

Term 4 Newsletter

Oct – Dec 2019

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All services are free except Kindy Rec @ \$4 per session

All playgroups, parent groups & after school groups commence the SECOND week of every school term.

Childcare available for all groups - bookings required



PORT STEPHENS
FAMILY AND
NEIGHBOURHOOD
SERVICES

Groups At Raymond Terrace

BA-RA BOOLARNG
• Cultural Playgroup •

Children are offered culturally enriching play opportunities such as painting, playdough, arts and crafts, story time and outdoor activities. This is a great place for children to make new friends and have fun together.

Runs every School Term
commencing the Second Week of each term

Where: 3 Phillip Street, Raymond Terrace
When: Tuesday Mornings
Time: 9.30am - 11.30am

Contact Rachel on:
4987 4674

Our Centres Are:

3-5 Phillip St, Raymond Terrace NSW 2324 Ph: (02) 4987 4674 Fax: (02) 4987 3938
3 Jacaranda Ave, Raymond Terrace NSW 2324 Ph: (02) 4987 1331 Fax: (02) 4983 1794
The Deck, 1a Kangaroo St, Raymond Terrace NSW 2324 Ph: (02) 4987 6204
Mallabula Community Centre, Lemon Tree Passage Rd, Mallabula NSW 2319 Ph: (02) 4984 5298

Groups At Raymond Terrace



FREE Drop In Play Group for children and their parents / carers.

WHEN: Wednesdays 10am to 12pm
WHERE: 3 Phillip St, Raymond Terrace



Ph: 4987 4674 www.psfans.org.au

HOMEWORK GROUP



A quiet place to do your homework, have a bite to eat and have some **FUN**

Come along and join Karen + Montana (Primary Teaching Accredited)

When? WEDNESDAYS 3.30 TO 4.45PM
Where? 5 PHILLIP ST, RAYMOND TERRACE



Places limited, call to book on 4987 4674



YOUNG PARENTS GROUP



Young Parents Group is a fun, relaxed space for Young Parents under 25 years and their bubs.

Come along and meet other parents, share your experiences, join in some activities or sit back and take it easy - it's up to you!

No booking needed, just come on down. Runs in school terms (excluding week 1)
For more info, call or text:

Kayla (PSFaNS) 4987 1331 or
 Kaitlyn (Young Parents Network) 0439 750 310

FREE GROUP

Yummy morning tea provided

with a raffle too plus
 lots more at Raymond

Thursdays
10am to 12pm
3 Phillip St
Raymond Terrace

Transport Available

KINDY REC

HAVE FUN - BE ACTIVE - GROW FIT & STRONG

4

For children
 4yrs up
 to school age



We pick up and drop off!

WHERE: PCYC Raymond Terrace
WHEN: Fridays 12pm-12.45pm

Enrolments Essential
 Call 4987 4674 for an application form

\$

Only \$4 per child per week

A partnership between PCYC, Raymond Terrace and Port Stephens Family and Neighbourhood Services



www.psfans.org.au

Groups At Tilligerry



Habitat Kids Club is an after school group that aims to facilitate self-esteem and confidence building in its participants.

The children, whilst learning about their local environment, are also learning valuable things about themselves.

This group provides many opportunities for the children to participate in healthy outdoor activities and a sense of belonging within their community.

For kids going to school next year and kids that have just started kindergarten.

HABITAT KIDS CLUB

WHERE: Tilligerry Habitat Centre,
2E King Albert Ave, Tanilba Bay

WHEN: Mondays in school terms

TIME: After school to 4.45pm

Afternoon tea provided

BOOKINGS ESSENTIAL
Contact Lyn or Danielle on 4984 5298



TILLIGERRY PARENT GROUP

A CUPPA & CONVERSATION

Tilligerry Parents group is an open group where everyone is welcome.

It is staffed by professionals who are guided by the participants who determine the activities for the group as well as identifying any themes they may wish to explore during the group sessions.

Themes covered have included: Healthy lunch boxes; managing during difficult times; balancing your budget; mindfulness and dealing with stress to name just a few.

The group has a children's group that is run alongside the parents group which is staffed by early intervention children's workers.

WHEN: Tuesdays
TIME: 10am to 12pm
WHERE: Mallabula Hall
Lemon Tree Passage Rd, Mallabula
Morning tea provided



PLAY TIME PLUS

FREE Drop In Play Group for children and their parents / carers.

WHEN: Wednesdays 10am to 12pm
WHERE: 3 Phillip St, Raymond Terrace
and
Mallabula Hall, Lemon Tree Passage Rd, Mallabula



I love story time

I love morning tea!

