

PATH 2 HOME

BEGA



This guide is a resource to help those looking for immediate support with a crisis, housing, food, clothing and other support in the Bega region.

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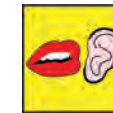
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Symbols



Emergency



Counselling/
Advocacy



Koori



Bed



Assistance/
Support



Female



Food



Clothing



Male



Information



Financial
Assistance/
Vouchers



Children/
Youth



Helpline/
Hotline/
Call Only



Household
Goods/
Kitchenware/
Bric-a-brac



Pets



Health



Shower



Legal Aid



Toilet

Crisis/Emergency

Police

	Ph Number	
<u>Bega</u>	6492 9999	
<u>Tathra</u>	6494 1911	
<u>Merimbula</u>	64951366	


IN EMERGENCIES CALL '000'

Hospitals

	Ph Number	
<u>Bega District</u>	6492 9111	 
<u>Pambula District</u>	6495 8200	




IN EMERGENCIES CALL '000'

Ambulance

	Ph Number	
1 Canning Street, Bega NSW 2550	131 233	 

IN EMERGENCIES CALL '000'

National Hotlines/Helplines (24hrs)

	Ph Number	
Lifeline	131 114	 
Suicide Prevention Line	1300 659 467	
Kids/Youth Helpline	1800 551 800	
Domestic Violence Helpline	1800 656 463	
Link2Home	1800 152 152	
Parent Line	1300 130 052	
Victims Support Line	1800 633 063	
Life Goes On	1300 364 673	
Alcohol & Drug Information Service	1800 422 599	
Crisis Pregnancy Counselling	1300 737 732	
Gambling Help	1800 858 858	
Cannabis Information & Helpline (2-11pm)	1800 304 050	
Dept. of Human Services-Centrelink	136 240	
Salvo Care line	1300 363 622	
Men's Referral Line	1300 766 491	

Beds

Housing Providers

Southern Cross Community Housing

Shop 12 Fenning Place, 12-18 Orient Street, Batemans Bay
Monday to Wednesday-10am – 5pm

Referrals and support. Community Housing offers secure, affordable, long term rental housing for people on low to moderate incomes.

Housing NSW Bega

Auckland Plaza, Shop 9, 89 Auckland Street, Bega
9.30am-1.00pm Monday, Tuesday & Friday

Housing NSW, an agency of the NSW Department of Family and Community Services .

Sapphire Coast Tenancy Scheme Inc.

Suite 7, Sapphire Centre, Bega

Secure affordable housing for people on low income - i.e. youth, young parents, mental health, over 55's, D.V, Koori, families. Support partnerships for tenants as above.

Bega Valley Homeless Support Service -

Mission Australia

General homelessness service for the Bega Valley

Bega Valley Youth Homeless Support Service

South East Women & Children's Services Inc

	Ph Number	
<u>Southern Cross Community Housing</u>	4472 7681	 
<u>Housing NSW Bega</u>	6492 7900 1800 246 862	 
<u>Sapphire Coast Tenancy Scheme Inc.</u>	6492 2587	
<u>Bega Valley Homeless Support Service -</u>	6492 0812	
<u>Mission Australia</u>	0408 119 578	
<u>Bega Valley Youth Homeless Support Service</u>	6492 2088	
<u>South East Women & Children's Services Inc</u>		

PATH2HOME



Visit Our Path2Home Website

www.path2home.org.au

This guide is a resource to help those looking for immediate support with a crisis housing, food, clothing and other support.

Food

Meals Free

Anglican Parish of Bega - Ricky's Place

St John's Anglican Church Hall, Church Street, Bega

Email: rickysplace.angbega@bigpond.com

Offers nutritious meals, a free shower and a place to come,

Have a meal and a chat. We provide a two course meal

Monday Nights at 5.30pm and Friday lunch at 12.00pm.

We also provide food parcels, bread on a Friday and free legal advice is available on 2nd Friday of the month

Ph Number

6492 5555

0498 363 035



Meals on Wheels

Bega Valley Meals on Wheels Plus

101-103 Bega Street, Bega

We are located in Bega, but service the entire Bega Valley from Eden in the South, North to Cobargo and inland to the towns of Bemboka and Burragate. We don't just offer a meal, that's why we are called Meals On Wheels PLUS. We provide regular a drop in café, senior's social clubs, shopping buses and veteran's services. We support our community with assistance in organising respite for carers and neighbour aid volunteers. We also have room hire and catering services for your next function.

