

# → WELCOME

## COMMUNITY SERVICE INFORMATION FOR NEWLY ARRIVED MIGRANTS AND THEIR FAMILIES

PORT MACQUARIE  
KEMPSEY  
WAUCHOPE



**Manning Valley**  
NEIGHBOURHOOD SERVICES





# REGION INFORMATION

## **KEMPSEY**

- Kempsey is part of the Kempsey Shire Council which has a population of 29, 665 people.

## **PORT MACQUARIE**

- Port Macquarie is part of the Port Macquarie-Hastings Council which has a population of 83, 131 people.
- Port Macquarie is located about 386km north of the Sydney CBD.





# THE MIGRANT SETTLEMENT SERVICE

The Migrant Settlement Service provides settlement services to newly arrived eligible migrants and refugees in the Kempsey, Port Macquarie, Taree, Forster and Gloucester areas. The program aims to equip and empower clients to address their settlement needs, in order to improve social participation, economic well-being, independence, personal wellbeing and community connectedness.

## Who and Where

- Sundus Jamil
- Manning Valley Neighbourhood Services at  
The Old Courthouse  
4 Farquhar St,  
Wingham 2429

Outreach services available on request

## Contact Details

- Phone: 6553 5121 or 0497 832 079
- Email: [rmw@mvns.org.au](mailto:rmw@mvns.org.au)
- Web: [www.mvns.org.au](http://www.mvns.org.au)
- Facebook: [Migrant Support Mid North Coast](#)



# EMPLOYMENT & EDUCATION



## EMPLOYMENT

- **Jobactive Providers**
- **ParentsNext**
- **Disability Employment**
- **Support Services**

**To find your local Jobactive provider, ParentsNext or Disability Employment Support Service visit**

**<https://jobsearch.gov.au/serviceproviders?emp=1>**

**Looking for a job?**

**To search for jobs in your local area go to -**

**<https://www.seek.com.au/>**

## ENGLISH LANGUAGE

Adult Migrant English Program (AMEP): Available to eligible migrants and refugees. TAFE NSW is the AMEP provider in Kempsey and Port Macquarie.

**Go to:**

- **TAFE NSW Kempsey Campus: 58 Sea St, Kempsey 13 16 01**
- **TAFE NSW Port Macquarie Campus: 70 Widderson, St Port Macquarie 13 16 01**
- **Port Macquarie Community College: 77 Hastings River Drive, Port Macquarie, 6583 7288**

# EDUCATION

## VOCATIONAL EDUCATION & TRAINING



- TAFE NSW Kempsey Campus: 58 Sea St Kempsey, 13 16 01
- TAFE NSW Port Macquarie Campus: 70 Widderson St, Port Macquarie, 13 16 01
- Port Macquarie Community College: 6583 7288
- Charles Sturt University: 7 Major Innes Rd, Port Macquarie, 6582 9300
- The University of Newcastle: 70 Widderson St, Port Macquarie, 6581 6262

## HIGH SCHOOLS AND PRIMARY SCHOOLS

There are a number of public and private high school and primary schools in the area.

- Public Schools: go to the NSW Public School finder at <https://education.nsw.gov.au/school-finder>
- Private Schools: go to the Private Schools Directory at <https://www.privateschoolsdirectory.com.au/>

## CHILD CARE DIRECTORY

There are a number of community and private child care centres in the Hastings areas.

Go to Care for Kids child care directory at: <https://www.careforkids.com.au/child-care/nsw>





# ACCOMMODATION



## RENTALS

Websites you can look at to find rental accommodation include:

- Realestate.com.au: <https://www.realestate.com.au/rent/>
- Domain: <https://www.domain.com.au/>

## HOUSING AND SUPPORT SERVICES

**Samaritans Community Hub** - Women and children facing homelessness:

57 Elbow St, West Kempsey, 6562 3705

**Samaritans Kempsey Women's Refuge** (short term crisis accommodation for women and children escaping domestic violence): 6562 8411

**Port Macquarie and Hastings Domestic and Family Violence Specialist Service**

Galbaan House (short term crisis accommodation for women and children escaping family violence or homelessness): 6583 2155

**Liberty Cottage Outreach Centre** (support and housing services for women and families affected by domestic violence) 22 Table St, Port Macquarie, 6583 2155

