

[illegible]The logo for Central Coast Council features the text "Central Coast Council" in a white, sans-serif font, centered within a large white circle. This circle is set against a solid blue background. To the left of the blue background, there is a partial view of a stylized graphic with vertical stripes in blue, white, and red, and a small red flag-like shape at the top.

Central
Coast
Council

Welcome

We would like to welcome you and your family to the Central Coast.

The information in this booklet shares the many free services that can help you and your family with information and support.

Services can use an interpreter by phoning 131 450.

What's in this guide:

Emergency Help
Translation and Interpreting Services (TIS National)
Settlement Support
Health
Education and Training
Housing
Aged Care
Disability Information and Support
Services for Families and Individuals
Places to Gather
Public Transport

Acknowledgement of Country



We acknowledge the Traditional Custodians of the land on which we live, work and play.

We pay our respects to Darkinjung country, and Elders past and present.

We recognise the continued connection to these lands and waterways and extend this acknowledgement to the homelands and stories of those who also call this place home.

We recognise our future leaders and the shared responsibility to care for and protect our place and people.

Emergency Help



Police, Fire and Ambulance

Call when there is danger near you, you are hurt badly, or your health is very bad and you need to go to hospital.

When you call, you will be asked 'Police, fire or ambulance?'

Say which service you need, then your name, phone number and where you are

 000

 triplezero.gov.au

State Emergency Service (SES)

Call when there is damage or danger from storms, wind or flood, or when there are dangerous trees near your house

 132 500

 ses.nsw.gov.au

Gosford Police

9-11 Mann Street Gosford NSW 2250

 4323 5599

 Police.nsw.gov.au

Wyong Police

22 Hely Street Wyong NSW 2259

 4356 6099

 Police.nsw.gov.au

Translation and Interpreting Services (TIS National)

Translation and Interpreting Services

Available 24 hours a day, 7 days a week.

Call for an interpreter, say: 'I need an interpreter I speak (your language)' and stay on the line until the operator finds an available interpreter

☎ 131 450
🌐 tisnational.gov.au



Settlement Support

Support and information for you, your children and your family. Help for people of all ages.

Multicultural and Settlement Services

Mosaic Multicultural Connections Information about settlement including English classes, women's groups, playgroups, mother's group, aged care, social groups and community events.

☎ 4334 3877
🌐 mosaicmc.org.au

SSI – Settlement Services International Helping refugees settle in Australia

☎ 8713 9200 🌐 ssi.org.au

MyAus Free guide for settling in Australia

✉ info@myausapp.com
🌐 myausapp.com/

Refugee Advice and Casework Services (RACS) Free legal support for people seeking asylum

☎ 8355 7227 ✉ admin@racs.org.au
🌐 racs.org.au

Immigration and Rights Centre For information and help with your visas

☎ 8234 0700 🌐 iarc.org.au



Government Services

Services Australia delivers government payments and services

Read or listen to **information in your language at servicesaustralia.gov.au/yourlanguage**

If you need an interpreter or a document translated when you apply for payments or services, it can be arranged for free. Ask when you call or visit a service centre

☎ 131 202
Centrelink
Multilingual phone service available 8am - 5pm Monday to Friday

☎ 132 011
Medicare
☎ 131 272
Child Support

Service NSW delivers government services for NSW residents, customers and businesses

☎ 137 788
Ask for translation and interpreter services
🌐 service.nsw.gov.au

Central Coast Council

- Rates & household waste
- Libraries & recreation including playgrounds, leisure centres, and pools
- Community centres and hall hire
- Pet registration
- Community Grants

☎ 4306 7900 🌐 centralcoast.nsw.gov.au/

Gosford

91-99 Mann Street Gosford NSW 2250,

Wyong

2 Hely Street Wyong NSW 2259

Health

Services you contact if you or someone you know is feeling sick, needs help because they are sad or angry, or needs help taking care of someone in their family



Hospitals and Health Services

Doctors Find a doctor or health service near you	🌐 healthdirect.gov.au/australian-health-services
Gosford Hospital Emergency Department	☎ 4320 2111 75 Holden Street, Gosford
Wyong Hospital Emergency Department	☎ 4394 8000 Pacific Hwy, Hamlyn Terrace
Urgent Care Clinics Monday to Sunday	☎ 4393 0033 (Lake Haven) ☎ 4315 2660 (Umina) ☎ 1800 022 222 (Long Jetty)
Community Health Centres Free health centres	🌐 cclhd.health.nsw.gov.au/services/community-health-centres/
Multicultural Care Navigator Program Linking migrant communities with health services	☎ 4369 6680 🌐 coasttransitionalsupport.com.au/
Medicare Mental Health Centre Free	☎ 1800 595 212 Tuggerah and West Gosford
Embrace Multicultural Mental Health	🌐 embracementalhealth.org.au/
Central Coast Community Women's Health Centre Help for women and children	☎ 4342 5905 (Woy Woy) ☎ 4351 1152 (Wyong) ☎ 4324 2533 (Wyoming) 🌐 cccwhc.com.au/
Child and Family Health Support for families with young children (0-5)	☎ 4328 7900 🌐 cclhd.health.nsw.gov.au/services/children-services/child-and-family-health/
Carer Gateway Help if you are a carer	☎ 1800 422 737 🌐 carergateway.gov.au/
Carer Retreat Provides a place for carers to relax and re-energise	☎ 4320 5556 🌐 cclhd.health.nsw.gov.au/patients-and-visitors/carers-support/carers-retreat/
Health Information Advice 24 hours a day	☎ 1800 022 222 🌐 healthdirect.gov.au
ACON (AIDS Council of NSW) Health, inclusion, and HIV responses for people of diverse sexualities and genders	☎ 1800 063 060 🌐 acon.org.au ✉ HunterOutreach@acon.org.au

