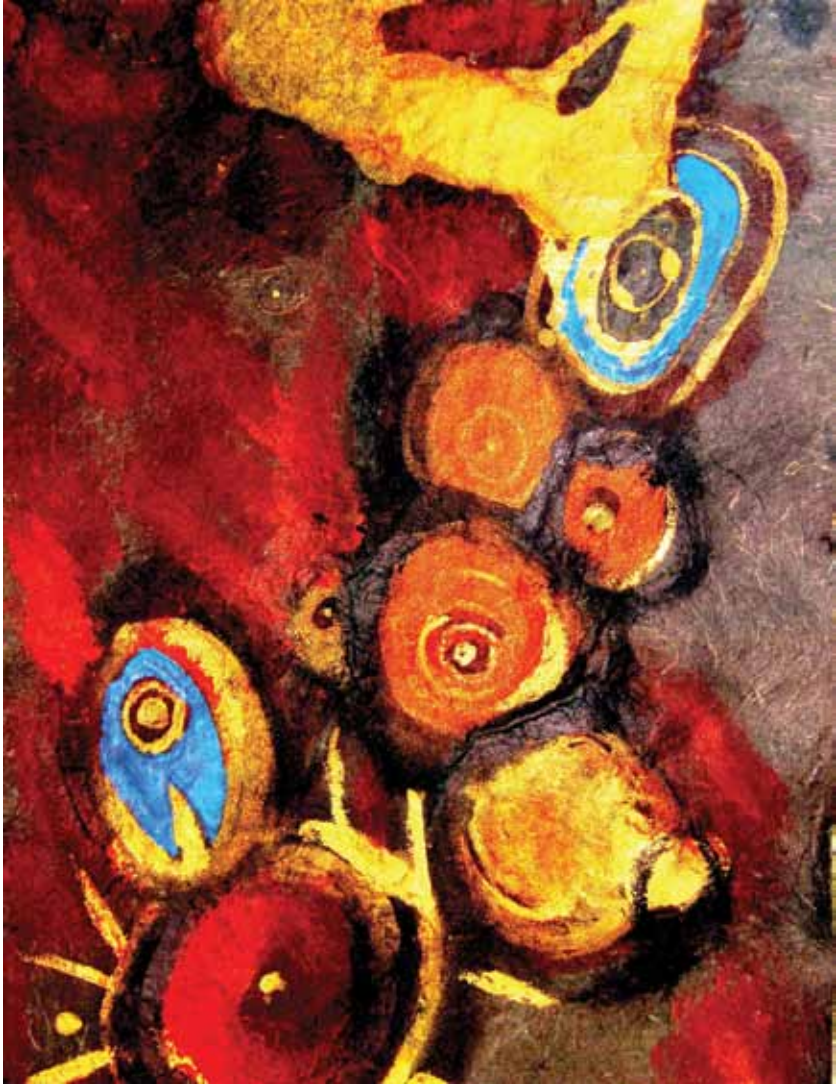


resourceful living



Anna Feord: *Strange Angels Make This Planet Grow*

a resource for people living with or recovering
from mental health issues and their carers

Published in 2011 by:

Mountains Community Resource Network

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We recognise the Gundungurra and Darug people as the traditional owners of the Blue Mountains area and we pay our respects to Elders past and present.

Design by: www.coloursofsydney.com.au

0417 479 432



**COLOURS OF
SYDNEY**

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***Johana Iren
Project Worker***

Disclaimer

The information in this resource has been put together through a community consultative process and all reasonable efforts have been made to provide current and accurate information. The authors will not be held liable for any unintentional errors or omissions that may be found.

The listings do not contain a full description of the available services. It is intended to act as a guide only. All agencies can be contacted for enquiries and information. This resource is a community resource, not a medical one. Medical information can be obtained through your GP or the hospital.

The material in this booklet includes information provided by third parties. Such material comprises of the products and opinions expressed by their owners. The authors of this resource do not assume responsibility or liability for any third party material or opinions.

The information provided is accurate at the time of printing - May 2011.

This Resource belongs to:

Name:

.....

Address:

.....

Telephone number:.....

Mobile number:.....

Other important phone numbers:

.....

.....

.....

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Medical practitioner:

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Therapist / Counsellor / Mentor:

.....

Family member(s):

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Friend(s):

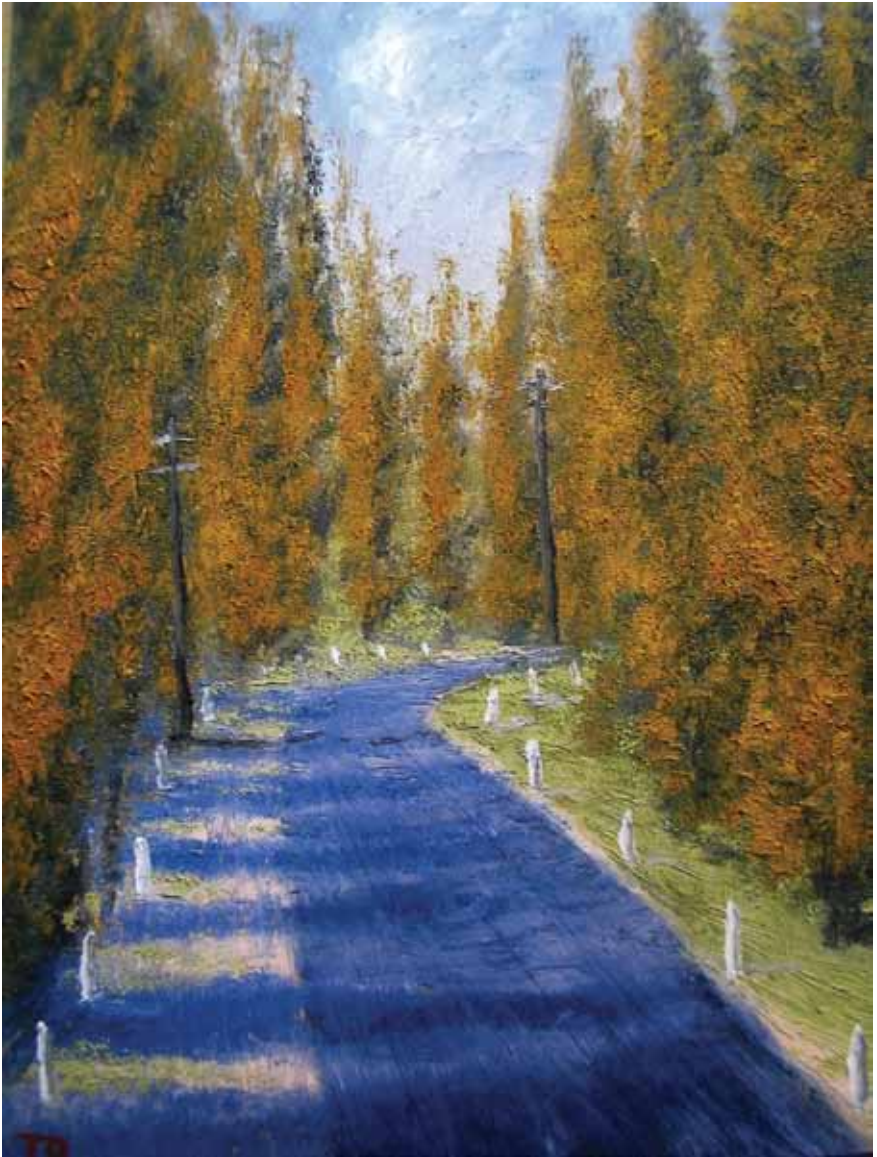
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If found, please return to owner. Thank you very much!



Terry Dower: *Road to Oberon*

accomodation information

Accommodation Information

Wentworth Community Housing

Description: Wentworth Community Housing is the social housing provider in the Blue Mountains. Housing NSW properties in the Blue Mountains are now managed by Wentworth Community Housing. Wentworth Community Housing is also there to help people who are homeless (or at risk of becoming homeless).

Katoomba Office

 4782 6479

 Shop 2, 23-27 Cascade St, Katoomba

Hours: Mon, Tue, Thu, Fri 8:30am-4:30pm

Penrith (Head Office)

 4777 8000

 Borec House, Suite 1002, Level 1, 29-57 Station St, Penrith

Hours: Mon, Tue, Thu, Fri 8:30am-4:30pm, Wed 1-4:30pm


Fees: Based on income

 Yes

 www.wentworth.org.au

Housing NSW

Description: Provides government housing assistance including: Public rental accommodation in government-owned properties; short term financial assistance to people (renting) in the private rental market if they are eligible for public housing and/or homeless or in danger of becoming homeless; home modification and maintenance for the aged and people with a disability.

 4721 6422

 362 High St, Penrith


Hours: Mon, Tue, Thu, Fri 8:30am-4:30pm, Wed 1pm-4:30pm

 Yes

 www.housing.nsw.gov.au

Blue Mountains Emergency Accommodation

Description: Provides 2–3 days accommodation at a time and one meal per day for single men, men with children in their care, or women who have a male child over the age of 13 in their care.

 4782 9251 (welfare); 0401 690 877 (emergency)

 Level 2, 33 Waratah St, Katoomba

Hours: Welfare – Monday to Friday 10:00am–1:00pm; Emergency - 24 hours

Referral: Self, but you will need an Income Referral Statement from Centrelink

Homeless Persons Information Centre

Description: Telephone information and referral service that refers those in the community who are homeless, or at risk of homelessness, to the services that may assist them.

☎ 1800 234 566

Hours: Every day from 9am -10pm, but closed between 1pm-2pm

🌐 www.cityofsydney.nsw.gov.au – Community link

Blue Mountains Tenants Advice and Advocacy Service

Description: Provides free advice, advocacy and representation to social housing and private tenants.

☎ 4782 4155, **Free call:** 1300 363 967

🏠 Elizabeth Evatt Community Legal Centre, 4 Station St., Katoomba

Hours: Call at any time and leave a message with your name and phone number. A tenant advocate will call you back on the next Tuesday or Wednesday.

Fees: No

♿ Fully accessible

🌐 www.tenants.org.au

**Check out sections on Women / Men / Young People
for more Accomodation Services**

Balance your free time
by relaxing, reading a book, going
for a walk, spending time on your hobby like
photography, which will get you outdoors in the
garden or going for a drive somewhere different. A
change of scenery can help brighten a day. Do it
all, not just one of them.

Tracey



Trisha Merriman: *Window*




Trisha Merriman: *Horses*


affordable meals

Affordable Meals

Salvation Army

Description: Provides breakfast

 4782 5124 or 4782 9251


 33 Waratah St, Katoomba (Next to Centrelink)

Hours: Breakfast Mon, Wed, Fri and Sat, 7:30am-8:30 am

Fees: Donations appreciated

Katoomba Neighbourhood Centre

Description: Provides free lunch

 4782 1117

 6 Station St, Katoomba

Hours: 1st and 3rd Thursdays of the month 12:00 noon-1:30 pm


Fees: Donations appreciated


 Yes

 www.kncinc.org.au

Lower Mountains Community Support Kitchen

Description: Free nutritious lunch program

 4754 4050 or 4751 3033


 Located at Springwood Civic Centre 106-108 Macquarie Rd, Springwood (behind Springwood Neighbourhood centre)

Hours: Monday 11.30pm-1.30pm

 Yes

Katoomba Civic Centre

Description: Provides a low-cost three course lunch four days a week

 4759 2811

 87 Katoomba St, Katoomba

Hours: Mon, Wed, Thur, Fri, 11.30am-1pm

Fees: \$7 for three courses

 Yes


Create! A cake,
a jumper, a poem, a garden...doesn't
matter what, as long as you can look at it and say "I
did that!"


Bren

Healthy Eating

Blue Mountains District ANZAC Memorial Nutrition and Dietetic Services

Description: Provides clinical dietetic services and community nutrition activities to residents of the Blue Mountains Local Government Area. Runs Healthy Heart and Diabetes Groups, but not general weight loss management.

 4784 6547


 Blue Mountains District ANZAC Memorial Hospital - Great Western Hwy, Katoomba

Hours: Mon-Fri 8:30am-5pm

 **Accessible Parking:** Yes

Blue Mountains Food Services

Description: Provides meals on wheels, centre based meals and/or frozen food service to frail aged and younger people with disabilities, mental health problems and their carers. Has village restaurants at Lawson, Katoomba, Blackheath, Blaxland and Springwood.

 4759 2811

 25 Livingstone St, Lawson

Hours: Mon-Fri 9am-5pm

 Yes


 www.bluemountainsfoodservices.org.au

Blue Mountains Local Produce

Description: Do you want to buy fresh, locally grown vegies, fruit and herbs? Sell, give away or buy local produce at a local produce stall:

Lawson

 4759 2592 (Mid Mountains Neighbourhood Centre)

 Magpie Markets at Lawson Public School

Hours: third Sunday each month, 9am-2pm

 See Sustainability Helpful Links on www.mmnc.org.au

Blackheath

Description: Community Markets at Blackheath Public School

Hours: first Sunday each month, 9am-1pm

Blue Mountains Food Coop

Description: The Blue Mountains Food Co-op provides the Upper Blue Mountains with fresh, healthy produce focussing on organic, biodynamic and specialist vegetarian food.

☎ 4782 5890

🏠 Shop 1&2 Ha'Penny Lane, Katoomba

Hours: Monday to Friday 9.00am-6.00pm; Saturday 8.30am-5.00pm; Sunday 10.00am-4.30pm; Public Holidays 10.00am-3.00pm

💻 www.bluemtnsfood.asn.au



Healthy snacks

Choose snacks carefully. Plan ahead and make sure your fridge and cupboards as well as drawer at work are stocked with plenty of healthy snacks so that you are not tempted by less healthy options.

Which snacks should I avoid?