6492 4146



Low Cost Meals

Club Bega - 82 Gipps Street, Bega

Lunch meals \$9.50 - \$13.00, 11:30 am - 2pm

6492 1055



Tathra Beach Bowling Club - Dilkeria Rd Tathra

Blackboard lunch specials from \$10.00, Lunch 12pm - 2pm

6494 4925

Bega Country Club - Tarraganda Lane Bega

Bistro, every Friday night 6pm - 8:30pm, Not a meal over \$13

6492 1570

Food Vouchers

The Salvation Army

170 Auckland Street, Bega

Email: bega.corps@aue.salvationarmy.org

Tuesday Morning Only

Assistance in food, Energy account payments assistance, Clothes, pharmaceuticals, petrol, and travel. All vouchers

6492 5097



Support Services

Helplines

Crime Stoppers

DOC's Helpline

NSW Rape Crisis Line

Beyond Blue

Sexual Assault Counselling Australia

Ph Number

1800 333 000

132 111

1800 424 017

1300 224 636

1800 211 028



Koori

Habitat Personnel Nowra

Unit 5/59 Junction Street, Nowra

Email: reception@habitatpersonnel.org.au

Provides information, referral and support, and a range of Programs.

4422 4222



Katungal Aboriginal Corporation Community

Medical Service

116 Gipps Street Bega, Tuesday - Thursday 9am - 5pm

In an emergency call 000 or Bega Hospital 6492 9111

Aboriginal medical and community services including: General Medical Practice; Psychologist; Midwifery; Monthly Eye Health Clinic; Diabetes and Foot Nurse Clinic.

6492 0532



Southern NSW Aboriginal Tenants Service

Monday - Friday 9am - 5pm

Tenant Advice Service Line: Mon 10:00-1:00 and 2:30-5:30

A service for Aboriginal and Torres Strait Island tenants.

Murra Mia also provides out of office outreach support for clients requiring, representation at the Tribunal, client visits, and mediation and advocacy between tenant and land lord.

1800 672 185

4472 9363

Tenants

Advice Line-

1800 251 101



Twofold Aboriginal Corporation

Twofold Aboriginal Corporation provide services and support to enhance the lives of the Aboriginal Community members residing in the Twofold Bay region. Twofold Aboriginal Corporation aim to reduce poverty, increase understanding & respect for Aboriginal culture, & help the disabled, frail & aged remain living within the community and contributing to it.

6495 6343



Multicultural

Multicultural Disability Advocacy

Community Living Support Centre, 101-103 Bega Street, Bega





Email: bega@mdaa.org.au

Advocacy support to speak up; understand your rights, so you can make your own decisions and get what you need.




6492 0200



Support Services

Family	Ph Number	
<p><u>Southern NSW Family Referral Service Bega</u> Email: info@southernnswfrs.org.au We link families, children and young people in need of assistance With local support services that can help them to address their individual needs. When you contact the Southern NSW family Referral Service you will speak with a Family Referral Worker who will talk with you about your situation and connect you With the right services to help you and your family.</p>	1300 736 384	
<p><u>Family Relationship Advice Line</u> National telephone service assisting families affected by relationship or separation issues. Family Relationships online provides all families (whether together or separated) with information and advice about family relationship issues</p>	1800 050 321	
<p><u>Brighter Futures</u> C/- Bega Valley Shire Council, Bega Email: council@begavalley.nsw.gov.au Brighter Futures is designed for families who have children aged eight years or younger or are expecting a child and who face specific problems. Priority of access is given to families with children less than three years of age. Problems might include:</p> <ul style="list-style-type: none"> • Domestic violence • Parental drug and alcohol misuse • Parental mental health issues • Lack of extended family or social support • Parents with significant learning difficulties and/or intellectual disabilities • Child behaviour management problems • Lack of parenting skills/adequate supervision 	6499 2463	
<p><u>Family & Relationship Counselling Service</u> 25 Canning Street, Bega Email: info@catholiccare.cg.org.au The Family and Relationship Counselling Service offers counselling to couples, individuals and families who are seeking support in dealing with a range of issues including, building and enhancing relationships, conflict resolution, improving communications and coping with change. The focus of this is to strengthen family relationships.</p>	6492 4203	

