

Doing it Tough



Directory of Welfare & Support Services

Shoalhaven
City Council



**Southern Cross
Housing**
BUILDING COMMUNITY FUTURES

Police / Ambulance / Fire
Emergency

000



Link2home
1800 152 152



Police
131 444



Lifeline
13 11 44



**kids
help
line**

Kids Helpline
1800 55 1800

1800RESPECT
NATIONAL DOMESTIC FAMILY AND
SEXUAL VIOLENCE COUNSELLING SERVICE

Domestic Violence Line
1800 737 732



**Beyond
Blue**

Beyond Blue
1300 22 4636

Mental Health Line

1800 011 511 

NSW Mental Health Line
1800 011 511

Index

Housing	
Emergency/short-term	06
Transitional & community housing	12
Tenancy & housing support services	16
Welfare support	
Financial Relief	18
Free/low-cost meals & groceries	24
Food delivery services	29
Support services	
Aboriginal people	33
Domestic & family violence	41
Mental health	43
Legal & advocacy	54
Women	57
Children & youth	60
Community support centres	67
Medical	72
Facilities	
Showers & toilets	74
Libraries, computers & free wi-fi	77
Low-cost camping facilities	82
Other	
Low-cost clothing	92
Pet welfare	95
Helplines	97

Icons



Women only



Physical & mental health



Men only



Emergency accommodation



Children



Financial assistance & vouchers



Youth



Groceries



Aboriginal people



Meals



LGBTQIA+



Clothing



Aged care



Advocacy



Disability



Helpline



Toilets



Free wi-fi



Laundry



Domestic violence



Pets



Information & referrals



Social interaction



Legal/law



Computer



Counselling



Household goods



Addictions
(substances & gambling)



Transport



Showers



John Purcell House

What we do

Short-term crisis accommodation, specialist housing case management and on-going tenancy support for men who are experiencing, or at risk of homelessness.

Who we support

Males over 21 years of age.

How to access

Self-referral via phone, email, website or drop-in.



11 Lawrence Ave, Nowra 2541



(02) 4428 6207



Shoalhaven.referral@vinnies.org.au



Monday to Friday: 8.00am – 4.00pm



Safe Shelter Shoalhaven

What we do

Crisis overnight accommodation for individuals and families in emergency situations.

Who we support

People who are experiencing homelessness.

How to access

Self-referral via phone, email, website or drop-in.

 134 Kinghorne St, Nowra 2541

 (02) 4426 6117

 info@salt.org.au

 Monday to Sunday: 4.00pm – 9.00am

Emergency/short-term 7



Safe Waters Community Care Inc.

What we do

Crisis accommodation for individuals and families in emergency situations.

Who we support

People who are experiencing homelessness.

How to access

Self-referral via phone.



240A Princes Hwy, Ulladulla 2539



0457 740 951



reception@safewaterscc.org.au



Monday to Sunday: 9.00am – 10.00pm



SAHSSI Temporary Accommodation for Women

What we do

Specialist support for single women, and women with children who are experiencing or at risk of homelessness due to domestic and family abuse or other life crisis. Offering crisis accommodation and case management support in Nowra.

Who we support

Women 16 years of age and over, and their children.

How to access

Self-referrals via website www.sahssi.org.au

 134 Kinghorne St, Nowra 2541

 (02) 4488 4880

 admin@sahssi.org.au

 Monday to Friday: 9.00am – 5.00pm

Emergency/short-term 9



Link2home

What we do

Link2home is the state-wide homelessness information and referral telephone service. It's available 24 hours a day, 7 days a week, every day of the year. For information, assessment or referral to homelessness services and support in NSW, call Link2home.

 1800 152 152



**Southern Cross
Housing**



Southern Cross Housing

What we do

Provision of temporary accommodation assistance to people experiencing homelessness.

Who we support

Eligibility is determined by an assessment undertaken by Southern Cross Housing.

How to access

Self or service referral via phone, email or drop-in.



69 Kinghorne St, Nowra 2541



1300 757 885



info@scch.org.au



Monday to Friday: 9.00am – 5.00pm

Emergency/short-term 11



Salt Assisted Housing

What we do

Transitional supported accommodation. Specialised support workers assist individuals and families to help with the complexities of homelessness and find sustainable housing solutions.


Who we support

People who are experiencing or at risk of homelessness.

How to access

Self-referral via phone, email, website, or drop-in.

 5-11 Birriley St, Bomaderry 2541

 (02) 4480 5028

 info@salt.org.au

 Monday to Friday: 9.00am – 4.00pm



Southern Youth Support Service

What we do

Provides short-term transitional accommodation. Case management support for referrals to housing, mental health support, drug, and alcohol services and learner driver program.

Who we support

Young people 16 - 24 years old who are experiencing or at risk of homelessness.

How to access

Self, service or school referral via phone.



75 Moss St, Nowra 2541



02 44227625



syss@caresouth.org.au



Monday to Friday: 9:00am – 5:00pm



Southern Youth and Family Services

What we do

Affordable transitional accommodation for families, case management support, brokerage and family counselling support to people who are vulnerable, disadvantaged, homeless or those at risk of disadvantage and homelessness.

Who we support

Young people and families who are at risk, disadvantaged, or homeless.

How to access

Self-referral, service-referral or school-referral.



107 Berry Street, Nowra 2541



4448 2470



ihpfamiliesnowra@syfs.org.au



Monday to Friday 9.00am - 5.00pm



**Southern Cross
Housing**



Southern Cross Housing

What we do

Provision of social, community and affordable housing to eligible people in the Shoalhaven.

Who we support

Eligibility is determined by guidelines provided by NSW Department of Communities and Justice.

How to access

Self or service referral via phone, email or drop-in.