Limit sugary and salty snack foods such as crisps, cakes, pastries, biscuits, sweets and chocolate to once a week.

Limit take-away foods such as pastries, pizza, fried fish, hamburgers, hot chips

and creamy pasta dishes to once a week. Healthier take-away choices include sushi or sashimi, Asian stir-fries (ask for low salt), tomato based pasta dishes, grilled fish, chicken and lean meat.

Healthier snack ideas:

Healthy snacks include a piece of fresh fruit, a handful of dried fruit, up to a cup of canned fruit or a handful (30 grams) of plain unsalted nuts. Other choices include rice cakes and non-confectionery bars, such as plain nut bars, seed bars and cereal bars that have earned the Heart Foundation Tick.

FEEL LIKE...

- ✗ Sweets
- ✗ Crisps and dips
- ✗ Roasted salted nuts
- ✗ Sugar coated cereal
- ✗ Chocolate biscuits
- ✗ Full fat yoghurt
- ✗ Cupcake
- ✗ Ham and cheese sandwich

TRY INSTEAD...

- ✓ Fresh or dried fruit
- ✓ Toast, rice cakes or breadsticks
- ✓ Plain unsalted nuts
- ✓ Wholegrain breakfast cereals
- ✓ Plain biscuits
- ✓ Reduced, low or no fat yogurt
- ✓ A slice of raisin toast
- ✓ Boiled egg

Water is best

Did you know that water makes up about two-thirds of our body weight? Most of the chemical reactions that happen in our cells need water. We also need water for our blood to be able to carry nutrients around the body.

So it makes sense to choose mainly water to drink. When the weather is warm, or we are exercising, our bodies need more than usual.

Avoid sports drinks, fizzy drinks, cordial and soft drinks which are all high in added sugar. A small glass of fruit or vegetable juice can be had occasionally but should not replace water.

Drink coffee (regular or decaffeinated) and tea in moderation and use reduced, low or no fat milk.

If you want to drink alcohol, it is recommended that you have no more than two standard drinks a day.

Healthy heart tip

One of the first signs of dehydration is feeling thirsty. Other common signs of dehydration include headaches, confusion, irritability and lack of concentration. Carrying water with you when you are out and about can help avoid dehydration, especially on warmer days.

(Source: <http://www.heartfoundation.org.au>)

Eating fruit and vegetables helps achieve a healthy weight and reduces your risk of cardiovascular disease, diabetes and some cancers, so pack your snacks with fruit and veg.

Set goals that are achievable and realistic; write lists or use a whiteboard to keep your mind focused on the important appointments, bills that need to be paid for.

Activities and special occasions also give you something to look forward to and can help you remain in a happier state of mind.

Tracey

Accept who you are - we are all different. It is healthy to learn to be happy with yourself.

Understand that you can't be good at everything, but really focus on what you can do well and this will help you feel better about yourself.

Tracey

Exercise – walk to town.

Talk to family and friends

Francisca

Nurture your spiritual health and well being.

Reach understanding of your condition by reading, internet and talking to others.

If you hate something in your life – change your attitude towards it.

Anthony



Pat Jennings: *Daisies*


counselling

Counselling


Accessing subsidised private counselling

Your GP may be able to help you access up to 12 sessions of subsidised counselling. The counselling is provided by a Medicare registered private mental health professional such as a psychologist or social worker. The subsidised counselling is available for a number of mental health problems. If you think you would benefit from individual counselling sessions, it is best to make a long appointment with your GP to discuss possible options.

Katoomba Community Health Centre

 4782 2133 or 1800 222 608 (Intake)


Description: Generalist counselling service

 93 Waratah St, Katoomba


Hours: Mon-Fri 8.30am-5pm

 Yes

Springwood Community Health Centre

 4751 0100 or 1800 222 608 (Intake)

Description: Generalist counselling service

 288 – 292 Macquarie Rd, Springwood

Hours: Mon-Fri 8.30am-5pm

 Yes

Adolescent and Family Counselling Service

Description: Provides family therapy and counselling to adolescents and their families who are experiencing a range of relationship difficulties.

Eligibility: From 12 to 18 years

Referral: Referral required, contact for further details


 www.myst.com.au


Upper Mountains – Katoomba  4782 4436

Lower Mountains – Winmalee / Blaxland  4754 5411

Blue Mountains Women's Health & Resource Centre

Description: Counsellors provide emotional support for women's health issues.

 4782 5133

 124 Lurline St, Katoomba

Hours: Mon-Fri 9am-4pm

Fees: A minimum fee of \$15 per session

Eligibility: Female



Yes

www.bmwhrc.org

Gunedoo Child Protection Service

Description: Provides counselling services for families who have been affected by violence or other issues impacting on children's development. Counselling may occur individually, involve different family members, or group programs.

4782 5326



Clairvaux Community Complex, 14 Oak St, Katoomba

Hours: Tues-Fri 9am-5pm

Eligibility: Families with children aged between 0 – 18 years old in the mid to upper Blue Mountains (Linden to Mt. Victoria)



Yes

www.gunedoo.org.au

Blue Mountains Sexual Health and HIV Clinic

Description: Provides information, education, testing, treatment and counselling on HIV, sexually transmitted diseases and sexuality.

4784 6560



Blue Mountains District ANZAC Memorial Hospital, Great Western Hwy, Katoomba

Hours: Mon 9am-4pm, Wed 9am-4pm



Yes (including parking)

Child & Adolescent Mental Health Service (CAMHS)

Services available:

Assessment and Therapy Team: Provides assessment and therapy services for children, young people (up to age 18) and their families who are experiencing complex mental health problems.

EPI (Early Psychosis Intervention): Provides therapeutic service for young people up to age 24 experiencing first episode psychosis.

ECCO service: A service for children under 5yrs. Referral through Paediatrician.

COPMI (Children of Parents with a Mental Illness): Provides support and information for children living with a parent who has mental illness.

4732 2388

Referrals: through the ACCESS team on 1800 650 749



Borec House 29-57 Station St, Penrith

Hours: Mon-Fri 8.30am-5pm



Yes

Interview the counsellor over the phone before making an appointment to ensure that you feel comfortable with the person.

Ask about fees and whether there is a gap to pay. Also ask for their qualifications, their approach and experience with the particular issue you would like to address before you enter a counselling agreement.

You can change counsellors if you feel the session does not work, or you can see your GP for another referral under Medicare.



Sculpture Workshop at Vale Street Social & Recreation Centre, February 2011


emergency relief

Emergency Relief

a) Neighborhood Centres

Blackheath Area Neighbourhood Centre

Description: Provides information, support and referral. Activities include Out of School Hours program, emergency food service, no-interest loans scheme for low income earners and a range of classes and activities.

 4787 7770

 Gardiner Cr, Blackheath


Hours: Mon-Fri 9:30am-4pm, closed 12:30pm-1:30pm

 Yes

 www.banc.org.au

Katoomba Neighbourhood Centre

Description: Provides information and referral, community development and a range of services for children, the elderly and people with disabilities and their carers as well as people who are financially and socially disadvantaged.

 4782 1117

 6-8 Station St, Katoomba


Hours: Mon Tue Thu Fri 9am-12:30pm and 1:30pm-5pm, Wed 9am-12:30pm

 Yes

 www.kncinc.org.au

Mid Mountains Neighbourhood Centre

Description: Projects include palliative support project, neighbour aid service, a no interest loan scheme, 'strengthening over sixties' exercise program, tax help and Lawson Festival.

 4759 2592

 9 New St, Lawson

Hours: Mon-Thu 9am-4pm, Fri 9am-1pm


Fees: For some services. Contact for details

 Yes

 www.mmnc.org.au

Springwood Neighbourhood Centre


Description: Provides a range of services to the local community, including legal advice, taxation help, drop-in lounge, baby feeding and change facilities, medical transport. Other services include emergency food relief, free counselling, Knit 'n' Yarn and a weekly Meet 'n' Eat free lunch.

 4751 3033

 108 Macquarie Rd, Springwood

Hours: Mon-Fri 9:15am-4:30pm

 Yes, including parking

 www.sncc.org.au

Winmalee Neighbourhood Centre

Description: Provides education, referral and information as well as a range of other services to members of the community. Services include emergency food relief; voucher assistance with electricity (EAPA); water (PAS) and Telstra, and no interest loans for low income residents with at least 6 months residency in 2777 or 2776 postcodes.

 4754 4050


 62 Whitecross Rd, Winmalee

Hours: Mon-Thu 9am-4:30pm, Fri 9am-4pm

 Yes

Lower Mountains Neighbourhood Centre


Description: Provides information, referral and community development services including home visitors' project, personal development workshops, education courses, no interest loan scheme for low income earners as well as frail aged medical and shopping transport service. Also offers outreach personal and financial counselling.

 4739 1164

 33 Hope St, Blaxland

Hours: Mon-Thu 9am-4:30pm, Fri 9am-1pm

Fees: Transport Services

 Yes, including parking


 www.lmnc.org.au

b) Family Support Services

Blue Mountains Family Support Service

Description: Provides practical and emotional assistance to families, individuals and couples with children. Practical assistance includes emergency relief for food and bills and/or food parcels, electricity, natural gas and water rate vouchers.

 4782 1555 **TTY** 4782 1671

 2 Station St, Katoomba

Hours: Mon Tue 9:30am-4pm, Thu 10:30-4pm closed for lunch 12:30-1:00





Yes

 www.bmfamilysupport.org

Gateway Family Services (Previously Lower Mountains Family Support)

Description: Family support program for families with dependent children in crisis. Includes food parcels, food vouchers, fuel vouchers, parents groups and early intervention, family work for pregnant women and parents of children aged 0-5 years.

 4739 5963

 70 Old Bathurst Rd, Blaxland

Hours: Tue Thu Fri 9am-4pm, closed from 12:30pm-1:30pm

Fees: Donations accepted




Yes


 www.gatewayfamilyservices.org.au

c) Charitable Organisations

The Salvation Army

Description: Provides a range of voluntary welfare services via a family store and community service centre. Includes emergency material assistance, referral to other services, and communal meals.


 4782 9251 (Welfare); 0401 690 877 (Emergency)

 Level 2, 35 Waratah St, Katoomba

Hours: Mon Fri 10am-1pm (Welfare), 24 hours (Emergency Assistance)

St Vincent de Paul Society - Katoomba

Description: Provides a range of voluntary welfare services via an op shop. Services include material assistance, emotional support and home visiting.


 4782 1068

 65-67 Waratah St, Katoomba

Hours: Mon-Thu 9am-4:30pm, Fri 9am-4pm, Sat 10am-3pm

St Vincent de Paul Society - Springwood

Description: Charity shop selling second hand clothing and household goods at low cost. Also provides material assistance and emotional support.

 4751 2271

 272 Macquarie Rd, Springwood

Hours: Mon-Fri 9am-4:30pm, Sat 9am-1pm, Social worker available Tue morning or by appointment

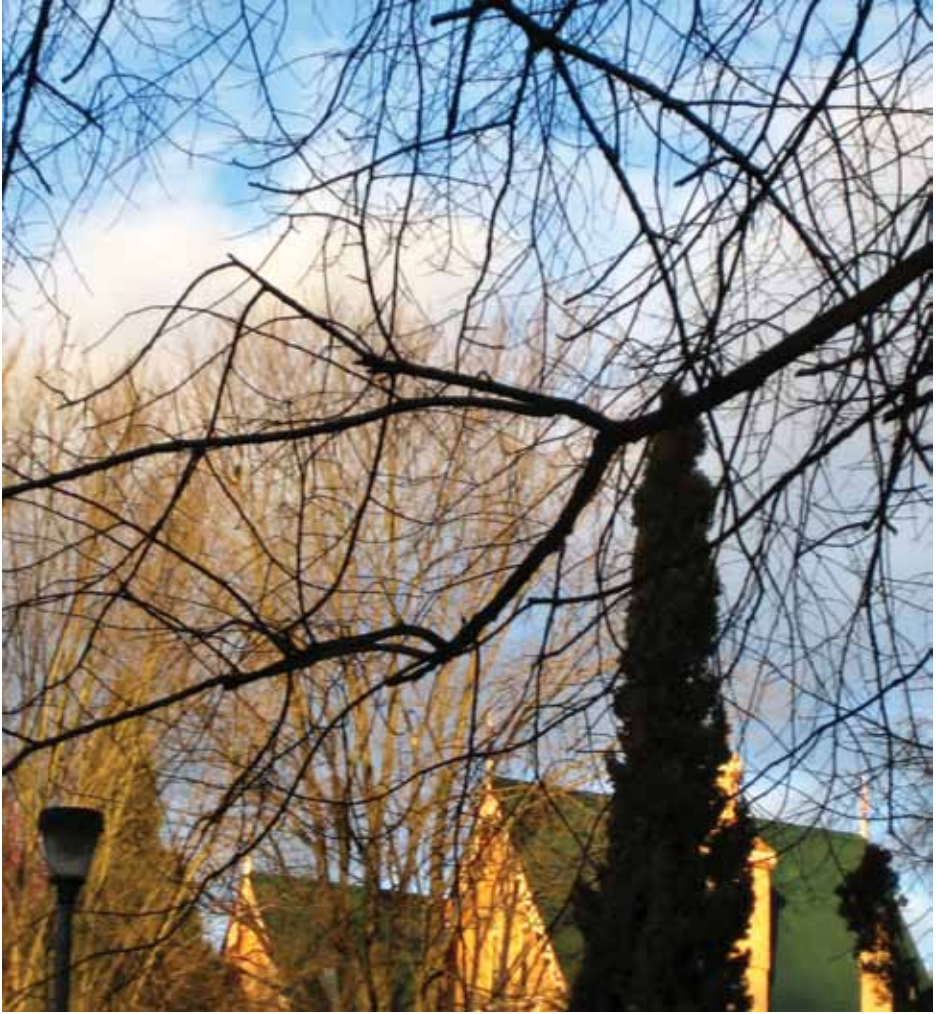
It's just a thought,
and thoughts can be changed.

