

This resource was created by:
Aboriginal Legal Service (ALS)
Western NSW Community Legal Centre
Western Women's Legal support
Legal Aid NSW



Information contained in this directory is correct as of March 2024. To update entries please email Sharon.Tomas@alsnswact.org.au

### **Accommodation Services**

| Organisation          | Description  | Referral Process and Contact Details             |
|-----------------------|--|--|
| Link2Home             | Link2home is the statewide homelessness information and referral         | Link2Home Homelessness 1800 152 152              |
|                       | telephone service.   | Link2Home Veterans and Ex-service 1800 326 989   |
|                       | For information, assessment or referral to homelessness services and     | Domestic Violence Line 1800 656 463              |
|                       | support in NSW, call Link2home.  | Child protection Helpline 13 2111                |
|                       |  | 24 hours a day, 7 days a week every day of the   |
|                       |  | year   |
| Orana Support Service | Supporting adults and families and children who are experiencing, or are | 1800 353 199 or <u>02 6800 1650</u>              |
| Inc (OSS)             | at risk of, homelessness. OSS works with clients to help them secure     | Email:   |
|                       | permanent long-term accommodation, assisting with transport to and       | admin@oranasupport.com.au                        |
|                       | from private rental inspections and offering support with completing     | Address:   |
|                       | private rental applications.   | Suite 1, Floor 1, 168-172 Brisbane Street, Dubbo |
| Orana Support Service | Sturt House provides voluntary short term crisis accommodation for men   | 1800 353 199 or <u>02 6800 1650</u>              |
| Inc (OSS)             | over the age of 18 years who are homeless or at risk of becoming         | Email:   |
| Sturt House           | homeless.  | admin@oranasupport.com.au                        |
|                       |  | Address:   |
|                       |  | Suite 1, Floor 1, 168-172 Brisbane Street, Dubbo |
| Orana Support Service | Provides short term emergency accommodation and support in a safe        | 1800 353 199 or <u>02 6800 1650</u>              |
| Inc (OSS)             | environment for women and children who are experiencing Domestic         | Email:   |
| Dubbo Women's Refuge  | and Family Violence and Women and Children at risk of homeless.          | admin@oranasupport.com.au                        |
|                       | Women are assigned a case manager and work to rebuild self-esteem        | Address:   |
|                       | and achieve control and fulfilment of their lives.                       | Suite 1, Floor 1, 168-172 Brisbane Street, Dubbo |
| Uniting               | Doorways assist young people aged 16-25, with finding accommodation,     | 2 Alfred Street Dubbo                            |
| Doorways program      | keeping your current housing, and connecting you with support services   | PH: 6884 5254                                    |
|                       | in the Dubbo region.   | Free Call 1800 758 758 uniting.org               |
| Gest Inn              | Cheap accommodation  | Ph: 6882 5004                                    |

| 79 Brisbane St, Dubbo, NSW 2830 |
|---------------------------------|

### **Casework Services**

| Organisation              | Description  | Referral and Contact Details                                   |
|---------------------------|--|--|
| Marathon Health           | CPS is for people experiencing a severe mental illness that is         | For more information call us on 1300 402 585.                  |
| Commonwealth              | impacting their ability to live the life they want to live. CPS        | Please email referrals to                                      |
| Psychosocial Support      | connects you with a non-clinical recovery coach who will               | psychosocialsupports@marathonhealth.com.au Eligibility         |
| Program (CPS)             | support you to achieve your goals and get back to doing                | process  |
|                           | what you love.   | Once a referral is received, an Assessment Officer will gather |
|                           |  | all relevant documentation and make an appointment with        |
|                           |  | the participant to assess eligibility for the program. Once    |
|                           |  | completed, the referral will be presented to an intake panel – |
|                           |  | both the referrer and referred applicant will be informed of   |
|                           |  | outcome.   |
| Community Restorative     | The Reintegration Housing Support Program (RHSP) aims to               | Please contact CRC directly on (02) 9288 8700 or through       |
| Centre (CRC)              | connect people who are leaving custody, or who have been               | our contact us page if you need more information.              |
| The Reintegration Housing | released in the last month, and are at risk of homelessness            | Referral forms for people in custody can be accessed here.     |
| Support Program (RHSP)    | with specialist support workers who will assist with securing          | Completed forms should then be emailed                         |
|                           | access to suitable accommodation, as well as wrap around               | to: ReintegrationHousingSupportProgram@facs.nsw.gov.au         |
|                           | psychosocial support, including but not limited to:                    |  |
|                           | <ul> <li>connection with Community Corrections (parole and</li> </ul>  |  |
|                           | probation) and Centrelink  |  |
|                           | <ul> <li>alcohol or drug support</li> </ul>                            |  |
|                           | <ul> <li>physical and mental health services</li> </ul>                |  |
|                           | <ul> <li>help obtaining identification, connecting with</li> </ul>     |  |
|                           | friends and/or family in the community.                                |  |
|                           | <ul> <li>obtaining emergency items such as clothing, mobile</li> </ul> |  |
|                           | phones and transportation.   |  |
| Wellways                  | Support for adults with severe mental health issues to                 | For more information call 1300 111 400 or                      |
| Housing and Supportive    | recover in the community in the way that they want to. HASI            |  |
| Initiative (HASI)         | provides psychosocial supports that help people build                  | email psychosocial@wellways.org.                               |

| Mission Australia Enhanced Adult Community Living Supports (CLS) | independence in daily life and contribute to recovery. The types of support people receive depends on their individual needs and own unique goals for what they want to achieve.  CLS program supports people with severe mental illness to live in the community. At the core of the programs is a partnership between Local Health District mental health | Referrals can be made to the office at: 110-114 Macquarie St Dubbo NSW 2830   |
|--|---|---|
| Living Supports (CLS)  | teams who provide clinical care and community managed non-government organisations that are funded by the Ministry of Health to provide psychosocial supports to live in the community.   | t: (02) 6884 8526 e: CentralAndFarWestNSW@missionaustralia.com.au   |
| Mission Australia<br>Family Support Service                      | The Family Support Service aims to meet the needs of low to medium risk families with children aged 0 - 12 years by delivering a broad range of less intensive, short-term Early Intervention Services with an average duration of 3 months to address identified issues and prevent an escalation to a more intensive service.                             | Referrals can be made to the office at: 110-114 Macquarie St Dubbo NSW 2830 t: (02) 6884 8526 e: CentralAndFarWestNSW@missionaustralia.com.au |
| Uniting<br>Aboriginal Aftercare<br>Statewide                     | Supporting Aboriginal young people, 18 to 25 years, who have left statutory care on NSW. Connecting with nongovernment organisations in the out-of-home care sector, they support the development of culturally appropriate leaving-care plans and access post care financial support.  | People can contact the office directly at 1/80 Gipps Street Dubbo Ph: 6884 5254 E:westernintake@uniting.org                                   |
| Uniting<br>Intensive Family<br>Preservation (IFP)                | IFP is an intensive in-home support program for families with children aged 0-17 years. The program can work with families for up to 6 months.  | Referrals to IFP come only from the Department of Communities and Justice (formally FACS).  |

# **Counselling Services Dubbo**

| Organisation   | Description  | Referral Process and Contact Details  |
|--|--|---|
| Connecting Community Services Women's Safety Coordination                            | Assisting victims of family and Domestic Violence through service co-ordination, casemanagement, advocacy and navigation.  | For more information contact Kathryn on 6883 2300 E: kathrynw@dnc.org.au E:info@dnc.org.au  |
| Connecting Community Services  Domestic Violence and Generalist Counselling Services | The service offers free counselling to women affected by Domestic Violence.  | Call Connecting Community Services to talk to one of<br>the counsellors confidentially on 6883 2300 or 1800<br>319 551<br>E:info@dnc.org.au   |
| Interrelate  | Family Relationship Centres (FRCs) are safe and secure environments where clients can receive information, advice, family relationship services or referral to a wide network of local services.   | People can contact the office directly for information or to make an appointment. PH: 6815 9650 E:dubbo@interrelate.org.au  |
| Marathon Health<br>Strong Minds Program  | Strong Minds Western is an evidence-based, short term counselling service that provides up to 12 free sessions with our trained and experienced mental health team.  It's designed to support you through recovery to wellness, with personalised care that helps you meet your needs and goals. | You'll need a GP referral and current Mental Health Treatment Plan (MHTP) to refer into Strong Minds Western. Ask your GP to complete a referral form, listed below, and have them send this and the MHTP to our secure email mental.health@marathonhealth.com.au |
| Western NSW Local Health District Sexual Assault Services                            | Dubbo Sexual Assault Services provide confidential crisis counselling, forensic medical services and ongoing counselling services to adult and child victims of sexual assault, their non-offending family members and carers.   | If you are an adult or have a child that has been sexually assaulted or are in crisis you can contact a 24 hour service through Dubbo Health Service (02) 6809 6809   |

