

Community/ Neighbourhood Centres

Community/ Neighbourhood Centres are places for local people to access a range of programs and services. This can include food hampers and emergency relief. They are community hubs – a place to find information, build connections and increase resilience. There are 11 Community/ Neighbourhood Centres across the Central Coast. Due to COVID-19 most centres are still providing services but are operating differently.

Please contact a centre on the numbers provided to see what services they are currently offering.

Bateau Bay Neighbourhood Centre

Ph: 43327450

Berkeley Vale Neighbourhood Centre – Closed

San Remo Neighbourhood Centre

Ph: 0476247313

Toukley Neighbourhood Centre

Ph: 43961555

Wyong Neighbourhood Centre

Ph: 43531750

Kincumber Neighbourhood Centre

Ph: 43631044

Kariong Neighbourhood Centre

Ph: 43401724

Narara Community Centre

Ph: 4329 4477

Green Point Community Centre

Ph: 4367 7591

Gosford Regional Community Services

Ph: 4323 7483

Peninsula Community Centre

Ph: 4341 9333

Homelessness

Link2Home: 1800 152 152.

For people who are homeless and at risk of homelessness & looking for Temporary Accommodation (TA). Rough sleepers will be given 5 days of initial TA then referred back to Gosford Team to work with to ensure they remain safe in shelter.

Health on the Streets: 4365 2294

Health on The Streets (HoTS) is a mobile health clinic for people experiencing homelessness.

Central Coast Tenants Advice and Advocacy Service: 43535515

A free service for central coast tenants. Provides face-to-face advice, advocacy and community legal education.

Safe beds for pets RCPA – 4372 2044

Temporary accommodation for pets due to people becoming homeless.

Domestic Violence

Catholic Care Domestic Violence Support Central Coast

Ph: **43562600**

1800RESPECT - 1800 737 732

24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault.

Multicultural services

Northern Settlement Services

Ph: **4334 3877**

Office closed though still providing advice and support via email and phone, and in some special cases face to face. All group activities cancelled

Telephone Interpreter Service (TIS)

Ph: **131450**

For people who need to use an interpreter over the phone

Indigenous Services

Yerin Ph: 4351 1040

Yerin provides primary health care in a culturally safe environment to the Central Coast Aboriginal and Torres Strait Islander community. Some services have changed due to COVID-19.

Disability Services

NDIS Ph: 1800 800 110

The National Disability Insurance Scheme provides support to Australians with disability, their families and carers. The NDIS will provide all Australians under the age of 65 who have a permanent and significant disability with the reasonable and necessary supports they need to enjoy an ordinary life.

Life without Barriers Central Coast

Ph: **43438830**

Services for older people

My Aged Care Providing aged care packages to older people over the age of 65. Ph: **1800200422**

Meals on Wheels

Delivery of nutritious meals, social interaction and a friendly check on people's wellbeing

(Central Coast) Ph: **4357 8444**

(Swansea) Ph: **4971 3673**

Red Cross TeleCROSS and TeleCHAT

1300 885698

Healthdirect - Ph: 1800022222

Healthdirect provides free, trusted health information and advice, 24 hours a day, 7 days a week

Woolworths Priority Delivery

Ph: **1800000610**

To ensure vulnerable customers in the community have access to delivery services at this time, we will be providing a Priority Assistance service with dedicated delivery windows. Eligible customers include seniors, people with a disability and those with compromised immunity or who are required to self isolate

Services for young people

Headspace

Ph: **43047870** (Gosford)

Ph: **43949100** (LakeHaven)

A free service for young people aged 12-25 years.

Reach-Out

<https://au.reachout.com/>

Provides free Covid-19 support information for young people and their parents to help them stay well.

COVID- 19 where to get help

COVID-19 health updates

For the latest updates on COVID-19 health information, please visit:

www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx

Central Coast Local Health District COVID-19 CLINICS

A clinic screening people with risk factors for COVID-19 has been set up at Gosford and Wyong hospitals as part of the ongoing response to diagnose and slow any spread of COVID-19 in the community.

Who should be tested?

People who have cold and/or flu-like symptoms and:

- have returned from overseas travel in the last 14 days OR
- are a contact of a confirmed case.

Please call the clinics prior to attending.

The **Gosford COVID-19 clinic** can be contacted on **4320 5055**, Monday to Friday 9am to 5pm and 10am to 4pm on weekends.

The **Wyong COVID-19** clinic can be contacted on **4394 9200**, 9am to 5pm every day.