



Compassion Integrity Justice

Samaritans Information & Neighbourhood Centre



Grandparents as Parents - GAPS

Connect with other grandparents. Support and Social networking. Information on your rights as Carers. Information on payments and income supplements. Come along Thursday morning's (School Term) at 10.00am. For more information please the centre on **4993 3400**.

Northern Settlement Services

Attends the Centre the first Tuesday of The Month. Assists migrants who have difficulties accessing information on available services. Phone **4969 3399** for further information.

Cessnock City U3A

U3A is a non-profit, self-help, mature age education system where learning activities are provided for members by members in a relaxed, easy and non-demanding environment. No prior qualifications are required and there are no exams. We would appreciate hearing from anyone; retired school teachers, someone with a passion for a topic, collection or hobby. If you are interested contact us on **4998 1093**.

Lifeline

Visits every Friday Face to face personal counselling offered on a donation basis. Phone **4940 2000** for an appointment.

Legal Aid

On the 3rd Tuesday of the month. No appointment required. And it runs between 10.00 and 12.00. They can assist with Centrelink, Fines, Violence, Debts, The Protective Officer and Eviction and stuff.

Room Hire Available

Looking for a conference space, a room for a meeting or venue to run a training program? The Samaritans Information & Neighbourhood Centre has a number of rooms for hire. Phone **4993 3400** for availability and prices.

Services Available

Information & referrals

Ph: 4993 3400 for information

GAPS (Grandparents as Parents)

at the centre Thursday mornings 10.00am-12.00pm (School Term) Ph: 4993 3400 for more information

Click & Squiz Internet Cafe

Ph: 4993 3400 for bookings

Cessnock Neighbourhood Tool Library

Ph: 4993 3400 for bookings

Tax Help (July to October)

Ph: 4993 3400 for bookings

Law Talks

Ph: 4993 3400 for more information

Lifeline Counselling

Ph: 4940 2000 for an appointment

Family Relationship Centre

Ph: 4016 0566 for an appointment

Legal Aid

Every 3rd Tuesday Ph: 4993 3700 for more information. No appointment needed 10.00am-12.00pm FREE.

Financial Counselling

Ph: 4932 9777 for an appointment

Northern Settlement Service

Ph: 4969 3399 or 1800 813 205 for an appointment

Australian Hearing

Ph: 131 797 for an appointment

Back On Trac Transition

Ph: 4993 3420 for more information

Cessnock City U3A

Ph: 4998 1093 for more information

Cessnock Community Shed and Garden

Ph: 4993 3400 for more information



Samaritans Information & Neighbourhood Centre

(Cessnock Performing Arts Centre)
PO Box 876, Cessnock NSW 2325
198-202 Vincent Street,
Cessnock NSW 2325
E: sinc@samaritans.org.au

www.samaritans.org.au/sinc
Ph: 4993 3400 F: 02 4993 3460



"Connecting local people with information & services"

Ph: 4993 3400



Compassion Integrity Justice

Samaritans Information & Neighbourhood Centre



For any information, referral or support you may require, please phone the Centre on **4993 3400**.

The Centre can offer a variety of services to meet your needs, e.g.

photocopier, fax, laminator or binder service, conference/meeting room, office space etc.



Coalfields Healthy Heartbeat

Coalfields Healthy Heartbeat is a community organisation set up to improve known behaviours associated with cardiovascular disease in the Cessnock LGA. A variety of programmes and

resources are available that focus on healthy eating, physical activity and quitting smoking. Coalfields Healthy Heartbeat is a project of Samaritans and funded by NSW Health. Promoting Healthy Lifestyles in the Cessnock Local Government Area. Phone **4993 3410**

Samaritans Emergency Relief

This service offers a great deal of support to people in financial hardships. Don't hesitate to make an appointment by calling **4993 3400**.

Click & Squiz Internet Cafe

Internet access available to the community. Computers are also available for word processing etc. Phone **4993 3400** for bookings.

Cessnock Neighbourhood Tool Library

Join the Neighbourhood Tool Library and have access to equipment for those jobs that you've been putting off. Conditions apply. Membership fees \$33 per year or \$11 per quarter. Phone **4993 3400** for bookings.

Taxation Help

Are you on a low income? Need free help with your tax return?

A Tax Help volunteer may be your answer.

To make an appointment phone **4993 3400**.

(Available July to October).

Samaritans Back on Trac Transition

Samaritans Back on Trac Transition works collaboratively with young people between the ages of 16-25, who are homeless or at risk of homelessness. We have access to medium term/semi supported housing in the Cessnock (for young parents) and Rutherford areas. These properties accommodate young people who are experiencing difficulties obtaining private rental. BOT can also provide outreach to young people who require assistance to find appropriate housing, or be experiencing difficulties in maintaining current accommodation for a variety of reasons.

We can also offer assistance with applications to the DOH and other housing providers, advocacy and referral on the behalf of the young person to a variety of services, or advice and information on issues concerning you or someone you know. For further information, please contact: **4993 3420**.

Family Relationship Centre

Visits every Wednesday. Provides information about family relationships, overcoming relationship difficulties or dealing with separation. Most sessions are free of charge. Phone **4016 0566** for an appointment.

Financial Counselling

Are you spending more money than you earn? Are you having financial difficulties due to illness, loss of job or personal problems? Are financial institutions threatening legal action? Financial Counselling is a free and confidential service that can assist you with your options and help negotiate with the credit providers. Attends the centre by appointment. Phone **4932 9777** to make your appointment.

Samaritans Tenancy Resource Services

Samaritans have teamed with Housing NSW to ensure the well-being of social housing tenants and to promote community development and social inclusion of residents in social housing. The position covers from Murrirundi to Port Stephens to The Hawkesbury River and provides assistance to all tenants in properties owned or leased through Housing NSW, Community Housing Providers (ie: Pacific Links, Compass Housing) and Aboriginal Housing. The service provides Advice and Advocacy for tenants, Information about Tenancy issues, Tenants Rights, and Responsibilities, Referral to holistic range of services to meet individual tenant needs. We also support and resource tenancy groups to initiate or maintain community projects. The service is run Monday to Friday and regularly visits 'Your Area' so if you would like to know more please contact:

Phone **1800 786 466**.

Fax: 02 4993 3460.

Address: PO Box 876, CESSNOCK NSW 2325

Australian Hearing Services

Visits the Centre every Wednesday. Provides a full range of hearing services for children and young people up to 21, eligible adults, aged pensioners and most war veterans. Phone **131 797** for an appointment.

Cessnock Shed & Community Garden

The shed is a place to enjoy the company of others. It is a great community endeavour that offers programmes for people in the Cessnock community who wish to learn new skills and gain valuable work experience to increase their job prospects. Mentors are also needed and tradesmen, in particular retirees, are encouraged to contact us if you would like to help.

For more information, please contact the centre on **4993 3400** or **0409 858115**.