| Centacare Bathurst  | Centacare offers professional counselling and psychological services provided by qualified psychologists, social workers, accredited mental health practitioners, and counsellors.   | Enquiries can be made by phone:<br>1800 231 118<br>Dubbo: 02 6885 0277<br>https://centacarebathurst.com.au/contact_us/  |
|---|--|---|
| Dubbo Primary & Community Health Centre Child & Family Psychology Clinic              | Dubbo Primary & Community Health Centre The centre provides counselling, advocacy, information and support for members of the local community. The Child Family Psychology Clinic The clinic provides psychological counselling for children up to 12 years old and their families.  | PH: (02) 5853 2500  |
| Dubbo Primary & Community Health Centre  Child Protection Counselling Services (CPCS) | Child Protection Counselling Services (CPCS)  A child protection worker provides counselling, case management & group work in areas including child protection & abuse, behaviour, parenting, bonding & attachment, childhood development and trauma of child and parents for natural & foster families currently registered with Department of Communities & Justice. | PH: (02) 5853 2500  Eligibility is children 0 -18 years old. Inquire for any fees. Referrals from the  Department of Communities & Justice or Joint Investigative Response Team (JIRT |
| Headspace   | Headspace Dubbo is a youth-friendly FREE and confidential service for anyone aged between 12 and 25 years.  At Headspace young people have access general health, mental health, drug and alcohol, Centrelink, financial counselling and legal support services as well as vocational support, all in the one place.   | PH:(02) 5851900,<br>drop in at 23 Church Street Dubbo<br>email: hs.dubbo@marathonhealth.au.<br>Complete the referral form available at<br>website.                                    |

| Lifeline  | Lifeline Central West delivers telephone crisis support, problem gambling help counselling & financial counselling through Dubbo.  | People can contact 1300 798 258 to schedule an appointment. Service providers can complete a formal referral form and the team will contact the client directly. |
|---|--|--|
| NALAG National Association for Loss and Grief (NSW) Inc | NALAG provides services to individuals, families and communities through its grief support service.  | People can contact the office on (02) 6882 9222 or complete an online Client Enquiry Form.   |
| Uniting   | Brighter Futures Brighter Futures is a targeted, voluntary, early intervention child protection program for families experiencing challenges that impact on their ability to care for their children.  Intensive Family Support Service In home case management services for 3 months, to families with children from birth to 18 years. The program also provides access to parenting groups to assist with behavious, child development, relationships, routines, cooking and nutrition.  Family Options Free counselling and groups that aim to improve the wellbeing of families and children, supporting positive family relationships through prevention, early intervention and post — separation services Bringing Them Home Provides counselling for individuals, families and communities affected by past practices regarding the forced removal of children from Aboriginal & Torres Strait Islander families. | People can contact the office directly at 1/80 Gipps Street Dubbo phone 1300 339 016 or E:westernintake@uniting.org  |

# Services for Culturally and Linguistically Diverse (CALD) Communities

| Organisation                                    | Description  | Referral and Contact Details  |
|---|--|---|
| Connecting Community Services                   | The migrant support program offers support through advocacy, educational/social groups, assistance and opportunities for referrals, and service information.  Current events running:  Please call our office before attending events for more information.  • Multicultural Women's Group - 3rd Monday of each month  • English Classes  • Multi-Cultural Playgroup   | More information contact: Khaled Taleb Ph:02 6883 2300 E: khaledt@dnc.org.au 31 -33 Church Street Dubbo   |
| Legal Aid NSW Immigration<br>Specialist Service | The Immigration Service is a specialist service of Legal Aid NSW. We provide free legal advice, assistance and representation about refugee law and other immigration matters.  Who we help  We can assist people who want a visa to live in Australia, or if they have questions about their immigration status in Australia. We can also give advice to people who want to sponsor family members to live in Australia.                        | People can contact the office directly to make an appointment on 02 9219 5790 between 9am and 1pm daily. If you need someone who speaks your language to help make an appointment with Legal Aid NSW, call the Translating and Interpreter Service (TIS) 131 450. |
| Immigration Rights and Advice Centre (IARC)     | The immigration Rights and Advice Centre (IARC) provides free immigration legal advice to eligible people in New South Wales or in immigration detention.  | People can make an appointment on PH:(02) 8234 0700 E: iarcadmin@iarc.asn.au  |
| SALVOS Legal Humanitarian                       | Salvos Legal Humanitarian is a free law firm for people who have been made vulnerable by addiction, family violence, family breakdowns, financial stress, homelessness, ill health or migration, visa and citizenship compliance issues.  The service helps people who do not qualify for any government funded legal assistance because their needs fall outside the criteria of the services provided by Legal Aid or Community Legal Centres. | Phone to make an appointment Ph: (02) 8202 1500   |

|   | Salvos Legal Humanitarian practises in the areas of: - criminal law - family & children's law - debt, housing - Centrelink matters - migration / refugee law - police matters - human rights and public interest law - credit and debt   |  |
|---|--|--|
| Immigrant Women's<br>Speakout Association | Speakout can assist women to understand their rights and options and support services available to them.  Speakout provides advocacy and community development work on issues of relevance to migrant and refugee women in situations of domestic violence. The Domestic Violence Team is available to provide training to community workers, women's groups and community groups on cross-cultural domestic violence issues, and training on the Domestic Violence Provision in the Migration Regulations | Contact Ph: (02) 9635 8022<br>E: women@speakout.org.au |

### **Cultural and Multicultural Community Groups**

| Organisation   | Contact details  |
|--|--|
| The Orana Residents of Indian Sub-Continental Heritage (ORISCON) Inc | Oriscondubbo@gmail.com                                 |
|  |  |
| Bangladesh Community in Dubbo  | Shibli.chowdhury@gmail.com                             |
|  |  |
| NSW Central West Muslim Association Inc                              | Admin@nswcwma.com.au                                   |
|  |  |
| Dubbo Nepalese Community Australia                                   | dnca2015@gmail.com                                     |
|  |  |
| Dubbo Support Centre (DSC)   | M:0480 110 453 or E:support@indiansupportcentre.org.au |
|  |  |

### **Domestic Violence Casework Services**

| Organisation   | Description   | Contact and Referral Details   |
|--|---|--|
| Western Women's Legal<br>Support (WWLS)  | Western Women's Legal Support is a non-profit service that assists women and their children escape the cycle of abuse through specialist legal help, practical support and community education.  Case work services include:  Safety Planning and risk assessment Advocacy with Centrelink, Housing. Police and other | People can contact WWLS directly at: Suite 3, 207 Brisbane Street Dubbo PH:1800 874 998 or 02 6885 4531 E:dvu@wnswclc.org.au       |
|  | <ul> <li>government agencies.</li> <li>Accessing financial counselling, crisis accommodation and counselling.</li> <li>Referrals to other services.</li> </ul>  |  |
| Staying Home Leaving Violence  | The Staying Home Leaving Violence program aims to prevent homelessness by working with NSW Police to remove the perpetrator from the family home so that women and children can remain safely where they are.   | People can contact the office on Ph: (02) 6883<br>1563 to request a referral form.   |
| Connecting Community Services Women's Safety Coordination                            | Assisting victims of family and Domestic Violence through service coordination, case-management, advocacy and navigation.   | For more information contact Kathryn on Ph: 6883 2300 E: kathrynw@dnc.org.au E:info@dnc.org.au                                     |
| Connecting Community Services  Domestic Violence and Generalist Counselling Services | The service offers free counselling to women affected by Domestic Violence.   | Call Connecting Community Services to talk to one of our counsellors confidentially on 6883 2300 or 1800 319 551 E:info@dnc.org.au |
| Uniting<br>Brighter Futures Program  | Brighter Futures is a targeted, voluntary, early intervention child protection program for families experiencing challenges that impact on their ability to care for their children.  | People can contact the office directly at 1/80 Gipps Street Dubbo or Ph: 1300 339 016 E:westernintake@uniting.org                  |

