

# Hello Hunter



0404 038 000  
[info@kingdomworks.org.au](mailto:info@kingdomworks.org.au)  
[www.kingdomworks.org.au/  
hello-hunter](http://www.kingdomworks.org.au/hello-hunter)

**church** and community  
support service directory

## Emergencies call Triple 000

If you are experiencing a crisis and need immediate help contact one of the below crisis services.

Lifeline on 13 11 14

Kids Helpline on 1800 551 800

MensLine Australia on 1300 789 978

Suicide Call Back Service on 1300 659 467

Beyond Blue on 1300 224 636

Headspace on 1800 650 890

ReachOut at [au.reachout.com](http://au.reachout.com)

Care Leavers Australasia Network 1800 008 774

Mental Health Line 1800 011 511

NSW Domestic Violence 1800 656 463

## help centres

**ADAMSTOWN:** *Live Free Project* 0412 429 193 [livefreeproject.org.au](http://livefreeproject.org.au)  
chris@livefreeproject.org.au

**CARDIFF:** *Our Backyard* 0402 155586. A safe place for homeless living in cars, food relief, showers and support worker help to connect to help services.

**CESSNOCK:** *Samaritans Emergency Relief Service* (02) 4993 3430. By appointment. 124 Vincent St, Cessnock 2325.

**CESSNOCK:** *Welfare Centre (Salvos)* 1300 371 288 - 14 Hall St Cessnock, 2325.

**CHARLESTOWN** *c3 Victory Centre* (02) 4922 6800. Care parcels, **money mentors**, counselling, 'depression and hope' support groups, and **client support services**. Ground Floor/ 5 Hoptoun St admin@c3victory.org.au  
[www.c3victorycare.org.au](http://www.c3victorycare.org.au)

**HAMILTON:** *Community Centre (Salvos)*, (02) 4969 8066 - 67 Cleary St, Hamilton.

**MAYFIELD:** *Grainery Family Centre* (02) 4967 4777. Family and refugee advocacy, 58 Maitland Road Mayfield. E: email care@grainery.org.au

**MAYFIELD:** *Hope Street*, 88 Hanbury St, Mayfield. Monday - Friday, 9.30am - 3.00pm or call us on 4032 5288 or 0411 359 628.

**NEWCASTLE:** *Soul Hub*, 437 Hunter St, Newcastle (02) 4926 1758  
[www.soulhub.org.au](http://www.soulhub.org.au)

7am till 2pm Monday to Thursday and 7am till 8.30am Friday, Saturday and Sunday

### SINGLETON

*Salvation Army Crisis Services*. T 6572 2690. 4 York Street, Singleton  
*Singleton Neighbourhood Centre* (02) 6571 2499, 21 Mary Street, Singleton  
*St Vincent De Paul Society* 6571 2569, 37 Macquarie Street, Singleton.

## food relief

**BELMONT** *Community care* 0491 631 450 25 Maude St, Belmont.

**CARDIFF** *Macquarie Care* (02) 4954 3930

**CESSNOCK** *Food War Inc* (02) 49 66 2987

**CESSNOCK** *Samaritans Emergency Relief* (02) 4993 3400

**HAMILTON SDA** *Food pantry call Justin* 0438 474 008

**MAYFIELD** *Grainery food care* (02) 4967 4777

**NEWCASTLE** *Soul Cafe* (02) 4926 1758

**PELICAN** *Gatewaycare bulk food* 0408 951 155

**MORISSET** *Southlakes Emergency Relief* (02) 4973 1204

**WALLSEND** *Food pantry* 0406 734 843

**WESTON** *Kingdom Community Care* 0404 090 725

### **Samaritans Emergency Welfare Relief**

Providing short term emergency, financial or material assistance.

- Food vouchers and parcels
- EAPA vouchers (electricity and gas)
- Chemist assistance

Call to book a time for an in person interview. Centre's are in,

- Broadmeadow 02 4922 1540
- Cessnock 02 4993 3430
- Gorokan 0437 595 001
- Toronto 02 4959 7857
- Rutherford 02 4993 3400

## Financial /debt relief services

**Salvos moneycare** (02) 4088 5820 [www.salvationarmy.org.au/need-help/financial-assistance/financial-counselling/](http://www.salvationarmy.org.au/need-help/financial-assistance/financial-counselling/)

**Christians against poverty (CAP)** 1300 227 000 [www.capaust.org](http://www.capaust.org)

**Gamble Aware** - FREE mental health service for those affected by gambling harm. For all referrals and enquiries just contact: [gambleaware@centacarenew.com.au](mailto:gambleaware@centacarenew.com.au) or 1800 497 065.