69 Kinghorne St, Nowra 2541



1300 757 885



info@scch.org.au



Monday to Friday: 9.00am – 5.00pm

Transitional & community housing 15



Age Matters

What we do

Support for older people who are on a low-income and whose living situation is not secure, or who are experiencing or at risk of homelessness. Case management services are available to locate sustainable and appropriate housing to support aging in place.

Who we support

Seniors 65 years of age and over.

How to access

Self-referrals via phone, email or website.

 3/77 Market St, Wollongong 2500

 134 478

 info@agematters.org.au

 Monday to Friday: 9.00am – 5.00pm



Illawarra and South Coast Tenants Advice and Advocacy Service (ISCTAAS)

What we do

Free tenancy information, advice and advocacy, including help with applications and hearings in the NSW Civil and Administrative Tribunal.

Who we support

Housing NSW, community housing and Aboriginal housing tenants, permanent residents of caravan parks and manufactured home estates, boarders and lodgers and private tenants.

How to access

Self-referrals via phone.



7 Greene St, Warrawong 2502
Unit 4, 24-26 Ford St, Moruya 2537



(02) 4274 3475 | 1800 807 225



Monday and Friday: 9.00am – 1.00pm
Tuesday and Wednesday: 1.00pm - 5.00pm



All Saints Community Care

What we do





Emergency food and financial assistance.

Who we support

People who are doing it tough.

How to access

Self-referral via phone or drop-in.

-  68 Plunkett St, Nowra 2541 (Rear of church)
-  (02) 4423 1099
-  comcare@shoal.net.au
-  Wednesday to Friday: 10.00am – 2.30pm



Anglicare

What we do

Food and financial assistance. Emergency relief including food support, rent arrears assistance, removals, help with electricity/gas bills and bonds.

Who we support

People who are in financial crisis.

How to access

Self-referral, service-referral email, phone, drop-in or website.

 68 Punkett St, Nowra 2541

 (02) 8624 8600

 ffanowra@anglicare.org.au

 Mon to Friday: 9.00am – 4.00pm



The Salvation Army Nowra

What we do




Doorways Program provides emergency relief, including food vouchers, and holistic case management with referral to internal and external support services.

Who we support

People who are doing it tough.

How to access

Self-referral via phone.

-  162 St Anns Street, East Nowra 2541
-  Doorways support (02) 4423 2102
Pathways AOD support (02) 4423 2102
-  Monday to Wednesday: 9.00am – 3.00pm



The Salvation Army Ulladulla

What we do

Practical assistance for low-income families and individuals who are struggling to make ends meet.

Who we support

Assessed on case-by-case basis.

How to access

Self-referral via phone.



Shop 6, 137 Princess Hwy, Ulladulla 2539



1300 371 288



Monday and Friday: 9:00am - 11:30am



Good Shepherd No Interest Loans

What we do

Up to \$3000 interest free loans for a variety of needs including housing, home, car, education, medical and vet expenses.

Who we support

Gross annual income of less than \$70,000 for singles or \$100,000 for couples or families, or who have experienced family or domestic violence in the last 10 years or have a Health Care Card/Pension Card. Must show capacity to repay the loan.

How to access

Via phone or through local community service provider.

 13 64 57

 www.goodshep.org.au

 Monday to Friday: 9.00am – 5.00pm



St Vincent De Paul – Shoalhaven Conferences

What we do




Emergency assistance through information and advocacy support, clothing vouchers, NILS Loans, food vouchers in multiple areas in the Shoalhaven.

Who we support

People who are doing it tough. An income test may be required.

How to access

Self-referral via phone.

-  13 18 12 option 5
-  vinnies@vinnies.org.au
-  Monday to Friday: 10.00am – 11.30am



Nowra Community Food Store

What we do

Low-cost grocery store stocking baked goods, cleaning supplies, frozen food, fruit, vegetables, pantry and personal care items. Emergency food hampers.

Who we support

People who are doing it tough.

How to access

Self-referral via drop-in.



10/158 Princes Hwy, South Nowra 2541



(02) 4402 9126



nowracommunityfoodstore@gmail.com



Monday to Friday: 9.30am – 3.15pm



Salt Store

What we do

Welfare support including provision of individual meals, food hampers and clothing.

Who we support

People who are doing it tough.

How to access

Self-referral via drop-in.



5-19 Birriley St, Bomaderry 2541



(02) 4480 5028



info@salt.org.au



Tuesday and Thursday: 10.30am – 1.00pm

Free/low-cost meals & groceries ²⁵



The Hub

What we do

Discount food and clothing store, also offering free fruit and vegetables.

Who we support

People who are doing it tough.

How to access

Self-referral via email.

 167 McMahons Rd, North Nowra 2541

 (02) 4421 4602

 office@citychurchnowra.com.au

 Friday: 9.30am – 4.00pm



Bay and Basin Uniting Church Food Pantry

What we do

Free food, frozen meat, bread, and margarine, fresh fruit and vegetables, and non-perishable foods including long life milk and other staple foods. If you have two regular sized shopping bags, please bring them along.

Who we support


People who are doing it tough.

How to access

Self-referrals via drop-in.

 7 Meriton St, St Georges Basin 2540

 0499 785 728

 bayandbasinuniting@gmail.com

 Thursday: 12.00pm – 2.00pm

Free/low-cost meals & groceries 27



The Ulladulla District Community Resources Centre

What we do

Food store and food parcels, swags and other material aid.

Who we support

People who are doing it tough. A means test may be required.


How to access

Self-referral via phone.

 78 St Vincent St, Ulladulla 2539

 (02) 4454 0477

 coordinator@ulladullacrc.org.au

 Monday to Thursday: 9.00am – 4.00pm
Friday: 9.00am – 12.00pm

28 *Free/low-cost meals & groceries*



Southern Shoalhaven Meals on Wheels

What we do




Frozen meals to older and more frail people within the community, and individual social support services.