Support Services

Family (Cont'd)	Ph Number	
<p><u>Department of Family & Community Services</u> 61 Church Street, Bega Department of Family and Community Services aim to enable vulnerable people to participate fully in NSW social and economic life and build stronger, more sustainable and inclusive communities. Our work aims to enable each child in NSW to have the best possible start to life, help vulnerable young people build their capacity for a good future, improve social and economic outcomes for Aboriginal people, provide support to vulnerable adults and families so that they can participate fully in community life, build strong and inclusive communities.</p>	6499 0500	
<p><u>Far South Coast Family Support Service</u> 83 Bega Street, Bega Email: fscfss@bigpond.com The Family Support Service in Bega is a free service which provides information, practical advice and counselling. A male counsellor is available to see men and boys. We offer home visiting to all areas in the Bega shire. We have free support groups – parenting and 'Just for Mums' activities group. We can also link people up with other organisations for more appropriate assistance. The service has a free lending library with books on a diverse range of topics: child development, family violence, parenting, separation, relationships etc. Family Support gives talks at schools, parents and community groups on a range of topics. We can also send a representative to your events or information days.</p>	6492 3411	
<p><u>Mental Health</u></p>		
<p><u>Personal Helpers and Mentors (PHaMs)</u> 64 Carp Street, Bega Email: gwen.perman@sfnsw.org.au The program is designed to assist people with mental health issues on their recovery journey. PHaMs is a program which is provided by the Schizophrenia Fellowship of NSW and provides 1 to 1 service which is directed to all people with mental health issues what ever that may be-anxiety, depression, as well as schizophrenia and other disorders.</p>	6492 1811	

Support Services

Support Services

Support Services

Mental Health (Cont'd)

Richmond PRA

2/98 Carp Street, Bega

Email graeme.sorrell@richmondpra.org.au

Richmond PRA works in local communities to help people on their mental health recovery journey.

Workability - The Disability Trust

156 Newtown Road, Bega

Email: admin@workability.net.au

Employment and Community Connections for people With a disability and/or mental health condition across Bega, Cooma Monaro, Snowy + Bombala Shires.

Mental Health Information Service

Information, telephone support and referral on issues relating to mental health generally.

Legal

Legal Aid New South Wales - Law access NSW

Level 2, 59 Berry Street, Nowra

Free legal advice, assistance and representation for homeless people.

Bega Legal Advice Service

3rd Thursday of the month, 10am to 1pm

Free criminal, family and civil law advice provided by Elizabeth Fleming and Associates on behalf of Legal Aid NSW.

Shoalcoast Community Legal Centre

The Holt Centre 29-31 Kinghorne Street, Nowra

Shoalcoast provides free legal advice and assistance to residents of Shoalhaven, Eurobodalla and Bega Valley.

We also have appointments at community centres along the south Coast plus access via Skype if required. Telephone Legal advice is Tuesdays and Thursdays 10am-12pm

Anglican Parish of Bega - Ricky's Place

St John's Anglican Church Hall Church Street Bega, NSW 2550

Free Legal advice is available on the 2nd Friday of the month

Legal Aid NSW Youth Hotline

The Hotline provides legal advice and information to young people under 18, and operates 9am to midnight weekdays, with a 24-hour service from Friday 9am to Sunday midnight and also on public holidays

Ph Number

1300 779 270



6492 3222



1300 794 991



4422 4351



4474 0700



1800 229 529
4422 9529



6492 5555
0498 363 035



1800 101 810



Support Services

Community Support

St Vincent De Paul Society

130 Gipps Street, Bega

Assistance with Food vouchers, referrals, budgeting, electricity vouchers, blankets, linen & household goods.

Monday - Friday 9am-5pm. Saturday 10am-1pm

St Vincent De Paul Society

82 Main Street, Merimbula

St Vincent De Paul assist people in need. –Food, clothing, Emergency (Overnight Accommodation) and travel assistance.

Anglicare- Sapphire Surprises

179 Imlay Street, Eden, NSW 2551

Assistance available 10am to 3pm Mon Tues & Friday

Email: belindafosdike@anglicare.com.au

Anglicare is located in Eden and assists people in the Bega Valley. The program aims to assist people to deal with their immediate crisis situation. Assistance provided includes supermarket, chemist, fuel, EAPA and transport vouchers, food parcels, advice and referrals

Health

Northcott - 139 Uriarra Road, Queanbeyan

queanbeyan@northcott.com.au

Northcott is one of Australia's leading organisations providing programs and services for children and adults with disabilities and their families living in NSW and the ACT. Committed to building an inclusive society where people can live the life they choose, Northcott supports people with physical, intellectual and rare or lesser known disabilities to help develop independence, confidence and life skills.