I love craft and playing games

Ph: 4987 4674 www.psfans.org.au



MALLABULA HALL
Lemon Tree Passage Road, Mallabula
Bookings essential.
Please phone Lyn or Danielle on:
4984 5298 or 0407 940 771

Facilitated by trained workers from Port Stephens Family and Neighbourhood Service's Tilligerry Family Network Project

TILLY LEGENDS

FREE AFTER SCHOOL GROUP FOR CHILDREN IN YEARS 5 & 6

The aim of this group is to provide after school activities for children and support in their senior primary school years (years 5 & 6)



TUESDAYS AFTER SCHOOL TIL 4.45PM

Every school term (excluding the 1st week back)



We guarantee FUN!

The DECK

YOUTH VENUE



3:30 - 6:30

WEDNESDAY & THURSDAY

12 - 18 Y/O'S

IT'S ALL FREE!

SAFE SPACE!

FOOD PROVIDED!

COME AND HAVE FUN!



Find us on
Facebook

1A Kangaroo St, Raymond Terrace

Ph: 02 4987 1331

Email: thedeck@psfans.org.au



HAVE YOU HEARD ABOUT THE HIPPY PROGRAM?

Do you have a child who is turning 4 years old next year?

The Home Interaction Program for Parents and Youngsters (HIPPY) is a two year home based program that empowers parents and carers to be their child's first teacher.

HIPPY offers families with children aged 4 & 5 years of age a foundation for learning in the home, supporting successful transition to school and future school participation.

The HIPPY program is delivered to the parents and carers by home tutors through home visits and parent groups. Families from Raymond Terrace and surrounding areas are encouraged to participate in this free program.

The HIPPY program also has paid employment opportunities for parents and carers from the local community (who have or have had a child in the program) to gain work as home tutors.

HIPPY has been operating throughout Australia since 1998 and has had a positive impact for all families within their local communities.

Best of all, the HIPPY program is FUN for everyone involved.

IF YOU WOULD LIKE TO KNOW MORE OR WOULD LIKE TO JOIN THE PROGRAM PLEASE CONTACT:

**Rachel Small On 4987 4674 or
0431 580 086**



THIS IS A FREE PROGRAM



Programs



Where: 5 Phillip St Raymond Terrace

When: Thursdays

Dates: 24/10/19 to 28/11/19

Time: 10am to 12pm

Bookings Essential Ph: 4987 4674

Tuning In To Kids

A six session parenting program for parents of children 2 - 12 years

Would you like to learn how to:

help your child learn to manage their emotions

help to prevent behavioural problems in your child?

teach your child to deal with conflict?

This will help your children:

have greater success with making and keeping friends

have better concentration at school

be more able to calm down when upset or angry



Where: 5 Phillip St Raymond Terrace

When: Thursdays

Dates: 24/10/19 to 28/11/19

Time: 12.30pm to 2.30pm

Bookings Essential Ph: 4987 4674

Tuning In To Teens

A six session parenting program for parents of adolescents aged 13-18 years.

Would you like to learn how to:

Be better at talking with your teen?

Be better at understanding your teen?

Help your teen learn to manage their emotions

Help to prevent behavioural problems in your teen?

Teach your teen to deal with conflict?

pr o g r a m s



When 'good enough' parenting is good enough

An 8 week relationship Based
Parenting Program

This is an opportunity to:

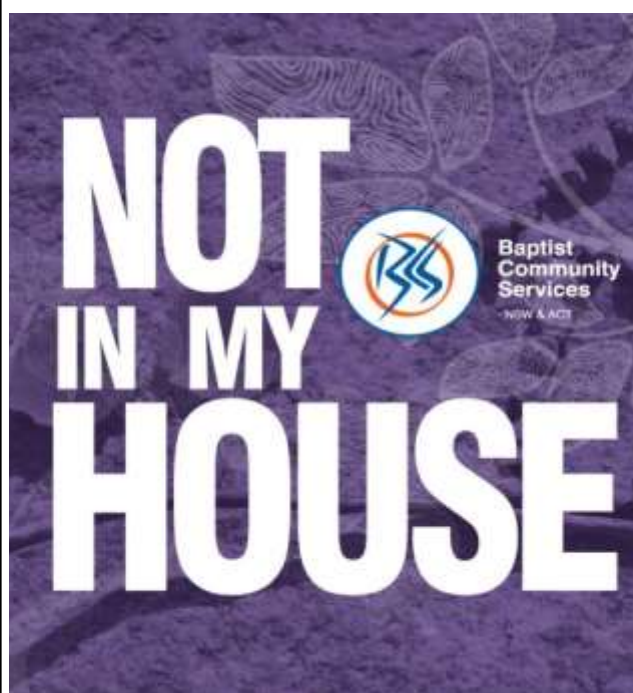
- ♦ meet with other families and yarn about the joys and challenges of raising young children
- ♦ learn about a simple idea that helps us understand the concept of and develop 'secure attachments'

Where: 5 Phillip St,
Raymond Terrace

When: Tuesdays
10am to 12pm

Dates: 22/10/19 to 10/12/19

Phone for bookings: 49874674



Women supporting each other who have or are experiencing domestic violence.

