

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 10) The Holy Cow - Sanctuary Point (pg 9)	Hit'n'Run Café (pg 10) The Holy Cow - Sanctuary Point (pg 9)	Sussex Inlet Community Church, Jacobs Drive Sussex Inlet 11.30am (pg9)	Salt Box 5-19 Birrille Street Bomaderry 11.00am-1pm (pg 10)	St. Michael's Catholic Church @ the Annexe next to School of Arts Berry Street Nowra 11.00am -1.30pm (pg 9)
Vinnies Van Pleasant Way (opposite The Gateway Caravan Park), Nowra 5pm - 6pm (pg 10)	All Saints Anglican Church, Cnr Berry & Plunkett Street, Nowra 6.15pm - 8.30pm (pg 9)	Hit'n'Run Café (pg 10) The Holy Cow - Sanctuary Point (pg 9)	Hit'n'Run Café (pg 10) The Holy Cow - Sanctuary Point (pg 9)	Hit'n'Run Café (pg 10) The Holy Cow - Sanctuary Point (pg 9)
			The Hub Bus - Nowra City Church . Pleasant Way Nowra. 4.45-5.15 pm Samuel Street Bomaderry 6.30- 7pm (pg. 9)	

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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		Aboriginal
	Financial Assistance		Youth/Children

Crisis/Emergency

Crisis/Emergency

Phone:

Link2home

Homelessness information and referral telephone service which provides information, conducts assessments, as well as makes referrals to homelessness services across NSW. Available 24/7.

1800 152152
(free call)



Indigenous Australians call:

1800 727555



Dignity

Supports people experiencing homelessness, providing shelter, food, advocacy and education. Dignity provides specialist services for singles, couples and families with children. Dignity is also able to take accommodation referrals from affiliated services in some cases.

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



Community Services Helpline -

Report suspected abuse or neglect of children.

132111



Domestic Violence (DV) Helpline -

If you, or someone you know, are experiencing domestic or family violence.

1800 656463
(free call)



Kids Helpline -

Telephone counselling for youth/children.

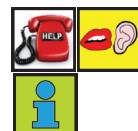
1800 551800
(free call)



Parent Line

Support for parents with children 0 - 18 years.
Monday - Friday: 9am - 9pm Weekend: 4pm - 9pm

1300 130052
(free call)



Crisis/Emergency

Crisis/Emergency - cont'd

Lifeline

Lifeline is a national charity providing all Australians experiencing a personal crisis with access to 24/7 crisis support and suicide prevention services.

Phone: 13 1114



Telephone counselling, financial (booked appointment only)

4421 5365



Mensline Australia

A private and safe environment for men to talk about their problems. Available 24/7.

1300 789978
(free call)



Victims Support Line

Victims of crime support line. Available 24/7.

1800 633063
(free call)



Dads In Distress

Helps separated parents deal with the practical and personal challenges that prevent them from being the best parents they can!

1300 853437
(free call)



Mums In Distress

Helps separated parents deal with the practical and personal challenges that prevent them from being the best parents they can!

1300 853437
(free call)



Gambling Help

Free and confidential support for gamblers and their families.

1800 858858
(free call)



Beyond Blue

Provides free and confidential support for all Australians living with anxiety, depression and mental health issues. Crisis support and suicide prevention services.

1300 224636
(free call)



Beds

Crisis Accommodation

Phone:

Safe Shelter

134 Kinghorne Street, NOWRA

4426 6117

Safe Shelter is open every night of the year.

Safe Shelter Shoalhaven is a combined churches and community project aimed at providing safe emergency overnight shelter for the homeless.

Accommodation 12 beds, catering for women, men and families. Free meals, laundry service, shower facilities, and support.

Booking: Homeless Hub 02 4423 2804

Safe Shelter 02 4426 6117

Crisis Accommodation - Men

Phone:

John Purcell House

11 Lawrence Avenue, NOWRA

4423 3558

Short term crisis accommodation for unaccompanied men aged 21 years or over who are homeless or at risk of homelessness.

