

PATH 2 HOME

SHOALHAVEN



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

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Symbols



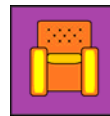
Emergency



Financial Assistance/
Financial Education/



Bed



Household Goods/
Kitchenware/
Bric-a-brac



Food



Shower



Information



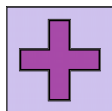
Toilet



Helpline/Hotline/
Call Only



Legal Aid



Health



Female



Counseling/Advocacy



Male



Assistance/Support



Children/Youth



Clothing



Pets

Crisis/Emergency

Link2home

Homelessness information and referral telephone service which provides information, conducts assessments, as well as makes referrals to homelessness services across NSW. Available 24/7.

Ph Number

1800 152 152



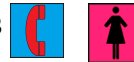
Community Services Helpline— report suspected abuse or neglect of children

132 111



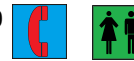
Domestic Violence Helpline— If experiencing DV or you know someone who is

1800 656 463



Kids Help line— Telephone counseling for children

1800 551 800



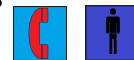
Lifeline— Telephone counseling (general)

131 114



Mensline Australia— for men with relationship and family concerns

1300 789 978



Parent Line— Support for parents with children under 18yrs

1300 130 052



Salvo Care Line— 24hr telephone counseling service

1300 363 622



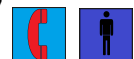
Victims Support Line— Victims of crime 24hr support line

1800 633 063



Dads in Distress— Help and hope for separated Dads

1300 853 437



Gambling Help— Support for gamblers and their families

1800 858 858



Beds

Crisis Accommodation

Treehaven Caravan Park
 278 Princes Highway, Bomaderry
 Accommodation only on referral from FACS- Housing NSW

Ph Number

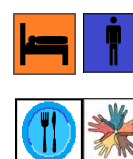
4421 3494



Crisis Accommodation – Men

John Purcell House– 77 Plunkett St, Nowra
 Short term crisis accommodation service for unaccompanied men aged 18 years or over who are homeless or at risk of being homeless. 11 beds and 2 transitional beds available , 90 days maximum stay. Cost of accommodation- \$20 per night includes 3 meals per day. Assessment process involved. Someone is on site 24/7. 10.30pm curfew. No waiting list. Self or agency referral. Learning Centre and assessment and support services also available.

4423 3558



Monday to Friday- 8am– 4.30pm

Email: nowra.reception@vinnies.org.au

Crisis Accommodation – Women & Families

SAHSSI : 88 Swan St, Wollongong (admin office only)

Supported accommodation and homelessness services for women in the Illawarra and Shoalhaven areas.

Monday to Friday: 9.00am-5.00pm

Email: admin@sahssi.org.au

4229 8523

(Illawarra)



4421 8276

(Shoalhaven)



Southern Youth and Family Services– 107 Berry St, Nowra

Independent Housing Project Families (IHPF) Nowra provides support including information, referral, advocacy, emotional and practical support, living and social skills education and some access to affordable transitional accommodation for families in the Shoalhaven area.

Email: syfs@syfs.org.au

4423 3347 or

4423 2290



After Hrs:

4228 1946



Beds

Beds

Beds

Crisis Accommodation—Youth

Ph Number

Shoalhaven Youth Support Service— 75 Moss St,
Nowra

4422 7625



Short term accommodation for homeless young people 16 to 24 years. Outreach support service in the Shoalhaven area for young people who are at risk of homelessness or homeless. Client centred approach, case management support and assistance, referral pathways, advocacy and living skills development.

1300 554 260
(Toll free)



Self or agency referral. Open 9am to 5pm to take referrals

Email: sys@caresouth.org.au

Supported Accommodation— Women

Rosa Coordinated Care— PO Box 449 Nowra

4444 1103



Supported accommodation for women transitioning from gaol or rehab. Assistance with housing, case management and advocacy also provided.



Monday– Friday Email: info@swrg.org.au



Housing providers

FACS- Housing NSW— 70 Graham St, Nowra

4424 5411



Provides services across the Shoalhaven to persons who meet the Housing NSW eligibility criteria
Website: www.housing.nsw.gov.au

Monday, Tuesday, Thursday and Friday 8.30am– 4.30pm

Wednesday– 1pm– 4.30pm

Beds

Housing providers– Continued

Ph Number

Southern Cross Community Housing

4421 5145
4455 4543

Nowra - 69 Kinghorne Street
Ulladulla - 118-120 Princes Highway



Referrals and support. Community Housing offers secure, affordable, long-term rental housing for people on low to moderate incomes. Affordable housing assists people on low to moderate incomes that may be slightly higher than those eligible for social housing, but still require affordable and secure housing.

Monday to Thursday—9am– 5pm,
(Ulladulla office opens at 10am)

Tenant Support

Illawarra & South Coast Tenants Service

4274 3475
1800 807 225
(Freecall)

The service provides advice, assistance & advocacy to tenants in public housing or community housing, boarders & lodgers, permanent residents of caravan parks, and tenants in the private market facing homelessness.

Monday to Friday– 9am– 5pm

If unattended please leave message

Murra Mia Tenant Advice Service

4472 9363
1800 672 185
(Clients only)










25a Gregory St, Batemans Bay

Provides free advice and advocacy to all Aboriginal and Torres Strait Island Tenants throughout the South East and South Western areas of NSW. Provide information, support, referrals and assistance to ATSI people who are homeless or at risk of becoming homeless