Community Health Centre

McKee Drive, Bega

Merimbola Street, Pambula

Twofold Arcade, Imlay St, Eden

Community health centres, also referred to as community health services (CHSs), operate across the state and aim to provide a broad range of services and health promotion activities to local populations .

Health Direct Hotline

For 24hr health advice and information you can trust

Ph Number

6492 4052
6491 8550



6495 3155



6496 4499



6152 5000



6492 9620
6495 7294
6496 1436



1800 022 222



Support Services

Health (Cont'd)

Hepatitis C Helpline

The NSW Hepatitis C Helpline is a state-wide telephone information and support service for people affected by hepatitis C. It is a free, confidential and non judgmental service and callers are offered up to date, accurate information about hep C and a supportive environment to talk over experiences and any particular issues.

Ph Number

1800 803 990



NSW Health Sexual Assault Services

For 24hr health advice and information you can trust .

24hr line:

6492 4416



6492 9620

HIV/AIDS Information

The HIV/AIDS Info line is a NSW state-wide telephone information and support service for people affected by HIV/AIDS.

1800 451 600



Youth

Bega Shire Council Youth Centre

91 Gipps Street, Bega

6492 6072



Bega Police Citizens Youth Club

Gipps Street, Bega

0421 615 846



We get young people active in life. We work with young people to develop their skills, character and leadership. We reduce and prevent crime by and against young people

Department of Juvenile Justice

4/106 Auckland Street, Bega

Juvenile Justice services to 10-18 year olds with court related orders.

6492 3228



Legal Aid NSW Youth Hotline

The Hotline provides legal advice and information to young people under 18, and operates 9am to midnight weekdays, with a 24-hour service from Friday 9am to Sunday midnight and also on public holidays.

1800 101 810



Women

Southern Women's Group Inc.

14 Peden Street, Bega, NSW 2550

Email: wrcbega@bigpond.com

Information Referral advocacy support, neighbourhood Centre, community events & workshops. Phone Vouchers and DV transport Vouchers. Shower, toilet and washing machine

6492 1367



Support Services

Women (Cont'd)

Women's Legal Contact Line

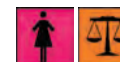
Monday 9:30am - 12:30pm, Tuesday 1:30pm - 4:30pm

Thursday 9:30am - 12:30pm

Free confidential legal information, advice and referrals for women in NSW with a focus on family law, domestic violence, sexual assault and discrimination.

Ph Number

1800 801 501
8745 6988



Domestic Violence Legal Advice Line

Monday 1:30pm - 4:30pm, Tuesday 9:30am - 12:30pm

Thursday 1:30pm - 4:30pm, Friday 9:30am - 12:30pm

Free confidential legal information, advice and referrals for women in NSW with a focus on domestic violence & apprehended violence orders.

1800 810 784
8745 6999



Men

MensLine Australia – for men with relationship and family Concerns

1300 789 978



Dads in Distress – Help and hope for separated Dads

1300 853 437



Bega Men's Shed Inc.

17 Ridge St, Bega

Bega Men's Shed provides socialisation and support for men who are socially isolated, experiencing depression or who would appreciate the opportunity to learn or share skills.

6492 0972



Men's Referral Line

The NSW Government has funded NSW's first telephone counselling and referral service for violent or potentially violent men to help reduce domestic violence. Staffed by trained counsellors who will support male callers to take responsibility for their abusive behaviour and end the violence against their family. Refers callers to men's behaviour change programs or other service providers for longer-term support, such as specialist counselling or legal advisory services. Supports family members, friends, colleagues, and professionals who call the line because they are concerned about the behaviour of a male partner, family member or client. 24hr line.


