

TERM 3 NEWSLETTER

July - September 2020

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Our Locations



3 Phillip St
Raymond Terrace
4987 4674



3 Jacaranda Ave
Raymond Terrace
4987 1331



The Deck Youth Venue
1a Kangaroo St
Raymond Terrace
4987 1331



Mallabula Hall
Lemon Tree Passage Rd
4984 5298

COVID-19 Update

We're still here for you



**We are doing a lot of things differently,
but we ARE still here!**

All our services continue except Playgroups and Monday Oz Harvest pick-ups.

PSFaNS Emergency Relief as well as EAPA, TELSTRA etc for utilities, is now provided online with assessments done over the phone. The process is the same as usual i.e. the customer needs to ring our Neighbourhood Centre office on 4987 1331 from 9am and book in an appointment for that day. This service operates Monday to Thursday from 9am to 3pm.

As usual please ring:

4987 1331 for Homelessness Support Team,
Financial Help

4987 4674 for Staying Home Leaving Violence Team, Aboriginal Programs Early Childhood Services, Child, Youth and Family Team, Parenting Programs



Communities
& Justice



Australian Government
Department of Social Services



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



Australian Government
Department of the
Prime Minister and Cabinet



Brotherhood of St Laurence
Working for an Australia free of poverty



We would like to Acknowledge the Traditional Custodians of the land on which we live and work, the Worimi People, and pay my respect to all Elders past and present.





BA-RA BOOLARNG 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.

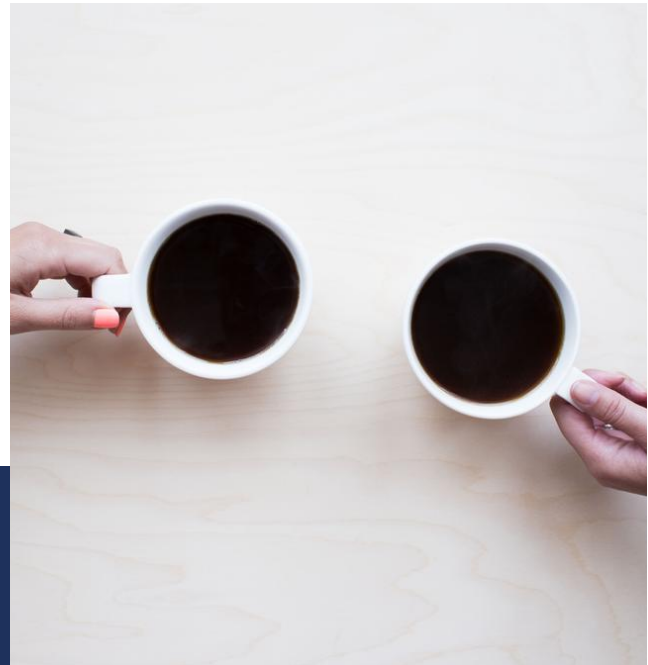
VIA ZOOM & PHONE CALLS


3 Phillip St
Raymond Terrace
4987 4674

TILLIGERRY PARENT GROUP

A cuppa and conversation for parents / carers. 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.




TUESDAYS
10am - 12pm
Walking Group
Call 4984 5298 for more info



PLAYTIME PLUS - RAYMOND TERRACE

Fun activities including painting, play dough, puzzles, outdoor play and craft. Parents / carers can access a range of learning experiences to promote children's development as well as information about health and child safety.

VIA ZOOM & PHONE CALLS


3 Phillip St
Raymond Terrace
4987 4674



PLAYTIME PLUS - TILLIGERRY

Fun activities including painting, play dough, puzzles, outdoor play and craft. Parents / carers can access a range of learning experiences to promote children's development as well as information about health and child safety.

Call 4984 5298 for more information.

**WEDNESDAYS
10am - 12pm
PLAYTIME IN THE PARK
(weather permitting)**



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! Yummy morning tea provided with a recipe so you can make at home too.



VIA ZOOM & PHONE CALLS

KINDY REC



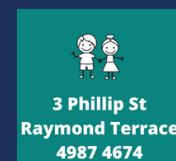
Have fun!
Be active!
Grow fit and strong!

For children 4yrs to school age.