Monday to Friday– 9am– 5pm,

Food

Food

Meals– Free	Ph Number
<p><u>Australian Relief and Mercy Services</u>– 6 Tarawara St, Bomaderry</p> <p>Free meal provided</p> <p>Tuesday 1pm and Friday 6.30pm</p>	<p>0429 460 730</p> 
<p><u>Salt Ministries</u>– 54 Narang Rd, Bomaderry</p> <p>Free meal, food hampers, tea/coffee and clothing. Plus social activities available</p> <p>Thursdays 11am– 1pm</p>	<p>0412 486 235</p>  
<p><u>All Saints Anglican Church</u>– Cnr Berry and Plunkett St, Nowra</p> <p>A free meal provided followed by a church service, if you wish. Transport provided by calling 4423 1099 by 4pm prior to event</p> <p>Wednesday: 6.15pm– 8.30pm</p>	<p>4421 2018</p> 
<p><u>Vinnie's Van</u></p> <p>Bounty Motel– 271 Princes Highway, Bomaderry</p> <p>Tuesday 5.30pm– 6.20pm</p> <p>Outside Gateway Caravan Park (In Nowra Sailing Club Car park 2 Wharf Rd, Nowra) Tuesday 6.30pm– 7.20pm</p> <p>Free drink and snack for those living in temporary accommodation, boarding house, sleeping rough, couch surfing and doing it tough</p>	<p>4228 8140</p>  
<p><u>The Hub Bus</u>– Nowra City Church</p> <p>Boat Ramp behind Gateway Caravan Park (Wharf Rd, Nowra) Thursday nights at 5pm</p> <p>Bounty Motel– 271 Princes Highway, Bomaderry</p> <p>Thursdays at 6pm</p> <p>Free meals to anyone</p>	<p>4421 4602</p> <p>0423 486 775</p> 

Food

Meals– Free

Ph Number

St Michaels Catholic Church– Nowra

0435 336 195



Soup Kitchen at lunchtime every Friday at Nowra Showground committee rooms– West St, Nowra

The Salvation Army Shoalhaven Corps– Cnr St Anns & Salisbury Drive Nowra



Sallie Sausage Sanga– Free meal to anyone, come and have a Sausage and a cuppa

Mondays 4.30-5.30pm in the Salvation Army carpark

Sussex Inlet Community Church– Jacobs Drive, Sussex Inlet

4441 0288



Open door, drop in for lunch Wednesday– 11.30am

Ulladulla Soup Kitchen– Ulladulla Harbor near Coastal Patrol , Ulladulla



Tuesday and Wednesday nights- 5.30-6.30pm.

Free two course meal. Look out for a big white van

Suspended coffee providers

Coffee, soup or sandwich has been donated by the public for someone in need, just ask for a suspended coffee

Sal's Mobile Café

0413 181 486



Available at Greenwell Point, Pyree and Culburra Markets, HMAS Albatross, Albatross Rd, Nowra

Hit n' Run Café, Nowra

0481 305 309



117 Junction Street, Nowra

Gloria Jeans Nowra

4423 0477



Nowra Mall, Cnr Kinghorne and Junctions Streets, Nowra

Seajuiced Sandwich and Juice Bar

4455 3263



Shop 2 Phillip Centre, Princes Highway, Ulladulla

Food

Food

Meals– Low Cost

Ph Number

Senior Citizens– 39 Berry Street, Nowra

4423 0134

All welcome don't have to be a Senior Citizen.

Monday to Friday– 9am– 1.30pm,

Closed some Wednesdays if bus trip on. Notice will be on door



Mannahouse Ministry Centre– 1 Idlewild Ave, Sanctuary Point



Café open every Sunday, everyone welcome

Sunday– 10.30am– 1.30pm and 6pm– 8.30pm

Food

Meals– Delivered

Currarong Meals on Wheels– Merimbula Street, Currarong

4448 3271
4448 3386



Provides for aged and frail. Delivers to Currarong area residents. Monday, Wednesday and Friday. Clients need to meet criteria. Costs involved

Southern Shoalhaven Zone Meals on Wheels Co-op, Cnr Lake Conjola Entrance Rd and Aney St, Lake Conjola

4455 2861



Provides for aged, frail and disabilities. Delivers to Sussex Inlet/ Lake Conjola/ Ulladulla. Clients need to meet criteria. Costs involved

North Shoalhaven Meals Co-op Ltd.– 37 Holloway Road, Nowra

4422 5111



Provides for aged, frail and disabilities. Delivers to Berry/ Shoalhaven Heads/Culburra Beach/ Currarong/ Greenwell Point/ Huskisson/ Vincentia/ Jervis Bay. Clients need to meet criteria. Costs involved

Food

Discount Food Stores

Ph Number

Australian Mercy Community Store– 6 Tarawara St,
Bomaderry

0429 460 730



Provides inexpensive groceries to Bomaderry/ Nowra residents who are in receipt of a Centrelink payment. Prices range from 50c- \$1.50 (Frozen and shelf goods). 20 items for \$15 or 12 items for \$10 Email: shoalhaven@arms.org.au

Wednesday and Friday– 10am– 1pm

The Hub– Nowra City Church– 167 McMahons Rd,
North Nowra

4421 4602



Free and low cost food items, including a range of grocery, frozen, bakery, fruit & veg.

One off registration fee of \$5 and conditions apply.

Thursday and Friday– 9.30am– 12.30pm

Australian Mercy Community Store– Building World,
South Nowra

0429 460 730



Provides inexpensive groceries to residents on Centrelink payment. Prices range from 50c- \$1.50 (Frozen and shelf goods). 20 items for \$15 or 12 items for \$10

Wednesday and Thursday– 10am– 1pm

The Ulladulla Food Store– Ulladulla and Districts
Community Resources Centre 78 St Vincent St,
Ulladulla

4454 0477



Free and low cost food available. A \$5 membership fee applies.

Fridays– 9.30– 11.30am

Food

Support Services

Aboriginal Services

Ph Number

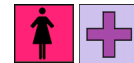
Binji and Boori, Shoalhaven Aboriginal Maternal Infant Child Health Service (AMICH) - 54 Worrigeer Street, Nowra

4423 9900



Email: eva.stuhl@sesiahs.health.nsw.gov.au

Gives Aboriginal mums improved access to local midwives, Child and Family Health nurses, Aboriginal Health workers and a range of other practitioners working in partnership with the local community to provide individualised and appropriate services.



South Coast Medical Service, Jane Ardler Centre- 51-53 Berry Street, Nowra

4428 6666



Provides health and medical services to the Shoalhaven Aboriginal Community.

