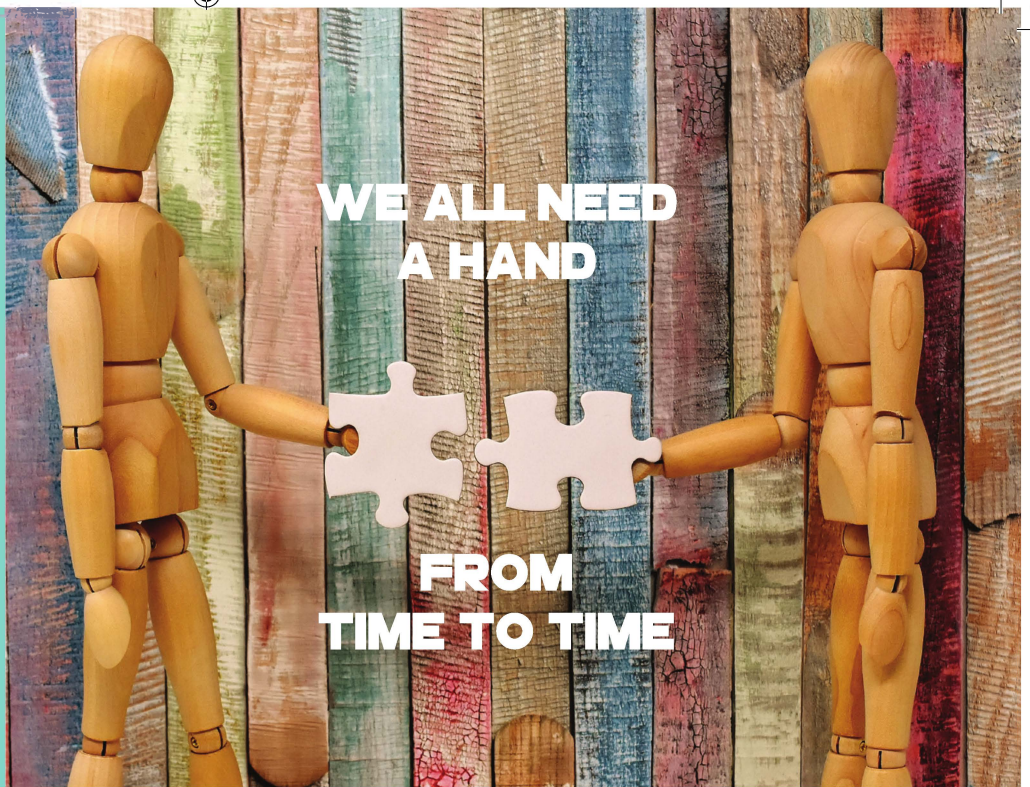


Support for Residents



WE ALL NEED
A HAND

FROM
TIME TO TIME



Newtown Neighbourhood Centre exists to create a more inclusive, resilient, vibrant and self-reliant community.

This information sheet intends to direct boarding house residents to practical community support when times are tough so occupancies are maintained.

Don't know where to start?

Information and Referral Services

Newtown Neighbourhood Centre

02 9564 7333 (select option #2)

Whatever the situation is we'll point you in the right direction. We'll listen carefully and together can help you find practical support near where you live.

Or visit: www.askizzy.org.au

It's easy to use and you can do your own search for local support.

NEWTOWN
Neighbourhood Centre

WHAT IF SOMEONE WHO UNDERSTANDS COULD HELP YOU?

MONEY	<p>Do you need financial assistance?</p> <p>The Salvation Army, 02 8775 7988 (Monday to Friday, 9am to 5pm)</p> <p>They offer a range of free support options to help with financial difficulties, depending on the nature of your problems. Emergency relief for your immediate needs, financial counselling for advice on your financial situation, no-interest loans to purchase essential items, and an education program so you learn how to better manage your finances.</p>
RENT	<p>When it's hard to keep up</p> <p>The Haymarket Foundation, 02 9197 9720 (Monday to Friday, 8am to 4pm)</p> <p>Their Early Intervention service is there to support people with their tenancies in order to avoid homelessness. If you normally can afford your rent but are going through a tough time and are falling behind, they should be able to assist you with these payments. They can help you catch up.</p>
WORK	<p>There is a job for everyone</p> <p>MTC Australia, 1300 232 663 (Monday to Friday, 8.30am to 5pm)</p> <p>There are several programs which provide people – of all ages – with practical skills to find a job or access training and education. You can gain skills, access resources and increase your connections through their support. A lot of their services are free of charge! It's worth giving them a call to talk things through.</p>
EMOTIONAL HEALTH	<p>Are you feeling overwhelmed?</p> <p>NSW Mental Health Line, 1800 011 511 (7 days a week, 24hrs)</p> <p>If you have not been feeling yourself and everything is getting too hard to handle, make sure you speak to someone about it. When you ring, you will be asked for your postcode, so that the call can be directed to a service in your location. They will then connect you with relevant support services for yourself or those you care about.</p>
FOOD	<p>Affordable and free groceries in Marrickville (1/142 Addison Road)</p> <p>The Food Pantry, 02 9569 7633 (Monday to Friday, 12pm to 4pm)</p> <p>If you're on a low income, are unemployed, or struggling to get by, shopping at the Food Pantry will help stretch your budget. They have all sorts of good quality groceries and household products at affordable prices, plus free fruit, vegetables and bread. Call them for shopping days/hours.</p>
DISABILITY	<p>Do you need advice and advocacy?</p> <p>People with Disability Australia, 02 9370 3100 (Monday to Friday, 9am to 5pm)</p> <p>If you think of yourself as someone with a disability (in the very large sense of the term, including mental health problems) and you need information about services, advice about a situation affecting you, or an advocate to help you access services or defend your rights, call PWDA for support.</p>
ALCOHOL & DRUGS	<p>Do you need those to cope?</p> <p>Alcohol and Drug Information Service, 02 9361 8000 (7 days a week, 24hrs)</p> <p>They will listen to you non-judgementally, they will support and motivate you to overcome your addiction of this is what you want to do. They have heard it all and your call and details will be kept completely confidential.</p>
LEGAL MATTERS	<p>Do you have legal problems?</p> <p>Legal Aid, 1300 888 529 (Monday to Friday, 9am to 5pm)</p> <p>If you are in trouble with the police, need help with an AVO, getting a divorce, in debt, having problems with your pension, immigration or fines you can call Legal Aid for help over the phone. If you need to go to court they may be able to provide assistance on the day you appear at court or represent you.</p>
CASE MANAGEMENT	<p>Do you need ongoing support?</p> <p>Boarding House Outreach Service, 02 9564 7333 (Monday to Friday, 9am to 4pm)</p> <p>A support worker can provide ongoing one-to-one assistance to you in regards to sustaining your current occupancy, or finding more suitable or permanent housing. You can also be linked to a range of social, educational and recreational activities, and receive general information and advice.</p>