1300 766 491





Support Services

Resource Centres	Ph Number	
<u>Bega Branch Library</u> Zingel Place, Bega Monday - Friday 9:30am -5:30pm, Saturday 9am-12pm	6499 2127	
<u>Bermagui Branch Library</u> Bermagui Community Centre, Bunga, Bermagui Mon Tues, Thurs & Fri 9:30am -5pm & Sat 9am-12pm	6499 2411	
<u>Eden Branch Library</u> Cnr Mitchell & Imlay Streets, Eden Tuesday - Friday 9:30am -5pm, Saturday 9am-12pm	6499 2451	
<u>Merimbula Branch Library</u> 3 Market Street, Merimbula - Access Via Cabarita Place Mon Wed, Thurs & Fri 9:30am-5pm & Sat 9am-12pm	6499 2481	
<u>Home Library Service</u> The Home Library Service is available to Bega Valley Shire residents who are unable to visit the library due to age, illness or disability. The service is free of charge. To be eligible for this service, endorsement is required from a medical professional to certify that you are housebound and unable to visit the library.	6499 2244	





Tenant Support

<u>Illawarra & South Coast Tenants Service</u> Wollongong, Mon, Wed, Fri-9-1pm Thurs 1-5pm Tenants Advice and Advocacy Services assist tenants of private rental housing, social housing tenants, boarders and lodgers, and residential park residents. We work with all tenants and park residents by providing advocacy with the aim to prevent people being evicted from their homes.	1800 807 225	
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Financial Support

<u>Department of Human Services – Centrelink</u> 49-61 Church Street, Bega NSW 2550 Centrelink can make sure you get the payments you are entitled to, help with proof of identity, rent assistance, centrepay enquiries, address issues, weekly payments, medicare cards, social workers, referrals, child support, hearing services and rehabilitation.	136240	
<u>Wesley Mission Creditline</u> Monday - Friday 9:30am - 4:30pm Financial advice & referral	1800 808 488	

Support Services

2nd Hand Goods	Ph Number	
<u>Salvation Army Family Store</u> 118/120 Carp, Bega Mon- Fri 9am-4pm The Salvation Army Family Store aims to make available good quality second hand goods and clothing at low prices for all to afford.	6492 3524	 
<u>St Vincent De Paul</u> 130 Gipps Street, Bega Vinnies Centres provide furniture, clothing and household goods to families and people who are in need and are being assisted by conference members. Centres are also a valuable resource for people on low incomes, enabling them to buy quality clothing, furniture and other household items at an affordable price.	6491 8550	 

FREE



'Path 2 Home' is a free phone app and is a guide to help those looking for immediate support with a crisis, housing, food, clothing & other support, and do not know where to go for help in the Queanbeyan, Goulburn, Yass, Bega, Nowra, Bomaderry, Ulladulla, Monaro, Eurobodalla, Jindabyne & Bombala regions.

To download the app, firstly download a QR scanner from your app store (Android® or Apple®). Then once the QR scanner is downloaded, open the QR scanner app and hold your phone in front of the correct QR code below. This will then take you to your app store and you will be able to download the 'Path 2 Home' app.

Alternatively go to your app store and type in **Path2Home**.

Or visit our **Path2Home** website


www.path2home.org.au



Notes

FREE

MISSION AUSTRALIA | together we stand

 **Southern Cross Community Housing Ltd**



'Path 2 Home' is a free phone app and is a guide to help those looking for immediate support with a crisis, housing, food, clothing & other support, and do not know where to go for help in the Goulburn, Queanbeyan, Yass, Bega, Nowra, Bomaderry, Ulladulla, Monaro, Eurobodalla, Jindabyne & Bombala regions.

It provides a list of names and location maps of services in these areas that can help, such as support agencies, counselling, free showers, toilets, laundry facilities, food banks, free or low cost meals, food parcels, help with emergency shelter or a bed for the night, Police & hospital locations & numbers and 1800 hotlines.

To download the app, firstly download a QR scanner from your app store (Android® or Apple®). Then once the QR scanner is downloaded, open the QR scanner app and hold your phone in front of the correct QR code below. This will then take you to your app store and you will be able to download the 'Path 2 Home' app.

Alternatively go to your app store and type in **Path2Home**.

Or visit our **Path2Home** website





This Guide has been produced by

Southern Cross Community Housing Ltd

For enquiries or to add/change information please contact SCCH:

69 Kinghorne Street, Nowra 2541

Ph: 4421 5145

E-mail: penni@scch.org.au

Project brokerage for the 'Path 2 Home' guide was kindly
funded by Mission Australia



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Sharna Ewing (nee Bailey)

Please visit the Path2Home website: www.path2home.org.au

Southern Cross Community Housing Ltd

August 2014

At the time of printing all information in the 'Path 2 Home' guide was correct