

REFERRAL GUIDE TO TNC AND COLOCATED PARTNER SERVICES

The Northern Centre (TNC)
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 Intake by phone or email (number above) or online referral via https://tnc.devapp.com.au/intake/
<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 Intake by phone or email (number above) or online referral via https://tnc.devapp.com.au/intake/
<u>LGA focus:</u>	Ryde, Hunters Hill, Lane Cove, Mosman, North Sydney, Willoughby, Ku-ring-gai and Epping



- Contact:** The Northern Centre
9334 0111
intake@thenortherncentre.org.au
- About:** A proactive, TNC and other smaller grant funded 12-month pilot program to support women with or without dependents to break the cycle of returning to DFV (Jan-Dec 2022).
- Service times:** Monday to Friday 8.30am - 4.30pm
- Access criteria:** Women with or without dependants who live in the Ryde, Lane Cove, Epping and Chatswood areas, who have left DFV, are in private or social housing or in the family home and the perpetrator has left the home, requiring support to navigate their way to a life free of violence.
- Referral pathway:** Can self-refer or any service can refer their client into this service. Contact Intake by phone or email (number above) or **online referral via** <https://thenortherncentre.org.au/dv-service/>
- LGA focus:** Ryde, Lane Cove, Epping and Chatswood only



Financial Counselling

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

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 and Victim's Services provider
<u>Contact:</u>	Elizabeth Lee 0414 525 277 leese.elizabeth@gmail.com
<u>About:</u>	Elizabeth operates from TNC on Friday and Saturdays and provides free services under Victims Services, NDIS and Carers NSW with a focus on trauma related to DFV, any relationship, addiction, mental health concerns for individuals, couples and families.
<u>Service times:</u>	Friday 8.30am – 4.30pm and Saturdays by appointment
<u>Access criteria:</u>	Any clients registered for Victim Services, NDIS and Carers NSW referrals.
<u>Referral pathway:</u>	Self-referral or sector referral.
<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 – 4.30pm
<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.



Individual Addiction Counselling and SMART Recovery – Life beyond addiction program

<u>Contact:</u>	Paula Sten 0435 888 021 paula.sten@odysseyhouse.com.au
<u>About:</u>	Individual addiction counselling and the SMART Recovery Program (Self-Management and Recovery Training): 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 3.00pm -7.30pm
<u>Access criteria:</u>	Anyone is welcome to attend following an intake process by calling Paula on the number above
<u>Referral pathway:</u>	Please call Paula as above
<u>LGA focus:</u>	Open to all Sydney



Ryde DCaf

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



Empowering Parents in Crisis

<u>Contact:</u>	Empowering Parents In Crisis E: contact@empoweringparentsincrisis.com https://www.facebook.com/groups/257403162947850
<u>About:</u>	A community building support platform for parents and carers of teens in crisis. We offer a safe, anonymous, non-judgemental space where we share ideas, strategies, stories and helpful resources.
<u>Service Times:</u>	Online support and regular evening and weekend get togethers.
<u>Access criteria:</u>	Parents and carers of teens in crisis and their friends and family.
<u>Referral pathway:</u>	All parents and carers of teens in crisis looking to connect with peers with similar challenges.
<u>LGA focus:</u>	Ryde, Ku-ring-gai, Lane Cove, Mosman, North Sydney, Willoughby, Hornsby, Northern Beaches.



headspace Chatswood

<u>Contact:</u>	headspace Chatswood 02 8021 3668 headspacechatswood@newhorizons.org.au
<u>About:</u>	headspace provides early intervention and prevention services for young people 12-25 years old, who may be experiencing mild to moderate mental health concerns that impact on their everyday functioning. At headspace , we have a “no wrong door policy”, meaning that no young person is turned away without connection to appropriate internal or external services. At times there will be young people that make contact with the service that may not be appropriate for the headspace model of care. Our clinicians will assist in the referral to more appropriate services for the young person and their family.
<u>Service times:</u>	Thursday 9:30am-6.00pm and Friday 8:30am-4:30pm
<u>Access Criteria:</u>	Any young person aged 12-25
<u>Referral pathway:</u>	Can self-refer or any service can refer a young person onto this service. Please contact headspace Chatswood for intake via phone, email or in person.
<u>LGA focus:</u>	Ryde, Hunters Hill, Lane Cove, Mosman, North Sydney, Willoughby, Ku-ring-gai and Hornsby.

Katherine Millen JP clinic

<u>Contact:</u>	The Northern Centre 02 93340 111 connect@thenortherncentre.org.au
<u>About:</u>	Katherine Millen is a Justice of the Peace (JP) appointed by the Governor of NSW. Her primary role is to witness a person making a statutory declaration or affidavit, and to certify copies of original documents for community members.
<u>Service times:</u>	The first Wednesday of every month 9.30am – 11.30am by appointment only
<u>Access Criteria:</u>	Anyone
<u>Referral pathway:</u>	Can self-refer or any service can refer
<u>LGA focus:</u>	No specific focus but must be NSW