Monday to Friday – 8.30 am to 5 pm



Waminda Women’s Health & Aboriginal Welfare- 47 Worrigeer Street, Nowra

4421 7400



Email: administration@waminda.org.au

Aims to empower and support Aboriginal women of the Shoalhaven to make decisions about their own health and reduce the high rate of ill health among Aboriginal/Torres Strait Islander women in Shoalhaven community.

Monday to Friday– 9 am to 5 pm



Habitat- 1 Stuart Street, East Nowra

4421 4581 or
4422 4222



Provides information, referral and support, and a range of programs, including a community vegie garden.

Support Services

Support Services

Aboriginal Services– Continued

Ph Number

Illawarra Aboriginal Corp./Myimbar- 335 Crown Street, Wollongong

4228 1585/
4226 3358



Email: kyola.williams@iac.org.au

Provides support, advocacy and case management to Aboriginal Young people who are homeless, who are in crisis and at imminent risk of becoming homeless or who are experiencing domestic violence and are at risk of becoming homeless.



Monday to Friday - 9 am to 5 pm

Community Support Services

Australian Relief and Mercy Services Ltd – Shoalhaven, 6 Tarawara Street, Bomaderry

0429 460 730



Email: shoalhaven@arms.org.au

Provides community-based, non-institutional support to people in need in the Bomaderry-Nowra area. Disabled toilet. Shower available – contact beforehand. Last Thursday of the month – haircuts available.

Monday - 9 am to 12 noon

Support Services

East Nowra Neighbourhood Centre– 2/ 80 Park Rd, East Nowra

4422 1299



Email: community@sns.org.au

Provides information and referral to other services. Shower available by appointment



Monday to Friday – 9.00 a.m. to 3.00 p.m.

Support Services

Community Support Services– Continued

Ph Number

Nowra Family Support Service Inc.- Cottage 1/80
Park Rd, East Nowra

4421 5499



Email: nowrafs@shoalhaven.net.au

Provides support to families with children to 12 years old, or families expecting a child. Self or agency referrals—require NFSS referral form by fax or email. 3 month time frame then referral to another service. No cost involved. Parenting program is also available.

Monday to Friday - 9 am to 4 pm

All Saints Anglican Church- Cnr. Berry and Plunkett
Streets, Nowra

4421 2018



Email: office@allsaintsnowra.org.au

Website: www.allsaintsnowra.org.au

Wednesday 6.15 pm - Meal and informal service.

Friday 10 am - English for Life classes

Friday Night Live (Yrs. 5 and 6) – 6 pm

Sunday - 11 am SHACC (Shoalhaven Aboriginal

Community Church) at Anglicare 47 West St, Nowra

Support Services

All Saints Community Care—74 Osborne Street,
Nowra

4423 1099



Email: comcare@shoal.net.au

Material aid and referral; may provide financial assistance for entry into housing. Client/service needs to make an appointment. Telephone before sending client. No cost involved.

Monday to Friday - Mornings: 10 am to 12.30 pm

Wednesday and Friday– Afternoons: 1.30 pm to 4pm



Support Services

Community Support Services– Continued

Ph Number

Barnardos - Illawarra Family Referral Service–

1/15 Moss Street, Nowra

Email: familyreferral@barnardos.org.au

Assists vulnerable children, young people and families who do not meet the statutory threshold of 'risk of significant harm' to access specific and appropriate support services in their local area. Information, referral, support and advocacy

Monday to Friday - 8 am to 6 pm

1800 663 863

4423 6304
(Nowra office)



Family and Community Services- Suite 1/70 Graham Street, Nowra

Service refers clients to Housing NSW (Homeless provider).

Monday to Friday - 8.30 am to 4.30 pm

Wednesday-1 pm to 4.30 pm

4424 5411 or
1800 647 499

After hrs
support

1300 468 746



Helping Hands – Hope House, 93 Plunkett Street, Nowra

Email: helpinghands@sfnsw.org.

Volunteer organisation providing services to people with a mental illness in Shoalhaven area. Diagnosis of a mental illness and referral from another service required. Opportunities for social engagement and Wellness programs run at the Centre.

Monday to Friday – 9 am to 5 pm

4423 4987



Homelessness Mental Health Project- 49 Worrige Street, Nowra

Case management support to assist support agencies with clients who have a Mental Health condition who are homeless or at risk of being homeless to resolve accommodation issues.


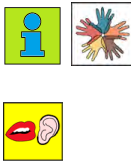

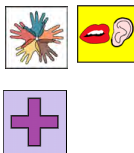
Monday to Wednesday

4253 4501



Support Services

Support Services

Community Support Services– Continued	Ph Number
<p><u>Illawarra Shoalhaven Partners in Recovery (ISPIR)</u> 107 Scenic Drive, Nowra</p> <p>ISPIR is a FREE program that aims to support people with enduring mental health issues who have complex needs to access the full range of services and supports needed in order to achieve their recovery goals.</p> <p>People eligible will be linked with a support facilitator, who will work with individuals to identify their recovery goals and assist them to access the services and supports they may need. For more information visit: www.ispir.org.au</p>	<p>1800 228 987</p> 
<p><u>Mission Australia Community Services</u> Level 1, 15 Norfolk Avenue, South Nowra</p> <p>Programs include: Brighter Futures Early intervention program for families; grandparents raising grandchildren and Early Start diagnosis support .</p> <p>Monday to Friday – 8.30 am to 4.30 pm</p>	<p>4448 2000</p> 
<p><u>Nowra Neighbourhood Centre-134 Kinghorne Street, Nowra</u></p> <p>Email: kinghornestreet@sns.org.au</p> <p>Provides information, referral and support.</p> <p>Monday to Friday - 9 am to 3 pm</p>	<p>4421 5077</p> 
<p><u>Personal Helpers & Mentors Program (PHaMs)- 93 Plunkett Street, Nowra</u></p> <p>Non clinical social support program for people with mental illness – strength based recovery model. Advocacy, support letters, referrals to government and community agencies. Referrals required and waiting list applies. Mental illness must be cause of the dysfunction. No costs involved.</p> <p>Monday - 9 am to 5 pm</p>	<p>4422 4324</p> 

Support Services

Support Services

Community Support Services– Continued

Ph Number

St. Vincent de Paul—5 Berry Street, Nowra

4421 0390

Provides client support – food, electricity, telephone, clothing, vouchers (vouchers limited to food). Home visits to assess client. To self refer come into or telephone the Crisis Centre behind shop Mon-Fri, 10am– 12noon. No cost involved.