Nina

Discuss personal, social and mental health
issues with a person you trust to clarify whether
assistance is available outside the option of hospital
admission, or discuss the option of an advocate to
speak on your behalf. *David*

Meditate,
do yoga or listen to music.
Make sure that you get a good night's sleep!

Craig



Peter Lee: *Looking Out*

emergency services

Emergency Services

Police–Fire–Ambulance - Call 000

Mental Health Service - Call 1800 650 749 (24 hours)

Accident and Emergency Departments:

- **Katoomba Hospital**, Great Western Hwy, Katoomba
Phone 4784 6500 (Switch)
- **Nepean Hospital**, Derby St, Kingswood
Phone 4734 2000 (Switch)

What to do in an Emergency:

In an Emergency Dial 000 and ask for fire, police or ambulance.

When the operator answers, please give them the following essential information:

- type of emergency
- your house number
- street name and nearest cross street
- suburb
- state
- don't hang up until the emergency services operator does.

National Relay Service - Emergency TTY Number 106

The National Relay Service provides telecommunication services for people who are deaf or have a speech or hearing impairment and use a TTY (also known as teletypewriter). The emergency number to call from a TTY is 106 and is available toll free, 24 hours a day, 365 days a year.

If someone goes missing

If someone has gone missing and they have been depressed, it is important that you talk to someone who can help you look for them. This may be a family member, teacher, counsellor or youth worker. Even if you find them and everything is all right, you can still let them know that you care and are concerned about their safety. If you cannot find them and fear for their safety, ring your local police for assistance.

Overdose of drugs

If someone has taken an overdose of drugs or pills call an ambulance immediately. If you are not sure whether the amount they have taken is damaging you can ring **poisons information** on **131 126**, from anywhere in Australia, for advice.

Even if the person appears to be alright, get help and advice. Often the damage from an overdose isn't immediately apparent.

Self-harm

If someone has harmed themselves intentionally, get medical help immediately. If the person does not want to be helped or is likely to be violent then ring the police immediately on **000**.

If the person agrees to go to hospital, then it is best if you call an ambulance on **000**.

<http://au.reachout.com/find/articles/what-to-do-in-an-emergency>

<http://www.mfb.vic.gov.au/Incidents/What-to-do-in-an-emergency.html>

Why should I have a smoke alarm?

When you're asleep, you lose your sense of smell. A smoke alarm is your electronic nose. It will alert you if there is smoke from a fire.

Once outside a burning property, never go back inside - wait for the fire brigade at a safe meeting place.

Tip for young people:

Don't be scared to call an ambulance when someone has taken an overdose – the ambulance will not call the police but will tend to the person who is unwell!




Ross Wymark: Loo

employment and income support

Employment and Income Support

Centrelink Katoomba

Description: Assisting people to become self-sufficient and supporting those in need.

 1800 050 004


 33-35 Waratah St, Katoomba

Job Capacity Assessment.

You may be referred to a Job Capacity Assessment Provider to assess your ability to work and take part in other activities. This assessment will help Centrelink to make sure you are receiving the most appropriate income support payment. The Job Capacity Assessment Provider will also identify suitable services to help you overcome any barriers or problems that may be preventing you from finding or keeping a job, and may directly refer you to the most appropriate employment or support service.

CRS Australia - Katoomba

Description: CRS Australia is a Disability Employment Services provider. They help people to manage their disability, injury or health condition and find a suitable job.


 4780 7311

 Unit 4, 23 Cascade St, Katoomba

Hours: Mon-Fri 8:30am-5pm

Fees: Contact for details


Eligibility: From 14 to 65 years

 www.crsaaustralia.gov.au

Nova Employment & Training Programme

Description: Helps People with Disabilities find meaningful long term employment.

Katoomba Office


 4782 6911

 Unit 8a, 197 Katoomba St, Katoomba

Hours: Mon-Fri 8:30am-4:30pm

 Yes

Springwood Office


 4751 7642


 Shop 7, 127 Macquarie St, Springwood

Hours: Mon-Fri 8:30am-4:30pm

PRA Enterprise

Description: Provides employment for people with mental illnesses plus a carer support and respite service in the Blue Mountains and Penrith.

 9690 8987 or 9690 8950


 123 Evan St, Penrith

Hours: Mon-Fri 7:30am-5pm

 www.pra.org.au

Blue Mountains College of TAFE

Description: Offers a wide range of courses including Outdoor Recreation, Business and Office Services, Environmental Studies, Personal and Community Services, Computing and Information Services, Tourism and Hospitality, Massage, Beauty Therapy Clinic, Tertiary Preparation courses, Literacy/Numeracy and Foundation Studies. Other facilities include Counsellor, Library and Canteen.

 4753 2100

 Mitchell St, Wentworth Falls

Fees: Course dependent

 Yes

Web: wsi.tafensw.edu.au

Volunteering

Volunteering can provide another step when re-entering the workforce. A number of studies and numerous individual testimonies clearly indicate that volunteer work has immense benefits for many individuals. There is a vast range of volunteer programs available and many opportunities for a diverse number of individuals to participate. There are various reasons why volunteering may make individuals happy. Some people may just enjoy helping others. Some feel good that they have set a goal and achieved it through their volunteer work, and others may find their volunteer work useful for their own future endeavours. So, if you want to be happy try volunteering.¹

There are many volunteer opportunities in the Blue Mountains. A good place to start is your local neighbourhood centre, op-shop, or the RSPCA.

¹ Newsletter of the Australian Health Promotion Association <http://www.trenchhealth.com.au/articles/VolunteerForHappiness.pdf>

**Check out the Recreation and Op Shop sections
to find contact details for neighbourhood centres
and op shops**

The Centre for Volunteering

Description: Connects people and organisations in order to enrich the community. This is achieved through referral, training, resource development, information and education services that help people to get involved in their communities.

☎ 9261 3600

🏠 Level 3, 40 Gloucester St, the Rocks, Sydney

Hours: Switchboard hours: Mon-Fri 10am-4pm, Volunteer Referral Service hours: Mon-Fri 10am-3:30pm

💻 www.volunteering.com.au

Technique for panic attacks:
cup hand over mouth and nose and deep
breathe.

Keep emotional balance in your life.

Desley

Get involved...in a choir, sports team,
committee, art class...anything. Being around people
gets you out of your own head and into the community.

Bren

Learning a skill at TAFE or local neighbourhood centres that interests you can help keep the mind focused on something that can bring you happiness and make new friends along the way.

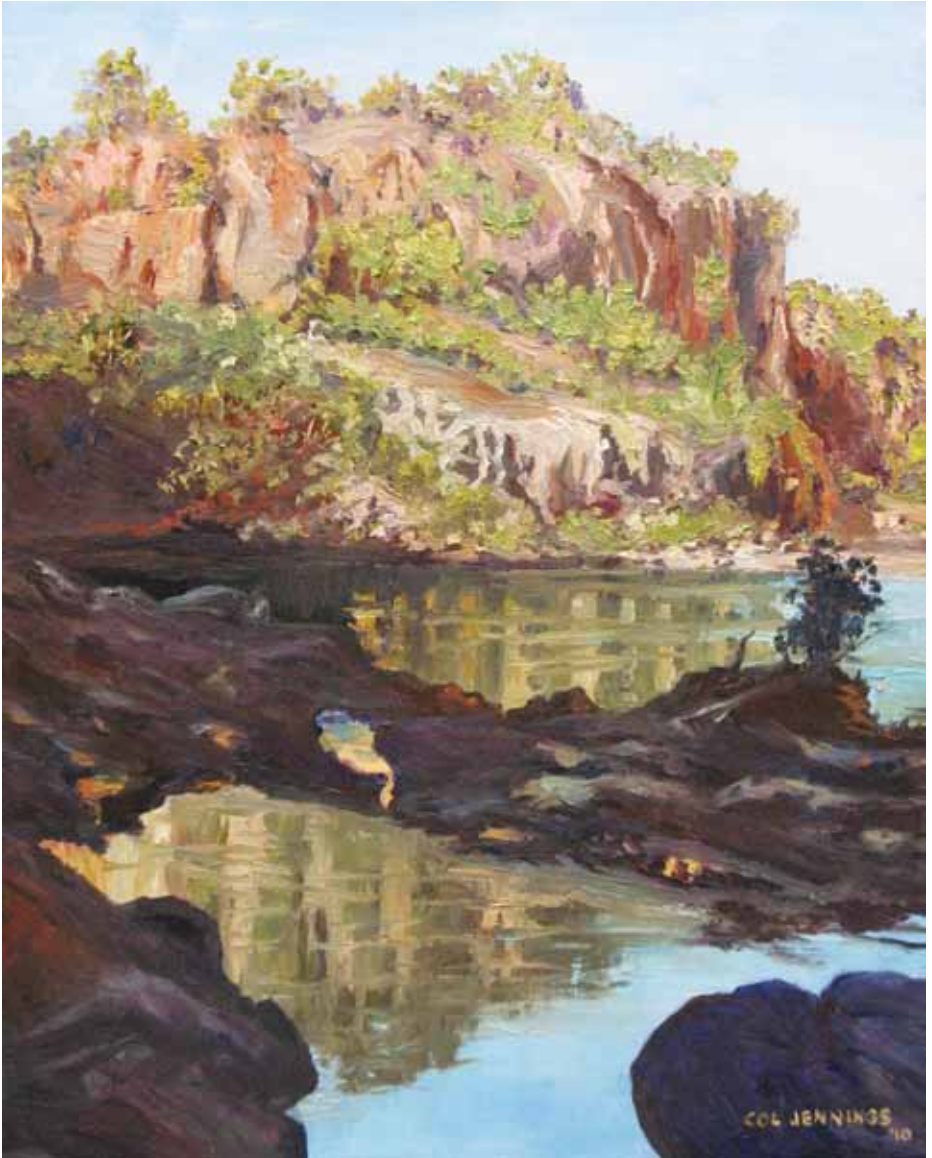
Tracey

Train yourself to identify the early warning signs of an episode, and when you feel it happening, act quickly to seek assistance.

Peter

Collaborate... working with someone else towards a common goal helps you both. It strengthens communication, teaches patience, doubles the available skill base and builds relationships.

Bren



Col Jennings: *Katherine Gorge*

financial

Financial

Financial Information

Financial counsellors can:


- Help you organise your financial information
- Design a personal budget
- Suggest ways to improve your financial situation
- Assess your eligibility for government assistance
- Negotiate repayment arrangements with your creditors
- Explain your options and their consequences, including debt recovery procedures, bankruptcy and other alternatives
- Help you apply for a hardship variation/ repayment plan
- Refer you to other services, for example, gambling helplines, family support, personal counselling or community legal aid


Some businesses also provide a service to help people struggling with debt but they charge fees. Be cautious and find out what services you're getting and how much they're going to cost you. You may be able to get the same services free from a financial counsellor.

www.asic.gov.au/fido/fido.nsf/byheadline/Financial+counselling?openDocument

Lifeline Central West Counselling Service

Description: Provides counselling for financial and gambling difficulties.


 6332 3456 for intake


 Appointments available in Katoomba

Hours: Mondays, bookings must be made through intake number

Wesley Gambling Counselling Service

Description: Provides face-to-face counselling for problem gamblers and their families, including financial counselling.


 4725 9200

 30 Copeland St, Kingswood

Area Served: Lower Mountains

Hours: Mon-Fri 9am-5pm (by appointment only)

Eligibility: From 18 years

 No (Home visits can be accommodated if needed)

 www.wesleymission.org.au/centres/gambling

Salvation Army Moneycare

Description: Provides a free and confidential financial counselling service for people facing financial difficulties or wanting to avoid financial difficulties.

☎ 9266 9587 or 4732 4571

🏠 18 Lawson St, Penrith

Hours: Mon & Tues 9am-5pm (by appointment only)

🌐 www.salvos.org.au – Financial Trouble link

Credit and Debt Hotline

Description: Provides financial counselling information, advice and referral service to individual consumers in NSW on credit, debt and banking issues. Also provides legal advice on personal banking issues.

☎ 1800 808 488

Hours: Mon-Fri 9:30am-4:30pm

🌐 www.cclcnsw.org.au

Centrelink Financial Information Centre

Description: Provides free and independent financial advice.

☎ 13 23 00

Hours: Mon-Fri 8:30am-4:30pm

🌐 www.centrelink.gov.au

Budgeting - How do you get started?

You can start a budget by simply writing down what you spend over a couple of months. Remember, your budget is your personal tool and you can choose how much detail you want to include. When you are starting out, you may find it helpful to put your spending into categories - such as groceries - rather than keeping tabs on individual items such as shampoo, breakfast cereal and pet food.

Think about what categories you would like to use. Some people find it helpful to work with two groups of expenses:

- **Essentials** - bills you must pay to keep your household and family running, such as utilities (electricity, gas and water), housing (rent or mortgage), groceries, health, transport (car or public transport to travel to work or school), education and so on.
- **Extras** - the other expenses in your life such as entertainment, holidays and gifts.

There are no hard and fast rules for creating a budget. What is important is that it is easy for you to understand. Remember to keep the list of categories simple and useful to you. And be flexible. You can change the categories you use if you find they don't work for you.



Niki Reed: *Miniatures in Winter Solstice*




legal information

Legal Information

Elizabeth Evatt Community Legal Centre

Description: Provides free legal advice on most issues (excludes conveyancing and commercial law) to disadvantaged groups and the general public.