|  | Brighter Futures provides a range of services including case management, casework focused on parent struggles, structured home visiting, access to quality children's services, supported playgroups and parenting programs (group based or one-to-one in the home).  Eligible families will have at least one of the following challenges which impacts adversely on their capacity to parent and/or their child's safety and wellbeing:  Domestic violence Drug or alcohol misuse Parental mental health issues Lack of parenting skills or inadequate supervision Parent(s) with significant learning difficulties or intellectual disability. |   |
|--|---|---|
| Uniting<br>Intensive Family<br>Preservation    | Intensive Family Preservation program offers casework and a broad spectrum of support services to families in crisis of up to 6 months duration in most cases, but up to 12 months where needed. For families with complex needs and a high level of risk, this program develops parenting skills and provides other assistance to parents and the extended family to increase the possibility for a child to live with their family and not be placed in out-of-home care.   | People can contact the office directly at 1/80 Gipps Street Dubbo or Ph: 1300 339 016 E:westernintake@uniting.org                             |
| Mission Australia Dubbo Family Support Service | The Family Support Service aims to meet the needs of low to medium risk families with children aged 0 - 12 years by delivering a broad range of less intensive, short-term Early Intervention Services with an average duration of 3 months to address identified issues and prevent an escalation to a more intensive service.   | Referrals can be made to the office at: 110-114 Macquarie St Dubbo NSW 2830 t: (02) 6884 8526 e: CentralAndFarWestNSW@missionaustralia.com.au |

# **Drug and Alcohol Services**

| Organisation  | Description  | Referrals and Contact Details   |
|---|--|---|
| Western NSW Local Health District Dubbo Community Mental Health, Drug and Alcohol Service | Dubbo Community Drug and Alcohol Service offers assessment and counselling, the MERIT Court Diversion Program, Drug & Alcohol consultation liaison at Dubbo hospital, and the Opioid Treatment Program.  | Ph:6881 4000 41 Bultje Street Dubbo Opioid Treatment Program contact details Acacia Cottage Dubbo Hospital (02) 6809 8250 |
| Lives Lived Well  | Lives Lived Well aims to provide services in the community that reduce individual and social harms by:  • Addressing addictive behaviours • Advocating and supporting healthy lifestyles • Building individual and community capacity.  Roadmaps is a free program that runs for two sessions a week for six weeks. We provide intensive rehabilitation support, which includes individual and group counselling, information. Sessions will address concerns around alcohol and drug dependence, mental health, harm reduction, overdose and relapse prevention and family education. | 1300 596 366 194 Brisbane Street Dubbo To make a referral, forms can be accessed at https://www.liveslivedwell.org.au     |
| Royal Flying Doctors Service Western NSW<br>Alcohol and Other Drugs (AoD) services        | The service provides a full range of counselling, individual and family support, interventions and referral services.  | 0447 610 846 E: aodoutreach@rfdsse.org.au   |

| Mission Australia AOD Continuing Coordinated Care (CCC) Western Region  | The AOD Continuing Coordinated Care (CCC) Service in Western NSW provides care coordination and wraparound services for people with a substance use disorder who are receiving community-based treatment, while also experiencing a high level of need. CCC supports clients with intensive support to maintain engagement with treatment services, including maintaining linkages to AOD and primary health services; functional living supports; and support to maintain community and family connections. | (02) 6884 8526<br>110- 114 Macquarie Street DUBBO NSW   |
|---|--|---|
| Mission Australia MacRiver Centre Residential<br>Rehabilitation Program | MAC River is a residential rehabilitation service for young people aged 13-18 who are experiencing chronic drug and alcohol issues. The service provides trauma informed and culturally safe support for three months in residence, followed by three months of aftercare in the community.  | To refer to Mac River Rehabilitation Centre fill out a referral form. Contact phone number 02 6887 3143 |

# **Financial Counselling Services**

| Organisation                      | Description  | Referral and Contact Details  |
|-----------------------------------|--|---|
| Lifeline Central West             | Lifeline Central West's delivers telephone crisis support, problem gambling help counselling & financial counselling through Dubbo   | To make a referral phone 1300 798 258 Or complete a formal referral form and the team will contact the client directly.   |
| The Salvation Army                | Moneycare is the Savation Army's free financial counselling service. The service can help address various credit and debt issues, plan a budget and set goals for the future. The aim is to help individuals become more financially stable.   | To make an appointment for a referral to one of Salvation Army's programs please phone (02) 6882 8280. 110 Gipps Street Dubbo NSW                                     |
| CatholicCare Wilcannia<br>-Forbes | Financial Counsellors provide a confidential service to assess clients' financial position, provide information and options, advocate and negotiate on behalf of clients and conduct referrals to support services.  Financial Capability workshops and community awareness campaigns provide education about budgeting, moneywise practices, energy saving, debts and fines, fraudulent schemes, and scams. | People can contact the service by:  Phone (02) 68851788 or 1800 067 067  Visit the office at 1/62 Wingewarra Street Dubbo  Email: info@ccwf.org.au                    |
| Financial Rights Legal<br>Centre  | Financial Rights Legal Centre provides financial counselling information, advice and referral services to individual consumers in NSW on credit, debt and banking issues. Financial counsellors and solicitors are employed to provide the best service for our clients.   | People are able to contact the helplines directly. National Debt Helpline - 1800 007 007 Insurance Law Service (ILS) - 1300 663 464 MOB Strong Debt Help 1800 808 488 |
| Way Forward Debt<br>Solutions     | Way Forward is a not-for-profit organisation established to help people manage and repay their debt  | Contact us via our website, or give us a call today on 1300 045 502 and speak to one of their Financial Hardship Advocates today.                                     |
| Gambling Help                     | Gambling Helpline is a 24 hour, 7 days a week telephone service that offers crisis counselling, information and referrals for problem gamblers, their families, and their friends. Anyone in NSW can talk to a trained counsellor about their own, or someone else's gambling problem.   | Contact: T: 1800 858 858   Online chat, SMS, and email support: www.gamblinghelponline.org.au   W: www.gamblinghelp.nsw.gov.au  |

# **Community Meals**

| Organisation            | Description   | Contact Details   |
|-------------------------|---|---|
| Baptist Care Community  | Monday, Tuesday, Wednesday & Thursday Breakfast             | Ph: 6881 8752   |
| Centre                  |   | 111 Darling Street Dubbo  |
| Orana Support Service   | Monday evenings 6pm-7pm                                     | 2A Beni Street Dubbo  |
| Dubbo Community Kitchen | 1st and 3rd Friday of the month for dinner served at 6:30pm | Bookings required PH:5804 7350<br>Holy Trinity Church Brisbane Street Dubbo |

## **Food Relief**

| Organisation           | Description   | Contact Details                    |
|------------------------|---|------------------------------------|
| St Vincent De Paul     | Large and small food parcels  | Ph: 6882 2845                      |
|                        | Bring Centrelink Income Statement                                     | 9am-4pm Monday to Friday           |
|                        | Following interview EAPA and gas vouchers may be issued.              | 126 Brisbane Street Dubbo          |
| Emmanuel Care          | Appointments encouraged   | Ph: 6885 5565                      |
|                        | Monday to Thursday 10:30am -12:30pm and 1:30pm – 3pm.                 | 177 Brisbane Street Dubbo          |
|                        | Centrelink Income Statement required.                                 |                                    |
| Baptist Care Community | Centrelink Income Statement required.                                 | Ph: 6881 8752                      |
| Centre                 |   | 179 Brisbane Street, Dubbo         |
| The Salvation Army     | All clients required to contact SAL Assessment Line before assistance | Ph:6884 3079                       |
| -                      | can be provided.  | 110 Gipps Street Dubbo             |
|                        |   | (SAL assessment Line) 1300 371 288 |
| Anglicare Western NSW  | Crisis food   | Ph: 6882 0965                      |
|                        | Centrelink Income Statement, bank statement and ID required.          | Behind OP shop                     |
|                        | All clients are referred to Lifeline Financial counselling.           | 158 Brisbane Street Dubbo          |
|                        |   |                                    |

| Global Care                   | Monday Tuesday and Thursday 9am- 4pm Interviews by appointment. Enquiries can be by phone. Following assessment EAPA and gas vouchers may be issued. | Ph: 68822975 or 1800 155 884<br>57 Thompson Street Dubbo |
|-------------------------------|--|--|
| Connecting Community Services | Limited food assistance available.   | 1800 319 551<br>31-33 Church Street Dubbo                |