17 bed facility (\$336 fortnight) includes 3 meals per day. Supervised 24/7, 10.30pm curfew. Assessment process involved. Self or agency referral, waiting list. Learning centre, assessment and support also available. Casual access available for food, tea, coffee, shower and laundry facilities. Monday—Friday: 8am -4.30pm.

Crisis Accommodation - Women and Families Phone:

SAHSSI

SAHSSI is a specialist homeless, domestic and family abuse service with emergency accommodation for single women and women with children who are experiencing domestic and family abuse and need a safe place to stay. Available to assist 24/7 with emergency accommodation and with a range of support options including information, referrals, safety planning and audits, saving tenancies, advocacy, court support and assistance to find long-term safe housing. To access our services, call or via website www.sahssi.org.au and ask for SAHSSI's assistance.

1800 152 152
Or
1800 656 463



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)



Southern Youth and Family Services

107 Berry Street, **NOWRA**

Independent Housing Program 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 - 4.30 pm (for referral purposes)

Email: syfs@syfs.org.au

4422 9966



Beds

Housing Providers

Southern Cross Housing

NOWRA – 69 Kinghorne Street

BOMADERRY – 1/54 Bolong Rd

ULLADULLA– Shop 2, 118 - 120 Princes Hwy.

Provides assistance to people in need of housing, by way of Social Housing, Affordable Housing, Private Rental Assistance products (Bond Loans, Rent Arrears, Start Safely Subsidy) and Temporary Accommodation for those experiencing homelessness.

Monday to Friday 9am – 5pm (Nowra)

Monday to Thursday 9am – 5pm (Ulladulla)

Email: info@scch.org.au

Website: www.scch.org.au

Phone:

1300757885

1800 152 152
(After hours temporary accommodation Link2Home)



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)

Phone:

4274 3475

1800 807225
(free call)



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

4472 9363

1800 672185
(free call clients only)



Food

Meals - FREE

Phone:

All Saints Anglican Church

Cnr Berry and Plunkett Street, **NOWRA**

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

Wednesday: 6.15pm - 8.30pm

4421 6884



St Michael's Catholic Church

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

Free soup kitchen.

Friday: 11.00am - 1.30pm (approx.)

4447 0990

0435 336195



Sussex Inlet Community Church

Jacob's Drive, **SUSSEX INLET**

Open door, drop in for lunch.

Wednesday: 11.30am

4441 0288



The Holy Cow - Sanctuary Point

16 Paradise Beach Road, **SANCTUARY POINT**

Free meal from the Chef's Menu

6 days: 5pm - 9pm Tuesdays CLOSED

4443 3659



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**

4421 4602



Salt Mobile Response Vehicle (MRV)

The MRV goes out to the homeless in our community and provides groceries, blankets, swags, toiletries, dog food, hot drinks and a friendly chat and connection services. Various locations (call to find relevant location in your area) On call for homeless people.

4480 5028



Food

Meals - FREE - cont'd

Phone:

Salt Box

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

Saltbox is a weekly program, for the community. A safe place of connection in a supportive environment whilst practically supplying basic essentials to those in need.

FREE morning tea, lunch, groceries, clothing

Thursday 11am-1pm

4480 5028



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.

4228 8140



Suspended Coffee Provider

Phone:

Hit 'n' Run Café

117 Junction Street, **NOWRA**

Ask for a suspended coffee.

Coffee donated by the public for someone in need.

0481 305309



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



Food

Meals - Delivered

Phone:

Currarong Meals on Wheels

4448 3271



Merimbula Street, **CURRARONG**

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

Wednesday only.

North Shoalhaven Meals Cooperative Ltd.

4422 5111



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.

Southern Shoalhaven Meals on Wheels

4455 2861



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

Food

Discount Food Stores

Phone:

The Hub - Nowra City Church

167 McMahons Road, **NORTH NOWRA**

4421 4602



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**

4454 0477



Free and low cost food available.