**Community Housing Ltd** Kempsey - 84 Belgrave, St Kempsey and Level 1, 16 Clarence St, Port Macquarie - 1300 245 468

**YP Space Youth MNC** (12-25yrs) Kempsey 6563 1230 Port Macquarie, 6588 8100

**Centacare House** Level 1, 10-12 Short St, Port Macquarie, 6581 6800; 75 Belgrave St, Kempsey, 6562 3918

**Hastings Accommodation Solutions** (families/singles, men and couples): 20 Table St Port Macquarie, 4922 1824

**Mid Coast Tenants Advice and Advocacy Service** 1800 777 722

**Link2Home** (accommodation information and referral service including temporary housing 24/7): 1800 152 152



# HEALTH & HOSPITALS

## PUBLIC HEALTH SERVICES

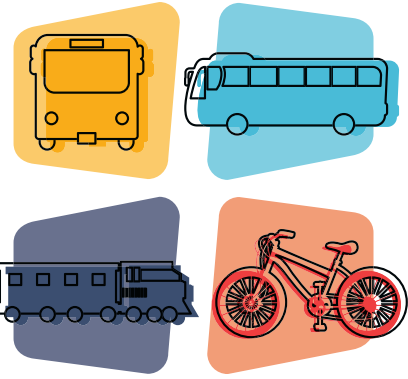
- **Port Macquarie Base Hospital:** Wrights Rd, Port Macquarie, 5524 2000
- **Port Macquarie Community Health Centre:** Morton, St Port Macquarie, 6589 2100
- **Kempsey District Hospital:** 119 River St, West Kempsey, 6561 2600
- **Kempsey Community Health Centre:** 119 River, St West Kempsey, 6561 2790
- **Wauchope District Memorial Hospital:** 69 High, St Wauchope, 6580 8000
- **Wauchope Community Health Centre:** 69 High, St Wauchope, 6580 8060
- **Dental Service:** 1300 651 625
- **Mental Health Line:** 1800 011 511

## PRIVATE HEALTH SERVICES

**Port Macquarie Private Hospital:** 86-94 Lake Rd, Port Macquarie, 6582 9800

There are a number of **GP, private dental, allied health and counselling services** available in Kempsey, Port Macquarie, Wauchope, Laurieton and South West Rocks

# TRANSPORT



## BUSES

- **Busways Port Macquarie:** 1300 69 2929  
Port Macquarie region - covers Port Macquarie, Kempsey, Laurieton and Wauchope areas)
- **Cavanagh Bus and Coach:** 6562 7800 (Kempsey, South West Rocks, Macksville and Stuarts Point)
- **Holiday Coast Connections** (Port Macquarie direct to John Hunter Hospital): 1800 022 222

## TAXIS

- **Port Macquarie Taxis:** 6581 0081
- **Taxi Kempsey:** 6562 7555
- **Macleay Valley Taxis:** 6562 8788
- **South West Rocks Taxi Service:** 6566 6677
- **Laurieton Taxi Service:** 6559 9001
- **13cabs Mid North Coast (Laurieton):** 13 22 27
- **Wauchope Taxis:** 6585 2100

## AIRPORT

- **Port Macquarie Airport:** 99 Boundary St, Port Macquarie, 6581 8111
- **Flight information**  
<https://www.portmacquarieairport.com.au/FlightInformation/Airlines>

## TRAIN

- **NSW Trainlink:** 13 33 32, to book a train or bus ticket go to <https://transportnsw.info/regional>





# LEGAL SUPPORT

## LEGAL SERVICES

Free Legal Advice Clinics are held regularly in Kempsey and Port Macquarie areas for civil, family and criminal matters.

- **Legal Aid NSW: (02) 5525 1600**
- **Mid North Coast Community Legal Centre: 30 Murray St, Port Macquarie, (02) 6580 2111**
- **Law Access: 1300 888 529 (a free services providing legal help as a starting point for people who have a legal problem or enquiry in NSW)**

There are a number of **private solicitors** available in Kempsey and Port Macquarie areas. Go to: <https://www.lawsociety.com.au/for-the-public/find-a-lawyer>

## MIGRATION AND ADVICE

- **MOSAIC: 4969 3399**
- **Immigration Advice and Rights Centre (IARC): 8234 0700**
- **Legal Aid Immigration Specialist Team: 9727 3777**
- **The Salvation Army Legal Service: 8202 1500**
- **Migrant Employment Legal Service: 9137 6067**
- **Domestic Violence Advice Line: 1800 810 784**

# CONNECTION



## Places of Worship and Community Contacts

There are many churches in the Kempsey and Port Macquarie areas including (but not limited to) Catholic, Uniting, Anglican, Baptist, Jehovah's Witness, Presbyterian, Wesleyan Methodist and Seventh-day Adventist Churches.

**For details of many churches or various denominations go to Port Macquarie Ministers Association** at <http://www.portmacquariechurches.org.au> or <https://www.localsearch.com.au/find/churches-religious-organisations/portmacquarie-nsw>

Community Facebook pages:

- International Women Port Macquarie
- Port Macquarie Nepalese Community
- Port Macquarie Indians

## SHOPPING AND FOOD

Kempsey, Port Macquarie and surrounding area have many shops including Woolworth, Coles and Aldi where all household needs can be purchased.

