



Who can you find at the Centre?

Ring 4993 3400 for –

- ~ Emergency Relief
- ~ Information & Referrals
- ~ GAPS – Grandparents as Parents
- ~ Click & Squiz Internet Café
- ~ Cessnock Neighbourhood Tool Library
- ~ Tax Help (July to October)
- ~ Law Talks

And also –

- ~ Australian Hearing Services 131 797
- ~ Back On Trac 4993 3420
- ~ Cessnock City U3A 4998 1093
- ~ Coalfields Healthy Heartbeat 4993 3410
- ~ Financial Counselling 4932 9777
- ~ Family Relationship Centre 4016 0566
- ~ Hunter Community Legal Centre 4016 0566
- ~ Legal Aid 4993 3400
- ~ Lifeline 4940 2000
- ~ Tenant Participation Resource Services

1800 786 466



Energy Efficiency Training

Was held on May 31st

This was opened to all clients from Family InSight & Samaritans and any interested community member.

PROVIDED BY? Energy Australia and the Home Power Saving Program (NSW Government)

We had a great response & positive feedback to our Energy Workshop. We will be

HEALTH EXPO

As part of Samaritans NAIDOC Celebrations Aboriginal Health Workers will be offering FREE health checks & info , tips & advice on living a happy & healthy life

There will be a demonstration of 'Strong Spirit Healthy Heart'

Which is a new healthy lifestyle program run weekly from the Samaritans Building & offered to the local Indigenous Community

Strong Spirit Healthy Heart

Diabetes Screening

Brief Smoking Consultations

Health info & Local Services

Blood Glucose Levels

Cholesterol

Blood Pressure

More Information please contact Merredy Quinn-Bates

Aboriginal Health Education Officer
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Samaritans Neighbourhood News

July — Sept 2011



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