A five week program for women.
Child minding available.

Where: 5 Phillip St, Raymond Terrace

When: Tuesdays
12.30pm to 2.30pm

Dates: 29/10/19 to 26/11/19

Bookings Essential

Contact 4987 4674 for more information

pr o g r a m s

I RESPECT PROGRAM

I Respect is a program to educate and encourage high school boys (or groups of boys in sports clubs for example) to examine their attitudes and beliefs about manhood.

It is about teaching men and boys about healthy and respectful manhood to better support each other emotionally and hold each other to account, while ensuring girls and women are safe and considered equal.

The authors of the program recognize that the underlying causes of violence and discrimination against women and girls are rooted in the ways women have been traditionally viewed and treated in our society.

The goal of the I Respect program is to provide coaches, educators and mentors with tools to help raise awareness about healthy, respectful manhood and prevent violence and discrimination against all women and girls.

The program looks not only at the difficulties caused for women and girls by the rigid gender construct, but for the boys and men as well.

In summing it up it

- promotes healthy, respectful manhood
- decreases language and actions that degrade women, girls and other marginalized groups
- challenges harmful cultural and social norms
- decreases instances of bullying and homophobia



Currently we are running workshops in local High Schools each term and have been for 2 years. If you are interested in accessing this program for your school or group please contact Colleen Whittle on 49871331.

Rent it Keep it

A short course about the private rental market and you!



Thinking about renting a place?
Want some tips in how to find and keep a place?
Need to know your rights and responsibilities as a tenant?

When

13th and 15th November, 2019, 10:00am - 1:00pm

Where

The Deck Youth Venue - 1A Kangaroo St, Raymond Terrace

For further details, contact

Courtney - 0477 498 001 or William - 0498 977 726

Transport & Lunch provided

SERVICES

ERF

Emergency Relief Funding

ERF is financial assistance. Assistance is also available with Electricity, Gas and Hunter Water (for home owners), and Telstra phone bills (when available) .

Appointments can only be made on the day and can be made in person or by phone.



Due to the high demand, it is suggested people call 4987 1331 or be at 3 Jacaranda Ave, Raymond Terrace at 9am to make an appointment



PSFaNS Early Intervention and Homelessness Service provide a range of client centred services to people experiencing or at risk of homelessness.

What we can do to help you

Prevention and early intervention service for those facing housing insecurity or to assist you to remain in your existing house. We offer services that may prevent you from becoming homeless. For example:

- helping you find affordable accommodation
- free financial counselling
- referral and access to Housing Pathways products (Dept. of Housing)
- building a relationship with local real estate agencies so that if you get in trouble with rent payments, maintenance etc, they can contact us so we can help you get back on track

Who is eligible?

Those who are 'at risk' of becoming homeless or are homeless with no immediate accommodation in place, this could mean you have received or are about to receive an eviction notice.

Those that live in the Port Stephens area or have demonstrated linkage to the area.

For more information, contact 4987 1331 or email shsintake@psfans.org.au

SERVICES



Child & Family Counselling

Our counsellors/caseworkers are all qualified and experienced. They can meet with you in your home, at one of our centres or other venues convenient to you.

To arrange to meet with a counsellor/caseworker you can call the centre or drop in. We do usually have a waiting list but we will make every

effort to see you as soon as possible – and you can always speak with a worker at our group programs.

We have close links with local schools and other organisations/agencies that support children and young people. Coming to see someone for the first time can be a difficult step. If you are not sure if you want see someone, but would like to find out more, please give us a ring and have a chat with one of our friendly counsellors/caseworkers.



Phone: 4987 4674

Referrals: intakechildandfamily@psfans.org.au

Youth & Family Counselling



Is this you?

- Want some information
- Not happy
- Sad too often
- Need some help getting back to school
- Can't talk to anyone
- Being bullied
- No one listening
- Something big has happened
- Angry too often
- Keep getting in to trouble

Who Is This For? Young people between the ages of 12 and 18 years and their families and carers.

What do we do?