Monday to Friday – 10 am to 12 noon



The Salvation Army – Shoalhaven Corps (Nowra)

1300 371 288

Cnr. St. Ann's Street and Salisbury Drive, Nowra

(Assessment Line)

Emergency assistance, referrals and church welfare;

provides drug & alcohol support service – Shoalhaven.

Welfare assistance; Emergency Relief; Moneycare financial counselling; furniture and clothes at Family Store. Must call Salvo assessment line for emergency assistance

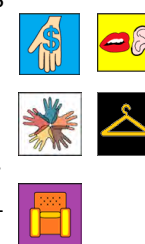
Salvos Assessment line– Monday to Friday- 9am-5pm

Finance Hours: Wednesday, Thursday & Friday

Office: Monday to Friday- 9.30 am to 12 noon; Closed Wed

4421 8805 or
0419 407 881
(Financial counselling)

4423 2102
(Main office)



Shoalhaven Women’s Health Centre- 5 McGrath Avenue, Nowra

4421 0730

Provides information, counselling and referral. Clients can self refer. Call in or telephone to make an appointment.

Monday to Thursday – 9 am to 4 pm, Closed for lunch between 12.30 pm to 1.30 pm



Support Services

Support Services

Community Support Services– Continued

Ph Number

Uniting care Unifam Counselling & Mediation
48 Junction St, Nowra, 2541

4423 7782



Individual and couple counselling, gambling counselling, mediation – separation, family and property settlement. Client needs to make an appointment.

Bay and Basin Community Services (Sanctuary Point Youth and Community Centre)-34 Paradise Beach Road, Sanctuary Point

4443 9244



Education and training courses and programs offered in partnership with TAFE Outreach and other training organisations. These courses/programs are varied and provide opportunities for all members of the community to further their skills, indulge an interest or try something new. Information, social support, community groups and referrals to other service providers within the region will be provided.

Monday to Friday- 9am– 5pm

Support Services

St. Vincent de Paul—199 Kerry Street, Sanctuary Point

4443 9466
(Welfare)



Client support – food and electricity vouchers for Sanctuary Point residents. Requires some form of identification i.e. Centrelink Customer Reference Number (CRN) or similar. No cost. Will assist with electricity bill but not pay full amount.














44439201
(Shop)



Monday, Tuesday, Wednesday - 10 am to 12 noon

Friday - 9.30 am to 11 am

Support Services

Community Support Services– Continued	Ph Number	
<p><u>The Salvation Army- Bay & Basin Mission</u> Shop 5, 197 Kerry Street Sanctuary Point Food vouchers, food packages and Financial counselling. Must call Salvo Assessment line for emergency assistance. Salvos Assessment line: Monday to Friday- 9am-5pm</p> <p>Office Hours: Monday 9.30– 11.30am</p>	1300 371 288 (Assessment Line)	  
<p><u>Personal Helpers & Mentors Program (PHaMs)-</u> 70 Princes Hwy, Ulladulla</p> <p>Non clinical social support program for people with mental illness – strength based recovery model. Advocacy, support letters, referrals to government and community agencies. Referrals required and waiting list applies. Mental illness must be cause of the dysfunction. No costs involved</p>	4454 1833	  
<p><u>St. Vincent de Paul -251 Green Street, Ulladulla</u></p> <p>Advocacy for homeless clients; liaison and referral to other agencies. Food parcels, electricity vouchers. Limited voucher assistance for medical prescriptions and some Telstra Phone Cards (if available). Appointment not required for normal assistance, budgeting assistance provided, for which an appointment is required. No cost. Will assist with electricity bill but not pay full amount. Also have a NILS loan program. Monday to Friday - 10 am to 1 pm</p>	4455 5666	   
<p><u>The Salvation Army– Shops 11 & 12 Top of the Town Plaza, 137 Princes Highway, Ulladulla</u></p> <p>Food vouchers, food packages and support. Must call Salvo Assessment line for emergency assistance. Monday to Thursday– 9am– 3pm Fridays– 9am– 2.30pm</p>	4454 1538 1300 371 288 (Assessment Line)	  

Support Services

Support Services

Community Support Services– Continued

Ph Number

Milton Ulladulla Family Support Service Inc.,
158 Green St, Ulladulla

4455 5428



Email: mufss@bigpond.com

Provides support to families with children up to 12 years old, or families expecting a child. Provides parenting programs, women’s and men’s groups and supported playgroups. Client/Service need to make an appointment. No cost involved
Monday to Thursday 8.00am– 4.30pm

Ulladulla Community Resource Centre-

4454 0477

78 St. Vincent Street, Ulladulla



Assists with information and advice; hosts outreach visiting services – Shoalhaven to Southern areas. Assists with forms and applications, referrals, hygiene and food parcels. Research into housing and homelessness due to high level of requests by people, especially men for emergency housing. Client required to have some form of identification i.e. a Medicare card or other identification. Appointment required. No cost.

Monday to Friday – 9 am to 4pm



Support Services

Community Support Services– Disability

Shoalhaven Information and Advocacy

4428 9000

(Disability Trust)- 1/19 Nowra Lane, Nowra

Email: info@disabilitytrust.org.au

Website: www.disabilitytrust.org.au



Provides individual advocacy, support and information to assist people with a disability, frail aged, their families and carers to access services, make informed decisions and know their rights. Clients can self refer or services can telephone or email.