 4782 4155 or 1300 363 961

 4 Station St, Katoomba

Hours: Mon-Thurs 9am-12:30pm and 1:30pm-5pm; Fri 9:30am-12:30pm


 Yes, including parking

 www.eeclc.org.au

Legal Aid NSW

Description: Provides free legal advice for residents of NSW.

 4732 3077 or **free call** 1300 888 529

 Ground Floor, 95 Henry St, Penrith

Hours: Mon-Fri 9am-5pm


Fees: Advice sessions are free of charge

 Yes

 www.legalaid.nsw.gov.au

Law Access NSW

Description: Free legal information, referral and advice service.


 1300 888 529


Hours: Mon-Fri 9am-5pm (except public holidays)

Web: www.lawaccess.nsw.gov.au


Health Care Complaints Commission


Description: Acts in the public interest by resolving, investigating and prosecuting complaints about health care to protect the health and safety of the public.

 9219 7444 or free call 1800 043 159 TTY 9219 7555

 Level 13, 323 Castlereagh St, Sydney

Hours: Mon-Fri 9am-5pm

 Yes (Lift)

 www.hccc.nsw.gov.au

Anti-Discrimination Board, NSW

Description: Administers the Anti-Discrimination Act 1977. This act specifies that discrimination is unlawful on the grounds of sex, race, disability, carer's responsibilities, age, marital status, homosexuality and transgender in the

provision of goods and services, accommodation, employment, government education & registered clubs. The Board investigates and conciliates complaints.

☎ 9268 5544 or free call 1800 670 812 TTY: 9268 5522

🏠 Level 4, 175-183 Castlereagh St, Sydney

Area Served: NSW

Hours: Mon-Fri 9am-1pm; 2pm-4pm

♿ Yes (plus TTY)

🌐 www.lawlink.nsw.gov.au/adb

Australian Human Rights Commission

Description: Investigates complaints of discrimination and human rights breaches. Complaint handling service is free, informal and impartial.

☎ Complaints hotline 1300 656 419

🏠 Level 8, Piccadilly Tower, 133 Castlereagh St, Sydney

Hours: 8:30am-5:30pm Mon-Fri

♿ Yes, including parking

Web: www.humanrights.gov.au

**Women - see also Women's Legal Services NSW
under Support Services for Women**

Be flexible.

A budget is a tool, not a straitjacket.

Saving will be easier than you think
when you've got a budget to tell you where your
money is going.



Tracey Makkai: *Ruins at Lithgow*


mental health


Mental Health

Community Mental Health Services

Description: Provides assessment and management for children and adults with a mental illness.

Katoomba Community Health Centre


 4782 2133


 93 Waratah St, Katoomba

Hours: Mon-Fri 8:30am-5:00pm

 Yes, including parking

Springwood Community Health Centre

 4751 0100


 288-292 Macquarie St, Springwood

Hours: Mon-Fri 8:30am-5:00pm

 Yes

Blue Mountains Mental Health ACCESS Team

Description: Provides a triage, assessment and referral service for adults with a mental illness.

 1800 650 749

 Katoomba Community Health Centre, 93 Waratah St, Katoomba

Hours: 24 hours


Eligibility: From 15 years

 Yes

Child & Adolescent Mental Health Service (CAMHS)

- **Assessment and Therapy Team:** Provides assessment and therapy services for children, young people (up to age 18) and their families who are experiencing complex mental health problems.
- **EPI (Early Psychosis Intervention):** Provides therapeutic service for young people up to age 24 experiencing first episode psychosis.
- **ECCO service:** A service for children under 5yrs. Referral through Paediatrician.
- **COPMI (Children of Parents with a Mental Illness):** Provides support and information for children living with a parent who has mental illness.

 4732 2388 Referrals through the ACCESS team on 1800 650 749

 Borec House 29-57 Station St, Penrith


Hours: Mon-Fri 8:30am-5:00pm


 Yes

Aftercare - Personal Helpers and Mentors (PHaMs)

Description: Aftercare actively promotes a healthy lifestyle by providing a range of social and recreational activities aimed at assisting the individual to experience and participate in a number of community based events. The Personal Helpers and Mentors Program is a program which takes a strengths based, recovery approach to supporting people with a severe functional limitation resulting from a severe mental illness.

Lower Blue Mountains / Springwood PHaMs


 4752 2300

 Unit 2, 107 Macquarie Rd, Springwood

Hours: Weekdays 8:30am-5pm

Eligibility: Glenbrook to Wentworth Falls

Katoomba / Lithgow / Upper Blue Mountains PHaMs

 6350 0100


 166 Main St, Lithgow


Hours: Weekdays 9am-5pm

Eligibility: Portland to Wentworth Falls

Richmond Fellowship of NSW


Description: High Support HASI (Housing and Accommodation Support Initiative). Provides accommodation support for people with a diagnosed serious mental illness.

 4720 4500

 1/80 Henry St, Penrith


Hours: Mon-Fri 7:30am-9pm

Fees: No fees

 www.rfnsw.org.au

Richmond St John of God - Counselling and Therapy Centre

Description: Provides a range of programs for people experiencing depression, anxiety, post-traumatic stress disorders/trauma, phobias, panic attacks, anger management, relationship difficulties, self-esteem and drug and alcohol issues. Also provides a 12 week program for people dealing with drug or alcohol dependency.

 4570 6128

 177 Grose Vale Rd, North Richmond

Hours: Mon-Fri 8:30am-4:30


Fees: Contact for details

Eligibility: From 18 years

Referral: Referral required from psychiatrist from St John of God.




Yes, including parking

 www.sjog.org.au

Vale Street Social and Recreation Centre

Description: Provides a range of recreational activities, social & emotional support, living skills, health information & promotion and referral for people living with or recovering from mental health issues.

 4782 1286


Hours: Monday & Wednesday 10:00am-3:30pm

Fees: All programs are free or low cost



Yes


Transport: Free bus service to Katoomba/Leura

 www.kncinc.org.au/valest.html

One in Five Creative Arts Association – Springwood Group

Description: A mental health creative and social initiative established to provide creative opportunities to artists, photographers, writers, poets, musicians and all craftspeople.

Tangential to One in Five, but a new part of it, has been the development of the concept and practise of 'a peaceful centre'. A group of five people come together in their homes, coffee shop, wherever, for a five week commitment to listen and support each other. For more information ring Col.


 4751 3789 or 0414 801 092 (Col)

Hours: Please ring Col for meeting times and venue

 www.oifcaa.blogspot.com

1 in 5 Creative Arts Association – Upper Mountains / Lithgow Group

Description: A mental health creative and social initiative established to provide creative opportunities to artists, photographers, writers, poets, musicians and all craftspeople.

 4787 7770

 Blackheath Area Neighbourhood Centre, Gardiner Cr.

Hours: Tuesday afternoon fortnightly


 www.1in5creativearts.com


Upper Mountains Mental Health Peer Support Group

Description: A small group of mental health consumers meets fortnightly for a cuppa and some supportive conversation.

"We meet once a fortnight at the Vale Street Centre in Katoomba. We are run

by and for consumers with support from the Occupational Therapists from the Katoomba Community Health Centre".

 4782 2133 (Stuart at the Community Health Centre)


 Vale Street Centre, Katoomba

Hours: Alternate Thursdays 1:30pm-3:00pm

 Yes

Mental Health Advocacy Service

Description: Provides free legal advice and assistance about mental health law. If you are not sure whether they can help, give them a call anyway. They may be able to refer you to the right place for your problem. Relatives and friends are also welcome to call for advice. A social worker is also available to help with a wide range of related social issues.

 9745 4277


 Level 4, 74-76 Burwood Rd, Burwood

Hours: Mon-Fri 9am-5pm

 www.legalaid.nsw.gov.au

Transcultural Mental Health Centre

Description: Promotes access to mental health services for people of Culturally and Linguistically Diverse (CALD) backgrounds. Offers free assessment, consultation, and where appropriate, referral service to people of culturally and linguistically diverse backgrounds.

 1800 648 911


 Cumberland Hospital, 5 Fleet St Parramatta

Hours: Mon-Fri 8:30am-5:00pm

 www.dhi.gov.au/tmhc

Official Visitors Program

Description: Official Visitors are appointed by the NSW Minister for Health to visit people in mental health inpatient facilities in NSW and are available to assist consumers on community treatment orders.

 1800 208 218


Hours: Mon-Fri 8:00am-5:00pm

 www.ovmh.nsw.gov.au

Health Care Complaints Commission


Description: Acts to protect public health and safety by dealing with complaints about health service providers in NSW.

 9219 7444 or free call 1800 043 159

 Level 13, 323 Castlereagh St (corner of Hay St) Sydney

Hours: Mon-Fri 9am-5pm


 Yes

 www.hccc.nsw.gov.au

Schizophrenia Fellowship

Description: Provides support, information, education and advocacy for people living with schizophrenia, their families and carers, and professionals working in the area.

 9879 2600 or free call 1800 985 944

 The Old Gladesville Hospital, Bldg 36, Digby Rd, Gladesville

Hours: Mon-Fri 9am-5pm

 www.sfnsw.org.au

Practising the arts of meditation and Tai Chi
helps balance the mind and body.

Tracey

Self-help techniques for promoting good mental health

- Take good care of yourself, look after yourself, be kind to yourself and treat yourself well.
- Do no deliberate harm to yourself, or to others.
- Without harming yourself or others – be willing to do whatever it takes to look after yourself.
- Use humour, acceptance, forgiveness and warmth of spirit in dealing with yourself each day and in interacting with others.
- Take your time; the biggest and most worthwhile challenges in life still have to be approached one step at a time.
- If you need help, ask for it.
- Learn to get along with yourself; the only person that any of us has a lifelong, constant relationship with is ourselves. So we might as well make it a good one!
- Be willing to develop a plan that supports the promotion and maintenance of good health and wellbeing.

The Wellness Guide – A Resource to Support the Recovery Journey, Sydney West Area Health Service – Mental Health Network

Section 6 – Health and Lifestyle Issues, page 216

Strategies to help cope with panic attacks/episodes of severe anxiety

- Remember to breathe ... Don't run or rush around. Sit down and do your controlled breathing exercise.
- Don't add to your panic or anxiety with frightening thoughts... Using your own comforting and familiar phrase, tell yourself "I am calming down as I sit here breathing".
- Take notice of what is happening to your body at this moment, not what you think might happen.
- Remember that although they are unpleasant and frightening, panic attacks and episodes of severe anxiety are not harmful or dangerous.
- Remain where you are until you have calmed down (it is best not to drive or operate machinery whilst in the aftermath of a panic or anxiety attack).
- When you are ready to leave, walk in a relaxed and easy way.
- Accept that you are making progress each day.
- Don't judge yourself for having an anxiety or panic attack. Be gentle and kind to yourself.

The Wellness Guide – A Resource to Support the Recovery Journey
Sydney West Area Health Service – Mental Health Network
Section 6 – Health and Lifestyle Issues, page 220

Information about Mental Health

A Guide to the Mental Health Act 2007

The Mental Health Act is the law which provides for the treatment of people with mental illness in mental health facilities and the community. It aims to protect the rights of people with mental illness or mental disorder whilst ensuring that they have access to appropriate care. This care is required to place as little restriction on the rights and liberty of the patient as the circumstances permit.

To whom does the Act apply?

The Act makes provision for the care of patients who:

1. Are admitted to a mental health facility voluntarily (called voluntary patients);
2. Are admitted to or detained in a mental health facility against their wishes (called involuntary patients);
3. Are required to receive treatment in the community.

The Mental Health (Forensic Procedures) Act 1990, as well as the Mental

Health Act 2007, provide for the care of patients who have committed a criminal offence and are mentally ill. These patients may be either forensic or correctional patients.

Who can be detained in a mental health facility without their consent?

A person may be detained in a mental health facility if they fall within the definition of a “mentally ill person” or “mentally disordered person” set out in the Act.

A “mentally ill person” must have one or more of the symptoms set out in the Act and, as a consequence, present a risk of serious harm to themselves or others. The symptoms listed in the Act are: hallucinations, delusions, serious thought disorder, serious disturbance of mood, or sustained irrational behaviour suggesting the presence of one of these symptoms.

A “mentally disordered person” is a person whose behaviour is so irrational that they place themselves or someone else at risk of serious physical harm.

How does a person come to be detained in a mental health facility without his or her consent?

The most common way a person is detained in a mental health facility is by a doctor completing a certificate that states that the person is mentally ill or mentally disordered. This certificate is called a Schedule 1. The doctor may only complete the certificate if s/he has seen the person and considers that no care other than treatment in a mental health facility is appropriate and available.

As soon as possible (but no later than 12 hours) after admission to a mental health facility, the person must be examined by another doctor. If that doctor considers the person to be mentally ill or mentally disordered, a second examination will be arranged. If not, the person will be discharged. If the doctor conducting this second examination considers the person to be mentally ill, then s/he will be brought before a Magistrate. The Act requires that a psychiatrist conduct either the first or second examination at the mental health facility. In some circumstances, there may be a third examination by another psychiatrist. The Magistrate will conduct an inquiry to decide whether the person needs to remain in a mental health facility. The person must be represented by a lawyer at the Magistrate’s inquiry unless she/he decides otherwise. Lawyers from Legal Aid attend each metropolitan mental health facility to offer this representation.

The Magistrate may order that the person remain in a mental health facility for up to three months although orders, when made, are usually for much shorter periods. The Magistrate may also order treatment in the community.

People may also be admitted to a mental health facility following apprehension by the police if found committing a criminal offence or engaging in self harming behaviour. The procedure after admission is essentially the same.

Do people in mental health facilities have rights?

The Mental Health Act 2007 sets out the rights of people detained in mental health facilities. These include being given a notice of these rights on admission.

