



A safe place for social, cultural, physical, financial and mental health

THE CORE-TERM 1

Services provided by the Neighbourhood Centre to support all people in our community

ASSISTANCE WITH FOOD, VOUCHERS, FROZEN MEALS and MATERIAL AID

San Remo call on 43907888 for an appointment

The Entrance call 43324545 for an appointment

UTILITY RELIEF

EAPA and Telstra vouchers - help with electricity, gas and phone bills

LINKS YOUTH SUPPORT SERVICES

Individual Support phone Corrina on 0491 729 539, email links@sanremo.org.au or Karen on 0409 591 489 email youthsupport@sanremo.org.au

GP Clinic –Clinic available to those aged 14 to 24 years and can provide assistance with health and well-being issues such as:

- general medical
- pregnancy
- drug and alcohol
- immunisation
- sexual health (contraception, sexually transmitted infections – testing and treatment)

headspace - mental health and well-being support

Community Drug Action Team - Junior peer leaders addressing drug and alcohol harm

Skills Development - group work in high schools

T-Party-Transgender and sexuality supports for young people

Street Gym-The Y-recreational and healthy activities after school

Back to school packs available upon request

ENGAGING ADOLESCENTS for Parents and Carers to support the management of young people.

Starts 17 February, 10am – 12.30pm

Telephone (02) 43 90 7888 Fax (02) 43 99 2398 Email theepicentre@sanremo.org.au

Address 28 Brava Avenue San Remo 2262 ABN 57700289690



BLUE HAVEN OOSH SERVICE

After School and Vacation Care -phone Kristy on 43992242 or email oosh@sanremo.org.au
OOSH is located at Blue Haven Community Centre

ACTIVITIES

Woman's Sensory Garden, Yoga, Zumba, Men's Shed, Artist Painting, Financial, Gambling and Personal Counselling, AA, NA, Legal Aid, Ngaliya Dhuluga Aboriginal garden, Reconciliation Group, Home maintenance for women, JP Services, Work Development Orders,

SAVER PLUS - Money chats and opportunities

Join us on Thursday 4th March from 10am -12pm for an informative chat on how Saver Plus has helped to save money towards education costs

FAMILY ACTIVITIES

PLAYGROUP Tuesdays 9.30 to 11.00. Craft, stories, play and social connections. Bring your own morning tea

NO MORE SCAREDY CATS - program for **parents** to support their child in managing anxiety and through emotional episodes Commences 23 February at 12pm to 2pm

SHARK CAGE- domestic and family violence support - Shark Cage is a trauma informed five step program of interventions designed to heal and empower women who have experienced repeated abuse such as family violence or sexual assault. Starts 28th April 12pm-3pm

LUNCHBOX CONNECTION

CONNECTING WITH ABORIGINAL FAMILIES at Northlakes and Blue Haven Public schools and supporting healthy alternatives. We will provide your children with a lunchbox, drink bottle and weekly hampers to assist in providing a healthy lunch for your children
Call Amanda on 0468 464 968 or email amanda@sanremo.org.au

BUSHFIRE RECOVERY AND RESILIENCE PROJECT

If you or your family were impacted by the bushfires and still don't feel like you've recovered, we may be able to help with your material needs and preparedness. Please contact Nicole on 0468 840 561 or email nicole@sanremo.org.au

FAMILY GARAGE

INFORMATION AND SUPPORT for you and your family to assist you in navigating life's challenges.

CONSTRUCTION CREW for children 8-12 years who are on the spectrum, with ADHD or just have a difficult time in social settings. Program is driven by the children's interest and developmental needs.

SEASONS FOR GROWTH – a program for children to help them work through the grief and loss process. Held at Northlakes Primary school. Call Amanda 0468 464 968

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OPPORTUNITY KNOCKS

Visit our op-shop on Liamera Avenue for a bargain and a chat. Check out facebook for weekly bargains. Friendly volunteers and great coffee!

SAN REMO ABORIGINAL RECONCILIATION GROUP-NGALIYA DHULUGA

We are committed to ensuring as a community we recognise and value our Aboriginal people and culture and celebrate our diverse aboriginal people through the sharing of knowledge while working together towards a positive shared future built on strong relationships. Call Amanda for details

FACILITIES

Shower and Washing machine available
Toiletries and sanitary items
Sluggo our Community Bus is for hire
Photocopier, fax, computers, scanning, emailing, tech support
Do you need a room to meet? Room available

LOCAL SERVICES

Emergency Relief Vouchers

Samaritans Gorokan 4393 2450

Frozen Meals

Toukley Neighbourhood Centre 4396 1555

Food Banks

Blue Haven 0405 134 794
Budgewoi Halekulani Church Hall
Toukley 4307 1234
Lake Munmorah 4358 3148

Shower and Laundry Facilities

San Remo Neighbourhood Centre	4390 7888
Toukley Neighbourhood Centre	4396 1555

Housing Services

Link2Home	24hr Line	1800 152 152
Coast Shelter		4325 3540
Housing NSW	Wyong	4352 9600
Uniting Burnside	Doorways Program	1800 067 967

Youth Support

Headspace	4394 9100
Youth Health	4356 9333
LINKS Youth Support Services	43907888

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Aboriginal Health Services

Yerrin	4351 1040
Bungree	4350 0100
Nunyara	4320 2698
My Aged Care	1800 200 422
NDIS	1800 800 110
Centrelink	13 24 68

Other Services

SaCC Centres	0409 800 821
Lifeline	13 11 14
Domestic Violence Hotline	1800 656 463
Mental health line	1800 011 511

SAN REMO HAS GREAT ACTIVITIES TO EXPLORE

- ✓ Men's Shed
- ✓ State level BMX Park
- ✓ Local shops
- ✓ Camp Breakaway
- ✓ Parkrun
- ✓ Community Gardens
- ✓ Boat ramp and jetty
- ✓ Playgrounds
- ✓ Shared pathways

For all programs call the Epicentre for days, times and details on 43907888



All our Centres are operating in compliance with Public Health Directions and are COVID safe. Please sanitize and sign in or use QR code on arrival.

Thank you to our partners and volunteers who support our community and families. Your help is invaluable.

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