\$5 per child per week - transport available

Bookings essential - Call Emma on 4987 4674

**FRIDAYS
12pm - 12:30pm
PCYC RAYMOND TERRACE**





HABITAT KIDS CLUB - 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.

Bookings essential - Call 4984 5298

CLOSED UNTIL RESTRICTIONS ARE LIFTED



TILLY LEGENDS

Tilly Legends is an 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).

Bookings essential - Call 4984 5298



VIA ZOOM & PHONE CALLS



HOMEWORK GROUP

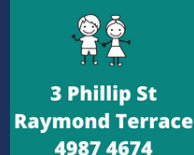
A quiet place to do your homework, have a bite to eat and have some **FUN!**

Come along and join Karen on Wednesdays.

Don't forget your homework!!

Bookings essential - Call 4987 4674

VIA ZOOM & PHONE CALLS



The DECK

YOUTH VENUE



A safe space for 12 to 18 year olds

'The Deck' Youth Venue is a place to drop in and hang out, play Xbox, PlayStation, computer games, ping pong, pool, watch dvds, use the internet, join in art & craft & jewellery making and much more!

Come & join in with regular events and activities such as movie nights, band nights, cooking and heaps more! For anyone aged 12-18 years of age.

Drop in for a chat or call 4987 1331 for more information!



WEDNESDAYS
3.30pm - 6.30pm
THE DECK YOUTH VENUE



1a Kangaroo St
Raymond Terrace
4987 1331

YOUTH FOCUSED MONDAYS

New Initiative for young people aged 15-24 looking for support.

Services and programs available:

- Shared housing registry & share accommodation tips
- Assistance with Centrelink/Centrelink appointments
- 'Rent It, Keep It' program - This course will help participants understand the rights and responsibilities of a tenant in the private market
- Self-Care workshops
- Legal advice
- Support for young people couch surfing, homeless, at risk of homelessness or sleeping rough.
- Referral for counselling
- Practical skills workshops (Shopping, cleaning, cooking, banking etc.)
- Mental Health Support
- Brokerage assistance and packs with essential items
- Computer/ Internet access
- Access to WDO'S (Unpaid fines paid off by participating in programs or case management)
- Groups (Drumbeat, Love Bites, Irespect etc.)

Feel free to drop in for a chat or call 4987 1331 for more information



1a Kangaroo St
Raymond Terrace
4987 1331

EVERY MONDAY
10am - 4:30pm
THE DECK YOUTH VENUE





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



GROUP FULL



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 behaviour problems in your child?
- teach your child to deal with conflict?

Bookings essential - Call 4987 4674

THURSDAYS
10am - 12pm
3 PHILLIPST, RAYMOND TERRACE



3 Phillip St
Raymond Terrace
4987 4674

TUNING IN TO TEENS

A six-session parenting program for parents of adolescents

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 behaviour problems in your teen?
- Teach your teen to deal with conflict?

Bookings essential - Call 4987 4674



3 Phillip St
Raymond Terrace
4987 4674

THURSDAYS
10am - 12pm
3 PHILLIPST, RAYMOND TERRACE

GROUP FULL



CIRCLE OF SECURITY

When 'good enough' parenting is good enough

A 8 week relationship Based Parenting Program

- 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'

Bookings essential - Call 4987 4674



NOT RUNNING IN TERM 3



3 Phillip St
Raymond Terrace
4987 4674

GROUP FULL**WOMEN SPEAK**

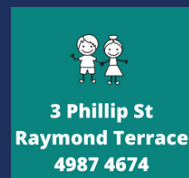
Women Speak is a six week program for women who have experienced or are experiencing domestic violence.

The program runs most school terms and bookings are essential.

Child minding and shuttle available.

Contact 49874674 to enquire or register.

**28/7/20 - 8/9/20
TUESDAYS
3 PHILLIP ST, RAYMOND TERRACE
10am - 12pm**

**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 and/or with 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 49874674.