Who we support

Clients have a referral through My Aged Care which assists with costs.

How to access

Self-referral, referral via email, phone, drop-in or website.

-  1/78 St Vincent Street, Ulladulla 2539
-  (02) 4455 2861
-  info@southernshoalhavenmealsonwheels.com.au
-  Monday – Friday: 8.30am-2.30pm



North Shoalhaven Meals on Wheels

What we do

Nutritionally appropriate meal delivery and social support, costs involved.

Who we support

Seniors 65 years of age and over. Aboriginal people 50 years of age and over. People with a disability.

How to access

Self-referral via phone or email.

 (02) 4422 5111

 reception@nsmow.org.au

 Monday to Friday: 9.00am – 4.00pm



Salt Care Mobile Response Vehicle

What we do

Salt MRV (Mobile Response Vehicle) is a frontline response with volunteers going to homeless hot spots. Providing support, food and clothing.

Who we support

People who are experiencing homelessness.

How to access

Self-referral drop-in.



5-19 Birriley St, Bomaderry 2541



(02) 4480 5028



info@salt.org.au



Tuesday and Thursday: 10.30am – 1.00pm



Vinnies Van

What we do





Provides a free hot meal, drink and snack. Sometimes sleeping items.

Who we support

People who are doing it tough.

How to access

Self-referral via drop-in.

-  Allowrie Cres, Nowra 2541
-  (02) 4228 8140
-  vinniesvan@vinnies.org.au
-  Tuesday: 5.30pm – 6.00pm



MURRA MIA Tenant Advocacy Service (MMTAAS)

What we do

Advice and advocacy on behalf of Aboriginal tenants.
Attend tribunals and liaise with landlords.

Who we support

All Aboriginal tenants across South East and Lower Western areas of NSW, including Illawarra, South Coast, Southern Highlands, Hume Murray and the Riverina.

How to access

Self or service provider referral via phone, email, website and drop-in.



21 Old Princes Highway, Batemans Bay 2536



(02) 4472 9363



admin@murramia.com



Monday to Thursday: 8.30am - 4.30pm
Friday: 4.00pm



SEARMS Community Housing Aboriginal Corporation

What we do

Providing community housing for Aboriginal and Torres Strait Islander peoples.

Who we support

Aboriginal and Torres Strait Islander people and/or members of Housing Owner Organisations.

How to access

Self-referrals through NSW Housing Pathways or through Housing Owner Organisations .



186-188 Kingshorne St, Nowra 2541



1800 138 425



admin@searms.com.au | searms.com.au



By appointment only

Waminda 



Waminda Women's Health and Aboriginal Welfare

What we do

Numerous support services that aim to empower and support Aboriginal women in the Shoalhaven.

Who we support

Aboriginal women.

How to access

Self-referral via phone.



122 Kinghorne St, Nowra 2541



(02) 4421 7400



admin@waminda.org.au



Monday to Friday: 9.00am – 4.30pm



**ABORIGINAL
LEGAL SERVICE**
NSWACT Ltd



Aboriginal Legal Service

What we do

Legal assistance with criminal charges, child protection, family law, family violence, safety, fines, custody notification services and coronial inquest into deaths in custody.

Who we support

Aboriginal and Torres Strait Islander people. Legal assistance may be subject to a means, merit and conflict test.

How to access

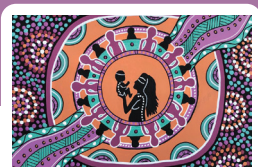
Self or service referral via phone or email.

 89 Plunkett St, Nowra 2541

 (02) 4424 8900

 als.nowra@alsnswact.org.au

 Monday to Friday: 9.00am – 5.00pm



Binji and Boori, Shoalhaven Aboriginal Maternal Infant Child Health Service (AMICH)

What we do





Health care, including midwives, Aboriginal health workers, social workers, occupational therapists, speech pathologists, antenatal and postnatal checks, playgroups, breastfeeding groups, and referrals to other services.

Who we support

Aboriginal women and their children from pregnancy to 5 years old (or when the child starts school).

How to access

Self or service referral via phone.

-  54 Worrigee St, Nowra 2541
-  (02) 4423 9900
-  islhd-ceoffice@health.nsw.gov.au
-  Monday to Friday: 8.30am – 4.30pm



Cullunghutti Aboriginal Family Centre

What we do





Family support programs, including education and early literacy programs, women's groups, disability support for children through the Early Links program, and referrals and support with other agencies.

Who we support

Aboriginal families and children.

How to access

Self-referral via phone, email or drop-in.

-  31 Holloway Rd, Nowra 2541
-  (02) 4428 6900
-  admin@cullunghutti.org.au
-  Monday to Friday: 9.00am – 5.00pm



Cullunghutti Aboriginal Early Learning Centre

What we do

Cullunghutti's Early Learning Centre is a purpose-built centre for children aged 0 to 6 years providing affordable and culturally appropriate long day care, pre-school session and a school bus transport service.

Who we support

Aboriginal children aged 0 to 6 years old.

How to access

Waiting list application available via website.



134 Kinghorne St, Nowra 2541



(02) 4488 4880



admin@sahssi.org.au



Monday to Friday: 9.00am – 5.00pm



South Coast Medical Service Aboriginal Corporation

What we do

Provides health and medical services including counselling, case management, alcohol and other drugs (AOD), mental health, child and adolescent mentoring and therapeutic support. Support is provided both individually or in groups.

Who we support

Aboriginal people.

How to access

Self, service provider, medical professional and school referral via website, email, phone or drop-in.



Jane Adler Centre, 51-53 Berry St, Nowra 2541



(02) 4448 0200



intake@southcoastams.org.au



Monday to Friday: 8.30am – 5.00pm



YWCA Australia

What we do




The Domestic Violence Intervention Service (DVIS) assists women and/or their children after they have experienced domestic and family violence. The service is based in Nowra and provides case management and referrals to other support service.