## Youth / Students

**Samaritans Youth Services** <https://www.samaritans.org.au/services/youth-services>

- Reconnect services aim to provide support to young people who are homeless or at risk of homelessness in Newcastle, Cessnock, Port Stephens, Lake Macquarie and Maitland Local Government Areas.  
<https://www.samaritans.org.au/services/youth-services/reconnect>

**eheadspace** [www.headspace.org.au](http://www.headspace.org.au)

**Reach Out** - online mental health resources for young people and their families. [www.au.reachout.com](http://www.au.reachout.com)

**Path 2 Change** 11 Charles Street, WALLSEND NSW 2287  
E [admin@p2c.org.au](mailto:admin@p2c.org.au) W [path2change.org.au](http://path2change.org.au) P (02) 4951 2144  
Committed to providing young people who are at risk of homelessness.

**Youth On Track** 433 Hunter St, NEWCASTLE NSW 2300  
[YoTrHunter@missionaustralia.com.au](mailto:YoTrHunter@missionaustralia.com.au) 0477 380 117

## Financial /debt relief services

**Salvos moneycare** (02) 4088 5820 [www.salvationarmy.org.au/need-help/financial-assistance/financial-counselling/](http://www.salvationarmy.org.au/need-help/financial-assistance/financial-counselling/)

**Christians against poverty (CAP)** 1300 227 000 [www.capaust.org](http://www.capaust.org)

**Gamble Aware** - FREE mental health service for those affected by gambling harm. For all referrals and enquiries just contact:  
[gambleaware@centacarenew.com.au](mailto:gambleaware@centacarenew.com.au) or 1800 497 065.

# Women

## Domestic Violence

### Help Lines

- NSW DV Line is 1800 656 463
- 1800 737 732 is 1800 respect
- 1800 Respect and NSW DV Line – has Counsellors as well as links to services.
- Men's line 1300 789 978
- Men's referral service 1300 766 491

### Carries Place

First Floor, Unit 12, 116 High St, East Maitland NSW 2323

Carrie's Place provides a range of culturally appropriate programs for people experiencing domestic and family violence, and/or homelessness. Carrie's Place provide support to women and their families, who are experiencing domestic violence, living in Maitland, Port Stephens, Dungog, Kurri Kurri, Cessnock, Singleton, Muswellbrook and Upper Hunter.

[www.carriesplace.org.au](http://www.carriesplace.org.au)

02 4934 2585 (Office Hours)

02 4933 1960 (After Hours)

### Jenny's Place

2b, 796 Hunter Street, Newcastle West NSW 2302

A safe and supportive place for women and children who are experiencing domestic violence or are homeless. Includes emergency crisis accommodation, supported crisis accommodation and assistance to find longer term accommodation.

[www.jennysplace.org](http://www.jennysplace.org)

02 4929 6289

### Warlga Ngurra Women's Children Refuge

Women's and children's refuge offering emergency accommodation and support for women who are homeless due to domestic violence. Also offer court support, children's activities, outreach support, advocacy, housing support, child support and referrals.

02 4950 1566

# Women

## **Nova for Women and Children**

558 Hunter St, Newcastle West 2302

We support women who are at risk of homelessness to remain safely in their home and assist women who are homeless or in crisis to be housed and provide support to maintain safe accommodation.

[www.novawomen.org.au](http://www.novawomen.org.au)

02 4023 5620

Intake/Referral Line 1800 769 654

## **Jodie's Place - Hunter Domestic Violence Support & Advisory Services**

75 Maitland Rd, Branxton NSW 2335

Offers a safe refuge home for up to 11 women and children in Cessnock.

[www.hunterdomesticviolenceservice.com/jodies-place](http://www.hunterdomesticviolenceservice.com/jodies-place)

02 4990 9609

0488 246 693

## **Got Your Back Sista**

15 Elizabeth St, Tighes Hill NSW 2297

Got Your Back Sista provides benevolent relief and support to women and children escaping domestic violence. We provide: furniture & household items, food, self-defence programs, workshops, support group, education & training, counselling.