Newcastle is 245km (2hrs 45minutes) south of Port Macquarie and has an extensive range of shops stocking cultural food products, halal products and more

**Gourmand Ingredients** Shop 3-4/23-41 Short St, Port Macquarie, 6584 6268

### Halal

- Coles and Woolworths stock halal certified Lilydale and Steggles chicken
- Aldi stocks halal Killarnee lamb and Broad Oak Farms chicken
- Colonial Quality Meats: halal beef, lamb and chicken – 58 Horton St, Port Macquarie, 6583 7755

# COMMUNITY



**Port Macquarie-Hastings Council:** (02) 6581 8111

<https://www.pmhc.nsw.gov.au/Home>

**Kempsey Council:** 6566 3200

<https://www.kempsey.nsw.gov.au/>

**Libraries:** To find your local library in the Port Macquarie and Kempsey areas go to

<https://mnclibrary.org.au/services/>

**Glasshouse Port Macquarie** (art gallery and more): Cnr Clarence and Hay Sts, 6581 8888

<https://www.glasshouse.org.au/Home>

**Service NSW:** 13 77 88, **Port Macquarie** (Cr Central Rd and Barton Cres), **Wauchope** (Timbertown Shopping Centre, 243 Hight St) and **Kempsey** (55 Elbow St West Kempsey)

**Services Australia** (Centrelink and Medicare): 13 24 68 **Port Macquarie** (5-7 Short St) and **Kempsey** (68-70 Elbow St, West Kempsey)

## Volunteering Services

**Hastings Neighbourhood Centre:** 6583 8044

<https://www.pmhc.nsw.gov.au/Community-Culture/Volunteering>

**Port Macquarie-Hastings Council:** 6581 8111

<https://www.pmhc.nsw.gov.au/Community-Culture/Volunteering>

- Seek Volunteer: <https://www.volunteer.com.au/volunteering>
- NSW Volunteering: <https://makeadifference.volunteering.nsw.gov.au>



# SPORT & EVENTS



## Sport, Recreation and Events

There are a number of sports activities for children and adults.

For further information Google the relevant activity to find contact details or contact the Migrant Settlement Service.

- Port Macquarie Olympic Pool: 28 Gordon St, Port Macquarie, 6583 1635
- Wauchope Memorial Olympic Pool: 3 Cameron St, Wauchope, 6585 2001
- Laurieton Swimming Pool: 1 Laurie St, Laurieton, 6559 9072
- National Parks NSW: to find out about camping and things to do in your local area go to <https://www.nationalparks.nsw.gov.au/visit-a-park>

•Port Macquarie area:

To find out about things to see and do including local markets go to <https://portmacquarieinfo.com.au/see-do>, to find out about events go to <https://portmacquarieinfo.com.au/whats-on>

Kempsey area:

To find out about things to see and do including markets and events go to <https://macleayvalleycoast.com.au/>

Refugee Support Groups

- Mid North Coast Refugee Support Group: 041 463 8866, <http://www.mncrefugeesupport.org/>

# FURTHER SUPPORT EMERGENCY



## Emergency Triple Zero (000)

For immediate assistance from Police, Ambulance or Fire call 000

- **Port Macquarie Police Station: 2 Hay St, Port Macquarie, 6561 6199**
- **Laurieton Police Station: 101 Bold St, Laurieton, 6559 9044**
- **Wauchope Police Station: 12 Young St, Wauchope 6585 1404**
- **Kempsey Police Station: 5 Elbow St, West Kempsey, 6583 0199**
- **South West Rocks Police Station: Ocean Dr South, West Rocks, 6566 6244**
- **State Emergency Service (SES) Port Macquarie Unit: 6592 5800  
or 132 500 (emergency help)**
- **Link2home (telephone service providing information, assessment and referral to  
specialist homelessness services and temporary accommodation): 1800 152 152**
- **Domestic Violence Support (1800 RESPECT): 1800 737 732**
- **Lifeline (24hr counselling service): 13 11 14**
- **Kids Helpline (phone and online counselling for young people aged 5-25):  
1800 551 800**
  
- **Men's Referral Service (men's family violence telephone counselling, information  
and referral service): 1300 766 491**
- **MensLine Australia (telephone and online counselling service for men with family  
and relationship concerns): 1300 78 97 78**

## OTHER USEFUL NUMBERS

### Hastings Neighbourhood Services:

- **Port Macquarie Centre: 2-4 Dobbs St, Port Macquarie, 6583 8044**
- **Wauchope Neighbourhood Centre: 3 Waugh St, Wauchope, 6586 4055**
- **Lake Cathie Community Hub: 34 Mullaway Rd, Lake Cathie, 0436 337 5110  
or 6583 8044**
- **Kempsey Neighbourhood Centre: 5 Kemp St, Kempsey, 6562 8300**
  
- **Translating and Interpreting Service (TIS): 131 450**

CAN'T FIND WHAT YOU NEED?

This list is not exhaustive.

If you cannot find what you are looking for call  
Sundus Jamil - your Migrant Settlement worker on 6553 5121 or  
0497 832 079



# Manning Valley

## NEIGHBOURHOOD SERVICES

MANNING VALLEY NEIGHBORHOOD SERVICES

ADDRESS: OLD COURTHOUSE BUILDING, 4 FARQUHAR ST,  
WINGHAM NSW AUSTRALIA 2429

TELEPHONE: (02) 6553 5121



[ManningValleyNeighbourhoodServices](https://www.facebook.com/ManningValleyNeighbourhoodServices)



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