 40
- Mid North Coast Financial Counselling
..... 1300 662 540
- Mid North Coast Legal Centre6580 2111
- Samaritans Gambling Counselling..... 1800 858 858

HEALTH

- Community Health, Morton St..... 6589 2100

INDIGENOUS

- 13YARN (Crisis Support Line) 13 92 76
- Indigenous Community Support0400 548 851
- Birpai Land Council 6584 9066
- AMIHS (Maternal & Infant Health)..... 6589 2100
- Werin Medical Centre..... 6589 4000
- DCJ – Aboriginal Housing..... 5525 1200

MENTAL HEALTH

- Port Macquarie Base Hospital Mental Health
Service.....5524 2000
- Mental Health Access–24 hr Crisis.....1800 011 511
- Lifeline 13 11 14
- Mental Health Information Service 1300 794 991
- Suicide Call Back Service – 24 Hour..... 1300 659 467
- Beyond Blue (Depression + Anxiety)...1300 224 636
- Endeavour Mental Health Recovery
Clubhouse.....6583 4148

SUPPORT

- St Vincent de Paul..... 02 6584 1168
- GROW (Mental Health Support)..... 1800 558 268
- Domestic & Family Violence Svc (Liberty) 6583 2155
- 1800 Respect
(DV Counselling Service) 1800 737 732
- Alcoholics Anonymous
.....0493 210 284 / 1300 222 222
- Manning Support Services..... 6551 1800
- 4Life Care (food support)..... 6584 2951
- Alcohol & Other Drugs MNCLHD 1300 662 263
- The Buttery/AOD..... 02 6687 1111

TRANSPORT

- Linked Community Transport 6583 8644
- Port Macquarie Neighbourhood Centre.. 6583 8044

YOUTH AND CHILDREN

- Headspace 6588 7300
- YP Space Outreach Support (under 24)... 6584 0066
- Uniting Care Family Support Services 1800 864 846
- Youth Hub..... 6584 7569
- Kids Helpline1800 551 800
- Child Protection Helpline (u/18 at risk) ... 132 111
- DCJ Child Protection 5525 1200
- PCYC 5542 2447
- The Buttery CORE-YP.....0403 418 407

MOBILE LAUNDRY SUPPORT

- Orange Sky Laundry.....0438 629 969
- Make a Difference (MAD).....0431 519
342
- Youth Hub (Laundry) M-F0408 258 398

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DAILY

- **Rotary Club of Port Macquarie Sunrise in partnership with Dignity and PCYC Port Macquarie** – free frozen meals available daily. Pickup from the Dignity freezer at PCYC Port Macquarie (12 Owen St) – Mon to Fri 3pm–10pm and Sat & Sun 8am–6pm.

MONDAY

- **St Vincent de Paul – BBQ Breakfast: 7am to 8am** – St Agnes' Community Centre, 140 Horton Street Port Macquarie
- **St Agnes' Community Centre** – 140 Horton St - **Shower and laundry service:** 7am to 1pm. Pantry items, clothing, blankets, toiletries. Contact Mick Gilmour **0408 258 398**.
- **Wauchope Neighbourhood Centre: 6586 4055:** Food connect. Bread, rolls, fruit, veg and more. Gold coin donation and bring a bag. 3 Waugh Street, Wauchope @ 9.30am
- **YPS (14-17yrs)** Food parcels. Phone **6584 0066** between 9am to 5pm
- **M.A.D Community Food Services – Lunch: 11am to 1pm** - Wauchope Country Club
- **M.A.D Community Food Services – Dinner: 5pm to 6pm** - Westport Park (Next to Marine Rescue Shed)

TUESDAY

- **Sister Marjorie's Soup Kitchen - Meals: 8.30am to 11.00am** - St Agnes' Community Centre, 140 Horton St, Port Macquarie – Sr Marjorie McLachlan 0428 126 870.
- **St Agnes' Community Centre** – 140 Horton St - **Shower and laundry service:** 7am to 1pm. Pantry items, clothing, blankets, toiletries. Contact Mick Gilmour **0408 258 398**.
- **Port Macquarie Neighbourhood Centre Food Connect** – 9am-10am @ 2 Dodds Street, Port Macquarie. Gold Coin Donation, BYO Bag. Call **6583 8044**.
- **Salvation Army** - For Emergency Food Packages and Electricity Vouchers, phone 02 8775 7988 to speak with a welfare officer on Tuesday to Friday 8.30 to 3.30. 110 Lord Street, Port Macquarie. **General info line 1300 371 288**.
- **M.A.D Community Food Services – Dinner 5pm to 6pm** - St Agnes' Community Centre, 140 Horton St, Port Macquarie.