Who we support

Women with or without children who have experienced domestic and family violence.

How to access

Self-referrals via email or phone.

-  4/21-23 Kinghorne Street, Nowra 2541
-  (02) 4423 8510
-  nsw-dvis@ywca.org.au
-  Monday to Friday: 9.00am – 5.00pm



SAHSSI Shoalhaven Family Counselling Service

What we do

Crisis counselling to individuals, families, and children specialising in reducing the effects of domestic violence, trauma and conflict on children, adults and families.


Who we support

Families and children 8 years of age and over who have experienced domestic and family violence, trauma or conflict.


How to access

Self or Service referrals via online.

 93 Plunkett St, Nowra 2541

 (02) 4423 2804

 admin@sahssi.org.au

 Tuesday to Thursday: 10.00am – 3.00pm
Friday: 10.00am – 2.30pm



St Vincent de Paul - Continuing Coordinated Care Program (CCCP)

What we do

Case management for people having trouble with alcohol and other drugs (AOD), and other significant health and social issues that cannot be addressed by their AOD treatment alone.

Who we support

People over 18 years. Involvement must be voluntary.

How to access

Self, service-referral or medical-professional referral via website, email, phone or drop-in.



11 Lawrence Street, Nowra 2541



0466 940 688



ccp.sensw@vinnies.org.au



Monday to Friday: 9.00am – 5.00pm

GAMBLEAWARE
Illawarra & Southern NSW



Gamble Aware

What we do





Free counselling service offering therapeutic gambling counselling to those who are impacted by problematic gambling.

Who we support

People experiencing or effected by problematic gambling.

How to access

Self-referral via phone.

-  55B Plunkett St, Nowra 2541
-  (02) 4267 6600
-  gambleaware@missionaustralia.com.au
-  Monday to Friday: 8.30am – 4.30pm



The Salvation Army Nowra

What we do






Doorways Support provides crisis support, referrals, and advocacy. Pathways AOD Support is an alcohol and other drug (AOD) program providing therapeutic psychoeducation groups, case management, assessment and referral. Provision of food vouchers.

Who we support

Assistance on case-by-case basis.

How to access

Self-referral via phone.

-  162 St Anns St, East Nowra 2541
-  Doorways Support (02) 4423 2102
-  Pathways AOD Support (02) 4423 2102
-  admin@sahssi.org.au
-  Monday to Friday: 9.00am – 5.00pm



Anglicare

What we do

Counselling for adults and children. Mediation for separated parents. Mental health service for families. Family support services. Men's behaviour change program for perpetrators of domestic violence. Referrals and different services.

Who we support

Assistance on a case-by-case basis.

How to access

Self-referral via website, phone, drop-in or email.

 61 North Street, Nowra 2541

 1300 651 728

 crsintake@anglicare.org.au

 Monday to Friday: 9.00am - 5.00pm



Grand Pacific Health HASI Program

What we do


Recovery and skill building case management for people experiencing complex mental health conditions, and support to maintain tenancies.

Who we support

16 years+ and experiencing a chronic mental health condition.

How to access

Self-referrals via phone or website.

 Shop 25-26, 107-109 Princes Hwy, Ulladulla 2539
51 North St, Nowra 2541

 (02) 4454 7900 (Ulladulla) (02) 4446 7100 (Nowra)

 hasi@gph.org.au

 Monday to Friday: 8.30am – 5.00pm



Health
Illawarra Shoalhaven
Local Health District



NSW Health Homelessness Mental Health Brokerage Program

What we do

Brokerage and/or co-case management to people who are 18 years and older, homeless who have a tenancy risk, have a diagnosed mental health condition and live in the Shoalhaven.

Who we support

18 years+ and diagnosed mental health condition.

How to access

Self-referral via website.

 (02) 4253 4500

 islhd-hmhprogram@health.nsw.gov.au

 Monday to Friday: 9.00am – 5.00pm



Lives Lived Well

What we do

Alcohol and drug support. Mobile withdrawal program. Day group rehabilitation program. Referral pathways to residential rehabilitation and aftercare support.

Who we support

People 18 years of age and over.

How to access

Self, GP or service referral via website, email, phone or drop-in.



78 Bridge Rd, Nowra 2541



1300 727 957



info@liveslivedwell.org.au



Monday to Friday: 8.00am – 4.00pm



Uniting



Uniting Counselling and Mediation Nowra

What we do

Provides counselling support to individuals, couples and families.


Who we support

Adults who require individual or relationship counselling support.

How to access

Self-referral via phone.

 48 Junction Street, Nowra 2541

 (02) 4220 1100

 ucmnowra@uniting.org

 Monday to Friday: 9.00am – 5.00pm



Where mental wellbeing thrives



Flourish Commonwealth Psychosocial Support Program (CPS)

What we do




Assists individuals with severe mental illness, who are not supported by NDIS to strengthen their capacity to live independently, build life skills, and apply for NDIS.

Who we support

Individuals between 16 - 65 years old experiencing complex mental health conditions.

How to access

Self or service-referral, medical professional, and school referral.

-  Shop 35, 107-109 Princes Highway, Ulladulla 2539
-  (02) 4488 4880
-  Monday to Friday: 9.00am – 5.00pm



One Door Mental Health

What we do

Assistance to access clinical and service supports, social supports, National Disability Insurance Scheme (NDIS) support and participate in group activities. Activities are available for NDIS and non-NDIS clients. Low-cost meals available Mon, Tue, and Thurs.

Who we support

People aged 16 - 65 years of age with severe, complex mental health conditions as their primary diagnosis.


How to access

Self and service referrals via phone or email.