[www.gotyourbacksista.com](http://www.gotyourbacksista.com)

02 4989 2777

## **Women's Domestic Violence Court Advocacy Services**

[www.dvcas.org.au](http://www.dvcas.org.au)

4940 8766

## **WeGotchu Girl Incorporated**

We Gotchu Girl is a not-for-profit, incorporated association working to prevent sexual violence in the local community. We do this through generating a digital safe space, providing community organisation, hosting events ranging from social to networking and connecting victims with essential support services.

[www.wegotchugirl.com.au](http://www.wegotchugirl.com.au)

0423 778 284

# Women

## **Hunter Women's Centre**

58-60 Industrial Drive, Mayfield, 2304

Hunter Women's Centre is a non-government, not-for-profit, community-based organisation who provides services to improve the health and well-being of the women in the Hunter.

[www.hwc.org.au](http://www.hwc.org.au)

(02) 49682511

## **Zahra Foundation Australia**

We provided financial counselling a to women who have experienced domestic and family violence. By economically empowering women we help break the cycle of violence.

[www.zahrafoundation.org.au](http://www.zahrafoundation.org.au)

0433 894 592

## **Survivor's R Us**

57 Pendlebury Rd, Cardiff 2285

We help men, women & children with counselling services & connecting to refuges, discount food warehouse and op-shop, we supply dignity bags, children's toys and furniture.

[www.survivorsincorporated.com](http://www.survivorsincorporated.com)

02 4953 7108

## **BaptistCare**

Counselling and Family services

*Wallsend*

58 Cowper Street Wallsend NSW 2287 - 0482 165 418

Opening Hours: Mon - Thur 9.30am - 1.30pm, Fri 9.30am-12pm

*Windale*

Shop 1, 124 South Street Windale NSW 2306 - 4032 4810

No Interest Loans – NILs [www.baptistcare.org.au/nils](http://www.baptistcare.org.au/nils)

Living Beyond Abuse (9 week support group for women)

[www.baptistcare.org.au/living-beyond-abuse](http://www.baptistcare.org.au/living-beyond-abuse)

Men's Behavioural Change Program (Facing Up 20 week program for men)

[www.baptistcare.org.au/facing-up](http://www.baptistcare.org.au/facing-up)

# Women

## **C3 Victory Care**

5 Hopetoun St, Charlestown 2290

Yard Maintenance for victims of domestic violence. Other services include a food stall, help with money management and client support service.

[www.c3victorycare.org.au](http://www.c3victorycare.org.au)

0491 632 484

## **CAP**

Whether you need a hand getting a budget together, someone to chat to about your finances, or if you're weighed down by debt — CAP can help.

[www.capaust.org](http://www.capaust.org)

1300 227 000

## **Destiny Haven**

3931 Clarence Town Rd, Brookfield, NSW

Destiny Haven is a residential place of healing for women struggling with life-controlling issues, including addictions, eating disorders and self-harm.

[www.destinyhaven.org.au](http://www.destinyhaven.org.au)

(02) 4996 5558

## **Livefree Project**

486 Glebe Rd, Adamstown 2289

Crisis support, advocacy and support services. Inspire Women's Program empowering women to live their best lives, adult resilience and education program.

[www.livefreeproject.org.au](http://www.livefreeproject.org.au)

0412 429 193

## **Grainery Care**

252 Maitland Rd, Mayfield NSW 2304

Grainery Care provides proactive interventions in the lives of individuals, couples and families, through the provision of courses and support groups. Marriage courses, GriefShare, Divorce Recovery, Parenting Courses, Circle of Security, Lifekeys and Mentoring.

[www.grainerycare.com](http://www.grainerycare.com)

02 4967 4777



# Women

## Healing Path to Wellness

Healing Path to Wellness (HTPW), a registered Health Promotion Charity (HPC), exists to alleviate the symptoms of those living with mental ill-health, emotional distress, trauma, chronic pain and special needs.

Counselling, therapeutic services, life coaching, healing therapy and suicide prevention safe space.