Monday to Friday- 9 am to 5 pm



Support Services

Community Support Services– Homeless

Ph Number

Shoalhaven Homeless Hub– 27 Junction St, Nowra
(entrance at rear)

4423 2804



A drop in Centre for individuals, families and couples who are homeless or at risk of homelessness. Services include advocacy, assistance with private rentals, counselling for youth and families, regular visits from local service providers, food and toiletry packs. Showers, kitchen, computers, washing and drying facilities available.

Email: shoalhavenaccomm@bigpond.com.au

Tuesday to Friday 10am– 3pm

Community Support Services– Legal

Legal Aid NSW, Homeless Outreach Legal Service–

4422 4351

Level 2, 59 Berry Street, Nowra



The Homeless Outreach Legal Service is a specialist service of Legal Aid NSW. It runs advice clinics in a number of metropolitan and regional areas, mainly in places where homeless people hang out such as community centres. In Nowra clients can drop into Vinnie's in Berry Street Nowra. Free independent advice - fines, discrimination, housing, social security, debt; casework assistance and court representation.

Wednesday - 10 am to 12 noon at St Vincent De Paul, 5 Berry St, Nowra

Support Services

Shoalcoast Community Legal Centre, Unit 10B - 2nd

4422 9529

Floor - The Holt Centre, 29-31 Kinghorne Street,
Nowra

1800 229 529



Free call
(outside Nowra)

Provides free legal advice and assistance.

Appointments are available in Nowra (weekly). No referral required.

Telephone advice - Tues & Thurs - 10 am to 12 noon

Support Services

Community Support Services– Legal Con't

Ph Number

Illawarra Legal Centre- 7 Greene Street, Warrawong

4276 1939 -
advice line



Provides independent and free advice to people having problems with their Centrelink payments. We can explain your rights and entitlements and provide assistance to appeal against decisions. In some matters we are able to represent clients at the Social Security Appeals Tribunal and Administrative Appeals Tribunal. Covers the Illawarra and South Coast regions and can also provide phone advice to people living in Wingecarribee. Initial requests for advice should be made through the advice line. Face-to-face appointments are also available.



Support Services

Monday, Tuesday, Wednesday & Friday – 9 am to 5 pm

Thursday- 2.00 pm to 5.00 pm

Community Support Services– Multicultural

Illawarra Multicultural Services – East Nowra

4422 5933

Neighbourhood Centre, 2/80 Park Road, East Nowra

Email: imsnowra@shoalhaven.net.au



IMS provides an extensive information and referral service for new arrivals in Australia and long term culturally and linguistically diverse residents. Services are free of charge and confidential.

Monday to Friday – 9 am to 3 pm

Support Services

Community Support Services– Youth

Ph Number

Nowra Youth Centre- 132 Kinghorne Street, Nowra

4422 1988

www.nowrayouthservices.org.au

Young people aged 12 to 18 years. Information, advocacy and referral to other services. Shower/toilets available. Laundry services available.

Admin Hours: Tues, & Wed, - 10.30am—4.30pm

Thurs and Fri – 12.30—9 pm

Drop in:

Thurs, Fri, Sat – 4.30 to 9 pm* (Free transport from 6 pm)



RAFT (Resourcing Adolescents and Families Team)-
107 Berry Street, Nowra

4422 9966

Email: syfs@syfs.org.au

The RAFT program targets 12 to 17 years olds who are at risk of leaving home or who have been out of home for up to six weeks and who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and their families. The focus is on intervening as early as possible to maintain or restore family relationships.

Monday to Friday - 9 am to 6 pm



RAGE (Resourcing Adolescents to Gain Essentials)-
107 Berry St, Nowra

4423 7244

RAGE aims to provide services to young people between the ages of 14 to 17 years (inclusive) in the Shoalhaven who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness and have lived away from home for a long time or cannot return home. RAGE also provides assistance to young people vulnerable due to alcohol and/or other drugs use and other situations that may cause vulnerability. Open: Monday to Friday - 9 am to 6 pm



Support Services

Support Services

Community Support Services– Youth con't

Ph Number

Shoalhaven Crossroads Youth Health Service

4423 1784

49 Worrigea Street, Nowra

Email: wendi.hobbs@sesiahs.health.nsw.gov.au

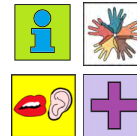
Provides health services to homeless and at risk young people – Shoalhaven LGA. Work with youth 12 to 24.

Provides information, referral and advocacy. Self referral.

No Medicare card required. No cost involved.

Appointment necessary for GP, psychologist or dietician.

Monday to Friday – 8.30 am to 5 pm



Southern Youth and Family Services- 107 Berry

4423 3347 or

Street, Nowra

4423 2290

Email: syfs@syfs.org.au



SYFS is an organisation that has the main purpose of supporting and caring for vulnerable, disadvantaged and homeless people or those at risk of disadvantage and homelessness. SYFS also supports families and young people which may include foster parents, grandparents and siblings. This work provides supported accommodation, community social housing, counselling, mediation, support and the delivery of a range of programs to improve the life situation of the young people and their families.

Monday to Friday – 9 am to 5 pm

After hrs

4228 1946

Youth Shoalhaven Inc.

4421 4581

Email: css@personnel.org.au



Umbrella body for youth services across the Shoalhaven. Provides personal and family support and youth services.

Support Services

Community Support Services– Youth con't

Ph Number

Bay and Basin Youth Services (Sanctuary Point Youth & Community Centre)- 34 Paradise Beach Road, Sanctuary Point 4443 9244



Provides assistance to youth with job applications, resume writing, free internet access for 'Job Search' website, information and referral to other Service Providers within the Shoalhaven such as Youth Health, Crisis & Counselling Services.

Monday to Friday—9 am to 5 pm

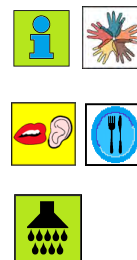
Southern Shoalhaven Youth Services Inc. – Ulladulla Youth Centre, 80 St. Vincent Street, Ulladulla 4454 1761

Email: admin@sssysouthservices.org

Referral and assessment service – access to advocacy, court support, advice and support. Offering services to young people and Outreach to “at risk” young people aged between 12 and 24 years. Clients can self refer. Services do not need to telephone before referring or sending a client on to our service but it is helpful. No cost involved.
