\$5.00 membership fee applies.

Wednesday & Friday: 9.30am - 11.00am

Salt Store

5-17 Birriley St, **BOMADERRY**

44805028



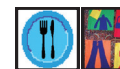
Salt Store is open Tuesday, Wednesday, Thursday
11am-1pm.

Providing groceries, clothing and connection.

Nowra Community Food Store (Australian Mercy)

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

4423 2334



FREE bread.

Cheap groceries and clothes for people in need.

Tuesday to Friday: 9.30am - 3.30pm.

Emergency
ONLY

0429 460730

Mobile Community Pantry

All Saints Anglican Church—70 Plunkett Street, **NOWRA**

4421 6884



Every second Wednesday

Website: www.allsaintsnowra.org.au

Support Services

Aboriginal Services

Phone:

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

4423 9900

54 Worrigea Street, **NOWRA**

Gives Aboriginal mums improved 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

Website: www.islhd.health.nsw.gov.au/services-clinics/maternity-and-womens-health#Maternity-Shoalhaven-Hospital-391

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 an ACECQA - High Quality rated, 40 place, Aboriginal education and care for children aged 0- 6 years. We offer: Long Day Care 7.30am - 5.30pm. Pre-School Session 9am -3pm Transport school bus service. Cullunghutti Family Centre provides high quality early learning with a focus on education and health services; that are both affordable and culturally appropriate. Works in partnership with families and community to ensure the best outcomes for our children. Program services include: 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 and Shoalcoast Legal Aid. Cullunghutti provide a catering service, see website for details.

Monday to Friday: 9am - 5pm

Email: admin@cullunghutti.org.au

Website: www.cullunghutti.org.au



Support Services

Aboriginal Services cont'd

Phone:

Illawarra Aboriginal Corporation/Myimbar

4228 1585

102 Auburn Street, **WOLLONGONG**

4221 0601

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.

Our Homelessness team can provide a range of support, including: Case management, advocacy and assisted referrals to other specialist support services to help Aboriginal people access and sustain stable housing.

Website: www.iac.org.au/services/housing-homelessness



South Coast Medical Service

Jane Ardler Centre, 51-53 Berry Street, **NOWRA**

4428 6666

1800 215099

(free call)

Provides health and medical services to the Shoalhaven Aboriginal Community.

Monday to Friday: 8.30am - 5pm



Waminda Women's Health & Aboriginal Welfare

122 Kinghorne Street, **NOWRA**

4421 7400

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 and Torres Strait Islander Women in the Shoalhaven Community.



Support Services

Community Support Services

Phone:

All Saints Anglican Church

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

4421 6884



All Saints Community Care

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

4423 1099



Barnardos - Illawarra Family Referral Service

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

1800 663863
(free call)



Support Services

Community Support Services - cont'd

Phone:

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

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.bbcri.com.au

4443 9244



Department of Communities and Justice (DCJ)

1/70 Graham Street, **NOWRA**

Provides tenancy support services to Aboriginal Housing Office (AHO) tenants in the Shoalhaven and provides support to access housing assistance for people who are homeless or at risk of becoming homeless.

Monday, Tuesday and Thursday 9:00am – 12.00pm

Website: www.facs.nsw.gov.au/housing/help

4497 9111

4424 5411



All Access and Demand (applications) in Shoalhaven are managed through Southern Cross Housing.

