

**Welcome to the San Remo Neighbourhood Centre**  
Phone 4390 7888 or email [theepicentre@sanremo.org.au](mailto:theepicentre@sanremo.org.au)



## Thank you!

From all the staff and volunteers at the Epicentre we would like to say a big **THANK YOU** to everyone who supports our work, and the community!

## Food to the rescue!

We have partnered with Coles San Remo and now have a trolley located at the store where you can donate nonperishable food and toiletries.

As you know in recent months families have been doing it tough due to the increased costs of living. If you are able to please drop an item in and know that this is going to a family in our community needing a bit of a hand up.



## Free community supper

The Lions Club of Northlakes are holding a free community supper at the Epicentre on the following

Fridays at 6pm

14th April

12th May

9th June

7th July

Come and enjoy good food and good company  
For further details please contact

[northlakescc.nsw.org.au](http://northlakescc.nsw.org.au)



# WEEKLY ACTIVITIES

## Mondays

Art Class 10am

Men's Shed 8.00am - 12pm

Women's Shed 12pm

Op Shop - Liamena Ave 9 -3:30pm

Alcoholics Anonymous 7.00pm

## Wednesdays

Gambling counselling by appointment

Electricity support by appointment 9-1pm

Men's Shed 8.00am - 12pm

Op Shop - Liamena Ave 9am -3:30pm

## Fridays

Yoga 9.30am - 10:30am

Men's Shed 8.00am - 12pm

Op Shop - Liamena Ave 9am - 3:30pm

## Sundays

Alcoholics Anonymous 10.00am

## Tuesdays

Playgroup 9.30am- 12pm

Construction Crew 2.50pm

Emergency Relief by appointment 9-1pm

Community Garden-McCrea Blvd 8-12pm

Op Shop-Liamena Ave 9am- 3:30pm

## Thursdays

Financial Counselling by appointment

Emergency Relief by appointment 9-1pm

Young People's Drawing Club 2.30pm

Play Euchre (fortnightly) 9am- 12pm

Community Garden-McCrea Blvd 8-12pm

Op Shop-Liamena Ave 9am - 3:30pm

Narcotics Anonymous 7.00pm

## Saturdays

Men's Shed 8.00am -12pm

(02) 4390 0070

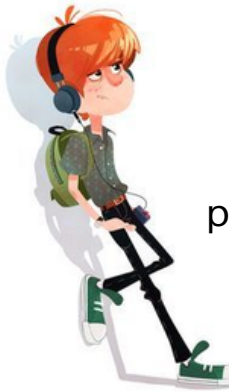


Find us on Facebook  
for weekly updates



# LINKS YOUTH SUPPORT SERVICE

## SUPPORT



Youth Workers are here for you to help navigate and support you through life's challenges with peers, family, relationships, school, employment and life



## GP CLINIC - GPs AND NURSES - FRIDAYS

Assistance with health issues such as, general medical, pregnancy drug and alcohol harm, immunisation, sexual health - contraception, sexually transmitted infections - testing and treatment

Face to face consultation fortnightly

## HEADSPACE OUTREACH – YOUTH ACCESS TEAM-TUESDAYS

Mental health and well-being support at crucial times in young people's lives

LINKS referral required

## SCHOOL and COMMUNITY BASED PROGRAMS

**Actually, I Can** learn coping skills, self-care and managing emotions

**Reality Check** skills and strategies to address conflict

**Love Bites Junior** healthy relationships program

**Street Gym** stay connected, active and have fun Tuesday from 2:30pm

For more programs, dates and times contact **Kaz or Daz on 43907888**  
or email [links@sanremo.org.au](mailto:links@sanremo.org.au) or call into the Youth Cabin located opposite  
Northlakes High School

\*\*Look out for our new program....DrumBeat\*\*



## PLAYGROUP EVERY TUESDAY

Our Playgroup is back on the 2nd May 2023 at 9.30am for term 2 Bring a snack, drink and be ready for playtime, craft and music. No need to book, just turn up.

## NGALIYA DHULUGA ABORIGINAL GARDEN

We are committed to recognising and valuing our rich Aboriginal culture through the sharing of knowledge and building of strong relationships.

Join us in our Aboriginal garden **Ngaliya Dhuluga** meaning **You, Me and We in the Middle**. Phone Amanda for more information.

## CONSTRUCTION CREW

For children aged 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. Please contact Amanda for more information.

## CARER'S SUPPORT GROUP

Run in partnership with Carers NSW this support is run once a month and offers understanding and access to the resources available to those in caring roles. Please call Carers Gateway to register 1800 422 737

## EQUIPMENT LIBRARY

The Office of Sport have worked with us, San Remo Neighbourhood Centre to provide our community with a sporting equipment library. Call in to borrow footballs, cricket sets, Hoola Hoops, Oz tag gear and much more. Call 43907888 to enquire.

## BLUE HAVEN OOSH SERVICE

### **BEFORE SCHOOL CARE - *New service has started***

At Blue Haven Community Centre. Breakfast is provided until 8.15am. Qualified educators will walk children over to Blue Haven Public School at 8.25am in time for the 8.30am class bell. \$17.00 per session, per child for permanent bookings and \$20 casual booking (CCS available to eligible families). Monday to Friday 6am - 8.30am  
Please contact Kristy on 4399 2242 to enrol.

Fully accredited and currently providing After School Care and Vacation Care. Our service is fun, warm and offers an inclusive space. Loads of activities with caring and qualified educators.



# THE PANTRY

## EMERGENCY RELIEF

Assessment, information referral and vouchers

Phone for an appointment Monday mornings

**FOOD HAMPERS** care of OZ Harvest and Coles

**FROZEN MEALS** care of COAST HANDS

**MATERIAL AID** clothes, blankets, toiletries

**ELECTRICITY VOUCHERS** (EAPA) online help with electricity and gas bills

**SHOWER FACILITIES** **Please call ahead for availability**

**WASHING MACHINE AND DRYER FACILITIES**

**TOILETRY BAGS**

**BACK TO SCHOOL PACKS**

**INFORMATION, ADVICE, REFERRAL AND ADVOCACY** to a number of financial, physical and mental health providers for example, housing, family and domestic violence services



## OTHER SUPPORT and SERVICES

- Justice of the Peace is available, call for appointment
- Sluggo our Community Bus is for hire - Need to call and make a booking
- Applications for AFT (Aboriginal Funeral Transport)
- Access to technology photocopier, fax, computers, scanning, emailing, smart technology
- Rooms to rent for community groups and celebrations
- Volunteering in your community- Men's Shed, Community Gardens, Op Shop

# LOCAL SERVICES and ACTIVITIES

## Family Fun

District Playground

BMX Park

Boat Ramp

Fishing

Park Run

Shared Pathways

## Food Banks

Lake Munmorah

4358 3148

Toukley

4396 1555

## Housing Services

Link2Home 24hr Line

1800 152 152

Coast Shelter

4325 3540

Housing NSW - Wyong

4352 9600

Uniting Doorways Program

1800 067 967

## Youth Support

Headspace

4394 9100

Youth Health

4356 9333

## Cultural Support Services

Yerin

4351 1040

Bungree

4350 0100

Nunyara

4320 2698

MOSAIC Multicultural Services

4334 3877

## Counselling and Services

Lifeline

13 11 14

Domestic Violence Hotline

1800 656 463

Mental Health Line

1800 011 511

My Aged Care

1800 200 422

NDIS

1800 800 110

Centrelink

13 24 68

Thank you to all our volunteers and partners for your invaluable work and support