Tuesday to Friday - 9 am to 5 pm (Office)

Tuesday, Wednesday & Thursday - 2.30—5pm (Drop in)








Support Services

Other- Vouchers

Vouchers/ Parcels	Ph Number	
<p><u>Vinnies</u>– 117b Queen Street, Berry</p> <p>Referrals for clothing.</p> <p>Monday– Friday, 10am– 4pm</p>	4464 3940	 
<p><u>Anglicare Op– Shop</u>– Shop 4, Canal St, Culburra Beach</p> <p>Provides food vouchers to buy groceries in Woolworths. Clients can self refer and should speak with manager if wanting vouchers</p> <p>Monday to Friday– 9am–4pm , Saturday– 9am– 1pm</p>	4447 4084	  
<p><u>St Vincent de Paul</u>, 5 Berry St, Nowra</p> <p>Provides Food, electricity, telephone, clothing vouchers. Home visits to assess client. Come to Crisis Centre behind shop before 10am or telephone before 10am. No cost</p> <p>Monday to Friday—10am- 12noon</p>	4421 0390 (Before 10am)	  
<p><u>All Saints Community Care</u>– 74 Osborne St, Nowra</p> <p>Material Aid and referral; may provide financial assistance for entry to Housing. Appointments needed. No Cost</p> <p>Monday to Friday - Mornings: 10 am to 12.30 pm</p> <p>Wednesday and Friday– Afternoons: 1.30 pm to 4pm</p>	4423 1099	  
<p><u>The Salvation Army</u>– Shoalhaven Corps. Cnr St Ann's Street and Salisbury Drive, Nowra</p> <p>Food vouchers, food packages, furniture. Must call Salvo assessment line for assistance.</p> <p>Monday to Friday– 9.30am– 5pm .</p>	1300 371 288 (Assessment Line)	   







Other

Other- Vouchers

Vouchers/ Parcels	Ph Number	
<p><u>Shoalhaven Homeless Hub</u>– 27 Junction St, Nowra (entrance at rear)</p> <p>A drop in centre for individuals, families and couples who are homeless or at risk of homelessness</p> <p>Food assistance, clothing parcels and swags/blankets if available</p> <p>Email: shoalhavenaccom@bigpond.com.au</p> <p>Tuesday to Friday 10am– 3pm</p>	4423 2804	
<p><u>The Salvation Army</u>– Bay & Basin Mission</p> <p>Shop 5, 197 Kerry Street, Sanctuary Point</p> <p>Food vouchers & food packages. Appointment required for assessment and Centrelink ID necessary</p> <p>Monday – 9.30am– 11.30am</p>	4443 7386 (leave message if unattended)	
<p><u>St Vincent De Paul</u>, 199 Kerry St, Sanctuary Point</p> <p>Provides Food and electricity vouchers as emergency relief to residents of Sanctuary Point who are in need.</p> <p>Monday to Wednesday—10am- 12noon, Friday 9.30– 11am</p>	4443 9466	
<p><u>St Vincent de Paul</u>, Green Street, Ulladulla</p> <p>Provides Food and electricity vouchers to residents who are in need. Appointments necessary</p> <p>Monday to Friday—10am– 1pm (General Welfare)</p> <p>NILS Program– Mondays</p> <p>Electricity vouchers– Thursday 9am– 1pm</p>	4455 5666	
<p><u>Southern Shoalhaven Youth Services</u>– Ulladulla Youth Centre, 80 St Vincent Street, Ulladulla</p> <p>Food parcels, Food and taxi vouchers if available (only for care management clients).</p> <p>Tuesday to Friday—9am—5pm (Office)</p>	4454 1761	

Other

Other- Showers

Shower facilities	Ph Number
<p><u>Australian Mercy Community Store</u>– 6 Tarawara St, Bomaderry</p> <p>Shower and toilet facilities with disability access. Telephone before referring client</p> <p>Email: shoalhaven@arms.org.au</p>	<p>0429 460 730</p> 
<p><u>Bomaderry Aquatic Centre</u>– 127 Cambewarra Road, Bomaderry</p> <p>Monday to Thursday– 6am– 7pm Friday– 6am– 6pm Saturday– 10am– 5pm Sunday– 1pm– 5pm</p> <p>Cost: Adult \$4.90, Child \$3.70</p>	<p>4429 5600</p> 
<p><u>East Nowra Neighbourhood Centre</u>– 2/ 80 Park Rd, Nowra East</p> <p>Monday to Friday- 9am– 3pm</p> <p>Shower available by appointment</p> <p>community@sns.org.au</p>	<p>4422 1299</p> 
<p><u>Huskission Community Centre</u>– 17 Dent St, Huskission</p> <p>2 showers and toilets available. Phone before referring client</p> <p>Cost: \$7 per hour</p> <p>Monday to Friday 1pm–4pm</p>	<p>0487 469 032</p> 
<p><u>Nowra Youth Centre</u>– 132 Kinghorne St, Nowra</p> <p>Tuesday to Wednesday– 10.30am– 4.30pm Thursday to Friday– 12.30pm– 9pm</p> <p>Shower/ toilet and laundry facilities available, mainly to young people but will accept others</p>	<p>4422 1988</p> 
<p><u>Nowra Water Ways</u>– Scenic Drive, Nowra</p> <p>Monday to Friday– 6am– 6pm Cost involved Saturday to Sunday– 10am– 5pm, Closed in Winter</p>	<p>4421 2093</p> 











