



the northern centre
care. connect. grow. our community

REFERRAL GUIDE TO THE COLOCATED PARTNER SERVICES

**The Northern Centre
West Ryde Community Centre
Level 3, 3-5 Anthony Road, West Ryde 2114
P: 02 9334 0111
E: connect@thenortherncentre.org.au**

Family Support Program

<u>Contact:</u>	The Northern Centre 9334 0111 intake@thenortherncentre.org.au
<u>About:</u>	Individual and family support through counselling, case management, supported playgroups and evidence based parenting programs (inc. Chinese and Korean).
<u>Service times:</u>	Monday to Friday 8.30am - 4.30pm
<u>Access criteria:</u>	Any individual/ family who are vulnerable and require support around parenting.
<u>Referral pathway:</u>	Can self-refer or any service can refer their client into this service. Contact Claire for Intake by phone or email.
<u>LGA focus:</u>	Ryde, Hunters Hill and Ku-ring-gai

Early intervention Homelessness Program

<u>Contact:</u>	The Northern Centre 9334 0111 intake@thenortherncentre.org.au
<u>About:</u>	A service that works with individuals and families to help them maintain or find safe and accessible housing.
<u>Service times:</u>	Monday to Friday 8.30am - 4.30pm
<u>Access criteria:</u>	Any individual or family whose housing situation is unstable or at risk.
<u>Referral pathway:</u>	Can self-refer or any service can refer their client into this service. Contact Claire for Intake by phone or email.
<u>LGA focus:</u>	Ryde, Hunters Hill, Lane Cove, Mosman, North Sydney, Willoughby, Ku-ring-gai and Epping

Financial Counselling

<u>Contact:</u>	Alessandra Amico-Smith (Mon-Tue) 0427 078 366 alessandra.amicosmith@catholiccareddb.org.au Steve Cribb (Thu-Fri) 0481 602 080 steve.cribb@catholiccareddb.org.au
<u>About:</u>	The provision of information, support and advocacy to assist people experiencing financial difficulty.
<u>Service times:</u>	Mon, Tue, Thu and Fri 8.30am - 4.30pm
<u>Access criteria:</u>	Any individual/family who is suffering stress due to their financial position.
<u>Referral pathway:</u>	Can self-refer or any service can refer their client into financial counselling. Contact Alessandra or Steve to make an appointment.
<u>LGA focus:</u>	Ryde, Lower North Shore and Northern Beaches

Emergency Relief

<u>Contact:</u>	Sophie De Vries 8245 8700 sophia.devries@catholiccareddb.org.au
<u>About:</u>	The Emergency Relief program helps and supports people address their immediate basic needs in times of financial crisis.
<u>Service times:</u>	Wednesday 8.30am - 4.30pm
<u>Access criteria:</u>	Any individual/family who is suffering immediate crisis where their basic daily needs are challenged.
<u>Referral pathway:</u>	Can self-refer or any service can refer their client into the emergency relief service. Contact Sophie to make an appointment.
<u>LGA focus:</u>	Ryde, Lower North Shore and Northern Beaches



Womens Legal Clinic

<u>Contact:</u>	The Northern Centre 9334 0111 connect@thenortherncentre.org.au
<u>About:</u>	A weekly probono legal service hosted by Hunt and Hunt Lawyers, delivering a service to women focussing on custody, family or domestic violence, child and spousal support or property issues. Appointments are 40 mins each. The clinic provides initial legal advice only and most often only one appointment per client (in extreme circumstances as directed, clients may have a second appointment). TIS are engaged when required and TNC have a Chinese and Korean worker who may be able to support translation services. Free childcare is available if required.
<u>Service times:</u>	Thursday 2.00pm - 5.00pm
<u>Access criteria:</u>	Any female who requires advice around custody, family or domestic violence, child and spousal support or property issues.
<u>Referral pathway:</u>	Can self-refer or any service can refer their client into this clinic. Contact The Northern Centre to make an appointment.
<u>LGA focus:</u>	Sydney Northern District

Elizabeth Lee

<u>Qualifications:</u>	MCAP; Grad Dip. Counselling; BA Psychology Bi-lingual English / Korean speaking Psychotherapist / Problem Gambling Counsellor Registered NDIS and Carers NSW provider
<u>Contact:</u>	Elizabeth Lee 0414 525 277 leese.elizabeth@gmail.com
<u>About:</u>	Elizabeth operates from TNC on Saturdays and provides free services under NDIS and Carers NSW (6 free counselling sessions) with a focus on any relationship, addiction, mental health concerns for individuals, couples and families.
<u>Service times:</u>	Saturdays
<u>Access criteria:</u>	Korean clients registered for NDIS and Carers NSW referrals.
<u>Referral pathway:</u>	Korean clients registered for NDIS and Carers NSW referrals.
<u>LGA focus:</u>	N/A



ParentsNext

<u>Contact:</u>	Jamie Nguyen Wesley Mission 0447 353 621 jamie.nguyen@wesleymission.org.au
<u>About:</u>	ParentsNext helps support eligible parents to plan and prepare for pre-employment by the time their children go to school.
<u>Service times:</u>	Monday 8.30am – 12.30pm
<u>Access criteria:</u>	Parent/s whose youngest child is aged 6.
<u>Referral pathway:</u>	Referrals are only through Centrelink for this program.
<u>LGA focus:</u>	Not relevant – all referrals via Centrelink.



SMART Recovery – Life beyond addiction program

<u>Contact:</u>	Christian Gienau Odyssey House 0422 793 708 christian.gienau@odysseyhouse.com.au
<u>About:</u>	SMART (Self-Management and Recovery Training) is a free group program assisting any problematic behaviours, including addiction to alcohol, cigarettes and other drugs, gambling, and other addictions. SMART is guided by trained professionals and participants come to help themselves and one another using a variety of cognitive behaviour therapy (CBT) and motivational tools and techniques. Clients are also able to access other forms of support including individual counselling, other support groups and residential rehabilitation services offered by Odyssey House NSW.
<u>Service times:</u>	Wednesday afternoon/evenings
<u>Access criteria:</u>	Anyone is welcome to attend following an intake process by calling Christian on the number above
<u>Referral pathway:</u>	Please call Christian as above
<u>LGA focus:</u>	Open to all Sydney



Ryde DCaf

- Contact: Debbie Price
0449 546 771
rydecaf@gmail.com
- About: A fortnightly meeting designed to give a small group of people living with dementia and their family/carers an opportunity outside go the home to socialise, relax and discover ways to live well with dementia. Information is also provided about local service providers and support groups.
- Service times: First and third Mondays of the month 2.00pm - 3.45pm
- Access criteria: Anyone is welcome to attend and please call Debbie as above to book – gold coin donation if possible
- Referral pathway: Please call Debbie as above
- LGA focus: Ryde and local area