PORT STEPHENS
FAMILY AND
NEIGHBOURHOOD
SERVICES

Port Stephens Domestic and Family Violence Services

ARE STILL HERE

*There's no
excuse for
domestic
violence*

You can contact us in any of these ways:



Phone: 4987 4674 or 4987 1331



Text: 0429 553 496



Email: intakeSHLV@psfans.org.au



Message via our website: psfans.org.au



Message or email via our Facebook

The NSW
Domestic
Violence Line
is available
24/7 on
1800 65 64 63

FOR EMERGENCIES CALL 000

ARE YOU LIVING WITH SOMEONE WHO USES POWER AND CONTROL OVER YOU?

Domestic and Family Violence is when one person exerts power and control over another. It is widespread in our society and affects many women and children's lives.

Women have fought for many years to have services available to women and children who are living with domestic and family violence.

PSFaNS is funded to provide assistance for women and children in these circumstances.

There are also teams of volunteers who have your back. For example, if you need to move, Friends with Dignity will furnish and outfit your new home (you never meet them - they come in and do the work and afterwards you move in to a lovely space for you and your children (or just you).

STAYING HOME LEAVING VIOLENCE

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 and help with food, financial assistance & subsidies for those eligible
- Not in my House - a supportive group each Tuesday at 12.30pm (free child care)
- Counselling for adults, young people, children and families
- Legal advice
- Playtime groups for parents with preschoolers
- Children's groups
- Parenting Programs



Phone: 4987 4674

Referrals:
intakeSHLV@psfans.org.au



**3 Phillip St
Raymond Terrace
4987 4674**

If you are homeless because of domestic violence, ring our Homelessness Team - 4987 1331 (9-5 Monday to Friday).

After hours - the Domestic Violence Line 1800 65 64 63 (24 hours) will find you somewhere to stay and will let us know so we can contact you the next day to see what support you need.

Domestic Violence Line - A trained female counsellor will answer your call. She is sensitive to the needs of women who have experienced domestic and family violence. You can ring as often as you need to at any time, day or night.

The female counsellor will listen to you. She won't blame you or make you do anything you don't want to do. She can give you information on what you can do and help you decide on your options.

EARLY INTERVENTION & HOMELESSNESS SERVICE

WHAT WE CAN DO TO HELP YOU

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 (Hume), building a relationship with local real estate agencies so that if you get in trouble with rental payments, maintenance etc. they contact us so we can help you get back on track.

EARLY INTERVENTION

For example, you may be in a situation such as Domestic Violence and have not left because you cannot see any way out. We will support you to find alternative accommodation and other services to help you and your children.

THOSE PEOPLE WE CAN HELP INCLUDE

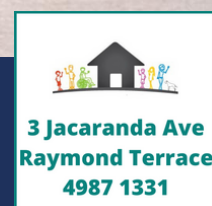
Single men & women, young parents, young people, women and children or single women escaping domestic violence.

WHO IS ELIGIBLE

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



Phone: 4987 1331
Referrals:
shsintake@psfans.org.au



FOR YOUTH HOMELESSNESS - SEE ALSO 'YOUTH FOCUSED MONDAYS' ON PAGE 5



RENT IT TO 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?

Bookings essential - Call 4987 1331

MONDAYS
27th July - 3rd August
11am - 3pm
THE DECK YOUTH VENUE



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



**3 Phillip St
 Raymond Terrace
 4987 4674**

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 4674

Referrals:
intakeyouthandfamily@psfans.org.au



**3 Phillip St
 Raymond Terrace
 4987 4674**



WOMEN'S COUNSELLING

A counsellor from the Hunter Women's Centre has appointments every second Thursday.

Phone the Hunter Women's Centre on 4968 2511 for an appointment.

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.

Appointments are at 3 Jacaranda Ave and can be arranged by calling the Lifeline Newcastle Office on 4940 2000.



HEADSPACE EXTRA



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.

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.

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.

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) .

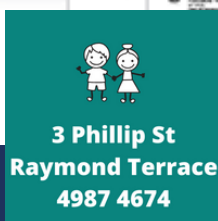
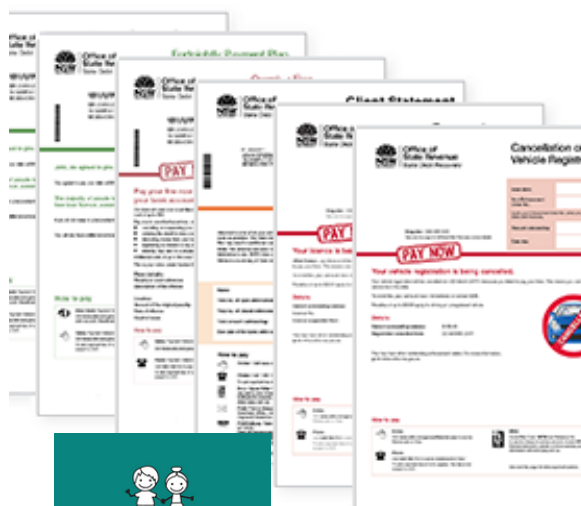
Appointments can only be made on the day and can be made by phone.