### **Health Services Contact List**

| Name of Service  | Phone number |
|--|--------------|
| Aboriginal Maternal & Infant Health                        | 02 6809 8600 |
| Children & family Health Nursing services                  | 02 6809 8600 |
| Child Protection & Family Crisis Service DOCS              | 132 111      |
| Child Assessment Centre Children's Hospital Randwick       | 1800 688 009 |
| Dalwood Assessment Centre & Palm<br>Avenue School          | 9951 0340    |
| Dental Health Services                                     | 1300 552 626 |
| Early Childhood Clinic                                     | 02 6809 8600 |
| Parental Stress Centre                                     | 1300 948 608 |
| Orana Early Intervention & education Project               | 02 6882 0599 |
| Post Natal Depression Support Group at Family Planning NSW | 02 6885 1544 |
| Royal Far West Children's Health<br>Scheme                 | 02 8966 8503 |
| SIDS   | 1300 308 307 |
| Teen Mum's Program   | 02 6809 8600 |

#### **General Practice Surgeries in Dubbo**

| Name of Surgery  | Contact Number |
|--|----------------|
| Barwunga Aboriginal Medical Centre                                     | (02) 6882 6010 |
| Delroy Park Medical Centre   | (02) 6884 9385 |
| Dubbo Aboriginal Medical Health Service- AMS                           | (02) 6884 7502 |
| Dubbo Care Family Practice   | (02) 6884 3551 |
| Dubbo Family Doctors   | (02) 6884 0474 |
| Dubbo Health Hub   | 02 6884 1804.  |
| Dubbo Medical & Allied Health Group<br>(Bultje Street and Delroy Park) | (02) 6815 9900 |
| Gumtree Medical Practice   | (02) 6885 1559 |
| Macquarie Collective   | (02) 6884 3355 |
| Southlakes Medical Practice  | (02) 5820 0304 |
| Western Plains Medical Service   | (02) 6841 9000 |

#### **AFTER HOURS ASSISTANCE**

If you require emergency treatment call '000' for an ambulance or present to Dubbo Base Hospital Emergency Department.

If you require after attention after hours phone the After Hours GP on 02 6884 2100 or attend the Dubbo After Hours GP Clinic at Dubbo Base Hospital on weekends.

#### 24 HOUR HEALTH ADVICE - Health Direct

If you have any health concerns, contact Health Direct on 1800 022 222\* and speak with a registered nurse. They will ask questions about your symptoms and whether you should see a doctor, pharmacist or care for yourself at home. Alternatively, you can use the online symptom checker at <a href="https://www.healthdirect.gov.au">www.healthdirect.gov.au</a> for advice. It cannot give you a diagnosis and is not a substitute for professional healthcare.

<sup>\*</sup>All local and national calls from Telstra public payphones are free.

# **Housing and Tenants' Advocacy Services**

| Organisation                                  | Description   | Referral and Contact details  |
|---|---|---|
| Department of Communities and Justice Housing | Services provided include:  Private rental assistance Rent Choice Start Safely Rentstart Private rental subsidies Priority Access to social housing Innmate Housing Project Private rental brokerage Tenancy Guarantee Assistance for victims of domestic and family violence   | 02 6885 7111 Link2Home 1800 152 152 Domestic Violence Line 1800 656 463 Victims Access Line 1800 633 063 Aboriginal Contact Line 1800 019 123 37-39 Carrington Avenue Apply online at https://www.facs.nsw.gov.au/resources/forms/housing/online-forms Complete the Housing Pathways online application form  |
| Aboriginal Housing<br>Services Our Way        | The Aboriginal Housing Office (AHO) is a statutory body established under to ensure that Aboriginal and Torres Strait Islander people have access to affordable, quality housing.  AHO homes – these are properties owned by the AHO and looked after by DCJ Housing.  If you want an AHO home either you or a household member must be Aboriginal or Torres Strait Islander. You will need to complete a declaration form. | If you fill in the declaration form, you can have your name put on the NSW Housing Register and AHO housing list. You can call the Aboriginal Enquiry Line on 1800 422 322. Visit the office at 37-39 Carrington Ave DUBBO To contact SOW or for further information please call 1800 952 717 or email <a href="mailto:sowenquiries@aho.nsw.gov.au">sowenquiries@aho.nsw.gov.au</a> |
| Home In Place                                 | A non-government social housing provider and provides disability housing. Undertakes all aspects of tenancy and property management including allocations.  | 32 Victoria Street Dubbo  1300 333 733  People can contact the office directly to schedule an appointment   |
| Housing Plus                                  | Affordable housing services are provided for individuals and families.  | People can phone the office on 1800 603 300 to arrange an appointment.  |

|               | . ,   | Office is at 3 Frith St, Dubbo NSW 2830 Or fill in our contact us form and a member of the team will get in contact with you. |
|---------------|-------|---|
| Trousing prov | idel. | http://www.housingplus.com.au/contact-us/   |

# **Tenancy Services**

| Organisation  | Description  | Referral and Contact Details  |
|---|--|---|
| New England and Western<br>Tenants Advice and<br>Advocacy Service<br>Incorporated (NEWTAAS) | NEWTAAS provides information, advice, advocacy and representation in the NSW Civil & Administrative Tribunal ("NCAT") to assist tenants most in need to resolve their housing issues with their landlords. Primarily, we prevent homelessness by assisting tenants to resolve their issues with their landlords. | To make an appointment or for more information phone 1800 836 268 (1800 TENANT)   |
| Murra Mia Western NSW<br>Aboriginal Tenants Service<br>(WATAAS)                             | Murra Mia Western Aboriginal Tenants Advice and Advocacy Service provides advocacy and advice to tenants who are faced with difficulties in the relationship with landlords and social housing providers. We can negotiate on behalf of tenants to enhance an outcome that is beneficial to all parties.         | To make and appointment Ph:6881 5700 or 1800 810 233 or email mmw@murramia.com  |
| Mission Australia Tenant Participation & Community Engagement (TPCE)                        | The TPCE program aims to provide FaCS Housing tenants with enhanced access to information, advice and opportunities to be more actively involved in processes and decisions related to improving social housing tenancies and communities.   | Referrals can be made to the office at: 110-114 Macquarie St Dubbo NSW 2830 t: (02) 6884 8526 e: CentralAndFarWestNSW@missionaustralia.com.au |

# **Legal and Advocacy Services**

| Organisation                                | Description   | Referral and Contact Details   |
|---|---|--|
| Aboriginal Legal Service (ALS)              | ALS delivers free, culturally appropriate legal advice, representation, information and referrals.  Areas of law include crime, family, civil, care and protection.   | People can make an appointment by phone (02) 6841 6966 or visit the office at 23-25 Carrington Ave Dubbo.  |
| Legal Aid NSW                               | Legal Aid NSW helps people with their legal problems. Legal Aid NSW provides legal services to people who experience disadvantage clients across NSW in most areas of law including criminal, family and civil.   | People can contact the office directly to make an appointment on 02 6885 4233 or visit at 64 Talbragar Street Dubbo between 9am and 5pm daily.                               |
| Western NSW Community<br>Legal Centre (CLC) | The Western NSW CLC team provides free legal help to people living in western NSW who are doing it tough and travel throughout the region helping people with their civil and family law matters.   | People can contact the office directly to make an appointment on: PH:(02) 6884 9422 or Freecall 1800 655 942 Visit at 51 Bultje Street Dubbo. E:LegalHelp@wnswclc.org.au     |
| Western Women's Legal<br>Support (WWLS)     | WWLS is a specialist domestic violence unit. This service provides women and families with vital legal and practical support to break the cycle of abuse.   | People can contact WWLS directly at:<br>Suite 3, 207 Brisbane Street Dubbo<br>PH:1800 874 998 or 02 6885 4531<br>E:dvu@wnswclc.org.au  |
| Disability Advocacy NSW (DA)                | DA helps people of all ages with any type of disability or mental illness get fair treatment.  An advocate can provide individual advocacy and help get fair treatment: from government departments, disability services, other services and businesses, at work, university, school or TAFE, with accommodation, transport and access, with legal, healthcare or money issues; and with the National Disability Insurance Scheme (NDIS). | Call us to find out more 1300 365 085 or email da@da.org.au Service providers and other organisations can use our online referral at www.da.org.au for all advocacy matters. |