 21-33 West St, Nowra 2541

 (02) 9879 2641

 nowra@onedoor.org.au

 Mon and Thurs: 9.00am – 3.00pm
Tues: 10.00am – 3.00pm, Fri: 11.00am – 2.00pm



Yumaro

What we do

NDIS service provider offering NDIS support coordination and plan management, independent living supports, social groups, and community access support, customised employment options and learning, and capacity building group.

Who we support

People with a disability with a NDIS plan.

How to access

Self or service-referral and medical professional referrals via email, website, phone or drop-in.



6-8 Shelley Rd, Moruya 2537



(02) 4474 3336



enquiries@yumaro.com.au | yumaro.com.au



Monday to Friday: 9.00am – 3.30pm



Illawarra and South Coast Tenants Service (ISCTAAS)

What we do





Free tenancy information, advice and advocacy, including help with applications and hearings in the NSW Civil and Administrative Tribunal.

Who we support

Housing NSW, community housing and Aboriginal housing tenants, permanent residents of caravan parks and manufactured home estates, boarders, lodgers and private tenants.

How to access

Self-referral via phone.

-  7 Greene St, Warrawong 2502
-  Unit 4, 24-26 Ford St, Moruya 2537
-  (02) 4274 3475 | 1800 807 225
-  Monday and Friday: 9.00am – 1.00pm
Tuesday and Wednesday: 1.00pm – 5.00pm



Legal Aid NSW

What we do

Criminal, Civil and Family Law services including advice, referral, information, representation and community legal education.

Who we support

Assistance on a case-by-case basis. An income test may be required.

How to access

Self or service referral via phone or email.



59 Berry St, Nowra 2541



(02) 4422 4351



nowra@legalaid.nsw.gov.au



Monday to Friday: 9.00am – 5.00pm

Shoalcoast Community
Legal Centre Inc.



Shoalcoast Community Legal Centre

What we do

Legal advice and assistance in Family Law and Civil Law matters, including tenancy support. There is no cost, however people may be expected to pay disbursements where necessary.

Who we support

Assistance on a case-by-case basis. An income test may be required.

How to access

Self-referral via phone, email or website.



80 Bridge Rd, Nowra 2541



1800 229 529



info@shoalcoast.org.au



Monday to Friday: 9.00am – 4.00pm



Shoalhaven Womens Health Centre

What we do

Empowering women to take control of their health and wellbeing through the provision of accessible, integrated health and intervention services within a caring, feminist environment.

Who we support

Women only.

How to access

Self or service referral via phone or email.



5 McGrath Ave, Nowra 2541



(02) 4421 0730



swhc@swhc.org.au



Monday to Friday: 9.00am – 4.00pm



Women's Domestic Violence Court Advocacy Service

What we do

Information, advocacy and referrals to assist women and their children who are or have been experiencing domestic and family violence, with their legal, social and welfare needs. Assistance is available for women to obtain Apprehended Domestic Violence Orders.

Who we support

Women or children.

How to access

Self or service referral via phone or email.

 Vulcan St, Nowra 2541

 (02) 4476 5416

 fsc@wdvcas.org

 Monday to Friday: 9.00am – 5.00pm



ROCC for Women

What we do

Wrap around, long-term case-management for women who have had contact with the criminal justice system and/or impacted by substance use. Supports for housing, homelessness, and tenancies at risk.

Who we support

Women 18+ years.

How to access

Self, service, medical-professional and school referral, via website, email and phone.



PO Box 449, Nowra 2541



(02) 4444 1103



info@roccforwomen.org.au



Monday to Friday 8.30am - 4.30pm



Nowra Youth Centre

What we do

A safe space for young people providing a range of activities and fun educational programs.

Who we support

Admin hours: cater for young people aged 19 to 24 years. Drop-in and school holiday programs: caters for young people aged 12 to 18 years.

How to access

Self-referral via phone, email or drop-in.

 13 Kinghorne St, Nowra 2541

 (02) 4422 1988

 admin@nowrayouthcentre.org.au

 Tues and Wed: 10.00am – 4.00pm
Thurs: 10.00am – 1.00pm, Fri: 2.00pm – 4.00pm
Drop-in hours: Fri and Sat: 5.00pm – 8.30pm



everyone's family



The Smith Family

What we do

Support to improve school attendance, help with primary to high school, educational programs and financial help with costs related to education such as books, uniforms and excursions.

Who we support

Family must have current Health Care or Pension Concession Card and child in a school that is partnered with The Smith Family.

How to access

Self or service referral via phone.



72 Berry St, Nowra 2541



0408 669 349



Monday to Friday: 8.30am – 4.30pm



Mission Australia

What we do

Support for youth and their families with case management and referrals, homelessness, and weekly outreach and wellbeing programs. Also assists local schools to support students and their families.

Who we support

Young people 12-18 years old.

How to access

Self-referral, service-referral, medical-professional, school-referral email, drop-in and phone.

 80 St Vincent St, Ulladulla 2539

 (02) 4454 6600

 nswcsadmin.nowra@missionaustralia.com.au

 Monday to Friday: 8.30am - 4.30pm



CareSouth

What we do

Provides a variety of children, youth and family programs including Permanency Support and Foster Care, Brighter Futures, Specialist Youth Support Services, Residential Care, NDIS Disability Services and Family Connections.

Who we support

Assistance on a case-by-case basis.

How to access

Self or service referral via phone.

 5 Enterprise Ave, South Nowra 2541

 (02) 4423 6833 | 1300 554 260

 info@caresouth.org.au

 Monday to Friday: 9.00am – 5.00pm



Health
South Eastern Sydney
Local Health District



Child, Adolescent and Youth Mental Health Service (CAYMHS)

What we do

Mental health services for vulnerable young people.

Who we support

Young people 12 - 24 years or age.

How to access

Self-referral via phone.