- Counselling
- Casework which is working with someone to achieve things that are important to them.
- Referral to another service that may be useful or better placed to assist you

Phone: 4987 1331

Youth & Family referrals: intakeyouthandfamily@psfans.org.au

services



Leaving a violent and abusive relationship can be hard. It may mean having to move to a new area and having to start life over with a new home, new job and new school for the kids. You may also be short on money and not in a good mental health headspace.

These are only some of the reasons why women stay in an abusive relationship. Leaving the situation can be pretty stressful and overwhelming, especially with little or no support.

Some of what we offer at PSFaNS (and it all depends on what's right for you):

- Help with talking to the Police and getting an Apprehended Violence Order (AVO)
- Help with housing - to stay in your home or to move or temporarily move out
- Help with making you and your children feel safe and secure and your home secure
- Personal security devices
- Help with finances - financial counselling to help sort through any debts and budgeting with what you have, help with Centrelink, help with food and financial assistance for those eligible
- Not in my House - a supportive group each Monday at 10am (free child care)
- Counselling for adults, young people, children and families
- Legal advice
- Playtime groups for parents with pre-schoolers
- Children's groups
- Parenting Programs

Phone: 4987 4674

Referrals: intakeSHLV@psfans.org.au



Aims of the program

In particular, this program aims to support young people between the ages of 12-25 years who may be experiencing more chronic and episodic moderate to severe mental illness and other psychosocial stressors impacting on a young person and their families' level of functioning. It specifically targets young people with more complex needs, in particular Aboriginal and Torres Strait Islander young people. Headspace Extra will provide a longer term level of support involving both clinical and psychosocial support to assist with reducing the impact level of chronic severe mental health impairment on young people and their families.

Port Stephens Area has been identified as an area of significant unmet need in terms of mental health for young people with complex needs. Headspace appointments are now available out of our Neighbourhood Centre, 3 Jacaranda Ave, Raymond Terrace.

Eligibility Criteria—Any clients aged 12-25 years who are assessed as having chronic and episodic moderate to severe mental illness and other psychosocial stressors, with moderate or severe functional impacts on young people and their families. Clients must have a residential address within the Port Stephens LGA.

Exclusion - A young person will not be eligible for this program where needs exceed those that can be supported in a primary care setting and where the young person is reporting current risk associated with self-harm and suicidal ideation requiring more acute treatment.

The referral pathway into the program is the same as any headspace referral by way of completion of the referral form located on the website <https://headspace.org.au/headspace-centres/newcastle/>.

It is best to contact headspace on 4929 4201 to discuss the referral with our Support Coordinator Marie or our intake team if you are uncertain.

Domestic & Family Violence

services

Port Stephens Family and Neighbourhood Services can provide assistance to those experiencing domestic violence.

We can help with:

- Counselling and casework
- Access to emergency accommodation
- Financial Assistance
- Not in my House—a free 5 program for women who have experienced domestic violence
- Referral for legal advice
- Referral to the Hunter Women's Centre

If you are experiencing domestic violence and are in immediate danger, call 000.

If you are safe and need domestic violence support, call 4987 1331.

Or to enrol in our free 5 week DV Support Group for women, call 4987 4674.

Lifeline Counselling

Are you:



- Feeling anxious or depressed?
- Sad after losing a loved one?
- Experiencing relationship problems?
- Struggling with employment issues?
- Needing help with work/life balance?
- Experiencing mid-life transitions?
- Thinking that life is no longer worth living?

Counselling can help you find solutions to improve your mental health and wellbeing. It can also help you in overcoming emotional, social and behavioural difficulties. Lifeline provides a free counselling service at the Neighbourhood Centre, 3 Jacaranda Ave Raymond Terrace, each Monday. Appointments can be arranged by calling the Lifeline Newcastle Office on 4940 2000.

Do you have a debt with REVENUE NSW?



You may be eligible to **"pay off"** your debt by coming to any of our groups / programs, **seeing a children's youth, homelessness or family worker or by volunteering.**

TALK TO US, WE CAN HELP!

If you are eligible, any payments (eg through centrepay) will stop immediately and you will begin to "pay off" your debt. Any license restrictions (not points or police enforced) will lift overnight. By coming to even one playgroup or parenting group or kindy gym or swimming lessons with your children, \$100 will come off your debt.

For more information phone 4987 4674

SERVICES



Oz Harvest is an Australian food rescue organisation which collects surplus food from local business and supermarkets and distributes it throughout the community.

Oz Harvest delivers to 3 Jacaranda Ave each Monday. Clients must register in person or by calling 4987 1331 between 9.30am – 11.30am on Monday mornings (if you are registering for the first time please bring concession card). Food parcels are available for collection on Monday afternoon 3pm – 4.30pm.