Family Services Australia/Noah's Child Care

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 Friday: 9 am - 4 pm

4455 5428



Support Services

Community Support Services - cont'd

Phone:

Homelessness Mental Health Program

4253 4500



We are part of Illawarra Shoalhaven Health District (ISLHD).
Program provides brokerage and/or co-case management to people who:
Are over 18.
Are homeless or have a tenancy at risk.
Have a diagnosed mental health condition.
And, live in the Illawarra or Shoalhaven

Illawarra Shoalhaven Partners in Recovery (ISPIR)

1800 228987
(free call)



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

Mission Australia - Community Services

4448 2000



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: nswcsadmin.nowra@missionaustralia.com.au

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Support Services

Community Support Services - cont'd

Phone:

Family Services Australia - Nowra

4421 5499
1800 372 000
(free call)



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 FSA referral form by email. There is a three (3) month time frame then referral to another service, extensions if required.
Parenting programs are also available.
Call for appointments
Monday to Friday: 9am - 4.00pm

Shoalhaven Neighbourhood Services (SNS)

4421 5077

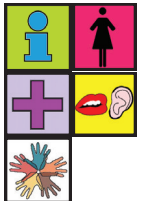


41 Worrigea Street, **NOWRA**—Monday to Friday: 9am - 3pm
2/80 Park Road, **NOWRA**—Monday to Thursday: 9am - 3pm
Provide information, referral and support to all of the community.

Safe and welcoming space to make telephone calls, have a cup of tea, internet access, help with forms, assistance with reading, advocacy, or just a chat.
JP services. Can assist with Work Development Orders.
Range of activities, events and programs to support individuals and families such as playgroup, craft & yoga.
Volunteering opportunities.
My Aged Care & NDIS social support service provider.
Toiletry packs & showers by appointment (Refer Pg. 30)
Email: info@sns.org.au

Shoalhaven Women's Health Centre

4421 0730



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

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. No Interest Loans (NILS) also available. Monday to Friday: 10am - 1pm

4455 5666



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 assess 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)



Support Services

Community Support Services - cont'd

Phone:

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

4444 1103



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



Salt Care

5-19 Birriley Street, BOMADERRY

Salt Care is a local registered not for profit Charity who provides benevolent relief to the homeless, poor, socially disadvantaged, those who suffer from mental health issues, disabled, Indigenous, elderly and young people at risk.

Monday to Friday 10am-2pm

4480 5028



Support Services

Community Support Services - cont'd

Phone:

Ulladulla Community Resource Centre

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

4454 0477



Uniting Family Counselling and Mediation

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

4423 7782



Community Support Services - Disability

Phone:

The Disability Trust

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

4428 9000



Support Services

Community Support Services - Homeless

Phone:

Shoalhaven Homeless Hub

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

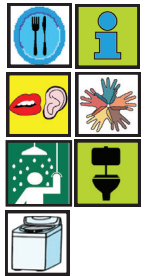
A drop-in centre for individuals, families and couples who are homeless or at risk of homelessness. Services include advocacy, assistance with private rentals, counselling for youth and families, regular visits from local service providers, food and toiletry packs. Shower, kitchen, computers, washing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

Tuesday to Thursday: 10am - 3pm, Friday: 10am - 2.30pm

Email: shoalhavenaccom@bigpond.com.au

Website: www.shoalhavenhomelesshub.com

4423 2804



Homelessness Mental Health Program (Illawarra Shoalhaven Health District)

Provides brokerage and/or co-case management to people who:

- * are over 18
- * are homeless or have a tenancy at risk
- * have a diagnosed mental health condition
- * live in the Illawarra or Shoalhaven

Speak with your service provider



Community Support Services - Legal

Phone:

Illawarra Legal Centre

7 Greene Street, **WARRAWONG**

Provides independent and free advice to people having Centrelink and tenancy issues. 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. Financial counselling also available in Shoalhaven. 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 Friday: 9am - 5pm, Thursday: 2pm - 5pm

4276 1939 (advice line)



Support Services

Community Support Services - Legal cont'd Phone:

Legal Aid NSW

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

Provides advice, minor assistance and representation in Criminal, Civil and Family Law.

Specialist Homeless Outreach service provides Civil Law services to people who are homeless or at risk of homelessness. Assistance provided in areas such as fines, housing and tenancy, debt, consumer credit (eg "pay day" loans), discrimination, domestic violence and Centrelink issues. In Nowra, clients can drop into:

St. Vincent de Paul, 5 Berry Street, Nowra

Wednesday 10am - 11.30am.