Patients' rights include:

- having their case heard by an independent Magistrate;
- having their primary carer notified of the inquiry;
- having an interpreter if necessary;
- wearing street clothes and having access to shaving gear or make up for the hearing;
- having a solicitor present at the hearing;
- not being ill treated; (and)
- not being over-medicated.

A person detained in a mental health facility has the right to nominate a primary carer or exclude persons from being their primary carer. If a person does not nominate a primary carer and is not a child or under guardianship, their spouse, relatives or friends may be their primary carer under the Act.

The doctor must take all reasonable steps to notify the primary carer of the person's initial detention in a mental health facility, of a Magistrate's inquiry, and of events affecting the person (such as a transfer to another mental health facility). The doctor must also take all reasonable steps to consult with the primary carer in relation to the planning of discharge.

How can a person obtain legal representation under the Act?

Solicitors from the Mental Health Advocacy Service attend Magistrate's inquiries at all metropolitan mental health facilities and appear for patients free of charge. The service also coordinates free legal representation for patients throughout NSW. Patients can also organise a private lawyer at their own expense if they wish.

What is the Mental Health Review Tribunal?

The Mental Health Review Tribunal is a tribunal consisting of a lawyer, a psychiatrist and another suitably qualified member. It has many functions under the Mental Health Act 2007 including regularly reviewing all involuntary patients, hearing appeals and hearing applications for community treatment orders.

www.legalaid.nsw.gov.au



Sculpture Workshop at Vale Street Social & Recreation Centre, February 2011


op shops

Op Shops

Blackheath

St Vincent De Paul

Description: Charity shop sells second hand clothing and household goods at low cost.

 4787 6495

 123 Station St, Blackheath


Hours: Mon-Thurs 9am-4.30pm, Fri 9am-4pm

 www.vinnies.org.au/shop-for-life-nsw

Katoomba

Salvation Army Family Store

Description: Selling clothing, bric-a-brac, electrical goods, collectables and furniture.

 4782 6683


 33-35 Waratah St, Katoomba

Hours: Mon-Fri 9am-4pm, Sat 9am-1pm

 www.salvosstores.salvos.org.au


Lifeline

Description: Recycled clothing, books, bric-a-brac and some new items.

 4751 2137


 117 Katoomba St, Katoomba (behind the church)

Hours: Mon-Fri 9am-5pm, Sat 10am-2pm

 www.katoomba-nsw.com/Lifeline.html

St Vincent De Paul

Description: Charity shop sells second hand clothing and household goods at low cost.

 4782 1068 or 4782 5155

 65 Waratah St, Katoomba


Hours: Mon-Thurs 9am-4.30pm, Fri 9am-4pm, Sat 10am-3pm

 www.vinnies.org.au/shop-for-life-nsw

Blue Mountains Cancer Help Op Shop

Description: Provides low cost clothing and furniture. Major source of funding for Blue Mountains Cancer Help. Donations of furniture, clothing and other

items in good condition welcomed.

 4782 6076

 2/27 Whitton St, Katoomba


Hours: Mon-Fri 10am-4pm, Sat 10am-2pm

 Yes, including parking

 www.cancerhelp.net.au


Anglicare Shop

Description: Recycled clothing and accessories at great prices. New stocks arrive regularly so there is always something different.

 4782 9326

 195C Katoomba St, Katoomba


Hours: Mon-Fri 9am-5pm, Sat 9:00am -2.45pm

 www.anglicare.org.au/our-services/anglicare-shops

Springwood

St Vincent De Paul

Description: Charity shop sells second hand clothing and household goods at low cost.

 4751 2271

 272 Macquarie Rd, Springwood


Hours: Mon-Fri 9:00am-4:30pm, Sat 9am-1pm

 No

 www.vinnies.org.au/shop-for-life-nsw

Lifeline

Description: Recycled clothing, books, bric-a-brac and some new items.

 4751 2137


 10- 11 Raymond Mall, Springwood

Hours: Mon-Fri 9am-5pm, Sat 9am-1pm

Blaxland

Blue Mountains Cancer Help Op Shop

Description: Provides low cost clothing and furniture. Major source of funding for Blue Mountains Cancer Help. Donations of furniture, clothing and other items in good condition welcomed.

 4739 5509

 148 Great Western Hwy, Blaxland



Dolores Turró: *Autumn in Katoomba*

recovery from addiction

Recovery from Addiction

Addiction affects us in many different ways and has a great impact on our mental, physical and spiritual well being. Addiction is a behaviour that we are powerless over stopping even though it has negative consequences on our lives. It is associated with cravings, compulsions and obsessions, both physical and mental. Without treatment or engagement in recovery activities, addiction is progressive and can result in disability or premature death. Recovery from addiction takes great courage and faith and the support of a fellowship can help with this process. There are many different support groups and recovery programmes for the various forms of addictions that can help to bring balance and health back into our lives.

ALCOHOLICS ANONYMOUS

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

Alcoholics Anonymous Blue Mountains and Western Sydney

Description: Telephone Helpline

☎ 4782 2412

🌐 www.bmwscso.org

Meetings

Glenbrook

Monday 8:00 PM

🏠 Uniting Church Hall Cnr. Lucasville Rd, & Green St.

Wednesday 1:00 PM

🏠 Uniting Church Hall Cnr. Lucasville Rd, & Green St.

Thursday 7:30 PM As Bill Sees It (book discussion)

🏠 Uniting Church Hall Cnr. Lucasville Rd, & Green St.

Katoomba

Sunday 10:30 AM As Bill Sees It (book discussion)

🏠 Neighbourhood Centre 8 Station St.

Monday 1:00 PM Women's meeting

🏠 Neighbourhood Centre 8 Station St.

Tuesday 7:00 PM Steps meeting

🏠 St Hilda's Church Hall Katoomba St.

Wednesday 12:00 PM

🏠 Neighbourhood Centre 8 Station St.

Thursday 3:00 PM

 St Hilda's Church Hall Katoomba St.

Thursday 6:30 PM Living Sober book discussion

 Neighbourhood Centre 8 Station St.

Lawson

Monday 8:00 PM


 Mid Mountains Community Centre 9 New St.

Saturday 1:00 PM

 Rear Hall Santa Maria Conference Centre
Cnr Hwy & Kitchener St, next to Catholic Church, enter from Mary St.

Leura

Friday 10:30 AM As Bill Sees It (book discussion)

 Anglican Church Hall 137 Megalong St.

Friday 8:00 PM


 Anglican Church Hall 137 Megalong St.

Springwood


Sunday 8:00 AM Spiritual concept meeting

 Neighbourhood Centre 108 Macquarie Rd.


Monday 6:30 PM Big Book study

 Neighbourhood Centre 108 Macquarie Rd.

Wednesday 7:30 PM (closed meeting; alcoholics only)

 Presbyterian Church Hall 160 Macquarie Rd.

Friday 6:30 PM Steps meeting

 Presbyterian Church Hall 160 Macquarie Rd.

The 12 Steps

Step 1 - We admitted we were powerless over our addiction - that our lives had become unmanageable

Step 2 - Came to believe that a Power greater than ourselves could restore us to sanity

Step 3 - Made a decision to turn our will and our lives over to the care of God as we understood God

Step 4 - Made a searching and fearless moral inventory of ourselves

Step 5 - Admitted to God, to ourselves and to another human being the exact nature of our wrongs

Step 6 - Were entirely ready to have God remove all these defects of character


Step 7 - Humbly asked God to remove our shortcomings

- Step 8** - Made a list of all persons we had harmed, and became willing to make amends to them all
- Step 9** - Made direct amends to such people wherever possible, except when to do so would injure them or others
- Step 10** - Continued to take personal inventory and when we were wrong promptly admitted it
- Step 11** - Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out
- Step 12** - Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs

Katoomba Community Health Centre

 4782 2133 or 1800 222 608 (Intake)


Description: Drug and Alcohol counselling service, including smoking cessation.

 93 Waratah St, Katoomba


Hours: Mon-Fri 8.30am -5:00pm

 Yes

Springwood Community Health Centre

 4751 0100 or 1800 222 608 (Intake)

Description: Drug and Alcohol counselling service.


 288 – 292 Macquarie Rd, Springwood

Hours: Mon-Fri 8.30am-5:00pm

 Yes

Blue Mountains District Drug & Alcohol service


Description: 24 hour phone service for advice and information on alcohol and drug issues. Provides assessment and referral, counselling and crisis counselling.


 1800 422 599

Hours: 24 hours 7 days a week

Overeaters Anonymous

Description: Overeaters Anonymous is a fellowship of men and women from all walks of life who meet in order to help solve a common problem - compulsive overeating. The only requirement for membership is a desire to stop eating compulsively.

 9518 3004

 Mid Mountains Neighbourhood Centre, View St, Lawson

Hours: Thursday 6:00-7.30pm


 Yes

 www.oasydney.org/index.html

Sex and Love Addicts Anonymous

Description: Sex and Love Addicts Anonymous is a Twelve Step, tradition-oriented fellowship based on the model pioneered by Alcoholics Anonymous.

 Check website for meetings

 www.slaa.org.au

Narcotics Anonymous

Description: Primary purpose is to help addicts who suffer active addiction to stay clean and to carry the message that it is possible to stop using drugs.

 Uniting Church Katoomba St, Katoomba

Hours: Friday 7.30pm

and

 Katoomba Neighbourhood Centre, 8 Station St, Katoomba


Hours: Monday 7pm


 Yes

 www.naoz.org.au/community

Substance.org (formerly Western Sydney Drug & Alcohol Resource Centre)

Description: Provides drug and alcohol information, referral services and engages in community development activities and projects.

 4732 1999

 Community Connection Building, Suite 109, 114 – 116 Henry St, Penrith

Hours: Mon-Thurs 9:00am-4:30pm; Fri 9.00am-2.30pm


Agency visits are by appointment

 Yes

 www.substance.org.au

Family Drug Support - Support Line

Description: 24 hour service for families and friends of people with drug related issues. It is a volunteer run service and provides information, referral and empathetic listening.

 1300 368 186 24 hours

 www.fds.org.au




Anna Feord: *Light Holding*

recreational information

Recreational Information

Vale Street Social and Recreation Centre

Description: Provides a range of recreational activities, social & emotional support, living skills, health information & promotion and referral for people living with or recovering from mental health issues.

 4782 1286

Hours: Monday & Wednesday 10:00am-3:30pm

Fees: All programs are free or low cost

 Yes


Transport: Free bus service to Katoomba/Leura

 www.kncinc.org.au/valest.html

One in Five Creative Arts Association – Springwood Group

Description: A mental health creative and social initiative established to provide creative opportunities to artists, photographers, writers, poets, musicians and all craftspeople.

Tangential to One in Five, but a new part of it, has been the development of the concept and practise of 'a peaceful centre'. A group of five people come together in their homes, coffee shop, wherever, for a five week commitment to listen and support each other. For more information ring Col.

 4751 3789 or 0414 801 092 (Col)


 Monthly members' meetings are held at different locations

Hours: Please ring Col for meeting times and venue

 www.oifcaa.blogspot.com

1 in 5 Creative Arts Association – Upper Mountains / Lithgow Group

Description: A mental health creative and social initiative established to provide creative opportunities to artists, photographers, writers, poets, musicians and all craftspeople.

 4787 7770


 Blackheath Neighbourhood Centre, Gardiner Cr.

Hours: Tuesday afternoon fortnightly

 www.1in5creativearts.com

Healing Through Creativity

Description: Does recovery from mental illness touch your life or those around you? We provide both water colour and general craft classes.

 4759 2811

 Springwood Neighbourhood Centre

Hours: Wednesdays fortnightly 10am-12noon during school terms.

Fees: Cost \$5 per class. A light lunch is served after the class for \$3.




Yes

Your local neighbourhood centre runs groups and activities such as yoga, choirs and computer courses. Call or visit your local neighbourhood centre for a list of current activities.

Blackheath Area Neighbourhood Centre

 4787 7770

 265 Great Western Hwy (Corner Gardiner Cr) Blackheath


Hours: Mon-Fri 9.30am-4:00pm, closed 12:30pm-1:30pm



Yes

 www.banc.org.au

Katoomba Neighbourhood Centre

 4782 1117

Location: 6-8 Station St, Katoomba


Hours: Mon, Tue, Thu, Fri 9:00am-12:30pm and 1:30pm-5:00pm,
Wed 9:00am-12:30pm



Yes

 www.kncinc.org.au

Mid Mountains Neighbourhood Centre

 4759 2592

 9 New St, Lawson

Hours: Mon-Thu 9am-4pm, Fri 9am-1pm



Yes

 www.mmnc.org.au

Springwood Neighbourhood Centre


 4751 3033

 108 Macquarie Rd, Springwood


Hours: Mon-Fri 9:15am-4:30pm



Yes

 www.sncc.org.au

Winmalee Neighbourhood Centre


 4754 4050

 62 Whitecross Rd, Winmalee

Hours: Mon-Thu 9:00am-4:30pm, Fri 9am-4pm

 Yes


Lower Mountains Neighbourhood Centre

 4739 1164

 33 Hope St, Blaxland

Hours: Mon-Thu 9:00am-4:30pm, Fri 9am-1pm


Fees: Transport Services

 Yes, including parking

 www.lmnc.org.au

Blue Mountains Organic Community Garden

Description: Would you like to grow and eat your own food? All are welcome to volunteer to be part of the Katoomba Community Garden.

 Victoria St, North Katoomba


Hours: Volunteers meet every Friday morning 10:30am-3:00pm.


 bluemountainscommunitygardens.org

Blue Mountains City Council Library Services


Description: The Council libraries offer resources to cover all reading levels from babies to young adults. Tapes, text kits, toys and large print books also available. Recreational activities for families and children are offered.