49 Worrigee St, Nowra 2541



(02) 4252 9670 | 1800 011 511



swhc@swhc.org.au



Monday to Friday: 8.30am – 5.00pm



Headspace Nowra

What we do

Youth health service offering youth counselling, support, dietician, work and study programs. Support groups for anger, anxiety, depression, grief, ADHD, LGBTQIA+, family and friends, and youth reference.

Who we support

Young people 12-25 years of age.

How to access

Self, medical professional or school referral via phone or drop-in.

-  96 Kinghorne St, Nowra 2541
-  (02) 4446 7300
-  info@headspacenowra.org.au
-  Mon, Thu and Fri: 8.30am – 5.00pm
Tue and Wed: 8.30am – 6.00pm



Family Services
AUSTRALIA



Family Services Australia

What we do





Child, youth and family services, early intervention childrens services, intensive family preservation, drug and alcohol support for parents, health, wellbeing and psychology services. Culturally appropriate support for CALD and Aboriginal peoples.

Who we support

Parents or carers with children aged 0-18 years.

How to access

Self-referral, service referral, school referral, medical professional, website, email, phone or drop-in.

-  1/80 Park Rd, Nowra 2541
-  1800 372 000 Option 5
-  admin@familyservices.org.au
-  Monday to Friday: 9.00am – 4.30pm



The Ulladulla District Community Resources Centre

What we do

Administrative support, Justice of the Peace, tax help, and support groups. Food store, phone/fax service, computer and internet access. Access to employment, legal aid and other community services.

Who we support

Assistance on a case-by-case basis.


How to access

Self and service-referral via phone or drop-in.

 78 St Vincent St, Ulladulla 2539

 (02) 4454 0477

 coordinator@ulladullacrc.org.au

 Monday to Thursday: 9.00am – 4.00pm
Friday 9.00am – 12.00pm



SAHSSI Shoalhaven Homeless Hub

What we do





A safe place for people in need, providing triage homelessness support, food, clothing, toiletries and computer access.

Who we support

People who are experiencing or at risk of homelessness.

How to access

Self-referral via drop-in.

-  93 Plunkett St, Nowra 2541
-  (02) 4423 2804
-  shoalhavenhomelesshub@sahssi.org.au
-  Monday to Friday: 8.00am – 4.00pm



Bay & Basin Community Resources Centre

What we do

Keeping people connected in the community through educational, social and support programs which provide opportunities for community members to further their skills, including parenting workshops.

Who we support

Low income earners.

How to access

Self-referral via phone.

 34 Paradise Beach Rd, Sanctuary Point 2540

 (02) 4443 9244

 info@bbcricom.au

 Monday to Thursday: 9.30am – 4.00pm
Friday: 9.30am – 2.00pm



SHOALHAVEN NEIGHBOURHOOD SERVICES INC

Stronger connections. Stronger communities.



Shoalhaven Neighborhood Services – EAST NOWRA Neighborhood Centre

What we do

Information and referral support, assistance with documentation, letter writing, form filling, typing, and WDO's by appointment. Social, training, support activities and groups, NDIS and aged care services.

Who we support

All community members.

How to access

Self-referral via phone or drop-in.

 Unit 2/80 Park Road, East Nowra 2541

 (02) 4421 5077

 info@sns.org.au

 Monday to Friday 9.00am – 3.00pm



SHOALHAVEN NEIGHBOURHOOD SERVICES INC.

Stronger connections. Stronger communities.



Shoalhaven Neighborhood Services – NOWRA Neighborhood Centre

What we do

Information and referral support, assistance with documentation, letter writing, form filling, and typing, and WDO's by appointment. Social, training and support activities, and NDIS and aged care services.

Who we support

All community members.

How to access

Self-referral via phone or drop-in.

 41 Worrigee Street, Nowra 2541

 (02) 4421 5077

 info@sns.org.au

 Monday to Friday 9.00am – 3.00pm



Bomaderry Creek Health Centre

What we do

Medical appointments. Bulk billing is available for patients who hold Health Care, Pension, Seniors cards.

Who we support

All community members.

How to access

Patients can book online through Health Engine App, BCHC.com.au or in person.



320 Princess Hwy, Bomaderry 2541



(02) 4413 2325



reception@bchc.com.au



Monday to Friday: 8.00am – 5.30pm



Grand Pacific Health - Nowra

What we do

A not-for-profit healthcare provider that provides health care at low or no cost. Offers a range of support including GPs (doctors), nurses, dietitians, clinical psychologists, and exercise physiologists.

Who we support

All community members.

How to access

Self-referral by phone or website.



107 Scenic Dr, Nowra 2541



(02) 4448 2255



communications@gph.org.au



Monday to Thursday: 8.00am – 6.00pm

Friday: 8.00am – 5.30pm

Saturday: 9.00am – 1.00pm




SHOALHAVEN
SWIM | SPORT | FITNESS



Bay & Basin Leisure Centre

 The Wool Rd, Vincentia 2540

 (02) 4421 3235

 Mon to Thu: 6.00am – 8.00pm


Fri: 6.00am – 7.00pm, Sat: 8.00am – 4.00pm


Sun: 8.00am – 4.00pm

 Entry fee: \$3

Bomaderry Leisure Centre

 127 Cambewarra Rd, Bomaderry 2541

 (02) 4429 5600

 Mon to Thu: 6.00am – 7.00pm

Fri: 6.00am – 6.00pm, Sat: 10.00am – 5.00pm

Sun: 12.00pm – 4.00pm

 Entry fee: \$3



SHOALHAVEN
SWIM | SPORT | FITNESS



Nowra Aquatic Centre



20 Scenic Dr, Nowra 2541



(02) 4429 5641



Mon to Fri: 6.00am – 6.00pm

Sat and Sun: 11.00 am – 3.00pm



Entry fee: \$3

Ulladulla Leisure Centre



139 Warden St, Ulladulla 2539



(02) 4444 8811



Mon to Fri: 6.00am – 7.00pm

Sat: 8.00am – 3.00pm

Sun: 8.00am – 2.00pm







Entry fee: \$3



SHOALHAVEN
SWIM | SPORT | FITNESS



Sussex Inlet Aquatic Centre

-  21 Thomson St, Sussex Inlet 2540
-  (02) 4406 2055
-  Mon to Fri: 6.00am – 12.00pm, 3.00pm – 7.00pm
Sat and Sun: 10.00am – 2.00pm
-  Entry fee: \$3







Sanctuary Point Library

What we do

Books, magazines, DVDs, audiobooks, newspapers, CDs, public access computers, copy and scan, charging ports and wi-fi.