Other

Other- Showers

Shower facilities	Ph Number	
<p><u>Shoalhaven Homeless Hub</u>– 27 Junction St, Nowra (entrance at rear)</p> <p>A drop in centre for individuals, families and couples who are homeless or at risk of homelessness</p> <p>Showers, washing and drying facilities available.</p> <p>Email: shoalhavenaccom@bigpond.com.au</p> <p>Tuesday to Friday 10am– 3pm</p>	4423 2804	 
<p><u>Sussex Inlet Aquatic Centre</u>- 21 Thomson Street, Sussex Inlet</p> <p>Normal entry fees apply</p> <p>Monday to Friday – 6 am to 12 noon, and 3 pm to 7.00 pm Saturday -10 am to 2 pm, Sunday -10 am to 2 pm</p> <p>Cost: Adult: \$4.90; Child/ concession: \$3.70; Family of 5: \$16.00</p>	4441 3355	 
<p><u>Southern Shoalhaven Youth Services Inc.</u>- Ulladulla Youth Centre, 80 St. Vincent Street, Ulladulla</p> <p>Tues to Friday - 9 am to 5 pm (Office hours) Tues, Wed, Thurs - 2.30pm to 5 pm (Drop in)</p> <p>Shower/toilet, toiletries. Telephone before referring client.</p>	4454 1761	 
<p><u>Ulladulla Leisure Centre</u>- Green Street, Ulladulla</p> <p>Monday to Thursday – 6 am to 8 pm, Friday - 6 am to 7 pm Saturday - 9 am to 4 pm, Sunday - 12 noon to 4 pm</p> <p>Cost: \$3.50</p>	4444 8811	 
<p><u>Bay and Basin Leisure Centre</u>, The Wool Road, Vincentia</p> <p>Monday to Thursday - 6 am to 8 pm, Friday - 6 am to 7 pm Saturday - 10 am to 5 pm, Sun& Pub. Hols. – 11 am to 3 pm</p> <p>Closed – Xmas Day, Boxing Day, New Years Day and Good Friday Cost: Adult: \$4.70; Child or concession - \$3.50</p>	4406 2022	 













Other

Other- 2nd Hand goods

Other– 2nd Hand goods	Ph Number	
<p><u>Vinnies, 117b Queen Street, Berry</u> Clothing, books, bric-a-brac Open 7 days – 10 am to 4.00 pm</p>	4464 3940	 
<p><u>Anglicare Bomaderry Opportunity Shop, Meroo Street (near Railway Station), Bomaderry</u> Clothing, books, bric-a-brac Monday to Friday – 9 am to 3 pm</p>	4421 5494	 
<p><u>Anglicare Op Shop, Shop 4 Canal Street, Culburra Beach</u> Clothing, books, bric-a-brac Monday to Friday – 9 am to 4 pm; Sat - 9 am to 1 pm</p>	4447 4084	 
<p><u>Vinnies , (behind Woolies) Canal Road, Culburra</u> Clothing, books, bric-a-brac Monday– 9am– 3pm, Tuesday to Friday– 9am– 4pm</p>	4447 4489	 
<p><u>Culburra Beach Community Health Centre Op Shop</u> Canal Road (across from shops), Culburra Beach Clothing, books, furniture, electrical goods, bric-a-brac Monday to Friday – 9 am to 3 pm; Saturday—9 am to 1 pm</p>	No number on site	 













Other

Other- 2nd Hand goods

Other– 2nd Hand goods	Ph Number	
<p><u>Husky Uniting Church Op Shop, 53 Hawke St, Huskisson</u></p> <p>Clothing, books, bric-a-brac</p> <p>Monday, Wednesday, Thursday & Friday –9am-4pm</p> <p>Saturday- 9am –12 noon</p>	4441 7495	 
<p><u>Sarah Claydon Trash & Treasure Shop, Settlers Fair, Milton</u></p> <p>Clothing, Books, bric-a-brac</p>		 
<p><u>The Hip Op Shop, Upstairs 1/ 82 Junction St, Nowra</u></p> <p>Clothing, Furniture, bric-a-brac</p> <p>Monday to Friday– 11am—5pm, Saturday 11am– 2pm</p>	4421 8116	 
<p><u>Presbyterian Church Op Shop- 3 Kinghorne Street (entrance at rear), Nowra</u></p> <p>Clothing, bric-a-brac</p> <p>Tuesday to Friday- 9.30 am –2.00 pm</p>	4421 2070 or 4421 8857	 
<p><u>Red Cross, 21 Schofields Lane, Nowra</u></p> <p>Clothing, Books, Bric-a-brac, Jewellery</p> <p>Monday to Thursday- 9.am to 3 pm, Friday- 9am to 3 pm</p> <p>Saturday- 9am 1 pm</p>	4421 2845	 
<p><u>Vinnies , 5 Berry Street, Nowra</u></p> <p>Clothing, books, furniture, bric-a-brac</p> <p>Monday to Friday – 8.30 am to 4 pm, Saturday - 8.30 to 2 pm</p>	4421 7244	 

Other

Other- 2nd Hand goods

Other– 2nd Hand goods	Ph Number	
<p><u>Mission Australia – Big Heart Enterprise Op Shop,</u> Cnr Worrigee St and Princes Hwy, Nowra</p> <p>Clothing, books, furniture, bric-a-brac, computers, mattresses</p> <p>Monday-Friday - 8.30-4.30pm Saturday– 10am - 2pm</p>	4421 0523	 
<p><u>Wesley Uniting Church Op Shop</u></p> <p>Junction Street (opposite Post Office), Nowra</p> <p>Clothing, books, bric-a-brac</p> <p>Monday to Friday – 9.30 am to 3.30 pm</p>	4422 4552	 
<p><u>Mission Australia– Big Heart Op Shop, 136 Island</u> Point Road, St Georges Basin</p> <p>Clothing, books, bric-a-brac</p> <p>Monday– Friday– 9am– 4.30pm, Saturday– 10am– 2pm</p>	4443 4009	 
<p><u>The Salvation Army Red Shield Family Store Bay & Basin Mission– Shop 4, 197 Kerry St, Sanctuary Point</u></p> <p>Clothing, jewellery, Manchester/linen, books, CD DVD, bric-a-brac and small electrical items.</p> <p>Monday to Friday– 9am-3pm</p>	4443 3658	 
<p><u>Vinnies , 199 Kerry Street, Sanctuary Point</u></p> <p>Clothing, books, furniture, bric-a-brac</p> <p>Monday to Friday - 9 am to 3.30 pm, Saturday - 9 am to 12 noon</p>	4443 9201	 
<p><u>Vinnies , Shop 1, The Village Centre, Shoalhaven</u> Heads Road, Shoalhaven Heads</p> <p>Clothing, books, bric-a-brac</p> <p>Monday to Friday - 9 am to 3.30 pm Saturday- 9 am to 12.30 pm</p>	4448 7923	 