Hours: Call your local branch for opening hours


 Yes, all libraries

 Access available in all libraries

Blackheath  4787 8893


 Community Hall, Great Western Hwy, Blackheath

Katoomba  4780 5750

 Town Centre Arcade, Katoomba St, Katoomba

Wentworth Falls  4757 2095

 School of Arts Building, Great Western Hwy, Wentworth Falls

Lawson  4759 1446

 Corner San Jose Ave and Loftus St, Lawson

Springwood ☎ 4723 5040

 104 Macquarie Rd, Springwood

Blaxland ☎ 4739 4284

 Community Centre 33 Hope St, Blaxland

Movie Theatres

Mt Vic Flicks ☎ 4787 1577

 Harley Ave, Mt Victoria


 Yes

The Edge ☎ 4782 8900

 225-237 Great Western Hwy, Katoomba

 Yes

Glenbrook Cinema ☎ 4739 4433

 Great Western Hwy, Glenbrook

 Yes

Swimming Pools and Aquatic Centres

All pools offer family passes and concessions, learn to swim programs and picnic areas. They are operated by the Blue Mountains Council. All Blue Mountains Leisure Centres are closed on Good Friday and Christmas Day. Further details on all of the pools can be found at www.bmleisurecentres.com.au

Blackheath Pool

Description: Unheated pool, open summer months only.

☎ 4787 8018

 Prince Edward St, Blackheath


Hours: Monday to Friday: 7am-7pm

Weekends and Public Holidays: 8am-7pm

: Yes

Katoomba Sports and Aquatic Centre

Description: Indoor heated 25m pool, outdoor heated 50m pool, toddler pool, learners pool, spa, sauna. Tumbling and trampolining, childminding, sports courts, gymnasium, group exercise and personal training.

 4780 5156


 Farnells Rd, Katoomba

Hours: Mon-Fri 6am-8pm; Sat-Sun 8am-6pm

 Yes

Lawson Swim Centre

Description: Heated outdoor 50m pool.

 4759 1458


 Wilson Park, St Bernards Drive, Lawson


Hours: Mon-Fri 6am-6pm; Sat-Sun 8am-6pm

 Yes

Springwood Aquatic and Fitness Centre

Description: Indoor heated 25m pool, pool with ramp access, leisure pool with children's beach area, water slide, turbo pool, spa, sauna, steam room, fitness centres, childminding, fully catered cafeteria and fitness accessories shop.

 4723 5111

 Plateau Rd, Springwood

Hours: Mon, Tue, Wed and Fri: 6am-8pm; Thur: 6pm-8pm (October-March);
Thu: 6am-7pm (April-September)

Saturday and Sunday: 8am-6pm


Public Holidays: 8am-6pm

Summer Weekends: 8am-8pm (December-February)

 Yes

Glenbrook Swim Centre

Description: Heated pool

 4739 5880

 Corner Wascoe and Fletcher Sts, Glenbrook.

Hours: Mon, Wed and Fri 6:00am-6:30pm; Tue and Thu 6am-7pm;
Sat and Sun 8am-7pm

 Yes



Julie Cameron: *Red Flowers*

support services

• Carers

Wentworth Area Relatives of the Mentally Ill (WAROMI)

Description: Provides support to family, carers and friends of sufferers of schizophrenia and other major mental illness.

Discussion and information shared at meetings.

☎ 4739 1809

🏠 Education Centre, BMDAMH, Great Western Hwy, Katoomba

Hours: Meets 7pm 1st Monday each month - 24 hours phone support

♿ No (three steps into Centre)

Blue Mountains Carers Group

Description: Provides support to carers of people living with a mental health issue.

☎ 4782 5133

🏠 Meets at Blue Mountains Women's Health and Resource Centre, 21 Lurline St, Katoomba

Hours: The last Friday of the month 10:15am-1:00pm

Eligibility: Women only

GROW

Description: Provides information, education and support groups to people with a mental health illness and their carers. GROW has a range of local Blue Mountains groups; ring to find out what is in your area.

☎ 1800 558 268

💻 www.grow.net.au

Adult Relatives and Friends of the Mentally Ill (ARAFMI)

Description: Voluntary organisation providing peer support for carers of people with a mental illness.

☎ 1800 655 198

💻 www.arafmi.org

If your mind starts to
get cloudy and you start to feel confused
you should call for help immediately, don't wait for it to
get worse, it may be too late.

Peter

Commonwealth Respite and Carelink Centre

Description: Coordinates information, support and respite for carers of people with a mental illness, disability, or who are frail aged.

Katoomba Centre

☎ 4782 1608

🏠 68 Katoomba St (behind St Hilda's church) Katoomba

Hours: Drop-in Weds 9am-4pm

Penrith Centre

☎ 1800 052 222

🏠 396 High St (cr. Woodriff and High St) Penrith

Hours: Mon-Fri 9am-4pm

💻 www9.health.gov.au/ccsd

Talk to your doctor honestly
to get the best support.

Lesley

Talk on the phone with a relative or a
friend on a weekly basis.

Have coffee with a friend.

Read a book, or go to the library.

Lesley

• Children

CAMHS Child & Adolescent Mental Health Service


Description: See description of services below:


Assessment and Therapy Team: Provides assessment and therapy services for children, young people (up to age 18) and their families who are experiencing complex mental health problems.

EPI (Early Psychosis Intervention): provides therapeutic service for young people up to age 24 experiencing first episode psychosis.

ECCO service: A service for children under 5yrs. Referral through Paediatrician.

COPMI (Children of Parents with a Mental Illness) Service: Provides support and information for children living with a parent who has mental illness.

 47322 388 for all services


 Borec House 29-57 Station St, Penrith

Hours: Mon-Fri 8.30am-5:00pm

 Yes

Connect Child and Family Services Inc.

Description: Provides integrated early childhood services for children and families including supported playgroups, transition to school programs, parent and educator resource library and early intervention for children with disabilities.

 4758 9966

 48-50 Oaklands Rd, Hazelbrook

Hours: Mon-Fri 8:30am-4:30pm


Fees: Contact for details

 Yes

 www.connect.asn.au

Gunedoo Child Protection Service

Description: Provides counselling services for families who have been affected by violence or other issues impacting on children's development. Counselling may occur individually, involve different family members, or group programs.

 4782 5326


 Clairvaux Community Complex, 14 Oak St, Katoomba

Hours: Tues-Fri 9am-5pm

Eligibility: Families with children aged between 0–18 years old in the mid to upper Blue Mountains (Linden to Mt. Victoria)



Yes

 www.gunedoo.org.au

Community Health Counselling Service


Description: Counselling service for children and families experiencing issues such as child behaviour problems, grief and loss, anxiety, domestic violence, post-natal depression, trauma.

 1800 222 608 (Central Referral Service)

Hours: Mon-Fri. 9am-4pm

Child & Adolescent Development Unit

Description: Provides a variety of allied health services for infants, children and adolescents (0 – 18yrs); a comprehensive diagnostic and assessment service for children suspected of having developmental delays and disorders; individual physiotherapy services; individual nutrition and dietetic services available to all children and adolescents.

 4784 6671

 Blue Mountains District Hospital, Katoomba


Hours: 8:30am -4:30pm

Eligibility: Preschool and school aged children

Referral: Paediatrician referral

 Yes

Kids Helpline

 1800 55 1800


Hours: 24hrs 7 days a week


 www.kidshelp.com.au

• Indigenous

Blue Mountains Aboriginal Culture and Resource Centre

Description: To provide the wider community with a place to share cultures and history, and to address current issues. Contact for full range of services.

 4782 6569

 Clairvaux, 14 Oak St, Katoomba

Hours: Mon-Thu 9am-5pm, Fri 9am-1pm

 Yes

Link Up

Description: Works with Aboriginal and Torres Strait Islander adults who have been separated from their family of origin.

 4759 1911 or free call 1800 624 332

 5 Wallis St, Lawson


Hours: Mon-Fri 9am-5pm

 Yes

 www.linkupnsw.org.au

Aboriginal Health Worker

Description: Aboriginal worker available for advice, consultations and referrals for the Aboriginal community.

 4759 8700


 Lawson Community Health Centre, 8-12 Honour Ave, Lawson

Hours: Mon-Fri 8:30am-5:00pm

 Yes

Darug Custodian Aboriginal Corporation

Description: All aspects of cultural heritage. Provides guided walks incorporating cultural and historic sites and bush tucker.


 4577 5181


Hours: Mon-Fri 9am-5pm

Fees: For some services

Darug Tribal Aboriginal Corporation


Description: Dedicated to increase the profile of the Darug people, to assist in research into how the Darug people lived, their language and ancestry.

 9671 3991

 www.darug.org.au

Deerubbin Local Aboriginal Land Council

Description: Covers the area across the Blue Mountains to the western escarpment.

 4724 5600

 2/9 Tindale St, Penrith

Hours: Mon-Fri 9am-5pm

 Yes

 www.deerubbin.org.au

Gully Traditional Owners

Description: Traditional Owners of the Gully. Provides access to cultural knowledge, heritage and land.

 4757 3223 Merle Williams


 23 Gates Ave, Katoomba


Hours: Mon-Fri 9am-5pm

 Yes

Gundungurra Tribal Council

Description: Offers culturally appropriate awareness programs of Gundungurra heritage.

 4782 2413


 Clairvaux, 14 Oak St, Katoomba


Hours: Mon-Fri 9am-5pm

 www.gundungurra.org.au

Wangary Aboriginal Home Care

Description: Provides domestic assistance, personal care, respite care, shopping and lawn mowing services and transport to frail older persons or persons with a disability who are having trouble managing at home.

 4734 9422 or 1300 797 606 (Assessment team)

 295 High St, Penrith

Hours: Mon-Fri 8:30am-4:30pm


Fees: For some services only

 Yes

Aboriginal Medical Service Western Sydney

(Formerly Daruk Aboriginal Medical Services)

Description: Provides a much needed health service to the local Aboriginal community.


 9832 1356

 2 Palmerston Rd, Mt Druitt

Hours: Mon-Fri 9am-5pm


Referral: No referral or appointment required to see doctors


 Yes, including transport

 www.amsws.org.au

NSW Aboriginal Land Council


Description: Ensures a better future for Aboriginal people by working for the return of culturally significant and economically viable land, pursuing cultural, social and economic independence for its people and being politically pro-active as well as voicing the position of Aboriginal people on issues that affect them.

 9689 4444

 Ground Floor – 33 Argyle St, Parramatta

Hours: Mon-Fri 9am-5pm


 Yes

 www.alc.org.au

Anti-Discrimination Board of NSW – Aboriginal & Torres Strait Islander Outreach Team

Description: Aims to help the Aboriginal and Torres Strait Islander community to understand the NSW Anti-Discrimination Act by letting them know what their rights and responsibilities are under the Act through education training sessions. The team also investigates and conciliates complaints by Aboriginal and Torres Strait Islander people within NSW.

 1800 670 812

 Stockland House, Level 4, 175 Castlereagh St, Sydney

Hours: Mon-Fri 9am-5pm

 Yes


 www.lawlink.nsw.gov.au

• Men

Men's Shed

Description: Provides a place for men of all ages and backgrounds to meet, to share skills, knowledge, life-experiences, and work together on practical projects for the whole community.


Katoomba

 4782 7433


 6 Orient St, Katoomba


Hours: Wed and Thu 9am-3pm

 Wheelchair accessible path to accessible toilets in Showground facility

 www.kms.org.au

Lower Mountains

 4751 6819

 19 Calver Ave, Mount Riverview


Hours: 2nd Tue and 4th Sat of month 9am -12pm

 Yes

 www.menshed.org

Blue Mountains Emergency Accommodation

Description: Provides 2–3 days accommodation at a time and 1 meal per day.

 4782 9251 (welfare); 0401 690 877 (emergency)

 Level 2, 33 Waratah St, Katoomba


Hours: Welfare - Mon-Fri 10am-1pm; emergency - 24 hours

Eligibility: Single men, and men with children in their care

Referral: Self, but you will need an Income Referral Statement from Centrelink

Parramatta Mission - Hope Hostel


Description: Crisis accommodation for homeless men over the age of 18. Also support groups, counselling and case management.

 9683 1630

 2b Fleet St, North Parramatta

Hours: 24 hours 7 days


Fees: Accommodation costs \$135.00 per week

 www.parramattamission.org.au

• Multicultural

Blue Mountains Multicultural Residents Association

Description: Promotes opportunities for people from Culturally and Linguistically Diverse (CALD) backgrounds to meet socially and access services and information.

 4759 3599


 Old Council Chambers, cnr San Jose Av and Loftus St, Lawson

Hours: Mon-Fri 9am-5pm (MCRN Office)

 Yes, including parking

Nepean Multicultural Access Project

Description: Provides information and resources on Culturally and Linguistically Diverse (CALD) communities and their special needs to Home and Community Care (HACC) services.

 4732 6301

 688 High St, Penrith

Hours: Mon-Fri 8:30am-4:30pm

Fees: For some services. Contact for details


Eligibility: Must be within the HACC target group

 Yes (plus Accessible Parking)

 www.tricomm.org.au

Nepean Migrant Access Inc. (NMA)

Description: Offers support services to Culturally and Linguistically Diverse (CALD) communities and individuals in Penrith, Blue Mountains and Hawkesbury.

 9833 2416

 Building 5, 29 Swanston St, St Marys


Hours: Mon-Fri 8:30am-4:30pm

 Yes

 www.nma.org.au

Transcultural Mental Health Centre

Description: Promotes access to mental health services for people of Culturally and Linguistically Diverse (CALD) backgrounds. Free assessment, consultation, and where appropriate, referral service to people of culturally and linguistically diverse backgrounds.

 1800 648 911

 Cumberland Hospital, 5 Fleet St Parramatta

Hours: Mon-Fri 8:30am-5:00pm

 www.dhi.gov.au/tmhc

Multicultural Disability Advocacy Association

Description: Provides individual and systemic advocacy for those from CALD background with disabilities.