Shoalhaven Homeless Hub, 27 Junction Street, Nowra

Wednesdays 12noon – 1pm.

Civil Clinic - no appointment needed – drop in Tuesdays from 9.30am (first 7 people taken - can register from 9.00am)

Criminal Law Clinic – no appointment needed – drop in

Thursdays from 9.30am (first 8 people taken – can register from 9.00am)

Family Law Clinic – no appointment needed – drop in Fridays from 9.30am (first 8 people taken – can register from 9.00am)

4422 4351



Shoalcoast Community Legal Centre

80 Bridge Road , **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

Shoalhaven
4422 9529



All other
areas
1800 229529
(free call)

Support Services

Community Support Services - Legal cont'd Phone:

Shoalcoast Community Legal Centre -cont'd

Who qualifies for help? Anyone who resides in the Shoalhaven, Eurobodalla or Bega Valley, Snowy /Monaro & Queanbeyan/Palerang areas and who cannot afford the services of a private solicitor.

No referral is needed. Free telephone legal advice and information is available . Please phone for our 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 22)

Illawarra Region Financial Counselling provides financial counselling to the Nowra and Kiama region.

Are you unable to pay multiple debts?

Need help to get your finances back on track?

Feeling mortgage stress?

Thinking of bankruptcy?

Call 4276 1939

Monday, Tuesday, Wednesday, Friday 9am to 5pm

Thursday 2pm to 5pm

Shoalhaven
4422 9529



Eurobodalla
and Bega
1800 229529
(free call)

Law Access

For general information, referral and advice phone Law Access. Monday to Friday 9am – 5pm (excluding Public Holidays).

TTY 1300 889 529

National Relay Service – Voice: 133 677 – Speak and Listen: 1300 555 727

◆ Internet Relay: relayservice.gov.au

◆ Video Relay: Choose the available NRS video relay contact on Skype

For an interpreter phone TIS on 131 450 and ask for Law Access NSW

1300 888 529



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)

4448 2477

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

Community Support Services - Youth cont'd

Phone:

RAGE (Resourcing Adolescents to Gain Essentials)

4448 2476

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 - 4.30pm Email: syfs@syfs.org.au



Southern Youth and Family Services

4423 3347

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



(after hours)
4228 1946

HYAP Program (Homeless Youth Assistance Program)

4423 7244

107 Berry Street, NOWRA

HYAP Program is for youth between 12 and 15 years, who are homeless or at risk of homeless. The program works towards the child's immediate safety, restoration to the family and engagement with school and services.



Support Services

Community Support Services - Youth cont'd Phone:

Shoalhaven Crossroads Youth Health Service

4423 1784



Provides services for the health of vulnerable young people. Free GP for young people 12-24 years appointment needed at Crossroads, 49 Worrigea Street, Nowra.

Mental health services for young people referral through the mental health line 1800 011 511.

Youth Health Worker for information, health promotion and referral 44246325 based at Community Health, 5-7 Lawrence Ave, Nowra.

Email: Crossroads@health.nsw.gov.au

Southern Shoalhaven Youth Services Incorporated Ulladulla Youth Centre

4454 1761



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)

Community Support Services - Multicultural Phone:

Illawarra Multicultural Services (IMS)

4229 6855



Regional office (contact for more information)

41 Worrigea Street, NOWRA

Lv1,67-69 Market Street, WOLLONGONG

IMS provides an extensive information and referral service for new arrivals in Australia and long term culturally and linguistically diverse communities. Other services include specialized settlement support for new arrivals, casework, targeted support under TEI (Targeted Early Intervention, for Nowra only). Services are free of charge and confidential.