Due to the high demand, it is suggested people call at 9am to make an appointment.



Phone: 4987 1331 for an appointment

WORK & DEVELOPMENT ORDERS (WDO'S)



Do you have a debt with Revenue NSW?

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

Talk to us, we can help!

If you are eligible, any payments (eg through Centapay) will stop immediately and you will begin to "pay off" your debt. Any license restrictions* will lift overnight.

By coming to even one playgroup or parenting group, \$100 will come off your debt.

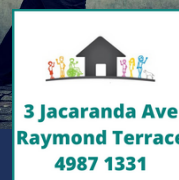
Phone: 4987 4674 for more information

FINANCIAL COUNSELLING

Financial counsellors Roger Lawes & Vicki Murchison from Hunter Valley Project Inc provide financial counselling on Tuesdays.

Appointments are necessary.

To make an appointment call 4933 8999 or Roger 0407 780 120 (for Jacaranda Ave) or Vicki 0479 078 735 (for Phillip St)



Appointments will be conducted by phone

OZ HARVEST

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

While our usual Monday deliveries are temporarily unavailable, Oz Harvest are dropping off hampers.



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 call the HRNILS Head Office on 4987 7660.

TAX HELP PROGRAM

If you need help to lodge your tax return, you may be eligible for the Tax Help program.

Tax Help is a network of ATO-trained and accredited community volunteers who provide a free and confidential service to help people complete their tax returns online using myTax.

Appointments will be at Jacaranda Ave from 13th August to end of October.

To see if you are eligible or to book an appointment, call 4987 1331.



Port Stephens Family and Neighbourhood Services is an incorporated not for profit organisation providing community services in the Port Stephens LGA.

*Building caring, healthy and inclusive communities
across the Port Stephens region*

Port Stephens Family and Neighbourhood Services is an amalgamation of Port Stephens Family Support Service and the Raymond Terrace Neighbourhood Centre; both centres delivering service to the Port Stephens Community for over 30 years.

While our offices are located in the Raymond Terrace and Mallabula vicinity, our service provides support to people in Fingal Bay, Soldiers Point, Anna Bay, Swan Bay, Tomago, Karuah, and all the suburbs in between!!



OUR CENTRES



**3 Jacaranda Ave
Raymond Terrace
4987 1331**

Address:

3 Jacaranda Ave,
Raymond Terrace
NSW 2324

Postal Address:

Po Box 391,
Raymond Terrace
NSW 2324

Phone: 4987 1331

Fax: 4983 1794



**3 Phillip St
Raymond Terrace
4987 4674**

Address:

3 Phillip Street,
Raymond Terrace
NSW 2324

Postal Address:

Po Box 391,
Raymond Terrace
NSW 2324

Phone: 4987 4674

Fax: 4987 3938



**1a Kangaroo St
Raymond Terrace
4987 1331**

Address:

1a Kangaroo St,
Raymond Terrace
NSW 2324

Postal Address:

Po Box 391,
Raymond Terrace
NSW 2324

Phone: 4987 1331



**Mallabula Hall
Lemon Tree Passage Rd
4984 5298**

Address:

Mallabula Hall,
Lemon Tree Passage
Rd, Mallabula NSW
2319

Postal Address:

Po Box 391, Raymond
Terrace NSW 2324

Phone: 4984 5298

IMPORTANT PHONE NUMBERS

Link2Home 1800 152 152

Child Protection Helpline 132 111 (TTY 1800 212 936)

Kids Helpline 1800 551 800

Parent Line 1300 1300 52

24 Hour Mental Health Line 1800 011 511

Emergency 000



www.psfans.org.au