 9891 6400 or free call 1800 629 072


 40 Albion St, Harris Park


Hours: Mon-Fri 9am-5pm

 www.mdaa.org.au

NSW Transcultural Aged Care Service

Description: Assists and supports communities and residential aged care service providers in NSW to achieve best practice in providing quality care to meet the needs of older people from Culturally and Linguistically Diverse backgrounds.

 Croydon Health Centre, 24 Liverpool Rd, Croydon

 9378 1216


Hours: Mon-Fri 8:30am-5:00pm

 Yes

 www.nswtacs.org.au

Immigrant Women's Speakout Association

Description: Advocacy, information/referral and research body representing the ideas and issues of immigrant and refugee women in NSW.


 9635 8022

Hours: Mon-Fri 9:30am-5:00pm

 www.speakout.org.au

Translating and Interpreting Service

Description: Translating and interpreting services in over 100 languages and dialects.

 13 14 50

Hours: 24 hours 7 days


Fees: Free if communicating with doctors, pharmacists and other such groups

 www.immi.gov.au

• Older Persons

Katoomba/Laura Senior Citizens Club Inc

Description: A meeting place for seniors and the community. Morning tea served Mon, Tue, Thu, Fri, Sat from 9:30am. Lunch Tue 11am-1pm for \$5 in the Civic Centre Dining room.

 4782 1174

 Town Centre Arcade Katoomba St, Katoomba


Hours: Mon Tue, Thu Fri 9am-4pm and some Saturdays

Fees: Membership \$5 per year

 Yes, including 3 parking spaces at front of Civic Centre

Katoomba Volunteer Home Visitors

Description: Provides social support for people who are frail aged and/or people living with a disability and their carers. There are Male Carers and Men's Group workshops and the Katoomba Chorus Choir.

 4782 1117

 Katoomba Neighbourhood Centre, 6-8 Station St, Katoomba

Hours: Mon-Fri 9am-5pm Please leave a message if phone unattended


Eligibility: Potential clients need to be assessed for eligibility

 Yes

 www.kncinc.org.au

Lawson Volunteer Home Visitors

Description: Provides a range of services for the frail aged, people with disabilities and their carers residing in Blue Mountains townships between Woodford and Bullaburra.

 4759 2592

 9 New St, Lawson


Hours: Tue-Thur 9am-4pm


 Yes, including parking

 www.mmnc.org.au

Springwood Volunteer Home Visitors

Description: Provides access, information and referrals to other services. Trained volunteers provide social support through home visits and a library service.

 4751 3033

 Springwood Neighbourhood Centre, 108 Macquarie Rd, Springwood

Hours: Mon-Fri 9:15am-4:30pm, closed 12:30pm-1:30pm



www.sncc.org.au

Blaxland Volunteer Home Visitors

Description: Provides a home visiting service for the frail aged, people with a disability and their carers which aims to assist these people to live in their own homes as long as possible.

4739 8169

Lower Mountains Neighbourhood Centre, 33 Hope St, Blaxland

Hours: Tuesday - Thursday 9:00am-4:30pm



www.lmnc.org.au

Blue Mountains Aged Care Assessment Team (ACAT)

Description: Provides information on suitable care options and can help arrange access or referral to appropriate residential or community care services such as Home and Community Care (HACC). An ACAT assessment and approval is a mandatory requirement before you can request government subsidised residential aged care, Community Aged Care Packages (CACPs) or Extended Aged Care at Home (EACH) Packages.

4780 6144

Blue Mountains District Hospital, Katoomba

Hours: Mon-Fri 9am-5pm



NSW Transcultural Aged Care Service

Description: Assists and supports communities and residential aged care service providers in NSW to achieve best practice in providing quality care to meet the needs of older people from Culturally and Linguistically Diverse backgrounds.

Croydon Health Centre, 24 Liverpool Rd, Croydon

9378 1216


Hours: Mon-Fri 8:30am-5:00pm



www.nswtacs.org.au

Anita Villa Care Facility

Description: High care nursing home with physiotherapy, podiatry and diversional therapy services. Also has a dementia specific ward, palliative care ward and a developmental disability ward.

 4782 6255

 2 Penault Av, Katoomba

Hours: General enquiries Mon-Fri 9am-5pm

Eligibility: From 38 years

Fees: Contact for details


Referral: Assessment required by Aged Care Assessment Team (ACAT)


 Yes, including lifts

 www.rivierahealth.com.au

Martyn Claver Aged Care Facility

Description: General nursing home with physiotherapy, podiatry, dietitian and dementia specific services.

 4784 1281

 200 Megalong St, Leura

Hours: Mon-Fri 8:00am-3:30pm


Fees: Contact for details


Referral: Assessment required by Aged Care Assessment Team (ACAT)

 Yes, including parking

The Ritz Nursing Home

Description: General and psychogeriatric nursing home which provides a secure area for wanderers.

 4784 1201

 The Mall, cnr Megalong St and The Mall, Leura

Hours: General enquiries Mon-Fri 9am-5pm


Fees: Contact for details

Referral: Assessment required by Aged Care Assessment Team (ACAT)

 Yes

Morven Gardens Centre for Aged Care

Description: Residential aged care hostel with dementia specific unit.

 4784 3366

 5-19 Morven Rd, Leura

Hours: General enquiries Mon-Fri 9am-5pm

Fees: Contact for details

Referral: Assessment required by Aged Care Assessment Team (ACAT)

 Yes, including parking

 www.bcs.org.au

Day Centre Service Mondeval Leura

Description: Provides social and recreational activities for the frail aged and socially isolated. Transport available door to door. The Pines offers activities to incorporate programs for people with dementia in a domestic environment.

 1800 013 101 (Centralised Intake Service for all new referrals)

 104-105 Railway Pde, Leura

Hours: Mon-Fri 10:30am-3:00pm (the Pines) Tue-Fri 10:30pm-3:00pm (the Cottage)


Fees: Contact for details


Eligibility: From 65 years, for people receiving Home and Community Care (HACC) benefits

 Yes, including parking

Bodington Aged Care Facility

Description: General Nursing Home and Hostel, including Dementia specific accommodation in both facilities.

 4757 8101


 Bodington Dr, Wentworth Falls

Hours: General enquiries Mon-Fri 9am-5pm

Fees: Contact for details


Referral: Assessment required by Aged Care Assessment Team (ACAT)

 Yes, including parking and lift

 www.catholichealthcare.com.au

Buckland Aged Care Services

Description: Retirement village offering self-care units/cottages, hostel accommodation (Donald Coburn Lodge) and nursing home.

 4752 2500

 39 Hawkesbury Rd, Springwood

Hours: Mon-Fri 9am-5pm (Office)

Fees: Contact for details

Eligibility: Contact for details


Referral: Assessment required by Aged Care Assessment Team (ACAT) for hostel and nursing home

 Yes

 www.buckland-rv.com.au

Endeavour Residential Aged Care Facility

Description: Nursing home with assisted living apartments.

 4751 1000

 79 Hawkesbury Rd, Springwood

Hours: General enquiries Mon-Fri 9am-5pm

Fees: Contact for details

Eligibility: From 55 years


Referral: Assessment required by treating doctor or by Aged Care Assessment Team (ACAT).

 Yes, including lifts

Web: www.domainprincipal.com.au

Springwood Village – Uniting Care Ageing

Description: Offers a range of care and accommodation options in one location: independent living units, a hostel and a nursing home.

 4752 2000

 381 Great Western Hwy, Springwood

Hours: General enquiries Mon-Fri 9am-5pm

Fees: Contact for details

Referral: Assessment required by Aged Care Assessment Team

 Yes


 www.unitingcareageing.org.au

NOTES:
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• People of Diverse Sexualities

SOAAR – Speak Out Against Abuse in Relationships

Description: Working to acknowledge relationship abuse for people of diverse sexualities and to improve access to Western Sydney services through the development, implementation and evaluation of strategies that aim to raise awareness of and reduce the incidence and impact of Same Sex Domestic Violence.

 4782 9158

Hours: Mon-Fri 9am-5pm

 www.wimlah.org.au

Gay and Lesbian Counselling Service of NSW

 9207 2800 or free call 1800 184 527


 197 Albion St, Surry Hills

Hours: 5:30pm-9:30pm 7 days

 www.glcsnsw.org.au


Twenty10

Description: Provides support for young people to the age of 26 who identify as gay, lesbian bisexual, queer or transgender or are same-sex attracted, gender diverse or intersex.

 8594 9555 free call 1800 652 010

Hours: Phone support: Mon-Fri 10am-5pm

Drop-In centre Mon-Fri 1pm-5pm

 45 Bedford St, Newtown

 www.twenty10.org.au

ACON

Description: Community-based gay, lesbian, bisexual and transgender (GLBT) health and HIV/AIDS organisation.


 9206 2000 free call 1800 063 060

 **Hearing Impaired:** 9283 2088

 www.acon.org.au

P FLAG New South Wales Inc

Description: Offers support to parents, relatives and friends of lesbians and gays. Provides information on homosexuality.

 9294 1002 (Information Line)

 Contact for meeting venue details

Hours: Daily 8am-7pm

Disability Access: Yes (Parking, ground level access at meeting venue)

Web: www.pflagaustralia.org.au

Bush Lemons

Description: Blue Mountains bushwalks and outdoor activities for lesbians.

☎ 0414 572 991

Lemon Zest

Description: Regular outings, film nights, dances, camping weekends for lesbians.

☎ 0414 572 991

Three Sisters Social Group

Description: The group is based in the Blue Mountains and its members, for the most part, live in the local area. Gay/ lesbian. Organises social events for members. Visitors from other groups are always welcome.

Contact: Through www.pinkmountains.com.au

Blue Mountains Rainbow Parents

Description: Please visit the Rainbow Parents Yahoo Group or find us on Facebook - search for Blue Mountains Rainbow Parents. Please join up in order to post and share information.

Pink Mountains

Description: Community website for Gay, Lesbian, Bisexual, Transgender, Intersex and Queer (GLBTIQ) people living in and visiting the Blue Mountains.

🌐 www.pinkmountains.com.au

Not So Straight

Description: A website specifically built to help young people find information and support about sex and sexuality.

🌐 www.notsotraight.com.au

Another Closet


Description: An online resource to assist gays and lesbians experiencing domestic violence in same-sex relationships.

🌐 www.anothercloset.com.au

• Women

Blue Mountains Women's Health and Resource Centre

Description: Community-based medical, alternate therapy, counselling, information and referral services for women. Runs a large range of groups in Katoomba and other locations.

 4782 5133

 124 Lurline St, Katoomba

Hours: Mon-Fri 9:00am-4:30pm (closed between 12:30pm-1:30pm daily)


Fees: Sliding scale for counselling, massage and acupuncture

 Yes

 www.bmwhrc.org

Blue Mountains Women's Health and Resource Centre Young Women's Drop-In Clinic

Description: Free Young Women's Drop-In Clinic for young women aged 25 years and under.

 4782 5133

 124 Lurline St, Katoomba

Hours: Thu 3:30pm-5:30pm during school term


 Yes


 www.bmwhrc.org

Women's Domestic Violence Court Advocacy Services (WDVCAS)

Description: Provides assistance to women involved in court proceedings around family and domestic violence.

Lithgow and Katoomba Courts (WDVCAS)


 4782 4155. Please leave message if office unattended


 Elizabeth Evatt Community Legal Centre, 4 Station St. Katoomba

Hours: Mon-Fri 9am-5pm

 Yes

Penrith and Mt DrUITT Courts (WDVCAS)

 4731 5098 Please leave message if office unattended


 Old City Council Building, Cr Henry and Station St, Penrith

Hours: Mon-Fri 9:00am-4:30pm

 Yes

Wimlah Women & Children's Refuge and Outreach Service

Description: A specialist domestic violence service for women and children who are currently escaping or have ever been at risk of domestic violence. It provides crisis refuge accommodation, groups for women and children, advice and outreach support, drop-in spaces at Springwood and Katoomba, and community education.


 4782 9158


Hours: Mon-Fri 9:00am-4:30pm

 www.wimlah.org.au

Blue Gum Women's Housing Service

Description: Provides transitional support and accommodation services for single women and women with children.


 4782 3553

 23 Waratah St, Katoomba

Hours: Tue-Fri 9:30am-4:30pm

Penrith Domestic Violence Service – Transitional Housing Project

Description: Medium-term housing for women with dependent children who have experienced domestic violence and who will require a level of support to move on to independent housing.

 4732 2318

 38 Robert St, Penrith

Hours: Mon-Fri 8:00am-4:30pm


 Yes

Women's Legal Services NSW

Description: Provides free legal assistance for women, including telephone advice and referral, face-to-face services, community legal education sessions, publications and advocacy.

 www.womenslegalnsw.asn.au

General Legal Issues:

 1800 801 501 or 8745 6988 (Advice),

TTY: 1800 674 333

Hours: Advice – Mon-Thu 9:30am-12:30pm, Tue 1:30pm-4:30pm

Indigenous Women’s Legal Issues:

☎ 1800 639 784 or 8745 6977

Hours: Mon, Tue & Thu 10:00am-12:30pm

Domestic Violence Legal Advice Line

☎ 1800 810 784 or 8745 6999

Hours: Mon & Thur 1:30pm-4:30pm, Tue & Fri 9:30am-12:30pm

Women’s Information and Referral Service

Description: Confidential telephone contact point for women seeking up-to-date and accurate information about organisations and services for women in NSW. The Translating and Interpreting Service (phone 131 450) is used to assist women who prefer to use an interpreter.