·CHARLESTOWN, Lake Macquarie Monday - Wednesday 10am-4pm, Thursday 12-7pm. 3 Hilltop Arcade, 228 Pacific Highway, Charlestown, 2290

·MORISSET, Lake Macquarie - Wednesdays 9.30am-1.00pm. Southlakes Community Centre, 143 Dora Street, Morisset, NSW, 2264

·SUICIDE PREVENTION SAFE SPACE - Mondays 5.30-9.30pm (Launches Mon Oct 14). 3 Hilltop Arcade, 228 Pacific Highway, Charlestown, 2290

Booking hotline 02 4081 3800 [bookings@hptw.com.au](mailto:bookings@hptw.com.au)

## Macquarie Care and Car 2 Home Project

Anyone experiencing homelessness and sleeping in a registered motor vehicle is encouraged to call our intake number 0402 155 586. Intakes are completed by appointment only on Tuesday, Wednesday, Thursday & Friday. Our office is closed from Friday 12noon to Tuesday 9am.

[www.macquarierecare.org.au/car2home](http://www.macquarierecare.org.au/car2home)

## Salvos Newcastle Worship & community Centre

67 Cleary St HAMILTON NSW 2303

We offer a range of spiritual, welfare and assistance programs. We also work closely with the OASIS Hunter Youth Network, with whom we share our premises in Hamilton.

[www.salvationarmy.org.au/newcastle](http://www.salvationarmy.org.au/newcastle) (02) 4088 5850

## Wesley Mission Newcastle

15 Denison St, Newcastle West 2302

The community hub provides a safe and supportive space which helps clients and community members to build social capital and connection.

02 4915 3600

## Zahra's House

1A Hill St, Jesmond 2290

Zara's House is A Place of Welcome ... where refugee women, asylum seekers and their friends connect with each other and meet supportive members of the Australian community. [www.zarashouse.org.au](http://www.zarashouse.org.au) 0431 105 383

## Zoe's Place

Supporting women through unplanned or crisis pregnancy. In person support, no matter your decision. [www.zoesplace.org.au](http://www.zoesplace.org.au) 1300 793 595

## Men

**DV Men's line 1300 789 978**

**DV Men's referral service 1300 766 491**

**Dads in Distress** supports Dads experiencing trauma through family breakdown and separation anxiety. Helpline 1300 853 437. Online and in person groups [www.parentsbeyondbreakup.com/dids](http://www.parentsbeyondbreakup.com/dids)

## seniors

**aging and disability helpline 1800 628 221**

### **meals on wheels**

cessnock (02) 4991 4884   hamilton (02) 4969 4292  
lambton (02) 49657 0482   mayfield (02) 4967 2777  
merewether (02) 4963 6386   morisset (02) 4973 3538  
stockton (02) 4928 2810   toronto (02) 4959 2929  
wallsend (02) 4951 2915

**Mercy Services Community Transport 02 4961 3113**

**[www.mercyservices.org.au/services/community-transport](http://www.mercyservices.org.au/services/community-transport)**

*Pick ups and drops in Newcastle / Lake Macquarie: \$20 return. Out of area phone for a price.*

### **RSPCA Emergency Pet Care**

If a senior is facing hospitalization or a temporary health situation where they are unable to care for their pet they can access pet care by calling 97824408. They will be assessed over the phone for eligibility. There is a fee of \$10 per day plus cost of vaccinations if they are not up to date. A payment plan can be arranged.

### **Aged Care COVID-19 Grief and Bereavement Service**

Contact for free support for those affected by COVID-19 in the aged care sector. 9am - 5pm, Monday to Friday. This service is operated by the Australian Centre for Grief and Bereavement. 1800 222 200  
[covidagedcare@grief.org.au](mailto:covidagedcare@grief.org.au) <https://aged.grief.org.au/>

## Financial /debt relief services

**Salvos moneycare** (02) 4088 5820 [www.salvationarmy.org.au/need-help/financial-assistance/financial-counselling/](http://www.salvationarmy.org.au/need-help/financial-assistance/financial-counselling/)

**Christians against poverty (CAP)** 1300 227 000 [www.capaust.org](http://www.capaust.org)

**Gamble Aware** - FREE mental health service for those affected by gambling harm. For all referrals and enquiries just contact: [gambleaware@centacarenew.com.au](mailto:gambleaware@centacarenew.com.au) or 1800 497 065.