| Financial Rights Legal Centre  | Financial Rights Legal Centre is a community legal centre specialising in financial services, particularly individual cases and policy issues related to consumer credit, banking and debt recovery. They provide financial counselling information, advice and referral services to individual consumers in NSW on credit, debt and banking issues. Financial counsellors and solicitors are employed to provide the best service for our clients. | People are able to contact the helplines directly. National Debt Helpline - 1800 007 007 Insurance Law Service (ILS) - 1300 663 464 MOB Strong Debt Help 1800 808 488                 |
|--|---|---|
| Immigration Rights and Advice Centre (IARC)                                      | The immigration Rights and Advice Centre (IARC) provides free immigration legal advice to eligible people in New South Wales or in immigration detention.   | People can make an appointment on PH:(02) 8234 0700 E: iarcadmin@iarc.asn.au  |
| Intellectual Disability Rights Service (IDRS) and Justice Advocacy Service (JAS) | IDRS is a free service for people with cognitive impairment across NSW. IDRS is a specialised Community Legal Centre providing free legal advice, casework and professional consultation across a number of areas of law.  Justice Advocacy Service (JAS) supports people with cognitive impairment in contact with the NSW criminal justice system, including victims, witnesses and suspects/defendants to exercise                               | To make a referral Ph: 1300 665 908 Online referrals can be made     https://jas.smartersoft.io/referralform If arrested at a police station call 1300 665 908 for a 24-hour service. |

|   | their rights and fully participate in the process. Our service provides support to both adults and young people with cognitive impairment.  |  |
|---|---|--|
| New England and Western<br>Tenants Advice and Advocacy<br>Service (NEWTAAS) | NEWTAAS provides information, advice, advocacy and representation in the NSW Civil & Administrative Tribunal ("NCAT") to assist tenants most in need to resolve their housing issues with their landlords. Primarily, we prevent homelessness by assisting tenants to resolve their issues with their landlords.                              | To make an appointment or for more information phone <b>1800 836 268 (1800 TENANT)</b>   |
| Murra Mia Western NSW<br>Aboriginal Tenants Service<br>(WATAAS)             | Murra Mia Western Aboriginal Tenants Advice and Advocacy Service provides advocacy and advice to tenants who are faced with difficulties in the relationship with landlords and social housing providers. We can negotiate on behalf of tenants to enhance an outcome that is beneficial to all parties.                                      | To make and appointment Ph:6881 5700 or 1800 810 233 or email <a href="mmw@murramia.com">mmw@murramia.com</a>  |
| Senior Rights Service   | Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups.  Free and confidential telephone advice, aged care advocacy and support, legal advice and rights-based education forums to seniors across New South Wales is provided. | People can contact the service directly on Ph: 1800 424 079 to arrange an appointment.  Online enquiries can be made at info@seniorsrightsservice.org.au |
| Welfare Rights Centre   | The Welfare Rights Centre is a community legal centre specialising in social security law and family assistance law and its administration by Centrelink.  The Welfare Rights Centre provides free legal information, advice and casework services to people who have a problem with Centrelink.  | People contact the office on Ph: 1800 226 028. Online enquiries can be made at https://welfarerightscentre.org.au/need-help                              |
| Wirringa Baiya Aboriginal<br>Women's Legal Centre                           | Wirringa Baiya is a statewide service for Aboriginal and Torres Strait Islander women, children and youth with a focus on domestic violence, sexual assault child sexual assault and other issues relating  | People can contact the Centre on 1800 686 587 or E: info@wirringabaiya.org.au  |

|                            | to victims of violence. The Centre provides legal advice, referral, limited casework and community education.   |  |
|----------------------------|---|--|
| Women's Legal Services NSW | Women's Legal Services NSW (WLS NSW) provides free confidential legal advice and referrals to women in NSW, with a focus on family law, parenting issues, domestic violence, sexual assault and discrimination. | Women's Legal Advice Line 1800 801 501 DV Legal Advice Line 1800 810 784 First Nations Women's Legal Contact Line 1800 639 784 |

# **Legal Helplines**

| Organisation                                     | Description  | Contact number / website |
|--|--|--------------------------|
| DV Legal Advice Line                             | Free confidential legal information, advice and referrals for women in NSW with a focus on domestic violence and Apprehended Domestic Violence Orders.   | 1800 810 784             |
| First Nations Women's<br>Legal Contact Line      | ,  |                          |
| Law Access NSW                                   | LawAccess NSW is a free government telephone service that provides legal information, referrals and in some cases, advice for people who have a legal problem in NSW.  Law Access NSW is a starting point to help with your legal problem. | 130088529                |
| Legal Aid Youth Hotline                          | The Hotline provides legal advice and information to young people under 18, and operates 9am to midnight weekdays, with a 24-hour service from Friday 9am to Sunday midnight and also on public holidays.                                  | 1800 101810              |
| Federal Circuit and Family<br>Court of Australia | Information about filing and family law procedures. Procedural information about your case. Family law forms and publications. Referrals to community legal advice and other support services in the family law system.                    | 1300 352 000             |
| Child Support Agency                             | The Child Support Agency assess the amount of child support you need to pay or receive and a range of other services and information to help you manage your child support assessment or get extra support.                                | 131 272                  |
| NSW Courts Hotline                               | To contact a court registry in NSW   | 1300 679 272             |

| Family Law Enquiry Centre   | The National Enquiry Centre is the entry point for all Family Law enquiries in the Family Court of Australia and the Federal Circuit Court of Australia.  The NEC can help you to understand family law procedures and provide you with the right forms.   | 1300 352 000  |
|---|--|---|
| Dubbo Children's Contact<br>Centre                                  | A Children's Contact Service centre provides a safe and relaxed family atmosphere in which children from separated families can connect with both parents. When there has been a long period of separation, the centre provides the space and the expertise to assist the children and adults to get to know each other again. | Ph: 02 6815 9675                                      |
| ALS NSW/ACT Care and Protection                                     | The ALS Care and Protection team provides culturally safe, expert legal and non-legal assistance. The team works to help families get their children back.   | 1800 765 767  |
| ALS NSW/ACT Criminal<br>Law Service                                 | ALS NSW ACT is an Aboriginal community organisation providing legal assistance services to Aboriginal and Torres Strait Islander men, women and children in NSW and ACT.   | 1800 765 767  |
| Justice Advocacy Service afterhours and intake                      | The Justice Advocacy Service (JAS) supports young people and adults with cognitive impairment in contact with the NSW criminal justice system, including as victims, witnesses and suspects/defendants to exercise their rights and fully participate in the process.  | 1300 665 908  |
| Legal Information Access<br>Centre at Macquarie<br>Regional Library | Find Legal Answers - provides access to current legal information.   | Find Legal Answers   State Library of New South Wales |

| Family Advocacy and    | We can help if you are affected by family violence and have a family law issue. Our | If you need help with your legal   |
|------------------------|---|------------------------------------|
| Support Service, Legal | lawyers and support workers can help you if you:                                    | issues and want to speak to a      |
| Service                |   | duty lawyer, please call the Legal |
|                        | Have experienced family violence, or  | Aid NSW Early Intervention Unit    |
|                        | Someone says you have used violence.  | on 1800 551 589.                   |
|                        | Other family members like grandparents can also use our services.                   | If you need help with your non-    |
|                        |   | legal issues and want to speak to  |
|                        |   | a FASS social support worker,      |
|                        |   | please call:                       |
|                        |   | FASS social support services men:  |
|                        |   | 1300 00 3277.                      |
|                        |   | FASS social support                |
|                        |   | services women: 1800 113 277       |
|                        |   |                                    |
|                        |   |                                    |