Member category for people with no fixed address with a maximum loan limit of five items, with one renewal.

Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards.

-  Paradise Beach Rd, Sanctuary Point 2540
-  (02) 4429 2076
-  sanctuarypointlibrary@shoalhaven.nsw.gov.au
-  Monday to Friday: 9.30am – 5.00pm
Saturday: 9.30am – 12.00pm



Ulladulla Library

What we do


Books, magazines, DVDs, audiobooks, newspapers, CDs, public access computers, copy and scan, charging ports and wi-fi.

Member category for people with no fixed address with a maximum loan limit of five items, with one renewal.

Acceptable forms of identification for these are:
Centrelink, Concession or Medicare Cards.

 818 Princess Hwy, Ulladulla 2539

 (02) 4429 3701

 Monday to Friday: 9.30am – 5.00pm
Saturday & Sunday: 9.30am – 2.00pm



Milton Library

What we do

Books, magazines, DVDs, audiobooks, newspapers, CDs, public access computers, copy and scan, charging ports and wi-fi.

Member category for people with no fixed address with a maximum loan limit of five items, with one renewal.

Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards.



Old Town Hall, Princes Hwy, Milton 2538



(02) 4429 8916



Monday, Wednesday, Thursday, Friday:
10.30am – 12.30pm & 2.00pm – 5pm



Shoalhaven Libraries
Nowra



Nowra Library

What we do

Books, magazines, DVDs, audiobooks, newspapers, CDs, public access computers, copy and scan, charging ports and wi-fi.

Member category for people with no fixed address with a maximum loan limit of five items, with one renewal.

Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards.



10 Berry St, Nowra 2541



(02) 4429 3701



Library@shoalhaven.nsw.gov.au



Monday to Friday: 9.30am – 7.00pm
Saturday: 9.30am – 3.00pm



Shoalhaven Mobile Library

What we do

Books, magazines, DVDs, audiobooks. Member category for people with no fixed address with a maximum loan limit of five items, with one renewal. Wheelchair access.

Acceptable forms of identification for these are: Centrelink, Concession or Medicare Cards.



(02) 4429 3710



Library@shoalhaven.nsw.gov.au



Library timetable:

www.shoalhavenlibraries.com.au/Hours-and-locations/Mobile-Library



North Shoalhaven

Accessibility, amenities, opening hours and camp rules differ across all sites.

Please check camp rules prior to booking.

Maximum length of stay periods apply.

*Prices are seasonal and subject to change.

Berry Showground

\$ From \$13 per night*

📍 35 Alexandra St, Berry 2535

📞 (02) 4428 7206 (bookings)

✉️ Berryshowgroundcamping@gmail.com

🔗 Shoalhaven.bookable.net.au





Holiday Haven - Kangaroo Valley

\$ From \$30 per night*

📍 5 Moss Vale Rd, Kangaroo Valley 2577

☎ (02) 4406 1900

✉ Kvalley@holidayhaven.com.au

🔗 Holidayhaven.com.au

Gradys Riverside Retreat

\$ From \$16 per night*

📍 674 Burrier Rd, Burrier 2540

☎ (02) 4421 3282

✉ Info@gradys.com.au

🔗 Gradys.com.au





Ingenia Holidays - Shoalhaven Heads

\$ From \$25 per night*

📍 47 Shoalhaven Heads Rd, Shoalhaven Heads 2535

☎ (02) 4448 7270

✉ ShoalhavenHeads@ingeniaholidays.com.au

🔗 Ingeniaholidays.com.au

North Nowra Riverfront Caravan Park

\$ From \$25 per night*

📍 70 Rockhill Rd, North Nowra 2541

☎ (02) 4423 2488

🔗 Skipark.com.au





Central Shoalhaven

Accessibility, amenities, opening hours and camp rules differ across all sites.

Please check camp rules prior to booking.

Maximum length of stay periods apply.

*Prices are seasonal and subject to change.

Nowra Showground

\$ From \$13 per night*

Campervan and motorhomes ONLY.

📍 20 West St, Nowra 2541

☎ (02) 4428 7206 (bookings)

✉ Nowracamping@shoalhaven.nsw.gov.au

🔗 Shoalhaven.bookable.net.au





Holiday Haven - Culburra Beach

\$ From \$20 per night*

📍 2A Prince Edward Av, Culburra Beach 2540

☎ (02) 4429 5405

✉ Culburra@holidayhaven.com.au

🔗 Holidayhaven.com.au

Booderee National Park - Green Patch Camping Area

\$ From \$13 per night*

📍 Jervis Bay Rd, Jervis Bay 2540

☎ (02) 4443 0977

✉ Booderee.mail@awe.gov.au

🔗 Parksaustralia.gov.au





Jervis Bay Holiday Park

\$ From \$28 per night*

📍 785 Woollamia Rd, Jervis Bay 2540

☎ (02) 4441 5046

✉ Info@jervisbayholidaypark.com.au

🔗 Jervisbayholidaypark.com.au

South Shoalhaven

Accessibility, amenities, opening hours and camp rules differ across all sites.