## Helplines

### Help Lines

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- 1800 Respect and NSW DV Line – has Counsellors as well as links to services.
- Men's line 1300 789 978
- Men's referral service 1300 766 491

**1800CHAPLAIN** Sometimes we are overwhelmed. For whatever reason you call, 1800Chaplain (1800 24 27 52) will be there to hear what you have to say in a safe, confidential and non-judgmental forum, [www.1800chaplain.com](http://www.1800chaplain.com)

**Careline Connections 02 40583656.** Christian volunteers are trained to provide a listening ear, hope, encouragement and prayer support for callers.

### **Parents Beyond Breakup 1300 853 437**

Parents Beyond Breakup is a charity that supports parents experiencing trauma related to family breakdown and separation.

[www.parentsbeyondbreakup.com](http://www.parentsbeyondbreakup.com)

# mental health and wellness

**Talk with your doctor.**

## **Healing Path to Wellness**

Healing Path to Wellness (HTPW), a registered Health Promotion Charity (HPC), exists to alleviate the symptoms of those living with mental ill-health, emotional distress, trauma, chronic pain and special needs. Counselling, therapeutic services, life coaching, healing therapy and suicide prevention safe space.

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Booking hotline 02 4081 3800

[bookings@hptw.com.au](mailto:bookings@hptw.com.au)

## **Enriching Relationships Australia - Julie Ayres-Cutler**

0422 955 414 [Julie@enrichingrelationshipsaustralia.com](mailto:Julie@enrichingrelationshipsaustralia.com)

[www.enrichingrelationshipsaustralia.com](http://www.enrichingrelationshipsaustralia.com)

## **ATUNE Health Services Cardiff**

02 4954 4511 [www.atune.com.au](http://www.atune.com.au)

## **Livefree Project - RUOK phone check 0412 429 193**

## **Depression and Hope [www.depressionandhope.com](http://www.depressionandhope.com)**

Supporting you in your journey out of depression. Groups available in Belmont, Charlestown, Pelican, Morisset and Tanilba Bay. Network Co-ordinator: Linda Rowland 0431 030 795 [depression.hope.nsw@gmail.com](mailto:depression.hope.nsw@gmail.com)

## **Beyond blue covid & mental health line 1800 512 348**

[www.beyondblue.org.au](http://www.beyondblue.org.au)

## Coffee and Chat

### **Survivors R Us Cardiff**

Monday to Thursday 9am to 4pm, Friday 9am to 12pm. 57 Pendlebury Rd, Cardiff NSW 2285 P:02 4953 71 08. Drop in for a coffee, meals, food pantry, counselling and clothes.

### **Maitland City Salvos**

1a Bunning Ave Rutherford 2320 (02)4932 6682. Drop in for morning tea each week on a Tuesday 10am - 11:30 (Free coffee, biscuits and chat). Welfare help is available by appointment.

**HOPE UC Maitland** - The Welcome Place Maitland. Drop in for afternoon tea each week on a Wednesday 12md - 2pm. 13/1a Ken Taubman Drive, Maitland (near the cinema, look for the black and white HOPEUC signs)

### **Soul Cafe Newcastle**

11am to 12:30pm Monday to Thursday. Drop in for a free coffee, meal and chat. Level 2/ 49 Hunter St Newcastle (Cnr of Hunter and Watt St above the Westpac Bank)

### **Warners Bay Food and Friendship**

Feeling lonely, come in for a cuppa, meal and a chat with the friendly team at the Warners Bay Food and Friendship Cafe. Open Thursday and Fridays, 10am to 2pm. Located at **66 Queen St, Warners Bay**. Find out more [foodnfriendship@gmail.com](mailto:foodnfriendship@gmail.com) or call 02 4947 4326.

### **WESTON Kingdom Community Care**

Affordable food, groceries and clothing. [www.kingdomcc.com.au/community-care](http://www.kingdomcc.com.au/community-care) Location: 53 Station Street, Weston. Opening Hours: Wed, Thu & Fri from 9.30am till 01.00pm. You can also drop in during those hours for a coffee and a chat.

