



Emergency Relief/Outreach Options for Raymond Terrace, Port Stephens and Surrounding areas

If you require electricity/gas bill assistance you need to visit a provider who provides EAPA listed below.

All services provided by third party organisations and subject to availability.

Raymond Terrace / Port Stephens area

Name	Contact Number	Time and Day	Assistance Offered	Location	Requirements
Port Stephens Family & Neighbourhood Services	4987 1331	Phone early from 9am to book an appointment for the day. Will not take bookings a day in advance. 9am to 3pm MONDAY TO THURSDAY	Emergency Relief Funding: e.g. grocery and fuel vouchers. EAPA: assistance for paying electricity, gas, Telstra Phone bills or water rates. Food, Including a choice of Bakers Delight breads. Clothes/Toiletries, & other items available at random. Variety of counselling offered	3 Jacaranda Avenue Raymond Terrace	Centrelink Income Statement; Utility bill (whichever requesting assistance with) and ID.
Port Stephens Family & Neighbourhood Services	4987 1331	Oz Harvest available each Monday. Call in or phone to register from 9am until 11.30am	Food parcels. Available to collect between 3pm-4.30pm	3 Jacaranda Avenue Raymond Terrace	Bring ID the first time you come into PSFaNS Capped at 30 clients per week

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Port Stephens Family & Neighbourhood Services	4987 1331	Soup Day Wednesdays through Winter 11am – 12.30pm	SOUP DAY – Hot soup at the centre	3 Jacaranda Avenue Raymond Terrace	Just drop in and visit us
Food Way Affordable Groceries	4981 8204	Wednesday & Thursdays 9.30am to 2.00pm No appointment necessary.	Centrelink Card holders can obtain packaged groceries. No charge for food *set contribution to cover costs*	60 Silver Wattle Dr Medowie	Centrelink Card
Dara's Van Hot Meal and a drink		Monday (Nelson Bay 6pm – 8.30pm) Wednesday (Raymond Terrace 5pm-7.30pm)	Nutritious meal and drinks for those experiencing homelessness. Orange sky laundry available to have clothes washed and dried. Community shower facility**		
Hope Cottage		Tuesdays 10am – 12pm	Listening ear and emergency food relief for individuals and families		
Food Care	4981 1852	Wednesday 11am-1.00pm	Free coffee and food parcels		
Tanilba Bay Baptist Church		Winter Thursday lunch 12.30pm 1.30pm	Meal (Lunch or dinner depending on the season)		

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		Summer Thursday Dinner 6-7pm			
St Johns Anglican Church	Contact Psfans at 3 Jacaranda Ave Raymond Terrace 4987 1331	Call or drop in after 9am Monday morning/before 10.30am. Max 8 referrals a week.	Food Hampers (This service can be accessed once a month only by clients)		
Church 4 Life Op Shop		Weekdays 8.30am- 4.30pm	Low cost groceries, clothes, bric-a-brac and furniture		

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Cessnock / Kurri Kurri

Name	Contact Number	Time and Day	Assistance Offered	Location	Requirements
Samaritans Cessnock	0407781585	10am-2pm Monday Wednesday and Friday Appointment Needed.	Food Relief, Emergency Relief (Vouchers), EAPA, Financial Counselling, Prescriptions and other utility bills (Water/Phone by assessment)	Neighbourhood Centre 198-202 Vincent Street Cessnock	Centrelink Income Statement required, Appointment necessary.
Barkuma Neighbourhood Centre	0249371094	Phone	EAPA Assistance, Social Support, Plumbing Program, Hunter Water bill assistance, Culturally appropriate services.	76 Lang Street Kurri Kurri	Indigenous Services.
Salvation Army Cessnock	1300371288	Phone First Monday to Friday 9am – 12pm	Emergency Relief	14 Hall Street Cessnock	Requirements stated by service line

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Maitland / Rutherford

Name	Contact Number	Time and Day	Assistance Offered	Location	Requirements
Maitland Neighbourhood Centre	4932 0950	Register before 1pm (to pick up Tuesday 1pm) and Friday 2pm Monday 2pm Emergency Relief during week appointment only. Bread most days, call to confirm – no appointment needed for bread	Oz Harvest – FREE Food Parcels, EAPA assistance, NILS Loan, Bakery Days, Prescriptions	Arthur Street, Rutherford	ID – Free Appointment needed apart from bakery days on Tuesday/Friday from 10 am. Maitland Residents
Salvation Army Maitland City Corps	4932 6682	Varied – Phone appointment Required First	Food Assistance, EAPA, Prescriptions	1a Bunning Avenue, Rutherford, 2320	Phone call to office in Rutherford day before appointment
St Vincent De Pauls (Vinnies) Rutherford	4961 6885	Monday to Friday 9am – 1pm Phone call required initially.	Food Assistance, EAPA, Prescriptions	Various and often outreach	Phone call to determine availability

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Other Food Services

Name	Contact Number	Time and Day	Assistance Offered	Location	Requirements
Aussiecare, Maitland	4915 6631	Call for times and availability	Discounted groceries	361 High Street Maitland	
Foodwar Beresfield	4966 2987	Call for times and availability	Discounted groceries	6 Lawson Avenue Beresfield	Proof of Centrelink income required
Foodwar Cessnock	0417 467 455	Call for times and availability	Discounted groceries	Shop 2/10 North Avenue Cessnock	Proof of Centrelink income required
The Food Shack – Neighbourhood Centre	4937 4555	Wednesday, Thursday, Friday 10am-1:30pm	Discounted groceries	Lang Street Kurri Kurri	Proof of Centrelink income required
Rutherford Neighbourhood Centre	4932 0950	Call for times and availability		Corner Arthur Street and East Mall Rutherford	Gold coin donations for meals
ADRA Food Rescue	0452 505 564	3pm to 5pm Thursdays Only	Food trays -\$5 donation	209 Cessnock Road, Gilleston Heights	ID required but no concession card needed