# Men's Help

| Organisation   | Description   | Referral and Contact Details  |
|--|---|---|
| Mission Australia<br>Mannin Up Program   | The Mannin' Up Program Men's Behaviour Change program is designed to help change the behaviours of men who have committed violence within families or intimate partner relationships.  The 14-week group-based program helps men to identify their abuse, manage their emotions, and understand their beliefs and attitudes about relationships and families. | People can contact the office on (02) 6884 8526 or email for information and referrals to programs.  centralandfarwestnsw@missionaustralia.com.au   |
| Interrelate  | Interrelate relationship services for adults provide individuals, couples and families of all backgrounds and at all life stages the skills to navigate through life's many challenges.   | People can contact the office directly for information or to schedule an appointment PH: (02) 6815 9650 or visit 138 Darling Street DUBBO.  |
| Connecting Community Services Aboriginal Family Wellbeing and Violence Prevention Worker | <ul> <li>This service can offer the following assistance:</li> <li>Individual and family support for people suffering or at risk of suffering the effects of family violence.</li> <li>Assistance to access other services.</li> <li>Advocate on your behalf with services</li> </ul>   | People can contact the contact the Centre directly to make an appointment. Connecting Community Services is at 31-33 Church Street Dubbo or PH: 1800 319 551                                      |
| Men's Referral Service   | Men's Referral Service is a telephone counselling, information and referral service for men who are using controlling behaviour towards a partner or family member.   | People can phone a counsellor on Ph:1300 766 491  |
| Orana Support Service<br>Sturt House   | Sturt House provides short-term crisis accommodation for single men over the age of 18.   | Referrals can be made via phone, email or in person at the main office. Referrals are available online via website www.oranasupport.com.au Referrals can be emailed to intake@oranasupport.com.au |

| Headspace | An initial appointment will be with a Youth Care Coordinator         | Book an appt phone 02 6941 9023 or                |
|-----------|--|---|
|           | who'll talk with you about what's going on in your life, help work   | email; hs.dubbo@marathonhealth.com.au or visit 23 |
|           | out what your options are. People can access general health,         | Church Street, Dubbo                              |
|           | mental health, drug and alcohol, Centrelink, financial counselling   |   |
|           | and legal support services as well as vocational support, all in the |   |
|           | one place for people between 12-25 years old.                        |   |

# Men's Helplines

| Organisation                      | Description   | Contact number / website   |
|-----------------------------------|---|--|
| Men's Referral Service            | A men's family violence telephone counselling, information and referral service operating Australia wide and is the central point of contact for men taking responsibility for their violent behaviour.   | 1300 766 491   |
| Mensline                          | Mensline provides free 24/7 help, support, referrals & counselling services for men via telephone, online and video.  | 1300 789 978   |
| Lifeline                          | Lifeline provides compassionate support for people in crisis.   | 131 114  |
| Relationships<br>Australia        | Relationships Australia is a leading provider of relationship support services for individuals, families and communities.   | 1300 364 277   |
| 1800 RESPECT National<br>Helpline | This 24-hour national sexual assault, family and domestic violence counselling line for any Australian who has experienced, or is at risk of, family and domestic violence and/or sexual assault  | 1800 737 732   |
| Beyond Blue Support<br>Line       | <ul> <li>Web Chat can support you by:         <ul> <li>providing information and advice about anxiety and depression</li> <li>pointing you in the right direction to seek further support</li> <li>identifying other services that meet your needs</li> </ul> </li> </ul> | 1300 22 4636 or webchat<br>https://online.beyondblue.org.au/#/c<br>hat/start |
| Blue Knot Foundation              | Empowering recovery from childhood trauma helpline  | 1300 657 380   |
| Parents Beyond Break<br>Up        | Parents Beyond Breakup is a charity that supports parents experiencing trauma related to family breakdown and separation.   | 1300 853 437   |
| Mental Health Helpline            | The Mental Health Line offers professional help, advice and referrals to local mental health services.  | _1800 011 511  |

| Parent Line NSW                | Parent Line is a free telephone counselling and support service for parents and carers with children aged 0 to 18 who live in NSW.                   | 1300 130 052                     |
|--------------------------------|--|----------------------------------|
| Suicide Call Back<br>Service   | A nationwide service that provides professional 24/7 telephone and online counselling to people who are affected by suicide.                         | 1300 659 467                     |
| MindSpot Clinic                | MindSpot Clinic is an online and telephone clinic providing free assessment and treatment services for Australian adults with anxiety or depression. | 1800 61 44 34<br>mindspot.org.au |
| Western NSW Health<br>District | Primary and Community Health Clinical Nurse Consultant   | (02) 6370 7803                   |

# Transport from Rural and Remote Communities in Western NSW to Dubbo

#### Bourke

| Type of Transport         | Days of Operation              | Times                              | Cost                               |
|---------------------------|--------------------------------|------------------------------------|------------------------------------|
| Public transport by coach | Bourke to Dubbo                | Departs Bourke 09:00 and arrives   | Pensioner/ Centrelink Concession   |
|                           | Monday/Wednesday/              | in Dubbo at 13:30.                 | \$2.50                             |
|                           | Friday/ Saturday               |                                    |                                    |
| Public transport by coach | Dubbo to Bourke                | Departs Dubbo at 14:16 and arrives | Pensioner/ Centrelink Concession   |
|                           | Sunday/Tuesday/Thursday/Friday | in Bourke at 18:46.                | \$2.50                             |
|                           | Wednesday                      | Departs Dubbo at 16:45 and arrives |                                    |
|                           |                                | in Bourke at 21:15                 |                                    |
| Public transport by coach | Bourke to Dubbo return trip    | Departs Bourke at 5:45 and arrives | Pensioner/ Centrelink Concession   |
|                           | Thursday                       | in Dubbo at 10:05.                 | \$2.50                             |
|                           |                                | Departs Dubbo at 14:16pm and       |                                    |
|                           |                                | returns at 18:46.                  |                                    |
| Community transport       | Not guaranteed, can always try |                                    | Must be signed up with the service |
|                           | rare to come to Dubbo. Depends |                                    | provider Australian Unity and      |
|                           | on the availability to drive.  |                                    | double vaccinated.                 |
|                           |                                |                                    | \$45                               |

#### Brewarrina

| Type of Transport         | Days of Operation              | Times                              | Cost                             |
|---------------------------|--------------------------------|------------------------------------|----------------------------------|
| Public transport by coach | Brewarrina to Dubbo            | Departs Brewarrina at 08:45 and    | Pensioner/ Centrelink Concession |
|                           | Monday/Wednesday/              | arrives in Dubbo at 13:30.         | \$2.50                           |
|                           | Friday/ Saturday               |                                    |                                  |
| Public transport by coach | Dubbo to Brewarrina            | Departs Dubbo at 14:16 and arrives | Pensioner/ Centrelink Concession |
|                           | Sunday/Tuesday/Thursday/Friday | at Brewarrina 19:00.               | \$2.50                           |
|                           |                                |                                    |                                  |
|                           | Wednesday                      | Departs Dubbo at 16:45 and arrives |                                  |
|                           |                                | in Brewarrina at 22:30             |                                  |

| Public transport by coach | Brewarrina to Dubbo return trip | Departs Brewarrina 05:30 arrives in | Pensioner/ Centrelink Concession   |
|---------------------------|---------------------------------|-------------------------------------|------------------------------------|
|                           | Thursday                        | Dubbo at 10:15.                     | \$2.50                             |
|                           |                                 | Departs Dubbo 2:16pm to returns     |                                    |
|                           |                                 | to Brewarrina at                    |                                    |
| Community Transport       | Not guaranteed, can always try  |                                     | Must be signed up with the service |
|                           | rare to come to Dubbo. Depends  |                                     | provider Australian Unity and      |
|                           | on the availability to drive    |                                     | double vaccinated.                 |
|                           |                                 |                                     | \$40                               |

• For public transport via coach - a minibus is provided to and from Brewarrina to Coolabah. At Coolabah the minibus meets the Bourke coach service.

