

Community Centres

A place everyone can go to find information, get help with electricity and gas bills, receive food, join community activities and programs. Each centre can help you in a different way.



SERVICE		
San Remo Neighbourhood Centre	4390 7888	www.sanremo.org.au emergencyrelief@sanremo.org.au
Kincumber Neighbourhood Centre	4363 1044	www.kincumbernc.com.au
Toukley Neighbourhood Centre	4396 1555	www.tnc.org.au/
Wyoming and Point Clare Community Centres	4323 7483	www.gosfordcommunity.org.au/
Wyong Neighbourhood Centre	4353 1750	www.wnci.org.au/
Gosford/Narara Neighbourhood Centre	4329 4477	www.communitysos.com.au
Gosford CBD Hub	4326 7359	www.wnci.org.au/gcch
Kariong Neighbourhood Centre	4340 1724	www.knc.net.au
Green Point Community Centre	4367 7591	www.greenpointcommunitycentre.com.au
The Entrance Neighbourhood Centre	4332 4545	theentrancenc.inc@gmail.com
Lakelands Community Centre	4355 7529	reception.kanwal@benevolent.org.au
Uniting Burnside Northern Lakes Neighbourhood Centre	4358 3148 1800 864 846	cdevries@uniting.org.au ask@uniting.org
Bateau Bay Neighbourhood Centre	4332 7450	www.bbnc.org.au
Terrigal Neighbourhood Centre	4311 3610	www.terrigancc.com.au
Berkeley Vale Neighbourhood Centre	4388 5801	www.bvnc.org.au
Coast Community Connections (Peninsula Community Centre)	4341 9333	www.coastcommunityconnections.com.au

Telephone Interpreter Information



If you call a service and you need an interpreter, say:

'I need an interpreter
I speak (say what your language is)'

OR



Phone the Translating and Interpreter Service (TIS) on **131 450** and say:

your language
the name of the service you want to contact
the phone number of the service



Health

These are services you can contact if you or someone you know is feeling sick, needs help because they are sad or angry, or need help taking care of someone in their family



Doctors Find a doctor or health service near you	www.healthdirect.gov.au/australian-health-services
Central Coast Community Women's Health Centre Help only for women and children	Woy Woy: 4342 5905 Wyong: 4351 1142 Wyoming: 4324 2533
Gosford Hospital Help for everyone	4230 2111 75 Holden Street, Gosford
Wyong Hospital Help for everyone	4394 8000 Pacific Hwy, Hamlyn Terrace
ARAFMI carers Help if you or someone you care for in your family needs it	4323 7731 info@ccarafmi.org.au
Carer Gateway Help if you are a carer	General: 1800 422 737
Child and Family Health	4328 7900
Translated health information	www.healthtranslations.vic.gov.au

Housing

Find help if you don't have a place to live, need to move from your house quickly or want to know your legal rights



SERVICE		
Link2Home	1800 152 152	www.facs.nsw.gov.au/housing/help/ways/are-you-homeless
Coast Shelter	4325 3540	www.coastshelter.org.au
Uniting Doorways	1800 864 846	www.uniting.org/services/family-services/facility/uniting-burnside-doorways-central-coast
Tenancy Advice and Advocacy Services (TAAS) Help and information about your rights when you rent a house or apartment	4353 5515	www.tenants.org.au/all/taas

Churches, Temples and Mosques

Visit: www.centralcoastaustralia.com.au/churches-religion

or contact **Northern Settlement Services** on **4334 3877** to find a church, temple or mosque near you.



Aged Care

Information, referral and support for all people over 65 years

My Aged Care	1800 200 422	www.myagedcare.gov.au
Legal Aid NSW Elder Abuse Service Help if you are feeling unsafe or have been hurt by a family member	4324 5611	www.legalaid.nsw.gov.au
Meals on Wheels Central Coast Help if you are elderly and need cooked meals	4357 8444	www.ccmow.com.au

Education and Training

Find English classes, training and employment support

Department of Education (Tuggerah) Where to find information about public schools	1300 679 332 www.education.nsw.gov.au/public-schools/going-to-a-public-school
Central Coast Community College A place to learn new skills through courses and training. Some of these courses are Free	4348 4300 www.cccc.nsw.edu.au/funded-training
Tuggerah Lakes Community College A place to learn new skills through courses and training	4353 0017 www.tlkcc.com.au
TAFE adult and migrant English program Free English classes for new arrivals who are eligible at Gosford and Wyong TAFE	131 601 Gosford and Wyong
APM Employment Help finding a job and with training	4322 3082