Food Hampers

Monday morning before 10.30am, families (max 8 per week) can receive a referral for a food hamper at St Johns Anglican Church. Can be accessed once a month only.

Bread

Loaves of bread are delivered to 3 Jacaranda Ave on Wednesdays and people can come in during open hours and get a loaf.



The Breakfast Club

Every Tuesday morning, a group of volunteers come to 3 Jacaranda Ave and make sandwiches for both local high schools. They make enough sandwiches not only for the day, but to be frozen and toasted on the other days. Students who come to school without breakfast and/or lunch are catered for each day. We also supply breakfast to children who are going to school at Karuah Aboriginal Community.



Financial counsellors Roger Lawes & Vicki Murchison from Hunter Valley Project Inc provide financial counselling on Tuesdays (now at Jacaranda Ave & Phillip St offices).

Appointments are necessary and can be made by ringing the office on 4933 8999

or Roger 0407 780 120 (Jacaranda Ave) or Vicki 0479 078 735 (Phillip St)

Centrelink Outreach & Youth Centrelink

Having trouble? A worker from Centrelink Community Outreach team comes to the centre every 2nd Wednesday from 10.30am to 12.00pm for appointments. Appointments can be made by calling 3 Jacaranda Ave on 4987 1331.

Virginia Taylor Partners

Free Legal Advice. Virginia Taylor partners has an onsite office at our Phillip Road office. Appointments are essential. Call 4926 3335 to book an appointment.

Tax Agent

From July to October, a tax agent is available to help with straightforward tax returns. Appointments essential. To make an appointment phone 3 Jacaranda Ave on 4987 1331.

Women's Counselling

A counsellor from the Hunter Women's Centre has appointments at 3 Jacaranda Ave every second Thursday. **Phone the Hunter Women's Centre on 4968 2511** for an appointment.

HRNILS (No Interest Loans)

The Hunter Region No Interest Loan Scheme (HRNILS) provides individuals and families on low incomes access to safe, fair and affordable credit. No Fees ~ No Interest ~ No Charges
Loans for amounts of up to \$1500 are available for essential goods and services and repayments are set up at an affordable amount for 12 to 18 months. For more information or to pick up an application package, contact the Neighbourhood Centre, or call the HRNILS Head Office on 4987 7660.



**Port Stephens Family
and Neighbourhood
Services Onsite
Lawyer**

**Virginia Taylor
Partners**

02 4926 3335

3-5 Phillip Street
Raymond Terrace NSW 2324
02 4987 4674

3 Jacaranda Avenue
Raymond Terrace NSW 2324
02 4987 1331

The Deck
1a Kangaroo Street
Raymond Terrace NSW 2324
02 4987 6204

Mallabula Community Centre
Lemon Tree Passage Road
Mallabula NSW 2319
02 4984 5298



For full service flyers
or more information
on our services,
contact go to
www.psfans.org.au



Link2Home	1800 152 152	Providers of specialist homelessness services (SHS) and Link2home staff will work together to provide a response that is best suited to the needs of people who are homeless or at risk of homelessness
NSW Domestic Violence Line	1800 646 463	For advice and support about domestic violence including refugees
Child Protection Helpline	132 111 TTY 1800 212 936	Anyone who suspects, on reasonable grounds, that a child or young person is at risk of being neglected or physically, sexually or emotionally abused, should report it by phoning the Child Protection Helpline, 24 hours a day 7 days a week.
Lifeline	13 11 14	Lifeline offers a counselling service that respects everyone's right to be heard, understood and cared for.
Parent Line	1300 1300 52	A telephone helpline for all parents with children 0-18 years of age living in NSW. 24hours a day, 7 days a week. If you have concerns about raising your children or about parenting.
Kids Helpline	1800 551 800	A safe, fun and interactive place for kids and young people to explore issues that are important to them.
24 Hour Mental Health Line	1800 011 511	For people with mental health problems and their families / carers.
Emergency	000	
Emergency from mobile phones	112	

Harm Minimisation Service

The NSW Needle and Syringe Program (NSP) is an evidence based public health program that aims to protect the community from the spread of infections such as of HIV and Hepatitis C. PSFaNS at 3 Jacaranda Ave, Raymond Terrace provide people who inject drugs with free and confidential access to new injecting equipment in order to prevent the sharing of equipment. Condoms are also available at Jacaranda Ave.



**Family &
Community Services**



**Australian Government
Department of Social Services**



Brotherhood of St Laurence
Working for an Australia free of poverty



**Australian Government
Department of the Prime Minister and Cabinet**



**Australian Government
Attorney-General's Department
Ministry for the Arts**