## Connect through participating

**Art and Fitness Therapy with** Healing Path to Wellness Location: Pelican NSW 2281 P: 40 813800

**Hunter Region Botanic Gardens** - people of all ages and skills are welcome to become volunteers at the Gardens. Location: Heatherbrae  
[www.huntergardens.org.au/volunteer](http://www.huntergardens.org.au/volunteer)

**Hunter Region Landcare Network** volunteering to care for and work to improve the natural environment of the Hunter Region. Location: Hunter Region [www.hunterlandcare.org.au](http://www.hunterlandcare.org.au)

**Lean in Newy** is a Newcastle City Council volunteer initiative  
[www.leaninnewy.com.au](http://www.leaninnewy.com.au)

**Soul Cafe** volunteers help to provide meals and services to the homeless and those with issues such as drug or alcohol addiction. [www.soulcafe.org.au](http://www.soulcafe.org.au)  
P:(02) 4926 1758

**Warm Blankets for Everyone:** Volunteer as a driver or if you have sewing skills. Find out more by calling Tonee 0439 415 245 or Sue 0408 242 921  
[www.wbfe.org](http://www.wbfe.org)

**Sixties & Single Social Group Newcastle** A social group for going out and socialising with other singles, aged mid 40s to mid/late 60 year olds. We have events, such as dinner and bands, (usually each weekend), midweek dinners, movies, theatre etc. Members are encouraged to make suggestions of where and what they would like to go/do. We do have a lot of events around Lake Macquarie but I try to cater for other areas especially if requested. To find out more and how to join call Toni 0406285400.

# Housing

## **Housing (FACS) – 1800 152 152**

[www.facs.nsw.gov.au](http://www.facs.nsw.gov.au)

## **Home in Place (Compass Housing) – 1300 333 733**

Suite 1/44 Beaumont Street, Hamilton NSW 2303

P. 1300 333 733    [newcastle@homeinplace.org](mailto:newcastle@homeinplace.org)

Opening Hours: Monday, Wednesday, Thursday and Friday 9am – 5pm  
Tuesday 9am – 3pm

## **Hume Community Housing 0297224300**

Call to make an appointment.

- 464 High St, Maitland NSW 2320
- 46 William St, Raymond Terrace NSW 2324

<https://www.humehousing.com.au/>

[https://www.humehousing.com.au/documents/flyers/About\\_Us\\_Flyer.pdf](https://www.humehousing.com.au/documents/flyers/About_Us_Flyer.pdf)

## **Matthew Talbot Homeless Service 02 4961 1411**

For homeless men and men with children. 82 Hannell St, Wickham

[www.vinnies.org.au](http://www.vinnies.org.au)

## **Wesley Mission Newcastle 02 4915 3600**

Wesley Mission – Tenancy assist

<https://www.wesleymission.org.au/find-a-service/housing-and-accommodation/tenancy-assist/>

Phone: 1300 259 789

Email: [tenancyassist@wesleymission.org.au](mailto:tenancyassist@wesleymission.org.au)

## **NSW – Link2home 1800 152 152**

<https://huntercommunityhub.org/community/directory/link2home/>

This service is for you if you are homeless or worried you might become homeless.

## **Our Backyard - 0402155586**

<https://www.macquariecare.org.au/ourbackyard.html>

Anyone experiencing homelessness and sleeping in a registered motor vehicle is encouraged to call the intake number.

# other help

**Newcastle Community Directory** [www.mycommunitydirectory.com.au](http://www.mycommunitydirectory.com.au)

**Lakemac Urgent Welfare Services** [https://www.lakemac.com.au/For-residents/Community/Community-directory\\_](https://www.lakemac.com.au/For-residents/Community/Community-directory_)

**Hunter Homeless Connect Directory**

<https://hunterhomelessconnect.org.au/community-services-directory/>

**Ask Izzy** - a website that connects people in need with services and support. [www.askizzy.org.au](http://www.askizzy.org.au)

**Zoe's Place:** 1300 793 595 [info@zoesplace.org.au](mailto:info@zoesplace.org.au)

Free Pregnancy Testing, Free Counselling, Free Mentoring, Free Post Abortion Support. Atune Health Centre- 52A Ada Street, Cardiff, NSW 2285. **All services are FREE and confidential.**

**Alcoholic Anonymous Support Group** Locations in the Hunter Region.  
<http://www.newcastle-aa.org.au/meetings.php?id=1>

**Community Support Services During COVID -19**

<https://newcastle.nsw.gov.au/community/community-services/community-support-services-during-covid-19>

**NSW Health [www.health.nsw.gov.au](http://www.health.nsw.gov.au)**