Disability Information and Support

Information and support for everyone with a physical or mental health disability

SERVICE		
National Disability Insurance Scheme (NDIS)	1800 800 110	www.ndis.gov.au/contact
Disability Gateway	1800 643 787	
Connect Ability	4349 3700	www.connectability.org.au



Public and Community Transport

Help with general bus and train timetables, including school timetables and bus maps

Bus	 www.busways.com.au/nsw/plan-your-trip/route-timetables
Train	 www.transportnsw.info
Community Transport A service if you or someone in your family with a disability or is elderly needs help with transport	 4355 4588  info@ctccl.org.au

To find out about events and activities on the Central Coast visit:

www.cc365.com.au

Welcome

We would like to welcome you and your family to the Central Coast.

The information in this booklet shares the many free services that can help you and your family with information and support.

These services can use an interpreter for you if you need one.

You can also ask an interpreter to contact the service for you by phoning **131 450**.

What's in this guide:

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Hotlines for Phone Help
Help for Everyone
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Public and Community Transport
Community Centres
Telephone Interpreter Information
Health
Housing
Education and Training
Churches, Temples and Mosques near you
Aged Care
Disability Information and Support

Emergency Help (fast help when you need it)

Police, fire and ambulance

These services are for safety when there is danger near you, you are hurt badly, or your health is very bad and you need to go to hospital.

When you call, you will be asked 'Police, fire or ambulance?' You should say which service you need, then say your name, phone number and your address or where you are.



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www.triplezero.gov.au

State Emergency Service (SES)

Call the SES when you have damage or danger from storms, wind or flood, and when there are dangerous trees near your house.



132 500




www.ses.nsw.gov.au



Hotlines for Phone Help

Free help you can get on the phone if you are feeling stressed, sad or not safe



SERVICE	
Beyond Blue – Counselling	1300 224 636
Lifeline – Counselling	131 114
Domestic Violence Line When you are not safe with your partner or family and need help to leave	1800 656 463
Kids Helpline	1800 55 1800
Parent line Counselling if you have children aged 0 to 18 who live in NSW	1300 1300 52
Men's Line Support for men who are feeling angry or sad	1300 789 978



Central Coast Multicultural Welcome Resource

An initiative delivered by Central Coast Multicultural Interagency (CCMI)

Supported by Central Coast Council

NORTHERN SETTLEMENT SERVICES Ltd

Help for Everyone

Support and information for you, your children and your family.
Help for people of all ages.

SERVICE		
Northern Settlement Services Help for the multicultural community. Information about Childcare, learning English or playgroups	4334 3877	Translated website: www.nsservices.com.au
Central Coast Schools as Community Centres Support for families with young children	0409 800 821 (Blue Haven & Northlakes) 0467 760 712 (Gorokan) 0400 022 312 (Wyong) 0436 928 606 (Wyoming)	www.ccsacc.com
The Benevolent Society Family support	1800 236 762	www.benevolent.org.au
Immigration and Rights Centre For information and help with your visas	02 8234 0700	www.iarc.org.au
CatholicCare Central Coast Family Centre	1800 324 924	www.catholiccaredbb.org.au
Interrelate Family Services	1300 475 528	www.interrelate.org.au/contact-us/our-centres/central-coast
Phoenix Youth Support Services	4393 9555	www.wnci.org.au/pyss
Regional Youth Services (RYSS)	4323 2374	www.ryss.com.au
Central Coast Family Support	4340 1585	www.ccfss.org.au
Family Connect and Support	1300 006 480	www.benevolent.org.au
Family Safety Pack For people new to Australia. Translated packs are available		www.dss.gov.au/family-safety-pack

Government Services

www.communitysos.com.au

Centrelink Help for some people who do not have enough work, or have a disability, or need some help with money and payments. Centrelink has interpreters	 131 202 Multilingual line
Housing NSW Help for some people with renting houses and apartments, help with rental bonds, help for people who are homeless	 1300 652 488 All Graduates interpreter
Legal Aid Help with information about Australian law, finding a lawyer and your rights	 4324 5611
Central Coast Council House and land rates and tree safety, rubbish collection, organised events and activities, hire halls	 1300 463 954