#### Cobar

| Type of Transport         | Days of Operation        | Times                              | Cost                             |
|---------------------------|--------------------------|------------------------------------|----------------------------------|
| Public transport by coach | Daily                    | Departs Cobar at 09:55 and arrives | Pensioner/ Centrelink Concession |
|                           |                          | in Dubbo at 13:25.                 | \$2.50                           |
|                           |                          | Departs Dubbo at 14:15 and arrives |                                  |
|                           |                          | in Cobar at 17:45.                 |                                  |
| Community Transport       | No service at this stage |                                    |                                  |

#### Coonamble

| Type of Transport         | Days of Operation                | Times  | Cost                                       |
|---------------------------|----------------------------------|--|--|
| Public transport by coach | Monday /Friday / Saturday/Sunday | Departs Coonamble 11:30 arrives in Dubbo at 13:20. | Pensioner/ Centrelink Concession<br>\$2.50 |
|                           |                                  | 111 Dubbo at 13.20.                                | 72.30                                      |
|                           |                                  | Departs Dubbo 14:20 to arrives at                  |  |
|                           |                                  | Coonamble at 16:15.                                |  |
| Public transport by coach | Tuesday/ Wednesday / Thursday    | Departs Coonamble 08:30 and                        | Pensioner/ Centrelink Concession           |

|                     |   | arrives in Dubbo at 10:20.                            | \$2.50   |
|---------------------|---|---|--|
|                     |   | Departs Dubbo 14:20 to arrives at Coonamble at 16:15. |  |
| Community Transport | Provided a car and driver is available and few days' notice |   | Must be signed up with service provider Australian Unity and double vaccinated. \$35 |

### Gilgandra

| Type of Transport         | Days of Operation                 | Times                              | Cost                               |
|---------------------------|-----------------------------------|------------------------------------|------------------------------------|
| Public transport by coach | Monday/ Friday/ Saturday/Sunday   | Departs Gilgandra at 12:35 and     | Pensioner/ Centrelink Concession   |
|                           |                                   | arrives at Dubbo at 13:20.         | \$2.50                             |
|                           |                                   |                                    |                                    |
|                           |                                   | Departs Dubbo 14:20 and arrives at |                                    |
|                           |                                   | Gilgandra at 15:10.                |                                    |
| Public transport by coach | Tuesday/Wednesday/ Thursday       | Departs Bourke 9:35 and arrives in | Pensioner/ Centrelink Concession   |
|                           |                                   | Dubbo at 10:20.                    | \$2.50                             |
|                           |                                   | Departs Dulbha 11.20 and aminos at |                                    |
|                           |                                   | Departs Dubbo 14:20 and arrives at |                                    |
|                           |                                   | Gilgandra at 15:10.                |                                    |
| Public transport by coach | Service 2 return trip             | Departs Gilgandra at 12:43 and     | Pensioner/ Centrelink Concession   |
|                           | Monday and Friday                 | arrives at Dubbo at 13:33          | \$2.50                             |
|                           |                                   | Departs Dubbo at 14:40 and arrives |                                    |
|                           |                                   | •                                  |                                    |
|                           |                                   | in Gilgandra at 15:30.             |                                    |
| Community Transport       | No community transport service    |                                    | Must be signed up with the service |
|                           | available. If a car is going from |                                    | provider Australian Unity and      |
|                           | Coonamble to Dubbo can pick up at |                                    | double vaccinated.                 |
|                           | Gilgandra on the way through.     |                                    | \$35                               |

### **Lightning Ridge**

| Type of Transport         | Days of Operation   | Times  | Cost   |
|---------------------------|---|--|--|
| Public transport by coach | Monday/ Friday/ Saturday/Sunday                                     | Departs Lightning Ridge at 8:50 and arrives at Dubbo at 13:20.   | Pensioner/ Centrelink Concession<br>\$2.50   |
|                           |   | Departs Dubbo 14:20 and arrives at Lightning Ridge 18:50.  |  |
| Public transport by coach | Tuesday/Wednesday/Thursday  | Departs Lightning Ridge at 05:50 and arrives at 10:20. Departs Dubbo 14:20 and arrives at Lightning Ridge 18:50. | Pensioner/ Centrelink Concession<br>\$2.50   |
| Community Transport       | Travel to Dubbo on occasions depends on availability of volunteers. |  | Must be signed up with service provider Australian Unity and double vaccinated. \$35 |

#### Narromine

| Type of Transport         | Days of Operation                         | Times  | Cost                                       |
|---------------------------|---|--|--|
| Public transport by coach | Service 1 - Daily                         | Departs Narromine at 12:52 and arrives in Dubbo at 13:25.  Departs Dubbo at 14:15 and arrives in Narromine at 14:48. | Pensioner/ Centrelink Concession<br>\$2.50 |
| Public transport by coach | Service 2 Tuesday/Thursday/ Friday/Sunday | Departs Narromine at 08:00 and arrives in Dubbo at 08:35.  Departs Dubbo at 14:16 and arrives in Narromine at 14:51. | Pensioner/ Centrelink Concession<br>\$2.50 |

| Public transport by coach                            | Service 3 Monday/ Wednesday Friday / Saturday  | Departs Narromine at 12:55 and arrives in Dubbo at 13:30.  Departs Dubbo at 19:15 and arrives in Narromine at 19:55   | Pensioner/ Centrelink Concession<br>\$2.50                   |
|--|--|---|--|
| Public transport by coach                            | Service 4 - Narromine to Dubbo<br>Thursday   | Departs Narromine at 09:30 and arrives in Dubbo at 10:05.   | Pensioner/ Centrelink Concession<br>\$2.50                   |
| Public transport by coach                            | Service 5 – Dubbo to Narromine<br>Wednesday  | Departs Dubbo at 16:45 and arrives in Narromine at 17:20.   | Pensioner/ Centrelink Concession<br>\$2.50                   |
| Mitchell Highway TOWNLINK service by Ogden's coaches |  | Narromine to Dubbo  06:29 – 07:11  07:15 – 07:53  10:30 – 11:16  13:09 – 13:56  17:35 – 18:17  Dubbo – Narromine  06:45 – 07:26  09:21-10:12  09:59 – 10:41  17:05 – 17:46  17:46 – 18:30 | Pensioner/ Centrelink Concession<br>\$2.50                   |
| Community transport                                  | Has a bus that comes to Dubbo once a week on Wednesdays Pick up and drop off to Dubbo. | Departs Narromine at approximately 09:30 and arrives in Dubbo 10:45.  Departs Dubbo at 14:30 and arrives in Narromine at approximately 15:30.   | Must be signed up with the service provider LiveBetter \$ 15 |

#### Nevertire

| Type of Transport         | Days of Operation   | Times  | Cost  |
|---------------------------|---|--|---|
| Public transport by coach | Service 1- Daily  | Departs Nevertire at 12:04, arrives at Dubbo 13:25pm.  | Pensioner/ Centrelink Concession<br>\$2.50  |
|                           |   | Departs Dubbo 14:15, returns to Nevertire 15:36.   |   |
| Public transport by coach | Service 2 Tuesday/ Wednesday/Thursday/ Friday /Sunday                         | Departs Nevertire at 12:08, arrives at Dubbo 13:30.  Departs Dubbo 14:16pm, arrives in Nevertire at 15:38. | Pensioner/ Centrelink Concession<br>\$2.50  |
| Community Transport       | Can pick up at Nevertire if a car is on the way through from Nyngan to Dubbo. |  | Must be signed up with the service provider Australian Unity and double vaccinated. \$35 per person |

#### Nyngan

| Type of Transport         | Days of Operation                | Times                              | Cost                               |
|---------------------------|----------------------------------|------------------------------------|------------------------------------|
| Public transport by coach | Service 1 - Daily                | Departs Nyngan at 11:25 and        | Pensioner/ Centrelink Concession   |
|                           |                                  | arrives at Dubbo at 13:25.         | \$2.50                             |
|                           |                                  | Departs Dubbo 14:15 and arrives at |                                    |
|                           |                                  | 16:15                              |                                    |
| Public transport by coach | Service 2                        | Departs Nyngan at 11:33 and        | Pensioner/ Centrelink Concession   |
|                           | Monday/ Wednesday/               | arrives at 13:30.                  | \$2.50                             |
|                           | Friday/Saturday                  |                                    |                                    |
|                           |                                  | Departs Dubbo 14:16pm and          |                                    |
|                           |                                  | returns to Nyngan at 16:13.        |                                    |
| Community Transport       | Provide service to Dubbo depends |                                    | Must be signed up with the service |
|                           | on availability of volunteers    |                                    | provider Australian Unity and      |

|  | double vaccinated. |
|--|--------------------|
|  | \$35               |

### Peak Hill

| Type of Transport   | Days of Operation           | Times   | Cost                                       |
|---|-----------------------------|---|--|
| Public transport by coach                                       | Monday /Wednesday /Saturday | Departs Peak Hill at 17:58 and arrives in Dubbo at 18:52. | Pensioner/ Centrelink Concession<br>\$2.50 |
| Public transport by coach                                       | Tuesday/Thursday/Sunday     | Departs Dubbo at 08:10 and arrives at Peak Hill at 09:01. | Pensioner/ Centrelink Concession<br>\$2.50 |
| Community transport provided by Neighbourhood Central at Parkes | Tuesdays Other days         | Times depended upon bookings Times depended upon bookings | \$20<br>\$30                               |

### Walgett

| Type of Transport         | Days of Operation                 | Times   | Cost                                       |
|---------------------------|-----------------------------------|---|--|
| Public transport by coach | Monday/ Friday/ Saturday/Sunday   | Departs Walgett at 09:40 and arrives in Dubbo at 13:20. | Pensioner/ Centrelink Concession<br>\$2.50 |
|                           |                                   | Departs Dubbo 14:20 and arrives in Walgett at 18:00.    |  |
| Public transport by coach | Tuesday / Wednesday /<br>Thursday | Departs Walgett at 06:40 and arrives in Dubbo at 10:20. | Pensioner/ Centrelink Concession<br>\$2.50 |
|                           |                                   | Departs Dubbo 14:20 and arrives in Walgett at 18:00.    |  |

| Community Transport | Most clients use public transport bus |  |
|---------------------|---------------------------------------|--|
|                     |                                       |  |

• Australian Unity transports people from Collarenebri to Walgett. People then usually travel to Dubbo by public transport.

