

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

## Thank you Coles

The biggest thank you to Coles!



It is great to have your ongoing support. The Managers and Regional Managers came along with their staff from San Remo, Budgewoi, Lake Haven, Wadalba and Toukley stores and painted our walls in the Centre. Each of these stores are collecting food to donate to our Centre Community Pantry. The trolleys for the food donation are located at the front of the store.

## Home Schooling Hub

For parents who educate their children at home. The home-schooling hub meets every Wednesday 12:30pm- 3:30pm  
Program and activities are driven by parents.  
Head down to our Centre and check it out!



## PLAYGROUP

Playgroup every Tuesday 9:30am-12pm.  
Program and activities include messy play, crafts, fine motor skill play and is also a great place for parents to engage and form friendships.

# WEEKLY ACTIVITIES

## Mondays

Art with Jana 10am

Men's Shed 8am - 12pm

Women's Shed 12pm

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

Alcoholics Anonymous 7pm

Legal Aid outreach (fortnightly)

10am-12:30pm by appointment and walk-ins also welcome.



## Tuesdays

Playgroup 9:30am- 12pm

Construction Crew 2:50pm

Emergency Relief 9am-1pm by appointment

Community Garden-McCrea Blvd 8-12pm

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

## Wednesdays

Gambling counselling by appointment

Electricity support by appointment 9am-1pm

Men's Shed 8am - 12pm

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

Home Schooling Hub 12:30pm-3:30pm

## Fridays

Yoga 9:30am - 10:30am

Men's Shed 8am - 12pm

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

## Sundays

Alcoholics Anonymous 10am

## Thursdays

Financial Counselling by appointment

Emergency Relief by appointment  
9am-1pm

'Bored Game Classics' 2:30pm - 4pm

Play Euchre (fortnightly) 9am- 12pm

Community Garden-McCrea Blvd 8-12pm

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

Narcotics Anonymous 7pm

## Saturdays

Men's Shed 8.00am -12pm

(02) 4390 0070

Find us on Facebook  
for weekly updates



# LINKS YOUTH SUPPORT SERVICE

## SUPPORT

We all have challenges in life and need someone to talk to; someone who understands the issues of peer relationships, school, family and employment.

LINKS offers support during these uncertain times.

### GP CLINIC - GPs AND NURSES - FRIDAYS

Every second Friday from 9:30am - 1:30pm

Our GP offers face to face consultation for general medical, sexual health, pregnancy, drug and alcohol harm, and vaccinations.

Recommences Term 4

### HEADSPACE OUTREACH - YOUTH ACCESS TEAM

Every Tuesday 10am-1pm

Mental Health and wellbeing support including early intervention strategies.

LINKS Referral required

### SCHOOL and COMMUNITY BASED PROGRAMS

**Actually, I Can** learn self-care and coping skills for our busy lives

**Reality Check** changes the way we act and react in conflict situations

**Love Bites Junior** how to build strong, happy and safe relationships

**Street Gym** a fun way to stay connected and active Tuesday from 2:30pm

**Boyz 2 Men** build new skills

**Bara Barang is a Driving program-** gain confidence on the road

**Drumbeat** an exciting way to regulate emotions by using drums

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

## PLAYGROUP EVERY TUESDAY

Bring a snack, drink and be ready for playtime, craft and music. No need to book, just turn up. Great for parents, babies and children.

## 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**. Great for events, meetings, training or a good yarn.

## CONSTRUCTION CREW

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

## CARER'S SUPORT 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 Noreen on 0418 946 775 for more details

## 'BORED GAME CLASSICS'

A fun social group for ages 12-17 focusing on classic style board games.

Young people participate in classic games such as Cluedo, Monopoly, Scattegories, Uno and others.

## BLUE HAVEN OOSH SERVICE



Blue Haven OOSH Service operates from Blue Haven Community Centre offering Before and After School Care along with Vacation Care during school holidays.

BSC – 6am – 8.30am

Fees start from \$17 per child

ASC – 2.30pm – 6pm

Fees \$22 per child

Vacation Care – 8am – 6pm

Fees start from \$57 per child

(CCS is available to eligible families)

We are a fully accredited service that offer a wide range of activities that are fun and inclusive for primary aged children are guided by the National Quality Framework. For more information, please contact Kristy on 4399 2242 or email: [oosh@sanremo.org.au](mailto:oosh@sanremo.org.au)

# 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** Please call ahead for availability

**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 SERVICE

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

## THE EPICENTRE - CORE OF THE COMMUNITY

- Your Centre is available for meetings, celebrations and children's birthday parties

# 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

We would like to thank our partners  
and all who make it possible to do  
the work we do