Help over the Phone

For assistance in a crisis, call 000 (triple zero)

Beyond Blue Support from mental health professionals, 24/7	☎ 1300 224 636
Lifeline 24/7 crisis support and suicide prevention services	☎ 131 114
NSW Domestic Violence For 24hr crisis accommodation and safety planning for women	☎ 1800 656 463
1800RESPECT For 24hr counselling and referrals	☎ 1800 737 732
Kids Helpline Confidential telephone and online counselling for young people aged 5 to 25, 24/7	☎ 1800 551 800
Parent line Counselling for parents in NSW	☎ 1300 130 052
Men's Line Support for men feeling angry or sad	☎ 1300 789 978
QLife Support for lesbian, gay, bisexual, transgender, intersex, queer and other sexuality, gender, and bodily diverse (LGBTIQ+)	☎ 1800 184 527
Catholic Care Domestic and Family Violence Services	☎ 1800 324 924



Education and Training

Find English classes, training and support



TAFE NSW Free English language classes (AMEP and SEE funding available if eligible) alongside other educational courses available

☎ 7920 5065 (Gosford)
☎ 7920 4888 (Wyong)
🌐 tafensw.edu.au/

NSW Department of Education
Information about public schools

☎ 1300 679 332
🌐 education.nsw.gov.au/public-schools/going-to-a-public-school

Central Coast Community College A place to learn new skills through courses and training

☎ 4348 4300
🌐 cccc.nsw.edu.au/funded-training

Tuggerah Lakes Community College A place to learn new skills through courses and training

☎ 4353 0017
🌐 tlkcc.com.au

Housing

Find help if you don't have a place to live, need to move from your house quickly or want to know your legal rights

Housing NSW Help with renting houses and apartments, help with rental bonds

☎ 1300 652 488
(All Graduates Interpreting Service)

Link2Home Information and referral telephone service for people who are homeless or at risk of becoming homeless

☎ 1800 152 152
🌐 efacs.nsw.gov.au/housing/help/ways/are-you-homeless

Coast Shelter Drop in centre, providing crisis accommodation and assistance to those in need

☎ 4325 3540
🌐 coastshelter.org.au

Uniting Doorways Drop in service for people who are homeless or at-risk of becoming homeless, proving access to housing, health and service support

☎ 1800 864 846
🌐 uniting.org/services/familyservices/facility/uniting-burnside-doorways-central-coast

Mary Macs Place Drop in centre providing referrals to community partners, social connection and crisis relief for people in need

☎ 4341 0584
🌐 catholiccaredbb.org.au/individual-family-supports/mary-macs-place/

Central Coast Tenancy Advice and Advocacy Services Free advice to assist with tenancy rights, disputes, and cases for the NSW Civil and Administrative Tribunal

☎ 4353 5515
🌐 tenants.org.au/all/taas

Aged Care

My Aged Care - Information, referral and support for all people over 65 years

☎ 1800 200 422
🌐 myagedcare.gov.au

Legal Aid NSW Elder Abuse Service - Help if you are feeling unsafe or have been hurt by a family member

☎ 4324 5611
🌐 legalaid.nsw.gov.au

Meals on Wheels Central Coast - Help if you are elderly and need cooked meals

☎ 4357 8444
🌐 ccmow.com.au



Disability

Information and support for everyone with a physical or mental health disability

National Disability Insurance Scheme (NDIS)

☎ 1800 800 110
🌐 ndis.gov.au/contact

Disability Gateway

☎ 1800 643 787
🌐 disabilitygateway.gov.au/

Social Futures

☎ 1800 522 679
🌐 socialfutures.org.au/



Services for Families and Individuals

Where you can find information, seek assistance, and where people come together to learn, connect and contribute. Each service can help you in a different way.