#### Warren

| Type of Transport         | Days of Operation  | Times   | Cost  |
|---------------------------|--|---|---|
| Public transport by coach | Warren to Dubbo Tuesday/Thursday/Friday/Saturday   | Departs Warren at 7:00 and arrives in Dubbo at 8:35.  | Pensioner/ Centrelink Concession<br>\$2.50  |
| Public transport by coach | Dubbo to Warren<br>Monday/Wednesday/Thursday<br>Saturday   | Departs Dubbo at 07:15 and arrives in Warren at 08:55 | Pensioner/ Centrelink Concession<br>\$2.50  |
| Community Transport       | No Community transport service in Warren. People from Warren who travel to Nevertire can be picked up there. |   | Must be signed up with the service provider Australian Unity and double vaccinated \$35 |

• Some people from Warren arrange lifts to Nevetire and use the Nevertire public transport coach service.

### Wellington

| Type of Transport         | Days of Operation | Times                              | Cost                             |
|---------------------------|-------------------|------------------------------------|----------------------------------|
| Public transport by XPT   | Daily             | Departs Wellington at 13:06 and    | Pensioner/ Centrelink Concession |
|                           |                   | arrives at 13:45.                  | \$2.50                           |
|                           |                   | Departs Dubbo 14:15 and arrives in |                                  |
|                           |                   | Wellington at 14:48.               |                                  |
| Public transport by coach | Daily             | Departs Wellington at 18:30 and    | Pensioner/ Centrelink Concession |
|                           |                   | arrives in Dubbo at 19:15.         | \$2.50                           |
|                           |                   | Departs Dubbo at 09:00 and arrives |                                  |
|                           |                   | in Wellington at 09:45.            |                                  |

| Mitchell Highway TOWNLINK service by Ogden's coaches | Monday to Friday   | Wellington to Dubbo<br>06:10 – 07:16<br>08:49 – 10:00<br>13:49 – 15:00<br>17:24 – 18:33 | Pensioner/ Centrelink Concession<br>\$2.50            |
|--|--|---|---|
|  |  | Dubbo to Wellington<br>06:11 – 07:11<br>09:01 – 10:04<br>13:56 – 15:00<br>17:38 – 18:40 |   |
| Community Transport                                  | Provides a community transport service from Wellington to Dubbo. |   | Must be signed with Service provider LiveBetter. \$40 |

### **Youth Services**

| Organisation  | Description   | Referral and Contact Details   |
|---|---|--|
| Redie<br>Youth On Track                                 | Youth on Track is an early intervention program for 10–17 year-olds, who are at-risk of long-term involvement in the justice system   | People can contact us directly at Blueridge Business Park, 1 Blueridge Drive Dubbo Ph:1800 035 721 E:info@redie.org.au |
| Youth on the Streets                                    | Provide support to homeless young people experiencing homelessness or disadvantaged to help them reach their full potential and thrive.  Case work services are being provided in Dubbo.  | People can make enquiries by: Ph: (02) 9330 3500 E: https://youthoffthestreets.com.au/contact-us/                      |
| Leaderlife<br>CATALYST Program<br>Soil2Soil             | CATALYST program is aimed at young males aged 13-18, who are at risk of disengaging from education and have had emerging contact with the criminal justice system.  Soil2Soil is a Social Enterprise designed to develop work readiness skills across the agriculture industry. Working in partnership with a local training organisation the program delivers vocational training for mostly young Indigenous people aged 15-25, who have disengaged from education or are on the edge of the criminal justice system. | People can contact the office directly.  11 Collins Avenue Dubbo, 2830 Ph: 02 6881 8756 E: hello@leaderlife.org.au     |
| Boys to the Bush (BttB)                                 | BttB offers a variety of Mentoring Programs, School holiday camps and School Programs to assist young people who are disengaged, experiencing disadvantage and/or "At-Risk" Youth. Fee for services these programs.   | People can contact the service on Ph: 02 6025 2510 E: info@boystothebush.org.au.                                       |
| Mission Australia<br>Mac River Rehabilitation<br>Centre | Mac River Rehab Centre is a comprehensive residential rehabilitation program for 13 to 18-year-old adolescents with alcohol and other drug problems.  | Referrals can be made to the office at:<br>110-114 Macquarie St<br>Dubbo NSW 2830                                      |

| Mission Australia<br>Homeless Youth Assistance<br>Program (HYAP)     | HYAP assists vulnerable young people to avoid experiencing homelessness and to break the cycle of risk of homelessness. HYAP supports young people aged 12 to 15 who are homeless or at risk or homelessness.   | Ph: (02) 6884 8526 E: CentralAndFarWestNSW@missionaustralia.com.au  Referrals can be made to the office at: 110-114 Macquarie St Dubbo NSW 2830 Ph: (02) 6884 8526 E: CentralAndFarWestNSW@missionaustralia.com.au |
|--|---|--|
| Mission Australia<br>Juvenile Justice Joint Support<br>Program (JSP) | JSP aims to assist juvenile offenders with community integration, overcoming barriers related to offending, and participate meaningfully in society. The program aims to provide clients with knowledge and skills allowing them to address their offending behaviour through positive means. | Referrals can be made to the office at: 110-114 Macquarie St Dubbo NSW 2830 Ph: (02) 6884 8526 E: CentralAndFarWestNSW@missionaustralia.com.au   |
| Uniting<br>Burnside Permanency<br>Support Program                    | An intensive foster care program for children and young people with high support needs. The program also provides aftercare services to help young people make successful transitions to independent living.  | People can contact the office directly at 1/80 Gipps Street Dubbo Ph: 6884 5254 E:westernintake@uniting.org  |
| Uniting<br>Doorways for Youth Program                                | Doorways provides support for young people 16 to 23 years who are homeless or at risk of becoming homeless. The program offers case management, accommodation services, support and referrals.  | People can contact the office directly at 2 Alfred Street Dubbo or Ph:6884 5254 E:westernintake@uniting.org  |
| Uniting<br>Reconnect Program   | Support for young people, 12-18 years, and their families where the young person is homeless or at risk of becoming homeless. The aim is to reconnect young people through counselling, group therapy, mediation, advocacy, referral, practical support and advice.                           | People can contact the office directly at 2 Alfred Street Dubbo or Ph:6884 5254 E:westernintake@uniting.org  |
| Uniting  | Uniting's Youth First Program is targeted prevention and early intervention service available for young people aged 10-24 who are   | People can contact the office directly at 1/80 Gipps Street Dubbo  |

| Youth First (Targeted Early Intervention) | at risk of, disadvantage and vulnerability. Youth First specializes in social participation, education, advocacy and indigenous consultation.   | Ph: 6884 5254<br>E:westernintake@uniting.org  |
|---|---|---|
| Uniting Ngurambang Permanency Support     | Ngurambang Permanency Support Program is an Aboriginal Out-of-<br>Home Care service established to provide case management and<br>support for Aboriginal children and young people living in care   | People can contact the office directly at 1/80 Gipps Street Dubbo Ph: 6884 5254 E:westernintake@uniting.org |
| Skillset Senior College                   | Skillset Senior College is an innovative, independent senior school for students in Years 10-12, at Dubbo. The mission is to partner with young people who may be experiencing barriers to their education and to support them to complete their secondary schooling. | For more information Ph: 1300 167 794   |
| Clontarf Foundation                       | Clontarf exists to improve the education, discipline, life skills, self-<br>esteem and employment prospects of young Aboriginal and Torres<br>Strait Islander men and by doing so equips them to participate<br>more meaningfully in society.                         | Contact your local High School to find out more information or make a referral.                             |