

E theepicentre@sanremo.org.au
P 0243907888

**PLEASE PHONE AHEAD
FOR AN APPOINTMENT**
Emergency Food Relief
EAPA Electricity Vouchers
Food Hampers
JP Services
Work Development Orders
Legal Aid
Financial Counsellor
Gambling Counsellor
Shower, washing and drying
Social Worker for ages 12-25
Centrelink Appointments

Connected Communities: Resilience Plans

Come and
see your
community plan



Friday 25th Oct
12.30–2.30pm

San Remo
Neighbourhood Centre
8 Brava St, San Remo
All welcome!



The Disaster Risk Reduction
Fund (DRRF) is jointly funded
by the Australian and
New South Wales governments.



Service's Connect Hub

Thursday 14 November - 10am – 2pm

San Remo EpiCentre
28 Brava Avenue
San Remo, NSW 2262

- Get help with your fines
- Assistance with ID – Proof of Age Cards & Travel Concessional Opal Cards
- Support with Centrelink benefits & Concessions
- Support with ID – Birth Certificate



LINKS YOUTH SUPPORT SERVICE

Support through life's challenges for young people aged 12 to 18 years

Access to

- GP Clinic and Social Worker
- headspace Outreach Team
- Information, support and referral
- Case management
- School and community based programs and activities

Phone Kaz or Daz on 43907888 or
email links@sanremo.org.au

ACTIVITIES

Men's Shed Mondays,
Wednesdays, Fridays and
Saturdays 8am to 12pm
Phone 43900070

Women's Shed Mondays

Art Mondays 10am

Yoga Fridays 9.30am

Euchre Thursdays fortnightly

Playgroup fun times

Tuesdays 10am

'Bored' Game Classics

Thursdays 2.30pm for young
people

Carer's Support Group

3rd Thursday of the month

Next group 15th August
9.30-12.30

BABY MASSAGE

Every Wednesday

10:30 – 11:30am

6th Nov – 27th Nov 2024

****BOOKINGS ESSENTIAL****
MORNING TEA PROVIDED

CALL US ON 43907888

BLUE HAVEN OOOSH SERVICE

BLUE HAVEN COMMUNITY CENTRE APSLEY COURT

AFTER SCHOOL
CARE

VACATION CARE

for 5-12
years old

NQF accredited, qualified
educators, affordable,
CCS available. A fun, safe,
caring & learning
environment

the
epicentre
Core of Community



P 43992242
E oosh@sanremo.org.au
W theepicentre.org.au

COPING WITH GRIEF at Christmas



Saturday 16th November 2024

10.00am – 11.30am

Hillside Chapel

Palmdale Lawn Cemetery & Memorial Park,
57 Palmdale Road, Palmdale, NSW

Helping someone who is grieving

NALAG Guest Speakers

We invite you to attend an informative session with guest speakers from NALAG–National Association for Loss and Grief (NSW) Inc with us to discuss: Coping Strategies, Helping someone who is grieving, Christmas can still be special.

Coping with Christmas has much to do with challenging your expectations of the 'perfect' Christmas.

It is important to acknowledge that you are not totally responsible for others' happiness, but also that they cannot assist you if they are not aware of your pain or concerns.

Be gentle with yourself, trying not to expect too much of yourself or those around you, makes good sense, but often needs planning.



SUPPORTS AND SERVICES

Legal Aid

Mondays Fortnightly

Alcoholics Anonymous

Sundays 10am & Mondays 7pm

Narcotics Anonymous

Thursdays 7pm

Emergency Relief

Tuesdays and Thursdays

Financial Counselling

Thursdays

Gambling Counselling

Wednesdays

Electricity Support

Wednesdays

Carers Support Group

-Call Liz on 0472 626 278

Sluggo Community Bus Hire

the epicentre
Core of Community

Christmas SANTA VISIT

Celebrate the season!
Santa is visiting The Epicentre on
Tues 3rd Dec
Bring your pets!
Take pictures on your own device.

BOOK NOW
CALL 4390 7888



COMMUNITY RESOURCES

Opportunity Knocks

Op-shop Liamena Ave San Remo

Community Garden

Liamena Ave

Mens Shed

The Epicentre

Justice of the Peace

Available (appt only)

Work Development Orders

(Pay off your fines, appt only)

Access to Technology

Computers, Fax, Emails and Photocopying

Room Hire

for community groups and corporate events,
celebrations and kids parties

BMX and Skate Park

Fantastic local playground

A BIG THANK YOU TO OUR FOOD AND MATERIAL AID SUPPORTERS

Central Coast Local Health District

Coles around the lakes

Swamp Central Coast

The Bikers Hand

Gibbo's Bakery

Coast Hands

OZ Harvest

Men's Shed

Wild Woollies

San Remo Community Garden

Creighton's Funerals

Share the Dignity

We Care Connect

PICKLEBALL IS GAINING SPEED WITH NEW
COURTS AT **NORTHLAKES HIGH & BLUE
HAVEN**
COMING SOON

FOR MORE INFORMATION & HOW TO GET
INVOLVED, PH MATT 4348 6702

Youth Support

LINKS 43907888

Headspace 43941000

Youth Health 43569333

Cultural Support Services

Yerin Aboriginal Health Services
4351 1040

Bungree 4350 0100

Nunyara 4320 2698

Mosaic Multicultural Services
4334 3877

Support 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

Housing Doorways

43529600

Link2Home 1800152152

Grab a Bag for \$10 every Saturday 9am-1pm

the epicentre
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OPPORTUNITY KNOCKS

OPSHOP
Clothes and
bric-a-brac for
all ages and
occasions

the epicentre
Core of Community

9am-3.30pm

Monday to Friday

Liamena Avenue San Remo

Neighbourhood Centre is open 9am - 3pm Monday to Friday

P 0243907888

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W <https://sanremo.org.au> A 28 Brava Avenue San Remo NSW 2262