Please check camp rules prior to booking.

Maximum length of stay periods apply.

*Prices are seasonal and subject to change.



Milton Showground

\$ From \$15 per night*

📍 107 Croobyar Rd, Milton 2538

☎ (02) 4428 7206 (bookings)

✉ Miltoncamping@shoalhaven.nsw.gov.au

🔗 Shoalhaven.bookable.net.au

Tasman Holiday Parks – Myola

\$ From \$24 per night*

📍 123 Myola Road, Myola 2540

☎ (02) 4446 5534

✉ Myola@tasmanholidayparks.com

🔗 Tasmanholidayparks.com





Lakeside Cabins and Holiday Village

\$ From \$25 per night*

📍 36 Goonawarra Dr, Cudmirrah 2540

☎ (02) 4441 2516

✉ Hello@lakesidecabins.com.au

🔗 Lakesidecabins.com.au

Holiday Haven - Lake Tabourie

\$ From \$25 per night*

📍 F595A Princes Hwy, Lake Tabourie 2539

☎ (02) 4406 3101

✉ Tabourie@holidayhaven.com.au

🔗 Holidayhaven.com.au





Murramarang National Park - Pretty Beach campground

\$ From \$24 per night*

📍 1 Pretty Beach Road, Pretty Beach 2539

📞 1300 072 757

✉️ Pretty.beach@environment.nsw.gov.au

🔗 Nationalparks.nsw.gov.au



Find more campsites online

[Shoalhaven.com/camping](https://shoalhaven.com/camping)

[Nationalparks.nsw.gov.au](https://nationalparks.nsw.gov.au)

[Hipcamp.com](https://hipcamp.com)




[Caravancampingsnsw.com](https://caravancampingsnsw.com)

WikiCamps Australia (app)



CamperMate (app)



Anglicare Op Shop - Culburra


-  4 Weston St, Culburra Beach 2540
-  (02) 4429 3701
-  Monday to Friday: 9.00am – 3.00pm
Saturday: 9.00am – 1.00pm

Anglicare Op Shop - Nowra

-  Cnr Princes Hwy and Worrigeer St, Nowra 2541
-  Monday to Friday: 9.30am – 4.30pm
Saturday: 10.00am – 3.00pm



Inasmuch Op Shop

 195 Jacobs Dr, Sussex Inlet 2540

 Tuesday to Saturday: 9.00am – 1.00pm

The Salvation Army Store

 1/182 Princes Hwy, South Nowra 2541

 Monday to Saturday: 9.00am – 5.30pm

Uniting Church Outreach Centre



 71 North St, Ulladulla 2539

 Monday to Friday: 9:30am – 4.00pm



Saturday: 9.00am – 12.00pm





St Vincent De Paul - Nowra

-  5 Berry St, Nowra 2541
-  Mon to Fri: 8.30am – 4.00pm
Sat: 8.30am – 2.00pm

St Vincent De Paul - Sanctuary Point

-  199 Kerry St, Sanctuary Point 2540
-  Mon to Fri: 8.30am – 3.30pm
Sat: 8.30am – 1.00pm

St Vincent De Paul - Berry

-  117B Queen St, Berry 2535
-  Mon to Sat: 10.00am – 4.00pm



Animal Welfare League Shoalhaven

What we do

Free desexing, vaccination, microchip, flea and worm treatment. Pet bedding and food.

Who we support

Must be experiencing homelessness and registered with a service provider.

How to access

Self-referral via phone or email.



67 Meroo St, Bomaderry 2541



0429 429 885



awlshoalhaven@awlinsw.com.au



Monday to Friday: 10.00am – 4.00pm



RSPCA
New South Wales

RSPCA NSW Shoalhaven Volunteer Branch

What we do

Subsidised desexing and veterinary assistance for pets of lower income families and pensioners.

Who we support

Shoalhaven residents 18 years+ and be a pensioner, concession cardholder or on job seeker.

How to access

Self-referral via phone or email.

 0414 749 490


 shoalhavenbranch@rspcansw.org.au



Kids Helpline

What we do

Free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25, available 24 hours a day, 7 days a week, every day of the year.

 1800 55 1800



Link2home

What we do

State-wide homelessness information and referral telephone service. Available 24 hours a day, 7 days a week, every day of the year.

 1800 152 152



Beyond Blue

What we do

Information and support for anxiety, depression and suicide prevention for everyone in Australia.


 1300 22 4636



Lifeline

What we do

Compassionate support for people in crisis and provides human connection to get through dark moments.

 13 11 14



Victims Support Line

What we do

All victims of violent crime in NSW can get help with information and referrals.

 1800 633 063

Gambling Help



What we do

Free support for anyone affected by gambling in Australia.

 1800 858 858




Domestic Violence Helpline

What we do

Counselling and referrals for women experiencing domestic and family violence.

Caseworkers on the Domestic Violence Line can help you:

- Get hospital care, counselling and family support services.
- Understand what an Apprehended Violence Order (AVO) is and how to get one.
- Develop a safety plan for you and your children.
- Find emergency accommodation for you and your children.
- Help you with transport for you and your children.
- Talk to the police, courts and lawyers.

 1800 65 64 63



ParentsBeyondBreakup
Empowering families – Creating futures



Dads in Distress


What we do

Support for dads experiencing trauma through family breakdown and separation anxiety.

Mums in Distress

What we do

A national support group for mums separated from their children.

 1300 853 437

ParentLine NSW



Parent Line NSW

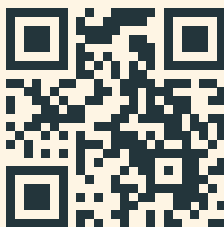
What we do

A free telephone counselling and support service for parents and carers with children aged 0 - 18 who live in NSW.

 1300 853 437

PATH 2 HOME

Online Directory



path2home.org.au