☎ 1800 817 227

TTY: 1800 673 304

Hours: Mon-Fri 9am-5pm

Immigrant Women’s Speakout Association

Description: Advocacy, information/referral and research body representing the ideas and issues of immigrant and refugee women in NSW.

☎ 9635 8022

Hours: Mon-Fri 9:30am-5.00pm

🌐 www.speakout.org.au

Domestic Violence Information Service 24-hour

Description: Information, advice and referral services for women experiencing domestic violence.

☎ 1800 656 463

Hours: 24 hours 7 days

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• Young People

Child & Adolescent Mental Health Service (CAMHS)


Description: See description of services below:


Assessment and Therapy Team: Provides assessment and therapy services for children, young people (up to age 18) and their families who are experiencing complex mental health problems.

EPI (Early Psychosis Intervention): provides therapeutic service for young people up to age 24 experiencing first episode psychosis.

ECCO service: A service for children under 5yrs. Referral through Paediatrician.

COPMI (Children of Parents with a Mental Illness) Service: Provides support and information for children living with a parent who has mental illness.

 4732 2388 Referrals through the ACCESS team on 1800 650 749

 Borec House 29-57 Station St, Penrith

Hours: Mon-Fri 8:30am-5:00pm

 Yes

Community Health Service


Description: Provides counselling for young people experiencing a range of issues such as anxiety, depression, family relationship problems, and trauma.


 1800 222 608 Central referral Service

Hours: Mon-Fri 9am-4pm

Blue Mountains District ANZAC Memorial Hospital - Child and Adolescent Development Unit

Description: Provides a range of paediatric allied health services with a focus on multidisciplinary developmental assessments and therapy services for children and adolescents with developmental delays and disorders in the borderline to mild range.

 4784 6500

 Blue Mountains District ANZAC Memorial Hospital, Staff Accommodation Block, Great Western Hwy, Katoomba

Hours: Mon-Fri 8:30am-5:00pm

Eligibility: Up to 18 years


Referral: Paediatrician referral for services other than physiotherapy and dietetics


 Yes, including parking

Aftercare - Personal Helpers and Mentors (PHaMs)

Description: Promotes a healthy lifestyle by providing a range of social and recreational activities aimed at assisting the individual to experience and participate in a number of community based events. PHaMS is a program which takes a strengths based, recovery approach to supporting people with a severe functional limitation resulting from a severe mental illness. For age 16 and up.

Lower Blue Mountains / Springwood PHaMs


 4752 2300

 Unit 2, 107 Macquarie Rd, Springwood

Hours: Mon-Fri 8:30am-5:00pm

Eligibility: Glenbrook to Wentworth Falls

Katoomba / Lithgow / Upper Blue Mountains PHaMs

 6350 0100


 166 Main St, Lithgow 2790

Hours: Mon-Fri 8:30am-5:00pm

Eligibility: Portland to Wentworth Falls

Blue Mountains Youth Accommodation and Support Services

Description: Provides case management support to young people aged 12-25 and accommodation to young people 15-19.


 4751 3105

Hours: Mon-Fri 9am-5pm unless it is a crisis

 www.bmyass.asn.au

Mountains Youth Services Team Inc (MYST)

Description: Supports the development of disadvantaged young people by providing relevant and dynamic programs that empower young people to grow intellectually, emotionally and physically.

 4754 5125


 183 Macquarie Rd Springwood

Hours: Mon-Fri 9am-5pm


 www.myst.com.au

MYST - Adolescent & Family Counselling

Upper Mountains – Katoomba


 4782 4436

Lower Mountains – Winmalee / Blaxland

 4754 5411

Blue Mountains Women's Health and Resource Centre Young Women's Drop-In Clinic

Description: Free Young Women's Drop-In Clinic for young women aged 25 years and under.

 4782 5133

 124 Lurline St, Katoomba


Hours: Thu 3:30pm-5:30pm during school term

 Yes

 www.bmwhrc.org

Mid Mountains Youth Centre

Description: Provides a range of activities and programs for young people including school holiday programs, mid-term workshops/programs, drama group, music workshops and youth magazine.

 4759 1012

 1 Yileena Ave, Lawson

Hours: Tue-Wed-Thu 2:30pm-6:00pm, Fri 2pm-6pm

Eligibility: From 12 to 18 years

 www.mmyouthcentre.org

Blue Mountains Youth College (formally the Blacktown Youth College, Lawson Campus)

Description: A small alternative community school catering for adolescents. Developing the hope for a brighter future through a new beginning in education and a diverse holistic program. Offering the School Certificate Yr 10.

 4759 1012 **Mob:** 0432 806 612

 1 Yileena Av, Lawson (Mid Mountains Youth Centre)


Hours: Mon-Thu 9:30am-3:00pm


Eligibility: 14-20 yrs

 No

Nepean Youth Drug and Alcohol Service


Description: A service for young people between the ages of 12-20 who are having problems related to drugs and alcohol.

 4734 2129

 Nepean Hospital Campus Somerset St, Kingswood

Richmond Fellowship – Young People’s Program Brumby

Description: Provides psychosocial rehabilitation services for young people aged 17 to 25 who have a diagnosed mental illness.


 4735 8585

Hours: Mon-Fri 8am-10pm, Sat-Sun 12pm-8pm

 www.rfnsw.org.au

Nepean Adolescent & Family Services

Description: Provides accessible services including early intervention case management, therapeutic counselling, referral and practical assistance for young people.

 4721 8070

 Suite 4, 2 Castlereagh St, Penrith


Hours: Mon-Fri 9:30am-5:00pm

 Yes

 www.wesleymission.org.au

Ted Noffs Foundation


Description: Youth drug and alcohol outreach, including counselling.

 8886 2805

 Level 1, Suite1, 11 Cleeve Close, Mt Druitt


Hours: Mon-Fri 9am-5pm

Eligibility: Ages 12-25

 www.noffs.org.au

The Warehouse

Description: Provides reproductive and sexual health services to young people in the western area of Sydney.

 4749 0500

 13 Reserve St, Penrith

Hours: Mon-Fri 8:30am-6:00pm

Eligibility: 12 yrs and up

 www.fpnsw.org.au

Legal Aid Youth Hotline

 1800 101 810

Description: Telephone advice for under 18’s involved in police and court matters. Interpreter service can be arranged.

Hours: Mon-Thur 9am-midnight; Fri-Sun and public holidays 24hrs

 www.legalaid.nsw.gov.au




Sculpture Workshop at Vale Street Social & Recreation Centre, February 2011

transport information

Transport Information

Great Community Transport Inc

Description: Provides transport assistance to help clients get to medical appointments, shopping, social outings, respite care and centre based meals. Some vehicles are wheelchair accessible. Service comes to your home.

 4759 2403

Hours: Mon-Fri 8:30am-12:00pm and 12:30pm-4:00pm

Eligibility: Frail aged, people with disability and their carers and some transport for disadvantaged people


Fees: Contact for details

 Yes

 www.greatcommunitytransport.org.au

Blue Mountains City Council Community Access Bus

Description: Responsible for the administration of two, 20 seater buses for hire by local non-profit community groups which have low income members. Buses may be used for day trips of up to 250km with 15-20 passengers. The volunteer driver must have a Blue Mountains City Council Green Card.

 4759 3260 (manual bookings), or 1300 557 346 (computerised booking)

 31 Hay St, Lawson


Fees: \$91 for a period of 12 hours and a distance of 250kms

Eligibility: Local financially and transport disadvantaged community groups

 www.smartlinktransport.org.au

Blue Mountains Bus Company


Description: Local Bus Company servicing the Mountains from Emu Plains to Mount Victoria.

 4751 1077

TTY: 1300 555 727

 www.bmbc.com.au

NSW City Rail

 131 500, 24 hours a day

TTY: 1300 637 500

 www.cityrail.info

CountryLink

Timetables and reservations  13 22 32

Hours: Mon-Sun 6:30am-10:00pm

TAXIS

Wentworth Falls to Mt Vic Katoomba Radio Cabs Co-Op Ltd

☎ 4782 1311

Hazelbrook-Lawson Blue Mountains Taxi Cabs

☎ 4759 3000

Springwood-Winmalee Springwood and Districts Taxis

☎ 4751 1444

Springwood Winmalee Taxi

☎ 4754 7700

Glenbrook-Blaxland Glenbrook Blaxland Taxis

☎ 4739 4888

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Tracey Makkai: *Colours of Autumn*



Tracey Makkai: *Wattle on Roadside*

websites

Websites

Mental Health Council of Australia

Description: National non-government organisation representing and promoting the interests of the Australian mental health sector, committed to achieving better mental health for all Australians.

 www.mhca.org.au

NSW Department of Health

Description: Health related information, covering all aspects of health.

 www.health.nsw.gov.au

Multicultural Mental Health Australia (MMHA)

Description: Provides national leadership in mental health and suicide prevention for Australians from Culturally and Linguistically Diverse (CALD) backgrounds.

 www.dhi.gov.au/Multicultural-Mental-Health-Australia/default.aspx

Headspace

Description: Provides information to young people, parents and carers on drug and alcohol issues.

 www.headspace.org.au

Beyond Blue

Description: Not-for-profit organisation working to address issues associated with depression, anxiety and related substance misuse disorders in Australia.

 www.beyondblue.org.au

Sane Australia

Description: National charity working for a better life for people affected by mental illness.

 www.sane.org

Black Dog Institute

Description: Depression and Bipolar disorder information for Australians from a clinical, research and education perspective.

 www.blackdoginstitute.org.au

DepressionNet


Description: Empower 'people like us' to make informed choices and find

solutions to the challenges of living with depression.

 www.depressioNet.org.au

Alcoholics Anonymous

Description: Information about groups and 12 step meetings.

 www.aa.org.au

Living Is For Everyone (LIFE)

Description: National Suicide Prevention site with loads of useful information and links to International sites.

 www.livingisforeveryone.com.au

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Pat Jennings: *Lillies*

wrap **wellness recovery** **action plan**

Wellness Recovery Action Plan

Mini WRAP (Wellness Recovery Action Plan)

My Name:

Three of my hopes and dreams are:

- (a)
- (b)
- (c)

My ideas (strategies) on how I can bring my Hopes & Dreams to a Reality Are:

- (a)
- (b)
- (c)

Three - Five People in my Support Network/s are:

- (1) Relationship
- (2) Relationship
- (3) Relationship
- (4) Relationship
- (5)..... Relationship

Activities and Interests in my Wellness Toolbox to maintain good mental health include:

-
-
-
-
-
-

Some situation/s which trigger me to become unwell are:

- (a)
- (b)
- (c)
- (d)

Action/s I can do to assist me to stay well if a situation or trigger happens is:

-
-
-
-
-

Some early warning signs that tell me I am becoming unwell are:

- (a)
- (b)
- (c)
- (d)

Action/s I can do to assist me to stay well when I am experiencing early warning signs are:

-
-
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-
-

Activities I like to do on a daily basis are:

-
-

-
-
-

Activities I like to do on a regular basis are:

-
-
-
-
-

When I am experiencing a mental health crisis, I would like the following to happen and people to be involved:

- (a) Person
- (b) Person
- (c) Person
- (d) Person

When I am getting over my mental health crisis, I would like the following to happen and people to be involved:

- a) Person
- (b) Person
- (c) Person
- (d) Person

The people above I wish to be involved are happy to support me in the way I feel I need their support:

YES NO

If No: (state why)

.....

Prepared by Desley Casey, Recovery Innovations International Phone 0417 502 178). Based on Mary Ellen Copeland WRAP (Wellness Recovery Action Plan). May 2007

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SILVER business



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GOLD community



Blue Mountains Women's Health and Resource Centre



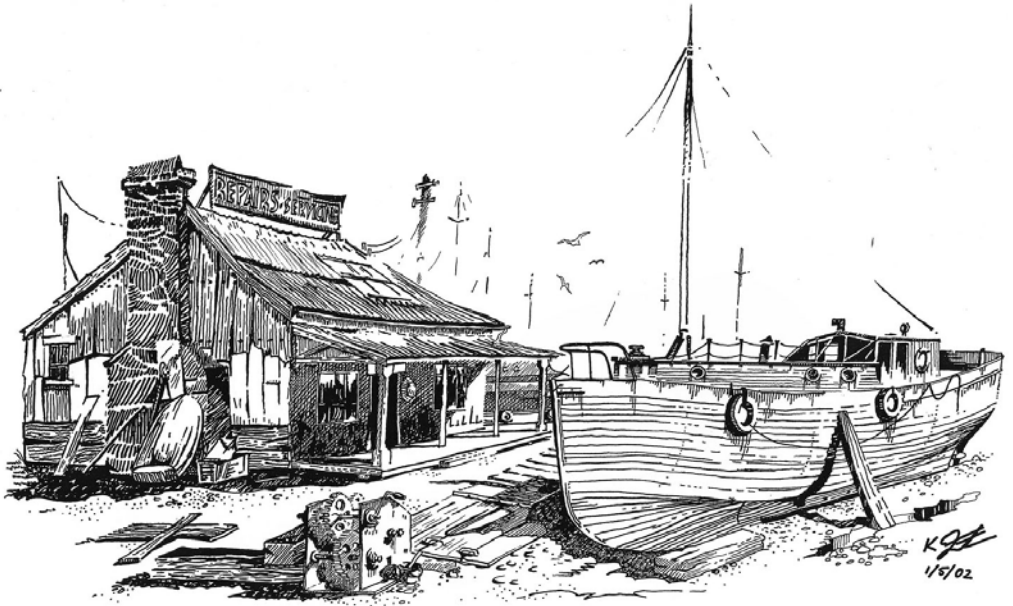
SILVER community



BLACKHEATH AREA NEIGHBOURHOOD CENTRE



Springwood Neighbourhood Centre Co-operative Ltd



Ken Finch, *Boatshed*