WEDNESDAY

- **M.A.D Community Food Services – Breakfast: 7am – 8am** – St Agnes' Community Centre, 140 Horton St, Port Macquarie
- **St Agnes' Community Centre** – 140 Horton St - **Shower and laundry service:** 7am to 1pm. Pantry items, clothing, blankets, toiletries. Contact Mick Gilmour **0408 258 398**.
- **St Thomas Soup Kitchen Community** - cnr Murray & William Streets, Port Macquarie. **Café & Grocery Window: 10am to 11.20am. Sit Down Meal: 12pm to 12.45pm.** Orange Sky Laundry van on site from 9am to 1pm. **0434 388 800**.
- **Salvation Army** - For Emergency Food Packages and Electricity Vouchers, please phone **6583 7444** to speak with a welfare officer on Mondays and Wednesday from 9am to 12pm. 110 Lord Street, Port Macquarie. **General info line 1300 371 288** Monday to Friday 9am to 5pm.
- **Community @3 – Community BBQ.** Car park of Laurieton United Services Club (2 Seymour St) at 3pm. A meal, shower, food parcels and clothing available. Orange Sky Laundry available **0419 370 076**.
- **Soupervan** – Wauchope Bain Park - **Dinner: 5.30pm – 7.30pm** (soup and buns, as well as complimentary fruit and vegetables). Ph: 0428 832 475.

THURSDAY

- **M.A.D & St Agnes' Catholic Parish – BBQ Breakfast: 7am to 8am** – 140 Horton Street Port Macquarie (fortnightly)
- **Port Macquarie-Hastings Homelessness Collective – Pop-up Day (fortnightly): 8am – 1pm.** St Agnes' Community Centre, 140 Horton Street - **6584 7569. Lunch provided.** Access to emergency food, clothing and toiletries, showers and laundry facilities and other community services.
- **St Agnes' Community Centre** – 140 Horton St - **Shower and laundry service:** 7am to 1pm. Pantry items, clothing, blankets, toiletries. Contact Mick Gilmour **0408 258 398**.
- **Hope Shop 6581 3303**, Home cooked meal around 9am @ Port Macquarie (Kooloonbung Creek and Town Green). For appointments with a Welfare Officer call- **0478 558 079**. Furniture & bric-a-brac.
- **Port Macquarie Neighbourhood Centre Food Connect-** 9am-10am @ 2 Dodds Street, Port Macquarie. Gold Coin Donation, BYO Bag. Call **6583 8044**.
- **M.A.D Community Food Services – Dinner: 5pm to 6pm** - Westport Park (Next to Marine Rescue Shed)

FRIDAY

- **M.A.D Community Food Services – Breakfast: 7am – 8am** - Westport Park (Next to Marine Rescue Shed)
- **St Agnes' Community Centre** – 140 Horton St - **Shower and laundry service** :7am to 1pm. Pantry items, clothing, blankets, toiletries. Contact Mick Gilmour **0408 258 398**.
- **Port Outreach Family BBQ** - Kooloonbung Creek Nature Reserve- Gordon Street, Port Macquarie from 3.45pm

WEEKLY

- **St Vincent De Paul – Emergency relief:** 116 Gordon Street, Mon, Wed, Fri from 9.30am to 12pm. Phone **6584 1168**. Emergency vouchers, Centrelink income statement required for food, Telstra, electricity, and chemist vouchers, please phone Welfare Officer to make an appointment on **6583 5960** Mon/Wed/Fri between 8.30am to 11.30am.
- **4 Life Care** – Tuesday to Friday from 9am to 3pm. Call **6584 2951**. \$10 joining fee for 1 year (HCC/PCH) or \$20 to receive a package for those not on Centrelink payments. Community pantry, Free Bread. Gold coin donation for Fruit & Veg. Delivery available to those isolated. 11/10 Bellbowrie Street, Port Macquarie
- **Port Macquarie Neighbourhood Centre** - Call **6583 8044** for appointments for vouchers to assist with paying electricity. 4 Dodds Street, Port Macquarie.
- **Dignity Food Relief** – frozen meals available at **PCYC Port Macquarie**, 12 Owen St. **Ph: 5542 2447**.
- **Endeavour Mental Health Recovery Clubhouse** – Monday to Thursday 8.30am to 4.30pm – 176 Hastings River Dr, Port Macquarie. Ph: 6583 4148. No referral needed. Drop in as needed or join daily.