Other

Other- 2nd Hand goods

Other– 2nd Hand goods

Ph Number

The Salvation Army- Red Shield Family Store, 2/182

4421 7475

Princes Highway, South Nowra



Furniture, Electrical goods Clothing, Jewellery, Manchester/ Linen, books, CD DVD, bric-a-brac, Cleaning cloth/rags

Also meet industry standing for WDO (Work & Development Orders) Work for the dole and Community Service orders.

Monday to Friday – 9 am to 4 pm

Community Church Op Shop- Jacobs Drive,
Sussex Inlet

4421 0288



Clothing, books, bric-a-brac

Monday to Friday – 9 am to 4 pm

Saturday- 9 am to 12 noon

Inasmuch Op Shop, 195 Jacobs Drive, Sussex Inlet

4441 1008



Clothing, books, furniture, bric-a-brac

Tuesday, Thursday, Friday & Saturday – 8.30 am to 12 noon

Lions Pre-loved Book Shop– Bellbrook Arcade

Princes Hwy, Ulladulla

Books

Monday to Friday – 9 am to 4.30 pm

Saturday- 9.00 am to 12.30 pm

Vinnies - 251 Green Street, Ulladulla

4455 1466



Clothing, books, furniture, bric-a-brac

Monday to Friday – 9am to 4 pm; Saturday—9 am to 12 noon

The Salvation Army, Red Shield Family Store-

4454 1538



11/137 Princes Highway, Ulladulla

Clothing, books, furniture, electrical goods, bric-a-brac

Monday to Thursday– 9 am to 3 pm; Friday 9am—2.30pm

Saturday - 9 am to 12 noon

Other

Other- 2nd Hand goods

Ph Number

Other– 2nd Hand goods

Ulladulla Second-hand Shop- 3 Boree Street, Ulladulla

4455 1564



Clothing, books, furniture, electrical goods, bric-a-brac

Monday to Friday 8.45 to 3pm; Saturday - 8.30 am to 12 noon

Uniting Church Outreach Centre- Princes Highway (Cnr. North Street), Ulladulla

4454 1694



Clothing, books, bed linen, kitchenware, shoes, handbags

Monday, Tuesday, Thursday & Friday– 10 am to 4 pm

Wednesday - 10 am to 12 noon; Saturday - 9 am to 12 noon

Other– Message box

Telstra Message Box

Messaging service for people who don't have a phone. You can set up your own personal message box so that you can retrieve voice messages throughout Australia. Messages can be retrieved for free from most Telstra fixed home, business or public payphone services. Call charges apply for those who leave a message

Apply for service through support agencies

http://www.telstra.com.au/abouttelstra/commitments/access-for-everyone/az-products-solutions/#list_m

Other– Financial support

Other

Uniting care Unifam Counselling & Mediation
48 Junction St, Nowra, 2541

4423 7782



Provides financial counselling to anyone that has been impacted by problem gambling, including people who gamble, current or ex partners or family members of gamblers.





Credit Line Financial Counselling – (Lifeline South Coast)- 2/130 Junction Street, Nowra

4421 5365



Financial counselling is free and can help you manage your money. (By appointment only)

Other- Financial support

Other– Financial support—continued	Ph Number
<p><u>Dept of Human Services—Centrelink —Lawrence Ave, Nowra</u> Centrelink can:</p> <ul style="list-style-type: none"> - Make sure you get the payments you are entitled to · Work out how to get your payment if you don't have an address · Help with proof of identity requirements · Check if you can receive Rent Assistance · Offer you Centrepay—many organisations accept Centrepay deductions, which are taken directly from your Centrelink payments, making it easier for you to manage your money, pay bills and secure accommodation. · Arrange weekly payments if this will help you · Help you get a Medicare card · Link you to social workers who will help support you · Refer you to other community organisations who may be able to help · Help with referrals and questions about child support, rehabilitation or hearing services 	<p>136 240</p> 
<p><u>NILS (No Interest Loan Scheme) – 47 West Street, Nowra</u> Loans for fridges, washing machines and medical expenses etc. To qualify for a loan resident must have lived in the Shoalhaven for 6 months or more. Self referral or referred from Centrelink, service providers etc.</p> <p>Wednesday and Thursday– 9 am to 4 pm General Enquiries: Monday to Friday– 9 am to 5 pm</p>	<p>4424 7100</p> 
<p><u>Wesley Mission Credit line</u> Financial advice and referral Monday to Friday 9.30am– 4.30pm www.financialrights.org</p>	<p>1800 808 488</p> 
<p><u>Moneycare Financial Counselling Service- The Salvation Army</u> A free service which can help you manage and avoid financial difficulty, supply information on credit and debt issues and Work and Development Orders. Wed, Thurs, Fri– 9.30-4.30 by appointment St. Anns St Nowra or 5 Kerry St, Sanctuary Point</p>	<p>4421 8805/ 0419 407 881</p> 

Other

This resource directory has been produced by
Shoalhaven Neighbourhood Services.



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

134 Kinghorne Street, Nowra 2541

P (02) 4421 5077

F (02) 4421 6872

Email: manager@sns.org.au

Original booklet compiled by Anne Talbot TAFE Diploma Community Services student with the assistance of Cheryl Brady and Margaret Witz and Shoalhaven Neighbourhood Services volunteers.

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Sharna Bailey

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All information contained in the 'Path 2 Home' guide correct at time of printing