Support Services

Central Coast Community Legal Centre

Offers free legal help

☎ 4353 4988 🌐 centralcoastclc.org.au/

Legal Aid

Help with information about Australian law, finding a lawyer and your rights

☎ 4324 5611

Central Coast Schools as Community Centres

☎ 0409 800 821 (Blue Haven & Northlakes)

☎ 0467 760 712 (Gorokan)

☎ 0436 928 606 (Wyoming)

☎ 0400 022 312 (Wyang)

🌐 ccsacc.com

Central Coast Family Support

☎ 4340 1585 🌐 ccfss.org.au

Family Connect and Support

☎ 1300 006 480

Catholic Care Central Coast Family Centre

☎ 1800 324 924

🌐 catholiccaredbb.org.au

Interrelate Family Services

☎ 1300 475 528 🌐 interrelate.org.au

Uniting NSW.ACT

☎ 1800 864 846

🌐 uniting.org

The Benevolent Society

☎ 1800 236 762 🌐 benevolent.org.au

Y Space Online

Digital Youth Services Directory

🌐 yspaceonline.ymcansw.org.au/central-coast

Community and Neighbourhood Centres

Bateau Bay Neighbourhood Centre

☎ 4332 7450 🌐 bbnc.org.au

Community Support and Outreach Services (Community SOS)

☎ 4329 4477 🌐 communitysos.com.au

Berkeley Vale Neighbourhood Centre

☎ 4388 5801 🌐 bvnc.org.au

Gosford CBD Hub

☎ 4326 7359 🌐 wnci.org.au/gcch

Green Point Community Centre

☎ 4390 7888

🌐 greenpointcommunitycentre.com.au

Kariong Neighbourhood Centre

☎ 4340 1724 🌐 knc.net.au

Kincumber Neighbourhood Centre

☎ 4363 1044 🌐 kincumbernc.com.au

Lakelands Community Centre

☎ 4355 7529

🌐 reception.kanwal@benevolent.org.au

Narara Neighbourhood Centre

☎ 4329 4477 🌐 communitysos.com.au

Northern Lakes Neighbourhood Centre

☎ 4358 3148 🌐 ask@uniting.org

San Remo Neighbourhood Centre

☎ 4390 7888 🌐 sanremo.org.au

Terrigal Neighbourhood Centre

☎ 4311 3610 🌐 terriganlnc.com.au

The Entrance Neighbourhood Centre

☎ 4332 4545

🌐 theentrancenc.inc@gmail.com

Toukley Neighbourhood Centre

☎ 4396 1555 🌐 tnc.org.au/

Wyoming Community Centre

☎ 4390 7888 🌐 grcs.org.au

Wyang Neighbourhood Centre

☎ 4353 1750 🌐 wnci.org.au/

Places to Gather

Places where you can gather, share ideas, learn or engage in cultural experiences.

Public Libraries

Bateau Bay Library

☎ 4350 1580

Bateau Bay Square, 10 Bay Village Rd
Bateau Bay NSW 2261

Erina Library

☎ 4304 7650

The Hive, Erina Fair NSW 2250

Gosford Regional Library

☎ 4304 7500

Donnison St, Gosford NSW 2250

Kariong Library

☎ 4325 8155

98 Mitchell Drive, Kariong NSW 2250

Kincumber Library

☎ 4304 7641

3 Bungoona Rd, Kincumber NSW 2251

Lake Haven Library

☎ 4350 1570

Lake Haven Shopping Centre,
Goobarabah Ave Lake Haven NSW 2263

Toukley Library

☎ 4350 1540

Cnr Main Rd and Victoria Ave
Toukley NSW 2263

Tuggerah Library

☎ 4350 1560

Westfield Tuggerah, 50 Wyong Rd
Tuggerah NSW 2259

Umina Beach Library

☎ 4304 7333

Cnr West St and Bullion St
Umina NSW 2257

Woy Woy Library

☎ 4304 7555

Cnr Blackwall Rd and Oval Ave
Woy Woy NSW 2256

Churches, Temples and Mosques

Visit: centralcoastaustralia.com.au/churches-religion or contact Mosaic Multicultural Connections on 4334 3877 to find a church, temple or mosque.

Events, Culture and Tourism

To find out about events and activities on the Central Coast visit: lovecentralcoast.com

Gosford Regional Gallery

☎ 4304 7550

East Gosford

Laycock St Community Theatre

☎ 4323 3233

North Gosford

The Art House

☎ 4335 1485

Wyong

Visitor Information Centre

☎ 4304 7211

The Entrance

Public Transport

Help with bus, ferry
and train timetables
and maps



Bus	☎ 1300 692 929 🌐 busways.com.au/nsw/plan-your-trip/route-timetables
Ferry	🌐 centralcoastferries.com.au 🌐 palmbeachferries.com.au
Train	☎ 131 500 🌐 transportnsw.info





Key

-  Roads
-  M1 Motorway
-  Tain line
-  Hospitals

An initiative supported by Central Coast
Multicultural Interagency (CCMI)

The logo for Central Coast Council is a white circle containing the text "Central Coast Council" in a dark red, sans-serif font. The text is arranged in three lines: "Central" on the top line, "Coast" on the middle line, and "Council" on the bottom line.

Central
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