Nowra-Wednesdays 10 am to 3 pm

Wollongong - Monday-Friday

Email: info@ims.org.au

Other - Vouchers

Vouchers/Parcels

Phone:

All Saints Community Care

4423 1099



74 Osborne Street, NOWRA

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

Monday/Wednesday/Friday: 10am - 4pm

Anglicare Op-Shop

4447 4084



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

Shoalhaven Homeless Hub

4423 2804



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

Southern Shoalhaven Youth Services

4454 1761



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)

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 - 12pm, 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)

No Interest Loans (NILS) Program: Monday

Thursday: 9am - 1pm (electricity vouchers)

The Salvation Army - Ulladulla

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

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



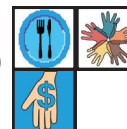
1300 371288



4443 7386
(leave message
if unattended)



1300 371288
(assessment line)



Other - Showers

Shower Facilities

Bay and Basin Leisure Centre

The Wool Road, **VINCENTIA**

Monday to Thursday: 6am - 8pm

Friday: 6am - 7pm

Saturday: 10am - 5pm

Sunday: 10am - 4pm

Closed: public holidays

Normal entry fees apply, subject to change.

Phone:

4406 2022



Bomaderry Aquatic Centre

127 Cambewarra Road, **BOMADERRY**

Monday to Thursday: 6am - 7pm

Friday: 6am - 6pm

Saturday: 10am - 5pm

Sunday: 10am - 5pm

Normal entry fees apply, subject to change.

4429 5600



Shoalhaven Neighbourhood Services (SNS)

41 Worrige Street, **NOWRA**

2/80 Park Road, **NOWRA**

Toiletry packs & showers by appointment. No cost.

Monday to Friday: 9am - 3pm

Email: info@sns.org.au

4421 5077



Huskisson Community Centre

17 Dent Street, **HUSKISSON**

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

Monday to Friday: 1pm - 4pm

0487 469032



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



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

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

Phone:

4406 2055



4444 8811



Other - Library

Library Facilities

Phone:

Shoalhaven Libraries—Nowra Library

10 Berry Street, Nowra

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 are: Medicare, Centrelink or concession cards (even if out of date). This membership provides full access to all Shoalhaven Libraries eResources – eBooks, eAudiobooks, eMagazines, movies, databases and use of public access computers. Website: www.shoalhavenlibraries.com.au/Our-Libraries

4429 3705



Other - 2nd Hand Goods

Other - 2nd hand goods

Anglicare Bomaderry Op Shop

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

Clothing, books, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 1pm

Anglicare Op Shop

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

Clothing, books, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 1pm

Anglicare Op Shop

8 Jane St, Cnr Worrigea & Princes Hwy, **NOWRA**

Clothing, books, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 1pm

Community Church Op Shop

Jacobs Drive, **SUSSEX INLET**

Clothing, books, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 12 noon

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

Husky Uniting Church Op Shop

53 Hawke Street, **HUSKISSON**

Clothing, books, bric-a-brac

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

Saturday: 9am - 12 noon

Phone:

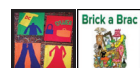
4421 5494



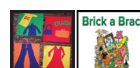
4447 4084



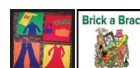
8774 7467



4441 0288



No Phone



4441 7495



Other - 2nd Hand Goods

Other - 2nd hand goods - cont'd

Inasmuch Op Shop

195 Jacobs Drive, **SUSSEX INLET**

Clothing, books, furniture, bric-a-brac

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

Lions Pre-loved Book Shop

Bellbrook Arcade, Princes Highway, **ULLADULLA**

Books

Monday to Friday: 9am- 4.30pm

Saturday: 9am - 12.30pm

The Salvation Army Salvo Store

9/137 Princes Highway, **ULLADULLA**

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

Monday to Friday: 9am - 3pm

Minute by Minute Disaster Relief Op-Shop

5/10 Central Ave, **SOUTH NOWRA**

Furniture, clothing, books, bric-a-brac, food

Hours 9:00 AM - 4:00 PM

E:minutebyminutedisasterreliefinc@outlook.com.au

Ulladulla Second Hand Shop

3 Boree St, **ULLADULLA**

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

Monday to Friday: 8.45am - 3pm

Uniting Church Outreach Centre

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

Sarah Claydon Trash and Treasure

Settler's Fair, **MILTON**

Clothing, books, bric-a-brac

Phone:

4441 1008

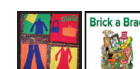


No Phone

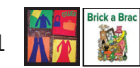
Books Only



13 7258



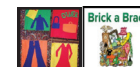
0466 261 091



4455 1564



4454 1694



No Phone



Other - 2nd Hand Goods

Other - 2nd hand goods - cont'd

The Salvation Army Red Shield Family Store Bay and Basin Mission

Shop 4, 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

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

Presbyterian Op Shop

3 Kinghorne Street (entrance at rear), **NOWRA**

Clothing, bric-a-brac

Tuesday to Friday: 9.30am- 2pm

Red Cross

Schofields Lane, **NOWRA**

Clothing, books, bric-a-brac, jewellery

Monday to Friday: 9am- 3pm

Saturday: 9am - 1pm

BOP Shop

Shop 27, 28 Burton St, **VINCENTIA**

Clothing, books, bric-a-brac, jewellery

9.30 am - 4.30 pm Monday - Friday

9.30 am - 12.30 pm Saturday

Wesley Uniting Church Op Shop

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

Clothing, books, bric-a-brac

Monday to Friday: 11am- 5pm

Phone:

4443 3658



13 7258



4421 2070



4421 8857



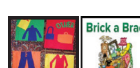
4421 2845



0491 614 115



4422 4552



Other - 2nd Hand Goods

Other - 2nd hand goods - cont'd

Vinnies - Nowra

5 Berry Street, **NOWRA**

Clothing, books, furniture, bric-a-brac

Monday to Friday: 8.30am- 4.30pm

Saturday: 8.30am - 2pm

Vinnies - Sanctuary Point

199 Kerry Street, **SANCTUARY POINT**

Clothing, books, furniture, bric-a-brac

Monday to Friday: 8.30am- 3.15pm

Saturday: 9am - 1pm

Vinnies - Shoalhaven Heads

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 - Berry

117b Queen Street, **BERRY**

Clothing, books, bric-a-brac

Monday to Sunday: 10am - 4pm

Vinnies - Ulladulla

251 Green Street, **ULLADULLA**

Clothing, books, furniture, bric-a-brac

Monday to Friday: 9am- 4pm

Saturday: 9am - 12 noon

Phone:

4421 7244



4443 9201



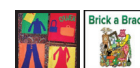
4448 7923



4464 3940



4455 1466



Other - Financial Support

Other - Financial Support

Credit Line Financial Counselling - Lifeline South Coast

2/130 Junction Street, **NOWRA**

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

Department of Human Services - Centrelink

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 Loans)

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)

SHOALHAVEN 'Path 2 Home'2020 - Version 5

Phone:

4421 5365



13 6240

(recorded advice)



4424 7100



Other - Financial Support

Other - Financial Support - cont'd

Uniting Care Gambling Help Shoalhaven

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. This includes free and confidential therapeutic and financial counselling. Phone: 4423 7782. Financial assistance for this project is provided through the NSW Government's Responsible Gambling Fund.

Wesley Mission Credit Line

Financial advice and referral.

Monday to Friday: 9.30am- 4.30pm

Website: www.financialrights.org

Other - Message Box

Telstra Message Box

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 Message Box 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.

Phone:

4423 7782



1800 808488
(free call)



Phone:

Available through various Support Services



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:

Shoalhaven Neighbourhood Services

41 Worrigee St, Nowra

Phone: 4421 5077

Email: info@sns.org.au

Path2Home can be found online at sns.org.au and path2home.org.au.

The Path2Home website is maintained by
Southern Cross Housing



Original booklet compiled by Anne Talbot TAFE Diploma
Community Services student with the assistance of Cheryl Brady,
Margaret Witz and Shoalhaven Neighbourhood Services
Volunteers.

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Member for Kiama

Minister for Families, Communities and Disability Services

Version 5 updated 2020

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